

**Dr. S.S. Fitch's almanac for 1855 and guide to invalids : comprising directions for the treatment of consumption and asthma, bronchitis, heart diseases, liver complaints, dyspepsia, costiveness, diarrhea, dysentery, falling of the womb, piles, salt rheum and scrofula, female diseases, etc. etc. / by Samuel Sheldon Fitch.**

### **Contributors**

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49.  
DR. S. S. FITCH'S

A L M A N A C

FOR

1855,

AND

GUIDE TO INVALIDS,

COMPRISING

DIRECTIONS FOR THE TREATMENT OF

CONSUMPTION AND ASTHMA,

Bronchitis, Heart Diseases, Liver Complaints, Dyspepsia, Costiveness,  
Diarrhea, Dysentery, Falling of the Womb, Piles, Salt Rheum  
and Scrofula, Female Diseases, etc., etc.

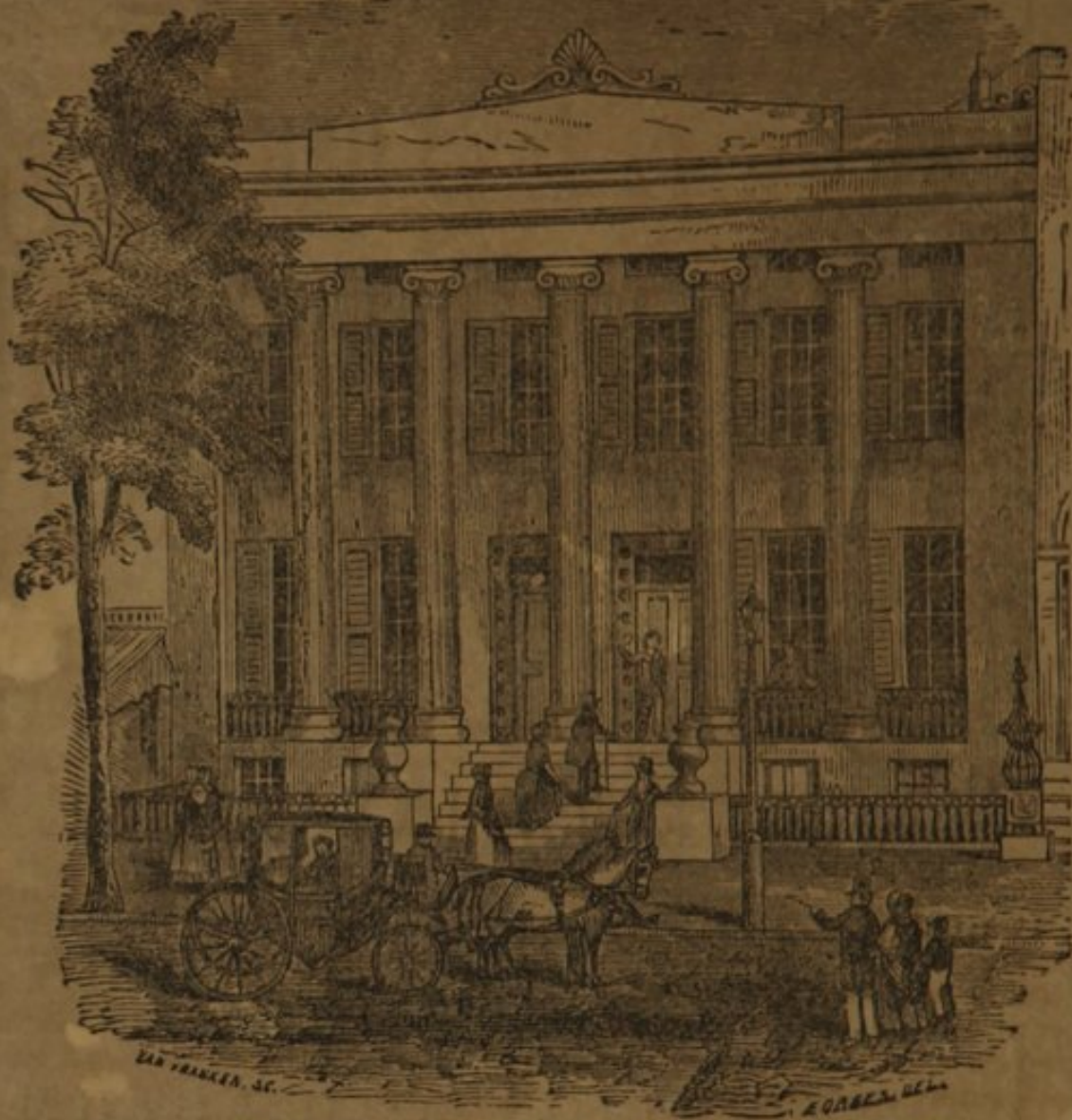
BY SAMUEL SHELDON FITCH, A.M., M.D.,

714 (LATE 707) BROADWAY, NEW YORK.

NEW YORK:

S. S. FITCH & CO., 714 BROADWAY.

Sold by James Green,  
117 main St.  
Newbury,



VIEW OF DR. FITCH'S NEW OFFICE,  
Number 714 Broadway, New-York, (nearly opposite his old residence.)

**DR. S. S. FITCH'S ABDOMINAL SUPPORTERS, SHOULDER BRACES, IN-  
HALING TUBES, MEDICINES AND LECTURES,**

For sale by S. S. FITCH & Co., 714 Broadway, New York, to whom all orders should be addressed.

Business letters should be addressed to S. S. FITCH & Co. Letters for medical advice, etc., should be addressed (post-paid) to Dr. S. S. FITCH, 714 Broadway, New York. Patients in correspondence with Dr. Fitch, who wish their letters pre-paid, can have it done by inclosing him a stamp. S. S. Fitch & Co. prepay all of their own letters, and would respectfully request such of their correspondents as have not yet adopted that plan to do the same.

# DR. S. S. FITCH'S

# SIX LECTURES

ON THE

# LAWS OF LIFE,

## THE PREVENTION AND CURE OF

Consumption, Bronchitis, Throat Diseases, Asthma, Liver Complaint, Costiveness,  
Bowel Complaints, Palpitation, Enlargement, and other Diseases of the  
Heart, Female Diseases, Rheumatism, Skin Diseases, Scrofula,  
Salt Rheum, Stooping, Contraction of the Chest,  
Spinal Diseases, etc., etc., etc.

THIS book affords the consumptive, and those suffering from that almost equally dreaded complaint, Disease of the Heart, with the Asthma, and the various Chronic Diseases, a reasonable hope. The unprecedented and increasing demand for it shows in what estimation it is held.

A new edition of this work has been prepared, and is now ready for distribution. The author has gone carefully through the work, re-written a considerable portion of it, and also added some fifty pages of new matter. It is now a book of 368 pages, handsomely bound in muslin, with 27 engravings.

As it has been a cherished object of my life to diffuse a correct knowledge of all those causes which confer health and produce disease, and believing that my book of Lectures is well calculated to accomplish this object, I have concluded to furnish the book to any *invalid*, or *friend of an invalid*, for the nominal price of *twenty-five cents*. Application may be made personally at my office, or by letter. I will promptly mail the book to any such person on application by letter, post-paid, inclosing 25 cents.

To all persons, other than those mentioned above, the price is 75 cents.

When you send for it by letter, write the address to which you wish it sent, name, town, or post-office, county, and State, fully and legibly.

No attention will be paid to any letter for the book not post-paid, or that does not inclose the 25 cents in advance.

### ECLIPSES FOR THE YEAR 1855.

There will be two Eclipses of the Sun and two of the Moon this year, the latter being visible:

I. A Total Eclipse of the Moon, in the evening of May 1st, visible. Duration, 3 h. 42 m. Magnitude, 18.348 digits on the southern limb. See the following table.

II. A Partial Eclipse of the Sun, May 15th, invisible.

III. A Total Eclipse of the Moon, October 24th, in the evening, or October 25th, in the morning, visible. Duration, 3 h. 25 m. Magnitude, 17.563 digits on the northern limb. See the following table.

IV. A Partial Eclipse of the Sun, November 9th, invisible.

Places.	Eclipse of May 1st.				Eclipse of October 25th.			
	Eclipse begins.	Eclipse total.	Total ends.	End of Eclipse.	Eclipse begins.	Eclipse total.	Total ends.	End of Eclipse.
	Eve. 1st. H. M.	Eve. 1st. H. M.	Morn. 2d. H. M.	Morn. 2d. H. M.	Mor. 25th. H. M.	Mo. 25th. H. M.	Mo. 25th. H. M.	Mo. 25th. H. M.
Boston	9 30	10 33	0 9	1 12	1 0	2 1	3 30	4 31
New York	9 18	10 21	11 57	1 0	0 48	1 49	3 18	4 19
Philadelphia	9 14	10 17	11 53	0 56	0 44	1 45	3 14	4 15
Baltimore	9 8	10 11	11 47	0 50	0 38	1 39	3 8	4 9
Buffalo	8 59	10 2	11 38	0 41	0 29	1 30	3 59	4 0
Detroit	8 42	9 45	11 21	0 24	0 12	1 13	3 42	3 43
Cincinnati	8 37	9 40	11 16	0 19	0 7	1 8	3 37	3 38
Chicago	8 28	9 16	11 8	0 6	0 54	1 55	3 24	3 25
St. Louis	8 18	9 27	10 2	11 55	0 43	1 44	3 18	3 14

# GUIDE TO INVALIDS:

A MANUAL FOR PERSONS USING THE REMEDIES OF

## DR. S. S. FITCH.

OFFICE, No. 714 BROADWAY, NEW YORK.

### WHO IS DR. S. S. FITCH?

THE patient should have confidence in his physician—in his competency and his integrity; and the physician should deserve it. A fearful responsibility is assumed in attempting to adjust the disordered mechanism of the human frame. If the physician is without *skill*, he thrusts his hand *blindly* among the complicated and delicate springs of life; and except by fortunate accident, does a great, perhaps a fatal harm. If without *integrity*, he may make his patient his victim—protracting disease, that he may increase his gains. It is right, then, that the invalid, before he ventures his health and life in the hands of one who proffers him relief, should seek to know whether his solicited confidence can be safely given.

In this view the reader will pardon the seeming egotism of inserting here the following article, which appeared in one of our city papers a few months since:

**METROPOLITAN CHARACTER OF NEW YORK.**—That our city is truly the metropolis of America, no one can doubt, if at all acquainted with its resources, and superiority of its magnificent hotels, naval marine, its fleet of ocean steamers, and its business, enterprise, and energy. Here the highest talent and acquirement find ample scope and the largest remuneration. Science, literature, art, the drama, law, divinity, surgery, medicine, parade their proudest names. We have at times proposed to introduce to our readers some of the names most distinguished in these several departments, many of whom, besides a local, have a world-wide renown, and whose reputation attracts thousands to be instructed, entertained, and benefited. Among them is Dr. S. S. Fitch. This gentleman is one of a line of celebrated physicians. His grandfather, Dr. Jabez Fitch, renowned for his piety, learning, and skill in surgery and medicine, was one of the surgeons of the Connecticut line during the Revolutionary War. His father, Dr. Chauncey Fitch, was the first physician that settled in Plattsburg, in this State, and for the greater part of his life was one of the most successful physicians that ever practiced medicine in America. In the great epidemic of 1813—an epidemic that swept away nearly ten per cent. of the population of the United States, he taught its easy and perfect cure, and among his numerous patients never lost a single case. Dr. S. S. Fitch is the third of this line, and was born in Plattsburg. He, after receiving an excellent academical and classical education, repaired to Philadelphia, at an early age, to complete his medical education. There he graduated in medicine, obtaining the highest honors of his class. He spent about ten years in Philadelphia, closely and carefully pursuing his studies, after which he visited all the States of this Union, and many of the Indian tribes. In 1836, he visited Europe, and during six years much of his time was spent in the hospitals of London, Paris, and Italy. In 1842, he commenced delivering his celebrated lectures on the causes and cure of consumption and disease; on the laws of life—obvious

and easily understood rules, how human life may be extended to at least a hundred years. His lectures won all hearers by their truthfulness, common sense, and utility. In 1846, Dr. Fitch visited this city, and published his lectures on these subjects, which met with wonderful success. They inspired confidence, joy, hope, and courage among their readers, and circulated largely both in this country and in Europe. These Lectures have passed through over twenty editions; between one and two hundred thousand copies have been already sold. To invalids, as well as those in the enjoyment of health, they prove a perfect guide; and those who early adopt their teachings, and follow them, can not fall victims to that scourge of our climate—pulmonary consumption. In this city Dr. Fitch has been consulted by over fifty thousand persons, of both sexes, for numerous and various diseases. He differs greatly from others in his view of a physician's duty, as he thinks every member of this important profession should prepare and administer his own medicines; that unless he does this, he can not, though he may enjoy reputation, meet with the success he could attain by this means. He writes out an exact and careful account of every case that falls under his notice. These cases already exceed fifty thousand, filling more than one hundred large volumes, all carefully written out. No record of such extent was ever made before by a private physician, and in this way he retains his experience and daily adds to it. An examination of these volumes will show that of all those who place themselves under his care, nineteen out of twenty are restored to health. Dr. Fitch is at home from morning till night, every day, except the Sabbath. His consultations, at his house, are always free, as no charge whatever is made for examining any case for rich or poor. The diseases he treats are Consumption, Asthma, Bronchitis, Throat Diseases, Heart Diseases, Dyspepsia, Bowel Troubles, Piles, all Female Diseases, Liver Complaints, Affections of the Head, Skin Diseases, and all Humors and Impurities of the Blood, Scrofula, Injuries to the Complexion, &c., &c. Dr. Fitch resides at 714 Broadway, where all invalids will find him a most skillful, sympathizing, and generous physician. We think our friends who call on him will find this a true history of one of our most respectable men.

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## A FALLACY.

### ONE REMEDY FOR ALL DISEASES.

THIS has been long sought for—never found. Why? Because diseases produced by a variety of causes, or injurious agents and forces, require an equal variety of counteracting and curative agents. Hence medicine efficient in one disease, should be used for that disease; it may have no curative effect in any other. Never be led off by the horrible delusion of a CURE-ALL. Such a thing never was, and never can be. Diseases produced by light, and diseases produced by darkness, never can both be cured by the same medicine. Hence I have devoted my life to seeking out, discovering, and preparing perfect remedies, which shall meet the exigencies and varieties of diseases.

I give in the subsequent pages a list of these remedies.

Oh, invalid! use them. Use them without delay; and satisfaction, returning health, joy, and gladness will be your prompt reward.

In case of doubt or disappointment call on me; or, if not convenient, write to me. I will promptly advise, and set you right by careful prescription.

## CONSULTATION BY LETTER FREE.

Persons wishing to consult Dr. S. S. Fitch, and do not find it convenient to visit him at his office, can do so *by letter*. They are invited to write in the fullest confidence—that their letters will have his careful and prompt attention. [See page 27.] If a prescription is desired, with a view of getting remedies of his agent, that should be explicitly stated, and a prescription, with all needful advice, will be forwarded. If treatment is desired, the remedies can be forwarded by express, or in any way directed. *Consultation by letter free*

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## DR. S. S. FITCH ALWAYS AT HOME.

Dr. S. S. Fitch is never from home. He is at his office, 714 Broadway, New York, every day in the week (Sundays excepted), from nine o'clock, A. M. till five o'clock, P. M. He does not travel or lecture out of this city; nor is there any person traveling, lecturing, or practicing out of his office with whom he has any connection, or who is authorized to use his name in any way. Office consultation free.

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DR. S. S. FITCH'S GUIDE TO INVALIDS.

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## CURE AND MANAGEMENT OF DISEASES.

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### CONSUMPTION.

Let the invalid remember that consumption results from several diseases. What is called pulmonary or true consumption is always two diseases, and often more; hence it is that no one medicine probably ever cured pulmonary consumption. It is often the case that a medicine is found that will help one part of the disease and not the other, and so help, but never cure the patient. This is the reason why medicines have a fashion both with physicians and others; are noticed for a while, and then pass out of notice or confidence, because they do not cure. For this reason I use medicine for each disease, and overlook not the least, and give, of course, many medicines, but nothing to break you down, or take away your strength, or appetite, or pleasures, or occupation, but all to cure and build up the health and strength.

Remember that this is an entirely curable disease, if treated right, and before the lungs are so much ulcerated that the whole constitution is destroyed. Persons often recover who are very low and have been long sick. First of all, read my "Six Lectures on Consumption, Asthma, etc.;" read them carefully and understandingly. The Lectures are written in the plainest English. Read them, if you can get them, before you consult me, or use remedies. After reading them, hasten at once to your remedies. A delay, even of a few days, may greatly alter the character of your disease, and make your recovery much more doubtful.

## DR. S. S. FITCH'S ABDOMINAL SUPPORTER.

ACKNOWLEDGED TO BE THE MOST PERFECT INSTRUMENT

For the purposes designed ever invented or now known. It is light, elastic, fits like a glove, rises entirely above the hips, and does not in the least impede walking

IT IS WORN BOTH BY MALES AND FEMALES,

And any person can ride, or walk, or dance in it without the slightest discomfort, or experiencing any sensation but that of perfect support, and the most delightful feeling of comfort. (See page 23 for complaints in which used.) Thousands can testify to the wonderful relief this instrument affords. We make a single extract from the hundreds of unsolicited testimonials received.

Mrs. SARAH B. MOFFAT, connected with the Christian Mission in Jamaica, W. I., writes: April, 1854.

"Accept my warmest thanks for the Supporter and medicines. The Supporter I found of great service to me. I have had the opportunity of using several different kinds of Supporters, but have found none which answered so well the purposes for which they are designed as yours. I think it superior to any other I have ever seen."

DR. S. S. FITCH'S GUIDE TO INVALIDS.

### SIGNS OF CONSUMPTION

Are—cough, pain in one or both sides, in the chest, between and about the shoulders and collar-bones, under the shoulder-blades, expectoration by coughing, short breathing, bleeding from the lungs more or less, hoarseness, daily fever, weak voice, easily fatigued, night-sweats, loss of flesh, etc. These symptoms are most particularly significant, if they occur in persons who are of consumptive families. All these symptoms are rarely found at first in one person. The great sign is a cough. Bleeding from the lungs, even when not followed at once by a cough, is, in a vast many cases, a certain sign of consumption. If, with any of these symptoms, the person knows that his family are liable to consumption, or have had it, then he or she should use the remedies I have pointed out without delay, and with the fullest assurance of success.

### WHAT IS TO BE DONE IN CASES OF Consumption.

*I treat as follows:*

1st. I give the Inhaling Tube, Shoulder Braces, Abdominal Supporter, used and worn as hereafter described. I also give Nervine, Liniment, Pulmonary Expectorant, Pulmonary Balsam, Cough Pills, and any other medicine the case requires. See remarks on the different medicines, and use such others as you see you need. Get my advice personally or by letter, at once. If there is pain in or about the chest, side, back, etc., rub the liniment well on the affected part, at bed-time; repeat this until relieved. In the commencement of the disease, put your feet in very hot water at bed-time. In this you may put wood-ashes, soda, salt, etc. If the strength is greatly reduced, you may not use the foot-baths, unless in the beginning of the disease. A mustard poultice applied to the painful part, and kept on long enough to heat up the part well, but not to blister, is often most useful. I rarely ever advise any thing to raise a blister, as this often does hurt, and not very often any good.



## DR. S. S. FITCH'S SILVER INHALING TUBE.

FOR SMALL, FEEBLE LUNGS, WEAK, FLAT, OR CONTRACTED CHEST, and all the attendant evils of such a condition, this is a most efficient remedial agent. It is

MADE ENTIRELY OF PURE SILVER,

can be readily taken apart and cleansed (exceedingly important), and is confessed on all hands to be the most approved form of this instrument in use. The importance of the use of this tube can not be too deeply impressed on the minds of all who are suffering from weak lungs, pains in the chest; with contracted chest, with shortness of breath, weak voice, weak throat, or with inflexibility of the chest from any cause. In consumption it is indispensable.

LETTER FROM THE SEAMEN'S CHAPLAIN.

"NEW YORK, December 7.

"DR. FITCH: Dear Sir—You will please send me five Inhaling Tubes. I would not go so far, and be so long away, without providing for accident, and to supply the suffering. On no account would I be without your Inhaling Tube. It has been every thing to me; I use it daily; it is the best medicine I ever used. Indeed, I could not live without it. It saved me, by the blessing of God, from the jaws of death, and now preserves me in comfortable health. In two years, by its use, my chest, then measuring 32 inches, now measures 39, and my breathing, health, and strength, have improved in proportion. I am dear sir, yours respectfully,

"JOHN MORRIS PEASE,

"Seamen's Chaplain, Rio de Janeiro, S. A."

### DR. S. S. FITCH'S GUIDE TO INVALIDS.

#### BATHING.

Wash all over freely every day in cold, strong salt and water, and once in each week wash in cold water, with soda, or potash, or soap, in lieu of salt. These baths are indispensable, and contribute vastly to keep up the strength, throw off fever, give activity to the skin, and strengthen the whole nervous system. If the patient is not accustomed to bathing, he may begin with being rubbed over, under his clothing or bed clothing, with a damp salt towel, and then gradually, from day to day, rubbed over freely with a wet salt towel. (See my Lectures.) It should be done in all seasons and in all weathers. If delicate, the water should be placed in a warm room and remain all night, until it becomes the temperature of the room, and then freely used. The invalid should not be chilled. Bathing may be done at any time of day or evening most agreeable; morning is usually the best time. I think this the best of all baths. Be most thoroughly rubbed with a dry towel *both before and after washing*. There are persons who can not bathe without injury; but perseverance will usually overcome all objections.

#### NIGHT-SWEATS AND CHILLS.

The use of the remedies already mentioned will usually stop chills and night-sweats: but if not soon well, you may take, at bed-time, a coffee-cup full of cold strong tea, made from white daisy, sage, Balm of Gilead bark, or thorn-tree bark, either alone or all mixed, and these, with the other medicines, usually stop night-sweats. Too much clothing should not be on you in bed, if liable to sweat.

Another embarrassment and injury to which the patient is often liable, is

#### BLEEDING FROM THE LUNGS.

When this comes on before a cough has commenced, or at

## DR. S. S. FITCH'S SHOULDER BRACES.

There are Shoulder Braces of a great variety in form and style. Efficiency and ease are the main objects aimed at, and these are combined in Dr. Fitch's PATENT SILVERED SPRING SHOULDER BRACE, beyond any other in use. All delicate persons, with

### STOOPING SHOULDERS, CONTRACTED CHESTS,

or at trades or sedentary occupations, should wear these Shoulder Braces. Those predisposed to consumption should not *dare* to do without them. There have been instances where the base of the chest has expanded six inches in circumference in six months, by using these Shoulder Braces, and full, deep breathing. The Braces are patented, and have Dr. Fitch's name stamped on them.

Mrs. MARY WHITESIDES, of Philadelphia, says :

"I can not say too much for your Shoulder Braces. For a long time I have stooped terribly; indeed, it was impossible for me to sit straight, in consequence of weakness. I find they afford me a delightful support without causing any uneasiness."

### DR. S. S. FITCH'S GUIDE TO INVALIDS.

the beginning of the disease, the patient may be moderately bled, and two or three leeches put on the tops of the lungs, etc. In some cases, and especially of profuse bleeding, the sick need not be bled at all. In all such cases use all the remedies already mentioned for consumption, and, besides, rub the Lini-ment freely over the chest, and wear a wet cloth on the chest all the time; take the diarrhœa pills freely; leave off the use of the Inhaling Tube for a short time, but use all the other medicines. Use also the Pulmonary Succedaneum, which is a most valuable remedy to heal bleeding lungs; it may be used for months. Bleeding from diseased lungs is not always an injury; I have often seen it do vast good. I find in most cases where there is moderate, and, in some rare cases, even profuse bleeding, that the patients do much better than in cases of no bleeding. I have had patients bleed twenty times in succession, and get entirely well. There is such a thing as bleeding to death from the lungs, but it is rare. Slight bleeding from the lungs may always be considered salutary under that condition of the lungs which permits it, but it is most desirable not to have the lungs in a situation to bleed. (See remarks in my Lectures on the mode of always having healthy lungs, which will prevent their ever bleeding.) To stop bleeding at once, one of the best remedies is to take freely of salt and water. Have a little fine salt about you, and take a little every half hour for some days. Do not take severe exercise, but moderate; avoid loud talking or singing, and, unless very low, do not go to bed frightened to death. Bleeding is an unpleasant symptom, but, unless inclined to bleed profusely, it is usually beneficial to consumptives.

### SOUR STOMACH.

For sour stomach, sick stomach, and vomiting, colic, piles, diarrhœa, sore throat, pin worms, gravel, kidney, and urinary troubles, use confidently the medicines advised for these several complaints; also the mechanical remedies. See my "Six Lectures," etc.

## DR. S. S. FITCH'S CHERRY PULMONIC.

This is substantially the same great agent by means of which, as used in his **PRIVATE PRACTICE**, in connection with his **MECHANICAL REMEDIES**, he has accomplished his great cures of Consumption. In the **CHERRY PULMONIC** it is so compounded as exactly to meet the exigency of the complaints below referred to. It will, if used as directed, positively and promptly cure

**Colds, Coughs, Sore Throats, Hoarseness, Bronchitis, Laryngitis, and the Incipient Stages of Consumption.**

Having tried and demonstrated its perfect efficacy in a practice of years, based upon principles which, the cure of Consumption in thousands of instances as his patients can attest, proves to be correct, Dr. Fitch gives this *great medicine* to the public with the most perfect confidence in its efficiency.

*And now, do not neglect that cough of yours for an hour!* A remedy, complete and certain, is here placed in your hands. Inquire for it at any of his agencies. From the many received, we give a single testimonial.

New York, July 7th, 1854.

DR. S. S. FITCH: Dear Sir—Allow me to express my unbounded gratitude for the very great benefit my little son has derived from the use of your "Cherry Pulmonic." I am pleased at having an opportunity to make known the invaluable properties of this extraordinary medicine. My little boy was taken in March last with a most distressing cough. I brought him to a physician, who prescribed. After giving his medicine a fair trial for several weeks, I found the cough rather increased than otherwise. I then tried several other articles recommended as efficacious, without producing any favorable change. I by this time became alarmed, as his cough seemed to have acquired a most settled character. I applied to you; you sent him one bottle of your "Cherry Pulmonic." After using it three days, I noticed a most decided change for the better; and in two weeks his cough was entirely removed, by the sole and unaided use of this wonderful medicine. You are at liberty to dispose of this letter as you please. Allow me to subscribe myself gratefully yours,

A. LEVY, 244 Lenox Place, New York.

## DR. S. S. FITCH'S GUIDE TO INVALIDS.

### SINKING TURNS AND DEBILITY.

One of the best things for these turns is a full dose of the **Heart Corrector**. Besides this, use the **Tonic** freely

### SWOLLEN FEET.

Swelling and bloating of the feet is a frequent suffering with consumptives, and often excites great alarm. I do not consider it alone so very alarming; keeping the feet a little raised, and putting them in hot salt and ashes baths will usually cure it soon, and with the return of general health the swellings will subside

### DIET

*For Consumptives, Asthmatics, Throat Diseases, Dyspeptics, Heart Affections, Liver Complaints, Costiveness, Diarrhoea, Gravel, Debility, etc., etc.*

In the first stages of consumption, when the lungs are engorged with blood, and the patient very feverish or very dull, indicating great plethora, the diet should for a short time be very light, consisting of rice and bread-puddings (no meat), sago gruel, tapioca and arrow-root puddings, etc. As soon as the fever and congestion is better and reduced, he should take a better diet as he can bear it, and should drink, constantly and freely, slippery elm or flaxseed tea, mucilage of gum arabic, Iceland or Irish moss tea; any of these he may drink from one to three quarts daily, or as much as he can bear; they will materially help the other medicines. If, however, at first the patient is weak or long debilitated, or the lungs ulcerated more or less, then he may eat as much as he can bear without much fever, or great shortness of breath, or oppression in the stomach;

## DR. S. S. FITCH'S ANTI-BILIOUS MIXTURE.

One of the greatest causes of Disease is Biliousness, or an unhealthy action of the Liver and other BILIARY organs

The great, and in fact almost universal, remedy for this employed by the Faculty, is that virulent poison MERCURY. Dr. Fitch, after mature study, long practice, and careful experiment, has prepared his ANTI-BILIOUS MIXTURE as a perfectly safe and efficient SUBSTITUTE FOR CALOMEL AND BLUE PILLS

The person who uses this medicine need never swallow a dose of mercury; and besides being cured of all of the many forms of disease arising from biliousness, will avoid the horrible evils resulting from the abuse of Mercury.

FOR TORPID LIVER, COSTIVENESS, DROWSINESS, DULLNESS, FEVER AND AGUE, SLUGGISH CIRCULATION, HEADACHE, BILIOUS STOMACH, ETC., ETC., this is a most perfect remedy See page 24, "Anti-Bilious Mixture."

Read the following:

CLAIRMONT, June 6, 1854.

DR. S. S. FITCH: Dear Sir—I owe you a deep debt of gratitude for the benefit I have received from your Anti-Bilious Mixture. I have for years been troubled with a variety of bilious difficulties, my physicians always giving me mercury for them, until the liver seemed diseased; in fact, I was pronounced to have a seated Liver Complaint. You gave me your Anti-Bilious Mixture about two months ago, and now I call myself a well man. It seemed to give me at once new life. It is truly an excellent medicine; I wish the world knew its virtue.

Yours, etc.,

JAMES HUNTINGTON.

### DR. S. S. FITCH'S GUIDE TO INVALIDS.

he may live generously on perfect food, well cooked and always light; meats cooked with all their juices, so as to be perfectly tender and easily picked to pieces with the fingers. Avoid all old, tough, or half-cooked meat, that lies heavily or long on the stomach: all windy and half-cooked vegetables; all sour fruits, and, as a general principle, all fruits that are windy. Avoid all hard-boiled eggs, and food prepared with much eggs. Fruits had better be cooked; avoid all nuts, walnuts, peanuts, etc.; all pickles, preserves, fresh bread, etc.; all acids, vinegar, etc. Baked pastry is usually bad if you eat much. In general, never load the stomach; do not allow yourself to get very hungry or exhausted for want of food; eat a little something, if hungry. Avoid pork and salted provisions, unless eaten very temperately. I very often witness cases where persons with delicate lungs, nearly or quite consumptive, will eat too much, and suddenly are attacked with pains in the bowels, back, stomach, side, or lungs, etc.; and by imprudence in eating, bleeding at the lungs is often brought on by those liable to it

You may eat as much salt as you please with your food, stale bread, toast, boiled plain pastry, light griddled cakes, well-cooked potatoes, well-cooked tender chicken, turkey, beef, mutton, veal, fresh fish, oysters, soft part of clams and their liquor, game, grits of wheat, rice, hominy, in moderation. (See remarks on Diet in my Lectures.) Eat as much as you require; do not overload the stomach, especially with untried or indigestible food, but eat enough to keep up the strength. Milk and buttermilk may be often allowed, especially to those accustomed to milk, and to them it is often excellent; Indian or rye mush, or hasty pudding and molasses, are often good; so is rice and molasses, and plain rice puddings; coarse wheat flour puddings, if you have no diarrhoea or tendency to it. In case you know what does agree with you, use it; do not lose your own experience; take any thing that agrees with you; always go to the table with the family, if possible, and agreeable. Any food that you know disagrees, avoid, and carefully observe the effects of food.

DR. S. S. FITCH'S

**VEGETABLE CATHARTIC PILLS.**

LET IT BE DISTINCTLY UNDERSTOOD, THAT

**This Pill will not Cure all Diseases.**

But for Sluggish Bowels, TEMPORARY OR HABITUAL COSTIVENESS resulting from weak bowels, torpid liver, impaired digestion, or other causes, they are the most perfect pill ever compounded. They are mild and gentle in their operation, occasioning no sickness, no pain, and may be taken with safety and comfort by the most delicate, while they are efficient with the most robust.

The great evil experienced by every body in taking ordinary drastic Cathartic Medicine, is the costiveness and prostration of the bowels which follows. These Pills do not produce this effect. They invigorate and strengthen the bowels, effecting a perfectly healthy condition and action.

The following letter will show how they are esteemed by those who use them.

MOUNT VERNON, Ind., January 10th, 1853.

With regard to your Cathartic Pills I feel bound especially to say, that as a mild, pleasant, and efficient purgative I have never found its equal, although I have used Lee's, Cook's, Brandreth's, Moffatt's, and many others.

It is gentle, yet *sure* and effectual, and for its purpose *invaluable*.

Yours, most sincerely,

CHARLES FITCH.

## DR. S. S. FITCH'S GUIDE TO INVALIDS.

**DRINK FOR CONSUMPTIVES.**

The consumptive may drink what he knows agrees with him; pure water, black tea, a little good French brandy and water, port wine, and London porter, if no great fever is produced, are often excellent; old West India rum is often useful, but care must be taken to drink only what you can well bear. Iceland or Irish moss, put in a dish and covered with cold water, after two or three hours makes a good drink, if thirsty. Acid drinks and bad liquors, as a general thing, disagree, and should not be used; avoid coffee especially. After ulceration of the lungs is fully established, the patient should eat and drink as much as he can bear. Exercise your best judgment, take sufficient time to form a correct judgment, and then pursue what best agrees. It is better to live too high than too low. See remarks in my Lectures on Diet

**EXERCISE FOR CONSUMPTIVES.**

For this, see remarks in my Lectures on Consumption. Horseback exercise, carriage-riding, jumping the rope, dancing, moderate walking, are all excellent. Go out daily, if possible, and, above all, make your exercise regular. Do any light work; exercise for an object is worth more than without an object; to ride five miles on business is better than to ride ten miles for health merely; peddling, shopping, etc., are all excellent. Let all your habits be the habits of prudent, healthy persons, as far as possible.

**SLEEP.**

The consumptive should recollect that whatever breaks him down in any way will predispose to consumption, and much retard or prevent its cure. Nothing is better for him than refreshing sleep; on this account I never prescribe medicines to be taken during the night, but would most strenuously advise going to bed and rising at regular hours. Do not lie long

## DR. S. S. FITCH'S PULMONARY LINIMENT.

Among the many excellent medicines prepared by Dr. Fitch, this is really one of the MOST INVALUABLE for the purposes designed.

FOR SORE THROAT, STIFF NECK, PAIN OR SORENESS IN THE CHEST, THROAT, SIDE, BACK, SPINE, LIMBS, OR JOINTS; FOR STRICTURE ACROSS THE CHEST; FOR CROUP, PLEURISY, BRONCHITIS, ASTHMA, OR RECENT COLD SETTLED ON THE LUNGS OR THROAT; FOR SPRAINS, BRUISES, OR RHEUMATISM, it is truly

A MOST PERFECT REMEDY.

Find any person who has ever used this Liniment, and take his testimony as to its virtues. You will find that it is just what it is represented to be. For the relief of the suffering, we heartily desire to see its use still more widely extended.

We append a single testimonial as to its effects in Rheumatism.

SACRAMENTO CITY, CAL., June 14, 1854.

DR. S. S. FITCH: Dear Sir—In February I applied to you, and you gave me two bottles of your Pulmonary Liniment. It has answered me for every shape of Rheumatism for which this country is celebrated. Sometimes I feel a little touch of the Rheumatism, but your Liniment has been sufficient to eradicate it at once. I should like to have you send me a dozen bottles; there are a number of my friends who have tried it, and it always cures.

Yours, very respectfully,

F. B. CRAGAN.

### DR. S. S. FITCH'S GUIDE TO INVALIDS.

in bed after awaking. Above all, avoid watching with the sick, or sitting up to study, etc., or any night meetings. Sleep most when you sleep the best.

#### CROWDED ROOMS AND ASSEMBLIES.

The consumptive—the invalid of every description—should always avoid theatres, lecture-rooms, churches, and every gathering of people whatever. Nearly all invalids who go to church are worse on Monday. Now, consumptive, let me say to you, once for all, let every habit, as far as possible, be the habit of health. Observe most carefully what agrees with you, and follow this most strenuously. Be equally careful to notice what injures you, and always avoid it. Do not, by imprudence, indolence, or negligence, lose what you gain

### A S T H M A . ITS CURE.

See remarks on the nature of Asthma, in my Lectures. The patient requires the Inhaling Tube, Supporter, Shoulder Braces, and Medicines. The medicines I give are Cathartic Pills, Nervine, Liniment, Expectorant, Pulmonary Balsam, Cough Pills, Humor Corrector, and Pain-Killer, and Antibilious Mixture, and, if very weak, I give the Tonic—one, or all, as they agree and help the patient. Burning saltpetre paper in the patient's room, or inhaling ether during the fits, or smoking stramonium leaves, will usually soon relieve or prevent the fits. During the fits, the patient can not use the Tube, or rarely can he wear the Supporter or Braces; all must be loose about him. When the fits are off, use the Tube and medicines faithfully, and use all the other medicines as directed. If sour stomach, and much wind on the stomach, take the Anti-Dyspeptic Mixture; avoid all hearty suppers, and any thing you know disagrees; bathe, go out in the open air as much as possible, observe the rules of diet prescribed for consumptives, and the same rules for drink.

DR. S. S. FITCH'S

**HEART CORRECTOR.**

## DISEASES OF THE HEART

Are very generally regarded with terror, as well-nigh incurable, and fatal. They need not be. Among the thousands of cases of Heart Disease which Dr Fitch has treated, he has never lost twenty, and one of the leading remedies employed by him in its treatment, is this beautiful, almost magical preparation, the

## HEART CORRECTOR

Among the thousands who have used it, not one can be found who will not speak of it in terms of the highest praise. We beg those who are suffering from any irregularity in the action of the heart, to try this remedy. See page 25, "Heart Corrector"

LEVI BLANCHARD, of Albion, Michigan, in a letter dated January 31st, 1851, speaking of the Heart Corrector, says:

Your Heart Corrector is one of the greatest medicines that ever was brought into this place, and many value it as they do their lives.

## DR. S. S. FITCH'S GUIDE TO INVALIDS.

I have had at least 1,500 cases of asthma in the last four years, and nearly all have been relieved; I scarcely recollect more than a dozen cases which have not recovered. Asthma is a most curable disease in all persons under fifty, no matter of how long standing; after fifty, it is less curable, but yet I have seen it perfectly cured at sixty and upward.

**THROAT AFFECTIONS.**

*Loss of Voice and Hoarseness, with slight or occasional Cough, and great weakness of voice and fatigue when talking*

This terrible disease occurs often in costive, sedentary, and dyspeptic people, and those who with these habits also use the voice very much, as clergymen, lawyers, teachers, lecturers, etc.; those who talk a great deal, particularly those who sing considerably and exert the voice greatly, especially before large assemblies, and in heated rooms. In most cases we notice swelled tonsils and much enlarged palate; and in a very large majority of these throat diseases, I find, if they are of long standing, that the lungs are also affected, and always so, if the patient is highly predisposed to consumption by family taint, etc. In some cases, we find chronic catarrh, in aggravated forms, accompany these diseases.

## CURE OF THROAT DISEASES, etc.

[See remarks in my Lectures.]

If the tonsils are enormously enlarged, a portion of each may be cut away, and the same with the palate; but if not considerably enlarged, the tonsils or palate do not require to be cut off. The patient should

DR. S. S. FITCH'S  
**DEPURATIVE SYRUP.**

This Syrup has no superior in all cases of IMPURE BLOOD.

Those who use it will find it an efficient remedy in the following diseases:

SCROFULA, ERYSIPELAS, WHITE SWELLINGS, all the VARIOUS SKIN DISEASES, Scald Head, Boils, diseases of the Eyelids, etc. etc. Where the system has been injured by mercury, and any of the frightful diseases which that poison creates are present, this is an excellent antidote and purifier

DR. S. S. FITCH'S  
**ANTI-DYSPEPTIC MIXTURE.**

For all cases of

**SOUR STOMACH,**

or indigestion from acidity or other cause, and for all forms of dyspepsia, this medicine has no equal. It may be taken with perfect confidence in its efficiency.

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DR. S. S. FITCH'S GUIDE TO INVALIDS.

wear Supporter and Braces; if a cough, use the Inhaling Tube; keep the stomach in perfect order—neither eat nor drink any thing that disagrees. This disease is often incited, and always aggravated, by any form of dyspepsia. Its permanent cure is impossible, unless the dyspepsia is cured or greatly alleviated. It is, in a vast many cases, and nearly all, produced by skin diseases, which settles on the throat and windpipe. Often this humor follows down the gullet to the stomach, and seems to cover portions of the stomach, and very often extends down the windpipe into the lungs. The medicines I give are Cathartic Pills, Nervine, Liniment, Humor Corrector and Pain-Killer, and Anti-Bilious Mixture, and Tonic; and if a cough, I use the Cherry Pulmonic, Balsam, Cough Pills, etc., as in consumption. Observe the rules of diet prescribed for consumptives. Rub the Liniment very freely about the throat, and at times Croton Oil may be used. Wear a wet cloth around the throat and top of the chest every night, wrapping a towel over it to keep the neck warm during sleep. Bathe freely all over as directed in consumption, and especially bathe the back of the neck and throat freely in very cold water every morning; besides, wash the inside of the throat, palate, etc., with the Tonic Wash, as directed. Chew often a little nutgall, and swallow its juice. Put very little dress about the throat, and do not cover the mouth when you go out, but take the free, fresh air daily on and in the throat, no matter how cold, after you are accustomed to it, but be careful at first not to do so if it injures you. Avoid all crowded assemblages of all sorts. Even going to church, if much heated, is very bad for you, especially if heated or crowded. Never go there at night.

Observe all the rules of diet prescribed for the dyspeptic and consumptive. Avoid great excitement of all kinds, mental or physical, or long-continued study, take regular sleep, avoid sitting up at night or watching with the sick. Use the voice as little as possible, and constantly take long, full breaths, so as to keep the chest perfectly expanded, and thus prevent diseased lungs avoid damp, cold night air.



DR. S. S. FITCH'S

**CATARRH SNUFF.**

This admirable preparation promptly relieves the CATARRHAL DISCHARGE from the HEAD and NOSTRILS. The catarrh often occasions much offensive smell. This is cured at once by the use of the CATARRH snuff.

DR. S. S. FITCH'S

**VERMIFUGE,**

FOR PIN WORMS

Dr. Fitch's VERMIFUGE may be relied upon as a prompt and safe remedy. It does not disappoint or fail. It may be taken by all ages, sexes, or conditions of health.

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 DR. S. S. FITCH'S GUIDE TO INVALIDS.
**HEART DISEASES.**

Consumption itself hardly excites more terror than heart diseases, as they are, by ordinary practice, rarely cured, or even an attempt made to do it. The patient is most usually left to his fate, overwhelmed with the most terrible forebodings. In his own and in the fear of his friends, he dies daily. These diseases are exceedingly manageable, and curable in nearly all cases. Even ossification of the heart, in its commencement, may be stopped. Trouble about the heart is known by the patient experiencing too much or too hard beating; palpitation, or irregular beating; stoppage of the heart at times; at others it is instantly excited by fear, anxiety, sudden news, good or bad; alarms of all kinds, short breathing, palpitation on unusual exercise, going up-hill, up-stairs, etc., not able sometimes to lie down, disturbed sleep, starting in sleep, awaking in a fright, confusion on awaking, and trembling all over on awaking, strange feelings in different parts, an irrepressible feeling of alarm and foreboding, etc., when first awakened from sleep, and it may be some moments before the heart and circulation become free. At times the heart begins to flutter, and seems almost to turn itself over. At other times most severe pain is felt in or about the heart.

**CURE OF HEART DISEASES.**

It is a singular fact, but true as far as I know, that I am the first physician, and the only physician, who has ever treated or now treats heart diseases, with a view to their cure. My success has been of the most gratifying character. In more than 2,000 cases of heart trouble, I have no knowledge of ever losing five cases.

DR. S. S. FITCH'S  
FEMALE RESTORATIVE.

To restore obstructed or suppressed menstruation is one of the greatest efforts of the physician, and one of the greatest triumphs of the medical art. The consequences of irregularity in this function are most disastrous. The whole system is thrown into confusion by, and soon falls under, the withering influence of some fatal disease invited and induced by it.

Dr. Fitch has tested, in his own practice, the prompt and complete efficacy of his FEMALE RESTORATIVE, and he offers it to those who require its aid, with the most perfect confidence in its power to relieve. Do not hesitate to use it. It is perfectly safe, prompt, and effectual.

DR. S. S. FITCH'S  
CHOLERA AND COLIC SPECIFIC.

With a full sense of the responsibility of the act, Dr. S. S. Fitch offers this medicine to the public as a safe, certain, and reliable remedy for the Asiatic Cholera. It is a perfectly invaluable preparation; it *never* fails to stop the disease in its earlier stage, and rarely in its later stage.

In colic, that distressing complaint, it always gives prompt relief.

DR. S. S. FITCH'S GUIDE TO INVALIDS.

In treating heart diseases, I advise the use of an Abdominal Supporter (unless the person is very short and fleshy); Shoulder Braces are indispensable. Do all to enlarge the chest, as directed in my Lectures. Sit, write, or read only at high desks, so as not to stoop at all. Expand the chest by long, full breaths constantly, but begin carefully. I give Cathartic Pills, and advise the use of them every night regularly. Even when used for years, they will not injure, but constantly protect the heart. For a time I give Humor Corrector, Pain Killer, and Anti-Bilious Mixture, and if there is pain, use the Liniment. Above all, use the Heart Corrector—it usually gives instant relief in sudden attacks, and may be used whenever the heart is excited. Taken regularly at bed-time it carries the patient safely through the night. In old people, it is a true life-preserver. If there is dyspepsia and sour stomach, use the Anti-Dyspeptic Mixture until free of dyspeptic symptoms. It is impossible to say too much on the subject of diet. What I have said on diet to consumptives, applies tenfold to patients who have disease of the heart. Avoid all suppers or late meals. You should not eat any thing after dinner, or only a slight piece of bread with a little butter. Never eat a hearty meal on any pretext whatever. Eat very little meat, and that well cooked, very tender; and eat deliberately. Avoid all feats of strength, or great exertion of any kind—any great, unusual, or sudden effort, either mental or physical. Avoid all great assemblages—churches, theatres, concerts, crowds. Moderate, regular exercise, or labor to which you are accustomed, may be pursued. Avoid going up-stairs as much as possible, or walking up hills; be regular in hours of sleep, eating, labor, exercise, etc. Use the Pills so as to have a gentle evacuation daily. Avoid much fruit, and windy fruits of all sorts. Free sponge-bathing, frictions, and salt-water bathing should be used daily, but avoid getting under water, or in the water. Sea-bathing, if you go into deep water and a heavy surf, is dangerous, and should be avoided.

Dyspepsia, catarrh, and kidney diseases should all be corrected. The kid

DR. S. S. FITCH'S  
**P I L E O I N T M E N T .**

It has been the lot of Dr. Fitch to treat THOUSANDS OF CASES OF PILES, and he has scarcely witnessed a failure of *five cases* during his whole practice. This PILE OINTMENT he uses constantly in his private practice. We can not urge too strongly on those afflicted with this DISTRESSING DISEASE, to apply this remedy without delay. A sure and permanent cure may be relied on

DR. S. S. FITCH'S  
**H A I R T O N I C .**

This is a most beautiful preparation for the Hair. For  
 FALLING OFF OF THE HAIR,  
 Baldness, dryness of the hair, Dandruff, etc., etc., it is unsurpassed by any preparation in use.

The Hair Tonic will usually cure *falling off* of the hair from two to ten days, perfectly preserving its beauty and color; half a dozen bottles will cure almost any case of baldness.

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DR. S. S. FITCH'S GUIDE TO INVALIDS.

neys not acting well, immediately disturb the heart. It should at once be corrected. All womb diseases should be cured. In all cases of pain the Pulmonary and Rheumatic Liniments are most valuable, rubbed on or spread on a plaster and put or worn upon the heart. Often the patient faints, and is supposed to be dead—do not give him up, especially if a young person. Pry open his mouth, and give a dessert-spoonful of the Heart Corrector or some active stimulant—the Heart Corrector is the best of any thing I know

I scarcely know of any disease more manageable than a vast proportion of heart diseases. Their treatment, however, requires unceasing caution and good judgment on the part of the patient. See my Lectures.

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**DYSPEPSIA.**

[See remarks on this disease in my Lectures.]

It often leads to consumption, and often brings on asthma, heart diseases, sick headache, chronic diarrhœa, etc. It is often produced by costiveness, and womb and kidney complaints. It often produces chronic diarrhœa, etc., and always aggravates it—often causes, and always aggravates piles. Among diseases this is certainly one of the most curable. Use the Anti-Dyspeptic Mixture—observe the rules for diet, before mentioned, also bathing, air, and exercise, and consult me at once personally or by letter. You may rely on a cure, though of years' standing. In twelve thousand cases I have treated, I have never known a failure of cure when the patient makes a faithful and continued use of remedies

DR. S. S. FITCH'S  
**TRUSS SUPPORTER.**

There are many persons who need to wear an Abdominal Supporter, but who can not do so, on account of being ruptured.

Dr. Fitch has now completed a Truss Supporter, which he offers to the afflicted, in the confidence that they will find in this instrument just the thing they need. Simply as a

**TRUSS,**  
PARTICULARLY FOR  
**DOUBLE RUPTURE.**

This is by far the most complete instrument ever invented. The Patent Silver-plated Spring-pad is used, as described in his notice of the *Truss*. (See page 20.)

Persons can be fitted by sending the size around, just below the hips, on a line with the top of the cross bone in front.

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DR. S. S. FITCH'S GUIDE TO INVALIDS.

**LIVER COMPLAINT**

Is very curable indeed; it is known by swelling and pain in the right side, short breath, husky cough, dyspepia, very costive or diarrhœa, depraved appetite, clay-colored stools, and bad state of the head, periodical sick headache, etc., etc. The patient should wear Shoulder Braces and Supporter, take Cathartic Pills, Nervine, Humor Corrector, Pain Killer, and Anti-Bilious Mixture, and Universal Tonic. Use Liniment in case of pain, and wear a wet cloth over the right side. If dyspepsia, diarrhœa, etc., use the medicines mentioned for these complaints in this Guide. Observe the rules of diet mentioned for consumptives and dyspeptics. Bathe freely and take plenty of fresh air and exercise, and you will soon have a good liver

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**COSTIVENESS.**

Many persons suffer from constipation, often going for days without a passage. I hardly know any disease more perfectly curable. (For effects of costiveness or slow bowels, see remarks in my Lectures.) The following are always aggravated, and often produced by costiveness: Headache, sick headache, confusion in the head, palsy, apoplexy, throat diseases, consumption; bleeding lungs, heart diseases, dyspepsia, liver complaints, piles, skin diseases, nervousness, womb diseases, kidney complaints, and, in fact, nearly every disease to which flesh is heir, is aggravated by costiveness.

DR. S. S. FITCH'S  
 PATENT, SILVER-PLATED SPRING-PAD  
 T R U S S .

Any person afflicted with *hernia*, who will apply the ends of the fingers to the rupture and press in an upward direction upon it, will perceive how easily it is held in place, and how small a pressure is required. He may very naturally ask why so violent a pressure is necessary in a truss to accomplish the same purpose; why is the hand so much more efficient, and so much more comfortable than the ordinary Truss. It is simply because the pressure is applied by the hand *in the right direction*, while that by the ordinary truss *is not*.

In the Truss now offered to the public by Dr. Fitch, the pad is made to imitate the hand. The pressure is so applied as to perfectly keep the rupture in place with very little pressure, and with the most perfect comfort.

Orders for it addressed to S. S. Fitch & Co., 714 Broadway, New York, will meet with prompt attention. Persons applying at the office will be fitted.

DR. S. S. FITCH'S GUIDE TO INVALIDS.

CURE OF COSTIVENESS.

To cure costiveness, wear a Supporter; take Cathartic Pills, Anti-Bilious Mixture, and the Universal Tonic; and if any other diseases are present, use medicines mentioned for them. Observe the rules of diet directed for consumptives and dyspeptics. Eat bran bread and wheat-en grits, and any food you know keeps the bowels free; but the Supporter and Cathartic Pills will soon put all right. These remedies have permanently and perfectly cured constipation of years' standing. Persevere in using remedies until well.

HEADACHE.

RUSH OF BLOOD TO THE HEAD, SICK HEADACHE, PERIODICAL HEAD-  
 ACHE, etc.

Headache and rush of blood to the head are often caused by using the eyes too much, and great mental efforts when weak. In females all diseases of the womb will often induce a rush of blood to the head. The stoppage of the monthly sickness at the turn of life, and at any period of life, often produces a rush of blood to the head. Periodical sick headaches often arise from obstructions of the gall-bladder by gall-stones in it. (See remarks in my Lectures, etc.) Any heart obstruction is apt to induce apoplectic rush of blood to the head, etc.

Costiveness is a common cause of headache. There is a close sympathy between the head and the stomach, and indigestion, sour stomach, food lying heavy, etc., cause headache. Ascertain, if possible, what the cause is, and remove it by the proper remedies.

## FEMALE COMPLAINTS.

### MISCARRIAGES, BARRENNESS, etc.

These complaints are promptly and perfectly curable. Read my two "Lectures to Ladies" in the "Six Lectures;" there you will have a full description of these diseases. For the cure, see remarks on Abdominal Supporters and the medicines for your different troubles in this "Guide to Invalids."

It is often and usually attended with a weak back, dead, heavy pain in the hips, loins, sides of the bowels, etc., and lower end of the back-bone; also, bearing down and leucorrhœa, rush of blood to the head, sick headache, spots on the face, palpitation, dyspepsia, nervousness, low spirits, inability to walk well, pain across the lower bowels, distressing, sinking feeling at the pit of the stomach, exhausted, all gone, easily fatigued, etc. You may depend on a prompt cure.

### RHEUMATISM.

[For the causes and effects of Rheumatism, see my Lectures.]

This is a most curable disease, whether acute or chronic—recent, or of long standing, unless there has been actual organic change in the joints. I have no recollection of a single such case where I failed of a cure. Consult me by letter or personally. You may depend on a certain and speedy cure.

### SKIN DISEASES.

#### CANKER, etc.

These diseases of all kinds are, in ninety-nine cases out of a hundred, curable by pursuing, for a longer or shorter time, the use of the remedies. (See remarks on these in my Lectures.) Salt rheum, scald-head, tetter, hives, pimples on the face, and a great many other varieties (there are often two or three kinds on one person), are most generally curable. The medicines are, Cathartic Pills, constantly used till well; also take Nervine, Humor Corrector, Depurative Syrup; use for months till well.

Observe the rules of diet directed for consumptives; use free bathing and fresh air. If other diseases are present, use what medicines are directed for them. The Tetter Ointment will be found most valuable in all cases of itching, and will soon cure it.

### SCROFULA, or King's Evil.

This truly unpleasant, and in many cases, apparently incurable disease, may be usually greatly relieved, and in many cases entirely cured, in from one month to a year, even when in its worst forms. See my Lectures.

The remedies are, bathing freely, if possible, in cold salt water; wear Supporter and Shoulder Braces, if over 15 years old, and take Cathartic Pills. Depurative Syrup, Humor Corrector, and Universal Tonic. The Anti-Scrofulous Plaster may also be used, if bunches or other sores are present. Also take free, fresh country air, and often sea air, if the lungs are not affected—full, free breathing in cold air. Observe the rules of diet directed for dyspeptics.

### CATARRH.

This is often a most obstinate and disagreeable, and even dangerous disease—often leads to loss of smell, impairs the hearing, weakens the voice, and causes great discharges from the head and nose, often ex-

tremely offensive when not suspected to be so by the patient. (See my remarks on this subject in my Lectures.)

Catarrh often reduces the patient very much, and in a vast many cases spreads over the lungs, producing consumption. It is always on the lungs in consumption, more or less. It often affects the eyes and head, and is a skin disease, produced by a humor.

To cure catarrh, I give Anti-Mucus Mixture, and Catarrh Snuff—free bathing of the head, face, neck, and throat with cold water, and daily drawing cold water up the nose. If any other troubles present, I recommend the medicines mentioned for such affections. If thin, delicate, or weakly persons, I advise Supporter and Shoulder Braces, fresh air, and full, long breaths of cold air. By these, catarrh is very curable, and permanently so. Fresh air, full long breaths, bathing the head, neck, and face in cold water, and drawing cold water up the nostrils are the best prescriptions, and are usually perfectly successful in preventing this disease.

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### CROUP.

This disease is promptly and perfectly curable. Put the feet in warm water: or if very bad, wrap the child up in a cloth wet in warm water, and keep it as warm as can be borne; give it the Expectorant in small doses, until it vomits; and rub the Pulmonary Liniment freely for hours on the throat, front of the chest and spine, between the shoulders, etc., until relief is had. If costive, give castor oil, etc. Never despair in these cases. The cure is certain

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### DO NOT DELAY.

It is rare for me to see a patient until he has had a cough one to two years, or even three years. If I am consulted during the first month, in nearly every case I succeed in relieving the cough in four or five weeks, and generally in a much shorter time. Each month of delay adds to the time required for cure, if cure be effected at all, and greatly increases the danger of the disease. No cough should be allowed to go more than one week before full measures should be taken for its cure.

Do not be led off by such fatal delusions as I have mentioned; read this Guide Book, and strictly and instantly follow its teachings, and most particularly if any of your own blood-relations have died of Consumption.

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### PHYSICIANS SHOULD PREPARE THEIR OWN REMEDIES.

Fifty years ago it was the almost universal custom of all physicians to prepare their own medicines. Then a physician who could not prepare his own medicines, and administer them, was looked upon as wholly incompetent to practice the healing art, and unworthy the name of Physician. Physicians then knew that as much science, skill, and art could be displayed in a medical preparation as in a master-painting or piece of sculpture.

My father and grandfather were physicians of great eminence and usefulness, and, with myself, have continued the practice of medicine in an unbroken line of 106 years. They taught me to prepare my own remedies, and never to be satisfied until they were as perfect as science and art could make them—that every disease had a cause, and all causes had counteracting agents—nothing final and omnipotent but the word of God himself. Physicians may be exalted to much renown by simply being able to name a disease; but the great glory of a Physician is to cure his patient.

## DR. FITCH'S REMEDIES.

For the benefit of those who wish to use my remedies, and do not find it convenient to consult me, as well as of those who desire to make use of them as FAMILY MEDICINES, I will give a list of them, with the diseases, and mode of applying them.

## MECHANICAL.

**1 The Abdominal Supporter.**—This is the most perfect instrument of the kind in use. It is light, elastic, fits perfectly, occasions no discomfort, and produces the most delightful feeling of comfort and support. It should be worn by both males and females, in all cases of diseased or feeble lungs, weak back, palpitation of the heart, weak voice, weak chest, faint, all gone feeling at the pit of the stomach, tired, dragging-down sensation about the shoulders and neck, falling or weak bowels, piles, costiveness or protracted laxness of bowels; and by ladies in cases of falling womb, bearing down, fluor albus, and liability to miscarriage, and in all cases after confinement or rising from bed.

**2 The Inhaling Tube.**—The use of this remedy is invaluable in the following states of the chest and lungs:

For all contractions of the chest—flat chest, stooping chest, pains in the chest; cough; expectoration; after pleurisy or inflammation of the lungs; in asthma, in loss of voice, weak voice, hoarseness, and weak throat; in all cases where the breast-bone or ribs contract or fall down upon the heart, and prevent its free action; in shortness of breath, and when the chest does not expand well, and when a person is conscious of a weak, delicate, or contracted chest; in all persons who are in any way predisposed to diseased lungs by family taint, or long sickness, or confinement in bed. In many cases of dyspepsia the use of the tube is most valuable. It should be used in all cases of bronchitis, of long or short standing. You will get printed directions with the Tube for using it.

The Tube should not be used in the following cases, viz.: When there are any spasms in the chest; when there is much palpitation of the heart, or disease of the heart; during bleeding of the lungs; but in a week after bleeding, use it, commencing very gently; when there is much soreness of the chest, or its use gives pain, use it gently at first; when there is disposition to apoplexy, or determination of blood to the head, use very carefully; in fits of asthma it can not be used, but as soon as the fits are over it can be.

These Tubes are of pure silver, can readily be taken apart and cleaned (very important). Beware of getting a bad Inhaling Tube, as the consequences may be serious. Mine should be accompanied with full directions, having my signature.

**3 The Shoulder Brace.**—These instruments, when of proper construction, are invaluable for all delicate persons, and for those who are in any way predisposed to consumption, either by family taint, by sickness, or by occupation. All delicate persons, at school, or at trades, or at any sedentary occupation, should always wear Shoulder Braces. Delicate persons, in all farming or out-door business, should wear them.

My Braces are patented, and have my name stamped on them.

## MEDICINAL.

**Cherry Pulmonic.**—This medicine may be relied on as one of the most efficient cough medicines ever prepared. For all recent coughs, colds, sore throats, bronchitis, etc., it is invaluable. For delicate, impressible persons, who can not bear much stimulus, or where there is feverishness, it should be used. In all cases of recent coughs, do not look



any further for a remedy; you may rely on this one. For all coughs in children, it is entirely unrivaled. It is exceedingly pleasant to take.

**Pulmonary Balsam.**—This may be used in all cases of coughs of some standing; for affections of the throat, air passages, or lungs; asthma and CONSUMPTION. For ulcerated or bleeding lungs, and coughs in old people, it has no equal. It supports the strength, alleviates the cough, and acts vigorously in Consumption. For this it is by far the most valuable remedy I ever knew

**Pulmonary Succedaneum.**—This is a preparation of Cod Liver Oil and two or three other valuable cough remedies, and is an excellent medicine. I have used it in my practice for many years. It is peculiarly useful in bleeding lungs, in which cases I generally prescribe it in connection with the other medicines, if the patient is not dyspeptic, but if dyspeptic, it often does more harm than good. Consumptives should not rely upon Cod Liver Oil alone, as is often done. Many are cheated into their graves by it, who might have been saved with proper treatment.

**Pulmonary Expectorant.**—This is a most valuable and reliable medicine. For all recent colds it is a perfect cure; for the croup, asthma, bronchitis, whooping-cough, this medicine is invaluable. It may be used with the most perfect confidence.

**Pulmonary Liniment.**—This is a most perfect preparation in nearly all cases of pain or soreness of the chest, throat, sides, bowels, back, spine, limbs, joints, etc.; in diseases of the throat, and hoarseness, tickling in the throat, bronchitis, croup, recent colds; in all cases of sprains and bruises; in pleurisy, or inflammation of the lungs, bowels, stomach, womb, etc. It is applied externally, with the hand, or spread on a cloth. This most invaluable Liniment can not be too highly recommended.

**Nervine.**—In almost every case of chronic disease the nerves become weak, and something is required to soothe and strengthen them, and to prevent sinking and debility, and wasting of the nervous system. In all of these cases the Nervine is an invaluable medicine, and should be faithfully used. As an external application for neuralgia it is excellent. For the TOOTHACHE it is almost a sovereign remedy.

**Anti-bilious Mixture.**—For all bilious difficulties this medicine stands unrivaled, yes, *unequaled*. I have no hesitation in so declaring it. As an *alterative* it takes the place of mercury, with none of the evil effects of that agent. It contains not a particle of mercury, in any form. In all the thousand and one maladies which result from biliousness, this remedy is by far the best I have ever known. As a simple cathartic, mild, safe, gentle, efficient, causing no sickness, and leaving the bowels in a vigorous, healthy condition, it is invaluable.

**Pain-Killer and Humor Corrector.**—This is a most valuable remedy for pain, whether superficial or deep-seated, in any part of the body or extremities, head, neck, joints, or for all itching or humor anywhere, internal or external, headache, neuralgia, rheumatism, acute or chronic, and, in connection with the other medicines, of the greatest service in pleurisy, consumption, asthma, bleeding lungs, erysipelas, salt rheum, etc. Also for sprains and bruises it is excellent.

**Rheumatic Liniment.**—This Liniment is eminently useful in all cases of neuralgia, rheumatism, pains in the spine and back. In these cases I prefer it to the Pulmonary Liniment. In pains in large joints it is very useful, and usually permanently relieves the patient. It can be tried if the Pulmonary Liniment fails.

**Drops for Dyspeptic Vomiting, attended or not with Cough, and for Sickness at Stomach before or after meals.**—Many persons in consumption suffer dreadfully from coughing and vomiting up their food, or from sickness at the stomach during meals and before and after meals, etc., and often vomit without any sickness, merely by coughing. These Drops give a perfect cure for all this in nearly every case.

**Tonic Wash for Leucorrhœa.**—For swelling or falling of the womb, whites, and barrenness produced by these diseases, this medicine is highly valuable, and is wholly indispensable in the cure of these complaints. It is safe, and wonderfully efficacious. It gives great tone in seminal weakness, etc., produced by sickness, irregularity, or falling of the womb, etc. I never hope for a cure of these complaints without its use.

**Cathartic Pills.**—For costiveness and sluggish bowels these Pills are really the most perfect medicine ever prepared. They are mild, gentle, cause no sickness, while they are efficient, and may be used any length of time without weakening the bowels in the slightest degree. If using other medicines, it is very essential to use these Pills, even if the bowels are regular. Take them at bed-time.

**Heart Corrector.**—Persons subject to palpitation, spasms about the chest and left side, stoppage of the action of the heart, beating of the heart, trembling all over and about the heart, water about the heart, and all ossifications of the heart, rheumatism about the heart, and in angina pectoris, and debility of the heart, will find this a most valuable remedy; it is above all price, and will perfectly cure a great many cases of heart trouble. For sleepless, restless patients this is valuable; and where the person experiences great sinking and debility, it helps greatly. No person having any trouble of the heart should be without this medicine. It is a noble and useful remedy. See remarks on Heart Diseases, in my Lectures.

**Anti-Dyspeptic Mixture.**—For all cases of sour stomach and indigestion from acidity, I have never met the equal of this medicine. It rarely fails of curing these complaints. It can never do harm, but will give perfect relief. I use it in all cases of sour stomach. It perfectly harmonizes with all other medicines.

**Humor Corrector.**—This remedy is for salt rheum, erysipelas, and all humors of the blood, all skin diseases, scrofula, throat diseases, whooping-cough, asthma, and all diseases that are caused by a humor. Used in diluted baths, it soon cures salt rheum on the hands. It is useful in heart diseases, piles, gravel, neuralgia, and rheumatism, all tumors, all cases of impure blood, in scrofula in all its forms. It is a most valuable medicine in cancer.

**Gravel Specific.**—This medicine is most valuable for all cases of gravel, high-colored urine, too much water, stoppage of water, too little water, difficulty of passing water, and in dropsical cases, where the kidneys do not act well, disposition to make too much or too little urine, and in mucous discharges from the bladder, urethra, womb, or front passage in females, etc. It is useful where there is brickdust in the bladder, and red and white sediment in the water.

**Diarrhœa Specific.**—This is a most excellent medicine for diarrhœa, dysentery, summer complaint of children, and all cases of old chronic diarrhœa. It will often cure old diarrhœas when all else has failed. It may be taken in wine or milk, or mixed with any food.

**Pills for Bleeding Lungs and for Diarrhœa.**—These Pills are extremely valued for bleeding lungs and excessive discharges from the lungs. For diarrhœa, they should be used moderately at first, so as not to produce sickness, and then use very freely; gradually increase as the stomach will bear. They are very valuable in diarrhœa of long standing, and bleeding lungs, or any disposition to raise blood.

**Female Restorative.**—To restore obstructed or suppressed menstruation is one of the greatest efforts of the physician, and one of the greatest triumphs of the medical art. The Female Restorative will almost always cure any cases of irregularity. (See remarks on these diseases in my Lectures.) It may be relied on as a perfectly safe and effectual remedy.

**Cough Pills.**—These Pills may be freely used in all cases of cough, common colds, bronchitis, asthma, and consumption; they agree with all other medicines, and never hurt the sick. I never had any Cough Pills that could compare with these in excellent effects; they may be used any length of time, by persons of any age, or in any stage of disease.

**Catarrh Snuff.**—This is a useful remedy for catarrh in the head, nostrils, etc., and may be used at all times with confidence. It usually cures. It is different from any I have ever known. It promptly relieves the offensive smell often observed in much catarrh in the nose and head.

**Pile Ointment.**—It has been my lot to treat thousands of cases of piles, and I have scarcely witnessed a failure of five cases during my whole practice. You may almost invariably depend on a perfect and permanent cure. (See remarks on Piles in my Lectures.)

**Universal Tonic.**—This is a most perfect tonic in all cases of debility, from whatever cause produced. In all cases of ague and fever, and debility of that kind, this medicine is beneficial. It may be given in nearly all cases of consumption, bronchitis, and all debility. In scrofula it is indispensable; also in all cases of debility and running sores or fistula, etc., from any cause.

**Tonic Wash for Sore Throat.**—This remedy, faithfully employed, is safe, and usually effectual in curing sore throat, removing hoarseness, etc. It is very useful and indispensable in the cure of internal sore throat.

**Depurative Syrup.**—This Syrup has no superior in all cases of impure blood. I give it in all skin diseases, diseases of the eyes and eyelids, white swellings, scrofula, heart disease, dyspepsia, liver complaint; all female diseases, piles, salt rheum, erysipelas, etc.; all debility produced by humor settled on any part or in the blood. It is most useful, and its use should never be omitted in these diseases.

**Anti-Mucus Mixture.**—This is a sovereign remedy in all cases of mucus discharges from the bladder, urethra, etc., *from whatever cause*. In a great many cases of piles, dreadful pains will occur after stools. This remedy will certainly cure. It promptly relieves heat and scalding of water, and frequent desire to pass it, etc. It does not fail to cure. It is useful in all cases of piles. It is very useful for night-sweats, and all irritation of the throat.

**Vermifuge.**—This is an unfailing remedy in all cases of pin-worms; it does not disappoint or fail. It may be given in all ages, sexes, or conditions of health.

**Uterine Catholicon.**—For all seminal debility, profuse monthly sickness, fluor albus, leucorrhœa, too scanty or too much water, inability to retain or constant desire to pass water, weak back, seminal discharges, all uterine, or urinal, or seminal troubles, the sufferer will find this medicine a most perfect preparation.

**Tetter Ointment.**—For all cases of salt rheum, erysipelas, and skin diseases. After internal remedies are faithfully used, then this Ointment may be used with the greatest certainty of success.

**Hair Tonic.**—This is a beautiful preparation for the hair, arresting the falling off of the hair, curing baldness (which is almost always a skin disease), and imparting to the hair a silky softness and a beautiful gloss.

## C A N C E R

This disease is usually considered incurable. This is entirely erroneous. It is perfectly curable, without pain, or in any way injuring the constitution. Cancer should never be cut out. They are curable in nearly all stages, unless the patient is greatly reduced. They can be treated by me by letter, *giving* the description. Cures always warranted and always made. No charge without a cure. I would urge persons afflicted with cancer to consult me before consenting to any painful or expensive operation.

## BEWARE OF FORGED AND FICTITIOUS TESTIMONIALS.

Invalids should beware of being entrapped into the use of advertised remedies by published letters, purporting to be written by persons who have been the subjects of *remarkable cures*. The fraud is extensively practiced of publishing forged or fictitious letters of this kind. The forged names are usually those of distinguished and prominent men—often of men high in official or professional position.

When you read such letters, to which are attached the names of Kings, Queens, Presidents, Congressmen, Judges, Professors, Members of Legislatures, and distinguished characters, set them down as forgeries. Ten chances to one they are so.

With regard to the letters on the following pages, Dr. S. S. Fitch asks that their genuineness may be tested. This may be done by just addressing a line, post-paid, to any of the persons whose names appear attached to them. Those who feel any interest to know whether Dr. Fitch's practice is successful, he begs will thus test the genuineness of these letters. He regards the moral guilt of forging a testimonial of the virtue of a medicinal remedy and a note of hand as about the same. The former in truth being the greater, as it involves human life.

## A WORD TO THE READER.

These medicines are such as I place with my agents; they are perfect, as far as they go, and will do precisely what they promise. They result from a vast and successful experience—an experience equaled by few living men. I have now on my books more than 60,000 recorded cases, with all their experience. Very few men have ever prescribed for 60,000 different persons. The experience has been a successful one. By far the greater majority recover who apply before the constitution is utterly destroyed. Thousands have recovered and continue well who had true-seated tubercular consumption. See the letters printed in this pamphlet. I have letters like these enough to fill volumes. Of course the medicines require to be faithfully, judiciously, and perseveringly used, without which no one can expect a cure. Do not be in such haste for a cure as to overstep the directions as regards doses, quantities, etc. Learn to be your own doctor; get well, and follow the directions for keeping so. The object of my placing these medicines in the hands of agents is to enable the sick to obtain their remedies without delay.

If any invalid will write me a careful statement of his case, answering the questions on the cover of this pamphlet which relate to him or her, mentioning any thing of interest not embraced in the questions, I will give careful attention to the letter, and answer immediately, giving a prescription, if desired, and medicines may be procured of my agents; or I will state the expense of procuring the remedies of me, and on receipt of the money will forward all I may think necessary. For office consultation, or by letter, I make no charge.

I always prefer, if possible, to have a visit from the patient, to enable me to make a personal examination. When treating consumption or other diseases myself, I prefer charging them a small sum for treating them a specified time, and then myself furnishing all they require. I find that in this way patients generally do better, as they usually make a freer use of the medicines.

For treating a patient two months, and furnishing all they require, both instruments and medicines, in most ordinary cases of consumption, asthma, female diseases, dyspepsia, heart diseases, etc., my charges usually range from twenty to thirty-five dollars, according to number and expense of the remedies which I may judge necessary.

I would in all cases make a careful examination of the patient's case, and tell him candidly his condition, without expense to him, and he can then place himself under my care or not, as he may judge best.

## TESTIMONIALS.

TARRYTOWN, N. Y., March 10, 1854.

DR. S. S. FITCH—Dear Sir: I feel it to be a duty I owe to yourself and the community, to make a public acknowledgment of the fact that, under your treatment, by the blessing of God, I have been restored to comfortable health, after going down to the very borders of the grave with true *pulmonary consumption*.

As I am informed by physicians, it is nearly or quite impossible to determine, with absolute certainty, that any individual now in health ever had true consumption; that although consumption may be curable, still the fact of such cure can only be established by a *post-mortem* examination of the lungs. This may, in most cases, be true; but it is not in my case, as the circumstances which I will relate conclusively show.

Consumption is hereditary in my family. I have lost several relatives, one a sister, by this disease. It first began to develop itself in my own lungs in 1842, by a cough, and the usually attending symptoms of decline in strength and flesh, pain about the region of the chest, through the shoulder, and under shoulder blades. The disease continued slowly, but steadily and obstinately, to progress. The best medical advice and assistance I could get appeared to oppose no check to it. By the year 1845 I had become very feeble, coughed much, expectorated largely, with all the ordinary indications of diseased and wasting lungs. During the last-named year a new feature presented itself: a large abscess gathered in the left side, and broke, discharging a great quantity of thick matter, resembling very much that which I coughed up. This discharge continued until I called on you in 1847. *It proved to proceed from a cavity in the lungs.* Ulcerous and tuberculous cheesy matter was discharged: but what showed conclusively that the opening was into the substance of the lungs was, that the air passed out from the lungs through the abscess. *I could and did frequently blow out a lighted candle* by placing it immediately before the opening, and making a sudden effort at expiration. Here was positive proof that extensive ulceration, involving the substance of the lungs, was going on. All my symptoms indicated consumption—cough, expectoration, great debility and emaciation, distress for breath, hectic fever, night-sweats, etc. My friends and my physician regarded me as certainly doomed to the grave by the disease which was on me as though I had been already in my coffin.

This was my apparently hopeless condition, when, in January, 1847, I most fortunately applied to you. I did so with very little hope of relief. You yourself did not express a very confident hope that you could rescue me from the grasp of a disease so firmly fastened, but still encouraged me by saying that you thought it *possible* I might be cured if I adopted and faithfully pursued your treatment. I did so, and, with gratitude to God for his blessing upon the means you employed, and with gratitude to you for your skill and kindness in treating me, I can say that I have been in the enjoyment of good health for the last four or five years. I pursue my ordinary business, have no cough, no pain, have my usual flesh, and nearly my usual strength. I do not suppose that I am as strong as I would be with lungs that had never been diseased. The front lobe of the left lung is nearly all gone.

My case may appear almost incredible to those who regard seated consumption as incurable. But if the skeptical will write or call on me at Tarrytown, N. Y., I can, I think, convince them that at least one such case has been cured by your admirable treatment. With the sincere wish that others similarly afflicted may apply to you and find relief,

I am most gratefully yours,

CORNELIUS D. REVERE.

SMITHVILLE, N. C., Feb. 19, 1854.

DR. S. S. FITCH—Dear Sir: I have at length taken up my pen to apologize for my long silence, for I feel that I have treated you with ingratitude, although I assure you that no such feeling has caused the long silence. I feel, doctor, that I am indebted to you, through God, for my life and health, for when you first undertook my case, it was evident to all who knew my real situation, that I could live but a very short time without speedy relief, which fact I was well aware of when I wrote to you and placed myself under your skillful care; and I feel truly thankful that your Lectures ever fell into my hands, for I believe, long ere this, I should have been numbered with the dead, and my poor children, like many others, would now be deprived of their mother. I have not felt the least effects of my long disease now for months; no cough, or pain in the side, no soreness of the chest, have had no cause to take medicine of any kind for several months. I feel as well as I possibly could, under present circumstances. God bless you abundantly for the benefit that I have received from you, as well as many others. May your profitable life be spared for many long successful years, and may many poor sufferers yet be benefited as much by your prescriptions as I have been. God bless you! Farewell.

Your well-wisher,

SARAH E. GRISCOM.

220 COLUMBIA STREET, SOUTH BROOKLYN, August 14, 1854.

DR. S. S. FITCH—Dear Sir: I owe it to the public and yourself to give a statement of my case. I was born and grew up at Islington, near London; occupation, clerk and teacher. From early life I was subject to wheezing and asthma. Last twenty-three years I have been subject to dreadful attacks of asthma. I of course received the assistance of the best physicians in England—Dr. Leman Teignmouth, Dr. Frederick Salmon, of London, and a great many others, with only slight relief. In 1836 I went to Egypt, where my asthma was relieved some, but had a bad dysentery; there met Dr. Abbott. In 1840 I returned to England, followed by immediate dreadful attacks of asthma. I stayed three years in England, then went to Syria, in Asia, and stopped at Beyrout—(asthma left, had dysentery)—and visited Jerusalem, in the

Holy Land. At Jerusalem saw Dr. McGowan. From Syria I went to England, then to Boston and this city. I suffered dreadfully with asthma in Boston, and truly I think my case one of the worst I ever knew. I obtained no permanent relief whatever here until I applied to Dr. Fitch, at 714 Broadway. For many months now I have had no attack whatever, and consider myself perfectly cured of that affliction.

CHAS. SAMUEL POWELL.

For myself and character I can refer to Sir Richard Toris Kindersley, 16 Hyde Park Square London.

ALABAMA, May 26, 1853.

DR. S. S. FITCH—Dear Sir: As you deem it a pleasure to hear from your patients, I will write you a few lines. I have been complaining for several years of bad health, costiveness, falling of the bowels, pain in my right side, shoulder, and back. Last fall I was taken with bleeding at the lungs—had night-sweats. My friends had given up all hopes of my recovery. I thought that I was past medical aid, and must die. During my illness I was advised to try your medicines, and accordingly did so. I procured your Abdominal Supporter, Shoulder Brace, Inhaling Tube, and medicines, according to your directions, and used them. My costiveness, falling of the bowels, bleeding at the lungs, and all pains, have left me. Your medicines seemed to have the right effect on me. I have enlarged around my chest some five or six inches; can take my gun, and walk several miles in the woods without extra exertion. With sincere regard I remain,

Yours truly,

J. W. WOOD.

WISCASSET, April 3, 1854.

DR. S. S. FITCH—Dear Sir: I write to inclose you the \$6 which I owe you, and to request you to send me more of your medicines, these which I will name: Some of the Pulmonary Balsam, Expectorant, Anti-Bilious Mixture, and a few boxes of the Cathartic Pills. I am happy to inform you that my health during the past winter has been good, and although our winter has been an *unusually* severe one, I have been able to walk out every pleasant day, and without taking cold. I have been entirely free from a cough, and have had no ulcer break upon my lungs since last September. Indeed, I feel that I am quite restored to *new life* and *health* by the remedies which you have prescribed. I was very sick when I first called on you, and my recovery is quite a wonder both to myself and my friends, for as I had been in feeble health so long, there seemed to be but little room left to hope that I would be well again.

Yours truly,

ELIZA A. CLARK.

MEDINA, MEDINA CO., O., March, 1854.

DR. S. S. FITCH—My Dear Sir: It is with deep gratification, and I hope also with unfeigned gratitude, that I can now, after having used your remedies several months, including the Brace, Supporter, and Inhaling Tube, inform you of the beneficial results attained through the blessing of God upon their use. I would briefly state that within a very few days a surprising change took place, consisting in increase of strength, freedom from the "all gone" sensation, my voice greatly improved, improved action of the lower part of my lungs, so that I habitually took a deep and full inspiration, expanding every part of my lungs, and causing me to throw off, by increased expectoration, the matter forming in them, and a generally improved state of health. This improvement has steadily increased until the present time, excepting during a few weeks labor in a school which I taught during the winter, which was larger than was anticipated. Since it closed (February 22) I have gained rapidly and exercised freely in the open air.

After having been laid aside for nearly two years, this result, for a long time unexpected by myself and friends, has caused many to acknowledge that your remedies are certainly valuable.

If the publication of a brief statement of my case should in your opinion be desirable, you are at liberty to do so. There are many in this and adjoining counties that knew the particulars of the case, and probably did not expect my recovery. With sincere regard I remain,

Ever truly yours,

JNO. PATTEN.

POST-OFFICE, SPARTA, HILLSDALE CO., MICH.

April 29, 1853.

DR. S. S. FITCH—Dear Sir: About three years ago I wrote to you for medical advice and assistance; I supposed I had consumption. You prescribed for me; I followed your directions. I took a good deal of your medicines. Well, something has helped me. At this present time few men have better lungs than I have; I can halloo so as to be heard half a mile. When I commenced your treatment my voice was almost gone.

Very respectfully yours, in haste.

JAMES H. THORN Postmaster

The three following letters will fully repay reading by any one who is interested in the curability of consumption:

NEWARK, N. J., August 14, 1850.

DR. S. S. FITCH—Dear Sir: Having apparently recovered from the pulmonary diseases from which I have so long suffered, I feel it my duty to communicate the following brief particulars respecting my case, for the encouragement of the suffering. My difficulties commenced in the spring of 1838, with a hemorrhage from the lungs, and expectoration, attended with severe pain in the left side and breast, which soon extended to the right side, with slight cough, shortness of breath, night-sweats, inflammation of the chest; emaciation and weakness ensued, and bleeding from the lungs continued. By the advice of an eminent physician, I spent a year in Virginia, and returned with improved health. During the following summer I raised blood

again, which continued more or less until the 14th August, 1848, when I raised about a pint. I then gave up business. On the evening of the 15th I raised, as was judged, more than a *quart of fresh blood from the lungs*. It was not till then that I gave myself up to the horrors of my situation—night-sweats wetting my bed through and through—and a distressing cough immediately commenced. I had copious expectoration, mingled with blood; shortness of breath, rendering it necessary to communicate my wishes by writing, as, on attempting to speak, my breath seemed gone, and instant hemorrhage ensued: my pulse one hundred and twenty-five per minute, with short pains through my lungs and chest. One physician said my heart was much diseased, as well as my lungs. Another, that the *tops* of both my lungs were ulcerated and gone; that he could give me no encouragement; I might continue a short time, but probably should not. Another said all my vital organs were diseased; heart and lungs very much; thought he ought *not* to give me *any* encouragement; said I might keep along a week or two, but was liable to die any minute; advised me to take simple remedies that would alleviate my pains, which was all I could expect to be done for me. An eminent physician in New York next gave his opinion that the *bottom* of both my lungs was destroyed and gone, lungs full of ulceration, my heart much diseased, and so much inflammation in my chest that my case was utterly hopeless—my speedy dissolution certain; said remedies for fever and ague would be as good as any thing for me, and recommended arsenic! About two weeks after this last decision I saw you, and on examination you told me the center of my right lung was badly diseased; and never shall I forget my feelings when you said you thought I might be restored. I had considered my doom certain. When I commenced taking your remedies, and saw their number, my heart sank within me. I doubted the propriety of taking so much medicine. I longed to see some one who had been *restored by them*—to behold with my own eyes the countenance where blushing health had gained the ascendancy over pale consumption. As if to add to the horrors which surrounded me, one advised one thing, another recommended something else—some said your remedies would certainly kill me—others, that I had better let all medicines alone, that I should suffer less—physicians all agreeing that consumption was incurable. I persevered with your remedies according to directions, and found relief. The morning cold bath, with the cloth wet with cold salt water laid upon my breast during the night, allayed the inflammation. The Cathartic and Cough Pills relieved me at once; the Heart Corrector and Pulmonary Balsam I found priceless remedies for diseases of the heart and lungs. My health has greatly improved. The night-sweats, pains in my chest, cough, and hemorrhage, have all disappeared. I have gained nearly my original weight; can run up-stairs or walk up-hill without fatigue, and frequently walk many miles in a day. I am strongly impressed that walking out and exposure to the open air has had much, very much, to do with my present improved health, and expanding the chest by inhaling all the air possible is also of immense benefit, especially where there is pain in the chest; and keeping the chest erect and thrown forward. Your Tube I could never use, but have expanded my chest by inhaling long breaths, very considerably. I feel as though a new life has commenced with me, and I may yet see the opening buds and sunny skies of many springs. My acquaintances view me with amazement: they supposed I should, long ere this, have been in my last repose. And here allow me to express my gratitude to you, for your faithfulness and kindness to me, and, moreover, to the great Physician who blessed the means for my recovery; and also my entire confidence in the efficacy of your remedies for the cure of pulmonary diseases. If this hasty epistle should afford aid or comfort to the suffering, my object in writing will have been attained.

Very respectfully, your obedient servant,

O. THAYER.

#### NARRATIVE OF THE REV. RODOLPHUS BARD

DR. S. S. FITCH—Dear Sir: In looking over the history of the last two years of my life, I am filled with gratitude to God for his great goodness in so far restoring my health and giving me back to my family, after all hope had fled, and they could only look at me as already entering the grave. It has ever been to me a self-evident truth that the all-wise Creator always works by means, and it gives me great pleasure, my dear sir, to say that your remedies for the cure of consumption were the means, "the only means," of my recovery, as will more fully appear by the following statement of my case.

First, my family nearly all consumptive—my mother, brother, and also a large number of other relatives, died of consumption. From my childhood my constitution was slender, and for the last twenty-five years regarded by all my friends as inclining to consumption. At the age of twenty-five years I commenced preaching the Gospel, with but little prospect of living to the age of thirty. Lungs weak, a constant hoarseness and hacking cough, some expectoration, often night-sweats, and habitual costiveness, attended with frequent distressing nervous headaches. A change of climate from New York to Ohio operated favorably, and for twelve years I was able to act as pastor of the Baptist Church in Brimfield. In the winter of 1844 I had a severe attack of erysipelas fever, which very much injured my constitution, and left me in a decline. In the winter of 1845 I took the charge of a protracted meeting in Mantua, laboring night and day for four weeks, at the close of which I found my whole system entirely prostrated—my lungs so weak it was with difficulty I could speak so as to be heard. My friends and ministering brethren became alarmed, and earnestly advised me to stop preaching. But I did not realize my danger, and continued to preach two or three times each Sabbath during the summer. In September I took a violent cold, and at once found myself on a sick bed, with a hard cough, large expectoration of light, frothy matter, daily chills, fever, night-sweats, loss of appetite, pain in the chest, shoulders, and limbs, palpitation of the heart, nervousness, etc. I tried the usual remedies, such as blistering, etc., to no benefit. I went down rapidly, with increasing alarming symptoms, until the middle of November. All hope was gone and the community considered me past recovery.

A copy of your Lectures fell into my hands, the reading of which rekindled a spark of hope. I lost no time in applying to you, and on the first day of December, "of happy memory," received a full supply of your remedies. I followed your directions to the letter, and to the astonishment and joy of all my friends, my recovery was as rapid as had been my decline, so that on New Year's day I was able to visit my friends. I soon felt myself compelled to labor for the support of my family. During the summer I performed my usual amount of labor.

In October, 1846, I again found myself failing. I called on Dr. A. Jackson Squire. He decided I had a chill fever—gave me medicine, which soon relieved. However, I imprudently went out too soon, which brought on a relapse. The disease concentrated its whole force on my lungs; my right lung till then was sound, but now both lungs were highly congested. Cough returned with great violence; lungs soon became loaded with thick, heavy matter, without the power to throw it off. I was out of your medicines, but, fortunately, I was able to borrow from one of your patients one bottle of Expectorant, one do. of Pulmonary Balsam, and a bottle of Anti-Mucus Mixture. After taking the Expectorant a few days, I raised large quantities of matter that would sink in the water almost as soon as lead. That bottle of Expectorant saved my life. I applied to you again; there was necessarily considerable delay in getting the medicines. My friends and physician said there was no hope in my case, and I, too, felt that my time to die had come—made arrangements to leave my family; and how could I think otherwise? I had a hard cough, raised large quantities of solid matter, distressing pains through my entire lungs, shoulders, bowels, and limbs, daily chills and fever, night-sweats, loss of appetite, flesh rapidly wasting away; and to crown the whole, swelled limbs and diarrhoea. Your letters, dear sir, to me were full of kindness and encouragement. You said you fully believed I would yet recover. You did not misjudge. My recovery was slow "but certain."

In May last I felt anxious to see you. My health still very poor, many of my friends thought me presumptuous in undertaking such a journey alone. On your examination of my lungs you pronounced the entire front of my left lung and the top of the right ulcerated. This was no news to me; I had made the statement often to my friends, which I found to agree with your decision. You also said my lungs were in a healing state. I now acknowledge my doubts at that time, but have since found you correct.

In October last I was elected to the office of Recorder of Portage County. My political opponents said that writing would kill me, and some of my friends even feared it might prove true. I have now been in the office, writing from four to eight deeds per day, for four months, my health improving all the while. The secret of all this is, you, sir, have learned me how to take care of my health. I am often asked, "Do you expect to be restored to perfect health?" I answer all such, "I never enjoyed perfect health; I have now almost gone through the winter without any serious attack of the lungs, and by care I hope yet to live to the common age of man." Dr. Earl, of Franklin, not long since said to me, "Sir, you are almost a miracle in the history of disease." Others have expressed themselves in the same manner. In conclusion, I will say, no man feels a deeper interest in consumptives than myself. To all such I honestly and conscientiously would say, "Try Dr. Fitch's remedies—try them faithfully; do not say you can not follow his directions, but follow them perseveringly, and through the blessing of God you may yet live who would otherwise sink into an early grave."

In publishing the above statement I believe I am doing my duty to an afflicted public, and to you, kind sir, as a benefactor; and it shall ever be my prayer that peace, prosperity, and long life may be yours.

With sincere regard, I remain yours truly,

RODOLPHUS BARD

August 1st, 1854.—Mr Bard is at this date in good health

#### CONSUMPTION IN AN ADVANCED STAGE CURED.

STERLING, WHITESIDE Co., ILL., January 24th, 1853.

DR. S. S. FITCH—Dear Sir: I improve this opportunity in writing a few lines to you, and acknowledge my obligation to you for the great service that your medicine and advice have been to me. When I was in New York last August to see you, I little thought I would ever again be as well as I am now. I left New York the Monday following, in very feeble health; but I commenced taking your medicines, and in less than a week I felt like a new man, and continued improving in health. Four weeks afterward my health was so much improved that I left my friends in Western Pennsylvania for Illinois, and arrived here in September. My friends here were very much surprised to see me return looking so well. Many of them told me that they did not expect, when I left, that I would return, or that I would live till fall. I feel now perfectly well, with the exception of a tickling sensation in the lower part of my throat, or the upper part of my lungs, most of the time, which causes me to cough some. I think if I could get rid of this difficulty I should consider myself entirely well. I have fleshed up so that I am as heavy now as I have been for six years. My bowels are regular, and my appetite middling good. In fact, I feel all right, with the exception of this one difficulty. I believe you could not serve your fellow-men better than by distributing your medicines and books, so that they may be in the reach of all.

Very truly yours,

N. J. NICHOLS.

[When Mr. Nichols applied to Dr. S. S. Fitch, in August, 1852, he had been out of health eight years. Tubercles had formed extensively in the lungs. He had a hard cough, raised large quantities of thick, yellow matter at times, and at others thin, bloody phlegm. He had raised blood several times from the lungs; had a small, flat, contracted chest, and was much emaciated; his family was consumptive. There could not well be presented a more marked and well-defined case of consumption than this. He is cured. The consumptive need not despair.]



## CASE OF HEART DISEASE.

[This person did not expect to live three months. She is a most accomplished and elegant lady.]

SOUTH BROOKLYN, July 16, 1850.

DEAR DR. FITCH: You to whom I owe so much of my health and happiness, words can but feebly express my feelings, yet I can not refrain from addressing you, to assure you what my gratitude must be in future.

About six months previous to the date at which I commence this letter, I was severely afflicted with what I supposed to be disease of the heart. I had tried every thing I could hear of, together with the advice of one of the best physicians in the city, until I was satisfied I had done much to my injury to obtain a temporary relief. In this state of suffering I came to you for advice, which you gave with such calm confidence, it encouraged me, and sustained me, or rather, seemed to quiet me, for in my weak and highly excitable state, the barest possibility of relief acted as a stimulant, and seemed to arouse every nerve within me. I willingly submitted myself to your treatment, and soon experienced its magic effects. I can truly say I have not enjoyed such uninterrupted health for many years. In skill and science, I am sure you have no equal. I have read your book of Lectures with peculiar pleasure, which I recommend most cordially, and particularly admire the liberal and generous tone, so free from any thing like professional exclusiveness. I have endeavored to be as brief as possible. Permit me, therefore, to hope you will have health and happiness, beyond the reach of want, for the rest of your life, to compensate you for your benevolence and energy so freely spent in the public service.

Yours, truly and sincerely,

MRS. M. H. VALENTINE.

NORWICH, CONN., Dec. 23, 1852.

DR. S. S. FITCH—Dear Sir: I am compelled, by feelings of gratitude, to inform you of the effect your treatment has had upon me.

A few months since I was very sick, with every symptom of consumption. I also had bronchitis very severely. Several physicians examined my lungs, and said they were affected. One physician said there was no hope of my recovery. Medicine seemed to do me no good; my flesh and strength failed rapidly. I had not the least expectation of recovery. In this condition I applied to you. You told me you could cure me; that I had severe bronchitis, and my lungs were affected, but not so far gone that they could not be healed. I told you I did not expect to get well, but thought your means might afford some relief. I took your mechanical remedies and medicines, and in one week felt that I was better. My improvement was very gradual, for I was very much reduced. I have followed your directions faithfully, and now have my good health, and can walk four and five miles a day with scarcely any fatigue. I have more flesh and a more healthy countenance than I have had for years; your treatment seems to have wrought an entire change in my system. I feel nothing of my former difficulties, excepting sometimes a slight uncomfortable feeling in my chest, which I should think nothing of had I not had a lung affection. This I have not felt for several weeks past, and hope it is entirely removed. My friends look upon me with surprise. I have no hesitancy in saying I feel that, under Providence, I owe my life to Dr. S. S. Fitch, and words can not express the gratitude I feel.

Respectfully,

MISS E. HUNTINGTON.

September, 1854.—She is well.

LAWRENCEVILLE, N. J., Nov. 5, 1852.

DR. S. S. FITCH—My Dear Sir: I reproach myself for not writing to you before this; I ought to have informed you of the results of your medicines sooner, according to my promise.

I have only to say that they all have done their part—have had the effect designed for each. Your Depurative Syrup has done much for my blood—it has chased away the boils and blotches by which I have been so much troubled since a climate fever in the West Indies; while your Pulmonary Balsam has effectually cured a weakness in my lungs and hoarseness consequent thereon, which followed from the same disease; this last, at one time, affected me so much that I could scarcely preach. Mrs. Newton has also been greatly benefited by your Tonic Wash, Balsam, Antalgic Mixture, Universal Tonic, and Pills. She finds them good at home and abroad; indeed, without them, for the last two years, her residence in the West Indies would have been intolerable, if not impossible. I consider your preparations a blessing to the human family. May you long live to prescribe them, and rejoice in their triumph over disease, and may Heaven still guide you on the composition and administration. I ought to add, that I have seen many who bear to me testimony similar to what I now give you.

Yours, very obliged,

(Signed)

T. H. NEWTON,

Chaplain of the A. S. F. S., St. Thomas, W. I.

Mr. J. W. ATKINSON, of McComb, Ill., says, June 7th, 1854: "The Supporter alone is worth the price you asked for all you sent us. My wife can go about and do her work now. She says she could not do without it."

Mr. H. G. SPENILL, of Plymouth, N. C., says, January 22d, 1854: "I have used your medicines in my family, and have found them invaluable. I intend keeping a supply of them. The Pulmonary Liniment is the most valuable I have ever used. It has relieved every case of pain or soreness to which I have applied it, and being somewhat afflicted with rheumatism, I have used it with good success, relieving the pain immediately. I inclose you \$4, for which you will please send me the value in Pulmonary Liniment."

DR. FITCH may be consulted by letter, post-paid, addressed to 714 BROADWAY, NEW YORK, and in doing so

Answer the following

### QUESTIONS,

so far as they may concern you, and add any further particulars not embraced by them, which may be necessary to a full description of your case:

Give name, age, residence, occupation? family consumptive, or what complaints subject to? where born and brought up? married or single? strong or delicate? lean or fleshy? tall or short? straight or stooping, or deformed? height, and size around the waist two inches above the hips? color of hair? complexion? have you any humor, scrofula, cancer, skin disease, headache, cough, asthma, rheumatism, or pain anywhere, loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night sweats, chills, confined to bed or house, palpitation, nervous, fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costive, diarrhæa, appetite good or bad, piles, fistula, gravel, heat of urine or scanty of sediment? If a Lady—married? had any children? any female complaints? irregularity? weak back? pain anywhere? any bloating? dropsy? bilious? worms? indigent or easy circumstances? any bad fits of sickness? taken much medicine?

A prompt answer will be returned by mail.

As it is a source of pleasure to Dr. FITCH to alleviate the sufferings of the Invalid, he makes *no charge* for *Office Consultation and Examination of the Chest.*

Office hours from 9 A.M to 5 P.M.

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### CURE OF HEART DISEASE.

PULTNEY, STEUBEN Co., N. Y., August 31st, 1854.

DR. S. S. FITCH—It is with pleasure and heartfelt gratitude to you and a kind Providence that I inform you that my wife, Laura J. Sullivan, has so far recovered from her sickness, that she is about the house doing light work. So happy has been the effect of your remedies, that she considers herself almost well. She has stopped taking all the medicines, as she has only once in a while a slight symptom of any of the distressing pains and palpitation of the heart. This occurs only when she exercises too much. She wears the supporter and shoulder braces yet. Before she put on the supporter, she could not stand a moment on her feet; and so effective was that instrument, that immediately she walked with ease. The prospect is more cheering, and we should be glad to have more of your counsel.

We should have written you sooner, but could not obtain the Antibilious mixture until late, which has done very much in effecting a cure.

Yours truly,

HENRY SULLIVAN.

**W. B. GREEN,**

**WORCESTER, Mass.**

AUTHORIZED AGENT FOR

**DR. S. S. FITCH'S**

**CELEBRATED MEDICINES**

AND

**MECHANICAL REMEDIES,**

AS WITHIN ENUMERATED.

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**A COMPLETE ASSORTMENT**

CONSTANTLY ON HAND.

500

Dr. Fitch's Health Almanac and Guide to Invalids—gratis.