

**Institution for the cure of scrofula in all its various forms : ... liver complaints, gout, rheumatism, asthma, debility, and all other disorders arising from derangement of the digestive organs, by means of American vegetable decoctions, a suitable plan of diet and regimen, and the medicated vapour baths / Mr. Whitlaw.**

### **Contributors**

Whitlaw, Charles.  
Harvey Cushing/John Hay Whitney Medical Library

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# INSTITUTION

FOR THE CURE OF

## **Scrofula in all its Various Forms,**

SCIRRHOUS TUMOURS IN THEIR INCIPIENT STAGE;

*Cutaneous Diseases, Liver Complaints,*

## **GOUT, RHEUMATISM, ASTHMA, DEBILITY,**

And all other Disorders arising from Derangement of the

**DIGESTIVE ORGANS,**

BY MEANS OF

**American Vegetable Decoctions,**

**A SUITABLE PLAN OF DIET AND REGIMEN;**

AND THE

**MEDICATED VAPOUR BATHS.**

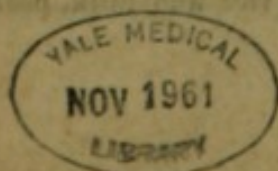
**MR. WHITLAW, No. 23, FINSBURY CIRCUS,**

**LONDON.**

*Properties of the different Numbers of the American Vegetable  
Decoctions.*

- No. 1. Alterative Medicine
- No. 2. Alterative and Purgative ditto
- No. 3. Alterative and Emollient ditto
- No. 4. Alterative and Sudorific ditto
- No. 5. Antacid ditto
- No. 6. Antacid and Tonic ditto
- No. 7. Antipseudo-syphilitic ditto
- No. 8. Anti-hæmorrhagic ditto
- No. 9. Tonic and Aromatic ditto
- No. 10. Tonic, Aromatic and Aperient ditto
- No. 11. Tonic and Corroborant ditto
- No. 12. Tonic, Corroborant, and Aperient ditto
- No. 13. Tonic and Astringent ditto
- No. 14. Tonic and Antibilious ditto.

Besides a great variety of other Medicines, imported from AMERICA,  
comprising a complete *Materia Medica* from the Vegetable Kingdom.





*Price of the above Vegetable Decoctions.*

In bottles containing 12 fluid oz., 5s. 6d. per bottle, stamp duty included.

The Decoctions being liable to spoil by keeping, the Medicines are prepared in Powder for patients living at a distance or going abroad.

*Price of the different Compound Powders for making the above Decoctions.*

In bottles of Compound Powder to make four 12 oz. bottles of Decoction, £1. 2s. per bottle (duty included); with proper Directions for administering the Medicines, and for preparing the Decoctions from the Compound Powders, affixed to each bottle.

LOTIONS.

- No. 1. For Scrofulous and Cutaneous Diseases.  
 No. 2. Stronger ditto ditto.  
 No. 3. To allay itching, and promote the discharge of eruptions on the skin.  
 No. 4. Astringent lotion.

*Price of the above Vegetable Lotions.*

In bottles containing 12 oz., 2s. 9d. per bottle, duty included.

*Price of Compound Powder for making the above Lotions.*

In bottles of Compound Powder, to make four pint bottles of Lotion—11s. per bottle, duty included.

OINTMENTS.

- No. 1. Ointment for Scrofulous Swellings, and Ulcerations, 2s. 9d. per pot.  
 No. 2. Ointment for Cutaneous Diseases, 2s. 9d. per pot.

*A liberal Allowance made to the Profession.*

PLAN OF DIET AND REGIMEN.

Unwholesome food, impure water, and irregularities in diet, being the primary causes of most chronic diseases, it is necessary that patients afflicted with the above-mentioned disorders should pay the strictest attention to their mode of living, not only during the progress of cure, but even afterwards; as the same causes that produce a disease will occasion its return.

**BREAKFAST.**—Cocoa, chocolate, coffee, sassafras, or British herb tea, home-baked bread, or oat-cake, sweet butter, honey or eggs. Oatmeal porridge and milk, rice and milk, pearl barley and milk, or



arrow-root. Water-cress, mustard and cress, radishes, or scurvy-grass.

But bread adulterated with potatoes and alum, rancid butter, and China tea, are prohibited.

**DINNER.**—The lean of animal food, well done ; poultry, game, fish and shell-fish ; green and white pease, French and Windsor beans, cabbage, cauliflower, brocoli, Scotch-kale, sea-kale, turnips, spinach, beet-root, asparagus, artichoke, Jerusalem artichoke, vegetable marrow, celery, dandelion, carrots, parsnips, leeks, onions, garlick, lettuce, endive, nasturtium. Puddings composed of milk, eggs, sugar, flour or rice, sago, tapioca, arrow-root or other farinaceous vegetables. Toast-water or American spruce-beer.

But pork, the fat of meat, ducks, geese, and eels, rich highly-seasoned soups and gravies ; salt and salt meat, and potatoes ; wine, cider, perry and malt liquors, are prohibited.

**SUPPER.**—The same as Breakfast.

### FRUIT.

Acidity in the stomach being one of the most prominent symptoms of derangement of the digestive organs, the patients must abstain from fruit ; especially from currants, gooseberries, grapes, plumbs, cherries, oranges, lemons, dried currants, raisins, and prunes ; from vinegar, pickles, and acids of all kinds.

But strawberries, raspberries, blackberries, mulberries, figs, apricots, peaches, nectarines, apples, and pears, may be eaten in small quantity when perfectly ripe and fresh gathered.

### WATER.

Water is the natural diluent and solvent of the food, and constitutes the chief part of the fluids of the body ; rain or river water being the lightest, softest, and purest, is the best ; and when filtered through charcoal, should be used for drinking, and for all culinary purposes. But water containing putrescent animal and vegetable matter, hard pump, or well water, chalybeate springs, or water impregnated with iron, and water contaminated with the oxide of lead, in consequence of passing through leaden pipes, and remaining in leaden cisterns, is very deleterious, particularly in cases of Scrofula and Consumption, and therefore to be avoided.

### AIR AND EXERCISE.

To promote the cure, it is indispensably necessary that patients, and particularly those afflicted with Scrofula, who are frequently averse to active exertion, should rise early and take as much exercise in the open air as can be borne without pain or excessive fatigue.



## THE MEDICATED VAPOUR BATH,

Employed with the Vegetable Decoctions, is a powerful auxiliary in the cure of the above-mentioned diseases. The effects of the Vapour Bath are:—

- 1st.—To equalize the circulation of the blood, and hence to remove coldness of the hands and feet, and to lessen the determination or flow of blood to the head.
- 2nd.—To promote sweat, and re-establish insensible perspiration, and thereby to relieve symptoms of internal inflammation.
- 3rd.—To diminish nervous irritability, and remove spasms.
- 4th.—To promote cutaneous eruptions, and remove diseases of the skin.
- 5th.—To remove the effects of mercury from the system.
- 6th.—To promote absorption of dropsical effusions.
- 7th.—To relieve difficulty of breathing, and hence to cure Asthma, and other diseases of the chest and lungs.
- 8th.—To strengthen the stomach, and impart tone to the digestive organs.
- 9th.—To promote the healing of Scrofulous and Chronic ulcers.
- 10th.—To remove Gouty and Rheumatic pains and swellings from the joints.

The AMERICAN VEGETABLE DECOCTIONS, combined with the use of the VAPOUR BATH, ample experience has proved to be invaluable remedies for the prevention and cure of the yellow and putrid fevers; and they are, therefore, particularly recommended to persons going abroad to a hot climate.

Mr. WHITLAW begs to inform his friends, that he has left the Establishment at 87, Great Russell Street, under the superintendence of Dr. Pidduck, who has been for more than three years initiated into his medical system. Mr. Whitlaw has opened another Establishment, for the greater convenience of the Public, at No. 23, Finsbury Circus, London, where he personally resides, and may be consulted every day; and Letters (post paid) containing a statement of cases, and inclosing a fee for advice, will be punctually answered; and Medicines, for ready money only, forwarded to all parts of the Kingdom.

*Vapour Baths on the most approved principle, both simple and medicated, ready at the Establishment at all hours in the day; and Portable Baths sent to any part of London, with proper medication and attendants.*

F. WARR, Printer, Red Lion Passage, Holborn.

