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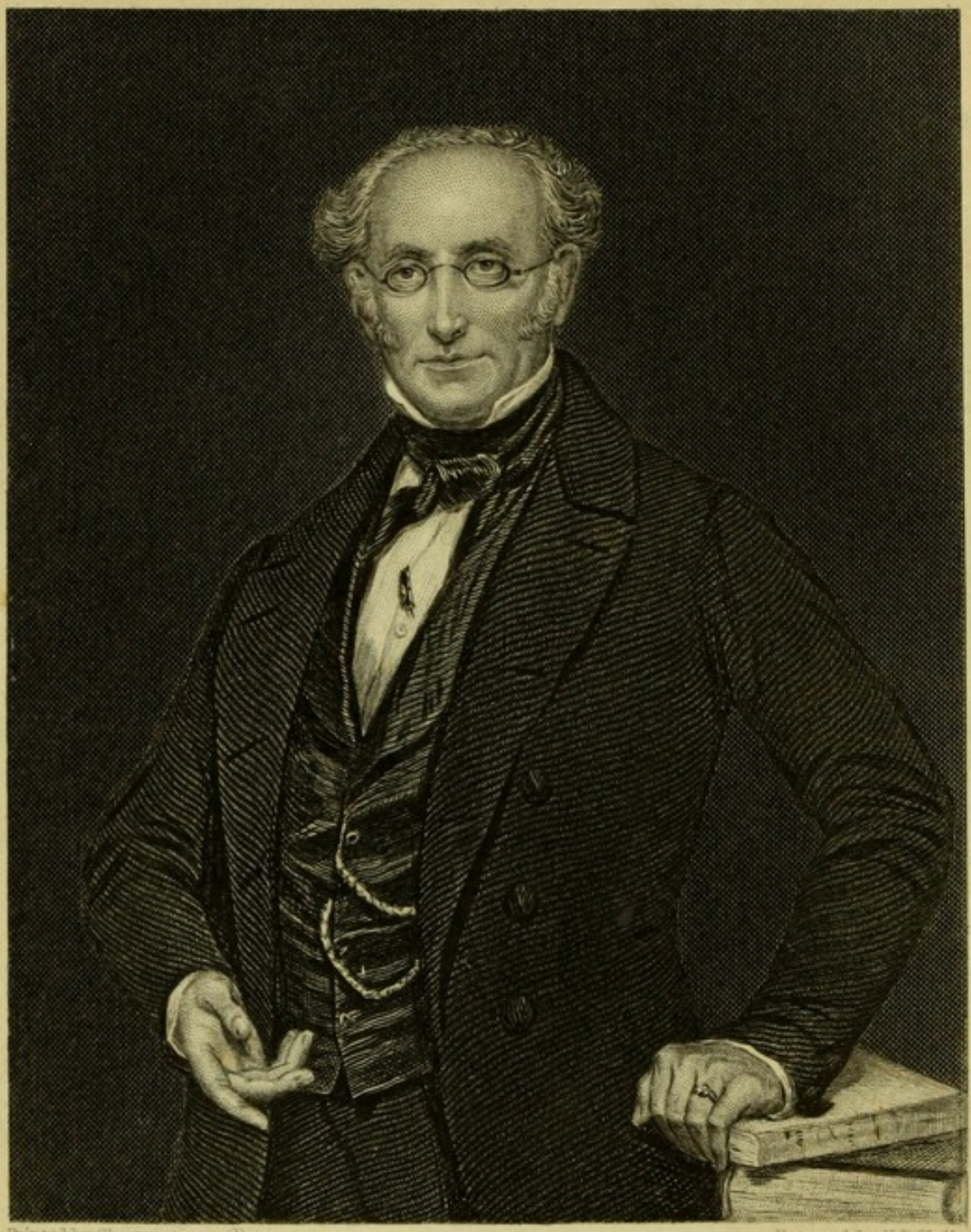
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A. I. COFFIN, M.D.

Professor of Medical Botany,

Author of the Botanic Guide to Health, Treatise on Midwifery &c.

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BOTANIC

GUIDE TO HEALTH,

AND

THE NATURAL

PATHOLOGY OF DISEASE.

BY

A. I. COFFIN, M.D.,

PROFESSOR OF MEDICAL BOTANY; AUTHOR OF THE "TREATISE ON MIDWIFERY," "BOTANICAL JOURNAL," "TRACT FOR THE TIMES," ETC.

"TILL THE HOUR OF SICKNESS COMES, HOW MANY NON-MEDICAL PERSONS NEVER THINK OF A SUBJECT WHICH OUGHT TO BE OF INTEREST TO ALL!"—DR. DICKSON.

(TWENTY-NINETH EDITION.)

LONDON:

PUBLISHED AT THE BRITISH MEDICO-BOTANIC ESTABLISHMENT,

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[1855]

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PREFACE

TO THE TWENTY-NINETH EDITION.

It has become again necessary for us to appear before the public in a new edition of our now popular work. This edition has been by ourselves revised and corrected, and those errors and technicalities which were published in the former have been carefully corrected and expunged. In the former edition they would not have existed, but that we were absent, and they were not known to us until it was too late for correction. Although they were not so serious as to produce any great evil, yet the work we had written for the public had been rendered more complex. It is now in its original native simplicity; and we hope that the many learned and influential individuals who have embraced our views, and adopted our system, will not be any the less pleased, as the more simple we make our text,

the more easy to be understood by the uneducated.

To write a long preface to a book, which has obtained such an extended circulation, would be a superfluous task; and for us *now* to speak of the utility of such a work, or for one moment to urge upon society the necessity of its possession, would be useless. It is true we have at times been compelled, from excessive toil, to retire for a short period; but we are still in the field, and we hope, by our future exertions, to deserve those favours that have been so lavishly bestowed upon us. More than five thousand copies of our GUIDE TO HEALTH have been disposed of in about two years, for which we feel grateful to our numerous friends.

THE AUTHOR.

24, *Montague Place, Russell Square,*
December, 1855.

PREFACE

TO THE TWENTIETH EDITION.

WHEN we first introduced our "Guide to Health" to the notice of the public, it was with no small amount of anxiety for its reception; not that we for a moment questioned the principles therein promulgated bearing the most searching investigation; having, from many years' practical experience, proved the efficiency of the remedies, and the *truth* of the system; but knowing the prejudice existing in society, the result of peculiar education in these matters, we feared that we should be condemned unheard and unread. But having been six years only before the public, it is with feelings of honest pride and gratification that we now introduce the *Twentieth Edition;* nineteen large editions, in that short space of time, being circulated throughout the length and breadth of the land—a circumstance almost (we may say, quite) unparalleled in the annals of medical literature.

Our humble labours in the cause of suffering humanity have been crowned with the utmost success, an amount greater than the most sanguine

expectations ever led us to anticipate; it has, however, been a stimulus to further exertions. During that period we have been obliged to partially retire from the field of labour, in order to recruit exhausted nature, the result of excessive fatigue; but in our retirement we have still laboured to promote the cause with our pen. Our work is translated into the French and Welch languages; enabling those of other tongues to become participators of the advantages of the system.

We have also produced a "Treatise on Midwifery, and the Diseases of Women and Children," as promised in an early edition of this work; and we have now in progress a "Treatise on Syphilis;" which, with the publication of our "Twelve Lectures," we hope will enable us to terminate our labours.

With heartfelt thanks for the patronage and support received from the public, we beg to subscribe ourselves,

Most faithfully,

THE AUTHOR.

Manchester, April 10th, 1850.

ADDRESS.

To the readers of the following pages, the Author would remark, that it has long been his object and determination to place in the hands of society at large, a work on Disease and its Remedies that could be *understood* by all; and he confidently believes that if the instructions laid down in this work are followed out, they will be found beneficial. Ever since his residence in England, he has felt that something of this description was much needed. The principles contained in this work are, in many respects, similar to those introduced into the United States by Samuel Thomson; and the great success attending the practice in that country determined him to prepare this work, which he now submits to the test of public investigation.

The Author has travelled much in America, and has associated a great deal with the Indians of that country, as well as with the naturalist, Thomson; and from them has derived much useful knowledge. And all the information thus acquired, both from the writings of the one, and the oral instructions of the other, he has carefully adapted to the circumstances of this country.

His extensive practice in treating the diseases incident to this clime, and his knowledge of the native plants necessary to be used in the treatment of those diseases, has enabled him to do this, and he confidently hopes with success. The properties of all the remedial agents he has himself tested, and has therefore spoken from experience. The principles of nature have been his study for many years, and he has been at all times ready to learn, and *adopt* any theory that accorded with her laws, whoever might be the author or discoverer; and has endeavoured to condense into this work all that he considers important for the public; and although in the course of these inquiries he has sometimes been branded with the name of *quack*, he now feels that that appellation can no longer be applicable to him, as he has given, in the following work, his opinions openly, both on the nature of disease and its remedies, in plain simple language, and not wrapped up in an unintelligible jargon: therefore, should his theories be found incorrect, his readers will do him the credit to believe that he was honest in the advancement of them, and justified in recommending them to others for trial, seeing they are supported by such testimonials as are to be found in the course of the work.

The author begs to call the attention of his

readers to the remedial agents of the schools, where it will be seen, that, although so many *forms of disease* are described, and said to be so exceedingly different in their nature, yet the treatment of all is essentially the same.

The author has in some instances spoken strongly upon what he considers error, but in all these animadversions he has adhered to truth, without any intention of personal offence, though in some instances he might, from their *personal* opposition, have done so; but to the whole of the faculty he can say, that he has

"Nothing extenuated, nor set down aught in malice."

He, however, earnestly requests that before they *condemn*, they will *try*, and then decide; and as the object of the physician is (and only should be) to lessen the sum of human misery, the writer of these pages hopes that, if on trial it is found to be better and *safer* than any other system at present known, they will adopt it and do good.

THE AUTHOR.

Leeds, May, 1845.

INTRODUCTION.

In presenting this work to the public, we do not seek to obtain any of those flattering encomiums which are often purchased at the expense of truth. We know that the science of Medical Botany will, ere long, produce a complete revolution in the medical world; and as we shall, in animadverting on the errors of the ignorant, excite the envy of some, and awaken the hatred of other interested individuals, it will be our consolation to know, that our reputation is now so fully established wherever our lectures have been heard, and our practice has become known, that we have neither to fear the one, nor shrink from the consequences of the other.

Doubtless the faculty will denounce us in the most ungenerous terms for having dared to arraign their practice before the bar of public opinion; for this, too, we are prepared; as we can summon to our aid such evidence as will not only establish our principles, but silence effectually those who oppose us.

In this work we intend (as Shakspeare expresses it) "to hold as 'twere the mirror up to nature," to point out things as they are, and then exhibit them as they ought to be. Though we live in an age remarkable for its improvements, and wonderful in its resources, science having given development to powers as incredible as they are astonishing; yet, in the midst of all these advantages, selfishness steps in and proclaims aloud that none—save the DIPLOMATISED—are competent to cure the sick, or minister to the afflicted, when every day's history proves the folly of such a vain and egotistical policy.

Why the medical world should arrogate to itself the prescriptive right of killing or curing at pleasure, is a problem we are not learned enough to solve; or why a man should be esteemed a clever physician because he has been educated in a college, we are at a loss to divine. Education is proper for all men. We would that all men were better educated than they are; but education either means something or nothing;—and if it be a reality, where should a physician seek his diploma?—in a college?—certainly not—but in the cottage, where human nature lies suffering on its couch of pain. Will a shred of parchment confer ability upon its possessor? Certainly not; it is a delusion to suppose it. An acre of parchment, a thousand books, or a head stored with bad Latin, will not even make a shoemaker; what an absurdity then to suppose such things capable of making a physician!

At this particular time, when the schools are divided upon first principles, it is somewhat amusing to find the faculty not only disagreeing amongst themselves, but positively denouncing each other as quacks; *i. e.* ignorant pretenders. In a work, entitled "Fallacies of the Faculty," we have abundant proof of this. The author ridicules, and justly too, the use of the lancet and the dissecting-knife; what sensible man can admire the policy of cutting up a body after death, in order to ascertain the nature of the malady of which the patient died? This absurdity is only equalled by that of the philosopher, who cut the bellows open to find out where the wind came from; and there is certainly as much philosophy in one case as in the other.

Indulgent nature provides a fitting remedy for every ill that flesh is heir to. Man, in his ignorance, too frequently rejects the boon that nature offers, and seeks in artificial aid an anodyne for ill. And so long as monopoly in medicine is countenanced and applauded, so long must this state of things continue to exist; what better proof can we ask than that a man who undertakes to cure the sick, should be able to ascertain the cause of sickness, to know where to find a remedy and how it should be applied? A physician should be taught that disease is a problem which it is his duty to solve. He should know that heat is the source of life—its absence death; that a change of temperature will produce a change in the animal economy; food is only administered for the purpose of creating blood, which, when distributed through every artery and vein, imparts health to the nerves, vigour to the muscles, and strength to the limbs; to preserve health we must regulate the temperature of the body, and, above all things, avoid such irregularities as may lead to decay.

After all, even though we succeed in proving more than was ever previously attempted by any other man, we know the faculty will not admire us, neither can we expect any favour at their hands; nor will their practices receive much from us. In this work we shall show that a knowledge of nature is not indigenous to college life, but must be sought for in the woods and forests; each sun-lit vale or verdant meadow contains some agent of a remedial kind. A green herb is worth more than a Latin phrase. We have seen, in America, the Red Indian, whose age would more than double

that of the pale-faced victim who descends to the grave in this country, after all that the faculty could do for him. We have followed them through interminable forests, sat in their wigwams, and lived in their settlements, and from them we obtained more valuable information than all the colleges of Europe have it in their power to give;—from the Indians we learned many of the medicinal virtues peculiar to plants: and we can speak with confidence of their ability to cure when other means failed. Let this truth once become generally known, and the nostrums of the schools will be considered as worthless, and the lancet may sleep in its case for ever.

We cannot bring this preface to an end without adverting to the movement lately made by the medical community to ensconce themselves under legislative influence. At this moment the Lord Advocate is besieged by one body, whilst the Secretary of State is "frighted from his propriety" by another, urgently requiring the aid of government to protect their ancient constitutions, their colleges and their charters from the ruthless grasp of common sense, which is daily and hourly exposing the fallacies and inconsistencies existing in the practice of medicine of the present day, and the utter uselessness of *all* examining bodies, with their diplomas, degrees, and licenses, the possession of which we are gravely told by a late talented writer is no criterion of the holder's ability to cure the sick.

Suppose every man of genius required a diploma before he could be allowed to confer a benefit on society;

if such had been the case, Stephenson, who was once a working collier, but whose name and fame are destined to be immortal, would never have made a railroad. Endowed with a strong mind, he gave scope to his intellect, and achieved the mighty works which now exist, a lasting monument to his genius and worth. Yes, almost every triumph of art or enterprise that this great empire contains, is a proof that—

> "Mind will soar,
> No human law can curb its power,
> When bent on public good."

Some years ago we promised this work to the public; that promise we now redeem. This, our bequest, will enable the millions of this country to prescribe for themselves; every father can now discharge the duties of physician to his own household; and as we have freed the work from all *technicalities*, we are assured that it will be the means of promoting the happiness of many.

Nature has a college of her own—in it we have studied. When in America our sensibilities were pained as we beheld the young and beautiful cut down like the cedar which bends before the blast, when fever scorched the veins, or consumption dried up their crimson rivulets, and we beheld them carried to "that bourn from whence no traveller returns." We reasoned thus with Nature,—"Is there no balm in Gilead—no arm to save from death—no respite from the grave?" The voice of Nature breathed within our soul. We sought the woods, the fields, and the forests of our native land; from verdant banks we gathered healing

herbs. We sought the sufferer on his bed of pain—we raised his drooping head—we bade him drink and live—nature revived within him—his languid eyes unclosed—his feeble arm again grew strong—his wife and children blessed us with their tears. This nerved our heart with hope. When the hot pestilence rained down its fiery ruin, we planted health where death had else been found. Amidst the fair fields of France, we left a germ of knowledge richer far than stores of treasured gold; and Providence has spread its sacred wings around our daily path, and the grateful prayers of sufferers saved from pain are our reward. Thus our diploma is seen in the success which heaven hath thrown around us.

It will be in the remembrance of all who have heard our lectures in the various towns we have visited, that we promised to bring out a work especially devoted to their use; those friends we thank for former acts of kindness. When we first came into England we met with opposition—alone we braved the faculty, and, sustained by mighty truth, overcame them. To those gentlemen who endeavoured to oppose us, we can only tender our thanks for accelerating our fame, and giving publicity to our principles. Opposition only becomes formidable when opposed to error; but truth, eternal truth, will victor stand—

> "Unhurt amid the war of elements,
> The wreck of matter and the crush of worlds."
>
> "Let mystery be stripped of all pretence,
> And practice be combined with common sense."

If we would be truly wise, and give all rational facility to wise and useful improvements and discoveries,

we must rise above the dull and hazy atmosphere of the degrading, obsequious, servile course that has led, and still leads, the multitude astray; we must learn to shun all errors, however sanctioned by great names or dignified by years, as ardently as we inquire after and embrace the truth, whenever or however discovered or made known.

Should any inquiry arise wherefore reformation and improvements in arts and sciences are acknowledged to be admissible, we answer, not because there are no immutable principles, no invariable connection between cause and effect, inherent to the nature of things, but because those relations have never been perfectly understood, and therefore never fully developed by the most minute and protracted researches of science.

We live in an enlightened era; the intelligence of the present age has accomplished more than the wisdom of all past generations. Yet how often has the lamp of native genius been extinguished, or unrighteously concealed, by a combination of learned, but malevolent persecutors, who, like the sons of Jacob, would sell their brother to the Ishmaelite merchants, if they only imagined that in him they had found a competitor!

Yet few, indeed, even among the distinguished leaders of society, possess the genuine spirit of unfeigned benevolence. Colleges, universities, and seminaries of learning, have been extensively established, and liberally and zealously patronised; literary combinations have risen up; a learned aristocracy, intent on enslaving the world, has laid its iron edict on all progression, save such as is calculated to extend its authority or en-

hance its fame. The monopolising spirit exists more or less in all civilised countries, and fame and honour, as emblems of greatness, are reserved for the titled and privileged few.

From the root of this baneful Upas, that has for ages and generations poisoned the cup of human happiness, springs the delusion that a man cannot have any competent knowledge of law, physic, or divinity, unless he be deeply versed in the legendary lore of ancient Greece and Rome. This has given birth to pompous titles, stupid adulations, and obsequious eulogies, that have originated in our colleges and universities; these, and similar artifices, are abundantly used for the purpose of deluding the people. To accomplish this how many speeches have been made, and volumes written! how has the pulpit rang, the senate roared, and the press applauded! and should not these prove allsufficient, the fire and fury of war are at once kindled against those who have dared to question, or interfere with the right of monopoly.

Do we not boast that this is the land of freedom? Why is England exalted as the asylum of the oppressed, and the hope of the world, if we dare not, as free, magnanimous, and independent people, think and act for ourselves? Let us, at least, throw off the yoke of medical despotism, and when the life and health of a whole people are at stake, let us nobly resolve to emancipate society from this gangrene which monopoly has cast around it.

When our legislators throw the shield of law around the person of monopoly, when that monopoly is more-

over inimical to the wishes of the people, and the best interests of the community, do they contemplate with sympathetic sorrow the danger hovering around the lives and fortunes of the people? Do they exercise a disinterested benevolence towards society, exposed to innumerable evils, through their cupidity or indiscretion? What motive can induce them to pass a law compelling the public to employ a doctor, whose only merit consists in his purchased privilege to practise medicine? In what light can we view any professional body, whose existence is only supported by the protection of the law, if education and ability be not sufficient to enable its possessor to obtain employment, and to compete, at least, on equal and honourable terms, with those who have these marks of distinction? What value can be placed upon our medical institutions, if after acquiring all the qualifications which the faculty boast of possessing, and with all the honour and popularity attached to the profession, they are still unable, without the aid of the legislature, to support their high pretensions to an exclusive knowledge and practice of the healing art? By what criterion can we measure their usefulness, if all the glitter, show, and splendour of a diploma afford no efficient aid to the titled professor, nor to the whole of the faculty united, if they are unable, with all their boasted advantages over the "empiric" or nostrum-dispenser, to obtain employment without the aid of a special law, to secure to themselves an exclusive patronage? How little must all their learning, all their laborious midnight vigils, and poring over volume after volume of ponderous books,

elevate them in the eyes of the world! We have repeatedly invited the faculty to discussion, but they have seldom ventured to cross our path; and when they have done so, they have never been able to defend their position, or make an effectual resistance. Conscious of their fallibility, they dread investigation, lest it should lead to a full exposure of the error of their system. Why does the apothecary colour and disguise his drugs? Why does a physician prescribe in bad Latin? These mean artifices are resorted to in order to deceive the public, and to impose on men probably as ignorant as themselves; how these poor dupes would tremble if they knew the nature of the compounds furnished by the faculty; deadly minerals are administered for almost every disease; thousands perish under their hands who would otherwise have survived, had nature been left unassisted, or rightly aided by mild and fitting remedies. The children of nature (in their wild, unlettered state) have knowledge sufficient to enable them to overcome the power of disease, and prolong life to a very advanced age. Science, the great humaniser of mankind, has revealed many hidden things, which up to this period the world entertained no thought of. This may justly be termed the age of steam; how will the world express its astonishment when told that steam or vapour will, in a few hours, cure fever in the worst of cases? We never, during our long practice in this and other countries, knew this remedy to fail; but our object is not only to tell you what we have done, but to impart such instruction, as will enable our readers to assist themselves or friends, in any sudden emergency,

or premonitory symptoms of disease; thus, every person procuring this book, will possess more useful knowledge, than the skill of the faculty can ever bestow. It is high time that public attention be diverted from those corrupt channels, to a candid, sober inquiry after truth. We are weary of the quackish nostrums, the catholicons, that are palmed upon the community, as sovereign remedies for diseases, that, like the universal pill system, contain too often the most deadly poisons. The patient reads a pompous recommendation of a medicine of which he has no knowledge, and swallows it with avidity, in the hope of obtaining relief, when, if he knew its component parts, he would fly from it as from the fangs of a rattlesnake. The refinements of civilisation, the progress of science, and the various systems of philosophy, ethics, and theology, have not yet prevailed to the extermination of idolatry and superstition. Galvanic rings are worn on the fingers, which are said to possess the virtue of curing all manner of diseases,—a ring is now preferred to a flannel cingle—crutches will shortly be abandoned. This new delusion is encouraged for the sake of profit, while the mesmerisers, medical galvanists, and a host of other theorists, still impose on the weakness of the multitude. "In truth," as a modern writer observes, "there is an unaccountable propensity in the human mind, unless subjected to a long course of discipline, to indulge the belief of what is improbable and supernatural; and this is perhaps more conspicuous in respect to medicine than to any other affair of common life, both because the nature of diseases and the art of curing them are

more obscure, and because disease naturally awakens fear, and fear and ignorance are the natural parents of superstition; homœopathists, hydropathists, and allopathists avail themselves of this unfortunate condition of suffering humanity, to abuse the ignorant, and assail their pockets, whilst they neither understand the nature of disease, nor the proper remedies to remove it; hence the introduction of a mass of superstitious remedies which were originally intended rather as expiations offered at the shrine of some supernatural agency, than as natural agents possessing medicinal power, and gifted with remedial virtues. A propensity to attribute every ordinary and natural effect to some extraordinary and unnatural cause, is one of the striking peculiarties of medical superstition; it seeks also explanations from the most preposterous agents, when obvious and natural ones are in readiness to solve the problem. Soranus, for instance, who was contemporary with Galen, and wrote the life of Hippocrates, tells us that honey proved an easy remedy for the thrush (an eruptive, sore mouth of children), but instead of at once referring the fact to the medical qualities of the honey, he very gravely explains it, from its having been taken from bees that hive near the tomb of Hippocrates."

When men of learning and ability countenance these delusions, the people have a right to demand a change. Let the millions be up and onward; they must obtain a knowledge of things just as they appear to the discerning and intelligent mind; this will enable every one to live rationally and happily, that whether in health or in sickness, in prosperity or adversity, they

may enjoy the consolation of that mental independence which constitutes much of the genuine felicity of life; they will thus become their own teachers, physicians, and pleaders. Man's wants are but few, and the means of obtaining knowledge abundant; on the right application of these powers depends the happiness of all future generations.

Pope said wisely, "the proper study of mankind is Man." Considered in relation to the material world, he may be justly termed the lord of creation; for his use all things were created, for him, so delicately fashioned, and so beautifully formed, that his every feature, replete with intelligence, proclaims him to be the workmanship of God. Yet how feeble, how utterly helpless, is the noblest of all animals, when assailed by sickness or overcome by disease! Even the minutest derangements of that intricate machinery which propels the wheels of life in their onward course, can deprive him of his enjoyment, and the riches of a world would readily be bartered for an hour's relief from pain. What avails all our knowledge of the sciences? In vain do we boast of the triumphs of art over nature, if life be held upon so frail a tenure, or its possessor be the subject of unceasing pain. We inherit from nature but few of these afflictions. Yet the laws of nature are within our reach, and to gain acquaintance with them is an occupation worthy of a true philosopher, and without which no man deserves the name of a physician. Every one may, more or less, become acquainted with the nature of his own constitution; when the human machine stands in need of renovation let him discover

the immediate cause of the derangement: let him seek for a remedy where nature has spread her bounties;—led by instinct, the inferior animals find an antidote in the fields for every complaint. What member of civilised society can doubt the efficacy of herbal remedies, who is at all acquainted with the nature and character of the North American Indians? Their simple knowledge of the properties of herbs has enabled them to dispense not only with mineral drugs, but with doctors and diplomas: and well would it be for England did we but imitate nature in this particular.

We have too long been wandering in the dark, grappling in vain with men's opinions, aud shutting our eyes in order to be led by interested parties to their aggrandisement, but our undoing; who have so mystified and outraged common sense, in order to keep the world in ignorance, that men have ceased to think for themselves on these matters, and (for want of better understanding), commit their health, life, and fortune, to the care of these tyros. When the inhabitants of this country are rightly instructed in these matters, death will seldom occur except from the natural cause of old age.

In order to make this treatise available to the public as a book of reference, we shall divide it into chapters, commencing in the first place with a chapter "On Life and Motion;" and as we are writing for the purpose of conveying instruction, we shall carefully abstain from the use of those terms which are too frequently introduced into medical works, but which, as Cobbett remarks, "Are only fit to be used by those who are too ignorant to express themselves in their own language."

INTRODUCTORY DISSERTATION

TO THE

CHAPTER ON LIFE AND MOTION.

"It would be highly advantageous to the public and likewise to the best part of the medical profession, if the predispositions and occasions of disease were made a portion of the education of every gentleman."—DR. ARMSTRONG.

THAT great and good man, Dr. Benjamin Rush, speaking of the science of medicine as it existed in his day (and it is yet in its infancy, as is admitted by the most celebrated practitioners), compared it to "an unroofed temple, cracked at the sides and rotten at the foundation" And after bewailing the defects and disasters of medical practice, he consoled himself with the animating prospect, "that the day would arrive when medical knowledge would attain the height of perfection; that it would be able to remove all the diseases of mankind, and leave not a single outlet for life, but old age;" for such was his confidence in the goodness of the Deity, that he believed he had placed on earth remedies for all the maladies of mankind. And however distant this prospect may be, however firmly we may have implanted within us the very principles or elements that shall eventually destroy us, yet the influence of this hope so feelingly expressed by Dr. Rush, and

so deeply felt by every noble mind, that all diseases shall yet yield to the power of medicine, that sin and suffering, and the innate principles or elements of destruction in our compositions, shall be kept in restraint until our bodies, these mortal tenements of clay, shall wear out with old age, is indeed cheering and consoling.

These considerations should induce us to examine with care and candour, every new experiment that may be presented by the industry and experience of man, whatever may be his state or condition in life.

Dr. Robinson says, that "amidst all the different branches of knowledge which have engaged the attention of mankind, there can be none of equal importance (religion only excepted) to the treatment or cure of the diseases to which the human family is subject; for" (says he) "the soul in a diseased body is like the martyr in his dungeon; it may retain its value, but it has lost its usefulness. Such is the nature of man under the strong power of sense and sympathy. He is influenced by all the objects around him, and all the energies of thought within him are continually wearing out his mortal covering, and sapping the foundations of his house of clay, while the passions are pouring a continual storm upon the wheels of life. Man thus circumstanced, and impelled forward by the combined action of many agents, to that 'bourne from whence no traveller returns,' it is not astonishing that although the soul is so much superior to the body, he should bestow upon the care of the latter a chief portion

of the labour of his life. To promote health of body and tranquillity of mind" (continues Robinson), "the wise men of antiquity laboured with severe and incessant toil; they studied the constitution of man, that they might find out the seat of his maladies, and the sources of his misery; to assuage the sorrow of his heart, and lift the load of melancholy from the desponding mind; to restore to the wounded spirit its wonted elasticity, they exhausted all the powers of their reason, and all the arguments and arts of their divine philosophy. Sometimes indeed, they succeeded, but often failed; and, penetrated with a deep sense of the inadequacy of their own feeble powers to eradicate the disorders with which they were afflicted, they were led to look for succour to that benevolent Being who sits upon the circle of the heavens, and showers down his mercies upon the world, in whom there is fulness of joy, and at whose right hand there are pleasures for evermore."

It is a fact worthy of remark, that the science of medicine, or the art of curing disease, has suffered more changes, and been the subject of more various and conflicting theories, than almost any subject which has engaged the attention of mankind. One great man sets up a theory of his own, and supports it by arguments which all its opponents find themselves unable to answer; and this theory in time becomes the established one. In the course of a century or two, however, another great man appears and overturns this theory, and sets up one of his own, which, in its

turn, triumphs and becomes the established one. Such has been the fate of medical science for three thousand years, according to history.

The question then may be fairly asked whether the theory which is now attempted to be set up will not in its turn be overthrown, and another substituted. Before we undertake to answer this question, we must examine the grounds which have been occupied by the various theories, in order to ascertain whether there are not some small particles of truth in them all, which when sifted and cleared from the mass of errors with which they have been mixed, may, like particles of pure gold, be found closely adhering together, and may possibly, under more favourable circumstances, and the favour of Providence, become so firmly united as to form one solid mass; and that however small this portion of truth may be, it will be found able to withstand all the power of fraud and ignorance combined.

Is not truth when considered in relation to every subject the same? Is it not simple in all its parts? Is it not always (no matter where found, or by whom discovered) exactly the same? Is it not always perfectly consistent with itself? and should not any science or theory, which professes to have truth for its basis, be equally simple, clear, and consistent as truth itself? To these questions there can be but one answer. Here then is the plain reason why all the different theories on the subject of medicine have been pulled down, and others substituted in their places. It

because in their very foundations and in the

materials with which they have been constructed, more error was to be found than truth. In bringing this or any other theory to the test, we must first ascertain how far it is supported by those immutable truths, which, as we have said, have been in existence from the foundation of the world; but which have been mixed with error in all the different theories which have hitherto existed. And when we have satisfied ourselves that they are to be found here, we should then inquire whether in its construction, the requisite simplicity has been preserved; so that when it is presented to a mind free from prejudice, or in other words, to a mind that has not been unfortunately locked up in other theories, this system of Medical Botany will be found upon investigation to be so simple, that it can be seen through at a glance, and be known to have for its foundation, all those truths which have existed from the foundation of the world, but which have so often been lost sight of among a mass of error. We are bold to say, that so long as it remains in this simplicity, unmixed with this error, all the efforts of power and interest combined, can never pull it down. But on the other hand, if it should ever demand exclusive laws for its protection; ever become an engine of power, or bigoted intolerance; in a word, if it should become the foe, instead of the friend of man, it must, like all other systems of medicine that have been invented, sink by its own weight, to rise no more. I repeat, that however successful this or any other system may be, so long as it exists in its purity and simplicity, and is

practised solely with a view to the good of mankind, according to the doctrines and precepts of our Maker, whenever it becomes a means by which man may rule over his fellow-man, and raise and support himself by the labour of others, upon whom he looks down with scorn and contempt, then the fabric will begin to shake, and we may begin to expect that its existence is drawing to a close.

But to return from this digression to the consideration of our subject; we before remarked that the value of the practice of Medical Botany is in its simplicity, and its easy adaptation to all manner of diseases, being entirely free from the errors which yet cling to the schools, and which custom has rendered somewhat sacred in the eyes of the profession. To prove this, it will be requisite to state some of the facts on which we rest our assertions. First, then, it is a truth which has been conceded from the time that Prometheus drew fire from heaven, for the purpose of infusing life into his image of clay, that animated life depends on a portion of heat in the system. Secondly, that when this heat becomes extinct, no matter from what cause, death must ensue; and thirdly, that whatever has a tendency to maintain this quantity of heat, whether it be administered by way of food or medicine, either to restore the heat when lost, or keep it up when gained, should be the only remedies resorted to by mankind.

These are the particles of truth alluded to, and which may be compared to pure gold; but unfortunately owing to a disposition in mankind, to

clothe everything in mystery, they have been concealed from the professors of medical science themselves. They are facts obvious to everyone who has had the slightest opportunity of noticing the course and success of those who have administered to the sick. They may have observed that the heat in the human system being restored to its natural state, and then maintained by medicine or by food, the wheels of life continue to turn smoothly on their axis. A little food taken occasionally into the stomach, for the purpose of keeping the wheels well oiled, propels life smoothly on its journey, nor do they stop until they have safely arrived at their final destination, which is old age; there from the wearing out of the axletree, or the breaking of some of the spokes, or some such accident, the wheels lose their wonted power to turn, and life becomes swallowed up in death. Thus the human machine has performed its allotted amount of labour, its operations are regularly and naturally brought to a close. Death, when viewed in this light, is not a terrible visitation. The work for which the human machine was created being ended, nature again demands her own; but how terrible is death when it visits the cottage of the poor, and lays its chilling hand upon the father of a numerous progeny, leaving to the world's humanity, a wife stricken with sorrow, to bewail her bereavement, and children too young to estimate the loss they have sustained! Death is most unnatural, when it assails the couch of childhood. Every voyager on the ocean of time is intended by nature

to fulfil life's remotest duties, before summoned to his last resting place, the grave. How unnatural then for the germ of life to perish in its infancy, or for youth and lusty manhood to go down to the grave! What a moment must that be, when the last flutter expires on our lips! what a change! Tell us, ye who are the deepest read in nature's mysteries, to what new world are we borne? what new being do we receive? whither has that spark, that unseen, that incomprehensible intelligence fled? look upon the cold livid ghastly corpse which lies before you; nothing now remains but the gross and earthly covering which held for a while the immortal presence that once animated, but now has left it for ever; but yesterday it moved as we do; those limbs, now rigid as the marble which is destined for their monument, so late as yesterday were active with life; the nerves which imparted sensibility to the frame, and the sinews which roused it to action, are now quiescent and powerless. The voice has ceased to pour its music around us, the hand to exercise its cunning, and the heart has relinquished its throbbings for ever; though the fires of affection are extinguished in the person of the departed, yet she, the fond and faithful one, whose love will survive him, though every other remembrance should perish, will cling to his memory, as the ivy embraces the ruin; true to her former vows of fidelity, like Rachel, she refuseth to be comforted.

How many have been hurried out of existence, having been reduced by bleeding, or surfeited with poisonous compounds, when simple remedies

might have saved them, and spared their kindred the many tears of earnest but unavailing anguish which they must have shed at their loss! How many thousands are thus hurried out of time, before the silver cord of life had become fully extended; and yet, when relief is at hand, and a cure certain, profit and prejudice step in, armed with the authority of legal precedence, and declare that another victim must bleed! Nature does not pronounce the sentence; but death having been recorded against him, he must perish, unless rescued by the humanity of some person whom nature has instructed where to look for a cure.

In a letter sent from Dr. Benjamin Waterhouse, Lecturer on the Theory and Practice of Physic, in Cambridge University, United States, to the late Samuel L. Mitchell, LL.D., of New York, we find the following:—

"I am indeed so disgusted with learned quackery, that I take some interest in honest, humane, and strong-minded empiricism; for it has done more for our art in all ages and in all countries, than all the universities since the time of Charlemagne. Where, for goodness' sake, did Hippocrates study? Air, earth, and water, man, and his kindred, vegetable, disease, and death, and all casualties, and concomitants of humanity, were the pages he studied; everything that surrounds and nourishes us, were the objects of his attention and study. In a word, he read diligently and sagaciously the great book of nature, instead of the little books of man."

Such an authority as the above carries with it

the weight of a thousand diplomas; by it, and such as it, the whole practice of medicine must stand or fall.

Enough has been said in support of these opinions. Let us next proceed to the consideration of the principle of Life and Motion.

CHAPTER I.

ON LIFE AND MOTION.

I. To understand the laws of life and motion clearly, the radical principles of animal life must be well considered. Without some adequate view and conception of these, the nature of disease cannot be correctly understood; neither can we have sufficient knowledge to prescribe a rational and certain remedy for it, when found in the human system.

II. Through many long and tedious seasons, these subjects had revolved in our mind, before we could form a correct and matured opinion. We witnessed many distresses in the family of man; our heart was pierced with many sorrows, until our mind was established in those simple truths that have since enabled us to become useful by prescribing a safe and certain method for alleviating the distresses of mankind.

III. Many years of our early life were devoted to the study of medicine as taught and practised in the schools. Whilst thus engaged, we were seized with consumption; the most eminent phy-

sicians were called in, but their efforts to save us were exerted in vain. Our case was then pronounced incurable before our sun had gained its meridian. We were abandoned to die; the fatal decree had gone forth. Hope had almost deserted us, when a simple child of nature, a female of the Seneca tribe of Indians, undertook our cure. What the doctors had failed to perform she accomplished in a few weeks. Herbs and barks were the only correctives and restoratives she employed in effecting the cure; and to her and to them, under Providence, we stand indebted for the being we now hold. No sooner had we regained health, than our attention was turned to nature. From its ample pages we have gleaned all the knowledge we possess; and are proud to acknowledge how much we stand indebted to that poor unlettered Indian woman, who not only rescued us from the grave, but enabled us to become truly useful in our day and generation.

IV. Among those physicians called regular, we have found many who have appeared to be as ignorant of the laws of life and motion, and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body.

V. Breathing is a demonstration of the existence of *animal life*. The principle of life has been thought to be supernatural; leave out the *super*, and say the cause of life and motion is natural—perfectly and entirely natural—and we concede the truth of the assertion.

VI. The cause of breathing, or of animal life

and motion, or of breathing and motion, where there is no animal life, we shall carefully examine. Machinery is propelled by steam, which is a species or kind of breathing; but these do not possess the capacity for animalisation.

VII. In all animal bodies, the component parts are essentially the same in man or beast. Animal bodies are composed of earth and water; these constitute the substances, dimensions, shape and size of bodies, &c., and are what are denominated solids. These being constituted of various still more simple elementary principles, which may be subdivided again and again, do no more militate against our position, than the infinite divisibility of numbers by decimal arithmetic destroys the unity of numbers.

VIII. Fire and air are properly the fluids that pervade and actuate the living animal; their operation is the elementary principle of life, which keeps the machine in motion; for where heat is extinct the animal is dead. Heat and air combined are so modified in the animated being, as to constitute life, and justify the assertion that cold and inaction is a state of death, or rather death itself; hence a specific degree of heat and motion, properly combined and modified, is the essential principle of life.

IX. Waiving all the minutiæ of chemical divisions and subdivisions, in simplifying the elementary combinations which constitute bodies dead or living, the four great original elements, air, earth, fire, and water, contain all the more simple elements of which they may be composed.

X. A specific association, due proportion, and just combination of these four great elements in an organic animal body, constitute the living state, and prolong life; a disproportionate combination destroys it.

XI. To illustrate the nature and cause of respiration, or breathing of the living animal, we will refer to the operation of fire and water. Put a vessel containing cold water over a fire, examine it in a few minutes by immersing your hand; you will perceive the first warmth of the water is on the top or upper surface, while the cold remains at the bottom of the vessel, nearest to the fire. The reason is, as soon as the water becomes warm, rarefaction and lightness ensue; just in proportion as it grows warm it becomes active, until it is in a fluttering state of ebullition, and wastes by steam, perspiring or respiring, until it all evaporates. This shows that heat rarefies matter.

XII. In like manner this subject may be further illustrated by reference to the effect of heat on the atmospheric air. A house stands in the open atmosphere; the house is filled with air, the air within is a counterbalance to the air without; this equilibrium of air is equal in coldness and inaction, in all things resembling a state of death. But make a fire in the house, the doors and windows being closed in the usual manner; in a few minutes every opening begins to hum and sound the march of air; because the air within being heated, becomes rarefied and lighter than that without. The external air presses in at every crevice, to restore the equilibrium with the air

within; the hotter the fire, the stronger will be the current of the breathing air. In the case of a building on fire, should a window or door be incautiously opened, the external air rushes into the building like a whirlwind, and the hotter the fire within, the stronger will be the pressure from without. As the heat diminishes, the noise and force of the external current of air will decline, and finally cease when the heat becomes extinguished, and the equilibrium is restored. This fact only requires investigation in order to be understood.

XIII. The effects of heat in rarefying water and air, and occasioning a breathing motion, illustrate in some degree the breathing, perspiring, and functional motions of the animal machine. The component parts of man's body give organic shape and size, and form the functional structure or organisation of the machine. The peculiar mixture, proportion, and modification of these elements constitute its adaptation to the animalising influence of fire, lightning, air, and exciting breathing motion, connected with this original or primary action; all evincing that heat is an essential principle of life, and cold an extinction of heat, or death.

XIV. A still-born child was resuscitated by placing the placenta, or after-birth, still connected to the child by the navel-string, on live embers; and when the after-birth had gained heat sufficient to fill the cord with warmth and moisture, it was stripped towards the body of the child, and by this medium a sufficient degree of warmth was

conveyed to the body, the lungs expanded, and reanimation was produced. This will serve in some measure to illustrate and confirm our ideas of life and motion.

XV. In everything that breathes, the breathing is from the same general cause. The principle of life and motion is radically the same in all animated bodies. Without heat there is no breathing, but when heat is constantly generated in a confined space, excepting at one avenue, as in the human frame, there must be breathing, or what is the same, an inhaling of cold air, and an exhaling of gaseous vapour.

XVI. Every animated body has its proportion of caloric or heating principle, suited to its size, adapted to its nature, and proportioned to that degree of living power requisite to keep up the operation of all the animal functions, so essential to the perpetuation of the peculiar specific form and mode of being in such animal.

XVII. The heat, or that degree and condition of it which constitute the living state of existence, is maintained by a suitable supply of appropriate materials that are naturally adapted to that purpose; these are food and medicines; which harmonise with each other in their natural influence on animal bodies.

XVIII. Food and medicine originate from the same munificent hand, grow in the same field, and are adapted to the same end and design, viz., to supply fuel to the fire of life, to sustain and nourish the animal machine, by warming, dilating, and filling the vascular system, thus maintaining

the action and supplying the wasting powers of the living state. Medicine removes disease, not only by removing obstructions, but by restoring and repairing the wasted decay of nature.

XIX. On these supplies our life depends, viz., the continuance of that warmth and action which constitute the living state. When food is masticated and taken into the stomach, the process of digestion commences, by the warmth and action of the organs of digestion, and the gastric juice; the food is decomposed, or consumed just as fuel is consumed in a fire. The breath and perspirable vapour, are the smoke arising from this fire, the fæcal matter or dejections, are the ashes remaining after the consumption of the food.

XX. To understand the cause and nature of life and death, or of warmth and motion, it is necessary to advert to general principles, and the analogies of nature. There is one general cause of the natural sensation of hunger, and one general method to overcome the want, or satisfy the sensation; food relieves hunger when taken into the stomach.

CHAPTER II.

XXI. In perfect accordance with this, there is but one immediate cause of disease, however varied the remote cause may be; the immediate cause of the sensation of disease is uniformly and invariably the same, differing only in degree, and

in incidental diversity of symptoms, occasioned by local injuries; organic lesion, or functional derangement dependant on these, or whatever may predispose to disease.

XXII. As there is one special cause of the sensation of hunger, to be relieved by one general means, so there is a general or immediate cause of the sensation of disease, to be removed upon one universal principle, though a variety of articles may be used. But as a few simple articles are better suited to maintain a healthy state of body, than an epicurean variety, so disease is more readily and certainly removed by a few simple remedies that are best adapted to the human constitution.

XXIII. That medicine which will most readily and safely remove obstructions, promote perspiration, and restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state and form of disease, and must be universally applicable to a diseased state of the system.

XXIV. Thus we have given a summary view of our conceptions of the elementary composition and constitution of the human body in a living state, whether healthy or diseased. The function of breathing is a capacity of or condition to be acted on, rather than any inherent power or faculty of acting. Heat, by rarefying air, causes respiration; evaporating water excites perspiration: by rarefying and evaporating air and water, the breath is produced and thrown off.

XXV. By heating water in the stomach, we lighten the air and expand the lungs; the weight of the cool, condensed, and heavier external air, presses out that which is light and rarefied. These changing conditions of the animal body, occasion the alternate contractions and dilatations of the lungs, which constitute the action of breathing, so indispensable to the living state.

XXVI. By heating water in the stomach, and air in the lungs, we put the animal machine into operation, the process of which strongly resembles the mechanical motions of the steam-engine. Some of the fundamental principles of action are the same. By inspiration cool fresh air is inhaled. By expiration the rarefied air and vapour are exhaled or thrown off from the steam-pipe; by this action steam is expended, and the whole machinery of the living animal is kept in motion, the great fountain of the heart is kept in play, and forces the blood through the lungs and arteries to the extremities, until it returns to the fountain whence it first started on its mission, having left a fructifying deposit in every crimson rivulet on its way. The heat and action commencing at the fountain is thus propagated through the system to the remotest extremities; and,

XXVII. So long as the fire keeps up that degree of heat essential to the vitality of the animal body; or to speak figuratively, so long as the fire is kept good under the boiler to maintain the engine at work, so long the pump will continue to play.

XXVIII. Our regular meals supply regular

fuel to keep up the animal heat, as the regular feeding a fire will keep it burning. Drink supplies the boiler with water, while the condensed water passes off through its proper channel. *How necessary then to drink water as our only beverage to create the steam!*

XXIX. On these principles of the philosophy of life, we may expect a regular well-formed machine to continue its operations until worn out by old age, unless broken by the indiscreet management of the engineers.

XXX. If the machine be entrusted to the management of an ignorant or incompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent of the discharge of his duty, your steamboat, if I may so speak, will begin to slacken its speed, for lack of fuel to keep up the fire and water to supply the steam; or the engineer may conclude that the machine is out of order, and will throw ice into the boiler to cool it down, or tap the boiler and draw off the hot water as a preventive, or remedy; his boat will then rapidly begin to sink. Effects analogous to this are daily produced on the human machine, by those doctors who delight in the use of the lancet.

XXXI. If you would continue the breathing motions of your steamboat, you must take care to have a supply of water in the boiler, and a supply of fuel to the fire to heat it and raise the steam, and keep it at a regular temperature, and the actions will proceed with regularity.

XXXII. When we are asked what constitutes

a living fibre, we might as well be asked what constitutes any other property of living matter. What is that in which the life of a leaf or the stem of a living tree consists? What can we reason from, but what we know? Every living thing has something peculiar in its nature, or to the life with which it is endowed, whether animal or vegetable; but a living animal has heat and motion, without which it dies; without a due proportion of heat inward and outward, there can be no animal motion or animal life.

XXXIII. Warmth and action, do not constitute animal life in unorganised matter; they do not constitute life without an organised structure, to which heat gives the impulse which is applied to and connected with it. Caloric, or the principle of heat, rarefying and lightening air, excites action; which state of being constitutes animalisation or the living state.

XXXIV. The animal body is endowed with such a capacity for life (call it vital principle or what you please), that heat rarefying air, and expanding the lungs, puts the machinery in motion, and propels the tide of life through all its living channels. This combination of action constitutes the living state. Where such combinations do not exist, there can be no animal life.

XXXV. Suppose a man in all the vigour of life to fall into the water and sink; in a few minutes he is taken up apparently dead; the fire of life, if not extinct, burns low and faint within him; but as soon as you can kindle up the decaying spark, and restore inward heat by friction,

medicine, or other appropriate means, an energy is imparted to the system; the air in the lungs becoming warm, rarefies, expands, and forces them into action; the machinery of nature begins to move, the wheels of life are no longer obstructed, the due proportion of heat, inward and outward, is restored, and nature regains her wonted strength and vigour.

XXXVI. All that is requisite in such a case, is to supply heat to raise the latent spark of life. The same holds good in a collapsed state of disease, whether it presents itself in the shape of cholera, or any other form. The vascular tissue loses its tone, the whole system sinks rapidly in consequence; the living power is too weak to distend and expand the lungs, and the heart and arteries no longer propel their contents by maintaining the required action; the spark of life is becoming feeble, the water that should exhale and perspire away, becomes congestively condensed, and extinguishes the spark of living fire; the coolness and weight of the internal air are too much for the small degree of heat remaining in the lungs, heart, &c.; the power of life, or rather the capacity to live, and keep the powers of animal life in the warm and moving or living state, is lost through the absence of heat or rarefaction in the system.

XXXVII. In this case shield the sufferer from the cold air as much as possible, by wrapping him in a blanket, placing him in a warm bed, and gradually raising a steam around him; administering frequently and perseveringly, the warmest medicines; injections may be resorted to as the

case may require. Proceed in this course till you have gained a sufficient degree of inward heat, to restore the drooping patient to a proper degree of warmth and action. When the appetite returns administer food to keep up the steam, the mechanism of life will then begin to work freely, and the patient being as one snatched from the grave, will rejoice in the dawn of returning life.

XXXVIII. Much has been said about drawing in the breath, but the truth is, you cannot keep it out, so long as there is a due proportion of heat in the lungs; neither can you prevent the pump-like motion of the heart, in its systole and diastole; but when the heat diminishes, or the state of living warmth declines, the lungs begin to labour like a wheel wading slowly in the back water, the pump has not the power to roll the blood along the arterial canals, the pulse is languid, the extremities grow cold, the blood which formerly maintained the warmth by its active circulation recedes from the extremities, there is not heat enough at the fountain; and the sufferer dies from want of breath (as it is vulgarly supposed), but the true cause of the calamity should be ascribed to the want of a capacity to breathe, and not to asthma, consumption, or any of the fashionable diseases, as enumerated by the faculty of the present day.

XXXIX. The faculty are requested to inquire whether the depleting, sanguinary practice which has been so alarmingly mortal in its effects, has not been the cause of introducing much disease, and producing many of the most fatal results that

have attended what has been called scarlet and other fevers, cold, plague, cholera, &c.

XL. In concluding this chapter, we would remark that the principle of vegetable and animal life, is the same. One common cause or principle must and will produce similar effects; the nutritive processes in animals and vegetables, bear a striking resemblance to each other. Vegetables, like animals, are constituted of the four great cardinal elements; all vegetable life is under the control, influence, and operation of principles, similar to those of animal life. Without earth, water, fire, and air, nothing like vegetation could exist. Winter is a state of death to vegetation, and just in proportion to the loss of heat, is the degree of the suspension of life. We mean a loss of that peculiar modification or elementary combination of heat, that constitutes the living state of a vegetable; this loss is a degree of death, or of suspension of vegetable life; and in many instances the suspension is fatal.

XLI. In cold countries, when winter has passed away, and the spring returns, the suspended animation of the vegetable kingdom is again restored; and the torpid reptile again inhales the breath of life. Heat in this case, is not only an agent of restoration to life and vigour, but it is so adapted to the condition of the being on which its influence is exerted, as to constitute a living principle: on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with, and contrary to the living state, is death itself.

XLII. Heat does not act alone and independent of the other elements, but in harmony and accordance with the whole family. Without this active principle, there would be no life in material creation. The elements would rest in everlasting silence and inactivity, if deprived of this generative parent of life.

XLIII. Abstract the element of fire from the others—the life of all that breathes and moves would be swallowed up in the quietude of eternal death. Earth and sea would become a solid and immovable mass, and the fluid air would be congealed to the hardness of the adamant; creation would be a blank, and dark impenetrable *chaos* would reign again.

In the above dissertation on life and motion, we have thought it expedient to use many repetitions, that the leading ideas, being variously expressed, might be more clearly illustrated and better understood by the reader. We shall, hereafter, refer to some of these arguments in the chapter on disease.

CHAPTER III.

ON THE ANATOMICAL STRUCTURE OF THE HUMAN FRAME.

I. As an accompaniment to the chapter on life, we here propose to offer a few remarks on the structure of the human frame, and the operative principles which sustain the phenomena of animal life.

II. Were we about to enter extensively into this important and intricate subject, we might commence with a specious development of the mechanical and anatomical structure of the human frame; but we only design giving a cursory view of some interesting points, for the purpose of illustrating certain principles inherent in the living animal body, without attempting anything like a vain parade of scientific ingenuity.

III. To effect the object, we shall only take a passing glance at the mechanical or organic structure of the human body; and shall just notice what are called the solids, particularly the bones, muscles, glands, arteries, veins, nerves, fibres, membranes, lymphæducts, tendons, ligaments, cartilages, excretory vessels, hair and nails.

IV. The bones, by their shape, size, and articulations, the nature of their substance, and their particular adaptation to the end designed, give strength to the whole machine, and are subservient to aid and direct the motions of a living moving body.

V. The muscles are inserted into and enclose the bones; they connect and hold the frame together, and are sufficiently elastic, not only to allow, but greatly to facilitate, every requisite motion.

VI. The glands which secrete and excrete the saliva, bile, and urine, are not alone accounted excrementitious; but other glands, in performing their functional operations, supply appropriate fluids to moisten and lubricate the parts dependant on them, for the supply of such necessary moisture and lubricity.

VII. The circulation of the blood in the arteries of a living animal body conveys a stream of animation along their channels, their ramifications distribute the living stream to the remotest extremities of our frame.

VIII. The nerves are the organs of sensation, they are the vehicle of communication between the brain and external objects. They originate in the cerebrum: and their sentient extremities, coming in contact with external objects, constitute the sensitive state or condition called hearing, seeing, feeling, tasting, and smelling.

IX. The cerebral nerves are more the immediate organs of sensation, and anatomists refer us to the nerves issuing from the spinal marrow, which appear to be a continuance or elongation of the medullary system of the brain; to these the power of motion is said to belong.

X. The nerves, particularly the cerebral, appear to be the conductors of a nervous fluid, or species of animal electricity, and by this means sensation, and ultimately thoughts, volitions, and reflections, are originated.

XI. The pores of the skin constitute a great and important outlet of superfluous matter; they are admirably adapted for throwing off offensive humours, from the whole frame, by a universal stream of perspiration. By this means also the skin is kept soft, as perspiration proceeds regularly in a healthy state. Through these channels about five-eighths of all that we eat and drink are discharged from the body.

XII. Fibres, as they appear to the naked eye,

are simple threads of the minutest blood-vessels which enter into the composition of every part.

XIII. Membranes, are formed by a compact union of fibres, and are expanded to cover or line any other part.

XIV. Lymphæducts, are pellucid tubes to carry lymph from all parts, especially the glands, which they discharge into the larger veins, and into the lacteal vessels, which we shall see are those that convey the fluid from the digested aliment, called chyle.

XV. Tendons, are the same fibres of which the muscles are composed, but white and more closely connected, that they may possess less space in a limb, and be inserted in less room into a bone.

XVI. Ligaments, are strong membranes or bodies of fibres closely united either to bind down the tendons, or to give origin to the muscle, or tie together such bones as have motion.

XVII. Cartilages, or gristle, are hard, elastic bodies, smooth and insensible; their use is to cover the ends of the bones, that have motion, to prevent friction, attrition, &c.

XVIII. Excretory vessels are either tubes from glands to convey the secreted fluids to their respective places, or vessels from the small intestines to carry the chyle to the blood-vessels; these last are the lacteals, called *vasa lactea.*

XIX. The hair and nails are well known; the former seem to be nourished from the perspirable matter, and the latter from a mucus between the outer and lower skin, contained in vessels inter-

woven with one another, called *reticulum mucosum* or mucous network.

XX. From this concise sketch of the subject we arrive, with a tolerable degree of certainty, at the following conclusions :—

1. We perceive that the exercise of the whole body is of importance, to bring the elastic power of the muscles into action, rouse the nervous energy, move the joints, and circulate the fluids.

2. We discover that it is very important to the well-being of the animal system, to maintain a proper determination to the surface, to promote a free and full circulation through the pores of the skin, that the system may not become loaded and oppressed, by the retention of those abundant and offensive excrementitious impurities, which are often injurious to the system, and which nature meant to pass off by these channels.

3. The fact becomes obvious, that the rational way of cleansing the system of any deep-seated and pernicious impurities, according to correct, natural principles, is by the pores of the skin, not by drastic, debilitating purgatives.

4. We are drawn irresistibly to the conclusion, that as the blood contains a principle of vitality, which is life, and imparting power to live, is thus conveyed through the vascular channels prepared for its circulation in every part of the living body, hence it is obvious, that everything which has a direct or indirect tendency to diminish its quantity, vitiate its quality, or impede its circulation, is calculated to induce disease.

5. It must be evident from this reasoning, that

wherever an impoverished and vitiated condition of the blood exists, the nervous energy or force of the nervous fluid is diminished; thus rendering the power of animal electricity defective: the nervous system then becomes relaxed, or spasmodically contracted, and mental derangement often supervenes.

6. We may now bring these deductions to a focus, in one general inference which may be stated thus: the blood is the life or vital principle, possessing a living energy or impulse; therefore, if the blood be furnished to the system in sufficient quantity and of a salutary quality, and if it circulate with natural facility and regularity, the power of life is strong; but every unnatural diminution of its quantity, or deterioration in its quality, or whatever deranges the natural circulation, is an approximation to death; because the vital impulse, is thereby reduced in force and energy, and the principle of life becomes disturbed at its very foundation, the living power being inefficiently distributed.

7. As the living body, in which the stream of life is circulating, is invariably endowed with a certain degree of heat, it is evident that heat must be essential to vitality. It always accompanies the living state, either as a cause, or as an effect; it may, however, be presumed to be a cause, for where there is no warmth, vitality is extinguished.

8. From the above suggestions, we are naturally led to inquire, upon what principle the living system can be sustained in life, and its wasting supplied? When its energies are impaired, how

shall restoration be effected? How is life supported? How is the blood supplied with vitality, or by what means can we maintain it? The blood is constantly diffusing warmth and vitality, thereby wasting its power to sustain the same; when the needful supply fails, these faculties all decline. If the requisite degree of heat be not supplied, vitality must become extinct, or in other words, death must ensue.

9. Nothing can be more evident that the blood is constantly forming, and incessantly recruiting its quality and quantity. This process is kept up by the supply of food, both liquid and solid, which being taken into the stomach, is passed through the process of digestion, and is taken up by the lacteals. A nutritious distribution ensues, imparting stimuli, and motion, through the whole system; these, in connection with the air inhaled into the lungs by respiration, the changes it undergoes, and the effect produced, will at once account for all the phenomena of life.

10. I consider the process of digestion to be an all-important desideratum in the perpetuation of animal life and health. Whenever the powers of digestion are impaired by any defect in quantity or quality of the food supplied, or any defect occurring in the organs themselves, the general condition of the system is affected as a natural consequence. In proportion to the impaired condition of our digestive powers will be the measure of our disease; the living fluid will become vitiated; its stimulating powers will thus become defective.

11. On similar principles, whatever poisonous or unwholesome substance is taken into the stomach, either as food or medicine, and is thrown by the organs of digestion upon the system, will naturally impair its healthy functions, and thus cause general derangement; unless the impending evil be discovered in due time, the cause avoided, and salutary remedies applied. Disease and death will inevitably follow.

12. We have sometimes, by way of illustration, compared the human machine to a distillery, where the grain ground by the teeth, is transferred to the stomach, to undergo a species of fermentation, by a proper combination of heat, air and moisture; the process of digestion, there commenced, is more fully completed in the duodenum, and its appendages, where the work of separating the spirit from the alimentary mass is performed. The watery part, in which the vitalising spirit swims, is separated from the residuum or solids; the lymphatic mesenteric glands, the lacteal vessels, and thoracic duct, are thus supplied with that milk-like liquor, called chyle, which is found in these vessels a short time after eating.

13. This chyle is, in the operation of digestion, separated from the chyme, or partially digested mass of food, in its passages from the stomach to the small intestines, by a combination of the gastric, salivary, and pancreatic juices, and by admixture of a portion of bile. The work of digestion being so far completed, nutrition is imparted to the system. The chylous vessels which arise along the small intestines, take up and con-

vey the fluid by appropriate organs, in order to replenish the blood; thus the regular and natural exhaustion is supplied, and every waste restored.

14. If by any means the powers of digestion become impaired, what is the natural conclusion? May we not conceive that the chyle, on which our nourishment and life depend, instead of being properly prepared, would be furnished, either deficient in quantity, or presented to the lacteals in a condition not fit to be received? Of course, what nature designed for our nutriment, would pursue a different channel, and pass off in this crude, imperfect, morbid state, like the rice-water stools, attendant on epidemic cholera. The blood in such cases is deprived of its wonted supply of stimuli and nourishment; the circulation is then weak and languid, the extremities of the system become cold and shrivelled, and the coagulated state that ensues, presents a purple hue upon the surface; the muscles contract and collapse with spasmodic contortion; the impoverished stream of life gives but a feeble tone to the vascular system, recedes from its wonted excursions, and rolls back upon the heart. Its action becomes feeble by oppression, the pulsation weak or imperceptible, until the golden bowl is broken, the pitcher dashed in pieces at the fountain, and death closes the scene.

15. In order to express our ideas more clearly, as to how we would prevent disease, let us follow up the comparison we have already made. Like a distiller of spirits, we should keep our vessels

clean, see that the stomach acquires no foulness, lest it communicate a taint of impurity to the blood. To prevent this, we should only use sound materials, wholesome digestible food, such as will yield good nourishment, otherwise, there may be some failure in the process, and little spirit be obtained, and that defective in quality.

16. To cure disease let us do as the distillers do, cleanse the stomach as they cleanse their casks to this end, *we must use emetics*, stimulate it to a healthy action, supply it with digestible food; in this way, fresh and good chyle will be formed, the blood will be supplied with stimulating spirit; action, heat, and nourishment will be the consequence. Thus circumstanced, all the organic functions will proceed harmoniously, there will be a regular determination to the pores of the skin of all that ought to pass through those cutaneous emunctories. From the chylous region to the surface, there will be a regular transmission and transmutation, the whole frame will be kept clear of obstructions and impurities, and the established laws of nature will operate unimpeded in the whole process.

17. That which nature would do if unobstructed in her operations, is what must be attempted by the use of medicine. If the powers of nature be debilitated and embarrassed by any cause, and the vital functions languish, we must stimulate the system, rouse the fire, excite the living principle to action, and assist in animating the whole frame. By heat, the fluids become rarefied, and this heat exceeding the external

temperature gives a more vigorous determination to the surface, cleanses it from lurking impurities, and restores declining nature to her wonted health and vigour.

18. In effecting these important objects, discretion, aided by observation and experience, should be the criterion to regulate our efforts. An excessive, irrational extravagance, in our attempts on the one hand, and a timorous, inefficient treatment on the other, are extremes to be equally avoided. When safe and well-tried medicines are used, we should apply our remedies with all diligence and faithfulness; for by persevering, we have often succeeded, when hope had almost forsaken us.

19. When injured nature is too much weakened and obstructed in her operations to execute her laws with healthful effect, we should promptly and unceasingly afford her the needful assistance. In effecting these important objects, let us not forget that the stomach is the great centre of our sympathetic associations throughout the whole system. In sickness, to restore the digestive powers, and give them tone, is a victory worth gaining. By these means we may stimulate the whole machine into a salutary operation, remove disease, restore health and triumph over ignorance and superstition, which last, are at times, more formidable than the disease to encounter. To overcome disease when it presents itself in a formidable shape, and to combat the errors of ignorance at the same time, will require our utmost skill. The Apostle's direction, though given in another case, may well be applied here; namely, "that we

be not weary in well-doing, for in due season we shall reap, if we faint not."

20. The next chapter will be devoted to the nature of disease; its origin, together with its local and general impressions; each revealed in its proper character, so that it may be distinguished easily from others of a similar nature. In support of our theory, we shall reason only from first principles, making our deductions from natural causes. The whole of our information having been gleaned from the book of nature, our readers will have no difficulty in comprehending, what we so much wish them to understand.

CHAPTER IV.

ON THE NATURE OF DISEASE.

We are told by a late eminent writer (Hooper), "That any deviation from the natural and healthy action of the whole system, or any particular organ, constitutes disease." And yet after this most simple and plain acknowledgment, we are told, that it is necessary to study the symptoms and indications of *fifteen hundred diseases.* This absurdity will sufficiently account for the errors that are daily taught in our colleges and practised in our medical schools. Suppose an author should assert that hunger arises from a want of food, or sustenance being given to the system, or withheld from the stomach in particular; and then tell us, that

hunger presented no less than fifteen hundred symptoms, all originating in one common cause, yet to be combated singly; we should not only doubt the accuracy of such a philosopher, but disregard his authority on all future occasions. To make this more apparent, we have only to present Hooper's definition, on the nature of disease, as parallel to the common-sense view of the subject.

From his Medical Dictionary, page 532, we extract the following quotations:—	*Book of Nature.*
"DISEASE, any deviation from the natural and healthy action of the whole system, or any organ in particular."	Every page proclaims hunger to be a want of food, or nourishment; to deprive the system of nutrition, must produce disease, not only in the stomach, but finally in each organ in particular.
"Disease may be local, affecting only some particular part."	Hunger may be local, affecting only the stomach, from which particular part the disease is readily expelled, by presenting it with a good dinner.
Or it may be "CONSTITUTIONAL, affecting the whole system."	Hunger if not allayed, will affect the whole system; therefore it becomes constitutional.
Or it may be "SPECI-	Hunger may be spe-

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FIC, marked by some disordered vital action, not common to disease in general, but peculiar to the individual disease."

Or it may be, "idiopathic, primary, and not dependant on any other disease."

Or it may be "symptomatic, or sympathetic, and accompany some other disease."

Or it may be "periodical, recurring at fixed periods."

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cific, marked by some disordered vital action, not common to disease in general, but peculiar to the individual disease, as in madness, despair, &c.

Hunger may be "idiopathic," primary, and not dependant on any other cause; since the application of food will at once restore health.

According to this logic, hunger assumes the symptomatic form, when accompanied by intemperance; but it is truly absurd to suppose drunkenness a derivative of hunger, though it may at times accompany the same.

Periodical disease, like periodical hunger, may be likened to the changes of the moon, whose face may be concealed from

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	our vision at times, but she nevertheless maintains her position in the heavens.
Or it may be "acute, severe, and of short continuance."	Hunger, if not removed by food, will soon terminate in death, and anything that prevents a proper digestion of the food taken into the system, or that obstructs the circulating power, will effect the same.
"Or, if long continued, assume a chronic form."	Hunger cannot be continued long; for in order to keep up the heat, the system must be supplied with fuel; the result will be the same, if death be induced by starvation, or accelerated by disease.
"That disease is epidemic, generally diffused among a population, and arising either from contagion, or some atmospheric, or other cause,	Epidemic hunger is unfortunately too often felt, by the population of this country, when sickness most prevails; the doctors with their

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the influence of which is extensively felt."

"Disease may be hereditary descending from the parent to the child."

"Disease may be acquired, not hereditary, but dependant upon some laws operating after birth."

"Disease may assume

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weighty bills, tend not a little to increase the general distress.

The penalties of hunger are too often made hereditary by injustice; when a famishing mother sinks through exhaustion, consequent upon a want of food, and other necessaries, her child must of necessity become enfeebled, in proportion to the parent's debility.

A child may be starved out of existence, through many circumstances operating upon the parent, such as not having food to administer to her offsping; but the same cause, namely, want of nourishment, would have produced the same effects, had the child never left its mother.

This symptom is de-

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a sthenic form, attended with strong activity of the vital organs."	veloped in the first stage of hunger.
"Or asthenic, attended with a sinking and general prostration of the vital powers."	Approximating to the last stage of hunger.

Thus we might go on drawing the contrast, until we had noticed all the general heads of disease, as consisting of nineteen generalities, which, when analytically given, amount to FIFTEEN HUNDRED, all of which are enumerated in the nosology of the learned; but, having wearied ourselves to no purpose, we should be induced to give up the task, in despair of doing any good; and having retraced our steps, we should arrive at the point from which we first started out, namely, "that any deviation from the natural and healthy action of the whole system, or any particular organ, constitutes disease."

If this, in reality, be the definition of disease, why is it necessary to spin it out into innumerable threads, and cumber it with so many incomprehensible technicalities? No just reason can be assigned for such conduct, save that MONOPOLY delights to be clothed in MYSTERY; and this specious delusion has usurped the name of science, in order to keep the world in awe, lest the public should obtain a knowledge of the daily imposi-

tion that is being practised upon them. In order to keep up a tone of respectability, the faculty labour to make an impression on the public mind, to the effect that their system is based on science, and contains all the ingredients of reason that the mind can employ. Science, when pure, is the evidence of truth, based on a knowledge of the laws of nature; in which form it is beginning

> "To spread its lucid ray
> O'er lands that long in darkness lay."

Even now the idea is nearly exploded, that years of study and college training are required, in order to become acquainted with the fact that disease is only a deviation from the natural and healthy action of the whole system. Following out the symptoms of disease as taught in the schools, is like the numerous cases reported in the coroners' inquests, such as "died from exhaustion, died from debility, died from want of food, died from want of sustenance in the stomach," and in many cases, when the victim has been hurried to the grave, through the ignorance or inattention of the doctor, a verdict of "died by the visitation of God" has been returned by the jury. Almost every disease to which it is said we are subject has furnished a theme on which volumes have been written; theories have thus been ushered into existence, strange names and unintelligible technicalities have been invented, and the veil of mystery has been drawn closer; to these circumstances we are indebted for pathology being so faintly comprehended and so little understood. The celebrated

Dr. Rush, assigns as a reason, why the faculty fail of curing disease, "the want of a knowledge of it;" other eminent members of the faculty express a similar opinion. In a late number of the *British and Foreign Medical Review*, we find the following admission:—"that the intermittent nature of disease must certainly be better understood before we can practise medicine scientifically:" and in the *London Medical Repository*, vol. ii, page 97, we find the following candid, and yet to the afflicted appalling acknowledgement:—"After an interval of two thousand years, from the establishment by Hippocrates, of what may be reasonably denominated medical science, to this time, it is remarkable that a sufficient number of data, or facts, have not been recorded for laying the foundation of a full and convincing theory of disease, as far as respects its cause and cure. If whatever can be assumed to be rational medical theory, must be founded on a series of actual facts, and not on gratuitous data; and if there is individually a paucity of such facts, any plan which tends to remove this difficulty, by whomsoever projected, or by whatever medium given to the public, deserves, and will receive a countenance and an approval proportionate to its merits."

Dr. Reece (an authority of celebrity), says,—"that the symptoms of disease are often so doubtful, and so varied in their character, as to require much observation and practical experience, to enable us to make the distinction between one disease and another." Again, the celebrated Dr. Thomas says,—"Physicians are often mistaken as

to the locality of disease, in children especially." Dr. Rush also asks,—"how often physicians ought to blush at their prescriptions, when upon a *post-mortem* examination, they find that they have altogether mistaken the locality of the disease!" In another place the doctor compares the science of medicine to an unroofed temple, cracked at the sides, and rotten at the foundation. Lord Bacon assigns as a reason why the science of medicine has not progressed and kept pace with the other sciences, that "physicians have reasoned in a circle and not in a line." When we reflect upon the number of theories of disease that have been propounded since the days of Hippocrates to the present time, and consider the advantages that would naturally flow to the aid of those theories from the sciences, particularly anatomy, physiology, and chemistry; when we reflect upon these advantages, we must conclude that we have facts and data sufficient to enable us to place the science of medicine upon such a pinnacle of honour, that every other science must obediently follow in the wake of this benevolent benefactor. But, alas! for suffering humanity, our graveyards tell a different tale. From the lettered monuments you learn, that three-fourths of the inhabitants sleeping there, were under thirty years of age when they died. Had science no remedy for these afflicted ones? Yes, but the monopolists have failed to discover the remedy, and, like the dog in the manger, will prevent others from emancipating the world from ignorance, lest they lose their profit.

Many of the profession, who have ranked high in the medical world, have retired from it in disgust; finding all their efforts to combat disease unavailing, they have voluntarily abandoned the practice of medicine, relinquishing their labour in despair. With minds such as these gentlemen must have possessed, had they been taught more of nature and her operations, and less of the logic of the schools, they would have conferred incalculable blessings on mankind.

We have before remarked that all the diseases to which the human family is subject, proceed from one common cause; let not the reader of these pages exhibit any surprise at this seemingly strong assertion, look only to the evidence by which it is supported; weigh well the arguments advanced in its favour, and pronounce your verdict accordingly. Hooper states,—"*that disease is only a deviation from the natural and healthy action of the system or any organ in particular.*" Hippocrates says,—"*all diseases resemble each other — in form, invasion, in march, and decline, the type of all diseases being the same.*" Dr. Harvey, the discoverer of the circulation of the blood, says,—"*it cannot be told in fewer words, than that health is a free circulation, and sickness an obstructed circulation of the blood.*" Dr. Thatcher, author of the *American Dispensatory*, says,—"*all diseases originate from obstructed perspiration.*" Dr. Brown, author of the Brunonian system, says, —"*he wasted more than twenty years of his life in learning, teaching, and scrutinising me-*

dicine; it was only between the fifteenth and twentieth years of his studies, that like a traveller in an unknown country, wandering in the gloom of night, after losing every trace of his road, a very obscure beam of light, like that of the first break of day, dawned upon him." Dr. Dickson author of the *Fallacies of the Faculty*, and a medical officer in the staff, in adverting to the above statement of Brown, remarks,—"*it was my fortune to be more early staggered with the inadequacy of received doctrines, either to explain disease or to cure it.*" Dr. Dickson's opinion of disease is, *but one cause, and that, in fact, intermittent.* From the above authorities, it is evident that our first position, namely, that disease is a loss of animal heat, or a disturbed operation of it, is correct.

We have a guarantee for all that we have previously advanced relative to the nature of disease and its probable cure. Which of the faculty will dare to doubt the ability of the eminent physicians above quoted? Who will dare to question their authority, or dispute the force of their reasoning? Even the voice of envy and the tongue of calumny are silent when opposed to such formidable opinions. All unite in proclaiming this eternal truth, "that there is but one cause for disease." To apply fitting remedies must first claim our attention. The next chapter will treat on the remedies employed by the faculty, in order to convey to the public a knowledge of the MINERAL POISONS, and DEADLY DISTILLATIONS, which have from time to time received the sanction of

authority; and which, in the hands of the faculty, contribute more to the DESTRUCTION of human life, than all the DISEASES peculiar to our system, when nature has been left to run her course without the application of such remedies.

CHAPTER V.

ON THE REMEDIAL AGENTS OF THE SCHOOLS.

LORD BACON, in his *Medical Essays*, affirms that "there is but one natural cause for death, namely old age." Notwithstanding the boasted remedies of the schools how many victims are hurried annually to premature graves! Whence arises this calamity? There must be a cause assigned for this want of proficiency on the part of the faculty. The truth may be gleaned from the assertion of Dr. Rush, who affirms (speaking of the faculty), "that our want of success is owing to the want of a fitting remedy." In order to illustrate this fact, we have in our lectures introduced an Indian coming from his native woods, an entire stranger to all the peculiarities of civilised life. We have supposed him to have visited our large towns and cities, in order to acquire information on various subjects. We have led him to the establishments where drugs are prepared, and medicines compounded; have described to him

the number and nature of the remedies provided for the afflicted;—what would be his reflections, having previously learned in his own country that medicine was meant to cure; surely, he would exclaim, "there is no sickness in this highly favoured land! People here must die only from old age." But how shall we portray his astonishment, when he learns that three-fourths of our medical compounds are poisonous, that they hold a deadly enmity with life,—that, when administered to the hale and strong they produce death; in some cases instantly, and in others more slowly, he would at once assume that our ignorance was not only unaccountable, but extreme. "How can it be possible for this people to cure the sick, or remove disease, by the application of agents that not only induce sickness, but produce death? How can they expect to cure, by administering that which is known to kill? By what law in nature can they preserve life, while travelling in the path that leads to death? I have heard (continues the unsophisticated child of nature), that one of your renowned physicians, Dr. Rush, has said that the reason you fail to cure diseases, is the 'want of efficacy in the remedies;' but I infer, from the nature of your medicines, that the reason why so many of your people die in their youth, is because you assist disease, instead of assisting nature in the performance of her cures. No wonder your pale-faced friends fall around you—no wonder that so many children are left parentless; the only wonder is, how so many escape the grave, when every street

contains a storehouse for poison, and the learned men of the age distribute it amongst the people, who, while confiding in the skill of the doctors, are thus devoted to destruction."

How truly natural is the above picture! how strikingly expressive of things as they are! Take a glance at a few of the poisons, such as are now being daily used by the faculty, for the removal of disease. What is the effect of mercury, in many of its forms? Is it not notorious, that when given in large quantities, it produces violent salivation, accompanied with the most terrible consequences? It also produces pain similar to rheumatism, and painful nodes of a scrofulous nature. At other times it attacks the bowels, causing the most violent purging, and sometimes the discharge of blood. "Mercury, when it falls on the mouth at times, produces such severe inflammation that mortification frequently ensues." Leaving mercury for the present, we will now turn to *arsenic*, a well-known *poison*, fatal and deadly in its effects, and yet much used as a medicine by the medical men of the day. Hooper says—"arsenic is a substance that acts upon the animal economy, as a *deadly poison*, in quantities so minute, as to be insensible to the taste when diffused in water, or other vehicles; it has often been given with criminal intention and fatal effects."—*Medical Dictionary*, page 180. Dr. Black, another eminent authority, speaks of this deadly article in the following appalling terms:—"the symptoms produced by a dangerous dose of arsenic begin to appear in a quarter of an hour after it is taken;

first sickness, and general distress of stomach, succeeded by thirst and burning heat in the bowels; then come on violent vomiting, and severe colic pains, and excessive painful purging; this brings on faintings, with cold sweats, and other signs of great debility; to this succeed painful cramps, and contractions of the legs and thighs, with extreme weakness and death.

"*Hydrocyanic, or prussic acid*, is a poison of so fatal a character, that if one drop of it, when in the pure state, be dropped on the tongue of the strongest dog, he falls dead, after one or two convulsive respirations. A few particles of the same, applied to the eye, produce similar effects; one single drop of the acid, diluted with several drops of alcohol, injected into the jugular vein, will kill the animal as suddenly as though it had been struck with lightning. In animals thus poisoned, scarcely any trace of irritability is discernible in the muscles, a few moments after death."—Extract from *Hooper's Medical Dictionary*, page 750.

Every man possessed of common sense, must see the danger attendant upon the use of these poisons, when employed as remedial agents for the cure of disease. Should a careless apothecary weigh out one grain more than is required by the prescription, it may end in the death of the patient. But why use them at all? Why tamper with life and health by administering to the afflicted such dangerous substances? is it ignorance, or worse than ignorance, that prompts men thus to act towards each other? The public is

made to bear the consequence of this unparalleled cruelty, but the responsibility must, and will, in the end, follow the perpetrator.

Oxalic acid is another of the dangerous remedies made use of by the medical faculty of the present day. Hooper, in his *Medical Dictionary*, page 976, says, "that oxalic acid acts as a violent poison, when swallowed in the quantity of two or three drachms; accidents are frequently occurring in consequence of its being sold by the druggists for Epsom salts." The *London Medical Repository* contains the following remark:—"nine accidental deaths have come under our own observation, occasioned by the use of this poison within the last two years."—See vol. vi, page 475. The same authority says, "he is fully persuaded that many of the druggists are completely ignorant of its effects." Who, we ask, are the responsible parties in these transactions? The druggist is compelled to inscribe every packet of this poison, that he vends to the public, with the word *poison* on the wrapper. The doctors use it as a medicine; if it will destroy life in one case, it cannot possibly be beneficial in another; there is no difference in the quality of the article, whatever there may be in the quantity administered at one time. Suppose that a member of your household should be sacrificed by the use of this article, what remedy is in reserve for you? Should the father and husband be the victim, how is the bereaved family to obtain redress? Is there a tribunal for dispensing justice in such cases? Alas, no! for the grave will not give up

its dead; and if the apothecary can prove that he has acted in accordance with the requirements of the schools, having received his licence from the most Worshipful Master and Wardens of Apothecaries' Hall, and gone through the ordeal of a college examination, though the results of his practice have proved fatal; nevertheless, as it was done *secundum artem*, or according to the schools, he is exonerated from all blame, though human life has been sacrificed at the shrine of ignorance thus set up by the faculty. Let society take this matter under their serious consideration—let the people make this question peculiarly their own, until they learn this all-important truth; that, that which produces death can never promote life. Let them know this, and the present system will be silenced for ever. Another Dr. Frank will not then exclaim, "that hundreds are slaughtered in their quiet sick-room."

Antimony.—This is one of the most common medicines of the schools. In many instances, we have been witnesses of its poisonous effects upon the human system. For years we have watched the workings of this medicine, and, as it bears a much better reputation than it ought to possess, we will give a sketch of its character, as well as its general effect on the human system. Hooper classes it among the POISONS, and gives the following graphic description of its action:—"Tartar emetic (which is one of its forms) produces effects very analogous to those of arsenic. Violent vomitings and purgings, with colic, pain and sensation of burning in the stomach, difficult

respiration, faintings, convulsions, and death." Compare the description of this poison with the one before given of arsenic, and the nature of these fatal opponents to life will be found to resemble each other in every particular. This dangerous mineral is frequently given to young children in the form of an emetic. I need not add that it is unsafe, and should never be administered for any such purpose. Even a very small dose of it has been attended with fatal consequences, and it sometimes fails to produce any emetic effect whatever; but if the dose be repeated, excessive purging comes on, with sinking of the pulse, and a clammy sweat, which terminates in death.

The faculty places much reliance on the virtues of antimony; hence its use for children, when oppressed at the breast, or labouring under febrile symptoms, in the form of antimonial wine. But if it possesses no salutary properties, why does it produce on those who take it, a determination to the surface? Why does it produce cold clammy sweats? Simply because it is opposed to nature's healthy actions, and when taken into the stomach is received as a common enemy; and all the energies of the system are summoned together, in order to expel it. All the symptoms above described, which by the faculty are termed favourable, are but the results of the exertion necessary for its expulsion. But we may be asked, what evidence can we advance in support of this position? Our answer is, that we have evidence which cannot be doubted. Do not weakness and debility invariably follow its use? A sanative

medicine will restore strength and not diminish it. The Parliament of France, at the instigation of the French College of Physicians, passed an act, annexed to which was a penalty, making it criminal to either sell or partake of this dangerous drug. Again, what antimony should effect, can be fully accomplished by sanative herbs, which are indigenous to our country; these can be safely administered without danger and without fear, at all times, and under all circumstances.

Opium (papaver somniferum), the classic name of the white poppy, from which opium is extracted. When lecturing, we have often been asked, if "we would discard opium from our list of medicines, seeing that it is the product of a herb?" Our answer has always been given in the affirmative, for it is a powerful narcotic *poison.* Hooper, in his standard work, says, "Opium is the chief narcotic now employed; it acts directly on the nervous power, diminishing the sensibility, irritability, and mobility of the system." Again, "opium, when taken into the stomach, in inordinate doses, proves a narcotic poison, producing vertigo, tremors, convulsions, delirium, stupor, and fatal apoplexy." In our lectures we illustrate this portion of pathology, by exhibiting a preparation showing the appearance of the human stomach after having partaken of opium. On a *post-mortem* examination, in cases of poison by opium, "the stomach exhibits some livid and dense spots, in some instances gorged with blood." —Orfila. Opium has made frightful ravages in the East; so fatal had its use become in China, that

the Emperor interdicted its sale or use, on pain of death. What a worthy trait in the character of the "Barbarian," as he is termed, whose laudable efforts to protect his subjects from the ravages of this poison, deserve the lasting gratitude of mankind! It would have been well for this country, had our governors followed so worthy an example.

Notwithstanding the danger accompanying the use of this narcotic, it is administered in some form or other in almost every stage of disease. In the manufacturing districts, where young mothers, labouring in factories, are obliged to leave their children to the care of strangers, it frequently occurs that the children are found dead in the cradle, having been poisoned by the quantity of opium, administered, in the shape of a cordial, by some ignorant old woman, in order to induce sleep, and prevent the child from crying. Hear this, ye thoughtless mothers! who dose your little infants with *Godfrey's Cordial* and similar anodyne preparations. If you love your innocent pledges of affection, if you wish them to live, to reward, and recompense you, for your love to them; never blight those early blossoms of future promise, by using compounds to induce them to sleep, a practice which too frequently terminates in the sleep of death.

Some faint idea may be formed of the extent of this evil, when we look at the quantity of opium that is dispensed to the public, in the shape of cordial preparations. A druggist in Hull told us, that he sold more than two gallons of

Godfrey's Cordial in a month, yet he was only in a small way of business in comparison with others. We could point out many instances, where children have been found dead, some in the cradle, and others in bed by the side of the mother, in consequence of being made to swallow more than an ordinary dose of what is erroneously called *infants' preservative.*

CHAPTER VI.

REMEDIAL AGENTS OF THE SCHOOLS CONTINUED.

FROM what has been previously said on the nature of the medicinal compounds used by the faculty, it must be clear to all, that the daily use of such agents, given, too, for remedial purposes, must be pregnant with evil, and dangerous to the family of man. Hooper speaks of poison in the following terms :—" Poison, *Venenum, Toxicum,* that which, when applied externally, or taken into the human body, uniformly effects such a derangement in the animal economy as to produce disease, may be defined a poison."

The manner in which poisons enter the system, and act upon the textures or organs peculiarly liable to their influence, has been matter of much discussion. It is evident that every poison must act in one of two ways, either by being absorbed into the blood, and conveyed by circulation to the

parts which they especially affect, or by an impression made on the nerves of the part to which they are applied, and communicated to distant parts by sympathy. The discoveries of M. Magendie, on *venous absorption*, have induced many to believe that all poisons act through the blood; but the extraordinary rapidity of the action of several poisons, as prussic acid and the poison of serpents, militates against the supposition, as far as the class of poisons is concerned; such as are of slower operation are unquestionably absorbed into the circulation. On the whole it seems probable that some poisons act wholly upon the nervous system, and that others act chiefly, if not entirely, through the circulation of the blood.

It is further necessary to remark, that of the truly practical part of physic little indeed can be taught by the most eminent writer—he may surprise you with his learning, or entertain you with his wit; but from these sources you will not get that which can alone be useful, EXPERIENCE. This can only be attained by patient and persevering attention in the sick-room; by carefully watching, with a practised eye, the influence of disease on particular constitutions; by noting down the effects of remedies, and by comparing your own opinion derived from these sources with the matured opinions of other men.

Even physicians are frequently confounded and astonished at the effect produced by their own medicines. We have seen a prescription, in which blue pill was ordered with nitric acid; and the patient died from the formation of nitrate of

mercury in his stomach. Sugar of lead and sulphuric acid, when administered separately, are poisonous, and their use at all times dangerous; but when administered together, an inert compound is formed.

To all who aspire to a knowledge of medicine we would recommend the study of botany, not to be followed as a source of amusement, nor yet practised according to the schools, but to be followed with all diligence, stripped of its cumbrous load of technical investments, and exhibited in the pleasing garb of simplicity which nature ever presents to our view; a knowledge of which will enable us to undertake the cure of the most obstinate diseases, by the timely application of remedies with which the vegetable kingdom so plentifully abounds. Every day's experience will thus be found visibly to augment our store of knowledge; nor have we alluded to anything to which diligence and perseverance may not attain. To understand these plain truths, it is not requisite that the medical student should devote his days to the study of innumerable languages, nor is it requisite that he should be deeply skilled in logical, metaphysical, political and mathematical studies, and abstruse sciences; nor would we advise the perusal of voluminous works, which are but a collection of opinions, calculated to mislead the mind, and turn its judgment astray, operating most injuriously, by turning us aside from the due consideration of more important things; making us at times believe that we are wiser than we really are, when

our mental perceptions of the truth are as dark as the obscurity that accompanies error, leading us onward in the mazes of uncertainty, till the illusion is dispelled, by the startling conviction, that our labours have been based on an unsubstantial foundation, and that our ill-directed efforts have resulted in no gain.

Iodine, now much used by the faculty, is thus described by the before-mentioned writer:—"Iodine, a simple body, accidentally discovered by De Courtois, a manufacturer of saltpetre, at Paris; it exerts a very powerful action in the animal economy, and if given in too large a quantity it will produce death."

Notwithstanding its dangerous effects on the human system, it is considered by the faculty, one of the most efficacious remedies for the purification of the blood, or cure of scrofula, and similar complaints: it is said to operate powerfully upon the glands, by increasing the action of the absorbents. Sir Astley Cooper, in one of his lectures, delivered in Guy's Hospital, says, "It is a dangerous medicine, and an overdose, which would produce death in one patient, might not do so in another." In consequence of which, he gave it as his opinion, "that it would be well to discontinue its use as an internal medicine, since its application externally would be safer, and not accompanied by such dangerous consequences."

Poisons are arranged into four classes, namely, irritant, narcotic, acro-narcotic, and septic, or putrescent. The following are selected from Hooper's *Medical Dictionary*, page 1049:—

IRRITANT POISONS.

1st. The three mineral acids.

Phosphorus,
Sulphur,
Chlorine,
Iodine,
Oxalic acid,
The fixed alkalies,
Nitre, saltpetre,
Alkaline, and earthy chlorides,
Ammonia and its salts,
Alkaline sulphurets,
The compounds of arsenic, mercury, copper, and antimony,
The compounds of tin, silver, gold, bismuth, chrome, and zinc,
The compounds of lead, castor-oil-seeds, gamboge,
Croton, jalap, cantharides,
Diseased and decayed animal matter,
Venomous serpents, and insects, and many others belonging to this class.

NARCOTIC POISONS.

2nd. These are such as produce symptoms of disorder of the nervous system. To this class belong—

Opium,
Hyosciamus,
Lactuca,
Solanum,
Hydrocyanic acid,
Carbonic acid,
Nitric oxide gas,
Chlorine gas,
Muriatic acid gas,
Sulphuretted hydrogen,
Ammoniacal gas,
Carburetted hydrogen,
Carbonic acid,
Carbonic oxide,
Nitrous oxide,
Cyanogen.

NARCOTIC ACRID POISONS.

3rd. These possess a double action, being both local irritants, like those of the first class, and

producing a remote effect on the nervous system, like those of the second. To this class belong—

Nightshade,
Thorn-apple,
Tobacco,
Hemlock,
Water-hemlock,
Hemlock-dropwort,
Foolsparsley,
Monkshood,
Black hellebore,
Ipecacuanha,
Squill,
White hellebore,
Meadow saffron,
Foxglove,
Nux vomica,
Cocculus indicus,
Upas antiar,
Poisonous fungi,
Darnel-grass,
Seeds of the common laburnum,
Alcohol,
Ether,
Secale cornutum. Ergot of rye,
Seeds of the bitter vetch, and many others of the same class.

The same writer remarks that the failure of attempts to discover poisonous substances in the alimentary canal after death, is by no means a sufficient proof that death has not been occasioned by poison; for it has been clearly established, by experiments made on animals, that a poison may be completely evacuated, that no traces of it shall be found, and yet that death may ensue from the morbid changes which it has occasioned in the alimentary canal, or in the general system.

Enough has been said to prove how dangerous is the use of many of the remedies employed under the sanction of the schools. Most of the articles already enumerated are daily made up by the apothecaries, in compliance with the prescription of the physician. Poisons are thus

administered to the afflicted for almost every form of disease. Ought we to be surprised at the increase of mortality, when means like these are resorted to? Mercury, opium, alcohol, and the use of the lancet, are of themselves sufficient to account for the speedy depopulation of a world.

The seeds of disease and death are sown in society, by the use of poisonous medicines. Nature thus assailed may withstand the shock for a season, but must finally sink, overcome by the encroachments of disease; when, had sanative remedies been employed, no such consequences would have followed.

The following quotation is copied from the *London Medical Repository*, vol. ii, p. 521 :—

"If we esteem the professors of the healing art in Great Britain generally better informed, or more expert in the departments of medicine and surgery, than our brethren of the continent; yet it is notorious, and must be acknowledged, that the latter pay infinitely more attention to pharmaceutical chemistry, and are greatly our superiors in the knowledge and practice of chemistry.

"Young men, when they have served an apprenticeship, and passed the ordinary routine of compounding and dispensing, are too apt to imagine that they have acquired a competent knowledge of the art, whereas, too commonly, they are wholly ignorant of its elements. Hence, when they enter into the hospitals, even the most reflecting and assiduous, conceive they fulfil every duty by regularly attending the practice of the house, and the various lectures and dissections;

but the laboratory, or shop, where they can see, examine, apply, and reduce to practice, what they are taught concerning *materia medica*, chemistry, and pharmacy in the lecture-room, is neglected, if not entirely overlooked.

"This is a great defect in the education of all medical students, and leads to the prescribing of inert and inefficient remedies, even by those well skilled in anatomy, physiology, and the knowledge and treatment of disease."

From the above extract it may be seen, that one cause, to which we have so often adverted, why the faculty fail to cure the sick, with all the boasted learning of the schools, is simply that they have no real knowledge of the chemical nature of the compounds given by them in the shape of medicine. We have many times remarked, in the course of this work, on the danger attendant on the use of mercury; the following incident came under our immediate observation:—A lady, whose illness proceeded from indigestion, was attended by a diplomatised doctor, who prescribed for her a course of blue pills, which she took accordingly; after a few days he administered to her a small dose of nitric acid, in six hours from taking which she lay extended a lifeless corpse. On a *post-mortem* examination of the body, it was proved that death had been caused by the formation of nitrate of mercury in the stomach, through the admixture of such dangerous medicines. Notwithstanding which, the doctor's only punishment was, suspension from the *benefits of the medical society for twelve months.*

Cases of the above nature are unhappily of such frequent occurrence, that they fail to awaken our surprise, or excite our astonishment. Though human life is the sacrifice, our indignation loses its force, in consequence of the respect that is generally paid to the judgment and ability of the medical profession; but as science spreads her enlivening influence over the national mind, even so will these things appear to the world in their true character; we shall then shudder as we contemplate the black catalogue of the past, and resolve to discountenance any system or profession that tolerates the use of poison in the shape of medicine.

Read attentively the following extract, taken from Brande's Lectures, delivered in the Apothecaries' Hall, London, as reported in the *London Medical Repository*, vol. ii, page 525, where he speaks as follows:—"I have seen a prescription in which *blue pill of mercury* was ordered with *nitric acid*, and the patient was brought to death's door from the formation of nitrate of mercury in his stomach. Sugar of lead and sulphuric acid, when combined, form an inert compound, and yet they are frequently administered in the above form." What an absurdity, to administer an *alkali* and an *acid* in conjunction, thus producing a *neutral salt*, and effectually changing or destroying the nature and quality of the first ingredients!

Alcohol, an acrid narcotic poison, to the use of which may be ascribed much of the crime, immorality, and disease, with which we are surrounded

As a poison it induces disease, by arresting the powers of digestion. It effectually destroys the finer tissues of the body, by rendering them callous and otherwise insensible; it lays the foundation of numerous diseases, and has been as destructive of life and happiness as all the deadly evils attendant on war. More than fifty thousand victims perish annually in this country, from its constant use both as a medicine, and a beverage. The custom has so much increased, and the appetite for strong drinks gained such an ascendancy, that despite the efforts of temperance advocates; though Father Mathew and others have accomplished much, by way of moral reclamation in Ireland, as well as this country; yet so long as doctors administer it as a medicine, the fearful effects of drunkenness must be felt and endured.

Dr. Cheyne, of Dublin, in his *Letter on Wine and Spirits*, justly observed, "that the benefits which have been supposed to flow from their liberal use in medicine, and especially in those diseases which were once universally, and are still vulgarly, supposed to depend upon mere weakness, have invested these agents with attributes to which they have no claim; and hence, as we physicians no longer employ them as we were wont to do, we ought not to rest satisfied with a mere acknowledgement of error, but we ought also to make every retribution in our power, for having so long upheld one of the most *fatal delusions* which ever took possession of the human mind."

The celebrated Dr. Abernethy was once said to have been asked, if he believed that alcoholic drinks were good for the animal economy; when he replied, "that they were bad and injurious in every instance, no matter for what purpose administered." His interrogator asked if he told his patients so? "O no, God forbid," remarked the doctor, "were I to do that, I should lose one-third of my income."

Most of the doctors recommend wine and porter to their patients, because the system, having been reduced by illness, requires something in the form of a stimulant; but alcohol is not a *healthy stimulant*, it *irritates* and finally *depresses* the system, by arresting digestion:—and in a great measure destroys the appetite, thus causing debility, instead of restoring vital energy.

From a knowledge of its poisonous effects upon the human system, when used as a beverage, or administered as a medicine, we have for many years entirely discarded it in every form, and would most urgently recommend our readers to shun it as the direst enemy to the health and happiness of the human race.

Many, very many children are destroyed through their parents' inordinate appetite for strong drink; like the early flowers of spring, their fragile frames are blighted;—for the poison influencing the once healthy system of the mother, is transmitted through the breast to the tender babe, which droops and dies. To the use of this poison may be ascribed by far the

greatest part of the poverty and wretchedness which pervade our land; and until this scourge be removed, the health and morals of society can never be pure.

CHAPTER VII.

REMEDIAL AGENTS OF NATURE.

In describing these agents we shall confine ourselves exclusively to such as we have ourselves used, in our daily practice for the prevention or removal of disease; nor do we intend to make out a long list merely for the sake of swelling the catalogue on the one hand, and perplexing the judgment of our readers on the other; but shall content ourselves by giving a plain unvarnished description of such remedial agents as are to be met with in the vegetable kingdom; on the efficacy and virtue of which the public may with the fullest confidence rely.

We do not intend to deal in mystery, nor ascribe virtues to plants which they are seldom found to possess. Many writers have done this, mixing up the science of botany in such an incoherent manner with astrology, and astronomy, that common sense has been altogether left out of the question,—so much have the marvellous and incredible prevailed over truth, and the science of botany as revealed in the laws of

nature. In describing the various herbs, roots, and barks, the particular and general qualities of which are investigated, it shall be our endeavour to make the subject easy of comprehension. The reader is urgently requested to peruse every page of this book, before he ventures to condemn the theory it propounds; and above all to discard from his mind every prejudice, and proceed to the investigation of the merits of the system in such a spirit as reason and philosophy love to assume.

In the chapter on "The Nature of Disease," our readers will remember that we showed how disease originated in a loss of the animal heat, or a loss of the equilibrium of it; and have repeatedly assumed the position that whatever produces disease, can never contribute to its cure; and if heat, or a proper distribution thereof, in the system, be essential to a healthy action throughout the animal economy, the absence of it must induce disease. The question next presents itself, how can we restore a sufficiency of heat to the system, when impaired by sickness, or diminished by disease? If the fire in your room is wellnigh extinguished, or so much so as to require immediate restoration, in such a case your first attention would be given to the selection of materials best calculated to rekindle the fire in the shortest possible time; you would not expect to restore heat by putting snow or ice on the decaying embers—such a course would be at variance with the laws of nature, yet, incredible as it may appear, this is, nevertheless, the prac-

tice of the schools in administering to the afflicted for the removal of disease.

As we have already stated, all diseases originate in one common cause, namely, the absence of an equilibrium of heat, which should circulate through the entire system; to regain this heat when lost, and restore the stomach and its functions to a healthy action, should engage our whole attention. We will therefore proceed to name the remedies; and as we wish to be understood, we shall class them under a few general heads, namely, *stimulant, or hot medicines; astringent, or rough medicines; tonic, or bitter medicine, &c.* Previous to entering upon a description of their several qualities, we would remark, that Medical Botany has no connection with Scientific Botany as taught in the schools; the former having experience for its basis, whereas the latter has been studied more as a means of affording a pleasing amusement, than for any solid advantages which it is supposed to possess. In this form Scientific Botany has been encouraged, but more for the purpose of adorning the domains of the wealthy, than for any other object. Its patrons and professors can probably give a name to almost every plant that grows, they may arrange and class the several species; but here the knowledge of their properties may be said to end, for, the science of medicine having been so long involved in mystery, no encouragement has been offered to the botanist strong enough to induce him to enter upon the investigation of their medicinal value:

had this been done, the faculty would have been considered as useless, and every cottage would have boasted of its own physician in the person of the father or mother, whose knowledge of the vegetable world and its remedial virtues, would have enabled them with confidence to have applied suitable remedies to every form of disease.

We would not have our readers infer, from what has been said on this subject, that we are in any way opposed to the study of botany as taught in the schools; no such thing could possibly occupy our mind for a moment. We are favourable to the study of botany, even as an amusement, for we know that the public will, ere long, see the advantage to be gained by a more intimate acquaintance with the science in its practical form; but we do not believe in the necessity of learning the names of several thousands of plants in order to cure the sick, and remove disease. Scientific Botany is by far too complicated to be practically useful; while the system of Medical Botany, such as we hope to explain, is so easy to be understood, that every member of society may learn it if disposed.

That which has been falsely termed science in medicine, is no more than a tissue of incongruities, interwoven with the obsolete and unmeaning language of the schools of antiquity, invented for no end, save the final prostration of the human intellect at the shrine of monopoly, in order to dignify and confer wealth on a few individuals, and to support institutions which have thus grown upon us. The learned have com-

bined together for the purpose of throwing dust into the eyes of the people, in support of which fallacy they have invented a language peculiar to themselves; and, lest they should lack employment, they prescribe for every symptom, instead of applying an efficient remedy to the first, or original cause of disease. Hear what the great and good John Wesley says on this subject. The following extract is taken from *Wesley's Primitive Physic, or an Easy and Natural Method of Curing Disease* :—

"Can nothing be found to lessen those inconveniences which cannot be wholly removed, to soften the evils of life, and prevent in part the sickness and pain to which we are continually exposed? Without question there may. One grand preventive of pain and sickness of various kinds seems intimated, by the grand author of nature, in the very sentence that entails death upon us. 'In the sweat of thy brow shalt thou eat bread, till thou return to the ground.' The power of exercise, both to preserve and restore health, is greater than can be well conceived, especially in those who add temperance thereto, who, if they do not confine themselves altogether to eat either bread or the herb of the field, (which God does not require them to do), yet steadily observe both that kind and measure of food which experience shows to be most friendly to health and strength.

"It is probable physic, as well as religion, was in the first ages chiefly traditional—every father delivering down to his sons what he had in like

manner received, concerning the manner of healing both outward hurts and the diseases incident to the climate, and the medicines, which were of the greatest efficacy for the cure of each disorder. It is certain that this is the method wherein the art of healing is preserved among the American Indians to this day. Their diseases, indeed, are exceedingly few; nor do they often occur, by reason of their continual exercise and, till of late, universal temperance. But if they are sick, or bit by a serpent, or torn by a wild beast, the fathers immediately tell their children what remedies to apply, and it is rare that the patient suffers long—those being quick, generally being infallible.

"Hence it was, perhaps, that the ancients not only of Greece and Rome, but even of barbarous nations, usually assigned physic a divine original; and, indeed, it was a natural thought, that he who had taught it to the very beasts and birds, the Cretan stag, the Egyptian Ibis, could not be wanting to teach man. Yea, sometimes even by those meaner creatures, for it was easy to infer, 'if this will heal that creature, whose flesh is nearly of the same texture as mine, then, in a parallel case, it would heal me.' The trial was made, the cure was wrought, and experience and physic grew up together.

"And has not the author of nature taught us the use of many other medicines by what is vulgarly termed accident? Thus, one walking some years since, in a grove of pines, at a time when many of the neighbouring towns were afflicted

with a kind of new distemper (little sores in the inside of the mouth), a drop of the natural gum fell from one of the trees on the book which he was reading; this he took up, and thoughtlessly applied to one of the sore places. Finding the pain immediately cease, he applied it to another, which was also presently healed. The same remedy he afterwards imparted to others, and it did not fail to heal any that applied it, and doubtless numberless remedies have thus been casually discovered in every age and nation.

"Thus far physic was wholly founded on experiment. The European as well as American, said to his neighbour, are you sick? drink the juice of this herb, and your sickness will be at an end. Are you in a burning heat? leap into that river, and then sweat till you are well. Has the snake bitten you? chew and apply that root, and the poison will not hurt you. Thus ancient men, having a little experience, joined with common sense, and humanity, cured both themselves and neighbours of most of the distempers to which every nation was subject. But in process of time, men of a philosophic turn were not satisfied with this; they began to inquire how they might account for these things—how such medicines, wrought such effects. They examined the human body and all its parts, the nature of the flesh, veins, arteries, nerves, the structure of the brain, heart, lungs, stomach, bowels, with the springs of the several kinds of animal functions. They explored the varieties of animal and mineral, as well as vegetable substances; and hence the

whole order of physic, which it had attained to that time, became gradually inverted. Men of learning began to set experience aside—to build up physic upon hypothesis; to form theories of diseases and their cure, and to substitute these in the place of experiments.

"As theories increased, simple medicines were more and more disregarded and disused, till in the course of a few years the greater part of them were forgotten, by the more civilised nations; whilst in their stead, abundance of new ones were introduced by speculative men, more difficult to be applied, as being remote from common observation. Hence rules for the application of these remedies, and medical works expatiating on their virtues, were immensely multiplied, till at length physic became an abstruse science, quite out of the reach of ordinary men.

"Physicians now became subjects of admiration, as persons who were something more than human, and profit as well as honour attended their employment; so that they had two weighty reasons for keeping the bulk of mankind at a distance, that they might not pry into the mysteries of the profession. To this end they increased their difficulties by design, which began in a manner by accident. They filled their pages with abundance of technical terms, utterly unintelligible to plain men. They affected to deliver their rules, and to reason upon them, in an abstruse and philosophical manner; they represented the critical knowledge of astronomy, natural philosophy, and what not, some of them insist-

ing upon that of astrology, too, as necessary previous to the understanding the art of healing. *Those who understood only how to restore the sick to health, were branded with the name of empirics.* They introduced into practice, abundance of exotics, neither the nature nor the names of which our own countrymen understood. They moreover adopted a large number of compound medicines, consisting of so many ingredients, that it was scarcely possible for common people to know what it was that wrought the cure; and a great variety of chemicals which the public had neither the skill nor fortune to procure; yea, and of dangerous ones, such as they could not use, without hazarding life, but by the advice of a physician; and thus were both their honour and gain secured; a vast majority of mankind being utterly cut off from helping either themselves or their neighbours, or once daring to attempt it.

"Yet there have not been wanting from time to time, some lovers of mankind, who have endeavoured (even contrary to their own interest) to reduce physic to its ancient standard; who have laboured to explode it out of all the hypotheses and fine-spun theories, and to make it a plain intelligible thing, as it was in the beginning, having no more mystery in it than this, 'such a medicine removes such a pain.' These have demonstratively shewn, that neither the knowledge of *astrology, astronomy, natural philosophy, nor even anatomy itself, is absolutely necessary to the quick and effectual cure of most*

diseases incident to the human body; nor yet any chemical, or exotic, or compound medicine, but a simple plant or root duly applied. So that every man of common sense, unless in some rare case, may prescribe either for himself or his neighbour, and may be secure from doing harm even where he can do no good."

PURE STIMULANTS.

CAYENNE PEPPER.

CAPSICUM BACCATUM; BIRD PEPPER, CAPSICUM MINIMUM.

THERE are many species of this plant. It is indigenous to the warmer climates; viz., Asia, Africa, and America. It is cultivated in many parts of the world; the kinds bearing the larger berries flourish more in the northern regions, and are much used for domestic purposes, such as pickling, when in the green state.

Much has been written on the properties of cayenne pepper, but even the learned of the medical profession have failed in investigating its qualities, or they have purposely withheld a knowledge of its real properties from the world. Almost all the stimulants of the schools are nar-

cotic, in a greater or less degree; hence it has been erroneously inferred that all stimulants must necessarily be so; but this hypothesis is now nearly exploded. We have so often described its properties from the platform, that the public have for some time tested its virtues by experience. Practice has proved it to be a *pure stimulant* that may be safely administered and efficaciously applied under every disease, whenever that stimulant is required for the system. In fact, no other medicine can so successfully restore and retain the vital heat of the body. It is exceedingly prompt in its action, and its power is remarkably evinced by equalising the circulation; thus obviating congestion, arresting hemorrhage, and relieving inflammations. It also excites and promotes profuse perspiration, and in all cases acts in perfect harmony with the animal economy. It imparts a pungent heat to the throat and mouth, which may be considered as indicative of its good qualities, for it acts powerfully on the salivary glands without injuring them, and imparts a healthy tone to the digestive organs. The warmth that it imparts to the stomach causes an equal distribution of the fluids, without which health cannot possibly be retained in the animal economy. As a pure stimulant it is the best that nature has provided for our use. When taken into the stomach it retains its heat longer than any other stimulant; at times it creates a powerful sense of heat in the bowels, occasioned by the sudden expansion of the parts which had previously been cramped and contracted with pain.

The active stimulus of the pepper, thus operating upon the parts affected, produces a speedy reaction in the system, removing the obstructions by natural evacuations and profuse perspiration. Nature has furnished us with this valuable stimulant, but much of its virtue is impaired by the adulterations to which it is subjected by those who deal in the article. We have discovered many poisonous substances in the pepper sold at the shops, such as *red oxide of lead*, oxide of iron, logwood, turmeric, salt, coloured oatmeal, and several other articles. We need not say how much the cure depends on the purity of the article. In order that the public may obtain it free from all adulterations, we purchase it in the pod, and grind it when required for use. This practice has enabled us to effect many cures with a much less quantity of pepper than we else should have required.

Hooper thus describes the quality of the *capsicum*, or cayenne pepper :—"Taken as a condiment, it prevents flatulence from vegetable food, and increases the digestive power of weak stomachs. In the practice of medicine it is a *powerful* and *useful stimulant*, and is very advantageously given in chronic gout, paralysis, fevers, and other cases ; in the *coma* and delirium attendant on tropical fevers, *cataplasms of capsicum* are said to have a speedy and happy effect. A weak infusion of capsicum has been found a useful application to scrofulous and other languid ulcerations, and the diluted juice is esteemed of great efficacy in chronic ophthalmia ;

a gargle of it is commonly used to cure malignant sore throats." Capsicum may be given in the form of pills, in doses of from three to eight grains, or it may be administered in any proper vehicle in similar quantities.

GINGER.

ZINGIBER OFFICINALE.

A well-known root; its properties are stimulant, but not so strong as cayenne pepper. It is indigenous to Hindostan, and is cultivated in most parts of the East, also of late in the West Indies, having been introduced there from the East. The best is called Jamaica ginger; we have seen it growing abundantly during our residence in the south of America, and used it much as a remedy in the removal of disease. The young and tender root is generally used as a preserve, when deprived of its outer covering and boiled in sugar. As a medicine it is a pleasant stimulant, and may be given to expel pain from the stomach and bowels, and it also corrects a derangement of the digestive organs. When chewed it produces a flow of saliva, and is excellent for paralysis of the tongue, or any of the minute organs connected with the throat. We have fouud it very useful to chew a little before leaving the platform, after lecturing to a large audience in an overheated room. In pulmonary complaints, or diseases of the lungs, this medicine may be used with very great effect; it has long been known as a remedy to ease pain in the

stomach, and remove symptoms of flatulency or indigestion from the stomach and intestines. To such as are subject to bleeding from the lungs, this root may be specially recommended; as, by masticating a piece of it, and keeping it constantly in the mouth, swallowing the saliva from time to time, much relief will be obtained; the throat and stomach will also be excited and protected from cold.

Every person who has experienced an affection of the lungs is alive to the danger attendant upon exposure, in the variable, and at times chilling temperature of our climate. Those who have been restored after a protracted illness, are aware of the difficulty of keeping the system in that genial state of rarefied temperature so essential to a full restoration to perfect health. Many thus situated, when blessed with the means, have recourse to a warmer climate, where the constant rays of a genial sun serve to create such a natural temperature as we are ofttimes compelled to produce for ourselves artificially. During our residence in the southern latitudes we have met with many persons who, whilst living in the northerly regions, have been considered incurable, but who have been restored to perfect health by partaking largely of this inestimable root, and the substitution of a milder air.

Ginger may be used as a substitute for cayenne pepper, when the latter cannot be conveniently obtained. The dose of the powder is from ten to twenty grains. The tea is prepared by infusing a quarter of an ounce of bruised ginger in one

pint of boiling water. Being a milder stimulant than pepper, it may be given to children with great advantage.

PRICKLY ASH.

ARABIA SPINOSA, XANTHOXYLUM FRAXINEUM.

The prickly ash is a shrub, growing from ten to fifteen feet in height, with alternate branches which are covered with sharp and strong prickles. The common footstalk, or body, is sometimes prickly on the bark, and sometimes unarmed. The bark is thin and externally yellowish; white internally; taste warm and aromatic, exciting a copious discharge of saliva. The berries grow in clusters on the top of the branches; are small, black, or deep blue, enclosed in a gray shell. The bark and berries only are used as medicine.

The bark is an energetic stimulant, producing when swallowed a sense of heat in the stomach, with more or less general arterial excitement, and tendency to perspiration. The berries are a good tonic and aperient, and will be found very useful in dyspepsia or indigestion. The pulverised bark in decoction or infusion is an effectual remedy for removing chronic rheumatism, and disposing venereal ulcers to heal.

It may also be beneficially employed in paralytic affections, colic, cramps, cholera, nervous headaches, &c.

The powdered bark will be found useful as a

topical irritant, and has been a very popular remedy for toothache.

Directions for use.—Take of the bark, bruised or powdered, half an ounce; boiling water, one pint; let it stand two hours in a covered vessel, then strain. Dose, one tablespoonful four times a day.

As an external application for rheumatism,—take of the pulverised bark, one ounce; olive-oil, heated, four ounces. The part affected to be well rubbed with this liniment, night and morning.

BLACK PEPPER.

PIPER NIGRUM.

Is a native of Cochin China; first thoroughly investigated by Hippocrates, and was much used by the Hindoos. It is an active stimulant, capable of producing great internal or even external excitement, but is less permanent and diffusive in its effects than cayenne pepper. It creates perspiration, and excites to the surface, acting favourably upon the torpid stomach; it likewise removes flatulency. In America it is much used for the cure of intermittent fevers, agues, and colics; it may also be used in the place of other stimulants, when they are not immediately at hand.

The dose of this pepper in powder is from ten to twenty grains.

A celebrated electuary, known as Ward's Paste, for piles and fistula, is made with this article, and has been esteemed an excellent remedy. It is

made in the following manner :—take of black pepper, elecampane, and licorice-root, in powder, of each one ounce ; fennel-seeds, powdered, two ounces ; honey and sugar, of each an ounce and a half ; incorporate the whole together into one uniform mass ; dose, a teaspoonful three times a day.

CLOVES.

EUGENIA CARYOPHYLLATA.

The clove-tree is a native of the East Indies and Molucca Islands ; the clove, *caryophylus aromaticus*, which is the outer or lower part of the flower, has a strong agreeable smell, and a bitterish hot taste.

Cloves are the most powerful of all the aromatics, from their not only possessing stimulant properties, but being very agreeable also. Their effects are analogous to those of ginger, and will be found beneficial in flatulency, gout, and dyspepsia, in doses of from five to ten grains. The essential oil will relieve the toothache, if a little cotton or lint be wet with it, and applied to the tooth.

NUTMEG.

MYRISTICA MOSCHATA.

This tree is also a native of the East Indies ; it is highly stimulant and stomachic ; is good in all cases of bowel-complaint or dysentery, either the nutmeg or the mace (which is the inner bark of

the nutmeg). When boiled in milk it is useful for patients of weak digestion. Mace or nutmeg may be administered in doses of from five to twenty grains.

ALLSPICE.

MYRTUS PIMENTA.

This is a warm spice, which may be used in conjunction with the bitter medicines; very pleasant to the taste, and will produce an agreeable warmth in the stomach. It is an excellent medicine for children when teething, since it acts as a corrector of the stomach and bowels. It is good when boiled in milk; it may be taken to promote labour-pains, &c.

CINNAMON.

LAURUS CINNAMOMUM.

The bark of this tree is one of the most valuable and grateful of the aromatics; it is slightly pungent, and is possessed of considerable restorative power; it may be used in the diet of the sick. It relieves vomiting and sickness of the stomach, and is good for looseness of the bowels, either alone, or mixed with other articles. The dose of the powder is from twenty to thirty grains.

All the articles that we have described above are of foreign growth. We shall now give our readers a description of those plants which grow in our own country.

SPEARMINT.

MENTHA VIRIDIS.

This is a perennial plant; it grows in low or damp situations, and is often found by the side of rivulets. It is a valuable herb, and has been used as a medicine with great success almost time out of mind; it is a valuable stimulant and anti-spasmodic; and may be freely used in all cases where sweating or perspiration is required. A tea of this herb is good to allay sickness in the stomach; it is likewise beneficial in cases of violent vomiting.

PEPPERMINT.

MENTHA PIPERITA.

It is very odorous and of a warming nature; it is good to assist in raising the internal heat, and inducing perspiration, although its strength is soon exhausted; is a highly useful carminative, stomachic and anodyne. In slight colds or early indications of disease, a free use of the tea made of this herb, with the application of a hot brick to the feet when in bed, will in most cases effect a cure; as a medicine it cannot be too highly recommended for removing all diseases peculiar to children; being agreeable to the taste, they are induced to take it without reluctance. It is so well known that it requires no further description.

PENNYROYAL.

MENTHA PULEGIUM.

This is a valuable herb; its diaphoretic or sweating properties are well known to the mothers of this country. In making use of the vapour-bath we generally accompany it with a tea made of this herb. In fever cases, especially those to which children are subject, the use of this herb is invaluable. It is also good for the removal of difficulties in women, such as obstruction of the menses, &c.; it is likewise useful in hysterical complaints and hooping-cough.

It may here be remarked that in making up a decoction of this or any other aromatic herb, the vessel in which they are infused should always be covered close, for as the essential oil is rendered volatile by heat, that which is most required in the cure will escape. This must be guarded against, and as far as possible prevented. We may also add that all the aromatics should be used in infusion, the quantity required being one ounce of the herb to one pint of boiling water.

Persons who are careless in this particular, have at times said, "Well, doctor, we have tried your system, and your medicine has done no good; we have tried your pepper and pennyroyal, but without effect." In such cases I have generally discovered that, instead of having used *pure pepper*, they have administered or used, an *adulterated article*, sufficient of itself to account for the failure. In addition to which the herbs may not be of last year's growth; or, if even so,

in preparing the tea, if the vessel be not covered close, the essence flies off, instead of being given to the patient. The fact of the pepper being bad, and of the herbs having lost their virtue through age, or of being improperly prepared, is never taken into account, the failure, in most cases, being attributed to other things. In its proper place we shall give suitable directions for the collecting of herbs, and how to preserve them in a condition fit for use.

SUMMER SAVORY.

SATUREJA HORTENSIS.

This herb is much used in America for culinary purposes; it resembles the common thyme, and is used in the same way. It is excellent for colds, and, as a stimulant, is very congenial to the stomach, but will not retain the heat very long. The oil of this herb is the best remedy for the toothache that can be applied, unless it be the oil of thyme; both are really good for children, when afflicted with chin-cough or hooping-cough. The use of the above, with other gentle stimulants, will induce and keep up a perspiration, that seldom fails to remove the disease, if properly attended to.

HORSERADISH.

COCHLEARIA ARMORACIA.

A root well known in this country. It is very hot, but at the same time very volatile, so much

so as not to retain the heat long in the system; it is likewise diaphoretic and diuretic. It is good to promote digestion. When grated fine and mixed with vinegar it proves an excellent condiment to be used with our food.

MUSTARD.

SINAPIS NIGRA.

This article is too well known to require much description. In this country it is used as a condiment, and is a strong and volatile stimulant. Much was said a few years ago of the medicinal properties of the *sinapis alba*, or white mustard. It was said to be an effectual remedy for indigestion, and large quantities of it were swallowed in its natural state; even now it is thought to contain very great medicinal properties. Hooper says, "Mustard is considered capable of promoting appetite, assisting digestion, and, by stimulating the fibres, it proves a grand remedy in paralytic affections; joined to its stimulant properties, it frequently, if taken in considerable quantity, opens the body, and increases the urinary discharge; hence it has been found useful in dropsical complaints." Externally applied it may be useful, but great care should be taken not to keep the mustard-plaster on too long, or until it blisters the skin. In bathing the feet at night in hot water, mustard may be added to the water with good effect.

AMERICAN GOLDEN ROD.

SOLIDAGO ODORA.

Sweet-scented golden rod. This herb may be used for the headache, as also to produce perspiration; it possesses stimulating and nervine properties, and may be given in the form of tea, in lieu of any of the mints; its taste is sweet and spicy, and on the whole agreeable.

YARROW, MILFOIL, &c.

ACHILLEA MILLEFOLIUM.

To those readers who have heard our lectures, a description of this plant will scarcely be necessary. At this time thousands are using it, who can testify to its beneficial effect on the human system. There is not a common plant in this country that can be applied more beneficially in the early stages of disease. It is found in abundance in old fields, waysides, and along hedgerows; it is perennial, growing continually from the same root; the stem rises from twelve to eighteen inches, bearing at the top a large expanded white flower; towards autumn the flower sometimes assumes a purple hue. It is called by many of the country people *nose-bleed*, *milfoil*, and *thousand-leaf*, as the classic name would imply; *i. e. millefolium*, or thousand-leaf. Its leaves resemble those of the carrot; its virtues as a medicine cannot be better illustrated than by the following anecdote:—"An

itinerant speaker, of the Society of Friends, who professed some knowledge of medicine, was asked what would cure a cold? He answered, 'Take a pint of yarrow-tea made strong, on going to bed, and put a hot brick to thy feet, wrapped in a cloth wet with vinegar, and thou wilt surely be well in the morning.' This to the inquirer (who was our brother) seemed very rational, for he knew from experience that sweating was good for a cold. Not satisfied, he next asked the old gentleman, 'what he would recommend for rheumatism?' The answer was, 'Take a pint of yarrow-tea made hot, on going to bed, with a hot brick to thy feet as before, and thou wilt soon be well.' Being asked what would expel worms from children, he answered as before, 'Give them a strong tea of yarrow, and put a warm brick to the feet, and they will be cured speedily.' The gentleman's patience was fairly taxed by being asked remedies for every disease that could be brought to mind; the answer invariably was, 'a strong tea of yarrow, with a hot brick wrapped in a cloth wet with vinegar, applied to the feet, and health would soon be restored.'" Chimerical as the old Friend's advice may appear to many, we have since proved the correctness of most of his sayings, in our practice, and are of opinion, that if yarrow was the only medicine sold at the drug-shops, there would not be one quarter of the disease that there is at the present time, since all the forms of disease have their origin in what is termed cold in the first instance; by which heat, or the vital principle, is injured or impaired. The

natural passages being stopped, and the system generally obstructed, it must be clear that any diaphoretic or sweating medicine that acts in accordance with, and not contrary to, the laws of life and motion, must be a good and potent medicine; such in fact is yarrow. Besides possessing the power to equalise the circulation, by inducing a determination to the surface, it is mildly tonic, and acts with some power upon the kidneys, by promoting a free discharge of urine. A strong decoction may be applied externally to old sores, such as scald head, chapped hands, or any form of scurvy. An ointment may be made, by taking the flowers and green leaves, with ground-ivy, and red raspberry-leaves, also green, taking out all the stems; equal parts of the above must be simmered with hogs' lard (putting in lard enough to cover the herbs) over a slow fire, so as not to make the lard too hot (as that would burn the herbs), for two or three hours, then strain it through a piece of cloth, and you have one of the best ointments for scurvy or old sores. If you wish it still more active, which is sometimes necessary in sores of long standing, add to each pound of lard two teaspoonsful of cayenne pepper. In fever cases yarrow-tea may be drunk freely; it is also good for colic, cramps, and pain in the bowels.

MAY-WEED.

ANTHEMIS COTULA.

Wild camomile or dog-fennel. A common wild herb, which grows in this country, and in

all parts of Europe and America; like yarrow, it is found in the fields, by the wayside, and hedge-rows. Its medicinal virtues are very similar to camomile and yarrow; it is much used by the American Indians, particularly in the south-western states; by them it is employed as a stimulant, to remove the first effects of cold. It is mildly tonic, and will also act upon the kidneys. We have used this herb in cases of labour, where the pains were lingering, with good effect; and for what is generally called worms in children. A strong tea of this herb, with a sufficient quantity of senna or mountain flax, well sweetened, will act upon the bowels, and is an excellent remedy for many diseases.

CAMOMILE.

ANTHEMIS NOBILIS.

Strengthening to the stomach, and diuretic; it is applicable in intermittents and remittents; will remove female obstructions; and, when taken in large doses, is an excellent adjunct to the emetics. We have long employed it as a local remedy, having a powerful effect on the external surface; it is good for bruises, spasms, callosities, shrunk sinews, enlarged joints, white swellings, corns, &c. Yet we would not neglect the all-important theory that disease has to be expelled internally; not for an instant permitting the idea that rubbing or bathing with camomile-tea will of itself remove internal disease, as has been frequently asserted by unskilful men;

whose stock of knowledge is limited to a few solitary ideas, and who are generally ignorant of the valuable information contained in the book of nature.

FEVERFEW, OR FEATHERFEW.

PYRETHRUM PARTHENIUM.

A herb cultivated in gardens ; it is stimulating, producing perspiration, and acts on the urinary organs. If half that is said by Culpepper of the properties of this herb be true, it would seem that woman could scarcely require any other medicine, particularly before and after labour. That, as a stimulant and diuretic, it exerts great control over the system we entertain no doubt. But one of the great mistakes of ancient writers, particularly those who pretend to discover the properties of plants and herbs from astronomical and astrological calculations, is to ascribe to them more virtues than they really possess. Thus the mind has been trained in error, and many have failed of being cured, by placing too much dependence on a particular herb, in consequence of it being said to be under the controlling influence of some particular planet. Our readers will find that we act only on fixed principles ; our knowledge of disease has been acquired through experience ; we never consulted the stars, nor are we at all indebted to the aid of astrology for the knowledge which we possess of the remedies to be applied in each particular stage of disease. An American farmer was once

asked "what time in the moon he sowed his peas?" He replied, "I never sow my peas in the moon, but in the earth, taking care to put the land in a fit condition to receive the seed, and I seldom fail of a good crop." It would be as wise to ask what planet a calf was born under, in order to know if it would be prudent to partake of its flesh.

We would above all things advise our readers to make themselves acquainted with the doctrine of cause and effect; every doubt will then be readily solved, and every difficulty easily overcome. The societies that we have formed in many parts of the country will enable the public to obtain a knowledge of things as they really exist; and from the interchange of sentiment, and the varied communications, oral and otherwise, between the members of the various branches, will heap together a mass of evidence, which will do much towards reclaiming the misdirected mind, and finally convince the inquirer after truth of the justice of the poet's statement, who declared that "the proper study of mankind is man."

LOBELIA INFLATA.

IN AMERICA CALLED EMETIC WEED, IMPROPERLY TERMED WILD TOBACCO, INDIAN TOBACCO, &c.

As the virtues of this herb are so little known in this country, and as the faculty use it with such extreme caution, considering it to be a strong poison, we shall be very particular in its

description, both as regards its appearance and its medicinal properties.

The North American Indians have long been acquainted with its virtues; but the public and the faculty are indebted for its first introduction to general use, to the great American naturalist, Samuel Thomson, whose theory of disease and its cure, under the name of the "*Thomsonian System,*" has gained the approving confidence of vast numbers in the United States of America.

Lobelia is a biennial herb, or of two years' growth; in height it grows from twelve to eighteen inches; it has a fibrous root, with a very hairy, solitary, erect, and angular stem; it bears a small blue pointed blossom. This plant possesses one property unlike every other, as far as we are acquainted, for the same quantity of the herb produces the same effect, irrespective of its age, or the period of its growth; the young plant powdered and taken, will have the same effect as the leaves at maturity.

The medical history of this plant, given by all authors of this country, so far as relates to its physiological effects, is very erroneous; since they have classed it amongst the deadly acro-narcotic poisons. This evidently arose from a prejudice held by the faculty against those concerned in the innovation upon the old practice.

The Lobelia Inflata used by the faculty in this country is procured in a compressed state from a religious society existing in America called *Shakers;* which is so uncertain in its operations, being frequently mixed with other herbs, that

we have imported a large quantity of the seed and herb, in order that it may be properly introduced to the notice of the public. We have used this article for many years, and have given it with success in almost every form of disease, from the tender infant to the aged bending under the weight of years. We can with confidence pronounce it to be one of the most powerful stimulants ever introduced into the human system. It acts specifically on the liver, stomach, and lungs, and also on the intestines; for female complaints it stands without an equal. In three cases of labour, which were deemed hopeless, we have administered this herb with the most signal success; although the doctors, who had previously attended to these cases, declared that the use of instruments was inevitable; yet by the aid of lobelia, we were enabled to save not only the mothers but the children, and that too with very little pain or difficulty. In extreme cases of fever, particularly typhus, lobelia is a most powerful agent conjoined with other stimulants. We have used it in the worst stages of consumption; and when united with cayenne pepper, vervain, the vapour-bath, and tonic medicines, it seldom fails to effect a cure. Lobelia is decidedly the most certain and efficient emetic known, and is at the same time safe in its operations. Unlike most emetics from the mineral kingdom, it produces its specific effect without corroding the stomach, or producing morbid irritation and inflammation of the mucous membrane of this organ, which are so common in the

use of antimony, zinc, and the sulphate of copper. Lobelia may emphatically be said to "operate in unison with the laws of life." Hooper thus speaks of lobelia:—"This plant, which grows in the United States of America, is a narcotic poison, the operation of which is very similar to tobacco. It has been found very useful in some cases of asthma, and has been successfully employed in other diseases of the air-passages." Under the head Asthma, he thus writes:—"Within the last few years a new asthmatic remedy has sprung up in *lobelia inflata;* in some cases it has afforded almost instantaneous relief, but it fails much more frequently than it succeeds; it is given in the form of a saturated tincture of the leaves, in doses of from half a drachm to two drachms." Not only is Hooper at fault in the above description, but the faculty, who believe in his orthodox infallibility, are equally mistaken respecting the virtues of this plant. In the first place, *it is not a poison,* for poisons invariably debilitate and prostrate the system, which is not the case with lobelia. We have not only administered it in large doses, but have frequently taken it ourselves, and, after more than thirty-seven years' successful use of it, have never found it to produce any debilitating or other injurious effects on the system; and instead of administering "two drachms of the saturated tincture," as mentioned by Hooper, we have given the powdered herb in half-ounce doses, one dose each day for twenty-eight days in succession. This we did in a desperate case of consumption,

and the patient not only recovered, but he is now living to testify to the truth of what we have stated. In spasmodic disease no remedy is so effectual; hence epilepsy, hysteria, and apoplexy, are all relieved with remarkable promptness by its exhibition in emetic doses.

A tincture of lobelia made with alcohol, must, from the nature of the spirit, have an injurious effect on the glands and vessels of the throat, which in cases of asthma and bronchitis, will increase the irritation and difficulty of breathing, and the acidulous quality of the vinegar will materially enhance the benefit. On the other hand, let but the herb be saturated with good vinegar, and the expectorant qualities of the lobelia will be manifested. For children, when attacked with croup or stuffed chest, the tincture, made with vinegar, is the very best medicine that can be applied, when given in connection with some of the strong stimulants before mentioned. We have cured many cases of asthma that were considered not only hopeless, but incurable by any other means.

Lobelia, as a medicine, possesses many excellent properties; one of which is, *that it never operates upon those who are in perfect health*—it combats only with disease. When administering it, care should be taken to give enough, so as to cause it to operate; more than this will do no harm. A teaspoonful of the powdered leaves or pods (or, if the seed could be obtained, it would be still better) may be given every half hour in a cup of vervain-tea or pennyroyal, and repeated until it

operates as an emetic—never mind Hooper, but give enough. Cayenne-tea, or some other stimulant, may then be freely taken, so as to induce and keep up a strong perspiration; or a vapour-bath would be very useful, prepared as we usually order them; particulars for which will be given under the proper head. For children the acid tincture of lobelia is better than the powder; to which add a tea of pennyroyal, instead of cayenne pepper. When the emetic has fairly done its work the patient may take such food as the appetite most desires.

The acid tincture may be made in the following manner:—Take of lobelia, herb and seed mixed, two ounces; good white-wine vinegar, one pint; dissolve in a jar for fourteen days, then strain. Dose for a child:—teaspoonful to one tablespoonful.

VERVAIN.

VERBENA HASTATE OFFICINALIS.

There are numerous kinds of this herb. In the *Encyclopædia* no less than twenty-one kinds are enumerated. The above-named bears a blue blossom; is perennial, or of continual growth; is much cultivated in gardens, but grows wild in many places; it rises from eighteen to twenty inches in height, with many branches, its leaves resembling those of the nettle; it flowers on the top. We have found it in all the countries in which we have travelled; it grows abundantly in France and America, and is one of the most

valuable herbs to be met with in this country. As an emetic it ranks next to lobelia; it is also one of the strongest sweating medicines in nature. It is good for colds, coughs, and pain in the head, and some years ago, was highly esteemed as a remedy for consumption. As an emetic it supersedes the use of *antimony* and *ipecacuanha*, to both of which it is superior, since it not only produces all the good effects ascribed to the others, but it operates without any of the dangerous consequences that ever attend the use of antimonial preparations; since cramps, and even death, have been known to follow their use. Vervain is highly esteemed as antiscorbutic; it will relieve and cure those complaints in children which generally accompany teething; it likewise destroys worms. Administered as a tea, it powerfully assists the pains of labour; as a diuretic, it increases the urinal discharge. For an emetic we generally give a teaspoonful of the pulverised herb every half hour, in a tea of pennyroyal or raspberry-leaves, until it operates; taking great care to keep the patient warm in bed, with a hot brick or stone to the feet, and use cayenne or ginger tea, taken freely as hot as convenient during its operation. An infusion of this herb is excellent in all cases of fever, either for children or adults. It is also good for the smallpox, which we shall more particularly speak of when treating on that disease.

Those who have gardens we would advise to get a root of vervain, and plant it; being a perennial plant it will continue to flourish for many years.

HYSSOP.

HYSSOPUS OFFICINALIS.

Hyssop is a stimulating stomachic, carminative, and tonic, is useful in hysterical complaints, and in relieving flatulence and obstruction of the liver. A syrup made from the tops will be found good as a pectoral, and the leaves made into a poultice with hot water will remove the discolouration from the eyes, &c., after contusion.

CHAPTER VIII.

ASTRINGENTS.

We place this class of herbs next to the stimulants, as invaluable agents in overcoming disease, and restoring the sick. All that we speak of, as belonging to this, or any other class, are *sanative*, and harmonise with the laws of nature in their operations. No other astringent medicines are safe. The drugs sold in the shops create more disease than they have ever been known to cure. Compare the remedies of the schools, such as preparations of zinc, lead, copper, &c., with the remedies employed in our system, by acting in accordance with which, there will be no necessity for coroners' inquests, no premature deaths, no brokendown constitutions, no walking thermometers filled with mercury, whose sensitive systems

are raised or depressed as the wind veers from east to north; no emblems of wretchedness are left by this system, nor do we offer unto others, as a medicine that which we would not willingly take ourselves. We have already written much on the nature and use of poisons, but cannot the introduction of a striking case, which was published in a London newspaper, and in which the unfortunate individual lost his life by the carelessness of the druggist who had dispensed the poison. Mr. Wakley, the coroner for Middlesex, and editor and proprietor of the *Lancet*, on examining the bottles which were produced on the inquest, bearing the following labels, "*sodæ tart.*" and "*acid. tart.*," said, "Plague on this *dog Latin!* if the names of the drugs were written fully, and in plain English, upon the bottles, instead of abbreviated Latin, the people would know what they were purchasing, and would not expose themselves to be killed through neglect or ignorance. If (continued Mr. Wakley) a druggist opened a central place of business, and advertised that the names of his medicines were written in plain English, he would not only obtain many customers, but compel other druggists to do the same; and as a further caution against mistakes, all POISONS should be placed on HIGH SHELVES, so that there would be a difficulty in getting them when required."

This suggestion is very good; but if all the poisons in a drug-shop were put on high shelves, the *lower* part of the establishment would generally be to let. However, we rejoice to know

that the spirit of inquiry is abroad, believing the public mind will ere long spurn the impositions that have too long been palmed upon it.

The term astringent is applied to that class of medicinal agents the prominent effects of which upon the system are marked by a peculiar contraction of the muscular fibre, as evinced by the roughness given to the tongue and fauces when taken into the mouth. The following will be found among the most useful :—

BAYBERRY.

MYRICA CERIFERA.

The bayberry is an indigenous shrub, its properties being astringent, alterative, and antiseptic, and may be found in almost every part of the United States, within twenty miles of the sea, growing in pastures and rocky soils. The bark is of a grayish hue. The root should be gathered either early in spring or late in autumn. For carrying off morbific matter, or what is commonly called canker, in all forms of chronic disease, this article is invaluable. It is one of the best astringents we ever used, or with which we are acquainted: this property accordingly renders it an agent of no small importance in the cure of diseases of the bowels, such as dysentry, cholera, and diarrhœa or looseness: it will also be found of great avail as a topical application in the various affections of the *uterine* system, in fistula, ulcers, cancers, &c. The pulverised bark makes an excellent tooth-powder and

cephalic snuff. It is taken in substance. The dose of the powder is from half to a teaspoonful. It is used in making the composition and stomach-bitters powder.

HEMLOCK SPRUCE FIR.

PINUS CANADENSIS.

This is a very valuable astringent, diuretic, and tonic. The portion used as medicine is the inner bark of the tree, pulverised. The infusion has been found of great benefit as a diet-drink in hot countries, and is an excellent medicine for diseases of the bladder and kidneys. Dose :—one-half to a teaspoonful. A decoction of the bark makes an excellent fomentation for old ulcers, scrofulous sores, and indolent tumours.

RED RASPBERRY.

RUBUS STRINGOSUS.

Called in some parts *inberry* or *ironberry*, is a common plant, the roots of which are perennial, or of continuous growth ; the bush biennial, or of two years' growth ; and its fruit, being rich and wholesome, and excellent as a preserve, is held in much estimation. It is extensively cultivated in gardens. Its medicinal properties are invaluable, although it has never possessed a place in the *materia medica* of the schools. From experience we can speak of its wonderful

properties, and with the fullest confidence can affirm that it stands unequalled as a medicine for removing scurf or canker from the tongue. It is of a mild nature, and when sweetened with white or lump sugar, it can be given to children with the greatest benefit. It is excellent for children when attacked with the bowel-complaint to which they are often subject in the warmer seasons. A strong tea made of the leaves (one ounce to a pint of water) and sweetened as above, is almost a certain specific; to assist its operations a little ginger-root or pennyroyal may be added. In dysentery, or continual looseness of the bowels, a constant use of this tea, instead of the ordinary beverage, will rarely fail to cure, even the most obstinate cases. It is good for indigestion when mixed with cayenne pepper and the tonic medicines. The raspberry-leaf-tea acts with surprising effect on the *uterus*, or womb. In all cases of obstruction of the menses we would recommend its use with a small quantity of cayenne pepper added thereto. It is also excellent as a wash for sore eyes when mixed with a little pulverised gum-myrrh. The same is also good for old sores of long standing. In cases of labour we have ever found raspberry-leaves one of our best assistants; a strong tea, with a little cayenne, will (if the pains are premature) remove them; if otherwise, it promotes and facilitates the progress of labour in the natural way.

With reference to the decoction of raspberry-leaves, we may add that the patient never need be afraid of taking too much, for it is in all cases

friendly to the animal economy. We have known families in America, use it instead of Chinese tea; and we have no doubt that if the young leaves of this plant were gathered and sent to China, or some other distant part, and thence returned to England, bearing some strange and unfamiliar name, it would sell as well as any other tea, and prove much more wholesome in the end.

AGRIMONY.

AGRIMONIA EUPATORIA.

This herb is so well known that it needs no description; it is perennial, or grows continuously from the same root. It is found wild in a natural state, and is much cultivated in gardens. It is a valuable herb, possessing astringent, or binding, properties, as well as diuretic; it is good for canker. Hooper says, "it is a useful astringent," and quotes Clomel to prove that in two cases "it was successful in enlargement of the liver," over which it exercises great control. Culpepper is at fault in his description of this herb, for he ascribes to it such an abundance of good properties, that if half of what he says respecting it be true, the human family would scarcely require any other medicine. Gray, in his *Supplement to the Pharmacopœia*, says, "it is celebrated as a vermifuge." In cases of dropsy we have used agrimony, conjointly with other remedies, with good effect; as also in cases of jaundice. It may be freely given to children who are afflicted with

the measles, scarlet fever, chickenpox, &c.; or for looseness of the bowels, when it may be given with the raspberry-leaves, and sweetened with white or lump sugar. We have used agrimony-tea as an injection for the bowels with good effect. We shall give general directions as to its use in the chapter treating of the various forms of disease.

GROUND IVY.

OR GILL GO OVER THE GROUND; GLECHOMA HEDERACIA.

This herb is well known, and much used in this country; it is astringent and diuretic, and slightly tonic. We have long used it, and always with satisfaction. Although we do not think that it alone possesses so much control over the diseased system as many persons conceive, it nevertheless, when used in combination with other herbs, aids much in clearing the system of bad humours. It acts upon the kidneys, and in all scorbutic diseases from its diuretic properties; we have found it very useful in cases of indigestion. In infusing (like pennyroyal), it should be covered close, and can be best administered in the form of tea. Combined with camomile, or green yarrow, it makes one of the best poultices for a tumour, gathering, or sore of any kind, that can be made.

MARSH ROSEMARY,

OR SEA LAVENDER, STATICE LIMONIUM.

The root of this plant, which is perennial, is a strong astringent, and slightly tonic. It is useful in all bowel-complaints, particularly the bloody flux and English cholera. The root, when pulverised, and mixed with some other substance, such as slippery elm *(ulmus fulva)*, or linseed, is an excellent thing for sore and weak eyes, or sores of any kind.

WHITE POND LILY,

BETTER KNOWN AS THE WHITE WATER LILY, NYMPHÆA ALBA.

Its roots are long and uneven, from which proceed a small white stem, which rises to the surface of the water with a large round green leaf; the flower is large, and of the purest white, in form somewhat resembling the rose, and possesses an agreeable odour. It is one of the best astringents in this country, and removes the accumulated matter from the tongue and air-vessels, which is so common in cases of fever. For many years we have used it as a medicine for the removal of diseases peculiar to children with good effect A syrup may also be made of the flowers in the following manner:—take a handful of the flowers, and simmer them over a slow fire for an hour or so, in a pint and a half of water; strain and add one pound of loaf

sugar. Doses beginning with a tablespoonful and varying according to the age of the child. It is one of the best medicines that can be given to children when teething, or for looseness of the bowels; also for thrush, or sore mouth, which infants are often subject to. A strong decoction of the roots, combined with raspberry-leaves, may be used to cleanse and purify old sores, ulcers, &c., or even fresh wounds or bruises. It is good for clysters or injections. A poultice of it may be made in the following manner:—tablespoonful of the powdered root, tablespoonful of ground linseed, tablespoonful of ginger—mixed together with hot water to a proper consistency. This may be applied to any sore, wound, or bruise; it will at once allay inflammation, and not only mitigate, but finally remove the severest pain.

SUMACH-TREE.

RHUS CORIARIA.

An astringent, the bark of which is much used in tanning Morocco leather. The barks, leaves, and berries are good for medicine. This shrub or tree grows in America, from six to fourteen feet in height. We have seen it growing in gardens in England; it is very common in France. It has a green flower, which comes forth in July or August, and in autumn it bears a large bunch of red berries, covered with a silky down, and of an agreeably sour taste. We have used it with great success in cases of dysentery. The berries, from

their acidity make a very nice syrup for children. Hooper recommends it as good for allaying febrile heat, and to correct bilious putrescency, or a vitiated state of the bile. To make the syrup above alluded to, boil a quantity, say half a pound, of the berries, in one quart of water, strain and add a pound of loaf sugar; for a dose give from half a wineglassful. A strong tea of the leaves and berries is also good for hemorrhage, or spitting of blood.

TORMENTIL ROOT,

ALSO CALLED SEPTFOIL; TORMENTILLA ERECTA.

A powerful astringent, which has often been used as a substitute for oak-bark, for the purpose of tanning leather. The root, which is rough and uneven, and very large for the top it bears, is of a reddish-brown colour, with a somewhat bitter taste. A tea made of this root is good for looseness. Those who have been suffering from chronic diarrhœa, or long-standing bowel-complaint, will find great benefit from a decoction of tormentil, and the inner bark of the sumach-tree; the roots, when powdered fine, are good to sprinkle on an old sore, or to stop bleeding. Dose of the powder, from one-half to a teaspoonful.

AVENS ROOT,

IN AMERICA CALLED VIRGINIANUM.

It is a mild astringent, and also tonic, much used in America, as well as in this country, as a

beverage, instead of chocolate or coffee. In all putrid diseases it is a highly valuable medicine; in typhus, or putrid fever, it may be used as a constant drink; for bowel-complaints in children, a tea, or more properly speaking a coffee, with milk and sugar, may be given freely.

CRANESBILL.

GERANIUM MACULATUM.

There are several sorts of the geranium, the common dovesfoot being one, but the maculatum is the best for medicinal purposes. It is a good remedy in cases of cholera infanta, or child's cholera; also for hemorrhage, or bleeding of the lungs and bowels, and in all relaxed or debilitated states of the body. In low countries, where ague abounds, if constantly used, it will prevent bilious complaints, as well as a disordered state of the bowels. The root of this plant is said to be a good substitute for Peruvian bark. Simmered with honey it is useful for sore mouths in children.

OAK.

QUERCUS ROBUR.

This is the common oak, the bark of which is much used in tanning leather; the inner bark of this tree is very astringent, and should be used only when a strong astringent is required, as in dysentery, or long-standing looseness of the bowels; it may be mixed with avens root, cranes-

bill, or raspberry leaves, to good advantage. A late writer (Buchan) says, "that if the properties of this bark were generally known, there would not be any necessity for the introduction of Peruvian bark into this country." We never use this medicine without cayenne or ginger-root, to assist its operations; and indeed, we would always recommend the free use of some stimulant, in conjunction with the astringent medicines.

BISTORT,

OR SNAKEWEED; POLYGONUM BISTORTA.

Bistort is one of the strongest astringents, which it discovers by its austere taste, and is used in tanning leather. It is employed in all kinds of passive hemorrhages or fluxes, both internally and externally; it possesses however no other recommendation than its astringent quality. One half to a teaspoonful is the common dose. "The young shoots were formerly eaten in herb puddings in the North of England, where it is known by the name of the *Easter giant*, and about Manchester they are substituted for greens, under the name of *Patience Dock.*"—LOUD.

PERUVIAN BARK.

ALSO CALLED JESUITS' BARK; CINCHONA OFFICINALIS.

The virtues of this well known bark, now so universally admitted, were, according to Geoffroy

(*Materia Medica*, vol. ii, 181), first learned from the following circumstances:—"some of the trees, being thrown by the wind into a pool of water, lay there till the water became so bitter that everybody refused to drink it. However, one of the neighbouring inhabitants being seized with a violent paroxysm of fever, and finding no other water to quench his thirst, was forced to drink of this, by which he was perfectly cured. He afterwards related the circumstance to others, and prevailed on some of his friends, who were ill of fevers, to make use of the same remedy, with whom it proved equally successful. The use of this excellent remedy, however, was very little known till about the year 1638, when a signal cure having been performed by it on the Spanish Viceroy's lady, the Countess del Cinchon, at Lima, it came into general use, and in whose honour was named by Linnæus, *cortex cinchona*, and *pulvis comitisæ*, or the Countess's powder. On the recovery of the Countess, she distributed a large quantity of the bark to the Jesuits, in whose hands it acquired still greater reputation, and by them it was first introduced into Europe, and then called *cortex*, or *pulvis Jesuiticus*, *pulvis patrum*, and also Cardinal de Lugo's powder, because that charitable prelate bought a large quantity of it at a great expense, for the use of the poor at Rome." Hence it is clear that the faculty cannot lay the remotest claim to the discovery of this valuable medicine. A combination of fortuitous circumstances brought into notice that which the wis-

dom of man and the learning of past ages had failed to discover. This bark is an excellent tonic and astringent medicine, particularly useful in febrile diseases, and like many other valuable remedies is much used in intermittent fever. One teaspoonful for an adult; children in proportion. The sulphate of quinine, of the shops, is made from this bark, which in warm climates is one of the potent destroyers of the human race; and no medicine possessing the same amount of acrid power, has induced a greater amount of disease; while in the bark (its natural form), it is perfectly innocent and free from injurious effects. In fact, almost every herb possessing sanative properties, has had those properties so changed, as not only to destroy the original quality of the herb, but rendering them highly deleterious and dangerous as medicines. Dr. Ray might truly exclaim, "that there are herbs to cure all diseases, though not everywhere known." For many years we have been in the habit of using Peruvian bark with good effect; it is also good when mixed with other articles; it allays bowel-complaints, febrile symptoms, and assists in removing canker from the *mucous membrane*, and the whole of the alimentary canal.

GARDEN SAGE.

SALVIA OFFICINALIS.

A perennial plant, well known in this country, and much used for culinary purposes. It is an

astringent and a stimulant. Sage is an excellent article to quiet nervous excitement, and mental derangement, and prevent putrefaction; it relieves bowel-complaint in children and dizziness in the head. For pain in the head, take half an ounce each of sage, senna, and ginger, of which make a tea; this will give great relief as soon as it begins to operate. When simmered with honey it is good as a wash for sore mouths; it is also useful for sore breasts and nipples. We never use sage to promote perspiration without great care, as it opens the pores very much; persons using it should not expose themselves suddenly, after a free perspiration.

There are many others of this class of herbs that might be named, but as we are compelled to be brief, we have described such as we have found from experience to be the most useful; and as a multiplicity of remedies of the same class only tends to perplex and mystify, we are anxious to avoid falling into this error.

CHAPTER IX.

TONIC OR BITTER MEDICINES.

THE third class of herbs necessary to the restoration of the sick are *tonics*, or *bitter medicines;* and this department of nature is wisely arranged, for about one-third of the herbs that grow have a bitter taste. When the ravages of disease have been arrested by the use of the herbs before described, it is often the case that the patient is in a weak and enfeebled state, the digestive organs having been impaired through a long illness; the organic arrangement cannot rally, until a healthy supply of nutriment be manufactured by the stomach, through the agency of the digestive organs and the healthy action of the liver; and as the gastric juice of the one, and the bile of the other, must be in a healthy condition to do their office in this great work, it is requisite that every professor and vendor of medicine should know how to administer such remedies as will assist the impaired organs, and endow them anew with vitality and health. Whoever undertakes to cure disease without understanding this department of it must be considered in no other light than that of an *ignorant pretender.* In every country that we have visited, we have always met with a plentiful supply of bitter herbs, which nature in her munificence has provided as a grand restorative for the family of man.

BARBERRY.

BARBERIS VULGARIS.

The tree grows wild in many places in this country, and is very common in the United States of America, as well as in Frace. It is perennial, and is cultivated in many parts, both for ornament and on account of its use, as well as for its fruit, which grows in loose clusters, of an oblong form and red colour, and has a pleasant sour and rather astringent taste. The bark is one of the best bitters with which we are acquainted. We have frequently spoken from the platform of this most valuable medicine, and from what we have said in its favour from time to time, a large number of persons have been induced to test its virtues, and are now using it constantly. The tree grows from four to ten feet high, and from its bearing thorns, very much resembles the thorn-bush, on which account it is sometimes used in this country for making hedges.

The bitter principle contained in this bark approaches the nearest to healthy bile of any substance that we know in nature. We once tried the following experiment:—we took a quantity of bullock's gall, and saturated four ounces of spirits of wine with it. We also made a tincture of barberry-bark, using the bark when green, and when the spirit was alike impregnated with each, we could not find the smallest perceptible difference in taste—they were in fact alike in every particular; from which we drew

the inference, that this bark, which so nearly resembles the healthy bile, must be an excellent corrector of a diseased or vitiated liver. We have acted upon this experimental lesson, thus derived from the book of nature, and have never found it to fail, for it is seldom that nature in her instructions deceives her followers.

Barberry may be taken alone, or compounded with other articles: and as a corrector of the secretion of the liver, it stands in the whole catalogue of remedies without a rival: it sometimes acts as an emetic, or produces nausea, which arises more from its coming in contact with the offending matter than from its possessing the properties of an emetic; for, when the stomach is diseased, the most nutritious food is frequently rejected; and as wholesome and proper food cannot be retained, we are not to feel surprised that this general corrector should be ejected from the stomach, when too weak to retain it. This bark is good for those who are troubled with indigestion or dyspepsia; the use of it, along with cayenne pepper, generally removes nervous dyspepsia after attacks of fever, particularly if the patient has been reduced by the depletive system. Barberry-bark will be found much more efficacious than the wine and bark usually administered for this purpose. It may be pulverised and compounded with ginger-root, cayenne, and some of the astringent medicines, a teaspoonful of which, when taken in a little hot water, makes an excellent corrective powder.

BALMONY.

SNAKEHEAD, &c.; CHELONE GLABRA.

Balmony is a tonic of the first order for removing torpidity of the liver, and cleansing the system of the morbid secretions of bile. Professor Rafinesque considered it a most valuable remedy. He says, "It is useful in many diseases—fever, jaundice, eruptions of the skin—and is also an excellent vermifuge for children." The dose of the powder is from one half to a teaspoonful. It enters into the composition of the stomach-bitters powder.

POPLAR TREE.

POPULUS.

There are several kinds of this tree, the bark of all of them being good, and possessing great medicinal properties. We shall describe three of them, all of which are indigenous to this country.

POPULUS TREMULOIDES; POPULUS ALBA.

The white poplar-tree is common in many parts of this country, and throughout Europe. The medicinal properties of the bark of this tree are to correct the digestive organs. It also acts upon the kidneys as a diuretic, and is equally good in all cases of obstruction connected with those parts, such as strangury, gravel, or stone in the bladder or kidneys; and while it has a

specific action upon these, it imparts a healthy action to the liver by correcting the bile, and creating an appetite. The free use of this bark will remove costive habits; and for old people in whom age creates a necessity for medicine, this will be found to be one of the best remedies under such circumstances, for it will impart to the system what nature most requires, and at the same time restore the feeble and infirm to comparative strength.

POPULUS BALSAMIFERA, BLACK POPLAR; TACAMAHAC POPLAR, STINKING POPLAR.

This is also a valuable tonic. It grows common throughout all England. A tea of this bark may be freely used as a common drink in consumptive cases. In preparing it care must be taken to remove the outer or external coat of the bark, using the inner only for tea as well as for powdering; and to one pound of this or the white poplar-bark, add half a pound of ginger-root, one ounce of oak-bark, two ounces of cloves, one ounce of cayenne pepper, all made fine, and mixed well together, you will then have an excellent compound for colds, also for the first stages of disease, particularly bowel-complaints of long standing; for a dose take from half to a teaspoonful, in hot water, well sweetened. This compound may be given two or three days before resorting to the use of emetics, in doses as above, repeated two or three times in the course of the day.

POPULUS ANGULATA, OR BALM OF GILEAD.

A medicine said to have been made from this tree has gained great celebrity in this country, under the name of Dr. Solomon's Balm of Gilead, by which the proprietor amassed a princely fortune. We believe the balm to possess good medicinal properties (at least some parts of it); the early buds in the spring-time, just before they open, contain a gummy or resinous matter, which in its medicinal effects very much resembles gum-myrrh. The buds are excellent for weak or sore eyes; for which purpose they must be pulverised, then steeped for a few hours in blood-warm water, and used as a wash, applying it four or five times a day. For a cough it may be prepared in the following manner:—Take of the buds half a pound, add the same quantity of ginger-root, beat them both well up in a mortar, then steep them for two or three hours in three pints of water, strain and add to it half a pound of raspberry or blackberry preserves, and one pound of sugar; a teaspoonful may be taken whenever the cough becomes troublesome.

QUASSIA WOOD.

QUASSIA AMARA.

This tree, of which the wood is used, is a native of the West Indies; and one of the most remarkable circumstances in its history is, that

its properties were discovered by a NEGRO SLAVE, whose name it has since borne. This negro possessed the power (through his knowledge of the virtues of this tree) of curing the most fatal fevers, with which his native country (Surinam) abounded; for a valuable consideration he was at length induced to give up his secret to one Daniel Rolander, a Swede, who first brought specimens to Europe, in the year 1755. On what ground or pretext can any of the faculty, after reading the above, brand with the name of QUACK any person who professes to have discovered a remedy wherewith to alleviate the sufferings of man, when they themselves are compelled to admit that one of their most valuable remedies was first given to them by the hand of a negro slave, who had never learned to write? and yet the learned of that day were compelled to purchase his knowledge with a considerable quantity of gold; thus admitting the wisdom of this unsophisticated child of nature to be immensely superior to their own, though he had never seen the interior of a college, or looked upon a table dedicated to science. How true the remark of Dr. Rush, who, in his advice to medical students, says, "when you go abroad to practise, always take with you a memorandum-book, and whenever you hear an old woman say, such and such herbs are good, or such a compound makes a good medicine, or ointment, put it down, for, gentlemen, you may need it."—See *Dr. Rush's Lectures to Medical Students.* In fact, as Wesley truly remarks, "many of the most valuable remedies

have been discovered by accident?" Who then that looks upon the misery that festers in the vitals of society, can be indifferent as to its speedy removal? or who, possessed of common sense and natural feeling, would despise a remedy, come from what source it may? Surely none but those who delight to sow the seeds of ignorance, in order that they may fatten upon the credulity and ignorance of mankind. To return from this somewhat lengthy digression, quassia-wood is a valuable medicine; it is a PURE BITTER of a new kind; it is a powerful corrector of the bile, and may be used alone, or in conjunction, or combined with other articles. For patients of a consumptive or scrofulous habit, I have made a syrup in the following manner:—Quassia-wood, an ounce; sarsaparilla, two ounces; Spanish juice, one ounce; the whole to be well steeped or boiled in one quart of water: when strained, add one pound and a half of sugar, and a quarter of an ounce of cayenne; take from a tablespoonful to half a wineglassful four times daily, and the result will often be a speedy return to health.

CENTAURY.

OR COMMON SANCTUARY, CHIRONIA CENTAURIUM.

This plant is so well known in this country as to require no description. It is of annual growth, rising from ten to twenty inches in height; it has long been esteemed as a tonic and general corrector of the bile; it is a pleasant bitter, and in every sense of the word an agreeable medicine.

It exerts a powerful influence over the liver, hence it is good for the jaundice, and all diseases of the kidneys; for weak and debilitated patients it is an invaluable tonic; for many years we have used it with great success, where the digestive organs have been seriously impaired. When combined with the remedies before mentioned, it is an excellent medicine; or it may be given alone, or with raspberry-leaves; a strong tea is good in cases of scrofula, or for the removal of ulcers of long standing; it is highly recommended in all similar cases.

BOGBEAN.

OR BUCKBEAN, KNOWN AS WATER TREFOIL; MENYANTHES TRIFOLIATA.

This is an annual herb; grows in low, wet or marshy lands; while growing it somewhat resembles the bean; hence it is sometimes called bogbean. It is of a deep green, bearing a lightish purple flower; the stalk is soft and pithy. It is one of the most valuable bitters in nature's vast collection. When chewed in the mouth it gives off a strong bitter taste, diffusing itself instantly over the glands. On account of its bitter qualities it has been much used as a substitute for hops, in the manufacture of ale or beer. This herb, like the foregoing one, is a good (we may almost say one of the very best) corrector of the bile. While the science of chemistry has been invoked in vain, in order to produce a substance to answer the desired end, nature has been trea-

suring up this valuable antidote, which seldom fails, when rightly applied, to produce the most happy results, by striking at once at the origin of the disease; this it will do more effectually than either the *sulphate of quinine*, the *somniferous morphine* (a deadly drug made from opium), or any of the bitter compounds dispensed at the shops. This simple herb may be administered in tea, or given as a powder; it is highly recommended for feminine weakness, particularly at the time when menstruation should commence. It is also good for dyspepsia or indigestion. In a subsequent chapter where we shall more correctly point out the nature of compounds, we shall particularly speak of its use.

HOREHOUND.

MARRUBIUM VULGARE.

The root is perennial, the herb of annual growth; it is so well known, that a further description would be unnecessary. As a tonic, it possesses great power; it likewise stimulates by acting as an expectorant, having a tendency to loosen the phlegm. We should naturally suppose that a herb, which has been so long known to be a good medicine by most of the inhabitants of this country, for coughs, and all stages of indigestion, would never have given rise to a sentence like the following, which emanated from one of the professedly learned:—"that horehound possesses some share of medicinal power may be inferred from its sensible qualities; but its virtues

do not appear to be clearly ascertained." If the writer of the above paragraph was living, we would advise him to take a strong decoction of this valuable herb on going to bed, the first time he had the misfortune to take cold, and adding to each dose half a teaspoonful of cayenne pepper, with a tablespoonful of good vinegar, we venture to assert that he never would risk his credit as a philosopher by writing such nonsense again.

A syrup made of horehound and ginger-root is excellent for children when attacked with the chincough, or for sudden colds; or it may be pulverised and mixed with half its quantity of ginger, a teaspoonful of cayenne, and one of cloves; this when well sweetened and taken hot on going to bed, will be found to be one of the best medicines that can be obtained.

COMFREY.

SYMPHYTUM OFFICINALE.

The root of this plant is perennial. It is a good tonic medicine, and acts friendly on the stomach; it is also mucilaginous, and very useful in cases where, from maltreatment, the mouth, the throat, and stomach have become sore; it may be taken alone in the form of tea; or when combined with other medicines, it is good in cases of weakness, to which females are at times subject, as in cases of obstructed menstruation, or FLUOR ALBUS. The following manner of preparing a syrup will be found useful in such cases:—take a large handful of the roots, well cleansed and bruised,

add two ounces of ginger-root, bruised fine in a mortar, a handful of horehound, boil the whole well in two quarts of water, strain it, and then add two nutmegs, grated, one teaspoonful of cayenne, and two pounds of sugar; a dose of a tablespoonful three or four times a day, will, if taken for a short time, afford great relief; it is equally good in cases of incipient consumption.

BITTER ALMOND.

AMYGDALUS AMARA.

This article is said by some authors to be poisonous; and there is no doubt but the most deadly of all poisons, prussic acid, is manufactured from the almond; but this is no argument against its use in a primitive or natural form, since *alcohol*, a *poison*, also fatal in its effects, and from its general use, more destructive to human life, is made from wheat, by distillation; but it does not necessarily follow, that wheat is of itself poisonous, or opposed to life; in its natural form it is good and wholesome, and a dangerous spirit is only obtained when chemical decomposition has taken place. It is said that children have been known to die by eating too many almonds; and have not children died also from taking too much of any other substance? proving that it in some measure depends upon the quantity, and not the quality, of the article taken. That bitter almonds may prove poisonous to some of the lower animals, we admit; we also know, from long experience, they are a good tonic and sedative medi-

cine when rightly administered; and any such, however sanative, may be improperly applied, and injudiciously administered to the afflicted. Where would be the propriety of giving a patient a strong cathartic, or purging medicine, when from the state of the bowels he required an astringent? Our object in writing this volume is to give instruction to the afflicted, so that they may be enabled to apply such remedies as are best calculated to promote a cure. In prescribing bitter almonds we generally use eight of the common-sized, pounded very fine, to one pint of the herb decoction. This medicine we have used with good effect, in cases where the bowels have been much debilitated, and in a relaxed state. For indigestion, we make a syrup in the following manner:—take four ounces of white poplar-bark, two ounces of red raspberry-leaves, two ounces agrimony, boiled in three quarts of water, then strain and add two pounds of sugar, and one ounce of bitter almonds pounded fine; take half a wineglassful, three or four times a day.

COMMON PEACH-TREE.

AMYGDALUS PERSICA.

This tree bears a most delicious fruit; the kernel and flowers possess similar properties as the bitter almond, and may be used in the same way. The flowers of the peach are excellent when made into syrup, especially for children when teething; they may be gathered and preserved like the flowers of the elder-tree. A syrup may

be made in the following manner:—boil a small handful of the flowers in a pint of soft water, and add, after straining, half a pound of sugar, and a quarter of an ounce of the pulverised kernel; this syrup we would highly recommend for children after long illness, scarlet-fever, measles, and other similar diseases.

MYRRH.

BALSAMODENDRON MYRRHÆ.

Myrrh is a gum-resin of a stimulating, tonic character, and was much used by the ancients, who appear however to have had little knowledge of the tree which yields the gum. It has been collected in Arabia Felix, Abyssinia, and the borders of the Red Sea; but is principally imported from the East Indies; and is obtained by making an incision in the bark near the trunk of the tree, from whence the gum exudes spontaneously.

It is one of the most valuable productions in the Materia Medica, and will be found particularly useful in all cases of malignant and pestilential disease; and is much esteemed in consumption, asthma, thrush, inflammatory sore-throat, ulcers, &c. It is very popular and valuable in the irregularities of females, particularly in suppression of the periodical discharge and green sickness. It may be taken in the form of powder, in doses of from half to one teaspoonful, or compounded with other medicines; it is, however, only partially soluble in water.

CALUMBO.

COCULUS PALMATUS.

The root of a tree, a native of the southern part of Africa, but an article of commerce, and to be procured from the shops. It is very bitter, and free from all astringent qualities; it is good for weak stomachs, and is an excellent tonic, perhaps one of the best that can be used before and after confinement. When mixed with rhubarb it is an excellent corrector of the bile, and useful as a medicine in all stages of jaundice, or disordered liver. It may be taken in substance, or made up as a decoction in the following manner:—to one ounce of the root, add an ounce and a half of horehound, one ounce poplar-bark, and one ounce of red raspberry-leaves; boil the whole in one quart of water, and when strained add half a teaspoonful of cayenne pepper, and you will have an excellent compound for weak or impaired digestion. Dose, half a wineglassful three or four times a day.

GOLDEN SEAL.

HYDRASTUS CANADENSIS.

This valuable plant appears to have been first discovered by the aborigines of North America, by whom it was used as a tonic, and for the cure of cancer. It is intensely bitter and unpleasant to the taste, but will be found serviceable in

general debility, low fevers, and erysipelas. As an external application, it has been found beneficial in chronic inflammation of the eyes. It may be taken in powder or decoction. Dose, one half to teaspoonful.

WOOD SAGE.

TEUCRIUM SCORODONIA.

A common perennial herb of this country's growth; in appearance, it much resembles the garden sage. It is an excellent bitter, and removes obstructions from the kidneys and liver; as a diuretic, it acts freely upon the bladder; it likewise cleanses old sores; if taken in a green state, and mixed with linseed, or oatmeal, it makes a good poultice, and may be applied to old sores, or inflammations, with good effect. When a student, a large wart, or tumour, appeared upon the right hand, on the joint of the middle finger. It continued to increase until it attained the size of a small hen's egg; it had a cancerous look, and was of a livid colour. Every means resorted to for its removal appeared to fail; for many weeks the hand and arm were rendered useless, the violence of the pain causing extreme suffering. Several doctors advised its removal by the knife. Acting upon their advice, we rode over a distance of nine miles, to an eminent surgeon, intending him to perform the operation; but he was absent and could not be found at the time, so returned home without seeing him. In order to allay the pain, which had much increased

through the fatigue of the journey, a poultice of Indian meal (much resembling oatmeal) and wood-sage, used in the green state, was applied. The poultice gave ease in ten minutes after its application, and in a fortnight the tumour disappeared, without any other means being used. Thus a poultice made as above directed, applied night and morning, accomplished the cure, when the doctors were of opinion, that unless removed by the knife, the hand would have been lost.

TANSY.

TANACETUM VULGARE.

This herb is also a perennial, and is generally cultivated in gardens. As a bitter it is useful for weak stomachs, and somewhat stimulating. A tea of this herb will relieve gravel, strangury, weakness and pain in the back and kidneys; it is also good for female weakness. The leaves, when bruised, are for soothing contusions, &c. This is the last of the bitters, or tonics, that we shall enumerate. If the advice we have given be attended to, the remedies we have mentioned will be sufficient for all the purposes to which they can be applied. We have only to request that no person will doubt their efficacy, without first testing their virtues, by a fair and impartial trial. We may here remark, that we are free from the sin of having put edged tools into the hands of the unskilful; for among all the remedial agents we have as yet prescribed, not one

can be found which is not salutary in its operations.

We shall now proceed to a description of the *specifics*, or of those remedial agents that act more immediately upon the various organs. The first of this class is distinguished by the name of diuretic, having the peculiar property of stimulating the glands, and other vessels connected with the kidneys. Many of the herbs and plants act more or less upon the urinary organs; but there are others to which we are about to allude, not possessed of much tonic, astringent, or stimulant properties, that exercise a yet greater influence over some particular organs.

SPECIFICS.

CHAPTER X.

DIURETICS.

THE term diuretic is applied to that class of medicines which, when taken into the system, produce increased discharge of urine, by either entering the circulation, and directly stimulating the kidneys, or by indirectly operating on those organs through the nervous system.

The application of diuretics is required in suppression of urine, strangury, and dropsies of all sorts.

STRAWBERRY PLANT.

FRAGARIA VESCA.

The strawberry grows wild, but is mostly cultivated in gardens, on account of its delicious and valuable fruit, with which our markets at the proper season are abundantly supplied. We shall not stop to describe it, since it is so well known. It is a strong diuretic and moderately stimulant. In all cases of strangury, stoppage of the urine, gravel, or ulcers formed in the kidneys, or neck of the bladder, a strong tea of this herb may be drunk; or if the fruit be in season, put a quantity of the herb and fruit into a

pitcher, pour boiling water thereon, and let it infuse well for two or three hours, then strain it, and to each quart of the tea add one ounce of pure ginger, pounded, or grated fine; of this decoction, take a small wineglassful three or four times a day.

CLIVERS.

OR CLEAVERS, BETTER KNOWN AS HAYRIFF, OR GOOSEGRASS; GALIUM APARINE.

It is an annual plant; grows very common in this country, along the hedgerows and in woody places. It is a powerful diuretic, and like the preceding medicine may be used in all cases of obstruction of the kidneys and bladder. A tea made from this herb is also good for the dropsy, not only as a diuretic, but also for its aperient properties, as it acts mildly upon the bowels; it is equally useful in cases of scrofula, cancer, or long-standing ulcers. By taking two ounces of the expressed juice three times a day, and applying a poultice made of the green herb, many very dangerous cancers have been cured. In cases of dropsy, to which children are often subject, after an attack of scarlet fever, we have used clivers as a medicine most successfully. The expressed juice of the green herb, or a decoction made in the form of tea, may be given freely.

To make one of the most powerful of all diuretics, take of clivers, parsley-root (which see),

juniper-berries, and flax-seed, each two ounces, quassia-wood, one ounce; boil them in one gallon of water; strain and add one ounce of pulverised ginger, and one pound of honey; take from a tablespoonful to half a wineglassful three times a day. This medicine is good for dropsy, stoppage of urine, gravel, and female weakness, but should never be given in cases of diabetes.

PARSLEY.

APIUM PETROSELINUM.

This plant, which is annual, has a round branching stem, the root of which is biennial; the seed, herb, and root are all possessed of strong diuretic properties, and have an aromatic taste. This plant is powerfully diuretic, and gently aperient; it is useful in dropsical cases, or in affections of the kidneys; and may be used either alone or compounded with some of the bitter medicines.

DANDELION.

LEONTODON TARAXACUM.

This is a perennial, herbaceous plant, well known in this country by every housewife; by whom it is sufficiently appreciated. That which has mostly rendered these valuable medicines of little use, has been a want of confidence in their remedial action; for if they failed at any time to effect a cure in a few hours, the patient becoming

alarmed, a doctor has been called in, and those herbs abandoned, which would doubtless have accomplished the cure, had their use been persevered in a little longer. We should always be cautious, and never condemn anything unless we have previously given it a fair trial.

The dandelion is diuretic, tonic, and aperient, and has a direct action upon the liver and kidneys; when languid it excites them to a healthy and vigorous action. It is most applicable to hepatic or liver complaints, or any derangement of the digestive organs; in chronic inflammation of the liver and spleen, in cases of deficient biliary secretions, and in all dropsical affections of the abdomen, it is an excellent remedy. Four or five ounces of the green root, or one of the dry, may be boiled in a quart of water, and drunk freely on all occasions when its use is required.

JUNIPER.

JUNIPERUS COMMUNIS.

This plant, which is indigenous to this country, is an evergreen, and grows sometimes as high as ten feet. The berries are much used in the manufacture of gin; and it is on account of their diuretic properties that gin is so frequently recommended in cases where such effects are required. The better plan, however, and which we invariably adopt, is to eschew the gin, and make a tea of the berries; by which means we extract all the good properties, without exposing

our patients to the danger of using such an enemy to man's health as alcohol.

The berries and boughs are both medicinal, and in all dropsical complaints ought never to be omitted. If the boughs are reduced to ashes by fire, and the ashes put into water and drunk, a medicine will be obtained that has cured the dropsy, in an advanced stage. Juniper is an excellent remedy in combination with other substances. A salutary beer may be made in the following manner:—Take of fresh-gathered dandelion, roots and tops, one pound, one pound of green peach-leaves, one pound of green parsley-roots and tops, and one pound of strawberry-vines; bruise the whole and add three gallons of water; boil and strain it, then add four ounces of pulverised juniper-berries, and one pound of sugar; let it ferment, after which, bottle it for use, and in cases where the kidneys and bladder are affected, half a wineglassful taken four times a day will sometimes effect a cure after all other remedies have failed.

GRAVEL ROOT.

EUPATORIUM PURPUREUM.

This plant is one of the most useful diuretics we possess, and may be administered with full confidence in all cases of gravel, or suppressed urine. The dose is from two to four tablespoonfuls of an infusion made by macerating one ounce of the root, sliced, in a pint of boiling water. This plant is commonly called in North America, "Queen of the Meadow."

BEARBERRY.

UVA URSI.

The leaves of this plant are very useful as a mild diuretic, and have been found beneficial in cases of stone in the bladder, being considered *antilithic*. The dose is from two to four tablespoonfuls of a strong decoction.

AMERICAN WINTERGREEN.

CHIMAPHILA UMBELLATA.

A small evergreen shrub, found in woods throughout the United States; is an excellent diuretic, tonic, and antispasmodic; its properties being analogous to the uva ursi, and may be taken in the same manner.

BROOM.

GENISTA SCOPARIA.

The tops and leaves of this indigenous plant are the parts employed medicinally, and have been administered with great benefit in conjunction with any of the before-mentioned diuretics. Drs. Mead and Cullen found the broom highly useful in dropsy. A decoction may be made in the following manner:—Take of broom-tops, juniper-berries, and dandelion-roots, each half an ounce, water a pint and a half, boil down to a pint, strain, and add half a teaspoonful of cayenne pepper. Dose, half a wineglassful four times a day. (See Medical Compounds.)

The next class of remedies to which we shall advert is the antiscorbutic. We have visited no country where scrofula and scurvy exist in a worse form than in England, particularly in the manufacturing districts; owing chiefly to the confined and impure state of the atmosphere in large factories and other establishments; together with the impurity engendered by so many persons living and sleeping in confined apartments, deprived of a pure and free circulation of air, which of itself is sufficient to account for the vast amount of sickness that generally accompanies such a combination of evils. Add, likewise, the want of a knowledge of these things by the people themselves; for, were they rightly educated, and the sanitary condition of large towns better attended to, many of these misfortunes would soon cease to exist.

CHAPTER XI.

ANTISCORBUTICS.

ANTISCORBUTICS are those medicines which exert a control over the symptoms and constitution, without evincing any other evidence of their action, and are peculiarly applicable to chronic and glandular disease, such as scrofula, scurvy, and other cutaneous affections.

BURDOCK.

ARCTIUM LAPPA.

This is a biennial plant, or of two years' growth; it is a good antiscorbutic, slightly aperient and tonic, and an excellent remedy in cases of scrofula and obstructions of the kidneys. It is good for the venereal disease, inasmuch as it will generally cleanse the system, after the patient has unfortunately been put through a mercurial course by the doctors. It is also useful in rheumatism, leprosy, and the gout; all of which it will expel from the system, if perseveringly taken. The seeds are an excellent diuretic, and may be given to young children when mixed with raspberry-leaves—a compound which has a tendency very much to sooth and tranquillise the system; in fever cases the leaves may be applied to the feet, or to burns and scalds. The leaves may be dried, and afterwards moistened for use.

SARSAPARILLA.

SMILAX.

This plant is a native of America, and was first brought to this country by the Spaniards; since then the most genuine has been imported from Jamaica. At that time it was thought to be a good medicine in cases of venereal, in consequence of which it acquired a great name: subsequent trials, however, have proved that its

power over that dreadful disease is very limited. It is efficacious as a general purifier of the blood, after the disease has been expelled from the system by other medicines. It also possesses diuretic properties, and is somewhat of a tonic, and will be found serviceable in scrofula, rheumatism, cutaneous diseases, and depraved habit of the system. Steep one ounce in a pint of water. Dose, one wineglass three or four times a day.

FORMULA FOR MAKING THE COMPOUND DECOCTION OF SARSAPARILLA.

Take of sarsaparilla-root and sassafras-chips, sliced, of each one ounce; snake-root bruised, licorice-root sliced, of each half an ounce; macerate them in one quart of water for ten minutes, then take out the sarsaparilla and bruise it, return it to the liquor, and boil for ten minutes; let it stand till cool, then strain. Dose, a wineglassful three or four times a day.

SASSAFRAS.

LAURUS SASSAFRAS.

This article is imported in logs from the West Indies. The wood and bark are the medicinal portions in general use. Combined with sarsaparilla and other alteratives, it is very efficacious in scorbutic affections. In domestic economy it is used as a substitute for tea and coffee, in which form it is vended in our streets at daybreak under the name of saloop. Sassafras is a mild

stimulant, diaphoretic, antiseptic, and detergent; and will be found beneficial in all eruptive disorders, in secondary venereal symptoms and chronic tumours. A strong decoction may be drunk freely.

SNAKEROOT.

ARISTOLOCHIA SERPENTARIA.

A stimulant and tonic; it is also antispasmodic, and for its stimulating properties is recommended by the faculty in cases of fever. It is a native of North America, much used by the Indians, particularly in the southern states. As a medicine it is valuable, as it not only expels gross humours of long standing, but also acts powerfully upon the secretive glands of the stomach; in America it is given to children for the purpose of destroying worms; it is antiscorbutic. It may be given alone, or in combination with other remedies. For infusion, half an ounce of the root, bruised, to one pint of boiling water. Dose, one wineglassful three or four times a day.

DOCKS.

RUMEX AQUATICUS, ALSO BRITANNICA, AND OBTUSIFOLIUS, OR DOCK.

Of which there are three kinds, as named above, and all are valuable medicines, expelling from the system scurvy, itch, and other cutaneous eruptions. They are antiscorbutic, and good for children when troubled with worms. The roo

of the water-dock, *aquaticus*, is bitter and astringent, and as a medicine has long been in use as a general purifier of old sores, and cutaneous eruptions. An ointment may be made from it in the following manner:—take the green root, washed clean, and grate it fine; then cover the powder with hog's lard, let it gently simmer over a slow fire for two hours, taking care to keep the fire so low that the root is not in danger of being burned; strain it while warm, and you will have the best itch-ointment that can be made. When applied, rub well the joints of the body on going to bed, for three alternate nights, which seldom fails to cure, providing the patient take some of it in the form of tea, for the purpose of cleansing the blood. On one occasion, a whole family applied to us, every member of which was suffering from the itch; we prescribed the above tea and ointment, and in a few days every trace of the disorder had disappeared. An excellent beer may be made in the following manner:—take of dock-root, one pound; burdock-root, half a pound; burdock-seed, half a pound; senna-leaves, quarter of a pound; ginger-root, quarter of a pound; sugar, one pound; boil the whole in three gallons of water, let it cool and work a little, then bottle it for use. As a general purifier of the blood it cannot be surpassed.

CUBEBS.

PIPER CUBEBÆ.

This plant is a native of Java, from whence it is imported into this country. It is an aromatic of a warm and gentle aperient nature; and for many years was much used as a condiment in soups. It is a good antiscorbutic; has an agreeable effect upon the stomach and kidneys; and as a medicine, is much used in Java and the East Indies, for the cure of gonorrhœa; in which country it is mainly resorted to as a remedy for that disease. It is diuretic, and slightly tonic; and yields an oil which by many is preferred to the fruit. The fruit we consider to be the best: it is more certain in its effects, though the cure may not always be accomplished so soon. When residing in the Southern states, we made constant use of this article for all cases of gleet, seminal weakness, whites, and gonorrhœa; for which affections, we still use it, in conjunction with other remedies, with good effect.

CHAPTER XII.

NERVINES,

A CLASS OF SEDATIVE OR ANTI-SPASMODIC MEDICINES,

USED to allay the irritation which at times accompanies many forms of disease, and by soothing, or tranquillising the nervous system, predispose the patient to sleep. This class of medicines has been extensively used by the faculty. When these fail to answer the desired end, the doctors invoke the aid of their *poisonous narcotics*, such as *opium*, and its multiplied preparations, which they freely administer, producing thereby a debilitating stupor, by endeavouring to force the patient into an unnatural sleep, and obtain for him a brief respite from his suffering. This mode of tampering with the sufferer's constitution is productive of two evils; the one is the inefficacy of the remedy, for the pain thus temporarily suppressed, frequently returns with redoubled force and energy; secondly, if the use of these articles be continued, though the patient may possibly outlive the fury of the disease, he can never escape from the debility that will ever after cling to his constitution. Innumerable are the victims whose constitutions have been thus destroyed, and whose intellects have been so much impaired, that those who once claimed a

proud rank in society for skill and intelligence, have been doomed to incurable imbecility during the remainder of their lives.

We may be asked (since we protest so strongly against the use of these and all other drugs of a poisonous nature), what we would recommend as a means of allaying irritation and inducing sleep? Our answer is, reduce the pain, by removing, or relieving in a great measure, the pressure from the nervous system, and this must be done without having recourse to either opium on the one hand, or the use of the life-destroying lancet on the other. In the most violent paroxysms of fever, when the sufferer had not experienced an hour's slumber, or a moment's respite from pain, even then, by the use of such medicines as will be hereafter described, together with the use of the vapour-bath, we have thrown the patient into a natural, consequently a healthy slumber, out of which he has awakened with renovated health, and an appetite for food.

From the beginning to the end of our theory, it will be perceived that we never lose sight of that eternal principle in nature, that "*heat is the source of life,*" and that "*health can never be found where the equilibrium is destroyed.*" In removing sickness, our first inquiry ought to be, What cause has produced this effect? Should the patient be in a fever, we infer at once that there is an obstruction in the system, consequently too much pressure upon the nerves, which will fully account for the intensity of pain that is ever found accompanying these cases. Under such

circumstances, set about removing the obstruction, which by the aid of a few simple medicines can soon be accomplished; fever, even in the worst cases, may be abated within twenty-four hours. We have taught thousands to do this, and shall give to our readers, under the proper head, such information as will enable them to do likewise.

Having adverted to fever, permit us further to illustrate that disease; and in order to render it more intelligible, we will contrast it with that of consumption. In fever the obstruction causes the pressure upon the nerves to be too great; in consumption the nervous energy is too low; in fever the patient is convulsed with the severest paroxysms of pain. Would you know the cause of this: in a few words let us state it. The symptoms attendant on fever are caused by the contraction of the pores, which is generally brought on by a sudden change of temperature, or exposure to unusual cold; by this contraction, the equilibrium within the living citadel is destroyed, the pressure increases, the pulse is quickened, there is no moisture on the surface of the body, for the pores being closed, the steam cannot possibly escape; the pressure of blood thus violently propelled through the system, acting upon the nervous or sensitive parts of the body, convulse it with extreme pain. If you ask us how we would act in such a case, in order to reduce the excitement, which must, if not interrupted, end in inflammation of some vital part, and thus terminate in death?—our

answer is, we would not use the lancet, nor would we administer opium, but would at once open the pores; through their million mouths the enemy that had been so long confined in the body, should escape; as the perspiration rushed through its natural outlets, the pulse would insensibly lose its former velocity, the crisis would be past, the danger over, and the sufferer rescued from the grave.

Thus you perceive how fever is caused, and how, in accordance with the operations of nature, it ought to be cured. We will next take a survey of consumption, which presents an aspect directly opposite to fever. Consumption being a gradual decline, or wasting of the system, in consequence of the vital heat having become impaired, or otherwise obstructed; hence, in order to effect a cure, we must remove from the system such impurities as clog the machinery of life, and restore an equilibrium of heat, in order to build up or restore the perishing fabric. We shall hereafter go more into detail on both these diseases, when we come to the chapters on fever and consumption.

We have generally found a teaspoonful of cayenne pepper, prove of more effect than all the sedative medicines of the shops. The vapour-bath seldom fails; but as this subject is somewhat important, we subjoin the following list of sedatives, all of which we have tried, and can therefore confidently recommend them to others.

SKULLCAP.

SCUTELLARIA LATERIFOLIA.

This plant is one of the most powerful antispasmodics we possess, and is available in all nervous diseases. Skullcap was first brought into notice by Dr. Vandesveer, in 1772, as a specific against hydrophobia. Professor Rafinesque observes, that in convulsions, cramps, lock-jaw, and St. Vitus's dance, it will be found highly useful. It may be taken in powder, decoction, or infusion. The dose of the powder is from half to a teaspoonful.

VALERIAN.

THE ROOT; VALERIANA.

There are several of this species of plant, but the one most commonly used for the above purpose, is *valeriana officinalis;* the root of which is perennial. It grows wild, and is a good nervine. In cases of fits, spasms, or hysterical affections, it may be given in a decoction, but it is better when taken in the powder; a teaspoonful for an adult, will be a sufficient dose, when mixed with hot water.

There are five species of American valerian. The *Cypripedium*, however, is generally used by botanical physicians, and is more efficacious than the officinal. It is available in all cases of nervous debility; predisposing the mind to quiet

ness, and the body to sleep: being perfectly harmless, it may be used to any extent without fear, and can be compounded along with other medicines. It is an excellent sedative, and when taken for this purpose does not affect the system, as is the case when opium is administered.

Dose, a teaspoonful in hot water, and repeated when necessary.

BURDOCK-SEED.

ARCTIUM LAPPA.

We have in another place, described the properties of the burdock-root; the seeds are a good nervine, and in cases of epilepsy may be given with good effect, especially in children. Burdock possesses no narcotic properties, and can be given in any stage of disease. A tea may be made from the seeds when bruised; or it may be given in powders, from one-half to a teaspoonful at a time. The powder of either of the above articles should accompany *lobelia*, when the latter is given as an emetic.

FERULA ASSAFŒTIDA.

The name of the plant that produces the assafœtida gum-resin. It is a native of Persia, and grows plentifully on the mountains of Chorassa and Laar. It is obtained by baring the roots, and cutting them transeversely, by which process the juice is extracted, and afterwards dried by exposure to the sun; which forms the gum that

is sold in the shops. It is a powerful antispasmodic, and somewhat expectorant; it is a valuable medicine in cases of hypochondria, hysteria, convulsions, spasms, and all cases of nervous debility; from its expectorant, as well as sedative qualities, it is a useful medicine in consumptive cases; in constipation or severe costiveness, or flatulency, it is equally good.

CHAPTER XIII.

CATHARTICS,

OR PURGATIVE MEDICINES.

On this subject we differ materially from the faculty, for no medicine can act powerfully on the bowels without very much reducing the system, thus weakening and debilitating the organs, particularly those of digestion; and we condemn the present system of attempting to purge away impurities, in order to cleanse the blood, until the life of the patient is frequently endangered. Many act upon the supposition that a patient must be purged, though his strength and appetite for food have both disappeared, forgetting that he has a skin, through the pores of which, when the body is in a healthy state, there passes off in insensible perspiration twice as much matter as is conveyed away through any other channel; and that to induce perspiration will tend more to cleanse and purify

the body than any purgative when thrown into the bowels. Hundreds of nostrums are being daily palmed on the public, most of which are composed of strong purgatives; and the credulous patient is advised to take such enormous quantities, that a feeling mind must sicken at the consequences, particularly when we know that these purgatives are generally compounded of *gamboge, croton-oil, calomel*, and similar ingredients. How many have been, and are now being physicked into consumptions, or left to drag out a wretched existence, the victims of dyspepsia or indigestion, from having taken these medicines to such an excess! Some years ago, a labouring man came to consult us from Welton, a village ten miles from Hull, where we at that time resided; for fifteen years he had been afflicted with scrofula, during the greater part of which period he had a large sore on one of his legs, in consequence thereof he was, for several months in every year, unable to follow any employment. He had had recourse to all the means available in this country; he had tried the infirmaries and other medical establishments, and it was at length decided that his leg must be amputated. Unwilling to undergo the operation, he sought for, and obtained most of the specifics advertised in the papers of the day; among the rest he tried *Morison's Pills*, judging, from the description given of their properties by the proprietor, that they were just what he had been so long looking for; he commenced taking them, nor did he stop until he had swallowed as many

as cost him *seven sovereigns;* he took sixty pills a day, twenty in the morning, a like quantity at noon, and twenty more at night. We need scarcely say, the pills did him no good. Doubtless the pill-agent would say he had not taken enough; but we can assure our readers to the contrary, for had he persevered much longer with his dose of sixty pills per day, his thread of life would soon have been spun out. When Hercliff (the name of the patient) first came to see us in April, 1840, his whole nervous system was shattered and unstrung; he appeared like one attacked with the palsy, or delirium tremens. We asked him if he had been a hard drinker; he answered that he drank nothing but water. We next asked him what he had been taking, when he made the above statement. We told him his constitution must have been a strong one, or he never could have survived such treatment; "Yes," he replied, "our town's doctor says I have had a constitution like a horse's." To be brief, we prescribed the usual treatment, and in seven months completed his cure.

We will now quote another instance of the effect produced by purging a patient, who suffered from rheumatic fever. In our absence he took a dose of castor-oil, which nearly cost him his life before its power could be arrested, producing between seventy and eighty alvine discharges. Since that period, we have never used a particle of this debilitating cathartic. Nurses are in the habit of giving it to young children soon after birth, to cleanse their stomachs, as they say

whereas the infant simply requires the breast of the mother, which Providence has not only designed as food, but medicine also. When purgatives are necessary, care should be taken to select only such as will act in accordance with the laws of life and motion. The physic provided by nature for the body is the bile, which, after separating the nutritive part of the food from that not required for the sustenance of the body, acts next as a stimulant upon the intestines, and carries away by stool the refuse of digestion; when this natural medicine fails, or becomes vitiated and impure, the medicine that will correct this, as well as act in its place, is the substance to be preferred.

BULLOCKS' GALL.

This is an aperient we have frequently used with good effect. It will correct digestion, and relieve the torpid state of the bowels; it may also be used with good effect in jaundice. It causes no debility, but after operating, generally leaves the mind cheerful and active. It may be made into pills, in the following manner:—heat and then strain fresh ox-gall, and evaporate it in a water-bath at a temperature of 140 degrees, until reduced to the consistence of treacle; then add powdered Turkey rhubarb, curcuma, and valerian-root, sufficient to make it into a mass, which may be made into pills of the usual size.

TURKEY RHUBARB.

RHEUM PALMATUM.

This root is justly esteemed one of the mildest and most efficacious aperients to be met with. It is obtained from three different quarters of the world, viz., China, the East Indies, Turkey, and Russian Tartary; that which comes from the two last places is generally considered the best. It was many years before this plant was known sufficiently even for Linnæus to describe it; it is a valuable medicine, and as it yields its properties much sooner and more effectually when mixed with water, than when mixed with spirits in the shape of tincture, we would advise its being taken in the former, in preference to the latter. We urge this more particularly, because most people use the tincture, and even give it to children in that form. Rhubarb in small doses is an astringent tonic, its operation being principally or wholly confined to the digestive organs. In relaxed conditions of these parts, it promotes the appetite, assists the digestive process, improves the quality of the alvine secretions, and often restrains diarrhœa; in large doses it operates without producing debility or irritation. It should be carefully secluded from the air, as exposure to the atmosphere has a tendency to impair its properties. For habitual costiveness, a small piece of the root may be chewed, swallowing the juice; or for a more active purge it may be taken in powder; this plan will be found more effec-

tive than steeping it, for when heated it throws off many of its good properties. A dose of one or two teaspoonfuls of the powder will be sufficient. The powder may also be used as a topical application for indolent and painless ulcers.

SENNA.

CASSIA ACUTIFOLIA.

There are many different species of sennas introduced into this country; the best is imported from Nubia, and is called *guebelly*, or senna *makke;* it grows wild, and yields two crops of leaves, the quantity produced depending mostly on the periodical rains; its flowers are of a yellowish hue. It is aromatic, and slightly bitter; it is an excellent cathartic, generally operating in four hours from the time of its being taken, but in combination with other articles, it operates much sooner. Being mild in its action, it may always be used when the bowels are much disordered; when taken alone, it sometimes gripes the patient, particularly if it has been steeped, or boiled; but this is seldom the case when made into an infusion with cold water. Having before observed, that no purging medicine should be given without being accompanied with a stimulant, we mean the same remark to apply here. For adults we would recommend half an ounce of senna, to be mixed with the same quantity of ginger-root; for children, take senna, pennyroyal, and red raspberry-leaves, equal parts; you will thus obtain a surer and a much better purge than

castor-oil, magnesia, Epsom salts, or any mineral drug that can be given.

MOUNTAIN FLAX.

LINUM CATHARTICUM.

Mountain flax, or purging medicine, as it is sometimes called, is very common in this country; it is an annual plant, and grows wild in meadows and pasture lands; is an excellent purgative, and preferable to senna. When an aperient is really requisite, for costive habits, it may be used with poplar-bark, or any of the bitter medicines. A handful of the plant may be used in infusion.

ALOES.

ALOES PERFOLIATA; SOCRATRINE ALOES.

There are several different varieties of this drug, the Socratrine is however the best of all for medicinal purposes. This species is imported from Smyrna and Bombay. It is a cathartic, tonic, and emmenagogue, and will be found highly beneficial in loss of appetite, indigestion, habitual constipation, and nervous inactivity; in promoting the menstrual discharge, the secretion of bile, and in worms. It may be taken in the form of pills, the dose being two common-sized pills; or in decoction conjointly with Spanish juice.

BUTTERNUT.

WHITE WALNUT; JUGLANS CINEREA.

This tree grows in most parts of the United States, and on the Continent, and is much smaller than the black walnut. It is one of the mildest and most certain cathartics we possess, operating without producing nausea, irritation, or pain; neither weakening the alimentary canal, nor impairing digestion. It possesses some astringency, consequently will be found useful in dysentery, and is also available in indigestion, constipation, fevers, and diseases of the liver. In full doses it has been found an excellent medicine for children when troubled with tape or other worms. It is given in the form of decoction or extract, the latter being always preferred. The dose is in pills from three to eight.

CHAPTER XIV.

MUCILAGINOUS SUBSTANCES.

In the process of curing the sick, it has ever been found necessary to use certain articles wherewith to shield or defend the diseased parts when exposed to friction, the influence of the atmosphere, or other irritating causes. Such properties are to be met with in what are termed mucilaginous or gummy substances; the use of

which is at times indispensable to the cure of the sick. To this class belong the *linum usitatissimum*, the classic name of the common flax, the seeds of which are extremely useful as a mucilaginous poultice. It is common to recommend a tea of linseed to be used freely where there is soreness in the stomach or throat, and is a good remedy also for hoarseness or irritating cough. For a poultice, or cataplasm, the seed should be ground, and applied in the usual way. For a gathering, or tumour, it will be found equally good; but as this article is so well known, and its use so general, we need not further describe it.

BUCKTHORN BRAKE.

OSMUNDA REGALIS; FLOWERING FERN.

A perennial root, possessing not only mucilaginous, but good tonic properties. In cases of dysentery, it may be used with good effect, particularly where there is a soreness of the stomach and bowels; when infused in hot water, and sweetened with loaf sugar, it is valuable for weakness and general debility to which females are so frequently subject.

HOLYHOCK.

ALCEA ROSEA.

This is a perennial plant, mostly cultivated in gardens as an ornament; the flowers of which we use medicinally for healing the throat and stomach, when sore, or after an inflammation.

An infusion of these flowers may be successfully employed for inflammation of the *mucous membrane*, or lining of the stomach. The leaves of the holyhock may be pulverised, and applied as a poultice, or a conserve may be made of the flowers, by pounding them in a fine mortar; and to one pound of which add one ounce of cayenne pepper, one ounce of ginger-root, two ounces of poplar-bark made fine, one pound of raw sugar, half an ounce of cloves pulverised, and you have one of the best compounds that can possibly be made; in fact it may be called the bread of life. A small quantity taken two or three times daily will be found good for a cough.

SLIPPERY ELM.

ULMUS FULVA.

The inner bark of this tree is a valuable demulcent, and possessing very soothing qualities, and is particularly applicable, both as a medicine and injection, in cases of dysentery and other diseases of the bowels. A teaspoonful of the powder mixed in half a pint of hot water, and sweetened, forms an excellent drink in irritation of the mucous membrane of the stomach and bowels. It may be used as a poultice in all cases of local inflammation with great benefit.

RED CLOVER.

TRIFOLIUM PRATENSE.

The common clover, such as is cut for hay, the flowers of which are a valuable article; a salve

made of them is good for cancer, old sores, and sore lips; it is soft and adhesive, and the flowers contain so great a quantity of honey, that it enhances the medicinal properties of the salve. To make this salve, take a large brass, or tin kettle, or boiler, fill it with clover heads or flowers, cover them with water, let them boil briskly for an hour, then strain and press the flowers well, and then refill the same vessels with flowers, putting them in the same liquor; strain again; and simmer down, until it is of the consistency of thick tar; with this salve we once cured a cancer of very long standing, keeping up at the same time, by internal medicines, a lively action in the system; for old sores of every description, this salve is equally good. In making it, great care should be taken, not to burn it, or its virtue will be much impaired.

GUM ARABIC.

ACACIA VERA.

From this tree is derived the gum arabic of the shops, which is imported into this country from Barbary; it comes packed in casks. This gum will not mix with spirits, but it readily dissolves in twice its quantity of water; when in this fluid state it becomes an excellent muci laginous medicine, useful for coughs, or hoarseness; it also acts as a diuretic. From its adhesiveness, it is much used in the manufacture of pills. When mixed in a fluid form, with Spanish juice, in equal quantities, and a small portion of

cayenne pepper, or ginger-root, it makes an excellent demulcent, not only allaying irritation, but producing other favourable symptoms.

WAKEROBIN.

ARUM MACULATUM.

This plant is a native of this country, and grows wild in the hedges and woody places. It is of perennial growth; when in the green state, is a powerful stimulant, much of which property is lost in evaporation. It is good for coughs, and debilitated stomachs. The root should be gathered in autumn; it should then be sliced, and carefully dried. It will be readily known by a cluster of red berries, of grape-like form, which it bears near the ground; when used it may be powdered and taken in honey, or any kind of preserves. In order to obtain still more of its stimulating properties, it may be used as a conserve, by mixing half a pound of green root, with a pound and a half of good sugar, beaten well up in a mortar; take a teaspoonful of this for a dose.

CHAPTER XV.

ANTHELMINTICS.

A CLASS of medicines administered for expelling worms from the intestines, by either acting mechanically, or superinducing that healthy action of the alimentary canal, as to cause their expulsion.

WORMWOOD.

ARTEMESIA ABSINTHIUM.

This plant is a native of Great Britain, and the root lives for several years. Is a very pungent bitter, and possesses a strong, disagreeable odour. It is tonic and vermifuge, and is also good for bruises and sprains when applied in the green state, and steeped in vinegar; it may also be used as a fomentation. It may be taken in decoction or extract.

GOOSEFOOT.

CHENOPODIUM ANTHELMINTICUM; WORMSEED.

This is one of the best worm-medicines we have. The seeds are small and oval, of a greenish colour, and are imported from the Levant. The whole plant possesses a strong, peculiar odour, and a very bitter, subacrid taste, its virtues being extracted by water. The dose of the powdered seeds for a child is about half a teaspoonful; for an adult from one to two teaspoonfuls taken in treacle.

MALE FERN.

FELIX MAS.

This plant is a native of Europe, and the United States; was used by the ancients, and forms the celebrated secret nostrum for tape-worms, employed by Madame Nouffer, from whom it was purchased by Louis the Fifteenth, and is

still in high esteem. The dose of the powder is from half to two teaspoonfuls taken fasting, in treacle, and may be followed by a cathartic dose of butternut extract, which see.

LOBELIA INFLATA.

THIS valuable medicine, heretofore described, is esteemed an excellent vermifuge.

ENEMAS, INJECTIONS, OR CLYSTERS.

THIS form of administering medicine is of very ancient origin, and cannot be too highly recommended, having often proved very successful; for when, through extreme irritation, the stomach of the patient refuses to retain medicine, an injection will often overcome the difficulty. Nevertheless, in consequence of the prejudice which unfortunately exists against them, medical men seldom avail themselves of their assistance. For costiveness, or constipation of the bowels, we would recommend an injection to be made of twenty grains of cayenne pepper, to a pint of hot water, well sweetened with treacle, which will answer the desired end much better than any drastic purge. In cases of dysentery, or bowel-complaints, we generally employ a strong tea of red raspberry-leaves, valerian and gum-myrrh, to consist of half a teaspoonful of the latter two ingredients, which we have always found to answer the purpose When the bowels

have been sore and inflamed, or otherwise debilitated, we would recommend the use of arrowroot, gum arabic, or slippery-elm, or all together. The above, when injected into the bowels, have sustained the patient for a long time, when the lightest food could not be digested, or made to pass the stomach. The best way of administering an injection, is with a syringe ; convenient sizes of which for adults and children, can be obtained at any of our establishments.

CHAPTER XVI.

MEDICAL COMPOUNDS.

COMPOSITION POWDER.

This compound is valuable in the first stages and less violent attacks of disease. It is an admirable medicine and may be safely employed in all cases. It is good for pains in the stomach, looseness of the bowels, or rheumatic affections; will promote perspiration, and remove all obstructions caused by cold. It is an excellent assistant to, and should always be taken during the operation of a lobelia emetic.

Bayberry	4 oz.
Pinus Canadensis	2 oz.
Ginger	2 oz.
Cayenne	¼ oz.
Cloves	¼ oz.

All finely pulverised, and well mixed. Ordinary dose a teaspoonful in a cup of hot water sweetened.

OR

Bayberry	4 oz.
Pinus Canadensis	4 oz.
Ginger	4 oz.
Golden Seal	2 oz.
Sassafras	2 oz.
Cayenne	½ oz.
Cloves	½ oz.

STOMACH BITTERS POWDER.

This preparation is designed to correct the bile, and create an appetite. Will be found highly useful in all cases of flatulency, faintness at the stomach, and particularly when the patient has been much enfeebled by disease or age. It is prepared in the following manner:—

White Poplar bark	2 oz.
Balmony	4 oz.
Bayberry	4 oz.
Ginger	2 oz.
Cayenne & Cloves	½ oz.

Let them be well pulverised and intimately mixed. Dose, same as composition powder.

ANOTHER FORM.

Poplar bark	3 oz.
Balmony	1 oz.
Golden Seal	1 oz.
Bayberry	1 oz.
Ginger	1 oz.
Prickly Ash bark	½ oz.
Cayenne	¼ oz.
Cloves	¼ oz.

Mix well together.

ANTISPASMODIC POWDER.

Stomach Bitters powder	2 oz.
American Valerian, pulverised	1 oz.
Skullcap powder	2 oz.
Lobelia herb, pulverised	¼ oz.
Cinnamon	¼ oz.
Cayenne	¼ oz.

Mix well together. Dose a teaspoonful in a little hot water every hour if necessary.

POWDER FOR INTERMITTENT FEVERS, AGUE, ETC.

Composition powder, No. 2,	2 oz.
Peruvian Bark, powder	2 oz.
Prickly Ash bark, pulverised	½ oz.
Lobelia seed, pul.	¼ oz.
Cayenne	¼ oz.

To be well mixed. Dose a small teaspoonful every three hours.

FEMALE BITTERS POWDER.

White Poplar bark	2 oz.
Bayberry	2 oz.
Golden Seal	2 oz.
Gum Myrrh	2 oz.
Cloves	2 oz.
Ginger	2 oz.
Cayenne Pepper	1 oz.
Aloes	1 oz.
White sugar	8 oz.

All finely pulverised, and well mixed together. Dose, a teaspoonful every three or four hours.

These powders are particularly serviceable in all irregularities to which females are subject.

DIURETIC MIXTURE.

Uva Ursi leaves	1 oz.
Juniper berries	1 oz.
Gravel root, sliced	1 oz.
Parsley root ,,	1 oz.
Pennyroyal	1 oz.
Spearmint	1 oz.

Boil in one quart of water down to a pint. Dose, a wineglassful four times a day.

This mixture is very useful in dropsy, gravel, difficulty in passing urine, &c.

ANTI-CHOLERA POWDER.

Comp. Powder	2 oz.
Stomach Bitters	2 oz.
Pinus Canadensis	2 oz.
Bayberry powder	2 oz.
Valerian	1 oz.
Ground Ginger	1. oz.
Cayenne	½ oz.
Ground Cloves	½ oz.
,, *Cinnamon*	½ oz.

Mix well together.

The success which has attended the use of the Anti-Cholera Powder, during the several recent attacks of cholera in this country, has justly made it one of the most reliable agents ever used for this disease. In fact, in the thousands of cases in which it was taken, *it never failed*, if given in time. The properties of each ingredient are sanative, and may be used as a common stimulant, even when the bowels are not deranged.

We would advise all our friends never to be without this invaluable compound, any more than they would be without food for their families.

CORRECTIVE PILLS.

LOBELIA PILLS.

Lobelia seeds ¼ oz.
Cayenne Pepper ¼ oz.
Extract Butternut ½ oz.

Mix well together, roll the mass in flour and divide into 96 pills. Dose, one or two at bedtime.

OR

Lobelia seed ¼ oz.
Cayenne Pepper ¼ oz.
Valerian powder ¼ oz.
Gum Myrrh ¼ oz.

Mix well together, and add sufficient water to make a mass; divide into 96 pills, as above.

These pills are valuable in chronic diseases, asthma, consumptions, affections of the liver, &c.

Lobelia seed
Cayenne
Prickly Ash bark
Golden Seal
of each ⅛ oz.
Extract of Dandelion ¼ oz.

Mix and divide into 160 pills. Dose, one or two three times a day.

Are nearly specific in jaundice, torpidity of the liver, and chronic inflammation of that organ.

COMPOUND PILL OF ALOES.

Aloes, powdered ½ oz.
Ginger „ ¼ oz.
Extract Butternut ½ oz.

Beat them together into a proper pill mass, roll in licorice-powder, and divide into 160 pills. Dose, two to four. These pills are well suited to obviate costiveness.

PILLS OF ALOES WITH MYRRH.

Aloes, powdered ¼ oz.
Myrrh ¼ oz.
Cayenne ⅛ oz.

Syrup, a sufficient quantity to make it of a proper consistence; roll as before and divide into 60 pills. Dose, two at bedtime. Use, purgative, and for removing obstructions in women.

ASSAFŒTIDA PILLS.

Assafœtida ¼ oz.
Skullcap powder ¼ oz.

Mucilage of Gum Arabic sufficient to make a mass; divide into 48 pills. Dose, one or two, once or twice a

day. A good pill in hysterical affections.

COUGH PILLS.

Lobelia	¼oz.
Valerian	¼oz.
Cayenne	⅛oz.

Mucilage of Gum Arabic, sufficient to make a mass; divide into 60 pills. Dose, two, three or four times a day. Use, for chronic coughs, spasmodic asthma, and affections of the chest.

COMPOUND RHUBARB PILLS.

Rhubard, pow.	¼oz.
Gum Myrrh, pul.	
Ginger	
Aloes, of each	⅛oz.
Oil of Peppermint	10 drops.

Add sufficient sugar and water to make a proper mass; divide into 60 pills. Dose, two to four at bedtime. Use, a gentle aperient, and excellent corrective of the stomach and bowels.

INFUSIONS.

INFUSION OF HORSERADISH.

Fresh Horseradish-root, sliced	1oz.
Mustard seeds, bruised	½oz.
Boiling water	1 pint

Let it stand in a covered vessel for four hours, then strain. Dose, three tablespoonsful three times a day. Diuretic and stimulant. Useful in dropsies, especially those occurring after scarlet fevers and intermittents.

INFUSION OF CALUMBO.

Calumbo root, sliced	½oz.
Orange-peel dried,	¼oz.
Boiling water	1 pint

Digest in a covered vessel for two hours, then strain. Dose, two tablespoonsful three or four times a day. An excellent tonic and stomachic.

INFUSION OF BROOM.

Broom-tops	1oz.
Boiling water	1 pint

Macerate for two hours in

a close vessel, then strain. Dose, two or three tablespoonsful three times a day. Use, diuretic.

INFUSION OF VERVAIN.

Vervain	1oz.
Cayenne	½ teaspoonful
Boiling water	1 pint

Let it stand for two hours, then strain. Dose, one teacupful. Use:—to be taken during the operation of a lobelia emetic, or alone in fever, &c.

NOTE.—Infusions of all the herbs may be made according to the last-mentioned formulas, and macerated in close vessels for two hours.

DECOCTIONS.

DECOCTION OF ALOES.

Spanish Juice	1oz.
Aloes	¼oz.
Gum Myrrh	¼oz.
Cloves, pulverised	¼oz.
Boiling water	1½pint

Boil them down to one pint, then strain. Dose, two to three tablespoonsful. This is a gentle aperient, useful in dyspepsia, jaundice, and irregularities n females.

COMPOUND DECOCTION OF BROOM.

Broom-tops	1oz.
Juniper-berries	½oz.
Dandelion root, sliced	½oz.
Water	1½ pint

Boil for ten minutes, then strain, and add a small quantity of cayenne. Dose, two tablespoonsful three times a day. An excellent diuretic in dropsy.

CHAPTER XVII.

OINTMENTS AND LINIMENTS.

We shall now proceed to give a few useful receipts for making the above. Although we do not believe any ointment, liniment, or similar substances, can of themselves effect a cure, yet such things are useful in their place, by protecting the injured part from the pressure of the atmosphere, thereby preventing external friction, and preparing, cleansing, and in some measure purifying it; but we cannot hope for a perfect cure, unless we remove the cause by giving a healthy tone to the secretive organs. Newspapers literally groan under the load of advertisements, which daily and weekly embellish their pages, all professing, by the aid of their magical salves or unctuous preparations, to cure scrofula, scurvy, sore legs, eruptions, and innumerable other symptoms, all of which have their origin in a vitiated state of the blood, and an unhealthy, because obstructed, circulation. Sores and ulcers, when they appear on the surface of the body, are manifest indications of some hidden impurity that lurks within, to remove which, should claim our earliest consideration. What an absurdity then to suppose that an ointment can, by any virtue it possesses, effect a cure, unless aided by more efficient means! Whenever, therefore, we recommend the use of salves or ointments, remember that you must

attend to the condition of the general system, before you can reasonably hope to succeed by employing such means.

WHITE WAX OINTMENT.

White Wax	4oz.
Spermaceti	3oz.
Olive Oil	1 pint

Mix them together over a slow fire, taking care to stir it briskly until cool.

This is an excellent salve for mothers when troubled with sore nipples; it moistens the skin, and keeps it soft, consequently it is good for chapped hands, or dry scurvy, but should be assisted by internal medicines whenever required.

YELLOW WAX OINTMENT; OR BURN SALVE.

Burgundy Pitch	1 lb.
Beeswax	¼ lb.
Hogs' Lard	½ lb.

Simmer the above over a slow fire until the whole are well mixed together, then stir it until cold. This is one of the best salves for burns or scalds, where the skin is off, and the exposed part has become sore; it is also good for canker, scrofulous tumours, or sore on the legs. (See treatment of burns and scalds.)

PILE OINTMENT.

Yarrow-blossoms	½oz.
Raspberry-leaves	½oz.
Fresh Butter	3oz.

Pound the yarrow and red raspberry-leaves fine, simmer them in the butter, taking care not to heat the butter so as to burn it; this, applied when going to bed, seldom fails to relieve the worst of cases, and it very generally, when assisted with mild purgatives, effects a cure.

ANOTHER FORM.

Galls	¼oz.
Bayberry	¼oz.
Valerian	¼oz.

all finely powdered.

Hogs' Lard, free from salt	2oz.

Mix them together to form an ointment.

A WARMING PLASTER.

Burgundy Pitch	1lb.

Resin ½oz.
Cayenne Pepper
a teaspoonful

Let the above simmer over a slow fire until well mixed; spread it fine on a piece of soft leather; when applied to the part affected, it stimulates and warms it.

LINIMENTS.

STIMULATING LINIMENT FOR RHEUMATISM, ETC.

Cayenne Pepper
Common Salt, a teaspoonful of each
Vinegar ½ a pint

Mix the whole well up, by shaking it in a bottle: with which bathe the parts affected. In rheumatism, it reduces the swelling, and removes the pain; in consumptive cases, the legs of the patient may be well rubbed with a cloth wet with the liniment, by which the circulation will be quickened and the joints relieved from pain.

COMPOUND SOAP LINIMENT.

Gum Camphor 1oz.
White Soap 3oz.
Cayenne Pepper ½oz.
Spirits of Rosemary 1 pint

Dissolve the soap before the camphor is added.

LINIMENT OF CAMPHOR.

Olive Oil 4oz.
Camphor 1oz.

Dissolve the camphor in the oil by gentle heat. These liniments may be applied to scrofulous tumours or swellings; they are useful also for inducing an action to the surface. In cases of quinsy, a flannel may be wet with either of them, and applied to the throat.

TINCTURE OF MYRRH.

Spirits of wine 1 pint
Gum Myrrh 2oz.
Cayenne Pepper
a teaspoonful.

This when externally applied is an excellent remedy for cuts, sprains, bruises, &c.

The reader will please to observe that the liniments are mostly employed as a means of removing obstructions from the surface, by accomplishing which, the secretions are improved. In making them, great care should be exercised in selecting such substances as are least volatile, and devoid of all irritating qualities; when volatile articles are used in the manufacture of liniments, their strength is evaporated, or thrown off, instead of being absorbed, or taken into the system.

DIRECTIONS FOR GATHERING AND PRESERVING HERBS, BARKS, &c.

All herbs should be gathered when in flower; leaves when full grown; the barks in the spring, when they will peel easy; and the roots, when the plant has done growing. They should be dried out of the sun, and not exposed to the night air, and when dry, should be kept in a dry place, and free from the air.

CHAPTER XVIII.

ON DIET.

An aged abbot in France, was asked by his medical attendant, "how he had contrived to live so long, and preserve the enjoyment of such excellent health;" he replied, "I have eaten once a day, and slept at regular hours." "Well," said the doctor, "for God's sake do not tell your secret,

or you will spoil our practice." Yes, good doctor, there lies the secret spring that governs your mystical trade; in that single sentence is couched an apology for the delusions that the faculty have so long palmed on the public. This fear of losing their practice, has induced them to wink at the follies of the gourmand on the one hand, and sanction the use of the life-destroying alcohol on the other. Will the faculty *dare* to tell the public, that alcohol in all its forms, prevents digestion and induces disease? They know that nothing of a liquid kind is required in the blood to support the animal economy but water; but then to proclaim this important truth to the wine-bibbers, porter-drinkers, and ale-consumers, would be to act the part of faithful monitors; but instead of this they are bound up in a sort of mystical confederation, not desiring to obtain knowledge for the sake of dispensing it to others. Every ten years their vocabulary undergoes a change, lest some portion of their secret should have leaked from the cabinet of mysteries; thus the people are kept in ignorance of themselves and all that pertains to them, lest the doctors should be spoiled in their practice. But to return to the subject: intemperance in the use of meat or drink, is an indiscretion to which multitudes are habitually sacrificing themselves. Socrates wisely remarked, "that the happiest man was he who had the fewest wants to supply." Without adopting the austerities of Diogenes, we ought ever to remember, that our wants are really but few, and such as can easily be provided for. Among the

rude and uncultivated inhabitants of the earth, such as roam in tribes, or dwell in tents, we seldom meet with those forms of disease that have their origin in impaired digestion, the symptoms of which are only to be met with in the social or convivial circles of society, or when great mental power is exerted by those who lead a sedentary life of monotony, without accompanying or qualifying the same with the necessary amount of physical exercise. In what are falsely termed civilised or wealthy countries, the tables of the rich daily groan under a load of luxuries, where costly exotics and numberless dishes are served up, embellished with every allurement that the culinary art can bestow upon them. If the human stomach could remonstrate with its ignorant possessor, it would say, "Give me only plain food, and not too much, and I will ensure a speedy digestion and excellent health; but how am I to dispose of the mass of costly rubbish that I am daily compelled to receive? Before dinner I am stimulated with wine; then I am surfeited with what you please to term savoury soup; then comes a plate of beef, or a cut of venison; next a mass of vegetables, and huge quantities of pudding; and to crown the whole, I am choked up with jellies, fruit, &c., until, like a wretch stretched on the rack, I sink through mere exhaustion, since nature can bear no more. How can any sensitive stomach digest such a mass of amalgamated matter? The stomach of a ploughman, having only plain food to digest, has little labour compared with mine.

While he assists his stomach in its digestive operations, by taking plenty of good refreshing exercise, my foolish owner fills me full of superfluous delicacies, and then adds to my misery, and arrests my power of digestion, by drenching me with wine or brandy after dinner, taking no exercise but such as a carriage will afford, or lolling on a sofa. Thus, although the stomach of a rich man, I am not only worked beyond my strength, but paralysed by the alcohol my master consumes. When my powers are thus arrested, a physician is called in, and because I am overwrought that I cannot furnish blood enough for the system, the sagacious doctor, determined to render my master's folly more complete, drains my famished veins of a portion of their contents, taking from the vital principle the germ of its vitality at a moment when the system imperatively calls for its retention."

What a faithful picture must the above present to every reasoning mind! No wonder that the gourmand is racked with the pains of the gout; no wonder that indigestion brings with it such a train of evils, for no human stomach can long sustain itself under such circumstances. In vain do we allude to our learning and philosophy —in vain do we boast of our advancement in the sciences, when all our wisdom has not taught us how to regulate our appetites, or humanity the necessity of being less cruel to our stomachs.

A chaste and talented writer has said, "that a thousand modes of regulating the appetite have been invented. The earth, the waters, and the

air have been ransacked for the raw material, and all the skill of the kitchen laboratory, all the science of the professional cook, has been exerted to manufacture them into compounds, which are sweet to the taste but bitter to the belly. When children, or students, taking but little exercise, are pampered on these compounds, their sensibilities are rendered morbid, their digestion deranged, and their bloodvessels distended; irritations are set up in the stomach, lungs, or brain, and the individual literally eats himself into the hands of the doctor and druggist, from which evil he seldom escapes without new desolations of purse and constitution. Such are the errors into which wealth, vanity, ambition, and a restless disposition, betray their thousand votaries."

Food, like physic, in order to be useful, should be simple and salutary, in which form it is more congenial to nature than when wrought up into the most extravagant compounds. Food, as it comes from the homely hand of the housewife, is much better than when administered by the scientific cook. Hunger is the best sauce that can accompany a meal, and those who are sensible will never eat without it. The carter, who smacks his lips over his cheese and onion, enjoys a pleasure that the epicure must sigh for in vain. Should the former be unwell, his unlettered neighbour presents him with a medicine made up of a few herbs, and he speedily regains his health and appetite. This mode of supplying nature with food and medicine is better than

employing a salaried cook, and contributing to the support of an army of physicians, who inwardly laugh at the ignorance of their dupes, on whose follies and frailties they fatten and luxuriate; and when an honest man attempts to convince them of their error (to give it no harsher name), they at once exclaim, "for God's sake, stop that fellow's mouth, or we shall lose our practice!" thus uniting for the purpose of hunting down the individual, or suppressing his opinions.

We are about to present our readers with an extract from a late number of the *Journal of Health.* It speaks so much to the point, that we would not willingly omit its insertion, for our advice has ever been—

> "Seize upon truth where'er 'tis found,
> Amongst your friends, amongst your foes,
> On Christian or on heathen ground:
> The flower's divine, where'er it grows—
> Reject the thistle, and assume the rose."

"It is amusing to hear a nervous female, whose daily exercise consists in going up or down stairs two or three times a day, and shopping once a week, complain that she cannot preserve her strength, unless she eats freely of some kind of meat, and takes her potations of strong coffee twice a day, to say nothing of her porter and wine. The same erroneous opinion prevails more or less among all classes of the community. A child in the arms, it is thought, cannot thrive unless pampered occasionally with a leg of chicken, or a piece of bacon, to suck or chew at.

A boy or girl going to school must be fed on aliment at dinner, perhaps at breakfast also, strong enough for a ploughman; the child thus gorged, is crying and screaming every hour of the day. It is next attacked with convulsions, or diseases of the skin, or dropsy of the brain; the little personage going to school, complains of headache, is fretful and unhappy, and becomes pale and feeble; the poor books are now blamed for the fault of the dishes, the school is given up, and the doctor consulted as to the best means of restoring the dear little creature to health and happiness. The child having lost its appetite, can eat nothing, save a little custard cake, or at most some fat broth. Should the doctor tell the poor mother the truth, and request her to suspend the system of *stuffing*, and instead of giving her child strong food, give it nothing stronger than bread and milk, diluted with water, to be accompanied with daily exercise in the open air, she would be heard to exclaim, in a tone of mingled astonishment and reproach, 'Why, sir, you surely would not have me starve my child?' For the aid of all such mistaken mothers, we beg to state, that the majority of mankind do not eat any animal food, or if they do partake, it is very slightly, and at such long intervals, that it bears no relative proportion to their other food, and therefore cannot be said to form the basis of their nourishment. In Asia, millions live upon rice, without any other accompaniment, save a little vegetable oil: the inhabitants of Italy and Southern Europe, live

principally on bread, made of wheat, or Indian corn, with lettuce, and similar vegetables, mixed with oil; this constitutes the bulk of the food of the population; the Lazaroni of Naples, with forms so active and beautifully proportioned, cannot command even this frugal fare, their diet consisting of coarse bread and potatoes; their most luxurious drink being a glass of ice-water, slightly acidulated: yet in Buckingham's *Statistics*, as given before Parliament, we find that a porter in Rome, thus fed, will carry five hundred weight with the greatest ease. If the above evidence be not sufficient, look to Ireland, and you will find that the peasantry of that country, who seldom partake of animal food, subsisting chiefly on potatoes, with sometimes an additional meal of fish, to which, if milk be added, it is deemed a luxury: yet where do you find a more robust or healthy population, or one that undergoes more fatigue, and exhibits, at the same time such powers of vivacity? What a striking contrast is offered in the condition of the Irish peasantry on the one hand, and the enervated Laplander, Esquimaux, and others, who subsist entirely on animal food!"

In confirmation of what we have previously said and written on this subject, we cannot do better than allude to the experiment made by that great statesman and philosopher, Dr. Benjamin Franklin, who, when working in London, as a journeyman printer, observed that his shopmates ate and drank most immoderately, from which circumstance, he was induced to try a

lighter regimen. He began by breakfasting on a small basin of oatmeal gruel with a little toasted bread; at noon he dined off a biscuit, vegetables, or fruit, with a glass of water; which he again partook of for supper. By living thus, he found himself stronger and healthier than he had ever previously been; and in the end many of his shopmates were induced to follow his example.

Sir Isaac Newton adopted the above mode of living, and wrote a book in defence of it, which he styled his "Return to Nature," in which he gives it as his opinion, "that overeating not only impairs the health of the body, but that it depresses and in the end finally leads to the prostration of the mind." We cannot conclude this chapter, without adverting to our own manner of living; our usual custom being to eat only twice a day, and that sparingly; by which means we have preserved good health, and a natural supply of excellent spirits.

In confirmation of what is above written, we subjoin the following table, taken from a recent work, showing the comparative nutriment contained in different articles of food. It is curious and interesting:—

Bones	510	Sole	210
Mutton	290	Brain	200
Chicken	270	Haddock	180
Beef	260	White of Egg	140
Veal	250	Milk	72
Pork	250	Wheat	950
Blood	215	Nuts	930
Cod-fish	210	Peas (dry)	930

Barley	920	Cherries	250
Morels	890	Peaches	200
Beans (dry)	890	Gooseberries	190
Rice	880	Apples	170
Bread	800	Pears	160
Rye	792	Beetroot	148
Oats	742	Strawberries	120
Almond	650	Carrots	93
Tamarinds	840	Cabbage	73
Plums	290	Turnips	42
Grapes	270	Melons	30
Apricots	260	Cucumber	25
Potatoes	260		

Another element of health, and consequently of strength, is the facility of digestion. From Dr. Beaumont's Tables it appears that the following articles were converted into chyle, viz., digested, in the times indicated :—

	H.	M.
Rice, boiled soft	1	0
Apples, sweet and ripe	1	30
Sago, boiled	1	45
Tapioca, barley, stale bread, cabbage (with vinegar) raw, boiled milk and bread, and milk cold	2	0
Potatoes roasted, and parsnips boiled	2	30
Baked custard	2	45
Apple dumpling	3	0
Bread, corn, baked, and carrots boiled	3	15
Potatoes and turnips boiled, butter and cheese	3	30
Tripe and pigs' feet	1	0
Venison	1	30
Oysters undressed, and eggs raw	2	3
Turkey and goose	2	30
Eggs soft-boiled, beef and mutton, roasted or boiled	3	0
Boiled pork, stewed oysters, eggs hard-boiled or fried	3	30
Domestic fowls	4	0
Wild fowls, pork salted and boiled suet	4	30
Veal roasted, pork and salted beef	5	30

CHAPTER XIX.

DISEASES,

OR THE SEVERAL FORMS IN WHICH DISEASE PRESENTS ITSELF TO OUR OBSERVATION.

UNDER this head we shall describe some of the most prominent features of disease, their cause or origin, together with the remedies to be applied, and the means to be resorted to, in order to effect a cure. The mode of treatment made use of by the faculty will be set forth, so that the public can investigate the claims of both, and give their verdict accordingly. In doing this we shall write in plain English, as it is our wish above all things to be intelligible to our readers. In perusing the following pages, we would suggest the propriety of referring from time to time to the chapter previously given under the head of the *remedial agents of the schools*, where many of the poisons made use of by the faculty are alluded to.

DISEASES OF CHILDREN.

CHILDREN in civilised countries are more subject to disease than any other class; and one great reason is a want of the required knowledge on the part of the parents, particularly the mother,

of the nature and constitution of her child. From the moment the infant inhales its first breath, it is exposed to injury by maltreatment from one source or other; no sooner has it launched its tiny bark on the waves of time, than the remorseless (because ignorant) nurse grasps its feeble frame with her powerful hands, and swathes its tender form in innumerable bandages, until its feeble powers of animation are overcome by the weight of clothing thus cruelly heaped upon it. What an absurdity thus to torture an infant by defending it with as many garments as a sledge-driver would require when about to explore the frozen regions of Nova Zembla. No sooner is the dressing well over, than assault number two comes on in the form of a dose of physic, "just (as the nurse says) to open its bowels, a dear little creature!" Next follows a dose of melted butter, mixed with sugar, to prevent the frog or sore mouth: thus, through ignorance, the poor little innocent is punished and tormented; since all the things above enumerated are unnecessary, and in most cases highly injurious. For clothing, an infant requires nothing more than a light and easy garment; and as for physic, nature has supplied that in the milk of the mother, which is the only medicine a new-born infant requires. An over-anxiety on the part of the mother, or nurse, often proves injurious to the child, which for several weeks after its birth is not only oppressed with the weight of its clothing, but is literally stewed between blankets, so that not a breath of air

must come near it, lest the little darling should take cold; yet, as if in order to insure its doing so, the young sufferer is incautiously taken out of its warm bed, and dandled on the knee of every complimentary visitor, and then handed round the room, where it is made to endure the full glare of light streaming upon its weak vision, enough to blind it, not to speak of the danger consequent upon wafting it here, and swinging it there, when its whole system had previously been so much overheated.

Would that nurses, and mothers especially, would learn from nature how to treat children! many of the ills of life might then be happily avoided. Mark how Providence has made a provision for the inferior animals, many of which when they enter the world, have a membrane spread before their eyes which is gradually obliterated; thus the dog and cat, for the purpose of avoiding the light, seek dark and obscure places, and their progeny never, unless carried, approach a glaring light, until the organs of vision are strong enough to bear it. When a child is healthy at birth, it needs no physic, save the breast of the mother, which, as an old author observes, "is better than all the drugs in the shop of the apothecary." In fact, when the mother and child are well, we never advise anything to be given to it except the breast

THRUSH OR FROG.

APHTHÆ INFANTI.

This disease in children is generally brought on by some derangement in the stomach from improper food, or want of due cleanliness; it makes its appearance in the form of small white pimples, covering the whole surface of the mouth, which, if disregarded, become ulcerated to an alarming extent. To remove it we would advise a tea to be made of red raspberry leaves, and agrimony, equal parts, say half an ounce of each, to a pint of hot water well sweetened with honey; if necessary a little senna may be added, in order to keep the bowels open; for a gargle, or wash for the mouth, take one teaspoonful of Peruvian bark, and half a teaspoonful of gum-myrrh, finely pulverised; steep them in two ounces of water, and sweeten well with honey; with this, wash the mouth three or four times a day.

TREATMENT OF THE SCHOOLS.—*Confection of roses, alum, diluted sulphuric acid, tincture of myrrh, borax, &c.*

TEETHING.

DENTITION.

On this subject we materially differ from almost all the doctrines of the schools, and having to encounter the prevailing opinions of the day, we shall endeavour to convince our readers of the

justice of our position, before proceeding to any other consideration.

In the first place, we maintain that teething is a natural operation, or the fulfilment of a law imposed by nature; it therefore cannot in justice be termed a disease. The faculty regard it as a period fraught with danger to the life of a child. Dr. Thomas says, "of all the occurrences to which children are liable, not one is attended with such grievous and distressing consequences as difficult dentition." We, however, dissent from the above opinion; nay more, affirm that children are not necessarily ill whilst cutting their teeth; for Providence having decreed that the teeth should appear at a certain age, it is, as we before stated, one of nature's fixed and unalterable laws; and children brought up in strict accordance with these laws, are not visited with any particular sickness during the process of dentition. Even in this country, children of a robust and healthy habit get their teeth without any perceptible pain. Ask an Indian mother if her child suffered much whilst cutting its teeth, and she would smile at your simplicity. Would you know the cause of your child's illness at this period of its existence?—listen then, fathers and mothers, you who are most interested in the health of your offspring; you are yourselves the innocent cause of its illness. You must remember that at this stage of the child's existence, having just been taken from the mother's breast, instead of giving such food as in its nature nearest approaches that which has hitherto sus-

tained it, forgetting that its stomach is too weak to digest strong food, and that having no teeth it cannot masticate—forgetting that its diet never should be stronger than bread and milk—in a word, regardless of all these things, you gorge the child with potatoes, bread, and soups, in fact with a little of everything that is going; and add, in some instances, even wine and beer. No wonder that the child is ill—that it looks so pale —and that its growth is arrested. Why then should we be surprised at its teeth not appearing at the proper time? the only wonder is, how the child has managed to live at all, with such a quantity of strong food in its stomach, which it is incapable of digesting. Would you save your child?—if so, cease to cram it, cleanse its bowels, by administering proper medicines, feed it on bread and milk, and nature will soon complete the cure. Parents should attend to this advice, as they have the power at all times of correcting the evil. How many thousands of children have perished that have thus been neglected, because the doctors have misled the parents by keeping them in ignorance as to the cause! What would the admirers of Dr. Thomas say, if told that there was no period of a child's life more distressing than when its bones, its hair, or its nails were growing; they would doubtless laugh at us, as all deserve to be who propagate such erroneous opinions.

When in America, we once asked an Indian mother of the Chocktaw Tribe, "if her children were sick when cutting their teeth?" she looked

with all the quiet majesty peculiar to that race, and asked us in reply, "Are the calves sick?" Her answer confounded us; and we stood rebuked in the presence of that unsophisticated child of nature. Yes, readers, that poor wandering savage knew more of nature and its operations than the modern professors of philosophy, who appear to have lost sight of nature's unalterable and immutable laws, in their flimsy and fanciful speculations. One of the most absurd and cruel practices made use of by the faculty, is to lance the tender gums of the infant, in order, as they say, to facilitate the growth of the teeth, or make an outlet for them, as though the soft and spongy gums could offer any resistance to the sharp-pointed ivory that rises imperceptibly through them. But this is like most of their practices. How far will they not go in order to mislead and delude the public!

CROUP.

CYNANCHE TRACHEALIS.

This disease most frequently attacks children, and is prevalent in low marshy countries, in wet and cold seasons. It is a peculiar affection of the windpipe, and bronchial tubes, accompanied with spasmodic cough, and difficulty of breathing. From the cold suddenly operating on this, and other parts in immediate connection, a secretion of a yellowish, pulpy matter takes place, lining the inner surface of the windpipe, thereby causing that peculiar, shrill, whistling sound, re-

sembling the crowing of a young cock, which generally accompanies it. The oppression and suffering attendant on this disease is dreadful, and certainly any remedy that has been found by experience to produce beneficial results, ought to be duly appreciated; especially when it is admitted by the faculty, "that few practitioners witness a cure when this disease has violently seated itself upon the windpipe and tubes." See *Modern Practice of Physic, page* 155. On the same page we find the following reason assigned by the author. He says, "from the report of authors, we should be induced to suppose that the croup was a disease of long duration and easy management; as by one we are informed, that mercury, employed so as to produce salivation, effectually cures it; another is confident of the success of a lotion made of spirits of æther; and a third places his reliance on a decoction of seneka;" and it may be added, a fourth depends on torturing the little victim with blisters and irritating ointments. There is no disease so generally fatal that we have been more successful in curing, having never lost a patient, when called in at the commencement of the disease.

Our treatment is as follows:—In the first place, administer a strong tea of pennyroyal, or balm and sage, or, if possible, of cayenne pepper; shortly after which, give a dessertspoonful of the acid tincture of lobelia, which repeat every half hour until the patient vomits freely. Apply pledgets of flannel, wrung out in hot water, to which a little cayenne has been added, to the

throat and chest; let them be renewed as often as they become cool. In the more advanced stages, injections containing lobelia may also be given, and the vapour-bath frequently used.

In a case that we attended, the patient (a child) was supposed to be dying: a doctor had said "it could not live three hours." In the course of ten minutes after giving the above medicine, the child vomited a thick cold phlegm as large as a moderate-sized egg, having the appearance and substance of jelly. In less than half an hour after the operation of the emetic, the little sufferer began to revive, favourable symptoms speedily supervened, the child called for something to eat, and in a few days had perfectly recovered.

Always bear in mind the necessity of correcting the digestive organs; get up the perspiration, and keep it moderately up for some time, taking care not to have the air too much confined in the patient's room.

TREATMENT OF THE SCHOOLS.—*We have before alluded to copious bleedings, both local and general, to which may be added blisters, cataplasms of mustard, digitalis, mercury, opium, antimony, jalap, ipecacuanha, and squill.*

CONVULSIONS.

When children first make their appearance into this world, an entire and sudden change takes place in their constitution and circulation; for before birth all the breathing and circulation to the fœtus is conveyed and carried on through

the medium of the mother, the child being only a passive recipient; but at birth this connection is severed, the oval opening in the auricles of the heart, through which the blood had formerly passed, is for ever closed, the child's lungs are expanded, and, independent of everything else, it breathes for itself; the heart beats, and the stomach, liver, arteries, and veins all act for themselves; and this complicated machine is now left to establish and carry on its own action; and when we take into consideration the great variety of parts that depend upon and must assist one another, at the same time, like the machinery of the watch, which must be in perfect harmony, in order to give true time; is it then to be wondered at that this little tender machine, which the slightest thing will derange, is so often out of tune? In fact we have sometimes wondered that it should ever arrive at perfection. Suppose any of our readers possessing a valuable watch, which perhaps had been presented by some dear friend, would they not take the greatest care of it, placing it out of the reach of harm? would they at any time either beat it, or otherwise misuse it? No. And is not the little machine we have been describing of infinitely greater value? From the many causes producing derangement of the system of infants, already enumerated, it will be necessary to use such medicines in this affection as will most speedily cleanse the stomach and bowels of the child, and remove all general obstructions, unless arising from malformation, or other causes which cannot be removed.

Dr. Hunter tells us that he attended at the birth of a fine full-grown child, which soon after fell into convulsions, and died; on a *post-mortem* examination he found that the pulmonic artery had no tube, or was not hollow, but solid, hence the blood could not pass from the lungs to the heart after it was oxydised, in order to support the animal economy. We were called to see a child in convulsions, about five months old, we made use of all the means in our power to remove them, but to no purpose, the child died. We obtained permission to make a *post-mortem* examination, when we found a needle pierced quite through the stomach, near the *pylorus,* or lower opening. Mrs. B., the mother, informed us that she had lost a needle four or five days previously upon the carpet.

In the treatment of this disease, our endeavours must be exerted to remove the cause; for this purpose give the lobelia in acid tincture, a dessertspoonful at a dose, or if the child is very young give a teaspoonful, and repeat the dose until vomiting supervenes, when the patient must drink freely of pennyroyal or red raspberry-leaf tea; administer an injection as before directed. This treatment seldom fails to cure.

Strip and envelop the child in a blanket well wrung out in hot water; at the same time let the face be bathed with a towel and cold water.

TREATMENT OF THE SCHOOLS.—*Tartar emetic, calomel and jalap, lancing the gums, cupping, leeches, opening the jugular vein, and blistering.*

WATER IN THE HEAD.

HYDROCEPHALUS.

Although this form of disease is by no means so frequently met with as the faculty would have us to believe, yet that it does sometimes exist is certain, and as it is in most cases confined to children we shall notice it here. An ancient author has enumerated the following causes, which we think so near the mark that we give them entire, he says—"Dropsy of the brain may proceed from injuries done to the brain itself by falls, blows, or the like; it may likewise proceed from an original laxity, or weakness of the brain, from scirrhous tumours, or excoriation on the skull, a thin watery state of the blood, a diminished secretion of the urine, a sudden check to perspiration, and lastly, from tedious and lingering diseases, which waste and consume the patient." The same author says, "*No medicine has hitherto been found sufficient to carry off a dropsy of the brain.*" If then we look over the causes we shall at once see our way, and as far as medicine can do good to administer it with perseverance. If injuries of the brain by *blows* may cause it, we hope it will be a caution to mothers never to strike their children upon the head; if it proceeds from debility or a relaxed state of the system, that should at once be removed by cleansing the stomach and bowels by an emetic, repeating it every day, or every other day as may be found requisite. As a medicine make the following:—

take half an ounce each of poplar-bark, clivers, horehound, and ground ivy, infuse in a pint of boiling water, strain, add four ounces of sugar and eight bitter almonds; of this infusion give from a teaspoonful to a tablespoonful, according to the case and age of the patient. In the second and third stages of the disease, small doses of lobelia (three or four grains), may be given twice or thrice a day in addition to the above treatment, together with frequent use of simple injections.

TREATMENT OF THE SCHOOLS.—*Abstraction of blood in various ways, cap-blisters, covering the whole head, keeping them open with irritating ointments, salivation, refrigerating medicines, antimonials, electricity, and galvanism.*

WORMS.

VERMES.

There are three kinds of worms said to infest the human body, namely, the ASCARIDES, or small white worm, the TERES, or round worm, and the TÆNIA, or tape-worm. On this subject we also dissent from the opinions and practices of the schools, as we do not believe that worms are the primary cause of disease, nor is there a subject on which so much ignorance has been manifested by the faculty as this. Thousands of medicines have been invented, and are daily administered, under the name of vermifuges, or *worm medicines*, to the use of which may be traced the death of thousands, who have perished whilst labouring under the worm delusion. That they do exist

in the human system we admit, particularly in children; but we always like to probe every difficulty to the bottom; and as there must be a cause for every effect, and as the cause of worms cannot be better explained than in the language of Dr. THOMAS, we shall give his opinion concerning them. He says, "that unwholesome food and a BAD DIGESTION seem to be the principal CAUSE OF WORMS; they appear most frequently in those of a relaxed habit, whose bowels contain a preternatural quantity of MUCUS, or SLIMY MATTER; hence it is a disease most common to children." Now, readers, you are in possession of the whole secret. Worms are caused by indigestion and unwholesome food; then the best way to get rid of them will be to cleanse the system, and restore a healthy digestion. For years, we have taken the opportunity to impress this fact upon the public mind. We have again and again stated, that the only rational way of removing worms from the human system, is by producing a healthy digestion, or in other words, destroying the cause, that the effect may cease altogether.

The symptoms generally pointed out as indicative of worms, are picking of the nose, grinding the teeth during sleep, foul breath, griping in the stomach, hard and tense belly, itching of the seat, dry cough, &c., all of which accompany a deranged state of the digestive organs, and these evils are generally increased by the administration of what are called WORM MEDICINES.

We are of opinion, that when such medicines are given to children in perfect health, a general derangement of the system must soon follow. To improve digestion, and destroy the cause, make a medicine in the following manner :—

Take a piece of gum-myrrh, about the size of a nutmeg, and let it dissolve in half a pint of hot water, to which a quarter of a teaspoonful of cayenne may be added ; steep half a pound of good raisins in this for two or three days, then let the child take three or four of the raisins every morning fasting. Let this medicine be followed up with another made of wormwood, bogbean, raspberry-leaves, oak-bark, and ginger-root, half an ounce of each article ; steep the whole in a pint of water, boil it a few minutes, then strain it, and add one ounce of the best Spanish juice ; give from a tablespoonful to half a wineglassful of this three or four times a day. If the bowels are not relaxed add half an ounce of senna, or rhubarb (which in some cases is preferable to the former), to the above mixture. Injections may also be used with very good effect, especially for seat worms; a strong decoction of any of the anthelmintics may be used for this purpose. Let the food of the patient be light and of easy digestion, and the worms will not only disappear, but the health of the sufferer will be speedily restored.

For further treatment of worms, see " Anthelmintics," chapter XV, page 162.

TREATMENT OF THE SCHOOLS.—*Tin-filings*,

submuriate of mercury, castor oil, cowhage, Indian-pink-root, or spigelia, rhubarb, jalap, turpentine, and a new remedy, *koasso.*

Children are also subject to certain contagious diseases, which in the present state of society, there is no avoiding; we must therefore avail ourselves of the best means of averting or alleviating them. The first that we shall describe, is

SMALLPOX.

VARIOLA; CLASSED BY THE SCHOOLS IN THE ORDER OF ERUPTIVE FEVERS.

This disease is one of the most desolating scourges that has ever visited the family of man. For ages its ravages were unchecked, since medicine failed to counteract its influence, and the skill of mankind was exerted against it in vain. It has been said to exist in China and Hindostan from the remotest period, whence it made its way into Africa. Some time about the eighth century, it presented itself in Europe; in the tenth it reached England, where its ravages produced the most terrible effects; and lastly, it was carried by the Spaniards to Hispaniola, in the sixteenth century. It soon made its appearance in Mexico, and speedily diffused itself over that vast hemisphere.

The SMALLPOX is classed under two heads, viz., the *distinct,* and the *confluent:* in the former, the eruptions are separate, or apart from each other; in the latter they amalgamate, or mingle together; the confluent is therefore considered

the most dangerous, as it generally proves most severe. The symptoms that generally precede this disease, are redness of the eyes, soreness in the throat, pains in the head, back, and loins, alternate chills and burnings, weariness and faintings, with excessive thirst, nausea, inclination to vomit, and quick pulse. The eruption commonly appears on the fourth day, and continues till the eleventh, when they dry up and fall off. Our readers will do well to bear in mind this description of its symptoms, as we shall have occasion to refer to them again, when we come to speak on fever. Having attended to the symptoms as above described, what inference may be drawn by those who have thus far accompanied us, in what we have explained to be the principle of life? What antidote shall we apply in order to mitigate and destroy the fury of the disease, which is no other than the highest state of canker, or putridity, to which humanity is subject? To understand its nature aright, and to treat it rationally, must next engage our attention. Upon its first appearance, we would recommend a mild treatment; such as not to confine the patient in too warm a room, let the temperature range at about sixty-five degrees; giving at the same time mild stimulants, such as pennyroyal and ginger-root made into a tea. When the pustules have filled, and the disorder reached its height, then administer an emetic of lobelia, with cayenne pepper, accompanied with a strong decoction, made of the tonic and astringent herbs, with cayenne or ginger-root, and a

free use of the composition powder. During the first few days of its appearance, vervain, made into tea, may be frequently given.

In the spring of 1840, whilst residing in Hull, we were called in to a case, the particulars of which may interest our readers. Mrs. Wilson, the wife of Mr. John Wilson, living at No. 49, Alfred Street, was seized with these symptoms; for several days she was very ill, nor could we tell what disease she was labouring under more than fever. We administered stimulants and astringents; but not succeeding according to our wishes, we took a large handful of vervain, and another of pennyroyal, and made a quart of strong decoction, half a wineglassful of which she took every hour. A hot brick wrapped in a cloth wet with vinegar, was applied to her feet; in three hours perspiration began to appear, and with it the eruption. Previous to this time it was the universal opinion, that she could not survive twelve hours, but in one week she was convalescent. Before leaving Hull, we published a work on the *Natural Pathology of Disease*, in which a certificate of the above fact was given, signed by her husband, bearing date, June 3rd, 1840. In 1851, Mr. Wilson was present at one of our lectures at the Scientific Institution, Cowper Street, Finsbury, and confirmed the above facts, before a large audience, eleven years after.

It is proper here to state, that cleanliness in all things is indispensable in this, and in fact, in every other form of disease.

TREATMENT OF THE SCHOOLS.—*Tartarised antimony, aerated potass, opium, calomel, &c.*

INOCULATION.

Experience has fully proved that the violence of the symptoms is lessened in a great degree, by applying the variolous matter to a scratch or wound; why this occurs, or how the system is thus fortified against future attacks, has never yet been fully explained. Much opposition was raised against inoculation upon its first introduction, but having been clearly proved, that nineteen died out of every hundred who took the disease in the natural way, while only one died in every six hundred who took it by inoculation; its advantages soon enabled it to triumph over opposition. However, with most of the faculty, we would recommend the cowpox.

COWPOX.

VARIOLÆ VACCINÆ.

The discovery of this disease, like many others we have previously described, was accidental, and may be justly termed one of the greatest blessings. It was found to exist on the udder of the cow, in the form of pustules, or little sores, from which it communicated itself to the hands of the milkmaid, producing on them a similar effect, but in a milder form. Its appearance on the skin, the mark left, and all the connecting circumstances, came under the observation of Dr.

Jenner, who, after many experiments, founded on the above accident, succeeded in bringing it fairly before the public. He, like all who have dared to act independent of the opinions of others, met with the most formidable opposition from the faculty; but his perseverance enabled him to overcome the reasonings of his powerful opponents, who were compelled not only to adopt his theory, but finally to assist him in carrying it out.

That great destroyer, the smallpox, had no longer a course to run, as had generally been believed, for whenever this new discovery was applied, it finally stayed the disease. The whole family of man has much reason to be grateful for such a valuable discovery; but the greatest benefits are generally followed by an amount of evil, for it has often happened, that the virus which has been used, has been taken from the arm of some subject whose system had been previously tainted with scrofula, scurvy, or, what is equally bad, deleterious drugs; thus that which is accounted as a blessing, has, in many instances, proved a bane; and many who have come under our own observation, have been hurried to untimely graves, or had their constitution impaired for the rest of their days. We therefore caution our readers against the use of the *vaccine virus*, unless they are certain from what source it comes. To avoid all danger, let it be taken, when practicable, from the teats of the cow, where it appears in the form of *vesicles*, or tumours, of a bluish colour, approaching to

livid; these vesicles are elevated at the margin, and depressed in the centre; they are surrounded by inflammation, and contain a limpid or watery fluid, which is not to be obtained at all times, but will frequently be found where quantities of cattle are kept together. All the pustules or sores are not to be relied on for communicating the disease.

The first thing to be done is to obtain some of this fluid from the vesicles of the udder, then puncture the skin slightly on the arm with a crow-quill, sharpened fine like the nib of a pen or toothpick; dip it into the fluid, and insert it under the skin where you have previously made the puncture. The fluid, to be good, should be perfectly transparent, and if from the arm of another, it should not be taken after the eighth day. To preserve the matter, let it dry gradually, then put it into a clean bottle, well corked. During the first eight days the patient should be shielded from cold. A medicine made in the following manner may be given:—take of vervain, agrimony, and ground ivy, one handful each; boil them in a quart of water; to which may be added a little rhubarb-root, or senna, if the bowels require it; half a wineglassful of this may be taken as a dose.

CHICKENPOX.

VARICELLA.

A disease to which children are subject, though never considered dangerous. It would be scarcely

necessary to treat on this disease at all, were it not sometimes taken for the smallpox, from which the most disastrous consequences have at times resulted. A close observer can never be deceived in the appearance of the two, since one is accompanied by fever, and the other is not; yet it is notorious that the learned and scientific, as they are called, have not only endangered human life, by mistaking this and other diseases, but many of them have perpetuated their errors by attempting to defend their ignorance. However, we deem it our duty to expose their errors on the one hand, and reform their abuses on the other. Hear what Dr. Thomas says respecting varicella:—

"We have great reason to suppose that the chickenpox has not only been taken for the smallpox, but that its matter has been used for that of smallpox, in inoculation, to which may be ascribed many of the supposed cases of the smallpox having appeared a second time in the same person."

The treatment of this disease is to keep the patient warm for a few days, taking care at the same time that the bowels are gently open.

MEASLES.

RUBEOLA.

This disease is an infectious inflammatory fever, attended by cough and sneezing, discharging thin humours from the eyes and nose, with a determination of acrid matter to the surface

of the body, covering it with red spots, which finally disappear in the fine mealy dust on the surface of the skin. Like the smallpox, the measles are dreaded in consequence of the derangement left in the system, which calls forth latent diseases, such as scrofula, dropsy, &c.; but we believe these maladies are produced or considerably augmented by the application of improper remedies, such as cold, deadly poisonous drugs (which see, at the end of this article); these evils are heightened when professed learned doctors take the symptoms of one disease for that of another. The admission of one of themselves, who says that "scarlatina sometimes resembles the measles so exactly as not to be easily distinguishable," speak volumes against the practice pursued by the faculty. We have had much experience in these matters, and can confidently assert, that we never lost a patient in the measles. Our invariable practice is to give *cooling* medicines, or such as have a tendency to keep the surface cool; which can never be accomplished unless pure stimulants only are used; for this disease being a high state of canker, it follows, that the vessels are coated, and the circulation, of necessity, obstructed—a fact which should be always borne in mind. Such medicines as are good for canker should at once be administered, and the perspiration kept to the surface; if these things are promptly attended to, the violence of the disorder will be generally overcome. For children prepare a medicine in the following manner;—

Take of pennyroyal, red raspberry-leaves, ground ivy, and clivers, of each a quarter of an ounce; add half an ounce of ginger-root, and should the bowels require it, one quarter of an ounce of senna; steep the whole in one quart of water, strain and sweeten with sugar; give for a dose, from a tablespoonful to half a wineglassful, as the case may require. When the symptoms are aggravated, give emetics with the acid tincture of lobelia.

TREATMENT OF THE FACULTY. — *Ammonia, spirits of nitre, æther, tartarised antimony, zinc, opium, camphor, foxglove, syrup of poppies.*

SCARLET FEVER.

SCARLATINA.

This disease might with great propriety have been classed under the head of the chapter on fever, but as many of its symptoms are somewhat peculiar, it is better to treat it separately; and as it generally attacks the young, we could not have assigned it a more fitting place than here.

We have oftentimes mourned over the ruin which this terrible destroyer has created in the circles where youth and loveliness are generally found. Like Egypt's destroying angel, it has not only smitten the first-born, but at times its blighting hand has fallen on every youthful member of the family. How many parents have had their earthly hopes snatched from their embraces, when the skill of the faculty had been

exerted in vain to save them! In the years 1839 and 1840, about six hundred children perished of this disease in Hull alone; some families were at that time bereft of all their offspring; one lost seven, another five, and many two or three; so that to point out a safe and simple remedy, one that can be placed within the reach of every mother, will doubtless be deemed a great and valuable boon. Mothers, whose hearts are enfibred with their offspring, will, we are sure, be grateful. Nor will the fathers be indifferent; for what language can express a father's love for his child?

When this disease was raging so violently in Hull, we lost only one patient, and that one had so far recovered as to be able to go about, but by sitting incautiously on the door-step, took cold, which terminated fatally. This disease is divided by the classical into three kinds; when free from ulceration of the throat, it is called *scarlatina simplex;* when attended with ulcers, it is called *scarlatina anginosa;* and when it assumes a malignant putrid form, is called *maligna.* Let not our readers suppose that we have given the above names in the hope of adding to their wisdom: no such thing; for, as we have shown in our remarks on measles, the very men who arrange and class the diseases are at times so ignorant as to mistake one disease for another. Our only reason for quoting the above names is, that we may convince our readers of the folly of all such arrangements; for all the symptoms, or forms of this disease, are, like the

pangs of the toothache, different only in degree or quality. The paroxysms of the toothache at times all but disappear, and after a time return with redoubled fury; yet we should doubt the wisdom of the doctor, or dentist, who would venture to tell us that they could neither prescribe for, nor extract the tooth, without first knowing the exact amount of pain the patient had been enduring. Scarlatina, like the measles, is a high state of putridity, and is most malignant in unhealthy seasons, prevailing most in autumn, and the moist part of winter. Like the measles, it attacks indiscriminately all ages, but children and young persons are more liable to it than others. Although the faculty regard this disease with so much dread, yet by using proper remedies, its violence can be abated without much difficulty, even in the worst of its stages. In the year 1828, we were called in haste to see a child said to be dying; and when we arrived, we found that the eruption attending this disease had disappeared, by the child's having been incautiously exposed to the cold, which threw the little sufferer into convulsions. Her jaws were firmly fixed, and the entire surface of her body was of a purple hue, with every appearance of speedy dissolution. We administered a tincture of lobelia, made in the following manner:—Take of the pulverised herb a teaspoonful, with half a teaspoonful of valerian root; mix both in two ounces of good vinegar. To a child four years of age, a dessertspoonful may be given; the dose to be reduced when given to a younger

child. In this case we placed the child on its back, and poured the tincture into its mouth; in thirty minutes from which time it was perfectly sensible, and the next day so far recovered as to be able to sit up and eat, though many had died that year under similar circumstances.

When we prescribe for young children in this disease, we use freely red raspberry-leaves and pennyroyal. Lobelia we have always found an excellent specific; and when the above-stated quantity has been given as a dose, it should be repeated until the patient vomits freely. In the meantime, the child must be kept warm, and a hot brick applied to the feet, wrapped in a cloth wet with vinegar. After the emetic has taken effect, sponge the entire surface of the body with vinegar; and when the fever has abated, give freely of the bitter compounds, as also of the diuretics, to cleanse the system, and expel from the body such gross humours as might terminate in dropsy or consumption, if not attended to.

TREATMENT OF THE SCHOOLS.—*Blistering, and in some cases bleeding the patient; antimony, submuriate of mercury, rhubarb, jalap, and a cooling regimen.*

HOOPING COUGH.

PERTUSSIS.

A convulsive cough, interrupted by loud inspirations, or a catching of the breath. This disease originates in a derangement of the system, or

some particular organ; but like the smallpox and measles, it never troubles us a second time. This fact cannot be accounted for, but is nevertheless true. It is accompanied by a morbid irritation of the stomach, together with a thick phlegm, which lodges in the air-tubes, and vessels connected with the stomach and lungs, from whence originates the difficult respiration, when nature makes an exertion to remove it by coughing.

Its first appearance is marked by an oppressed and difficult breathing, accompanied with thirst. These symptoms are followed by hoarseness, cough, and difficult expectoration, which generally continue for twelve or fourteen days, when the disease puts on its peculiar form of whistling or hooping with every respiration. Though not a fatal, it may justly be called a very distressing disease, and is often attended with bad consequences if not properly attended to. With young children it sometimes has a fatal termination; and should the patient take cold when its symptoms have recently disappeared, it returns with all its former violence. Of the many diseases we have grappled with, there are none less to be feared than this, for remedies can be administered that will readily abate its worst symptoms. The faculty would have you believe that it must run on for six weeks until it reaches the crisis: but I have often cured the patient effectually in half of the time. We cannot omit to state here that the usual medicines prescribed for this disease frequently leave the patient predisposed to asthma, pulmonary consumption, or an impaired

and deranged digestion, any of which are more difficult to remove, and more to be feared, than the original disease. The remedies that may be used are the following:—Take vervain, horehound, red raspberry-leaves, poplar-bark, and valerian-root, half an ounce of each; infuse in a pint of boiling water, strain it and add one tablespoonful of honey, and two tablespoonsful of the acid tincture of lobelia; for a dose, give a tablespoonful each day, and from a tea to a tablespoonful every two hours while the symptoms are violent. Give enough of lobelia to produce vomiting, and follow it up with astringent medicines. Also give cayenne at intervals, as follows:—For young children, steep half a teaspoonful of cayenne, and half an ounce of cloves, in eight ounces of boiling water, to which add half an ounce of the best Spanish juice, and one ounce of treacle; give a teaspoonful of this every three hours, or when the fit comes on, taking care that the patient does not take cold. Use sufficient medicine to open the bowels, but not to purge violently; keep at the same time the patient in a perspiration. This, if rightly applied, will effect a cure in a short time; but the patient must not be exposed to the changes of the weather whilst taking the medicine.

Some years ago, a paragraph appeared in the *London Journal of Health*, saying, "that lobelia inflata was a safe and certain cure for the hooping-cough;" stating at the same time that it would cure it in a few days; yet the disease is at this present time as formidable as ever. Do

the doctors attend to the advice above given? Not they. If we look at the general mode of treatment adopted by them, we shall find it entirely at variance with the animal economy, and the principles of life.

TREATMENT OF THE FACULTY.—*Frequent bleeding, blisterings, irritating embrocations; internal medicines, laudanum, mercury, tincture of Spanish flies, hemlock, extract of henbane, foxglove, deadly nightshade, prussic acid, arsenic, alum, acetate of lead.*

Let fathers and mothers think on the fearful destruction of human life that must of necessity accompany the use of these fatal poisons.

For other disorders incident to children, see our *Treatise on Midwifery and Diseases of Women and Children.*

CHAPTER XX.

INDIGESTION.

DYSPEPSIA.

This is a deeply interesting subject, for there is not a form of disease to which man is exposed, that prevails to a greater extent, or so much retards the removal of other forms of disease, all of which, more or less, are accompanied by it; and unfortunately the faculty have been compelled to admit that they neither understand its pathology, nor has their utmost skill enabled them to devise a cure.

Dr. Andrews, when treating on this disease, says, "Indigestion is without doubt the most frequent of all diseases; it occurs in every country, in every season of the year, and in every class of the community. Although it is devoid of the dangers which accompany other diseases, it is notwithstanding equally annoying to the patient, destroying many of the sources of his enjoyment. Physicians have for a great length of time made this disease the subject of inquiry, but it yet remains involved in much obscurity. Its pathology is little understood; the method of its treatment imperfectly known; and the greatest difference of opinion exists regarding the extent to which its influence operates in producing other diseases."—*Cyclopædia of Domestic Medicine*, page 527. Another writer observes, "The people of this country are more subject to dyspepsia than any other." However much we may regret the justice of the above observations, we have no reason to feel astonished when we call to mind how much the doctors have contributed to the establishment of this terrible disease, by administering unwholesome drugs to their patients. In order to remove some particular form of disease, they have so enervated the system with poisonous compounds, that their victims have ever after had to complain of disordered stomach, bowels, or liver. We have often heard our dyspeptic patients say, that they could never digest their food, or have not regained their former appetite, after having been physicked for a fever or some complaint, probably

many years before. This is not to be wondered at, for the faculty not only surfeit their patients with drugs, but salivate them so frequently, that the only astonishment is how so many survive such treatment. In consequence of this many thousands complain of chronic debility, as the medicines used to remove certain diseases very often produce others of a far more dangerous character than the first. *(See chapter on the Remedial Agents of the Schools.)* Well might Dr. Andrews say, "that the method of treating this disease was but imperfectly known."

The process of a healthy digestion may be classed under four heads, namely, mastication, or chewing the food, and mixing it with the saliva, the glands of which coming in contact with the food, are stimulated, and discharge a fluid, which cannot be dispensed with in the process of digestion. Secondly, the food thus prepared is carried into the stomach, where it mixes with the juices provided for the purpose; and where, in the third place, it is detained for a certain period, in order to bring it gradually in contact with the coats of the same, so that it may receive the requisite quantity of gastric juice. The fourth stage consists in passing off the chyme or food, thus operated upon in the stomach, through the *pyloric valve*, into the *duodenum*, or upper intestines, where it receives the bile, and the secretions of the *pancreas;* these separate the nutritious portion from that which is intended to pass off as a refuse by evacuation, through the agency of the bile, which acts as the natural physic of the body,

by assisting in carrying off all that is not required for its sustenance or future support. When in perfect health, the whole of the digestive process is completed in from three to five hours after the food is taken. All the above operations are necessary in order to sustain and perpetuate our existence. Our attention should next be directed to the nature and quality of the substances used as food, which should always be such as will most easily assimilate, and conform to the laws that govern the animal economy. *(See chapter on Diet.)* It should be taken at proper times, and in proper quantities, and should also be rightly prepared. How essential, then, that mothers, whom nature has appointed to superintend our early existence, should above all be instructed in these matters!

When the body is diseased, or any of its functions impaired by sickness, we should be careful not to take as medicines such articles as are known to be injurious to the digestive organs. Some of our readers may perhaps ask, how they are to know what the doctors give them, when the prescription is written in such a way that none, save themselves, can comprehend its meaning? We can only reply to such a question by saying, that our principal reason for publishing this book is to emancipate the public from the yoke they have too long borne; and again repeat, those who value health will never tamper with their constitutions by taking into the system such drugs and compounds as are calculated to cut off the current supplies; for if this be done,

health and future happiness must assuredly suffer.

Many and various are the causes that tend to indigestion in this country. Dr. Andrews gives it as his opinion, "that all men are subject to it." We however hold an opposite one, for those who live in a natural or uncivilised state, never suffer from indigestion. We have travelled much amongst the Indian tribes of America, and never met with a single instance of an aboriginal suffering from this disease, unless he had in some measure adopted the habits and customs of civilised nations. The savage roams his native wilds, living only on the fortunes of the chase; he is not killed with ennui, or tortured with indigestion; the air he breathes is pure—the food he partakes of homely—his exercise insures him an appetite; his body is therefore as free from dyspepsia as the deer or buffalo that he chases with so much delight. Nor does he ever, until he begins to imitate the falsely termed children of science, know a single disease, or dread the approach of a solitary pain.

In this country there are innumerable causes for the prevalence of dyspepsia, each sufficient to produce it in one form or another; one of the most fertile, is the practice of medicine, as exercised in the present day, and to which we have already alluded. Another cause, is the consumption of too much food; partaking of it in great quantities, or, in other words, eating too much, and too often, without duly masticating it: taking late suppers is equally bad, for when the

food has become chyle, or separated from that which is not required, it is taken up by the lacteals, a large number of vessels so called because they receive the chyle or milky substance that has been set apart, or selected for the nourishment of the body; which substance is next conveyed into a vessel called the *thoracic duct*, situated behind the region of the stomach, inclining towards the vertebræ from whence it is transferred to the left subclavian vein, near the neck; it then passes onward to the lungs, to receive its portion of oxygen. It has tow gone through the entire process, having been transformed, or transmuted from food into blood; this done, it passes from the left side of the heart, by which it is driven through the arterial canals, and conveyed or circulated to the extremities of the body; without which the living power or vital energy could not be maintained. This fact was established by the illustrious Harvey, when he discovered the circulation of the blood. This fluid thus carried through the system, leaves in its progress a deposit, wherewith to renew the parts that are being continually carried away by the absorbents. These deposits are principally made during sleep, or when the bodily functions are in a state of comparative repose; and if at this time the stomach be overloaded, it follows, that the work of digestion must be going on while the deposits are being made, instead of allowing the stomach to rest. While the repairs in the human machine are going on, we place upon the engine a double load, the whole of the

machinery is thus thrown into confusion, and the object for which the food was intended is materially frustrated. In order to avoid this evil, we have always advised our friends to take their suppers in the morning; some persons have asked us, if after a hard day's work, we would advise them to go to bed without taking supper? To all such questions, we reply, Certainly; make the trial and you will eat your breakfast with a relish in the morning. Parents should never allow their children to go to bed with a full stomach, if they wish to see them strong and healthy; let fathers and mothers look to this, and their children will neither be troubled with worms, or sickness when teething.

Another prolific source of indigestion, is the constant use of irritating drinks (we have previously alluded to this subject, under the head of Alcohol), the use of which is not only permitted by the faculty, but the custom of the country sanctions the same. We feel induced to throw still greater light on this subject, in order to promote, as far as our means will allow, the health and happiness of mankind. As we have before mentioned, the blood is produced from the food received into the stomach; for which purpose, no liquid, save water, is required, and every other substance taken into the system, unless its parts contain nutrition, such as milk, &c., is injurious, inasmuch as it retards the process of digestion. Hence it follows, that fermented liquors in diet are not only unnecessary, but injurious; and this remark applies equally to every article that con-

tains alcohol, the use of which tends in no small degree to injure that beautiful fluid, the blood; on the purity of which, life, health, and happiness are mainly dependant.

It is generally believed that ale and beer, together with wines and spiritous liquors, contain a strengthening principle; but this is not the case, for the body can receive no strength from any substances, except such as will assimilate with, and by amalgamating become a part of it. When the digestive organs are deranged, something must be given to correct them, to allow the food to digest. The general plea used, is that the bitter principle contained in malt liquors is good for the health. If this be true, why not make use of the bitter herbs which contain no poisonous alcohol? for it should be borne in mind, that all kinds of spirits when taken for the purpose of relieving indigestion, or any of its symptoms, invariably tend to increase them. Dr. Buchan assigns as a reason why the English suffer more from indigestion than any other people, "the free use of malt liquors, and eating late suppers!"

Another cause of indigestion is the use of tobacco. Smoking and chewing this narcotic poison, is a custom almost universal both in this country, and in America; the baneful effects of which cannot be too severely censured. In our lectures, we have again and again reprobated it, and as this work will enable us to caution thousands, who could not be admonished from the platform, we here repeat, that the daily use of

tobacco is one of the most fertile causes of indigestion. In the first place the food should be intimately blended with the salivary juice; which process is essential to the health of the body. Secondly, any stimulant acting upon the glands, and causing them to be continually discharging their contents, must certainly reduce the stock, and rob the stomach of so much of this valuable fluid. This folly may be compared to attempting to run a locomotive engine, without oiling its parts. How, we would ask, is the friction to be overcome? and how are we to keep up its speed? And what would you say if the engineer told you he had oiled the rails, instead of the axletree? You would probably think the fellow had gone mad, or he would never be guilty of such incomprehensible folly. We will, however, suppose every tobacco-smoker to stand in the position of the engineer; and ask, what does he do with his oil, *(i. e.)* his saliva? Why he mixes it with a poisonous weed, and then deposits it in a spittoon, or disgustingly covers the floor with it. An American captain once called upon the celebrated Dr. Abernethy for advice, his complaint being dyspepsia. "What must I do, doctor?" said he, at the same time turning over a large quid of tobacco in his mouth, and discharging a quantity of the nauseous fluid upon the floor. The doctor held out his hand for the fee, having received which, looking steadfastly at the wondering patient, he said, "keep your saliva in your mouth to moisten your food with,

and don't squirt it upon my carpet, which does not require it."

How lamentable to think that the toilers of this country, who have to struggle against so many privations, should consume such an enormous quantity of tobacco, that the amount paid upon it, in 1853, was 4,751,780 pounds sterling! Truly Sir Walter Raleigh, who was the first to introduce it into this country, entailed upon his countrymen a severe and dangerous penance.

Another cause of indigestion is breathing in a confined and impure atmosphere. In large towns, where so many human beings are crowded together in cellars and miserable apartments, it is no wonder that this disease so extensively prevails. Happily, however, the public mind is now directed to the means best calculated to remove these evils; public baths, parks, and promenades are being formed, which will have a direct influence upon the health of the next generation. Good water, wholesome food, pure air and exercise, without which a healthy action in the system cannot long be maintained, are worth more than a legion of doctors. Every daily and weekly journal teems with advertisements of medicines, each professing to be a speedy and effectual cure for indigestion; we have pills, balsams, wafers, cordials, syrups, and a thousand other specifics, all of which are described with as much pomposity as though every pill came from the hand of a conjuror. Should a few hypochondriacs find a temporary

relief from the use of these *never-failing nostrums*, the proprietors are in ecstacies; another puff appears in the newspapers, headed "*wonderful and miraculous cure!*" because the nostrum-vendors know full well that it is an extraordinary circumstance indeed if any person receives benefit from the use of their medicines.

The mode of treating dyspepsia, or indigestion, is as follows:—As the disease is attended by costiveness, commence operations by restoring the bowels, as soon as possible, to a natural and healthy state of action; when practicable always avoid purging overmuch. Make a medicine in the following manner:—take of centaury, red raspberry-leaves, and barberry-bark, clivers and dandelion-root sliced, of each half an ounce; steep them in a quart of boiling water, boil and strain it; next add half a teaspoonful of cayenne pepper; of this let the patient take half a wine-glassful four times a day. Or take centaury, bogbean, Peruvian-bark, and ginger-root, each half an ounce; steep and add cayenne as before; this will prove beneficial when the bowels are too much open. Sometimes the disease assumes such a form as to require an emetic. In which case, give half a teaspoonful of the pulverised herb of lobelia, with a small quantity of cayenne pepper, in a tea made of raspberry-leaves; after which apply the vapour-bath and then use the mixture described before. Should the disease have been a long time confirmed, you must patiently persevere. The medicine must have time to penetrate fairly into the system, before

we can reasonably expect a cure. Some persons, after having paid scores of pounds to doctors, who could do them no good, have applied to us, and obtained a single bottle of medicine, from which solitary bottle they expected immediate relief. To all such we would say, that the means laid down in these pages will probably cure sooner than any other; but no one should expect miracles to be wrought, as nature cannot be urged beyond her speed.

The faculty use more drugs than could be here enumerated, in their attempts to combat this disease, although it is admitted that they do not understand it, and have no mode of treating it. (See *Hooper's Medical Dictionary*, page 546.) No wonder that so many thousands have perished who have applied to them for that aid which they had not the power to bestow.

JAUNDICE.

ICTERUS.

This disease originates in an obstruction of the bile, which, owing to the interruption, is distributed through the system by the absorbents. The symptoms are so strongly marked as to render a further description unnecessary. We may, however, remark that it is accompanied with yellowness of the eyes and skin, a bitter taste in the mouth, and a sense of pain and uneasiness in the right side, and in the region of the liver.

The cause of the skin's discoloration is, as we

before remarked, owing to the bile being absorbed and carried into the blood, instead of passing into the *duodenum* by the natural way. This disease has often baffled the skill of the most eminent physicians, many of its victims have been compelled to groan under its influence for months, and even years, although the fields and woods of every country contain a certain and speedy cure. We have had much experience in this disease, and we have never failed to cure it even in its worst stages. Our treatment is as follows:—Take of bayberry-bark, centaury, bog-bean, agrimony, and raspberry-leaves, each one ounce; steep them in two quarts of water; boil them for ten minutes; (herbs and roots should generally be boiled, except *aromatics)*, strain, and add one teaspoonful of cayenne pepper; when costive, add sufficient mountain flax to move the bowels; take a wineglassful of this three or four times a day, together with the pills of lobelia, page 168; after having taken these three or four days, use the vapour-bath; if the patient does not find the desired relief, administer an emetic of lobelia, and repeat the vapour-bath.

Culpepper, in his description of the virtues of herbs and plants, generally sums up the qualities of each, by saying, "that they are good for the jaundice." If what he has so frequently said be true, it is somewhat surprising that jaundice can be found at all, after the numerous remedies he has named for it, many of which we feel assured are not to be relied on.

TREATMENT OF THE FACULTY.—*Mercury, hard soap, rhubarb; mercury, jalap, and honey; aloes, mercury, and ginger; scammony, potass, and rhubarb; gum ammoniac, hard soap, oil of juniper, ginger, &c.*

GALLSTONES.

Gallstones are biliary concretions impacted in the gallbladder, or ducts, which are sometimes found distended by them. It is a disease of frequent occurrence, giving rise to jaundice and other affections. The symptoms are generally vague and obscure so long as they remain in the gallbladder, but when passing through the duct a most acute pain is generally felt in the immediate region, accompanied with irritation, nausea, and vomiting, obstinate costiveness and fever, especially when they enter the *duodenum*. The most judicious treatment for this form of disease is that laid down for jaundice.

COSTIVENESS.

CONSTIPATIO.

This, although described as a disease, can never exist unless some of the organs are deranged, which is generally found to be the liver; indeed we might prescribe for this disease as for the "liver-complaint." We have many times adverted to the cause of costiveness, which mostly attacks persons of a sedentary habit, and usually accompanies a violent attack of some disease, such as fever, rheumatism, &c. It also arises from neglecting to attend to the calls of nature

by not going to stool at proper times, by overloading the stomach with too much food, or food of such a nature as the digestive fluids cannot operate upon in a proper manner; or it may arise from a want of the salival fluid, which should at all times plentifully accompany our food; it is likewise induced by a free use of opium, and drinking too freely and frequently of port wine.

The treatment of this and every other disease brought on by excess, is in the first place to abandon the habit; for unless the cause be removed, the effect cannot be expected to cease. Secondly, take poplar-bark, ginger-root, centaury, and senna, half an ounce of each, steep the above in one quart of water, strain and add a teaspoonful of cayenne pepper; of this take half a wine-glassful three or four times a day; if the above mixture does not sufficiently act upon the bowels, you may add half an ounce of mountain flax; take also two compound rhubarb pills every night. It will be well to go to the water-closet once a day.

TREATMENT OF THE SCHOOLS.—*Calomel, colocynth, Epsom salts, jalap, magnesia, buckthorn-syrup, senna, castor-oil, croton-oil, charcoal, &c.*

PALPITATION OF THE HEART.

PALPITATIO.

Much has been said and written on this disease, and many absurd and erroneous opinions circulated respecting it, which we shall here endeavour to correct. Being of opinion that

nine-tenths of the cases which are treated as palpitations of the heart are mere sympathetic affections, such as persons feel at times when suddenly excited. That the heart may be diseased from enlargement of its ventricles, or from contractions of them, or from ossification, or turning into bone of the *aorta* (the main artery), we have no doubt; nor can a hope be reasonably entertained that such diseases admit of a cure, either by botanic medicines, or mineral poisons; but many cases said to be of this description have been removed, by curing the patient of a bad digestion, and thus restoring a healthy circulation to the system, and that too without having recourse to either seton or blister. Our advice is that you treat this as you would a case of indigestion, under which head you will find all the necessary information.

GOUT.

PODAGRA.

This is but another name for rheumatism on the one hand, and indigestion on the other. Dr. Thomas admits that it originates in a disordered state of the stomach, or, in other words, from indigestion, generally brought on by high living, and want of sufficient exercise. This disease generally confines itself to the mansions of the wealthy, attacking principally those who think happiness consists in cramming the system with costly luxuries. When the stomach is thus overloaded and tortured, no wonder that nature

afflicts them in return for having outraged and trampled on her laws. Benjamin Franklin remarks, that, "if the rich will prefer a loll in a cushioned carriage to a healthy walk in a green meadow, they deserve thus to suffer." He further says, "that those who prefer strong wines and costly dishes to pure water and plain food, may never expect to enjoy unadulterated health." Dr. Abernethy was much of the same opinion, when he told a gouty patient "to live on six pence a day, and earn it." Hard philosophy this, but nevertheless good in its place. This disease generally attacks the limbs and joints, producing a sense of pain even more acute at times than rheumatism. It is accompanied with great heat in the stomach, the functions of which are at such times very much deranged. The first step recommended to be taken is to reform the manner of living; for as this distressing disease is generally brought on by excess, it cannot be cured unless we first remove the primary cause; for which purpose an emetic of lobelia should be given to the patient, after which a course of medicine consisting of the correcting bitters and diuretics, such as clivers, juniper-berries, &c.

TREATMENT OF THE FACULTY.—*Blisters, issues, antimony, opium, bark, æther, strychnine, iodide of potass, colchicum, &c. We need not observe that a heavy bill generally follows such prescriptions.*

HEADACHE.

CEPHALALGIA.

This disease is generally sympathetic, seldom occurring, unless from external injury, or from some derangement of the digestive organs, induced by sedentary habits, or excess in eating and drinking, or other improprieties. In many instances it is produced by intense study, or a mind overwrought by severe application to business, which must have a tendency to impair the system, and injure the general health.

To effect a cure, let the bowels be attended to as soon as possible, if they are confined, which is generally the case. Make a strong tea of poplar-bark, to which add mountain-flax, if necessary, and partake of it freely; or you may make a decoction of barberry-bark, agrimony, Turkey rhubarb, and ginger-root, each half an ounce; steep them in one quart of water, strain it, and add a teaspoonsful of cayenne-pepper. For a dose take half a wineglassful three or four times a day, with two or three of the compound rhubarb-pills at bed-time. When much sickness exists, an emetic of lobelia may be taken, that the stomach may be well cleansed. Avoid late suppers, and do not eat any animal food at bed-time. (See chapters on Diet and Indigestion.) Regular habits and regular exercise are essential in promoting a cure.

TREATMENT OF THE SCHOOLS.—*Bleeding with leeches on the temples, blistering, setons and*

issues, arsenic, belladonna, &c. Dr. Thomas advises "to bleed the patient in the jugular vein, on the side most affected;" as though the blood did not circulate through the system once in every four minutes; and when it can only make that difference in point of time, let the blood be taken from what side it may.

HYPOCHONDRIAC AFFECTIONS.

HYPOCHONDRIASIS.

Those forms of disease, also called lowness of spirits, vapours, &c., are produced by a bad state of digestion, and torpidity of the liver, which affects the nervous system, and consequently the brain. They may result from external causes, such as severe application to study, applying the mind too continuously to the consideration of abstruse and difficult subjects; or they may originate in excessive debauchery, or partaking of crude and unwholesome food, or habitual intemperance; all of which causes may induce it in a greater or less degree, according to the temperament of the individual. These affections strikingly prove how much the mind is influenced by the physical condition of the body; for at such times the most absurd ideas and unnatural conceptions are entertained by the patient. We once knew a man in this state, who imagined his nose to be larger than the whole of his body, so that whenever any one approached him, his first exclamation was, *take care of my nose!* Another person we knew, who imagined

his feet were dead, and for seven years laboured under that delusion, and would not try to use them, until one day, he suddenly arose and walked into a meadow, and as it was hay time, he commenced mowing, and remained well ever after. Hypochondriacs when in this state not unfrequently imagine they are going to die; some have even supposed themselves dead. It is a truly distressing condition to be placed in; to remove which, make use of such medicines as will correct and stimulate the system. The mind must at the same time be diverted and relieved of all painful excitement; the food of the patient must be light, and easy of digestion: enlivening conversation, change of scenery, and pure air, will very much facilitate a cure.

TREATMENT OF THE FACULTY.—*Differs according to their idea of the cause of the disease. Some are for depletion, others for stimulants, gentian, cardamoms, sulphuric æther, opium, lavender and musk.*

COLIC.

COLICA.

This is a very painful form of disease, which, if not removed by timely application, often terminates in a fatal manner. Its principal seat is in the abdomen or belly, producing a severe twisting pain about the navel, sometimes accompanied with vomiting. The disease is caused by an acrid state of the fluids of the stomach and bile, long-continued costiveness, and metallic

poisons; though these are sometimes given to cure it. Those who work among lead in the mines, and painters, are very subject to it; its attacks are sometimes so violent that they terminate fatally.

When residing in Troy (America), some time in the year 1829, we were called in to a patient (Mr. Barnard), who was labouring under that form of the disease called bilious colic; he had been attended by four of the first physicians in the city fourteen days—for ten of which, previous to our seeing him, nothing had passed his bowels; his abdomen was swollen to the greatest extent that the muscles would allow of, his appearance resembling that of a woman on the point of parturition. His stomach rejected everything that was offered to it; his intestines had been pierced for the purpose of letting out the wind; and we were fearful lest the wounded part should have mortified. However, as a last resource, at the earnest request of his wife, we set about attempting his cure, and commenced by giving him some medicine which his stomach instantly rejected; we then had recourse to injections, prepared in the following manner:—To a strong tea of raspberry-leaves—say half a pint—we added a teaspoonful of lobelia, and one teaspoonful of cayenne pepper, one of sugar, half a teaspoonful of gum-myrrh and valerian-root, all finely pulverised. This was administered when about blood-heat; in four hours we repeated the injection, and in four hours more repeated it again, which produced a discharge by stool,

followed by twenty-six voluntary discharges in the course of eight hours. In twelve days, this man (who was a hair-dresser) was in his shop again. Thus his life was saved by using the injections, when every other means had failed. It may also be observed that we gave him freely of astringent and bitter medicines as soon as his stomach would retain them.

Another case, arising from the fumes of lead, was a patient living in Hull, and who worked in the lead-mills. In the spring of 1840 he was violently attacked with painters' colic, and was attended for some time by one of the faculty; but without benefit. He grew worse daily, and was expected to die; when we were called in to see him, and gave him a spoonful of cayenne in a warm tea made of mint, and put a hot brick to his feet, wrapped in a cloth wet with vinegar, and likewise applied a hot brick to each of his sides; which in the course of two hours threw him into a profuse perspiration. In two weeks he was so far recovered as to be able to resume his former employment. There is another form of this disease, called the dry bellyache, or, as the classics would say, *colica pictonum*, which requires to be treated in the same way. It is generally accompanied with costiveness, so that you must not forget the injection (as mentioned in Barnard's case). A warm bath may be resorted to; a cataplasm made of hops or camomile may be applied to the bowels, and a hot brick to the feet, wrapped in a cloth wet with vinegar.

TREATMENT OF THE SCHOOLS.—*Bleeding, colo-*

cynth, mercury, opium, soda, castor-oil, turpentine, ammonia, camphor, henbane, &c.

INFLAMMATION.

INFLAMMO.

Which means to SET ON FIRE. There is no subject that has been more prolific of evil than the errors and misunderstandings of medical men, relative to this disease. They have generally taken the effect for the cause, in their mode of treating it, making use of such means as are calculated to destroy the most healthy constitutions; for the practice of depletion, in cases of inflammation, is as the pilot-fish to the shark, its constant attendant. Inflammo, as we before said, means to set on fire. Dr. Dickson (in his *Fallacies of the Faculty)* pungently inquires, "who ever saw any part of the BODY ON FIRE, OR IN FLAMES?" and yet, when a patient is labouring under what the faculty call INFLAMMATION, OR FIRE, all the energies of depletion are brought to play upon it, as the firemen would play their engines on a house enveloped in flames; and like these firemen, when they cannot quench the fire, PULL DOWN THE BUILDING. What then, may be asked, is inflammation? Nothing more or less than a concentration of heat (the heat of the body) to an obstructed part. And what is the cause? Ask the patient labouring under it, and he will tell you he has caught a cold, and he fears he is about to have an inflammation. So that it appears HE DID NOT CATCH FIRE, he only caught

cold! Can anything be plainer than the above reasoning? The patient having caught cold in or upon an organ, or part of the body, that might have sustained some serious injury, and consequently performed its functions with less energy than it otherwise would have done; for the vessels that should carry off the fluids are thus rendered smaller; the surrounding fibres sympathise with them, and nature makes this effort, in order to rid herself of the obstruction; this effort is what is termed inflammation.

We have many times told our readers that the faculty work at the effect and not the cause; in this case, the cause is cold, the effect is the loss of the equilibrium; if you desire a proof of this, take the following:—In inflammations, some parts of the body are very hot, yet the patient is suffering with cold shiverings, which at times come over him. This truth is so widely known that it need not be dwelt longer upon. However strong the local attack may be, if we succeed in throwing the patient in a perspiration, we always afford him relief, as do also warm or heated applications to the parts most affected with pain. If the faculty understood this disease, they would never rob the system of the vital fluid, by leeching and bleeding, and the use of cold, deadly mineral poisons.

SAINT ANTHONY'S FIRE.

ERYSIPELAS.

This affection is accompanied with drowsiness,

and sometimes delirium, when it affects the face and head. It is produced by exposure to sudden changes of heat and cold, which close up the excretory vessels and prevent perspiration; and frequently occurs when a person has been subjected to a course of mercurial treatment. Dr. Thomas admits the above fact, and says, " that to take cold while under the operation of mercury, is one of the causes of this disease."

It is always preceded by cold shiverings, with alternate flushings and fever. The redness of the skin is generally perceived on the second or third day, and is accompanied by considerable heat and turgidity. By the nosologists it is classed with pyrexia, or febrile diseases. Dr. Cullen, when speaking for the faculty, says, " we suppose the erysipelas to depend on a matter generated within the body." After which he gives a lengthened description of the different symptoms and indications of the disease, which is no more essential to know in order to effect a cure, than it would be to know under what particular planet the doctor was born. It has before been said, that effects are not causes, and in all febrile cases, the faculty mistake the symptoms and indications of disease for the cause, and treat them accordingly. This disease is caused by the sudden changes of the atmosphere, acting upon the system where the pores are open, or, cooling and contracting suddenly when the system is overheated. Having ascertained this fact, and established these premises, when the disease returns periodically, which it sometimes does, and pro-

duces a derangement of the digestive organs, prompt attention should be given to it. In the meantime, let the patient be put through a course of medicine, in the following manner ;—

For a day or two, give freely of composition-powder, and a decoction of yarrow, raspberry-leaves and poplar-bark, with cayenne; after which give an emetic of lobelia; when it has operated, make use of the vapour-bath, raising the heat in the bath as hot as the patient can bear it, and wash the patient afterwards with vinegar and water; after which take care that he is not suddenly exposed to cold, let him cool gradually, and he will soon be convalescent.

TREATMENT OF THE SCHOOLS.—*Bleeding, blistering, camphor, ammonia, antimony, mercury,* &c.

INFLAMMATION OF THE BRAIN.

PHRENITIS.

Such causes as induce a determination of the blood to the head, are often mistaken for this disease. Numerous victims have been hurried to premature graves by the faculty having treated an obstruction of the bowels for PHRENITIS. Many a fond mother's hope has been blighted by an ignorant doctor having mistaken the symptoms under which her darling child had been labouring, and by using his depletive medicines, tortured the life out of the poor little sufferer. Dr. Thomas says, "this disease is

sometimes idiopathic, *i. e.*, exists idependent of any other disease;" he afterwards tells us that the *causes* which give rise to *idiopathic phrenitis* are such as directly stimulate the membranes or substance of the brain, or increase the impetus of the blood in the vessels. And then enumerates the following causes:—"*Violent passion, intense study, excessive venery, severe exercise, external injuries from violence or blows, concussions, fissures, or fractures, immoderate use of wine or spiritous liquors, stoppage of accustomed evacuations, such as the menses, drying up the milk,*" &c. This is what might be called "existing independent of other causes" with a vengeance.

It has been our fortune to attend a great number of cases of this disease, and in many of which we have effected a cure after the doctors had failed in all their operations. On such occasions never pay any attention to the head or brain, more than to bathe it with vinegar or water, but let your first care be the skin and circulation; and always when possible bring the sufferer into a profuse perspiration; for when this can be accomplished, you will never fail of relieving the brain, as by removing the pressure from it, you remove the cause which always exists in this form of disease. To accomplish the above object make a strong decoction of yarrow, vervain, agrimony, and pennyroyal, say one ounce of each, boiled in a quart of water; add half a teaspoonful of cayenne, and let the patient drink freely; in an hour or two give an

emetic, let this be worked off with composition-tea, then apply hot bricks to the feet and sides.

Children, during the period of dentition or teething, and while labouring under the various forms of disease to which they are subject in early life, are more subject to this form of disease than at any other period. We generally give a tea of pennyroyal and ginger-root, with valerian-root. For an adult, use cayenne; or, if the attack be violent, give an emetic of lobelia, taking care to keep the head cool and the feet warm.

Our readers will remember that in the beginning of this article, the word "torture" was used, as applicable to the practice of the faculty. Who that has seen a case of this description, treated as the doctors treat it, but will do us justice by assenting to our opinion? Those who doubt the fact let them ponder over the treatment of the schools, as detailed below.

TREATMENT OF THE FACULTY.—*Bleeding to excess. Dr. Thomas says, "considerable quantities should be drawn, thirty or forty ounces at a single operation; and if the patient be reduced from such copious evacuation, and the disease still continue, several leeches applied to each temple may be preferred to the lancet." What constitution can sustain itself under such a series of torturings? To extract two or three pounds of blood from the human system at one operation, and to follow this up with leeching, when no such course is at all requisite, amounts to little less than murder. No wonder that the same author says, "This disease may always be*

regarded as a dangerous and alarming complaint," when the doctors thus ignorantly sport with the lives of their patients. To the above treatment is added at times blistering over the whole head, and sometimes over the chest; leeches, cupping, and scarifying; with mercury, digitalis, colocynth, jalap, camphor, antimony, and ammonia.

PLEURISY.

PLEURITIS.

This disease is an inflammation of the membrane covering or lining the lungs; it is attended with an acute pain in the side, with obstructed breathing, quick hard pulse, and fever. This, like most diseases of the inflammatory kind, is caused by cold, or sudden exposure to cold. It often attacks the strongest and most vigorous constitutions; its first symptoms are severe pain in the side, with alternate shiverings, and flushings of heat; if not properly attended to, it often terminates in consumption; the lungs are easily affected with it, if it be allowed to continue for any length of time. We have met with many persons who have recovered from the first attacks of this disease, but who (from the use of injurious medicines) have never regained their bodily health and vigour.

Dr. Thomas says, "in pleurisy, our chief attention must be directed to the removal of the inflammation." He then advises a course of depletion, which, judging from its violence, we

might infer that the patient's life was in imminent danger of a removal, let the inflammation end as it may. It has been many times explained that inflammation is only the effect of a producing cause, which cause must necessarily be removed before we can rationally expect to suppress it. In this disease the cause originates in cold, which has produced an obstruction in the system; this obstruction gives birth to inflammation; now remove the obstruction by using proper means, and the inflammation is at once destroyed. How mistaken must be the opinions of those doctors who make war upon human life, by sapping its very foundations, at a time when drooping nature requires all its energies, in addition to such aid as science can impart, in order to repel the power of the disease!

The following case is selected from a number that might be given, did our limited space permit us to do so. A Mrs. Hudson was violently attacked with pleurisy. The doctors attended her for four days, and applied their usual remedies, but in vain. We were summoned to her aid; the person who came for us told us not to forget our lancet. We told him "we always carried it with us, our lancet being no other than cayenne pepper." But to return to the patient. When we found her, her pulse was beating one hundred and thirty per minute; her eyes were red and much inflamed; her breathing very difficult, and her mind at times absent. We immediately put half a teaspoonful of cayenne into half a cupful of water sweetened with sugar, and half of which

we induced her to take; there being some hot bricks in a stove in the kitchen, one was put to her feet, and one to each side of her, wrapped in cloths wet with vinegar; in ten minutes she fell into a slumber, in which she continued for upwards of an hour. During this time her pulse had fallen forty per minute, and after she awoke, partook freely of some toast and tea. We put her through a course of bitter medicines, such as have been before described, and had the pleasure of seeing her well in the course of a week. For eleven years prior to this she had not borne a child, but in less than eleven months from the date of her illness, she was delivered of twins, and the mother and children all did well. If the means above resorted to had not produced the desired effect, we should have followed it up by administering an emetic of lobelia, in conjunction with the cayenne, given in a tea made of raspberry-leaves; had the bowels been confined, we should have applied an injection of raspberry-leaf-tea and lobelia, with cayenne and valerian. The valerian may also be used in the pepper-tea, with yarrow.

TREATMENT OF THE SCHOOLS.—*Violent bleedings, large blisters, antimony, potass, squill, acetate of ammonia, calomel, opium, spirits of æther, and directions to abstain from animal food.*

INFLAMMATION OF THE LUNGS.

PNEUMONIA.

This is classed by the nosologists as a separate form of disease, yet the description of pleurisy, as well as the treatment, will give all the information that may be required, at least for those who adopt the practice, and observe the mode of treating disease, as laid down in this book. The following anecdote will illustrate the opinion entertained by some of the faculty of this complaint.

In a conversation with a physician, we were once asked, "if we used cayenne to cure inflammation of the lungs?" We answered, "Yes, most assuredly."—"Is there not (he continued) heat enough in the system with the disease, without seeking to apply or introduce more?"—"But (said we) is there an equilibrium?"—"No (said he), certainly not."—"Since you grant so much (said we), if, by applying cayenne, which is a pure stimulant, we can equalise the circulation, what effect will that produce on the patient?"—"Cure him at once," he replied; as it assuredly will. When cayenne does not act sufficiently, use the vapour-bath until you throw the patient into a general and uniform perspiration, and nature will soon restore the patient.

INFLAMMATION OF THE STOMACH.

GASTRITIS.

This disease, like many of the preceding, is

surrounded with a great deal of mystery, so that the uninitiated cannot know what is in reality going on. However, we will endeavour to make the matter plain.

The *mucous membrane*, or lining of the stomach, is of a singular texture, since it is in a great degree impervious to impressions, when coming in contact with ordinary substances. If the stomach did not possess this remarkable property, very few would so far survive the injuries to which it would be exposed as to arrive at adult age, since inflammation, and even mortification, would be of frequent occurrence; but the stomach, if not abused or wilfully injured, would seldom be out of order; and did the human family live only as nature prompted them, the doctors would not be troubled with many patients on account of stomach complaints.

Nothing tends to derange or injure the stomach more than the use of poisonous drugs. Dr. Thomas says, "This complaint is often caused by taking into the stomach acrid substances of various kinds, such as *arsenic, oxymuriate of mercury, alkalies, the oxalic and mineral acids,*" &c. Other causes may be enumerated, such as hard and indigestible food, and the constant use of alcoholic drinks, or by drinking too freely of cold liquors when the blood is overheated by exercise or otherwise; all of which causes ought to be strictly guarded against.

When the stomach is affected, the faculty make use of the very drugs in order to cure it that we are informed will of themselves produce

the disease; they may be somewhat diminished in quantity, but the qualities of the ingredients are nevertheless the same. For example, they say, "spiritous liquors will induce the disease," and yet wine, ale, and even brandy, are recommended as medicines when the stomach is affected.

No disease can better test the utility of cayenne pepper as a medicine than this: in the first place, it is immediately applied to the part affected; and, secondly, when violent symptoms of this disease have manifested themselves, we have used it with an unsparing hand. In one instance, when the doctor who attended the patient considered his case beyond all hope, we administered four ounces of cayenne pepper in fifteen hours, and by so doing succeeded in curing him.

The indications of this disease are burning pain and contraction of the stomach, and excessive vomiting, with sudden prostration of strength, acid eructations, and flatulency; great restlessness and sometimes delirium.

The remedy recommended for the above disease is to make a tea of raspberry-leaves, with cayenne well sweetened; let the patient drink freely of this, at the same time administer an injection composed of the following articles:—take of lobelia-seed and valerian-powder each half a teaspoonful, mix with half a pint of yarrow-tea, repeat the injection every two hours if necessary. Use the vapour-bath freely, and in order to allay the excessive thirst, let the patient

drink freely of slippery elm-tea. Dr. Thomas says, "in consequence of previous inflammation, a scirrhosity of the pylorus is sometimes induced, *but unfortunately we know of no symptoms which are characteristic of it.*"

TREATMENT OF THE SCHOOLS.—*Copious bleedings (regardless of the lowness of the pulse), though the patient may be extremely debilitated, or seized with convulsions, or fainting; the practice is to bleed the patient every four or six hours, taking each time as much blood as the action of the heart will possibly bear; after which the patient is leeched, cupped, and scarified; next a large blister is applied to the region of the stomach.*

We will leave our readers to judge what an effect such treatment must have on the strongest constitutions. No wonder so many sink under it, for if a person in perfect health should undergo such an operation, he would never regain his former tone and vigour, but must remain for the rest of his life a prey to infirmities. Well might one of the faculty say, "that hundreds are slaughtered in the quiet sick-room."

INFLAMMATION OF THE INTESTINES.

ENTERITIS.

This painful and violent disease is always attended with considerable danger, for if not promptly relieved, mortification takes place in the course of a few hours, and death rapidly closes the scene.

The causes of this disease resemble those of inflammation of the stomach, and are occasioned by external contusions, drinking cold water when the body is warm, obstinate costiveness, strangulated rupture, &c.

It may be distinguished from *gastritis* by gentle pressure with the hand on the seat of pain, which will generally be found most acute about the navel and lower part of the abdomen, which is contracted and tense.

The treatment in this disease must be prompt and decisive. The vapour-bath is a necessary and powerful auxiliary. Injections must be administered and repeated as often as becomes necessary; for which purpose a strong decoction of slippery elm-tea may be made, to half a pint of which a teaspoonful of skullcap and lobelia herb may be added. The bowels must be fomented with flannels wrung out of yarrow-tea and cayenne, renewed every five minutes; if the pain still continues after the above treatment, apply a poultice made of stale bread, a teaspoonful of lobelia, valerian, and cayenne, mixed with it; continue the injections and vapour-baths with undiminished energy, and exert every means to promote and keep up perspiration.

INFLAMMATION OF THE LIVER.

HEPATITIS.

This disease originates from cold, or in many cases from wearing cold damp linen, or from external injuries; it may also be induced by high

living, the free use of spiritous liquors, long-continued fevers, certain passions of the mind, &c. Its symptoms are pain in the right side, sometimes very acute, but generally dull; and pain in the right shoulder, with difficult respiration, cough, and vomiting, enlargement of the liver, hardness of the abdomen, and jaundice.

It used to be remarked, that when the doctor told a patient he was labouring under the liver-complaint, it meant that he did not know what ailed him. When a young man of our acquaintance was about to begin practice, the doctor with whom he had completed his studies, said to him, "you will meet with many cases in adults that you will not understand, call all such cases liver-complaints, and give freely of mercury." Again, "you will meet with diseases in children that you cannot understand, call them worms, and give mercury."

The treatment here recommended, is to take half an ounce each of barberry-bark, horehound, clivers, yarrow, mountain flax, and dandelion; boil them in one quart of water, ten minutes; strain when cool, and add a teaspoonful of cayenne pepper, and one of white mustard; let the patient take from half to a wineglassful two or three times a day; together with two of the lobelia pills, No. 2 (p. 168), night and morning. The vapour-bath will much assist the medicine. Above all things the patient must abstain from fermented or spiritous liquors, and should not partake of hard or indigestible food.

TREATMENT OF THE FACULTY.—*Copious bleed-*

ing, cuppings, blistering, jalap, mercury, magnesia, potass, antimony, opium, colocynth, camphor, &c.

INFLAMMATION OF THE SPLEEN.

SPLENITIS.

The causes of this disease, are precisely the same as other inflammatory diseases, and its definition is very uncertain. The more prominent symptoms are burning pains, and swellings on the left side, extending to the shoulder, accompanied with indigestion, lassitude, debility, and vomiting of a dark fluid resembling clotted blood.

The cure must be effected by the same treatment as that recommended for inflammation of the liver.

INFLAMMATION OF THE KIDNEYS.

NEPHRITIS.

There are many causes which produce this disease, such as strains got in riding on horseback, or excessive walking, and many others, including external injuries, &c. When inflammation is produced by these means, external application should be immediately resorted to, in order to shield the part from friction, which would have a tendency to irritate and increase the evil; to do this effectually, double a cloth in several folds, wet with cold water, and bind it on the injured part, at the same time put a hot brick to the feet, and give freely of a tea made in the following

manner:—juniper-berries, clivers, poplar-bark, and tansy, of each one ounce; boil the whole in two quarts of water down to a quart, and when strained add a teaspoonful of cayenne; half a wineglassful of this may be given four times a day. If the thirst of the patient be great, make a tea of raspberry-leaves and clivers, which may be given freely. To open the bowels, take two of the compound pills of aloes at night, and repeat them if necessary; if these fail to answer the purpose, prepare an injection in the following manner:—make a tea of raspberry leaves, or agrimony, to which add a quarter of a teaspoonful of cayenne, and the same quantity of valerian. The above mode of treatment equally applies to inflammation of the bladder, or other parts connected therewith.

TREATMENT OF THE FACULTY.—*Dr. Thomas says, "in the cure of nephritis, our chief reliance is to be placed in bloodletting, both local and general, assisted by fomentations, the use of a warm bath, and emollient clysters, &c.; to which may be added antimony, potass, and opium."*

QUINSY.

CYNANCHE TONSILLARIS, INFLAMMATORY SORE THROAT.

This form of disease is an inflammation of the tonsils and mucous membrane of the throat; sometimes its severity is such as to prevent the patient from speaking, and rendering it extremely

difficult to either breathe or swallow. Like most other diseases, it is caused by exposure to cold, or by sudden changes of the weather, wearing damp linen, or sleeping in damp beds, getting wet feet, or in fact, doing anything that is calculated to give a sudden check to perspiration.

This most distressing disease generally attacks young persons; and when treated in the common way, it sometimes terminates fatally, many of its victims dying of suffocation. In the winter of 1843, we were called in to attend a case of this description in Leeds. The patient was a musician travelling with Mr. Cook's circus. We found the young man very ill, and his friends were much alarmed on his account. We learned that he was subject to quinsy, having been attacked seven or eight times before; that these attacks had generally confined him four or five weeks, and cost him a considerable sum of money each time. We made him a strong decoction of raspberry-leaves, agrimony, barberry-bark, ground ivy, and horehound; adding to a pint of this mixture about a teaspoonful of cayenne; with an opening pill made of rhubarb, valerian, gum-myrrh, and cayenne, equal parts. We ordered him to take half a wineglassful of the decoction every two hours, and two of the pills on going to bed, with a hot brick applied to the feet, wrapped in a cloth wet with vinegar, and a warm flannel wrapped round his neck. The next day he was much better; and on Monday (two days after) he was at the circus again, attending to the duties of his profession. We need not say how grateful

our patient was for his cure; he said if ever he was attacked again, he would not fail to write to us, whatever part of England he might be in at the time. We told him to make himself perfectly easy on that head, for he need not apprehend another attack, if he only followed our advice, and was careful of his health in future. We have not heard from him since, nor is it probable he has again been troubled with the unwelcome visitor. The above treatment will be all that is necessary in the early stages of this disease, but when it becomes far advanced before assistance is sought, an emetic must be administered immediately by injection; let the throat be well steamed with yarrow-tea, by means of a teapot, the spout of which being covered with a fine piece of linen may be inserted into the mouth; bathe the throat and neck externally with the stimulating liniment, and use every means to promote perspiration as quickly as possible. The medicines given would go far to prevent a recurrence of the evil; for, as they act in accordance with the laws of nature, by strengthening the weaker parts of the animal economy, the system becomes fortified, in a measure, against all future attacks.

TREATMENT OF THE FACULTY.—*Blistering, antimonial preparations, external and internal; calomel, opium, mineral acid, and the lancet.*

There is another form of this disease, called by the faculty—

PUTRID SORE THROAT.

CYNANCHE MALIGNA.

Which we hold to be only an advanced stage of the former disease, and have always treated it as such with decided success, if not so far advanced as to render it difficult to give the medicine. Our readers will remember that heat is life; a free circulation of it through the system is health, and the absence or loss of it disease. In all complaints of a local nature, we must first set about repairing the machine by restoring the equilibrium when lost, in order to overcome the violence of the disease; in other words, we must first remove the cause, and deal with the effect afterwards. As a gargle for the above complaint, we cannot do better than quote Dr. Thomas, who says, "when he was in the West Indies, the putrid sore throat prevailed very mortally among children, great numbers of whom perished at that time, in spite of the utmost endeavours of the faculty to save them; when at last, the most happy effects were derived from the use of a remedy, the basis of which was CAYENNE PEPPER. The medicine was prepared by infusing two tablespoonsful of this pepper, and a teaspoonful of salt, in half a pint of boiling water; adding thereto the same quantity of warm vinegar, which, after standing for about an hour, the liquor was strained through a fine cloth, and two tablespoonsful were given every half hour; the speedy and good effect pro-

duced by this medicine, in every case in which it was tried, evidently points out the utility of giving WARM AROMATICS, *which will bring on a timely suppuration of the sloughs,* as well as other antiseptics, to correct the tendency of the parts to gangrene." See *Modern Practice of Physic, 10th edition, page* 224. From the foregoing extract, our readers will see that we have the authority of a very learned author in our favour, or rather in favour of nature. Now if cayenne pepper be so good in the high state of inflammation, that necessarily accompanies a putrid sore throat (than which few diseases are more violent), why, in truth's name, may we not apply it with equal success to any other diseased part? Let the *college-learned* answer this question; let some of those village doctors who have endeavoured to persuade the people that CAYENNE PEPPER is a poison, when given as a medicine, but may be *good as a condiment when applied to our food*—let these men read the above extract and blush, for having thus striven to mislead the people, fearful lest they should refuse to support a monopoly that has hitherto enabled them to revel in luxuries, at the expense of the health and happiness of the suffering poor. Dr. Thomas says, "the most happy effects were derived from its use in 1785; that it saved life and conquered a disease of a dangerous and deadly nature." Its virtues are in no wise impaired; what it did at that time, it can also accomplish to-day. We call upon the faculty to find its equal as a medicine; in our opinion it cannot be

done; for if, as a stimulant, it does not act in accordance with the laws of the animal economy, how could Dr. Thomas give with impunity such large doses, in so dangerous a disease?

Where there is great debility, a decoction of any of the tonic medicines may be used in conjunction with the above.

TREATMENT OF THE FACULTY.—*Antimony, sulphuric acid, mercury, Spanish flies, potass, muriatic acid, camphor, and sometimes bleeding and blistering with the use of irritating ointment, application of caustic,* &c.

INFLAMMATION OF THE EYE.

OPHTHALMIA.

The faculty say there are two kinds of this form of disease. We, however, profess only to deal with one kind, and by the timely application of suitable remedies, have generally succeeded in curing the disease, even in its worst form. Our object in writing this book is to simplify the science of medicine as much as possible, so that mankind may not only understand the pathology of disease, but know how to prescribe for each particular form of it.

Ophthalmia, or inflammation of the eyes, may be traced to various causes, such as external injuries, viz., blows, wounds, and contusions, or from substances introduced beneath the eyelid, thereby affecting the pupil of the eye; or cold winds; noxious fumes, mineral dust, the free use of alcoholic drinks, maltreatment of scrofula, or

venereal disease; which causes, if in the power of the patient, should be avoided as soon as possible, nor should the eyes be exposed to a strong glare of light.

Many cases of this disease are to be met with in large factories, and such like establishments, wherein it frequently occurs; and being generally neglected, or improperly treated, specks are formed on the eye. Opacity of the cornea is perceived, and in some instances there is permanent contraction of the pupil. We have been very successful in curing this disease, and were not brevity compulsory, many cases might be adduced worthy of particular remark; but the following illustrations must suffice:—

In 1831 a gentleman who had been labouring under this disease for eighteen months, put himself under our care. At that time we had an establishment at which patients requiring particular care were received. This gentleman came as an in-patient. For three months prior to this he had been in perfect darkness, and left home in order to undergo an operation in an infirmary. On his way thither, he was met by a friend, who advised him to give us a trial, before he risked the consequences of an operation. Accordingly he came, and never shall we forget his wan and wasted appearance, which ceased to be a matter of surprise, when he related how he had been salivated, bled, blistered, physicked, and starved, but all to no purpose. We told him a cure could not be effected until his stomach was sufficiently improved to digest animal food. He replied, that

for three months he had taken nothing stronger than gruel, but that he would try to eat beef-steaks, and follow our directions, in order to give the treatment a fair trial. We commenced giving him a course of stimulant and bitter medicines, in conjunction with the vapour-bath; and after a few days had elapsed, intimated our intention of operating upon the eyes, commencing with one only, assuring him that he need not entertain any alarm. Up to this time his eyes were very much inflamed. However, on telling him that we proposed commencing the operation by blowing some cayenne into his eyes, he objected, but was soon persuaded into compliance He allowed a quantity to be blown into one of them, from which he suffered extreme pain for a short time. When this had somewhat abated, he was placed in the vapour-bath. The next day the other eye was subjected to similar treatment, and so on alternately for several days. In two months from the time of his first application to us, he returned home perfectly cured, and in the possession of excellent health This is an answer to those who assert that cayenne pepper is an irritating stimulant. Such idle and foolish reports are injurious, tending to check the spirit of inquiry, and thus render the public passive and obedient to the will of the monopolising doctors.

During our professional engagement in the neighbourhood of Dewsbury, in 1844, Mrs. R—, of Batley, brought a child afflicted with this disease. The case had been submitted to several medical men, and truly it was a bad one, for the

little sufferer had not seen the light for several months; indeed the case was deemed a hopeless one. However we gave the child a corrective medicine for the stomach, composed of centaury, bogbean, ground ivy, agrimony, and senna, and an eye-water made as follows: raspberry-leaves and oak-bark, of each a quarter of an ounce; gum-myrrh, pulverised, half a teaspoonful; boil in a pint of water; when cool, strain, and add as much cayenne as will lie on the point of a penknife-blade. By continuing this treatment for four weeks the child was cured. The third time the mother brought it to us, it could not only see, but it walked more than a mile of the way.

Another case which occurred in the same town was a girl of about eleven years of age, daughter of Mr. S——, who was labouring under inflammation of the eyes, accompanied with scurvy. This case, which was a very bad one, we treated in a similar manner, and not only succeeded in removing the inflammation, but restoring her to the possession of good health in a short time.

In manufactories where iron, steel, or other metals are used, small particles are often driven into the eyes of the workmen with great force, thereby causing excessive pain and irritation. To remove these extraneous substances, a magnet may be used, and if the inflammation and swelling be considerable, the application of a poultice composed of equal parts of stale wheaten bread, and slippery elm-bark pulverised, for a few hours, will generally prove efficacious.

TREATMENT OF THE FACULTY.—*Various preparations of mercury, zinc, copper, jalap, lead, Spanish flies, with bleeding, blistering, cupping, issues, and setons.*

COMMON COLD.

CATARRHUS, OR CATARRH.

This disease is an increased excretion of mucus from the nose, throat, and bronchial or air pipes. The excreted matter, after having stood for some time, becomes very offensive and disagreeable. This disease proceeds from cold, and the only danger attending it is, that, if it be not removed, it may end in consumption. In its first stages, we would recommend a strong tea of yarrow, well sweetened with honey, and half a teaspoonful of cayenne on going to bed; or a teaspoonful of composition taken in hot water two or three times a day. If these fail to remove it, give an emetic of lobelia, and use the vapour-bath as before directed.

TREATMENT OF THE FACULTY.—*Opium, digitalis, squill, spirits of sweet nitre, antimony,* &c.

RHEUMATISM.

RHEUMATISMUS.

This disease is generally produced by colds of long standing, or exposure to the various temperatures that are met with in the transition of climates; it is also induced by the medicines which the doctors give from time to time in their

attempts to remove other diseases. Mercury has sown the seeds of rheumatism in thousands of constitutions. The faculty do not appear to understand this disease, since they each prescribe for it in different forms: one recommends the use of hot stimulants—another will apply the coldest medicines that can be obtained; in the meantime the patient is enduring the most excruciating pain.

Rheumatism being an affection of the membranes, or coating connected with the muscles, every movement subjects its victim to additional pain. So that the patient has sometimes to undergo the greatest torture while the learned doctors hold a consultation, and determine what must be given. Drs. Howarth, Fothergill, Baker, Saunders, Wilson, &c., recommend the Peruvian bark; Drs. Hamilton and Andrews are of opinion that the submuriate of mercury is best; while Drs. Thomas, Bardsley, and others, are for bleeding and depletion. These conflicting opinions of the faculty remind us of an occurrence that happened in America. A person there was labouring under an acute attack of this disease, who was attended several weeks by a regular physician without experiencing the slightest relief. At length, an old woman, residing in the neighbourhood, went to the house, and prescribed some sweating herbs, which speedily cured him. Soon after, the doctor called again, and, to his great astonishment, saw his patient up and stirring. "Why, you seem better," said the doctor. "O yes," replied the patient,

"Mrs. ——— came in and made me some hyssop-tea, which threw me into a perspiration, and cured me."—"Indeed!" said the doctor; "I have known of that remedy a long time."—"If so," said the patient, "why did you not give it to me?"—"Because," said the doctor, "it is not used in our practice." So much for the philosophy of the doctors!

We have before stated that this disease owes its origin to colds; nor can we point out a single disease that will serve as a better illustration of the theory than this; for as cold is the cause, a deranged circulation will be the effect; the symptoms accompanying which are materially heightened by the influence of an unsettled atmosphere. As a proof of this, if we shield the patient from a pressure of the surrounding air, and at the same time apply the vapour-bath, we afford him instant relief. A patient was once brought to us, who had for several weeks been an inmate of the infirmary, which he left of his own accord; but was so much reduced that he was carried to our house on a bed. That no time should be lost, we ordered the vapour-bath to be got ready immediately; and in forty minutes from the time of his arrival, we had him in the bath, having first charged his stomach with a teaspoonful of cayenne pepper. He was quite helpless when put into the bath, but in fifteen minutes after, he could play upon a flute; and in the course of a fortnight he went home perfectly well.

We have invariably found chronic rheumatism most difficult to remove, from old people espe-

cially; for in this form of the disease there is generally an affection of the joints, which become considerably enlarged, and sometimes grow out of place from the severity of the pain.

The proper treatment is to make a strong decoction of yarrow, centaury, agrimony, ginger-root, and cayenne. If the bowels are confined, use an injection; bathe the feet and parts affected at night, in warm water, to which may be added a little ground mustard; after which apply a hot brick or stone to the feet, wrapped in a cloth wet with vinegar. If the above fails to relieve, administer a lobelia emetic, and apply the vapour-bath; keeping the perspiration up to the surface, and regulating the stomach and bowels as circumstances may require.

TREATMENT OF THE FACULTY.—*The faculty treat this disease in such a variety of ways, that they by turns exhaust almost every remedy that the shops contain; they generally have recourse to opium, mercury, arsenic, ipecacuanha, bleeding, blistering, leeching, and spare diet.*

SOPOROSE AND SPASMODIC DISEASES.

APOPLEXY.

APOPLEXIA.

THERE is perhaps no disease about which we have been more questioned (when lecturing) than this.

For as we are opposed to the use of the lancet or bloodletting in every form, and as the doctors hold its use indispensable in cases of apoplexy, we have frequently been asked what we would advise in such emergencies; and will therefore endeavour, in the first place, to point out the origin of this disease, and secondly, exhibit the danger attendant on bloodletting at such a time.

We have previously shown that the blood is indeed the vital fluid, on the quality and quantity of which, life and health mainly depend; and when the system is obstructed, an unusual quantity of this fluid is forcibly driven upward to the head; the heart, lungs, and brain, are then surcharged, and overheated, in consequence of which, the extremities, or parts more remote, begin to languish and grow cold. As we wish our readers to understand this truism before we proceed further, we will reiterate the fact, that when too much blood is determined to the head, the extremities must necessarily be curtailed or robbed of their wonted supply. In apoplectic cases, the friends of the patient are alarmed, and immediately apprehend the death of the individual, in consequence of the extremities (the legs and feet) growing cold, and respiration being all but suspended. At this time the face is of a purple hue, the veins and arteries are unusually distended, and the human machine is clogged like the wheels of a watermill rolling in back water.

Many have fallen victims to this disease in a moment of excitement or anger. Persons with large heads and of full habit are chiefly attacked

by it; and deep study or sedentary employment will induce it. Public speakers, clergymen, and members of the bar, not unfrequently die of apoplexy, while engaged in the duties of their profession. We have known several who, after great mental and physical exertion, called forth by some particular circumstance, have thus suddenly expired. The great Irish barrister, Thomas Addis Emmet, after addressing the jury on an important case, fell, and instantly expired, in the Court House of New York. We need not, however, dwell on these catastrophes, but will endeavour to account for the symptoms attendant on this disease, which owes its origin to a loss of vitality; on the just equilibrium of which, life and health must ever depend.

When the system is overtasked by great mental or physical exertion, respiration and perspiration become hurried and violent, the lungs, by this excessive labour, exhaust the usual supply of warmth, so essential to their natural and unerring motion. But the lungs must have their supply, or life will soon be extinguished; the extremities are therefore called upon to make up the deficiency; and they are thus famished in order to protect the citadel. In calling thus largely upon the vitality, the blood is determined the same way, by which the vital organs are loaded to oppression; vertigo, or dizziness in the head, instantly follows, the patient falls, and bleeding is at once resorted to, which in many instances confirms the fatality of the attacks. At times it appears to afford relief, inasmuch as the patient

has been restored to immediate animation; but the change is merely mechanical, for by reducing the blood you reduce the oppression. If the system contained too much blood, bleeding might be tolerated; but has it not been shown that the extremities are starving, whilst the head is burning with heat? If, instead of draining the blood out of the system to lighten the pressure on the brain, we were to set about restoring the equilibrium, in order to circulate that supply, of which the extremities have been deprived, we should not only succeed in restoring the patient to consciousness, but we should aid nature in repelling all such attacks at a future period. To accomplish this, give the patient a tablespoonful of the tincture of lobelia and cayenne pepper: if he be insensible, pour it instantly into the mouth, so as to act on the base of the brain as soon as possible; let not a moment be lost, but put the feet and legs into water as hot as can well be borne; mix with the water a small quantity of cayenne pepper, rub the legs and feet briskly, and give an injection made of raspberry-leaf-tea, half a pint; half a teaspoonful of cayenne; half a teaspoonful of lobelia; and a quarter of a teaspoonful of valerian-root, finely pulverised. After the patient has recovered his senses, give him a strong decoction of the bitter herbs with cayenne, using freely of the diuretics to clear the kidneys and bladder.

TREATMENT OF THE FACULTY.—*"Blood-letting (says Dr. Thomas) is the most effectual remedy we can employ in apoplexy;" to which is generally added blisters, setons, antimony, jalap and mercury.*

PALSY.

PARALYSIS.

This disease is a partial or total loss of the power of motion, or sensibility, in certain parts of the body; at times it attacks only some particular portion of the nerves, at others it assails half the system. Thus for instance, it affects the whole of one side of the body, or some particular nerve and muscle, as the tongue, thereby occasioning stammering; the optic nerve producing imperfect vision; the auditory nerve producing deafness, and the like. It may arise from many causes, particularly such as produce a sudden and serious effect upon the nervous system; the application of poisonous sedatives, or continued exposure to the action of certain minerals; to which may be added, luxurious living, excessive drinking, sedentary labour, protracted study, &c., all of which have a tendency to impair the vigour, and finally destroy the nervous capability. We are thus particular in pointing out the causes of predisposition, believing at all times that "prevention is better than cure." We have known many cases where the patients have suffered from its affecting the nerves, situated in the back, which has rendered them helpless in the last degree. We will now give the particulars of a case which occurred a few summers ago. We were called upon by a patient at Hebden-bridge, whose right arm was paralysed; in fact, all sensibility and feeling had left it, from the elbow,

downwards to the finger, and it was as rigid as though it had never been possessed of any flexibility. The medical men had prescribed for him again and again, but all to no purpose; because they attempted to work on the symptoms, instead of attacking the cause. We undertook the case, and proceeded to administer such remedies as would speedily operate on the general system. We gave him a strong decoction of bitters and nervines with cayenne, which was continued three or four days. We then applied the vapour-bath, to the arm only, prepared in the following manner:—make a brick red-hot, put it into a bucket containing as much hot water as will partially cover it, leaving the upper surface dry; hold a blanket round the bucket in the form of a funnel, tying it above the elbow of the patient, so as to shut out or exclude the air; then place the arm over the bucket. This was repeated every day for four weeks, at the end of which his arm was perfectly cured, and he can now use it as well as the other. In 1852, eight years after, this patient came to my lecture at Thornton, near Bradford, and stated to the audience, that not only was the above true, but that his arm had been well ever since.

TREATMENT OF THE FACULTY.—*Bleeding, blistering, Spanish flies, ammonia, nitrate of silver, strychnine, mercury, turpentine, leeches by dozens, moxas, setons, issues, and other tortures.*

HYSTERICS.

HYSTERIA.

Dr. Copland says of this disease (the admission of which is another proof of the inability of the faculty to understand diseases in general), "that it appears under such varied shapes, imitates so many diseases, and is attended with such a variety of symptoms, which denote the animal and vital functions to be considerably disordered, that it is difficult to give a *just character or definition of it.*" Such being the opinion of this oracle of the faculty, it must follow, that in attempting to cure it, they must proceed altogether upon conjecture, or in other words, work in the dark.

This affection is produced by too great excitability or irritability of the nervous system, and generally attacks females from seventeen to thirty-five years of age, especially those suffering from a relaxed habit, or irregularities in the periodical discharges. The distinguishing symptoms of this disease are pain and fulness in the left side of the abdomen, from which a ball seems to move with a particular noise into the stomach, thence rising to the throat, producing a sense of suffocation, stupor, and convulsions; fits of laughing and crying, together with a murmuring noise in the bowels. At other times it is accompanied with violent ravings, and delirium, with severe headache, and frothing at the mouth, resembling very closely epilepsy, for which it has been fre-

quently mistaken. There is also an immoderate and involuntary discharge of clear urine, with flatulency and distention of the abdomen. Hysteric fits are readily excited in those who are subject to them, by seeing others similarly affected. Dr. Falconer says, "he once saw a lady seized with hysteric convulsions during divine service, and in less than a minute, six persons were afflicted in a similar manner."

The remedy is to equalise the circulation as soon as possible, and excite a perspiration to the surface; for which purpose make a strong tea of raspberry-leaves and valerian-root, with cayenne pepper and as much lobelia as will excite vomiting (which may be repeated when necessary). When the violence of the disease has abated, give freely of the tonic and antispasmodic medicines, with one or two of the assafœtida pills night and morning; which will tend very much to tranquillise the nerves. Keep the bowels open by administering mild purgatives, such as a tea of poplar-bark, senna, or by injection.

TREATMENT OF THE FACULTY.—*Bleeding, blistering, ammonia, opium, carbonate of iron, and camphor.*

EPILEPSY.

EPILEPSIA.

This affection is usually preceded by pain in the head, dimness of the eyes, and a peculiar tremulous sensation in the lower extremities; these are followed by a sudden and total de-

privation of sense and motion, accompanied by violent convulsions, spasms of the face and eyes, protrusions of the tongue, and gnashing of the teeth. The fits are not of long continuance, and generally terminate in insensibility and apparent sleep. Dr. Thomas says, "This disease is sometimes sympathetic and sometimes idiopathic," the latter term implying, that it is not produced by any other cause, nor yet dependent on any other form of disease; or, to use his own words, idiopathic means, "that it is a primary disease, neither dependent on or proceeding from any other." Our author is certainly right in attributing its origin to either "external violence or internal derangement;" for no form of disease ever did or even can exist without some positive and palpable cause. The disease now under consideration, or some of its symptoms, may arise from external injury, whereby the nervous system may be materially affected; but in most cases it originates in an obstructed circulation. This truth must be evident, when we take into account the numbers of young females who are attacked with this disease on arriving at the age of puberty, or about the time when menstruation first makes its appearance. The means best calculated to effect a cure, are first to prevent the patient from injuring himself, and more particularly from biting the tongue, which may be obviated by inserting a piece of wood between the teeth. We must then proceed to administer the acid tincture of lobelia and valerian, in such doses as will remove the spasmodic action of the

muscles. Let the legs and feet be placed in hot water for several minutes, then at the same time applying cold cloths to the head, rub them with stimulating liniments. Make a medicine in the following manner, viz.:—take of burdock-seeds pulverised, valerian-root sliced, of each one ounce; pennyroyal and vervain, of each one ounce; boil in a quart of water down to a pint, strain and add half a teaspoonful of cayenne. Dose, from one to two tablespoonsful every two or three hours.

This disease may be distinguished from apoplexy by the spasmodic action of the muscles, and from hysteria by the absence of the ball in the throat, and the sudden transitions from laughing to crying.

TREATMENT OF THE FACULTY.—*Bleeding, blistering, opium, nitrate of silver, mercury, copper, zinc, æther, musk, iron, and jalap.*

ST. VITUS'S DANCE.

CHOREA SANCTI VITI.

The first symptoms of this disease are a changeable appetite, costive habit, flatulency, hardness of the bowels, with an uneasy, cold sensation running along the spine, succeeded by a convulsive motion of the muscles. Some authors are of opinion that this disease may be attributed to debility and increased excitement of the nervous system, but we hold a contrary opinion, our theory being based on the knowledge obtained by practice and long experience;

for in every case where by the application of warmth we could relax the muscles, the patient has been relieved; which proves that it is a spasmodic contraction of the muscles, affecting more or less the whole of the system, though the spasms may have taken hold on one side only of the system. Females from ten to fifteen years of age are most subject to these attacks. We have found by long experience, that this disease generally declines at the period of menstruation, if the patient is treated properly at that time.

Several serious cases of this disease have been cured by treating it in the following manner:—take of the bitter herbs, viz., centaury, bogbean, barberry-bark, and columba-root, of each half an ounce; valerian-root and burdock-seeds, a quarter of an ounce; boil the whole in one quart of water, strain it, and add half a teaspoonful of cayenne pepper. For the bowels, take rhubarb, gum-myrrh, assafœtida, and cayenne, of each one teaspoonful, when powdered fine; add gum arabic in the liquid form, in order to give the mass a proper consistency, divide into fifty pills. Take two or three of these pills at night, with two tablespoonsful of the decoction three times a day; applying also the vapour-bath, and a hot brick to the feet. The antispasmodic powder will also be found useful in this disease. With us the above means have seldom failed.

TREATMENT OF THE FACULTY.—*Blisters, cupping, purging, and cold applications, quinine, iron,* &c.

CRAMP AND LOCKJAW.

TETANUS. TRISMUS.

This most distressing disease is a contraction of all, or any of the muscles; and to add to this affliction, the senses of the sufferer are not the least impaired. It originates in colds, and injuries of the muscles, such as are produced by punctures or wounds, or from splinters of wood, broken glass, rusty nails, &c., particularly when these wounds are on the feet.

When any of the internal organs, as the stomach, bowels, or heart, are deranged and attacked with cramp, it is not only extremely painful, but will, if not soon relieved, produce direful consequences; and to have the power to control this disease, and arrest its pain at pleasure, will doubtless be esteemed a valuable acquisition. Without overrating the information contained in this book, we can assure our readers that if they follow the instructions laid down, it will enable them to accomplish the same. What is promised will be performed; this is more than the faculty can do, with all their book learning and college wisdom. For Hooper, in his *Medical Dictionary*, page 1280, when speaking of this disease, says, that "morbid anatomy has hitherto thrown no light on the pathology of tetanus." This admission is worth something, coming from such an authority, and the failures of the faculty when treating this disease, more than confirm its truth.

The most fatal form of this disease is *trismus*,

or lockjaw, which is seldom, if ever, cured under the old practice; any one of the causes before mentioned may produce it, particularly injuries affecting the feet. We will here quote a case which will fully illustrate the cause and cure:— a Mrs. Vinton, whilst engaged in cutting up a frozen cabbage, let the knife slip, and severed the tendons of the two smallest fingers on the left hand; the fingers immediately contracted; and in two hours from the time of the accident, the muscles of the arm and shoulder were also in a state of rigidity. A medical man was called in, who attended her for four days, when it terminated in lockjaw. The doctor said he could do no more. The husband of the sufferer asked him if he would hold a consultation with us, to which he, being a liberal-minded man, at once consented. Accordingly we were summoned to meet the doctor; and having learned from the messenger the particulars of the case, desired him to hasten home, and put two or three bricks into the fire, and have them hot by the time of our arrival. On reaching the house, we found the poor woman very much convulsed on the left side, with her jaws firmly closed. Dr. S. said he believed she would die. "Not this time, doctor," we replied, "for we will undertake to cure her, and if you choose, you shall see the thing speedily accomplished." He, however, left the house, and we at once commenced operations, by taking a teaspoonful of cayenne pepper, pouring a wineglassful of hot water upon it; we then sweetened it, and told her husband to pour it gently into

her mouth. She managed to suck in two or three tablespoonsful, while we were preparing the vapour-bath. We took a hot brick from the fire, and half immersed it in a bucket containing boiling water; then raising the patient out of bed, covering her close with a blanket, we placed her over the steam; and in less than five minutes the spasm relaxed, and she spoke. Her husband and friends were overjoyed. Dr. S. accompanied us next morning, and found the good woman preparing breakfast for her family. He expressed his astonishment, and declared he had never known a similar cure effected, and pledged himself to use the remedies in future. We have here given an universal remedy, that will never fail, if applied while sufficient vitality is left in the system to act upon. Since the publication of the first edition of this work, a similar case was treated at Failsworth, near Manchester, with complete success, by a member of a branch society.

After the bath we administered tonic and correcting medicines. For particulars, see chapters on Tonic and Correcting Medicines.

TREATMENT OF THE FACULTY.—*Opium, æther, oil of amber, camphor, musk, buckthorn-syrup, and jalap, with bleeding and electricity.*

LOOSENESS OF THE BOWELS.

DIARRHŒA.

This disease consists in copious and frequent evacuations of liquid stools, resulting from irri-

tation of the intestines, produced by a disordered state of the stomach, in consequence of acidity, the too frequent use of purgative medicines, or obstructed perspiration. It is seldom attended with fever. Children subject themselves to it by overloading the stomach with fruit in the warmer seasons; and in adults it often proceeds from intoxication, or continued habits of intemperance. So long as the general system does not suffer by the discharge, it will only be necessary to pay strict attention to diet, avoiding all food of a crude and acrid nature, but if its debilitating effects indicate the necessity of checking the evacuation, it will be advisable to give one or two doses of composition-powder, preparatory to administering a gentle emetic of lobelia to remove any irritating substances from the bowels. The cure may then be completed by a strong decoction of raspberry-leaves, tormentil-root, agrimony, and barberry-bark, in proportion of half an ounce of each to the pint, adding, when cool, a small quantity of cayenne. As a remedy for children, the following will be found most useful:—a quarter of an ounce each of ginger-root, Peruvian-bark, cinnamon, and rhubarb; boil the whole in one quart of water, strain, and add half a pound of lump-sugar: give a dessertspoonful three or four times a day. An astringent injection may be necessary. While thousands of our brave soldiers have fallen victims to this disease recently, we have here given a remedy that no more fails of curing, than food does of removing hunger.

TREATMENT OF THE FACULTY.—*Opium, rhubarb, chalk, and magnesia.*

CHOLERA MORBUS.

This disease consists of violent vomiting and purging, with a frequent discharge of bilious matter, both by stool and vomiting. It is accompanied by extreme pain in the stomach and bowels; its first symptoms are sickness, with soreness at the stomach, and flatulency; after which by purging, and vomiting, much bile is discharged, indeed little of anything else is thrown out of the system. The cause of this disease is a sudden derangement of the liver and stomach; on the first approach of which it is extremely difficult to retain anything in the latter organ. To reduce the symptoms, give freely of a tea of mint, or make a coffee of oats in the following manner:—put some oats on a clean shovel, or in a fryingpan, and brown them well over the fire, until they resemble roasted coffee: make a beverage of this, just as you make coffee, of which let the patient drink freely; as soon as the stomach will retain it, give a strong tea of raspberry-leaves; to each wineglassful of the tea, add a quarter of a teaspoonful of gum-myrrh finely powdered, and the same quantity of cayenne; sweeten it well with lump-sugar. Should the above fail to produce the desired effect, give an emetic of lobelia, with valerian-root, and cayenne, as before described, in a tea of raspberry-leaves; after which give an injec-

tion of raspberry-leaf-tea, and oak-bark, with a quarter of a teaspoonful of gum-myrrh.

TREATMENT OF THE FACULTY.—*Bleeding, blistering, calomel, opium, carbonate of iron, oil of cajeput, catechu, aromatic confection, chalk,* &c.

ASIATIC CHOLERA.

This most formidable disease, which but recently spread terror and dismay among the faculty, setting at nought their efforts to arrest its progress, and confounding the boasted wisdom of past and present times, commencing its fatal career upon the coast of Malabar, about the year 1817. It likewise appeared in Calcutta and Hindostan, about the same time; and proved a dreadful scourge to the native and foreign soldiery, as well as all strangers who at that time resided there. Eventually it made its way overland into Europe, marking its progress with deadly desolation, during the years 1831, 32, 48, and 49. Its ravages have extended throughout the kingdom, despite the energies of medical men, who, notwithstanding all their knowledge of disease, are still unable to check its deadly career. Every effort has been made by the authorities, municipal and corporate; and enactments have gone forth in order to provide against this fell monster, by instituting sanitary measures; but alas! in its late visitation, destruction and death were its constant attendants.

The symptoms accompanying this fearful malady strikingly illustrate the theory of heat being

the principle of life, an equilibrium of which is health, and its diminution or absence, disease or death; nor is there any form of disease that ever assailed the human system upon which experiments have been less successful. In vain has the whole of the *materia medica* been ransacked for a remedy, and volumes have been written upon it to no purpose, it still continues to defy the skill of the faculty. Opium and mercury were given in enormous quantities, and even boiling hot water was applied to the surface of the body in order to restore the vital heat, but all these efforts completely failed. One patient died of this disease in America, in the city of Memphis, Tennessee, whose stomach contained 2,200 grains of calomel (sublimated mercury), which unaccountable quantity had been duly administered by a member of the profession; the most learned of whom were in consultation, in order to devise a remedy; but they were doomed to disappointment, simply because they never understood the pathology of the disease, and consequently could not rationally expect to find a cure.

In 1832 and 1833, and again during the years 1849-50, we had a fair opportunity of testing the superiority of the botanic practice, over that of the schools. We found how essential it was to be acquainted with nature in all her operations, as evidenced in the beautiful arrangement of the animal economy. When this disease was raging in the Northern and Southern States of America, we found it easy to cure, and in the late visitation we have reason to be proud of the many

cases rescued from an untimely grave. In the first place, we began by examining the symptoms of the disease, which are a slight pain in the region of the navel, with sudden and copious alvine discharges, which speedily assume a rice-water, or milky appearance; this is followed by cold shiverings, accompanied with a clammy sweat upon the surface of the body, to these symptoms succeed sickness and vomiting, with a fallen and cadaverous countenance; so rapid are the symptoms, that in three or four hours the patient is so much changed in appearance as to be scarcely recognisable by his nearest friends; the feet and hands now begin to be cold, and shrivel up, assuming a livid or purple hue; the pulse ceases to be felt in the arm—the heart is incapable of throwing out the living stream; there is a general determination of the fluids to the intestines; the action of the kidneys is entirely suppressed, collapse ensues, the patient dies, and the mortal struggle is ended.

Now whatever may be the first derangement which led to this disease, whether it proceeds from contagion, "endemical, or epidemical," from miasmic vapour floating on the breeze, or any other cause at present undefined, one thing is certain, namely, that there is a sudden loss of the vital principle of life; for as it has been shown, the patient soon becomes as cold and clammy as dead flesh or inanimate matter. Such being the case, it follows, that a speedy remedy must be at once applied. There is no time for tinkering and experimenting, or the sufferer will be sacrificed

The system wants restoring to its former position as soon as possible: therefore no remedy will be found to answer, unless in perfect accordance with the laws of nature, as revealed in the workings of the animal economy.

One of the principal reasons why the faculty have failed to cure this disease, is, that most of the remedies employed by them are cold and deadly in their effects, and would prove so to a healthy system, for even ice was given to many patients when it could be obtained, and in warm climates this has often produced instant death.

It has been before said, that one reason why the faculty failed to cure, was, because they "did not understand the pathology of disease." This fact we again repeat, and as it would not be proper to make assertions without offering proof, we will see what Hooper says on the subject. See his *Medical Dictionary*, page 385. "Such being the obscurity which hangs over the causes and the pathology of this affection, it is not to be expected that there should be much accordance among practitioners as to its treatment, or much success from the use of remedies." Kennedy, Orton, Bell, and subsequently Hall, Ayre, Hawthorn, Stephens, and a host of writers on this subject, widely differ in their opinions as to the cause and remedy; and we may truly say with Hooper, "they wrote with such acrimony and rancour, that it was impossible to arrive at the truth."

Cholera doubtless owes its origin to predisposing causes existing in the atmosphere, exercising

an influence, which, more or less, affects the whole community. While its prevalence exists, it diminishes the vital heat, by assailing first the stomach and liver, thus rendering them in a manner powerless. The proper mode of treating it, is to shield the patient from the surrounding air, by covering him with a blanket; then use the vapour-bath as hot as he can possibly bear it, giving at the same time a strong astringent tea of raspberry-leaves, tormentil-root, and bayberry, made very warm with anti-cholera powder (which see) and cayenne pepper. At such a time, when life or death must repay our efforts, we must use every means possible to restore animation to the extremities. Secondly, we must restore the equilibrium. Thirdly, we must stop the purging or watery discharges; to accomplish which we must use our medicines unsparingly, and give every attention to the patient, until we have succeeded in producing these effects. As soon as the patient begins to grow warm, let him take a lobelia emetic, which may be repeated, if necessary, every two hours; give also an injection made of lobelia, cayenne pepper, gum-myrrh, and valerian-root, in a strong tea of oak-bark, or tormentil-root; and as soon as he can take it, make some milk-porridge in the following manner:—Take a handful of wheat-flour, and gradually brown it over a slow fire, taking care not to burn it; next take a pint of milk, to which add half a teaspoonful of salt; put the milk on a slow fire, and just before it begins to boil, sprinkle in the flour, stirring it, so that it may

be perfectly free from lumps; then let it boil a few minutes; of this give the patient a wine-glassful from time to time, sweetened with lump sugar. This mode of treatment, and the application of the above remedies, has saved many who appeared to be on the verge of dissolution. This terrible disease, which has filled the land with mourning and lamentation, might have been arrested in its first approaches, had not the faculty, by their ignorance, increased the evil. The patient, from the first attack, feels a cold shuddering through his frame, notwithstanding which, medical men do all in their power to increase his sufferings. Instead of restoring heat to the system, they diminish it still more by copious bleedings, saline transfusions, and the administration of such medicines as mercury, opium, nitrate of silver, muriatic acid and sulphate of copper, and lastly, ice, with such other depletive means as are within their reach. We do not mean to say that they have not done their best, according to their knowledge; but their daily practice proves how much their system is based in error. And well might the French correspondent of the *Medical Times* exclaim, "The English practitioner seems to act on the same theory as a sportsman, who increases the number of his projectiles to increase the chance of bringing down the bird, by heaping draughts upon pills, like Pelion upon Ossa, in the hope that the mass may contain the sought-for ingredient." See *Medical Times*, September 15, 1849, page 218. Our readers may perhaps think we have

dwelt too long on this subject; but let it be asked, if they cannot call to mind some dear friend or relative whom this disease has severed from their affectionate embraces? At one period, the graveyards were piled with the remains of those who thus perished untimely, most of whom might have been saved, if the faculty had rightly understood the disease, and the remedies within their reach. We never lost a patient through cholera, when called in time sufficient to operate upon them; the means before described enabled us to triumph over the disease. These things, therefore, cannot be too forcibly impressed upon the attention of our readers.

HEMORRHAGIÆ, OR INVOLUNTARY DISCHARGES OF BLOOD.

Under the above appellation are comprised those internal discharges which depend upon an increased impetus of the blood. The principles of treatment are, first, to equalise the circulation, thereby preventing a determination to any particular vessel, and removing the exciting cause. The means to be adopted to produce the above effects will be explained under the different heads as we proceed.

SPITTING OF BLOOD.

HÆMOPTYSIS.

This affection occurs generally from the age of sixteen to thirty-five, and consists of a discharge

of frothy blood, of a florid colour, from the lungs. It may arise from a faulty proportion between the capacity of the vessels of the lungs and those of the rest of the body, or it may be occasioned by violent exercise, either in running, wrestling, or playing on wind instruments; it is not, however, invariably to be looked upon as a primary disease, as it is often an unfavourable symptom in consumption, pleurisy, &c.

It is sometimes difficult to determine in cases of spitting of blood from whence it proceeds, whether from the mouth, the throat, the nostrils, or the lungs. If, however, it is accompanied by alternate heats and chills, a sense of tightness and constriction across the chest, with anxiety and hurried respiration, there can be no doubt but its source is from the lungs.

The most speedy measures must be adopted to check the bleeding; for which purpose, composition-powder, with a small quantity of cayenne, must be frequently given, to be followed with a full dose of lobelia, to equalise the circulation. A decoction of the following herbs may be given :—Take of bistort, agrimony, tormentil-root, oak-bark, golden seal, and valerian, of each a quarter of an ounce; boil in a pint of water for five minutes; let it stand till cool, then strain, and add the third of a teaspoonful of cayenne. Dose, two tablespoonsful every three hours.

TREATMENT OF THE FACULTY.—*Bleeding, blisters, sulphuric acid, acetate of lead, fox glove, opium, sulphate of copper,* &c.

VOMITING OF BLOOD.

HÆMATEMESIS.

When blood is discharged into the stomach and brought up without coughing, of a black and grumous appearance, mixed with the contents of the stomach, it is designated by the above title.

It may be occasioned by blows or bruises, poison, or anything taken into the stomach of an inflammatory nature, also from suppressed evacuations, as the menstrual discharge and piles.

Immediate recourse must be had to those remedies mentioned in the last article for equalising the circulation. Mucilaginous drinks, such as comfrey, slippery elm, and gum arabic, must be taken freely, and in order to induce free circulation to the extremities, the legs and feet must be kept warm by means of hot bricks, wrapped in cloths moistened with vinegar. All exertion must be avoided for a short time.

TREATMENT OF THE FACULTY.—*Sulphuric acid, acetate of lead, bleeding, blisters, opium, foxglove, sulphate of copper,* &c.

BLEEDING FROM THE NOSE.

EPISTAXIS.

The inside or internal surface of the nose, is lined with a net-work of minute bloodvessels, over which is spread a thin coat or membrane. From the fragile nature of these vessels, upon any sudden presure or determination of blood to

the head, they are easily ruptured; which, especially if the patient be young, is seldom considered in the light of a disease, unless the bleeding continues for too long a time, so as to render it somewhat dangerous. One of the means resorted to by the faculty, and on which they much rely for a cure, is to stop the rupture mechanically, by passing a ligature through the nose into the mouth, attached to which is a piece of sponge or lint, which when pulled up presses upon the ruptured part, and stops the bleeding.

Having attended several interesting cases of this nature, a description of them will serve to illustrate, and point out the cause and cure. In 1830 we were called in the night to see a man who had been for some time bleeding profusely at the nose; he was a poor labouring man, and had no fire in the house; the floor was literally covered with blood. We asked him if he had met with an accident, or been in any way injured on the part. He answered that the bleeding had come on spontaneously; and the stream of blood then flowing from his nostrils was as thick as a wheat-straw. We commenced operations by heating a little water in a tin can over the flame of a lamp, into which we put half a teaspoonful of cayenne pepper, and a teaspoonful of sugar. The patient held his nose, and drank the mixture, which had not been in his stomach more than a minute, before the bleeding stopped, although he could not have lost less than three quarts previously.

In this case there was a determination of blood to the head; but no sooner had the stomach felt the force of the stimulating pepper, than a reaction took place in the system, and the blood, instead of rushing to the head, was at once determined to the extremities, and the ruptured vessel was thus closed.

Another striking case occurred in the following manner:—a young man who had come to town in search of employment, was attacked by three or four drunken men, who threw him down and otherwise abused him with their fists; they then stamped upon his face, breaking the cartilage of his nose, and rupturing the vessels connected with it. He was carried into an hotel, and there attended by four physicians. After trying various experiments, and exhausting all their resources, they gave him up. A messenger came for us, but being at the time engaged with a labour case, which could not be left, we sent one of our assistants, desiring him by all means to restore the equilibrium as soon as possible. When he arrived, he found the young man in a most deplorable condition. He commenced by giving him a wineglassful of raspberry-tea, with a teaspoonful of cayenne pepper in it, sweetened with sugar; this dose he repeated three times, whilst bricks were being heated in the fire; when hot enough he put a brick to his feet, and one to each of his sides; and in ten minutes the blood ceased flowing. He continued to take the medicine at intervals during the night, and the following day was removed to an hospital for

strangers. We went there to see him, when, with tears in his eyes, the poor fellow told us that our assistant had saved his life. He afterwards hired himself as a porter at the hospital, where he lived for some time in the enjoyment of excellent health.

In this, as in most cases of hemorrhage, one practice of the faculty is to bleed the patient in the arm or foot, as the case may be. This at best is only working at the effect, and not the cause; for when the blood presses too freely on any particular part, it is generally diminished in some other, and all that is required in such a case, is to restore the balance of circulation, which bloodletting can never do; instead of assisting nature, it only tends to weaken and otherwise debilitate the system, and consequently must be extremely injurious.

In order to illustrate the efficacy of our treatment still stronger, we will adduce the following case. The Harbour-master of Hull (Mr. Manger) in September, 1849, was awoke in his sleep by a profuse issue of blood from the nose, which continued through the remainder of the night and all next day. He sent for his usual medical attendant, who, by the application of caustic to the nostrils, succeeded in stopping it, merely long enough for him to get out of the house, when it broke out afresh, and continued for twenty-four hours. The doctor was sent for again, but did not come. A druggist, who was applied to, ordered the nose to be plugged up with lint steeped in vinegar and other strong astringents, and cold

water poured on the head with a sponge. This advice was strictly carried out, but without avail. At length a physician was called in, who stated that it was caused by a flow of blood to the head, and that the remedies used were right, but in addition prescribed four leeches to each temple, mustard-plasters between the shoulders, more caustic up the nose, and a gargle of alum-water for the throat. After seven or eight days of this torture the bleeding was stopped, but for five or six days longer it came on every evening, and bled for two or three hours, and would then cease till the following evening. He was bled in the arm, and a strong purgative administered; the treatment however was too severe, and nature gave way; to use his own words, "I was almost a lifeless corpse." He had then been fourteen days propped up with pillows on a sofa, and not allowed to sleep for fear of choking with blood. At length the bleeding stopped, and the plugs were removed from the nose, when a fit of sneezing came on, which caused a return; this relapse was stopped; and after other eight days he was ordered into the country. He went to Driffield, and the day after his arrival the bleeding commenced again; he was there recommended to try our treatment, and on the first attack he took a teaspoonful of cayenne pepper in a wineglassful of hot water sweetened. The blood was running from his nose and mouth at the time, but to his astonishment the discharge instantaneously ceased, and did not come again for two or three days, and then it was at once stopped as before by the

same simple remedy. After staying some days longer, he had occasion to return to Hull, but in case the rapid motion of the train should bring it on again, he went prepared with a bottle of the mixture. He had not travelled many miles when it again burst forth, but was immediately checked on taking a dose of the mixture, to the great astonishment of the passengers. He has now resumed his duties, requiring great exertion of the lungs, for some time, but without suffering any relapse. He has recommended the treatment to his old medical attendant, who was so strongly convinced of its efficacy from what he saw, that it is his intention to adopt it in all such cases.

General Washington's motto was, "save life;" ours is, "save the blood," if you wish to prolong life; for unless the system contains its required quantity of that all-important fluid, life cannot long be sustained.

TREATMENT OF THE FACULTY. — *Bleeding, alum, nitrate of silver, sulphate of zinc, muriate of iron, sulphuric acid, tincture of opium, and preparations of lead.*

PILES.

HÆMORRHOIDS.

This distressing disease often afflicts its victims for a long time, and though not considered dangerous, yet is extremely annoying. It consists in one or more tumours, situated sometimes externally and at other times within the verge of the

anus, for the most part attended with a discharge of blood. When there is no discharge it is then called blind piles, and if neglected, becomes of frequent occurrence, and is attended with headache, giddiness, and a sense of weight at the lower part of the body, with flatulency and indigestion.

This disease is caused by habitual costiveness; and those who are of a full habit are most subject to it, particularly when induced by overeating, and what is called high living. Excess in drinking, leading a sedentary life, and the use of strong drastic purges, are equally bad. We have known many in whom it has been brought on by the mode in which they have been treated for fever or rheumatism, the medicines employed being such as have prostrated the system and vitiated the fluids.

Innumerable medicines are daily advertised for the cure of this disease, under the name of patent medicines. We hear of wonderful cures effected by pile ointments, pills, lotions, &c., the only benefit resulting from the use of which is the profit arising from the sale of them. External applications, such as ointments or lotions, may possibly relieve, but they do not effect a cure; which can only be accomplished successfully by removing the original cause.

In the first place, set about removing the costive habit, by using a tea made of poplar-bark, as a common drink; should that fail to remove it, use a stronger cathartic, or opening medicine, such as rhubarb, or mountain flax. Use all ape-

rients mildly, taking no more than will suffice to keep the bowels gently open. When symptoms of dyspepsia or indigestion are present, give the medicine ordered under that head.

To make an ointment, take yarrow-blossoms, red raspberry-leaves, and lobelia, equal parts; as much hogs' lard as will cover them, simmer the whole over a slow fire; strain it, and you will have an excellent ointment for this affection. See also pages 81 and 173.

TREATMENT OF THE FACULTY.—*Opium, alum, jalap, lead, potass, zinc, and sometimes the knife and ligature.*

DYSENTERY.

DYSENTERIA.

This disease is attended with an inflammation of the *mucous membrane* of the intestines, accompanied with frequent stools.

From its spreading at times in camps and towns, it has been by some considered contagious; and has often proved fatal in many countries, especially such as have warm climates, where dense masses of people are congregated together. Its causes may generally be ascribed to a sudden change of temperature, by a cold or moist state being suddenly followed by intense and unusual heat, or great drought, whereby perspiration is suddenly checked, and a determination made to the intestines; by eating unwholesome food, unripe fruit, or other indigestible substances, the too frequent use of fermented

liquors, and the action of strong cathartics. As a disease, it has at all times created considerable alarm, since medical men have not been able to combat it successfully.

Its symptoms are frequent stools, accompanied with severe griping pains, sickness, and vomiting; a degree of cramp takes place at each motion. The stools appear to be composed of a light mucous matter mixed with blood; and at an advanced state the discharges are altogether of a bloody nature.

For many years we have been in the habit of using oak-bark and raspberry-leaves to check this disease; also the bitter medicines, combined with stimulants. When in America a traveller complained of being very subject to these attacks, and asked us what we would advise him to take as a remedy. We told him that having to travel so much, he could not do better than take cayenne pepper. Some time afterwards he was attacked while staying at a public house; he sent the servant for half an ounce of cayenne pepper; he then ordered her to make him a pint of flour gruel, into which he put the *whole of the pepper*, and drank it at a draught; it stopped the disease at once. Two years after he told us that he had not experienced another attack. He also said he had cured a great number whom he had induced to try the experiment.

When children are attacked with this disease, give raspberry-leaf-tea, sweetened with lump-sugar; or make a decoction of raspberry-leaves, ginger-root, burdock-seeds, and gum-myrrh, well

sweetened; give this freely until the bowels are checked. Combinations of astringent and tonic medicines will be found efficacious, such for instance as bayberry, Peruvian-bark, pinus Canadensis, and calumba-root, made into a decoction. Be careful to keep the patient warm; and if necessary, apply a hot brick to the feet, wrapped in a cloth moistened with vinegar.

TREATMENT OF THE FACULTY.—*Opium, manna, kino, henbane, castor-oil, sulphate of iron, mercury, nitric acid, and bleeding. The latter is recommended in consequence of febrile symptoms appearing.*

DISEASES OF THE BLADDER, AND KIDNEYS.

IMMODERATE FLOW OF URINE.

DIABETES.

This disease consists in an increased discharge of urine, having a particularly sweet taste, and an odour resembling violets. We are told by all medical authors, that the immediate cause of this disease is involved in obscurity, but it seems to depend for the most part on a morbid state of the liver and bile, occasioned by intemperance, immoderate exercise, severe evacuations, a relaxed state of the kidneys, and a deficient action of the skin arising from exposure to cold and suppressed perspiration.

The first symptom of this disease is the in-

creased discharge of urine, containing a large proportion of saccharine matter. The stomach soon becomes affected, and a thirst and voraciousness of appetite succeed, then dryness of the skin, a slight degree of fever, with debility and emaciation of the body.

The treatment consists of a frequent use of the vapour-bath, and afterwards rubbing the surface with the stimulating liniment. Emetics must be given two or three times a week. A decoction of astringents and tonics, such as the Peruvian bark, calumba, &c., should be freely taken, and the patient must restrict himself to animal diet, with the view of preventing the saccharine matter from entering into the circulation, which vegetable substances alone afford.

TREATMENT OF THE FACULTY.—*Antimony, opium, camphor, zinc, alum, iron, tannin, the mineral acids, blisters, &c.*

DIFFICULTY OF VOIDING URINE.

DYSURIA.

The causes which give rise to this disease, are inflammation of the kidneys, bladder, or surrounding tissues, spasm at the neck of the bladder, the absorption of the poison of the blistering fly, immoderate use of ardent spirits, and stone or gravel. Dysuria is generally attended with severe pain in the back and loins, and frequent inclination to make water. The symptoms often vary according to the cause from whence they have arisen: if proceeding from stone in the kid-

neys, it will be accompanied with nausea and vomiting; if from stone in the bladder, or gravel, an acute pain will be felt at the end of the genital organs, particularly when voiding the last drops of urine.

In the treatment of this disease recourse must be had to diuretics. A decoction of juniper-berries, clivers, dandelion, and gravel-root, may be taken freely. Fomentations by means of flannel cloths, wrung out in a hot decoction of yarrow, may be applied over the region of the bladder. Injections of half a pint of raspberry-leaf-tea, with a teaspoonful of lobelia and valerian, should be thrown up frequently, with the view of acting as an internal fomentation and dislodging any hardened matter that may be collected in the bowels. Should the symptoms prove very urgent and protracted, we must promptly resort to lobelia emetics and the vapour-bath, which rarely, if ever, fail to afford the wished-for relief.

GRAVEL AND STONE.

LITHIASIS.

Gravel consists in the evacuation of sandy concretions formed in the kidneys, which create considerable pain in their passage to the bladder, from which they are voided in small particles, but in the event of one being too large to pass off in this way, it gradually enlarges and forms the disease called stone, which in course of time become troublesome, producing violent pain in the

neck of the bladder, spasms in the calves of the leg, and numbness of the thighs, great heat and itching in the anus.

This, like most other diseases, has its foundation from selfwill; excesses in eating and drinking, especially fermented liquors and wines impregnated with tartar, exposure to cold, and the use of water containing carbonate of lime, commonly called hard water, for domestic purposes, are some of the causes giving rise to it.

Dr. Reece observes, that Hippocrates was the first who observed that these concretions were the consequence of hard water. Dr. Lister has confirmed it, by an observation, that the inhabitants of Paris, who use much hard water in their aliment, are peculiarly subject to this disease; and Dr. Percival informs us, that a gentleman and lady in Manchester, who had suffered much from gravel, were greatly benefited by discontinuing the use of pump water, which was unusually hard, and drinking soft water in its stead. So beneficial was this change to the lady, that she did not experience the least symptom of the disorder for upwards of ten years.

Treatment.—When the pain is violent, the vapour-bath, or hot fomentations, applied as directed for dysuria, must be used. As a solvent for the stone, let a medicine be made in the following manner:—Take of the red-bearberry, wintergreen, gravel-root, and fennel-seeds, of each one ounce; boiling water, one pint and a half. Infuse in a covered vessel for two hours, then strain and add one tablespoonful of Ame-

rican valerian in powder, and a quarter of a teaspoonful of cayenne pepper. Dose, two tablespoonsful every two or three hours. Injections into the bladder, composed of a strong decoction of slippery elm, and raspberry-leaves, to half a pint of which, one teaspoonful of tincture of myrrh may be added, will be found a useful adjunct to the above. A diet drink may be made with one ounce each of pinus Canadensis, and poplar-bark, to three quarts of water, of which the patient may drink freely. Much relief has been experienced by the following decoction. Take a handful of the common garden leek, and a few sprigs of fennel, boil them in one quart of water for ten minutes, strain and drink one pint a day.

To regulate and simplify the diet, will be found highly important in our curative and preventive indications in all cases of gravel and stone; and vegetable, as being more readily digestible, and more easily assimilated by some weak stomachs than animal food, and as containing no azote (which the latter does), is much more appropriate for individuals subject to these disorders. In the greater number of cases of gravel, such is the quantity of uric acid formed, and such is the want of solubility of this substance, that however abundant the urine may naturally be, it is not sufficient to hold the uric acid in solution, nor prevent the formation of gravel. We ought, therefore, in diseases of this nature, to endeavour to increase the secretion of urine, by directing the patient to drink

copiously of emollient drinks. Finally we would observe, that gravelly complaints are much aggravated by acid and ascescent drinks of all kinds, and hard water must never be used.

TREATMENT OF THE FACULTY.—*Alkalies, as potash, soda, lime, muriatic acid, opium, hemlock, morphine, spirits of nitre, oil of turpentine, bleeding, cupping, and a dreadful but uncertain operation.*

DROPSY.

HYROPS.

This is a form of disease which the faculty seldom succeed in curing. It is caused by cold, excessive drinking, frequent bloodletting, the effects of which are to obstruct the excretory vessels, thereby causing a deposit of serous or watery fluid in some part of the body; perspiration, which ought to pass off by the natural channels, is stopped, and the fluids which are no longer necessary, but offensive to the system, instead of passing off, are retained. The classic doctors have given many names to this disease, according to its locality: when diffused through the cellular membrane, it is called *anasarca;* when in the head, it is called *hydrocephalus;* when in the chest, *hydrothorax;* when in the abdominal cavity, *ascites;* but as it is in all cases (as before observed) a watery deposit, the general name, *dropsy,* applies to all. It has before been said, that this disease is caused by an obstruction, which may be illustrated in the

following manner:—Suppose the main pipe of our water-works was choked up, stopped, or otherwise obstructed, the immediate consequence will be that the dam or reservoir will overflow, for as there is no outlet by the main pipe, the water could not escape that way. Again, if one of the smaller pipes was obstructed, that too would constitute a stoppage; although a local one, yet in a greater or less degree it would affect the whole of the works. We might get rid of the difficulty by drawing off the entire of the water, by which means we should at once remove the pressure from the obstructed part; but unless the matter, or substance, that caused the obstruction is removed, the effects would still continue.

An old naturalist was once asked by a doctor how he would cure the dropsy. He said, "You know, doctor, that the cold gets into the system, and for want of action the water cannot escape; to remedy which, I would build a fire inside, and boil the water out." The doctor laughed heartily, and said, "Well, yours is a short system indeed."

We have treated many cases, and have had to contend in our practice against every form of this disease; to a few of which we now draw the attention of our readers.

The first is that of Mrs. Russell, who had been labouring under general dropsy for twenty years; having undergone the operation of tapping three times during that period. Her body was so distended that she could not see her knees, and her

feet and ankles were equally swollen. She was about to call in a surgeon to perform the operation again, in order to obtain, if possible, transient relief, when she heard of, and was induced to send for, us. She was at this time forty-six years of age. We found her in a deplorable state, and commenced operations by treating her as follows:—We took about one ounce each of raspberry-leaves, black poplar-bark, barberry-bark, clivers, ground ivy, and senna-leaves, steeped in a quart of water, and made a decoction by boiling it for a few minutes, to which we added a teaspoonful of cayenne pepper; of this she took half a wineglassful four times a day, for four days in succession; after which we gave her a vapour-bath, as hot as she could bear it, following it up with a lobelia emetic, and valerian, giving half a teaspoonful at a time until it operated. Her whole body was then rubbed briskly with a towel wet with cold vinegar, applying at the same time a hot brick to her feet. The above operation was repeated three times a week, for two weeks, at the end of which time her waist was reduced sixteen inches in circumference, while her general health was so much improved, that she could walk and ride, which she had not been able to do for four or five years previous. In three months her cure was complete.

The second case occurred in Hull. In the summer of 1841, we were called in to see the son of Mrs. Read, who had had an attack of scarlet fever, for which he had been treated by a regular medical man. The fever terminated in

dropsy. At this time the boy was about four years of age. When we first saw him, his body in every part was filled with water, and his sufferings were extreme. We prepared for him a bottle of medicine in the following manner:—Centaury, clivers, white mustard, juniper-berries, raspberry-leaves, and senna, of each a small handful, steeped in one quart of water. By giving him this simple preparation four times a day, the boy was cured in four weeks, although the previous medical attendant declared his case to be hopeless.

Another case was that of Miss Pearson, who also resided in Hull. She called upon us in 1841, at which time she was labouring under this disease, so much so, that every part of her body was swelled to a great extent. We gave her a medicine made in the following manner:—Bogbean, barberry, clivers, ground ivy, agrimony, raspberry-leaves, and juniper-berries, of each half an ounce, boil in two quarts of water, add, when strained, one teaspoonful of cayenne, four wineglasses per day, of which we made a decoction, adding cayenne pepper; by persevering in the use of this medicine, she was entirely cured.

In the spring of 1844, while giving a course of lectures in Keighley, we were consulted in several dropsical cases, one of which was a person named Dinah Gill; she had been labouring under this complaint for some time; it was first brought on by colds, which produced obstructions in menstruation. Her case was deemed a desperate one; however, we undertook her treatment, and in four months cured her.

In this disease great attention should be paid to the digestive organs, always keeping in mind, that to warm an apartment two things are necessary; in the first place we must have a good draught, and secondly, we must have good fuel, which must be consumed, or the room will not be warmed. If we hope to rekindle the decaying spark of vitality in the diseased system, and remove the accumulated waters that threaten to quench the flame of existence, we must have recourse not only to strong stimulants, in order to drive out the offending matters, but we must use bitters to correct the bile, and diuretics to act upon the excretory organs, all of which medicines must be of a salutary kind, and such only as act in accordance with the laws of life and motion.

Our readers have only to consider well the above cases, in order to understand the nature of this disease, and the means to be resorted to in order to effect a cure. We have named the medicines which were employed (other diuretics will be found in the chapter under that head), therefore we need not reiterate them here; ardent spirits must be avoided by all who are labouring under this complaint, or in fact any other, as their use is always attended with deleterious effects.

TREATMENT OF THE FACULTY.—*Mercury, antimony, spirits of nitre, potass, foxglove, jalap, buckthorn, hellebore, Spanish flies, tobacco, spirits of juniper, squill, ipecacuanha,* &c.

ASTHMA.

This disease is divided or classed under two heads by the physiologists, one of which is accompanied with a discharge of humour from the lungs, and is called the humid asthma; when there is no such expectoration, it is called dry or spasmodic asthma.

It is sometimes produced by noxious vapours arising from arsenic or lead, when undergoing the process of decomposition. A foggy, heavy atmosphere, or sudden changes in the temperature from heat to cold, will likewise produce it; also exposure to draughts of air, which produce a contraction of the air-cells of the lungs, forming a secretion, or a deposit of mucus, which causes a difficulty of breathing, and cough, with other distressing symptoms. An impaired or faulty digestion will also produce the disease, by the existence of which the stomach is always more or less affected. The earliest attention should always be given to these important organs.

Spasmodic asthma sometimes comes on suddenly, so much so, that the patient is seized with it in a moment. This mostly occurs when the patient is exposed to dust, or sudden changes in the atmosphere. Many and various have been the means resorted to by the faculty to cure it, but generally without success. Repeated attacks of this disease, accompanied with violent colds, so much injure the lungs at times, as to bring on consumption, if not speedily removed. It is admitted by an eminent medical writer, that "the

examination of bodies after death have thrown but little light either on the nature or cause of this disease." To relieve the paroxysms, many recommend the use of the lancet, while others say that bleeding has proved highly injurious in almost every stage of the disease; which diversity of opinion pretty clearly proves that neither party properly understand its symptoms or cause, and that all their attempts to cure it, are at best, but a series of experiments, which cannot be successful, unless the cause which first led to the disease, be discovered and removed.

Hooper says, "whatever be the source of the aggravated distress endured in humid asthma, *of which it may be as well at once to confess our ignorance,* the patient feels less anxiety after some hours of suffering, breathes less laboriously, and experiences general relief and tranquillity, which usually keeps pace with the increasing freedom of expectoration." Dr. Cullen recommends bleeding; but Dr. Hunter says, "it injures more than relieves; purgatives seldom prove beneficial; blistering is of no use; narcotics and antispasmodics, given alone have rarely been attended with any advantage; the mineral acids have been supposed to do good, they, however, have seldom been trusted to alone." Lastly, he mentions lobelia inflata; his remarks we have before given under that head. Thus, according to the above opinions and admissions, the prospects of a patient who is so unfortunate as to be attacked with this disease, are anything but cheering. The whole of the above quotations are

selected from the standard works of the faculty; and yet that august body will probably censure us for having given publicity to their contradictory opinions. However, we are somewhat regardless of what they may either do or say, for we neither fear their censure, or court their praise. Indifferent to both, we are determined to establish the truth, by the propagation of facts, in order to set the public in the right path. The time may yet come, when others, influenced by our example, will contribute to our assistance, by renouncing error, and applying their minds to the discovery of the truth.

We shall now proceed to describe the treatment for this disease; but before doing so, would observe, the best prescription that ever emanated from the faculty is the following:—"To moderate the severity of the paroxysms in asthma, we cannot employ a more powerful and efficacious means of relief than the inhaling of warm steam from an inhaler, or the spout of a teapot." The treatment we would recommend is a strong decoction of valerian-root, with cayenne, made very fine, and well sweetened; immerse the feet of the patient in warm water, into which you may put a little mustard, shielding him as much as possible from the surrounding air, by covering him with a blanket. If he can lie down (which is seldom the case), put a hot brick or stone to his feet, and let him drink freely of a strong tea of yarrow; after which give him half a teaspoonful to a teaspoonful of lobelia, with a small quantity of cayenne pepper, and half a teaspoon-

ful of valerian; let this be repeated till the patient vomits freely, which seldom fails to give relief; and as purgative medicines are never very good in this complaint, let the bowels be relieved by injections, if necessary. After having gone through the above operation, prepare some bitter medicines in the following manner:—Horehound, barberry-bark, agrimony and yarrow, of each half an ounce, and make a decoction in one pint of water; add eight bitter almonds, well bruised, and half a teaspoonful of cayenne pepper; or, in the violence of the attack, you may use the vapour-bath in the usual way, the patient at the same time inhaling the steam.

[*Notwithstanding the doctors admit that they neither know the cause which produces the disease, or how to effect a cure, they nevertheless give the following as their remedies, namely, camphor, æther, opium, stramonium, squill, antimony, ipecacuanha, and foxglove.*]

PULMONARY CONSUMPTION.

PHTHISIS.

This is one of the most fatal diseases to which humanity is subject. Unhappily it is of such frequent occurrence, that its victims can scarcely be enumerated. About seventy thousand are computed to die annually of this disease in the United Kingdom; its attacks are generally confined to those who have passed the age of puerty. Hitherto, this destroyer of the parents' hope—this blight that withers the blossom of

beauty—this fell blast that has filled the land with sorrowful lamentations, has been considered incurable by the most eminent members of the faculty ; however we can assure our readers that we have been enabled by the help of Providence to restore health and happiness to many who have been given up to die, and abandoned to despair by the family physician.

The faculty have laboured hard to impress upon the minds of the public that consumption is hereditary. They assert that prominent shoulders, long neck, and narrow chest, are certain indications of this disease; to which they add the scrofulous diathesis, as it is called, comprising such as have "a fine clear skin, fair hair, delicate rosy complexion, large veins, thick upper lip, and great sensibility." Such indications are, in our opinion, so many additional proofs of the fallacies that are too often propagated by them; or, to speak more correctly, these untenable positions are but assumed, in order to conceal their ignorance more effectually. If the formation of the lips, or the length of the neck, the clearness of the skin, or the colour of the hair, have any connection with the producing cause, the sable sons of Africa, might congratulate themselves on their security from the ravages of this disease, in consequence of their short necks, and ebony hides; still their security is incomplete, from the uncommon thickness of the upper lip. How ridiculous it must appear to every impartial mind, when we find a body of men who have had every aid that science and education can afford,

assisted in their researches by a knowledge of chemistry, and the revelations brought to light by the use of the dissecting-knife, gravely recording such absurd opinions! Having been a victim to this disease, we have traced, by sad experience, all its symptoms and indications:—we have had the fangs of this blighting destroyer fastened upon our vitals, and received the advice of ten members of the faculty, all of whom gave us up as incurable, pronouncing our case beyond the reach of remedial agents. Thus, in the morning of life, were we doomed to an early grave, and all our fond hopes and expectations blasted. From our personal experience of this disease, our long and successful practice in treating it, it may be assumed that perhaps we are as well acquainted with it, as many who have hitherto written upon or attempted to cure it. We hope, therefore, no one will condemn hastily, and without giving the system a fair trial; inasmuch as all the statements here made will be supported by the most convincing proofs, and further information respecting the individual cases may be obtained by application to the different parties.

We will now proceed to a description of this disease, to which there are many predisposing causes, such as catarrh, inflammation of the membrane lining the lungs, scrofula, smallpox, measles, &c. It is also induced by many employments, such as scissor-grinding, needle-pointing, stone, and particularly marble cutters, machine-makers, or such trades as produce constant dust, which the workmen are compelled to inhale; as in

carding cotton, grinding woollen rags, inhaling mineral fumes, breathing unwholesome air, &c., all of which are increased by the sudden changes of the weather, or exposure to severe cold; mental excitement is equally predisposing, or if the nervous system be overwrought by too severe application to study, going out suddenly from crowded assemblies into cold air, thinly clad, throwing off our winter clothing too early, wearing thin shoes, or getting damp feet, playing on wind-instruments, or indulging in frequent and excessive debaucheries, keeping late hours, drinking too freely, the application of cold, either by too quick a change of apparel, keeping on wet clothes, lying on damp beds, or exposing the body to cold air too suddenly, when once heated by exercise; in short, by anything that gives a considerable check to perspiration, and lastly, by the use of mercury; on which subject Dr. Greaves observes—"Take a young man, even with a strong constitution, who is labouring under syphilis, dose him with mercury, put him on low diet, and prohibit fresh air, wholesome exercise, and enlivening conversation, and you will certainly make him consumptive."

When lecturing on this disease, we have frequently given the following quotation, taken from the "Diary of a Late Physician," as a beautiful though faithful apostrophe to this direful complaint:—

"Terrible, insatiable tyrant! who can arrest thy progress, or number thy victims? Why dost thou attack almost exclusively the fairest and

loveliest of our species? Why select beautiful and blooming youth, instead of haggard and exhausted age? Why strike down those who are bounding blithely from the starting-post of life, rather than the decrepit beings tottering towards its goal? By what infernal subtlety hast thou continued hitherto to baffle the profoundest skill of science, to prostrate utterly the uses of experience, and disclose thyself only when thou hadst irretrievably secured thy victim, and thy fangs are crimsoned with its blood? Destroying angel! why art thou commissioned to strike down the first-born of agonised humanity?"

What a melancholy but faithful picture the above lines reveal! though volume upon volume has been written upon this disease—though the most learned of the faculty have for ages given their attention to it, yet all their labours, researches, and inquiries, have proved unavailing, for the disease is yet deemed incurable. What say the standard writers of the day? We are told that pulmonary consumption is in every case to be considered as attended with much danger, but is more so when it proceeds from tubercles. Again it may in general be said with truth, that tubercular phthisis (consumption with ulcers) is an incurable disease; there is no instance on record of extensive tuberculous affection of the lungs, from which the patient has recovered. An insulated ulcer of the lungs, whether arising from inflammation of the bronchial membrane the rupture of a blood-vessel, or deep-seated sub

puration, may, and does indeed sometimes, even under certain circumstances apparently hopeless, admit of a cure; but that of a recovery can be permanently established, when the substance of the lungs is studded with tubercles, in a state of suppuration, or proceeding rapidly thereto, would require more confidence in the powers of nature and art, than they are entitled to. The unkindly nature of the secretions of the ulcers, their number, their inaccessibility to direct applications, the impossibility of excluding the atmospheric air from them, or obviating its influence, and lastly, of preserving the morbid lungs in a state of quietude, constitute a chain of circumstances through which the arm of science, however ably directed, will never break. In this, as in almost every other disease, the faculty disagree as to the cause, symptoms, and indications, but they emphatically assert, that when in an advanced state or confirmed stage, it admits of no cure. As far as their mode of treatment goes, this may be very true; with them it is all guess-work; there is no unity in their operations, no harmony in their practice, as the following quotations will show. We give as an authority Sir Arthur Clark, and to assist our readers, will put the following opinions of the members of the faculty in juxtaposition:—

One physician, Dr. Stahl, "attributes the frequency of consumption to the introduction of Peruvian bark."	Dr. Morton "considers the bark an effectual cure for the disease."

Dr. Reed ascribes "the frequency of the disease to the use of mercury," (which in many cases we believe to be correct.)

Dr. Brillonett asserts, "that it is only curable by mercury."

Dr. Rush says, "that consumption is an inflammatory disease, and should be treated by bleeding, purging, cooling medicines, and starvation."

Whilst Salvadori says, "it is a disease of debility, and should be treated by tonics, stimulating remedies, and a generous diet."

Galen recommended "vinegar as the best preventive to consumption."

Dessault, and others assert, "that consumption is often brought on by a common practice of young people taking vinegar to prevent *obesity*," (fatness).

Dr. Beddoes recommends "foxglove as a specific in consumption."

Dr. Parr found "foxglove more injurious in his practice than beneficial."

The above quotations prove, at least, how contradictory the opinions of the faculty are respecting this disease, and the means to effect a cure. What man at all acquainted with these things can rely on their skill, or confide in their ability to arrest

the disease? The numerous quotations given from their standard works, prove that as a body, they are fearfully ignorant, both as regards the nature of the disease, and the remedies essential to cure it. We know that the above is a severe censure, but is it not called for by the circumstances in which we are placed? If the faculty dispute the truth of the allegations, let them do so. We will undertake to prove every tittle here written against them and their practice, before any tribunal that they may select for the purpose. If they shrink from investigation, they must be content to bear the name of ignorant pretenders; professing a knowledge of that which they do not really understand.

Dr. Dickson, the author of the *Fallacies of the Faculty*, corroborates what we have said on this subject, by speaking as follows:—"The ancients endeavoured to elevate physic to the dignity of a science, but failed. The moderns, with more success, have endeavoured to reduce it to the level of a trade. Till the emoluments of those who chiefly practise it, cease to depend upon the quantity of useless drugs they mercilessly inflict upon their deluded patients—till surgeons shall be more than mechanics, and physicians something more than mere puppets of the apothecary—till the terrible system of thimble-rigging and collusion at present prevailing in our cities and large towns be exposed, the medical art must continue to be a source of destruction to the many; a *butt* for the ridicule of the discerning few. The wits of every age and country have amused themselves

at the expense of the physician, against whose science they have directed all the shafts of their satire; and in the numerous inconsistencies and contradictions of its professors, they have found matter for some of their richest scenes. Molière, who was long the dread of the Paris apothecary, makes one of his *dramatis personæ* say, 'Call in a doctor, and if you do not like his physic, I will soon find you another to condemn it.' Rousseau shewed his distrust of the entire faculty, when he said, 'Science which instructs, and physic which cures us, are excellent, certainly; but science which misleads, and physic which destroys, are equally execrable; teach us how to distinguish them.'"

After this somewhat lengthy digression we will return to the question before us. Consumption is an affection of the lungs, the office of which is to receive the atmospheric air, which constitutes respiration, or breathing; this operation, so essential to health and longevity, cannot be dispensed with; from which it follows, that obstruction in these organs must endanger life, if not removed. In the process of breathing, when the lungs are in a healthy state, we receive into the cells of the lungs, about one gallon of atmospheric air per minute. After the blood has passed from the heart into the arteries, for the purpose of supplying the wants of the body, it is exposed in the lungs to the action of this air, for the purpose of receiving its portion of oxygen, without which the living machine cannot be supported, or its operations sustained. Every gallon of air thus

inhaled, yields or gives to the blood twenty-one parts out of every hundred. For every hundred gallons of air that passes into the lungs, twenty-one thereof are absorbed or abstracted therefrom, in the shape of oxygen, which arrangement is absolutely necessary, in order to sustain life and motion; and any, or the least obstruction in these parts, induces disease in a greater or less degree. In order to lubricate or moisten the parts, there are a number of small glands, which give off or secrete a mucous fluid; this mucus, when not exhaled or absorbed and carried into its regular channels, becomes a clog or impediment to the breathing; inducing a cough, which symptom is the first stage of consumption. Sometimes the obstruction is only in the bronchial vessels, or air-pipes; in this case it can be easily removed, but when it remains long upon the lungs, ulcers or tubercles are formed, which, in the language of the schools, is confirmed consumption. This is the state which Dr. Thomas says "the arm of science cannot reach." The main obstacle in the way of a cure is, that the lungs are in constant motion, the patient must of necessity breathe, and the lungs contract and dilate with every inspiration and expiration; the more rapid the breathing the greater the friction, on which account a less quantity of oxygen than usual is taken up, the system fails to be supplied as it was wont to be, it therefore wastes and diminishes in bulk; every day beholds a reduction in the size of the patient, who, nevertheless, may still retain a good appetite; those who are

unacquainted with the working of the system may be astonished at this. Many patients have said to us, "Doctor, see how I am falling away, and I eat very heartily, my food digests well, and yet I am growing less every day." The reason is, because such patients do not retain the oxygen in the system, which is one of the principal articles of combustion, without a due proportion of which the fire of life cannot be maintained.

At such times the head becomes affected; for as respiration becomes more difficult, there is an increased action; the blood traverses the system with greater velocity, and the whole mechanical arrangement of the system is disordered, and the healthy equilibrium is destroyed; it is like a locomotive engine, which is only constructed for the purpose of running at the rate of twenty miles per hour, and should it be made to perform sixty in the same time, would soon be worn out and rendered useless, through the extra friction, wear, and tear of the machine. When the body is in a healthy state, the lungs receive all the blood in the body, or nearly so, once in every three minutes; the heart throbs, or beats, from sixty to eighty times per minute, according to the temperament of the patient; but drive the blood through the system once in every minute, by which the beat of the pulse will be increased to one hundred and twenty, or one hundred and forty times in the same period; and it must be evident to all, that such increased and unnatural action, will soon wear out the human machine.

When an ulcer is formed on the lungs, it is, as before remarked, most difficult to cure, because their motion cannot be arrested, they must labour on; nor is this the only difficulty we have to contend with, for, from the manner in which they are protected, we cannot go to them in order to apply such remedies, as might otherwise be provided in such exigencies; therefore we are compelled to act upon the lungs, through the medium of the circulation.

If what is here said be correct (and these arguments are based on the experience we have had in these matters), how injurious must be the depleting practice, or the theory of Dr. Rush, when carried into effect, namely "bleeding, purging, cooling medicines, and a low diet!"

What an amount of ignorance is manifested by those who believe, that because one of the most vital organs of the system, on the performance of whose functions life and health mainly depend, is diseased and deranged, that the most effectual means to be resorted to for the repair and cure of the same, is to debilitate and waste the enegies of the other organs! Yet such is the logic of the schools—such the meaning of their fine-spun theories—such the intention of *counter-irritation*, which is no more than this: the doctors create a second disease, as a means of enabling them to cure the first; to speak in their own words, "we attract the powers or energies of the system to the disease we make; and as two diseases of the same type cannot exist in the system, we establish the second to get rid of the first: hence if there

is an ulcer on the lungs that discharges a large quantity of matter, we make an artificial ulcer on the outside to produce a determination to the surface, and, by consequence, lessen the discharge from the lungs." And again, "if the patient rupture the bloodvessel in the lungs, or in any other organ, we draw blood from the arm, in order to turn the tide from the wounded part." Having shown you the theory and practice of the faculty in such cases, let any unprejudiced mind ponder over these matters, and the danger attendant on such treatment will very soon become apparent. Suppose we put a blister on the body of a healthy man, even that will enfeeble and injure the constitution ; to take away the blood under similar circumstances is fraught with equal, or even greater danger ; and to subject a strong man to a low, meagre diet, reduces his strength, the muscles being no longer firm, the nervous system is impaired, and the sinews are enfeebled and unstrung.

Now instead of producing this physical and mental debility—(for if the body suffer from sickness, the mind must sympathise with it)—is it not better to assist Nature in her efforts to overcome disease, by giving and applying only such remedies as operate favourably on all occasions, by acting in accordance with her unerring laws? Medicine ought to build up and restore the sinking constitution, not pull down and hasten its ruin ; if so, why not adopt the theory of *Salvadori*, who wisely says, "Consumption is a disease of debility, and very properly recommends *tonics*, *stimulants*, and a generous diet." We can assure

our readers that we practise on the above theory. We assist digestion as far as practicable, thereby restoring the diminished vitality; and keeping in view that anything which gives a considerable check to perspiration, is calculated to produce consumption, we commence our treatment by giving simple diaphoretic, or sweating herbs, as the most effectual means that can be employed for the purpose of removing the cause.

We have been consulted upon, and treated consumption in all its varied forms, and with so much success, that we have again and again taken patients from the grasp of death, whose cases have been deemed incurable by the faculty; to their astonishment, cures have been effected, which they believed impossible; and this has been acomplished, by the aid of medicines that may be taken by a person in perfect health, without producing a derangement in the system; and what is more, these remedies can be given by any one, though the dispenser may not have the least knowledge of Latin. Plain and simple facts are the best weapons wherewith to defend a theory; those who content themselves with watching symptoms and indications, instead of looking into causes, and inquiring after truth, may affect to disbelieve the above statements; but we do not risk our credit with the public on a mere unsupported assertion of our own, for there are many now living, who can authenticate the facts; we have never at any time said or written anything on the important subject of health, without having sufficient evidence of its truth;

and writing as we now do for the great mass of the people, and as we trust for posterity, we would not that this work should contain a single error, much less a falsehood. In order therefore to give those who are unacquainted with the practice an opportunity of judging of its efficacy in staying and subduing the progress of disease, we will cite a few of the many consumptive cases that have been successfully treated.

We have alluded to our own case, and shall not therefore dwell at great length on this part of the evidence ; but will briefly state the particulars, having other cases to mention, some of which occurred in this country. The parties are now living, and the cases being fresh on the minds of the public, we shall select them in preference to others of older date. To begin with our own case. Our early life was devoted to the study of medicine, as taught and practised in the schools ; anxious to become perfect in the science we studied with the most unremitting diligence ; from the sedentary nature of our occupation, dyspepsia, or indigestion, soon made its appearance ; to relieve which we made use of the best means within our reach, all of which failed to produce any change in the symptoms. In the approaching autumn we caught a very severe cold, which added considerably to the difficulty in effecting a cure. These misfortunes occurred at the age of sixteen. On the return of milder weather, the cough left us, and during the summer months, our health visibly improved, and friends indulged the hope of a recovery, but as the cold

season advanced, the cough returned with more than its former violence, and continued its annoyance throughout the winter. We then began to expectorate a bluish-gray, gluey matter, which was regarded as an unfavourable symptom; the expectoration continued, its violence increasing, whenever we had the misfortune to renew the cold. In this miserable state, we lingered on for two or three years, the enemy gaining strength, and entrenching himself more firmly in our vitals, until he appeared to have gained full possession of the citadel of life. The most eminent of the faculty attended us, but all their efforts were abortive in the end. We continued to grow weaker, and were reduced almost to a skeleton, and frequently raised from the lungs more than a pint of blood at a time. Our master, and others of the faculty, thought us beyond the reach of human aid. We were resigned to our fate, for suffering had taught us to feel that we were destined for the grave. At this time, a tribe of the Senecca Indians encamped in the neighbourhood; one of the women, or squaws, as they are termed, saw us, and inquired how long we had been in that condition? When she heard the particulars, she told us not to fear, for that she would effect a cure. She brought from the fields and woods some of nature's remedies, and in three months, thanks to her aid, we were restored to perfect health; and from that time to the present, our lungs have never failed us, though they have been well tried for several years. Since that period we have been much

employed in lecturing, and after speaking in an overheated room, have frequently walked home a distance of several miles at night, without the least inconvenience. All who have heard us lecture can speak to the soundness of our lungs, which have never failed us, though exposed to such exertion. We need not dwell longer upon these particulars, but will conclude by remarking, that had we not well-nigh fallen a victim to consumption in the first place; and, secondly, being cured by a poor Indian woman, when all other means had failed; we should never have turned our attention to the vast resources in which nature abounds throughout the whole of her ample dominions, nor should we have dared to attempt such cures as have been performed; to a few of which we invite attention.

The first case to which we shall direct attention is that of a patient named Wickes, whom we attended in America. He was a biscuit-baker, and having to complete an order for a ship by a certain time, he exerted himself too much, and overheated the system, owing to which circumstance he caught a very severe cold; feeling very ill, he called on a doctor, who bled him, and gave him a dose of calomel. That very day he was seized with a cough, which continued, accompanied with the usual premonitory symptoms of consumption. He was attended by six of the faculty, and in three months was pronounced beyond the reach of medicine. Some time before, we had cured a young man of his, of a violent cough and hoarseness, which were

removed in the course of a week. When the doctors had given his master up, this man urged him to send for us, to which he at length consented: we found him in a most pitiable state—he was reduced to a mere shadow; large ulcers had formed upon his lungs, from which he had discharged three pints of purulent matter, and the decision of the council was, that he would not live ten days longer, or that he would die by the bursting of the next ulcer. We had very poor hopes of him, but calling to mind our own case, thought there might be a chance of saving him, and determined to make a trial. We treated him according to our usual practice, (see end of this chapter.) We commenced with him on the 22nd day of October, 1831, and in six weeks had him so far recovered, that he was able to walk out: he resumed business again in the following year. Five years after, when in the south, we received a letter from him, in which he stated he was in perfect health. This gentleman visited us during the year 1851, and was present at several meetings in England, which will be remembered by many of our friends; and in 1854 we spent six weeks at his house in Troy, surrounded by his children, twenty-three years after his cure.

Whilst residing in Hull, we cured several cases of consumption, some of which have before been made public. One case was that of the daughter of Mr. Thomas Pexton, who had been ill for three years, and was attended by several medical men, who pronounced it to be confirmed consumption, and that her case did not admit of cure. She

had a distressing cough, bad appetite, and was much emaciated. We undertook the case, and prescribed for her, and effected a cure.

The following cases are so important, that we wish our readers to pay particular attention to them. The parties mentioned are highly respectable and will willingly give every information that may be demanded.

The first case is the son of Mr. Thomas Turner, Swindon, Wilts. In September, 1851, he was labouring under a very severe cold, accompanied by cough, shivering, fever, &c. Two physicians were called in, and pronounced his complaint consumption. They gave him medicine, which he took for some time, but got worse instead of better. They then ordered him to take cod-liver-oil. But despite of all these, he got so bad that his parents began to despair of his life. At this stage his father remembered that his son John was cured by us of bleeding from the lungs some years before, in a very short time, and determined upon seeing us. He came to London, and some medicine was prepared for him. The father took it back with him, but did not expect it would be of any service; but to his gratification, after his son had taken it twenty hours, the cough was entirely removed. In three weeks he was able to come to see us, and in ten weeks he was quite recovered, and resumed his employment. He now enjoys a better state of health than he did previous to his illness.

The foregoing case fully proves the value of

our system ; for had either the depletive system of Dr. Rush, the narcotic, stimulating one of Dr. Beddoes, the medium one of Brown, or the improved method of the schools of the present time been continued, the patient by this time would have passed to "that bourne from whence no traveller returns."

The following case, being an extreme one, we thought as the patient was living, and ready to be inquired of, it would be more interesting :—

"To Dr. COFFIN.—Sir,—I have been a sufferer from disease, more or less, for seven years, during which time I have consulted many medical men, all of whom said my lungs were diseased. My symptoms were cough, tightness across the chest, expectorated rather freely a thick matter, general debility, great depression of spirits, which rendered me incapable of performing my domestic duties. At the latter end of December, 1854, I was suddenly seized with strong feverish symptoms, together with extreme prostration of strength, and great disturbance of the nervous system. A neighbouring medical man was called in, who made an examination of my chest and general symptoms, and upon being solicited to give a candid opinion respecting my disease and probable results, he said that it was typhus fever, and further, that one lung was quite gone, and the other was highly diseased, which precluded the slightest chance of recovery. Daily I became weaker ; my breathing now was short and quick, cough decidedly more embarrassing, so much so, that I had to be kept supported in a sitting

position. At this advanced period I became anxious for further advice, although I had given up all hopes of ever being able to leave my bed again. You, Sir, were suggested, but there were those around me who strongly objected to the proposal; however, I was resolved to give your system a trial. You came and examined me; you told my friend that it was a bad case, but that there was still left a little hope. I had only taken your medicine twenty-four hours when I experienced sensible relief. This favourable change was looked upon by my friends only temporary; certainly I fluctuated very much for a few weeks, as if there was a great struggle going on between life and death. I rejoice, however, to say, that one month after you first saw me, I was able to get out of bed, and sit up the most of the day, so that now, which is only two months ago, I am quite strong, no cough, chest free from any tightness, and I am fast gaining flesh; I perform my domestic duties as well as ever. Sir, I shall ever feel grateful for being saved from an untimely grave, and I promise to exert myself on behalf of your system; would you therefore kindly permit this case to occupy a place in your 'Guide to Health?' and I fervently hope that I may be the means of inducing others, who are similarly affected, and doomed without a hope to a premature grave from the fatal disease consumption, as considered by the medical faculty. I beg to remain, very faithfully yours,

JANE PASSMORE.

"King-street, Clerkenwell, June 14, 1855."

A person named William Wheatley came to us in the autumn of 1843, who, the doctors had said, was labouring under an incurable consumption. When he came, he was so extremely hoarse as to be inaudible when speaking; he had a severe cough, and a continued expectoration of purulent matter; his appetite was gone, he was very much emaciated, all hope of recovery had departed, and he was in daily expectation of being summoned to the grave. His business (being an engineer on a railway) was much against him, being exposed so much to the vicissitudes and changes of the weather; however, we prescribed for him, and in six weeks had the pleasure of seeing him restored to perfect health. This person met Captain Wickes, in 1851, in good health, and came to London only a few weeks ago in good health.

Another case of this disease, where ulceration had commenced upon the lungs, was that of the daughter of a Mr. Pullen, of Leeds; her lungs were diseased, and her doctor gave her up to die of confirmed consumption; notwithstanding which we cured her in less than a month's time, nor has she experienced another attack since that period.

Jane Clough, of Newton-moor, near Hyde, was for nine years afflicted with indigestion, which finally terminated in consumption. She had advice and medicine from five of the faculty; in 1843, she was seized with hoarseness, accompanied with a cough. She raised large quantities of matter; she had tried all the means possible, without success. In June, 1845, about the time our first edition of this work came out, Miss Clough heard

of us, through the medium of Wheatley, mentioned above. She came to Leeds, where we then resided, and put herself under our care; but, as she expressed at the time, without any hope. In five or six weeks she was cured, and has continued so up to the present time.

"To Dr. COFFIN.—Dear Sir,—I was much pleased at your introducing my case before the public at the lecture of the 12th instant; for my feelings on the matter are, *like your practice*, no secret; and I wish, for the sake of mankind, the whole world could know and feel as I do on the subject. I am now enjoying perfect *good health*, after many years of suffering. If you will not think me intruding on your valuable time, I will inform you that, in the year 1831, I took a voyage to America (New York). The winter was a very severe one. I took a cold and ulcerated sore throat; my doctor attended me for a fortnight: the throat being nearly closed, I was unable to take medicine. A physician being called in, who said there was but one chance, and that was the lancet, which was attended with great danger; he, however, did use the lancet, and I soon recovered. I returned to England in 1832—here also was attacked with my throat again, and always subject to the same disease. In 1848, I came to reside in London—was again attacked, also with a severe cold, which ultimately settled on my lungs. I had a dreadful cough—severe pains in the chest, also in the back, and left side, so much so I could not enjoy a night's rest *for two years*. I had our family doctor, whose name *stands very*

high to this day, but I received no benefit from him. I was persuaded to go to Brompton Hospital, where they pronounced I was suffering from bronchitis: I was an out-patient for nine months, without the least benefit; in truth, I was much worse than when I first went. A tenant of ours called soon after to pay some rent, who happened to be an agent of yours, and strongly recommended me to apply to Dr. COFFIN. After much persuasion, I did so; when, to my surprise, you said, "If you take medicine, you will never be troubled again with a sore throat." In four months I was perfectly restored to health, and have not had a doctor in the house since. With many thanks, I remain, yours very truly,

A. GROOME.

69, Southampton-street, Pentonville,
March, 1855.

P.S.—I am quite willing to answer any questions, either by letter or personally.

We have now given our readers a few cases out of the many that might have been added; they will serve, at least, to show the success of our practice. We have nevertheless been called to visit patients who could not be cured, being so much reduced by the drugs which they had previously taken, that nature could not hold out long enough for the medicines to take effect. Sometimes when patients are given up they abandon all hope, and refuse to give any remedies a fair trial, at most will only take one bottle of medicine, expecting it to work miracles, or they will have no faith. Now, we never profess to work

miracles; we only assist nature, in doing which, we are sometimes compelled to give a patient a hundred bottles or more, if requisite. If people will not take our remedies, they ought not to speak ill of our practice, as some have done, because we could not perform impossibilities, by curing those who, in many instances, refused to take the medicines, being as they alleged, unpalatable and bad to the taste.

In all cases "prevention is better than cure:" and if our readers will attend to the advice given them, they will escape the pangs of this and many other diseases. That advice is couched in a few words, namely, avoid the first cause as much as possible; if you unfortunately omit to do this, upon the earliest appearance of the symptoms, make a strong tea of yarrow, to which add a little cayenne pepper; take this at night on going to bed, and apply a hot brick to the feet, wrapped in a cloth wet with vinegar; in most cases this will throw off the disease, and prevent such consequences as must otherwise ensue. Above all things, avoid the use of anodyne medicines, or narcotic substances, such as opium, foxglove, henbane, and the like, as they only allay the symptoms for a time, without removing the cause.

In this disease, the doctors have taught the patient to believe that a cough is a dangerous symptom, whereas it is no such thing. By means of the cough, the putrid matter is thrown off, which would, if retained in the system, produce death. The cough is to the disease, what the

pump is to the sinking ship. When a vessel at sea springs a leak, the first care of the officer is to man the pumps; instead of doing which, suppose the officers choke them up, or otherwise injure them, would they not be looked upon as murderers or madmen? Certainly they would. Yet when narcotic stimulants are given for a cough, they produce this effect in a greater or less degree, since they have a tendency to stop the expectoration, without which the purulent matter cannot be carried away.

Now, if we remove the cause, we prevent this accumulating, or, in other words, we stop the leak. The cough will then disappear, for nature no longer requires its aid in order to dislodge the phlegm; just as the pumps are abandoned when the leak is stopped. Therefore to stop the cough, we must remove the cause that produced it.

The cases recited were treated in the following manner:—Red raspberry-leaves, agrimony, barberry-bark, clivers, ground ivy, centaury, and horehound, of each half an ounce, boiled in one pint of water; when strained, add half a teaspoonful of cayenne peper, and a quarter of an ounce of Spanish juice; dose, a wineglassful four times a day—from three to four pints a week. They also took of the acid tincture of lobelia, from half to a teaspoonful at a dose, in order to promote a free expectoration; and as this is a very debilitating disease, when the fire of life is too lŏw, and the oxygen in the lungs insufficient for the purposes of life, be sure to keep up the system by administering pure stimu-

lants and tonics, such as stomach bitters, or the antispasmodic powder, in order to produce and maintain a healthy digestion.

TREATMENT OF THE FACULTY.—*Carbonate of potass, Peruvian bark, foxglove, acetate of antimony, sulphate of iron, Prussic acid, syrup of poppies, nitrate of potass, tolu, squill, camphor, and hemlock, with bleeding, blistering, and starving.*

FEVER.

FEBRES.

A proper understanding of this affection is of the utmost importance; and though the destiny of thousands of the human race depends upon clear and correct views of the subject, yet we are compelled, even at this late period, to complain of the great want of knowledge exhibited by the faculty, both of its cause and of its cure. Our readers, and particularly if they are not medical men, may think this a bold, and perhaps a wrong assertion; but before they condemn us, we beg they will read attentively all the proofs and explanations we shall lay before them. We shall even ask them to go one step further, and try the system upon this form of disease, making use of such medicines and means as are here recommended; then, and not until then, shall we consider that we have been fairly treated.

In treating of this, as of many other forms of disease, the faculty make some most startling acknowledgements, and what is most lamentable, these confessions are found but too true, when

tested by their practice. Large numbers of volumes have been written from time to time on fever in all its varied forms. Most of these writers have conflicting opinions, and many have been very severe in their criticisms upon others, whose opinions differed from their own. The following quotations are taken from *Thomas's Modern Practice of Physic;* it will show that, however willing the physician may be to relieve his patient, yet there is no principle taught by the schools upon which he can fully depend:—

"It is impossible to give a concise and proper definition of the disease known by the name of fever, as it has no symptoms invariably attendant upon it which can point out its real nature or essence. The pulse is exceedingly various in such cases; it may be small, weak, slow, contracted, and unequal; or it may be strong, quick, full, and regular, hard or soft, according as the fever is at the commencement, increase, height, or in the remission and termination, or as the genus and nature thereof may chance to differ. So also the heat may be equally diffused or confined to the particular parts. Sometimes the external parts are cold, with a sense of internal heat; at others there is a general heat over the body, and sometimes the heat is not greater than what is natural. Sometimes the face is pale, and at others it is red or swollen; now it has the natural look, and now the reverse of this; the eyes are heavy, languid, and sad; or red, and impatient of light; they are prominent, distorted, or wild; shining, dull, or ghastly;

sometimes bedewed with tears, and deprived of their usual lustre. The tongue is generally dry, chapped, scabrous, red, white, or variegated, often covered with mucus, but not unfrequently moist and natural, without any thirst. The breathing is frequent, hot, unequal, or impeded; the breath is often offensive. The appetite is usually extinct; but in few instances some desire for food remains. Sometimes the urine is crude and *watery;* at others, red and *thin,* or often thick, soon becoming turbid, and depositing a sediment; sometimes it is of a natural appearance. To these symptoms are added pain in different parts of the body, depression of strength, and watchfulness; on the other hand, heaviness, stupor, or imbecility of mind, looseness, or costiveness," &c.

Now, how is it possible to form any correct opinion by the symptoms of this disease from such an unintelligible and contradictory mass as the above? and yet we are told in the following paragraph, that "it is from a diligent examination of their appearance conjoined together, that we are enabled to judge of the presence or absence of fever, not from any one of them taken singly." Well might a writer in a late medical journal come to the following conclusion, viz.:— "that although fever is one of the most common forms of disease in every quarter of the world, and the attention of the physicians has necessarily been directed to it from the earliest period of the history of the healing art, yet the opinion re-

garding its causes, and in many respects its treatment, is by no means settled."

After reading the above extracts, and from thence learn the inability of the professed conservators of our health to stay the progress of this dire disease, and cast our eye over the map of human misery, and mark the monuments of the destroyer where he has marched with death and fever inscribed on his terrible banner, and then behold a power that can at once arrest his progress, we must consider it as one of the most signal benefits the Deity has conferred on man.

What heart has not bled over a beloved friend? How many have mourned the loss of the wife or husband of their youth?—over children dearer than their own souls?—and how many have seen all their earthly comforts wither under the sweeping siroc of this pervading and desolating storm? If we look to the east, or to the west, we behold multitudes that have at various periods been swept from the earth by this unrelenting pestilence; the untrodden streets of silent cities, where once the smiles of beauty, and the lessons of the sage, by turns delighted the hearts and elevated the minds of men, now bear awful testimony to the ravages of the ruthless tyrant. And do we inquire the cause of this dark array of travellers on the path of death, Echo from her thousand caves rings out the response—fever! fever!! fever!!! And to find a remedy for this desolating disease, the colleges, nay, the whole phalanx of the learned physicians have spent

their skill in vain. It must, say they, run its course; yet, notwithstanding this admission, they try first one mode of treatment, and then another, until the worn-out resources of the materia medica are exhausted, and the experiments of the experimenter fail, and the patient dies, or nature triumphs over both death and the physician. The profession of medicine is the only one by which a man can profit by his blunders and mistakes. The physician contrives to gather laurels by dispensing the very medicines that sink suffering humanity into the vortex of misery and disease. He is lauded to the skies for having rescued the individual from the horrid condition into which he himself had plunged him, and from which he could never have arisen, but for the recuperating efforts of nature, which, as before remarked, enabled him to recover against the operations of both the disease and the medicine.

It is not our intention to go into a description of the symptoms of the forty or fifty different forms of this erroneously called disease; and we shall here assume the position, that fever, in the common acceptation of the word, is not disease. We have used the word disease as applied to fever, but it is only that it might not be misunderstood; we will, however, endeavour to throw such light upon the matter as will undeceive those who have hitherto laboured under the mistake. Then the question is, what is fever? Before answering this question, we will give our readers a few of the opinions of the learned of the schools. The Greek school believed fever to

be a "*concoction and critical evacuation of morbific matter.*" Boerhaave believed it to be "*a viscosity or lentor of the blood*" (siziness). Stahl, Hoffman, and Cullen, "*a spasm of the extremities of the living fibre.*" Brown and Darwin, "*accumulated and exhausted excitability.*" Thus our readers may see how profound have been the researches on this subject by the sages of bygone days. And what has been the result of these investigations? Is "*the intermittent nature of the disease better understood?*" No: in the language of the writer before quoted, "*the opinion regarding its cause, and in many respects its treatment, is by no means settled.*" If, then, we should be successful in giving a correct description of the disease, accounting for its cause, and pointing out a remedy, we shall feel that "we have done the state some service." What then is fever? Heat assuredly; though a disturbed state of it. Is heat disease? Hippocrates says, "Nature is heat." Can nature be disease? But suppose we admit the common opinion, that fever or heat is disease, how has the sufferer acquired it? Let us turn for a moment to the causes, as given by the faculty, and see what produces this disease. "*Exposure to cold, lying in damp rooms or beds, wearing damp linen, a moist or damp atmosphere.*" "The most usual and universal cause of fever is the application of cold to the body, giving a check to perspiration; (!) and its morbid effects seem to depend partly upon certain circumstances of the person to whom it is applied. The circum-

stances which seem to give the application of cold due effect, are its degree of intensity; the length of time it is applied; its being applied generally, or only in a current of air; its having a degree of moisture accompanying it, and its sudden and extensive changes. The circumstances which render the person more liable to be affected by cold, seem to be debility, induced either by great fatigue, or violent exertion; by long fasting; the want of natural rest; severe evacuations, preceding disease; by errors in diet; intemperance in drinking; by great sensibility; too close application to study, or giving way to grief; fear, or great anxiety; by depriving the body of part of its accustomed clothing; by exposing any particular part of it, while the rest is kept at its usual warmth; or by exposing it generally or suddenly to cold, when heated much beyond its general temperature; these, therefore, we may look upon as so many causes, giving an effect to cold, which it otherwise might not have produced."

Now we would ask our readers to peruse attentively the extracts above made, and see if it is possible to answer the question before propounded, namely, *how or from whence has the sufferer acquired the heat that has made him so ill?* Was it from exposure to cold? If so, surely the smith that resides in the frozen regions of the north would have no difficulty in making his iron hot. Dr. Thomas says, that "the most usual and universal *cause* of fever is the application of *cold to the body*, giving a check to perspira-

tion." Now, through all our reasonings it has been maintained that the cause was to be attended to, and removed, and the effects would cease. How, in the name of common sense, can taking cold produce heat? What a mistaken expression it is to say, "I have caught cold;" should not the expression be, I have been exposed to a cold draught of air, or laid in a damp bed, and I am afraid I have taken a *heat?* If the theory of treating fever as disease, as understood and practised by the faculty, be correct (than which in our opinion there can be nothing more opposed to the laws of the animal economy), why is it that so many die annually under its influence? The fact is, they are constantly treating the effect, and not the cause; hence the practice of bleeding, and refrigerative medicines. If cold, as we are told, be the cause, why should we not remove that which has produced it in the first place, namely, cold? and how can that be done by employing such agents as will promote it? How could a furnace be heated with snow and ice? It must be borne in mind that the patient has caught cold, and that this is the real cause of derangement; that is, by closing up the pores, and obstructing the escape of the perspiration. If through these pores a large amount of offending matter is constantly passing off, and this process is necessary, in order to keep the body in a healthy state, should it not be our first care to open the pores, and restore the equilibrium? When we see a patient exhibiting symptoms of what is usually termed fever, we

find the tongue coated, the eyes languid, with pains in different parts of the body; thus the clearest evidence is given to the close observer, that the whole system is being clogged and obstructed; all the above symptoms are produced by cold, and the febrile symptoms or apperances of heat, are but exertions of nature to throw off the obstruction, and not disease. Shakespear has said that "fire drives out fire," and it would appear that the faculty think, that cold drives out cold, else why the practice of depletion, and their use of cooling regimen, bleeding largely, although every drop of blood taken away *lessens the vitality* of the system and weakens the living fibre? why the use of mercurial and antimonial preparations, which are cold and inactive, when, as Dr. Thatcher says, "it depends upon the state of the system, whether they operate at all, or operate with sudden and dangerous violence;" and the blistering and low diet which follow in their train? The combined powers of these agents are calculated to drive out every spark of vitality that remains. What would be the fate of a hardy, hale person, placed in an opposite bed, to one labouring under typhus, or any other form of malignant fever, requiring *strong* and *urgent* treatment, if placed under similar operation; what, we again ask, would be his fate? When you bleed the sick man, bleed the healthy one; when you blister the sick man, blister the other; when you physic the sick man, physic the sound one; in a word, carry him through all the gradations of the practice, and his fate will be almost

as certainly sealed as that of the man with the fever. Can such a practice be philosophical? Is it in accordance with common sense, to give, in cases of derangement, or disease, that which will destroy health, and produce disease? No; and though all the faculty combined should raise the voice of opposition, yet will we maintain that it is opposed to common sense, philosophy, and nature; and although special reasoning may be resorted to in the form of "counter-irritation," and that it requires "poison to drive out poison," yet the want of success that attends such practices is a more powerful evidence against it than every other consideration or argument. Whilst nature is struggling to open the pores, and throw off the offending matter, the energies of the system are assailed by taking out a large quantity of the vital fluid, the blood, upon which depend life and health. But we are told that the blood is bad or buffy, and oftentimes black, and upon these appearances the doctor often congratulates himself on having bled the patient; but does not the cause still remain? What benefit would be derived from drawing out of a barrel of sour beer one gallon, in the hope of restoring the remainder? You would be sure to lessen the amount; would the remainder be any sweeter? No; and will the blood that remains be less buffy. Will the black vitiated venous blood that remains deprived of its oxygen, become pure red, arterial blood? In a word, will the pores that the cold has closed, be again opened by such a process? No; and let us here repeat, that their unsuccess-

ful practice in this disease justifies our opinion;—it is unnatural, and too often proves fatal.

The skin is the most important part affected, and in most cases it is entirely neglected. It must be recollected, that every square inch contains about one million of small holes, or outlets; upon this surface there is an external pressure of atmospheric air of fifteen pounds' weight; when these pores are closed by cold, or any of the causes mentioned by Dr. Thomas, and the equilibrium destroyed, the pressure of the atmospheric air ought always to be taken into account, instead of keeping the *patient cool;* this, together with *cooling* medicines, is generally the order of the doctor. A different practice will be presented, and one that is in accordance with the laws of the animal economy, and as an evidence of this, you may give the medicines we recommend to you, each day to a man in good health, in quantities necessary to be administered in cases of fever, and his health will be uninjured. How can a patient recover, if we take into consideration the *use* of the blood, and the necessity of a *healthy digestion* in supporting the system, when he is subjected to the loss of large quantities of the vital fluid, and the use of such substances as tend to destroy digestion altogether? Such practices, as before stated, are more calculated to kill than cure.

In treating the disease which is the cause of fever, we always regard fever as the friend, or the result of an exertion of nature to throw off the obstruction, and which only wants assistance

instead of opposition, and the fever is "turned." When is the cause, or the cold removed? Is it not when the effects cease? And when do the effects cease, if not when the febrile symptoms disappear, or when the lost equilibrium is restored? and when there is life enough left in the system, this can always be done in the space of from twenty-four to forty-eight hours. We can assure our readers that fever, as it is called, has, in our opinion, no "course to run." During our residence in warmer climates, we have treated fever in all its forms, from the bilious to the yellow, and though there are as many prescriptions given by the faculty, as there are forms of what they call fever, we have but one course of treatment to recommend, and this course will be applicable to all, or else be inefficient altogether. We shall endeavour to make that plain, and if successful, shall place a means in the hands of the public of lessening a great amount of human misery. To give our readers a clearer knowledge of the merits of the practice, we will state a few cases, and in doing so, shall confine ourselves to those that were by the attending physicians considered incurable. This will give a better understanding of its effects, for if the medicine will cure the disease in its worst forms, it may be depended on in its first and middle stages.

Whilst residing in Hull, we were called to see a Mrs. Kirby, residing at No. 9, Cook's Buildings. She was labouring under a strong attack of typhus fever, and was pronounced by the attendant doctor incurable. She was in a deplorable con-

dition; the breathing was hurried, the pulse beat about one hundred and twenty per minute, the tongue was as black as the skin of the African, and her mind quite deranged; she had been blistered, bled, leeched, and physicked, and for fourteen days had not taken any other food than thin gruel. We gave her friends but little hope, but they requested us to take charge of her. We commenced by preparing a medicine in the following manner:—vervain, centaury, clivers, raspberry-leaves, of each a handful, boiled in one quart of water, and after straining, added one tablespoonful of cayenne pepper. Of this we administered one tablespoonful every hour; at the same time ordered a hot brick to her feet, and one on each side. At ten o'clock, p.m., left her. We called the next day, and found her sitting up in bed, eating with great eagerness, declaring that she was exceedingly hungry. Two days after, the doctor happening to pass by, called, and with some astonishment, exclaimed, "Why, you are better; I expected to see your shutters closed." Mr. Kirby immediately told him that another doctor had been called in. "And who," said he, "have you called in?"—"Dr. Coffin," was his reply. "Why," said the doctor, "he is a quack; he has no diploma, and does not belong to the profession."—"I did not ask him," said Mr. Kirby, "whether he had a diploma, but I asked him to cure my wife, and you see the result."—"But," said the doctor, "if a man should come into your shop and claim full wages who had not served his appren-

ticeship, what would you think of him?"—"I should think him a skilful mechanic, if he could make a table better than I could." The doctor walked away, and Mrs. Kirby got well.

During our lectures in Hunslet on this subject, one of our hearers on arriving at his home found a neighbour labouring under a high fever; having just heard our exposition, he commenced operations, using cayenne, yarrow, and hot bricks, as we had directed, and in five hours the man was relieved.

In March, 1844, we were called to see a man residing in Balloon Street, Holbeck, near Leeds, who had been given up to die of typhus fever. We found him in a similar state to that of Mrs. Kirby, of Hull. He was nearly insensible, and had all the strong symptoms of approaching dissolution; and judging from the appearance of the countenances of his friends, we had been sent for as a forlorn hope. We prepared medicine for him precisely similar to that of Mrs. Kirby, and observed the same mode of treatment in all respects, and the result was the same—the man recovered in a few days, and returned to the business of life. Since we commenced preparing the first edition of this work for the press, we were called to see a woman at Armley, near Leeds, named Bannister; she was labouring under an attack of typhus, and had been given up by the medical gentleman who attended her. We were engaged at the moment, and were obliged to send our assistant. He found her with a pulse so rapid that he was unable to count it; her feet

and legs were cold to the knees, her tongue the colour of liver, and full of deep seams, and quite deranged in her mind. In her case also, there was strong evidence of rapidly approaching dissolution. We ordered her medicine as before described, with hot bricks to her feet and sides, wrapped in cloths wet with vinegar, and used freely of cayenne pepper. We were sent for on the 5th day of January, 1845, and in eighteen days she was well. This patient parted with considerable quantities of blood. In four weeks from our first seeing her, she came two miles and a half on foot to our house, to express her thanks, as she said, for "saving her life."

It makes no difference to us whether the patient is labouring under the *bilious, typhus, remittent, intermittent, yellow,* or in fact any other form of fever. We keep in view this great fundamental principle, that *heat is life, the diminution of it disease; its extinction death;* and although the patient may appear to possess too much of it, it is not so in reality, it is only a disturbed operation of it; for if the disease called fever be an augmentation of heat, or if it was either the disease or the cause of it, as the sufferer approached nearer to death, the hotter he would become until the moment of dissolution; but the reverse of this takes place, as every one knows, for as death approaches, the sufferer grows cold, first at the extremities until it gradually renders the vital principle extinct, the free circulation of caloric is obstructed, an the entire body becomes cold as marble. To pre-

vent this, the common practice of the faculty is to resort to depletion, and refrigerative medicines, which would destroy the vital principle (heat) in a healthy constitution; and this must be assigned as the reason of their continued failures. Now, for the sake of suffering humanity we hope the faculty will not discard, at least without a trial, the theory and remedies here recommended; and if found to be correct, we hope they will adopt them, and assist in alleviating the sum of human misery.

We have often mentioned the vapour-bath, and spoken of the necessity of using a hot brick or a stone in the bed; let us now inform our readers of the use of this application. You will recollect that we stated in another part of this chapter, that to every square inch of surface of the body, there is an external pressure of about fifteen pounds; the use of the vapour-bath is to take off, in part, that pressure, and may be applied in the following manner:—Place the patient over a bucket, containing hot water, in which a red-hot brick must be half immersed, in order to raise a lively steam, at the same moment shield the patient from the surrounding atmosphere with a blanket; the heat rarefies the air under the blanket, and thus takes off the heavy pressure; the pores open, at the same time the body absorbs a quantity of heat, and thus a great assistance is rendered to the stimulants before given; when the patient is unable to stand or sit, the hot brick wrapped in cloths wet with vinegar should be applied to the feet and sides, if

necessary, as before described, the patient lying in bed; the acid vapour arising from the vinegar, stimulates the skin, and neutralises the alkaline substances upon the surface; great care should be taken to give freely of the strong stimulants before, and at the time of giving the bath, so as to keep the internal heat higher than the external; in other words, to keep the fountain above the stream, so that the water may run clear off; as soon as perspiration begins to progress freely, there is an end of the fever; and this can always be accomplished by using proper stimulants and the bath, if the vital principle is not too much reduced.

We once gave a patient half a teaspoonful of cayenne pepper every half hour for twenty-four hours in succession, at the same time continued to change the bricks as soon as they were cool, before we succeeded in throwing off the obstruction; the bowels should always be attended to; if the patient is costive, injections should be given, instead of opening medicines, particularly when the patient is low and weak. In treating all cases of fever, *pure stimulants* should be used in order to get the patient into a sweat.

TREATMENT OF THE FACULTY.—*In the various forms of this disease, as classed by the learned, they employ almost every remedy named in the materia medica, but the whole is but a series of experiments; they employ preparations of mercury, antimony, potass, ammonia, nitre, and opium; also jalap, ipecacuanha, Peruvian bark, quinine, foxglove, calomel, &c.; together with*

bleeding, blistering, leeching, cupping, irritating ointment, and low diet.

SCROFULA AND SCURVY.

In the language of the schools, "a depraved habit producing preternatural affections of the skin, on external parts of the body, characterises these diseases."

The disease, or that form of it called scrofula, is generally incurable with the usual remedies of the schools, as is also many of the preceding forms described; one reason is, the drugs recommended produce it. Scrofula consists of hard, indolent tumours of the glands, in various parts of the body. They generally appear in the neck, behind the ears, and under the chin, which in process of time come forward and appear on the surface, in the form of ulcers, from which a white matter is generally discharged, resembling curdled milk. Scrofula prevails more in those climates where the seasons are variable, and the atmosphere cold and humid; anything that weakens the constitution, or impairs the general health of the system, predisposes to this disease. Our readers will recollect that we spoke particularly of the effect of impure air, and assigned that as one reason for the greater prevalence of this disease in manufacturing districts and large towns, also the congregating together of great numbers in badly ventilated rooms. We have often remarked in our lectures, that we never saw a North American Indian labouring under this

disease ; their habits are plain and simple, and in most cases they are free from many of the causes above enumerated. There are some other causes which have a tendency to produce it, such as indolent and dirty habits, and taking into the stomach putrid meats or indigestible food ; and in many cases where the faculty have declared it to be hereditary, it has been produced by some disease, such as smallpox, measles, scarlet fever, venereal taint, and vaccination with impure matter, tainted with some of the above diseases ; it is also true that the worst form of this disease has been produced by vaccination. We are of opinion that it is not hereditary ; and in this opinion are supported by some of the learned pathologists, as they are termed. Goodlad, who wrote an essay on the "Diseases of the Absorbent System," strongly opposed the idea of its being hereditary. There is, however, no doubt, a peculiar temperament of body, or predisposition in the constitution of some families, to some diseases ; but we have ever argued or supported the theory, that "like causes will produce like effects ;" and if the manner of living or habits of a family produce this disease, it is probable the younger branches of the family will learn and continue those habits, and thereby perpetuate the disease. This, we believe to be more the hereditary principle, that perpetuates disease, than to suppose that because the grandmother or great grandmother had scurvy, the child will have it. We are of opinion that the habits and customs of society, to which we have before alluded, viz., the

drinking of such large quantities of malt liquors, much of which is adulterated with narcotic substances, and the many poisonous drugs used to cure disease, are more the legitimate parents of scrofula and scurvy than any hereditary taint. We have found those who were said to inherit the disease, as easy to cure as any other, and this, we think, is satisfactory evidence in favour of our position.

Scorbutus, or scurvy, is treated by the faculty as a distinct disease. That its locality is different there is no doubt, since it makes its appearance mostly upon the surface; yet, like the scrofula, it proceeds from a vitiated state of the fluids.

It is amusing to see how the doctors disagree respecting this, as almost every other form of disease. Dr. Thomas says, "a preternatural, saline state of the blood, has been assigned as its proximate cause." It has been contended by some physicians that the primary morbid affections in this disease are a debilitated state of the solids, arising principally from the want of aliment. Various, indeed, have been the theories advanced respecting scurvy. Sir John Pringle supposes it to be "owing to a putrescency of the blood;" by Dr. Lind, Dr. Blane, and Dr. Millman, it has been looked upon "as a disease of debility, having its origin in the weakness of the organs of digestion, or in the general diminution of the vital powers by the remote causes; or that it is owing rather to a defect of nourishment than to a vitiated state of it." Dr. Trotter, reasoning from the experiments of Dr. Goodwin, concerning the action

of air upon the blood deprived of oxygen, "infers that its black colour in scurvy is owing to the abstraction of this principle, and that fresh vegetables cure the disease, by restoring to the blood this last principle." Dr. Beddoes supposes "scurvy to be owing to a gradual abstraction of oxygen from the whole system, just as death is produced by drowning, by withholding all at once the same substance (oxygen) from that blood which is to pass the posterior cavities of the heart." Of the two causes, want of fresh vegetation, or want of air sufficiently furnished with oxygen, Dr. Beddoes thinks the latter by far the most powerful. Some years ago this disease made great havoc among the seamen, probably from the want of cleanliness, and well-ventilated rooms, and a sufficient supply of vegetable food; but the great advancement in nautical science, as well as in physiological knowledge, has, in a great measure, arrested its progress. Few ships go out on long voyages, at the present time, without a good supply of fruits and vegetables, dried and green; and this fact will undoubtedly account for its general diminution among this class of men. On land the scurvy is not violent, except in occasional instances. We will give our readers a few cases and their treatment.

We have ever considered this disease, as well as scrofula, to be caused by the unhealthy state of the circulating fluids, and that consequently there must be an existing debility in some of the most important organs of digestion, of secretion,

and excretion; therefore the fundamental principle to be acted upon is, in the first place, to correct the derangement of the stomach and liver; by doing this, we have succeeded in curing scurvy, as well as scrofula, even when they have been considered hereditary; but in almost all cases, it requires great patience, for when there has been a determination for a long period, to any part or organ, it takes time and perseverance to remove it. For want of this knowledge, many have failed of being cured of the disease.

The first case we will mention is that of Charles Wilkinson, of London, a boy seventeen years of age. In 1839, he was brought to us by his mother, to the Hunterean Museum, where we were to lecture the same evening. One remarkable circumstance connected with this narrative is that during the time we were lecturing to expose what we call the fallacies of the faculty, they, by deputation, were sitting in an adjoining room, for the purpose of changing the names of their medicines. This has been their practice every ten years; the present new "Nomenclature" was the result of that meeting. We examined the boy before the audience, and explained the disease. He had a large number of ulcers and sores about his neck, and had laboured under the disease for fifteen years; he had had the attendance of several of the faculty, without any benefit. He commenced taking our medicine on the first of March, and by October he was well, and has remained so ever since.

The following statement was given to us in

writing by the individual herself:—"Mary Neaves, of Bartles Entry, Whitefriars-gate, afflicted with scurvy upon both her arms and hands for many months, was attended by three or four of the faculty; and for several weeks a patient at the infirmary; but notwithstanding all the means used, the disease continued to grow worse, and her general health was much impaired. Was cured by Dr. Coffin's medicines in two months. Hull, February, 1842."

In April, 1840, a lady called upon us labouring under this disease (scrofula); she had several running ulcers in the neck. She told us it "was a family complaint," and that she had been subject to it from early life. She had been attended by all the medical gentlemen she could hear of, from whom she could derive no relief. She had been cut several times, and had taken large quantities of drugs, particularly iodine; and at the time she called upon us, said it was as bad as it had ever been, in despite of all her medical attendants. We considered her disease in every sense of the word hereditary, as far as it could be so. We commenced giving her medicines, and in seven months she was entirely free from the disease, nor has it since made its appearance, being now nearly five years.

In 1842, Mrs. Webster came to see us from Wortley Lane, near Leeds, with scurvy on her arms. She had been afflicted with it for a length of time; she had been treated by some of the faculty, but without benefit. In about four weeks we cured her, and she has been quite well ever since.

In the autumn of 1843, Mrs. Bottomley, of Holbeck, brought us her son, who had been for more than four years previous labouring under this disease (scrofula). He had tried many remedies with no benefit; his right hand and arm were useless, there being thirteen ulcers upon them. He commenced taking our medicine, which he continued to do for eighteen months, when all symptoms of the disease were eradicated from the system.

In order to treat this disease successfully, it is necessary, as before remarked, to correct the circulating fluids; and in all cases of scrofula and scurvy, we have kept this object constantly in view. A medicine made in the following manner, will generally be found of great service:—take centaury, ground ivy, horehound, clivers, barberry-bark, sarsaparilla and sassafras, and (where there are febrile symptoms) Peruvian bark, and mountain flax, of each one ounce; boil in one quart of water, and add cayenne, ginger, or some of the stimulants in moderate quantities. Use also, in obstinate cases, the vapour-bath, and where there are ulcers, dress with the burn-salve; or our readers may, from the bitter, astringent, and tonic herbs before described, make a compound to suit their own cases, as the symptoms may render necessary.

TREATMENT OF THE FACULTY.—*For* SCROFULA, *preparations of mercury, antimony, potass, lime, chalk, ammonia, soda, and Peruvian bark. For* SCURVY, *living upon vegetables, (which is good), antimony, acids, both mineral and vegetable, and tonic medicines.*

DISEASES OF THE EAR.

INFLAMMATION OF THE EAR.

OTITIS.

THIS disease may be known by the violent and frequently insupportable pain in the ear, with great sensibility, and even inflammation of the external opening of the ear, accompanied with greater or less fever.

The pain is sometimes so excessive that it communicates with the head, producing delirium, and in some instances, inflammation of the brain.

In treating this disease, great attention must be paid to the healthy action of the alimentary canal. An emetic of lobelia, administered on the onset, will often remove a severe attack. When the inflammation runs high, a poultice of white pond lily, or linseed, and fomentations with camomile and marsh mallows, together with the vapour-bath, will be found highly beneficial, and hot bricks applied to the feet, as before described, to equalise the circulation as speedily as possible.

TREATMENT OF THE FACULTY.—*Copious bleeding, blistering, and purging; application of nitrate of silver, injections,* &c.

DEAFNESS.

This affection may be produced by a variety of causes, such as violent colds, hardened wax, by which the external orifice is frequently blocked up; loud noises, ulceration of the membrane,

paralysis of the auditory nerve, and sometimes from a defective formation of the ear; the three last causes seldom, if ever, admit of a cure.

By far the most common cause of deafness, is an accumulation of hardened wax, which entirely covers the drum of the ear, and sometimes produces great irritation, causing those confused ringing sounds, which are so distressing to the patient. To remedy this evil, let the ears be well washed out, or injected with warm soap and water; after which, one or two drops of the following preparations may be dropped in the ear night and morning:—Take equal parts of ox-gall and oil of sweet almonds, mix together, or take a teaspoonful of the spiritous tincture of myrrh, and one tablespoonful of olive-oil, mixed together; another useful preparation is horse-oil. When the deafness arises from cold, great care must be taken to keep the feet warm, to avoid going into the night air, keeping on wet clothes, and to adopt the general treatment for the cure of cold, in addition to the above applications.

Sometimes insects, or other substances, are lodged in the ears, and occasion much pain and uneasiness; these may generally be dislodged by having the ear well syringed out with lukewarm water.

TREATMENT OF THE FACULTY.—*Blistering, puncturing the drum, forcing tobacco-smoke through the Eustachian tube, irritating liniments, antimonial ointments, castor-oil,* &c.

ITCH.

PSORA.

THIS is a loathsome and contagious disease. It may be produced by unwholesome food, bad air, and want of cleanliness. There are many remedies for this disease, known to the public, and none perhaps more depended upon than sulphur; but one important step is cleanliness, which in all cases must be attended to, that a ready cure may be insured. In order that any external application may produce a proper effect upon the disease, the patient should make use of such remedies as will correct the circulating fluids. For an ointment, see formula.

TREATMENT OF THE FACULTY.—*Mercury, antimony, ammonia, sulphuric acid, white hellebore, potass, preparations of lead and sulphur.*

BURNS AND SCALDS.

As in all families, accidents of this description are liable to occur, it is of great importance that mothers should understand something of the subject. Perhaps there is no accident or attack we are subject to, for which there are so many remedies; every old woman has a cure, and if we were to follow the advice given on these occasions by many, we should do little else than take off one plaster, or bandage, and put on another. Continued changes of this kind are always injurious, as they retard the recovery of the patient. Much has been said by the faculty, as well as by the public, about getting the "fire out." We

have often been asked this question: "Doctor, do you think the fire is out?" when the truth is, *there has been no fire in.* Yet many people are so wise as to attempt to *take it out,* by means of some *hocus-pocus,* and incantations; had people but been taught properly the principles of nature and science, such absurdities could never have been imposed upon them; the belief of which has caused many to increase, rather than diminish the suffering attendant upon these accidents.

We have often said from the platform, that, properly treated, there is nothing so easy to cure; while it is said by medical writers, that there is nothing "more difficult to cure." We have above told our readers that no fire remained after a burn or scald; for the following reasons:—In case of scald, what effect has been produced?—what operation has been performed on the skin to cause a blister? Our answer to these questions is, that the cuticle or skin has innumerable pores, or small outlets, through which the insensible perspiration passes off; the effect of the hot water is to suddenly expand those pores beyond their usual dimensions, and the contrary-acting influence of the air is to close them as suddenly, and the perspiration which should have escaped, immediately raises the skin; this constitutes what is called a blister. Now, where, we would ask, is the fire, as it is called? Might we not with as much propriety ask, where is the fire that so recently made the iron red, after it has cooled?

Perhaps we may here be allowed to interrogate the medical gentlemen on the subject of Spanish

flies; why do they use them, particularly to raise a blister? what effect is produced by the flies? do they draw, as is generally stated? or do they not rather produce the same effect as is produced by the air, after the application of boiling water, *i. e.*, to close the pores? and if this is the case, and if blisters are at all necessary, would it not be better to apply hot water, inasmuch as the object would be so much sooner attained? It is generally believed that the flies draw, and thereby concentrate the humours of the fluids to this part, and thus form an outlet for their escape. We would observe that there is no more drawing in the one case than there is in the other; the only difference is, that the flies take a much longer time to produce the effect than the hot water, with the additional danger of injuring other organs; for Hooper says, "*even externally applied they often cause strangury; and some persons experience this effect almost invariably on the application of a blister.*"—See *Medical Dictionary*, page 325.

We have always looked upon the use of blisters as one of the greatest absurdities that the faculty have fallen into, to say nothing of the torture consequent upon their application. Hooper says, "their most important use is, that of an external *counter-irritation*, and as such they form one of the most valuable articles of the *materia medica*."

Now if, as we have before shown, the results of scalding, and raising a blister with Spanish flies, be the same, how singular would be the following circumstance, which we will suppose:—Take

two children, one shall be attacked with croup; the medical attendant orders a blister to be raised with Spanish flies, for a *counter-irritant*, and just at the moment the preparation has raised the scarfskin, or in other words, at the moment it has *drawn*, the other child (previously in good health) has the misfortune to be scalded. In a moment the whole family is in confusion; they send in all haste for the doctor to save the life of the unfortunate burned child, entirely forgetting, or more properly speaking, not knowing, that a worse burn has been inflicted upon the sick child in order to cure it, while the same thing in its nature has made the healthy child ill! They are debilitating, and in every sense of the word destructive to the health and constitution, and therefore should never be resorted to: and as it is the action of the air after the scald that produces the blister, we have only to prevent its action upon the part instantly, and the blister will be prevented. To do this, wrap the part in several thicknesses of linen or cotton cloth, well saturated with cold water, and keep it wet for six hours, or until no pain is felt on being again exposed to the air. Strictly observe this treatment, and *in no case will there be a blister.* This is certainly a cheap remedy, and within the reach of all. For burns where the skin is off, use the burn-salve or ointment, which will exclude the air, and shield the part from external friction (which see), and keep up a free circulation, and healthy action of the system by giving plentifully of the corrective medicine.

TREATMENT OF THE FACULTY.—*Applications of vinegar, acetate of lead, spirits, lime-water, sweet or linseed oil with cotton, mercurial and other ointments,* &c.

BONE-SETTING.

We have, in the course of our lectures, endeavoured to prove, both by argument and illustration, that heat is the principle of life, and by observing this principle, shown how broken bones and dislocations, can be reduced, even without pain, if taken in time. We have already given our readers a disquisition on the anatomical structure of the human frame, in a former part of this work; but we will here remark that the bones are for the purpose of preserving the symmetry and strength of the body, and by being articulated, or joined together with proper joints, and being held to their places with muscles and sinews, animated beings are capable of performing all that is required to preserve their existence and perpetuate their species. The tendons or sinews are of an elastic nature, and are distended and held to their places by the firmness of the bones. By the dislocation of a joint, or the breaking of a bone, the elasticity of a tendon is lost; and by the slipping by of the ends of the bone, it becomes contracted. Volumes have been written upon the subject of bone-setting; many and various have been the inventions to apply power and strength, for the purpose of pulling into their places these dislocations and fractures—for the contracted sinews must be

again distended. In our opinion, that is wrong, for if a proper application of heat were made, we should not require physical force for that purpose, nor would the operation cause any pain. We set broken bones in the following manner:—we generally bind round the part several thicknesses of cloths dipped in hot water, as hot as the patient can bear it; at the same time give half a teaspoonful of cayenne pepper in hot water, sweetened; and as soon as perspiration appears, the contracted tendon will relax, and the bones will go into their proper places, for they cannot stop out of it. The above effects will invariably follow, if the application is made properly. Those who have been subjected to the violent force necessary in cases of dislocations and fractures will hail the above directions as a signal benefit to the human species. We have said that the same results will invariably follow the application of heat; the effect produced upon iron is the same. The practice of the faculty in setting bones without the application of heat is about as unphilosophical as that of a blacksmith would be, who should attempt to put the hoop or tire upon a carriage-wheel without first heating it. It is well known that the hoop is made smaller than the wheel, and some plan must be devised to enlarge it. Now, what would you think of four or five men getting hold for the purpose of pulling it larger; and yet the contracted tendons bear a perfect analogy to the iron—only the one has *sensibility*, and the other has not. Would not a skilful master

smith complain of the want of knowledge exhibited by his workmen?—would he not say, and correctly, too, heat the iron? But some of our readers may inquire how heat can produce this effect. It is thus produced:—the particles of caloric enter between the interstices of the iron, or the sinews, and immediately expand them; thus, as regards the tendons;—without pain, producing all that is necessary, and *no force is required.* In large fractures, or bruises, the vapour-bath may be given, and if necessary, may be repeated; when the bone is set, or the fracture reduced, you may then make a cold application, as the smith cools the iron hoop after he has put it in its proper place. We usually bind up the part with cold tincture of myrrh.

CHILBLAIN OR FROST-BITTEN.

PERNIO.

Authors have described this disease as a "painful inflammatory swelling of a deep purple or leaden colour, to which the fingers, toes, heels and other extreme parts of the body are liable on being exposed to a severe degree of cold." It is readily cured by treating it in the same manner as scalds; applications should be made directly, and the results will be found the same. In 1829 we were called some distance to see a patient; from Troy our way lay across the Kaatskill Mountains, New York, the snow was deep, and our horse got nearly buried in a deep drift, and

we were obliged to detach him from the sleigh, in order to release him: it was exceedingly cold, and before we could get to a house, our fingers were completely frozen. On arriving, however, we immediately called for a bucket of cold water, into which we immersed our hands for about half an hour, during part of which time they were covered with ice, and we suffered great pain; after this we washed them well with the tincture of myrrh. It was one hour before we approached the fire, and the next day our hands were as well as before. When there are sores arising from neglect, and of long standing, they should be treated as burns or ulcers. Attend to the circulation and general health, and apply the burn-salve to the ulcers; poultices may also be used where there is much inflammation.

TREATMENT OF THE SCHOOLS.—*Alum, vinegar, spirits, soap-liniment, ammonia, tincture of Spanish flies, and mercurial ointments.*

HYDROPHOBIA.

RABIES, OR CANINE MADNESS.

This most fatal and distressing malady is communicated to the blood by the bite of a rabid animal, generally of the cat or dog kind. The virus or poison thus communicated, produces the following symptoms:—uncommon anxiety of mind, sighing and nervous timidity, disturbed sleep, difficult respiration, an aversion to liquids; when water is presented to the sufferer, an involuntary shuddering takes place, followed by con-

vulsions of the whole body, the muscles of the face being distorted, the eyes protruded, the tongue swollen, with an increased flow of saliva. Our terror and alarm at the approach of this disease, are because it has hitherto been deemed incurable by the most eminent medical men in all countries, and are augmented by the dreadful suffering to which all in this state are exposed. Hooper, in speaking of this disease, says, "the prognosis in hydrophobia, may be discussed in a very few words; there does not appear to be in the records of medicine, a single unequivocal instance of recovery from this disease; a variety of supposed cures may indeed be found. The transactions of the London College of Physicians contain two, but the slightest investigation will convince the reader that neither in origin, symptoms, or progress, did they substantiate their claim to the character of hydrophobia. It must be viewed, therefore, as the only known disease which has hitherto uniformly resisted the efforts both of nature and art." To those who may be under the influence of this fatal malady, the above picture is a melancholy one. Hooper declares there is no remedy. The ancients used charms and spells as a means of curing it, but all their efforts were vain. Dr. Thomas says, "our calculations in this disease must always be unfavourable, as in most instances, all means whatever have proved ineffectual; death commonly takes place about the third or fourth day, from the first appearance of the symptoms." The most singular phenomena connected with this

disease, is the great length of time the virus, or poison, will remain dormant in the system before madness comes on. Most medical writers say there is no authentic evidence of its having lain dormant for a longer period than twelve months. We, however, are of a contrary opinion, for if the poison can remain passive in the system for twelve months, why not for twelve years? If we reason from analogy, we shall find that one is quite as rational as the other; in fact no philosophic reason can be adduced in favour of twelve months more than could be of twenty-four or forty-eight, or as before remarked, of twelve years.

We remember a remarkable case, from the details of which, our readers will perceive how little reliance can be placed on opinions and authorities however learned.

A girl, nine years of age, was bitten by a rabid dog, two other persons were bitten about the same time, as well as several animals, all of which (save the little girl) died under the influence of hydrophobia. Eleven years from the time the girl was bitten, in the same month, namely, November, strongly marked symptoms of this disease made their appearance; we attended the patient, who had then grown up to womanhood, and in twelve days the symptoms abated, and she was restored to her usual health. The following year she was again attacked, and again, by being treated as before, she was apparently restored; we attended her through seven or eight of these annual attacks, which

grew stronger each time, and always occurred in the month of November. From the experience we had of the disease at that time, we are of opinion that it can be cured. Some of our readers may ask why the disease in the above case, after having slumbered in the system for eleven years, did not terminate fatally. Our answer is, we gave medicines to prevent it, and the result justified the hopes previously entertained.

Another circumstance which confirms us in our opinion occurred in the city of Cincinnati, in America, 1832, when four persons had the misfortune to be bitten by a rabid dog; the medical gentlemen of the neighbourhood were in attendance, but notwithstanding their exertions, three of the sufferers died. A young botanic doctor, who had been a student of ours, called to see the survivor, who was then labouring under the strongest paroxysms of the disease, and expressed his desire to save him. The friends of the sufferer consented, and he commenced operations (as he himself told us) in the following manner:—

He put the patient in a vapour-bath, and then gave him half a teaspoonful of cayenne pepper in a small quantity of hot water, which the patient shuddered at the thought of taking, but at length succeeded in getting down; in three minutes after, while in the bath, he gave him a teaspoonful of the pulverised seeds of lobelia, with half a teaspoonful of cayenne, and the same quantity of valerian-root, in half a cupful of raspberry-leaf-tea. This emetic soon operated,

when the symptoms abated; and before the patient was put to bed he administered an injection of the above in half a pint of raspberry-leaf-tea, keeping up a perspiration for forty-eight hours; the symptoms returned no more, and the man recovered. Thus one of the four was saved by adopting the very same treatment made use of in the case of the girl before alluded to. We are of opinion that even a rabid dog can be cured, though other animals should die of the disease imparted by the bite of the animal. In all cases of this nature, an immediate application of tincture of lobelia to the wounded part should be made, as well as taken internally; or if this cannot be obtained, use the strong expressed juice of the vervain, and apply the vapour-bath as hot as the patient can bear it.

THE TREATMENT OF THE FACULTY *varies according to their particular notions of the disease. Dr. Blane's medicine is "arsenic and opium, oxide of zinc, ammonia, musk;" and in Russia they use the "alisma plantago," or water plantain. Dr. Thomas says, "notwithstanding the various nostrums which have in all ages and in different countries been extolled as antidotes to the poison of rabid animals, we may rest assured that the only remedy on which we can place any confidence is excision or cauterisation," that is, by cutting or applying caustic to the wound, but particularly the former.*

MIDWIFERY

Is omitted from this work, in consequence of being published in a separate form. See *Treatise on Midwifery, and the Diseases of Women and Children.*

SYPHILIS,

OR VENEREAL DISEASE,

Is also omitted, the subject requiring a more extended notice than the limits of these pages will admit. We have therefore, in course of preparation, a work on this disease, which we hope to be able to announce in the course of three or four months.

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