

Guide to invalids : for persons using the remedies of Samuel Sheldon Fitch, A.M., M.D.

Contributors

Fitch, Samuel Sheldon, 1801-1876.
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Publication/Creation

New York : Calvin M. Fitch, [1848], [©1848]

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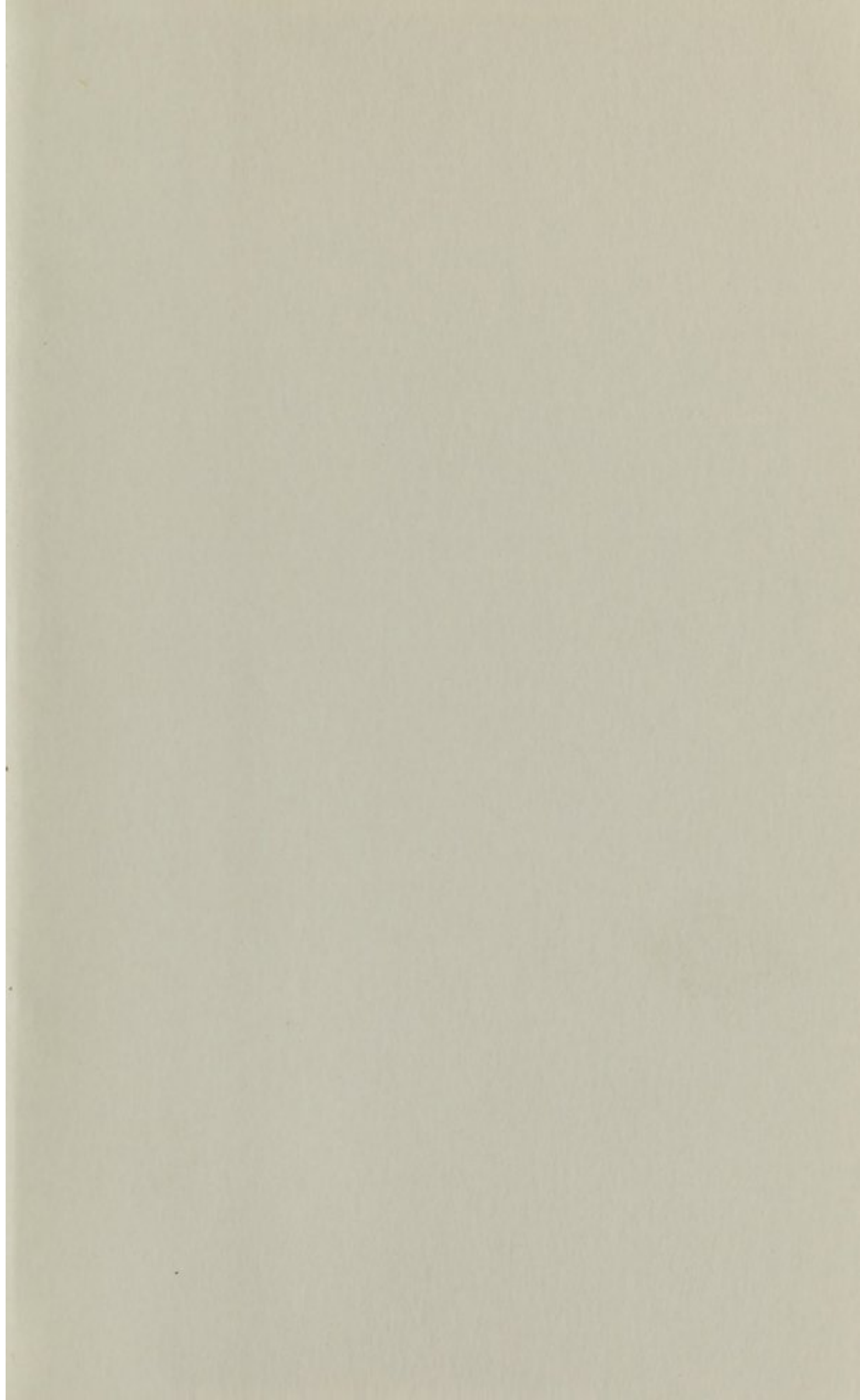
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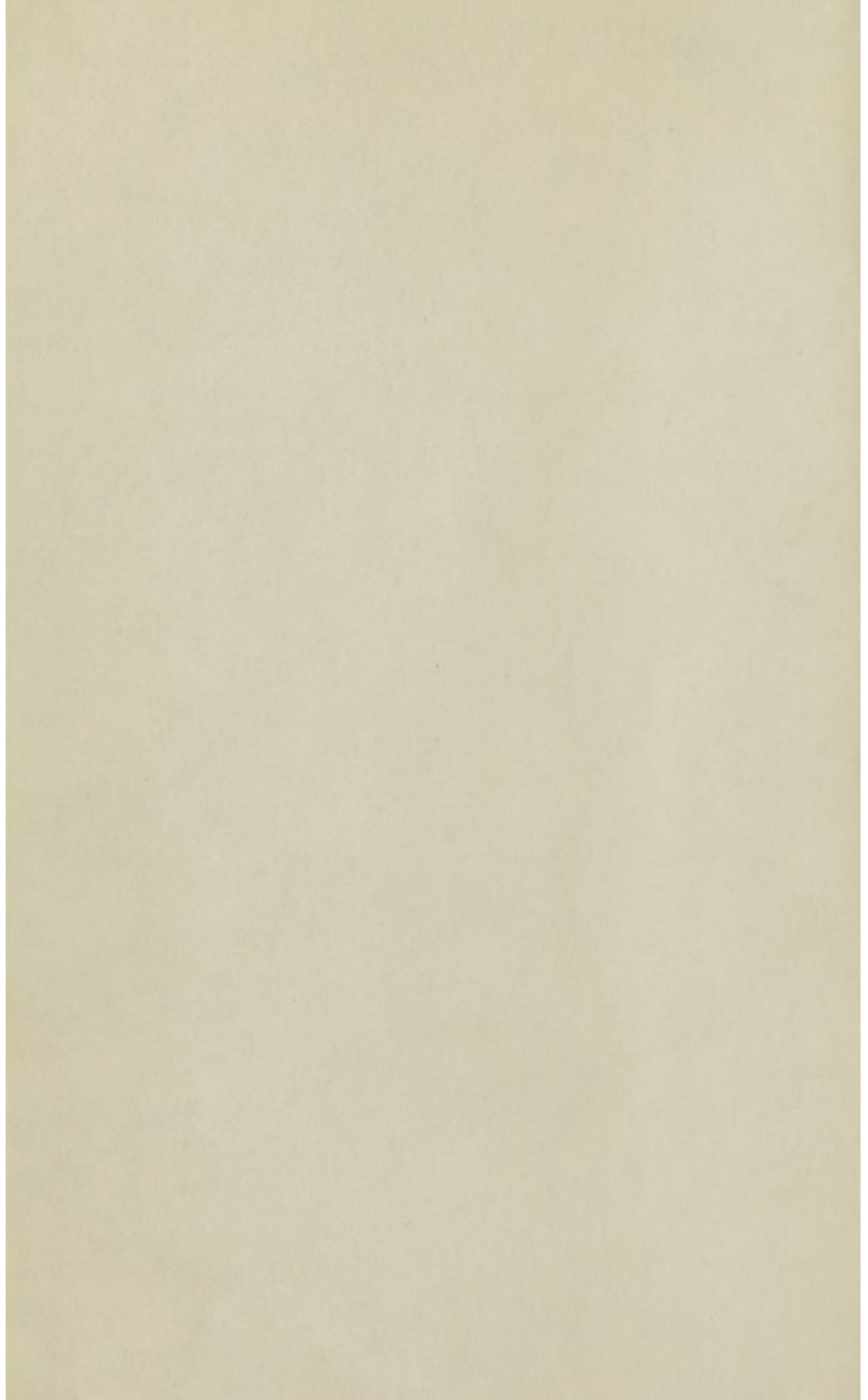
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M A N U A L

FOR PERSONS USING THE REMEDIES OF

S. S. FITCH, M.D.

OFFICE, No. 707 BROADWAY, NEW YORK.

THE greatest possible gift of God to man, after reason, is health, and with it long life.

To have health, it is necessary to attend to all the circumstances and symptoms that may impair it. Recollect that an ounce of prevention is better than a pound of cure.

To be fully intelligent on the subject of health, begin by reading faithfully and attentively Dr. Fitch's Six Lectures on the Prevention and Cure of Pulmonary Consumption, Asthma, and Diseases of the Heart; on the Laws of Longevity and the mode of preserving Male and Female Health to one hundred years. The reading of this book, and careful attention to its teachings, cured 5,000 persons, at least, of pulmonary consumption the first year of its publication.

The cost of this book is 50 cents in paper binding, and 75 cents in beautiful gilt and muslin binding. Every family should possess this book, every person should read it. It is a true and faithful guide to all consumptives, to all invalids, and all who wish health and long life. Sixty thousand copies were sold the first year of its publication. It may be sent by mail to any part of the United States. The postage is 8½ cents on the 50 cent books.

As many of my patients desire more explicit directions, I will make a few remarks upon the remedies I use for the cure and prevention of consumption, catarrh, bronchitis, throat diseases, heart diseases, liver complaint, sick headache, rush of blood to the head, and confusion of mind; dyspepsia, sour stomach, costiveness, diarrhœa, piles, gravel, and all kidney complaints; all female diseases, whites, falling of the womb, &c., weak back, rheumatism, scrofula, skin diseases, diseases of the eyes and eyelids; all humors, dropsy, croup, pin worms, food and management of young children, nervousness, monthly irregularity, rules for bathing, &c., &c.



INHALING TUBE.

The use of this remedy is invaluable in the following state of the chest and lungs:

1st. For all contractions of the chest—flat chest, stooping chest, pains in the chest; in cases of cough; in all cases of expectoration; in all cases after pleurisy or inflammation of the lungs; in all cases of asthma, when the fits are not on; in all cases of 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 all cases of shortness of breath, and when the chest does not expand well; in all cases when a person is conscious of having a weak, delicate, or contracted chest; in the cases of 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; also, four or five days after bleeding at the lungs it may be used mildly. It should be used in all cases of bronchitis, of long or short standing.

A good time to use the tube is on first awaking in the morning, and lying flat in bed. The time of day is not very important. Use it most when you can use it best, or with least fatigue. If its use fatigues and distresses you very much, suspend its use in a degree, until you can use it without such fatigue, distress, or inconvenience.

The inhaling tube should not be used—

1st. When there are any spasms in the chest, or much disposal to spasms, until this is relieved.

2d. Where there is very much palpitation of the heart, or any actual disease of the heart, until this is relieved.

3d. During bleeding at the lungs; but in five days after bleeding ceases, the tube may be used, but very gently at first.

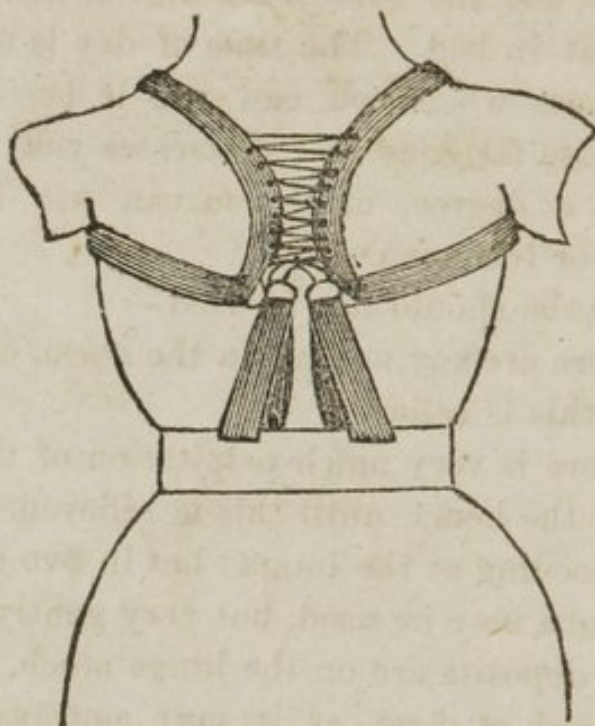
4th. If chalk deposits are on the lungs much, the tube should be cautiously used at first, as it may aggravate the disease. This is only known by the raising of chalk. If much soreness is produced, the use of the tube should be moderate at first, and as soon as the lungs are freely opened, then use it with all the strength. It may be used for years, if the chest or voice is weak.

Follow carefully the printed directions.

If there is a strong disposition to apoplexy or rush of blood to the head, the tube should be used with great caution, or not used at all.

5th. If the lungs are bleeding, or very liable to bleed, this disposition and condition of the lungs must first be corrected by supporters and braces, cold wet cloths to the chest, cold bathing, long breaths, and partial expansion of the chest, and the use of suitable medicines. When all this is done, you may then very carefully use the tube, at the same time using all the remedies to prevent bleeding, &c.

6th. In fits of asthma the tube cannot be used; but as soon as the fits are over it may be used.



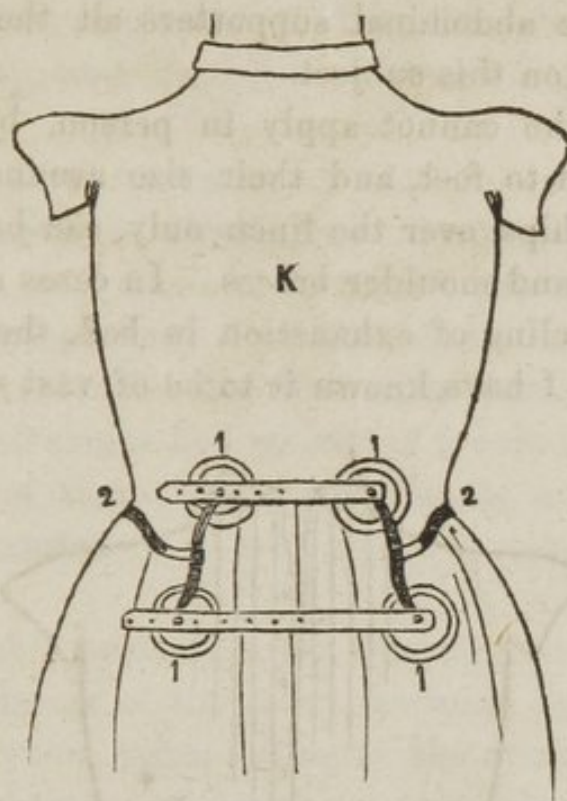
SHOULDER BRACES.

These instruments, when of right 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 any out-door business, should wear shoulder braces. See remarks on shoulder braces in my Lectures.

Those I make have no India rubber or anything of the kind about them, weigh only 4 ounces—for a child $2\frac{1}{2}$ ounces—and will last many years.

I have known the base of the chest expanded five inches in circumference in six months, by using shoulder braces.

The shoulder braces I use can be sent by mail to any part of the United States or Canada.



ABDOMINAL SUPPORTERS.

ABDOMINAL SUPPORTER TRUSSES.

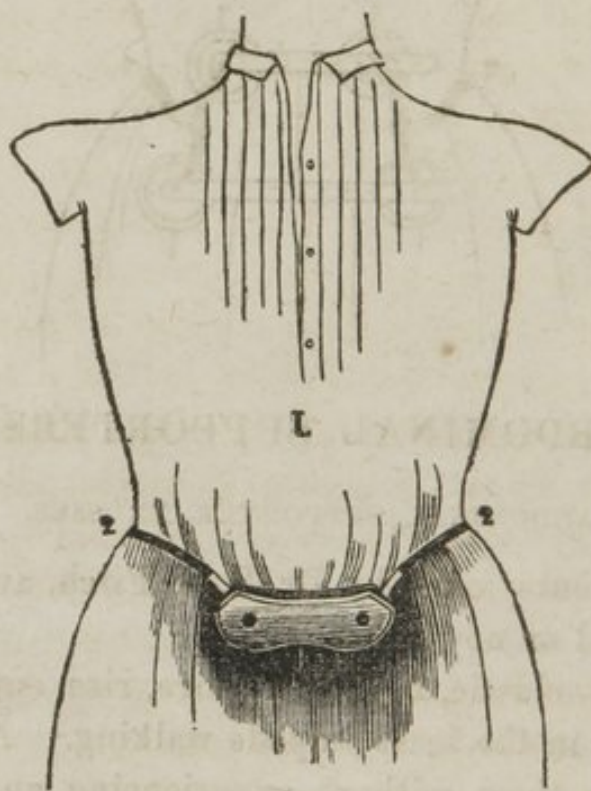
These instruments, made by Dr. S. S. Fitch, are the most perfect ever invented or now known.

They are light, elastic, fit like a glove, rise entirely above the hips, and do not in the least impede walking. A lady can ride, walk, or dance in them without experiencing any sensation but that of perfect support, and the most delightful feeling of comfort. They are not to be worn in bed, except in cases hereafter mentioned.

They should be worn by all consumptives, of every description, in all cases of weak back, palpitation or disease of the heart, weak voice, loss of voice, weak chest, pain at pit of stomach, in the stomach, bowels, side or back, or of weak back, or of weak stomach, all gone at the pit of stomach, sinking feeling, exhausted easily, &c.; in all cases of falling of the bowels or womb, fluor albus or whites; and in all cases after confinement on rising from bed, after all miscarriages, and by every lady who is liable

to a miscarriage. She cannot have a miscarriage if she will wear one of these abdominal supporters all the time. See my lectures to ladies on this subject.

Any person who cannot apply in person, by sending their height from head to foot, and their size around the waist, two inches above the hips, over the linen only, can be perfectly fitted with a supporter and shoulder braces. In cases of extreme bearing down, or a feeling of exhaustion in bed, the supporter may be worn in bed. I have known it to be of vast service.



In most cases of rupture, except at the navel, the abdominal supporter cannot be worn, but you must wear Dr. Fitch's abdominal rupture supporter, which is equally as agreeable as his abdominal supporter, and worn over the linen, and in all cases, if properly fitted, will take up and support any rupture, and also freely and perfectly support the bowels. It is a most valuable instrument, and is so agreeable that all fear or thought of a rupture is forgotten. This rupture supporter does not cross the spine or touch it, nor does it go round the hips. It gives such perfect support, that all laborers, of all sorts whatever, may wear it with perfect relief; also, all persons who ride on horse-

back. In fact, all persons, male or female, will find a perfect cure by this rupture supporter. To any one wearing it, it gives a perfect security, and banishes every feeling that the bowel may come down.

See my remarks on trusses in my lectures.

Persons who cannot be fitted personally, by giving their height from head to foot, and size of the person two inches above the hips, over linen, and also mentioning which side the rupture is, and what kind of rupture it is, described accurately, can be perfectly fitted, and the instrument had whenever ordered.

The pressure of these supporters can be adjusted from an ounce to twenty pounds.

Dr. S. S. Fitch's medicines for consumption, colds, coughs, croup, catarrh, disease of the heart, asthma, dyspepsia, costiveness, chronic diarrhœa, piles, falling of the womb, whites, gravel, and all urinary diseases, rheumatism, scrofula, salt rheum, and all skin diseases, all diseases of the eyes, liver complaint, headache, rush of blood to the head, sick headache, jaundice, monthly irregularity, &c., are now, for the first time, presented for public sale. These different preparations are very perfect, and always accomplish their object, if properly administered. Their usefulness will, of course, be greatly increased by giving them at the proper time and in the proper quantity, and by a judicious, skilful management of them; by carefully following the directions, and increasing or diminishing the doses, as the effects are noticed, until all objections and obstacles are removed; and then persevere resolutely with the medicines until the patient is well. Use what is necessary. Each separate disease, if several are on the patient at once, requires some additional remedy or medicine; consequently I often give a number of medicines at once. All such medicines as are to be taken at the same time, may be made into one dose and taken together. Medicines that actually disagree with the patient should be left off, and others used. Try them again at a more favorable time, in smaller doses. All the medicines harmonize with each other, and may be taken mixed

in one dose, only begin in quantities very small, so as not to offend the patient's stomach or throat, and increase the doses gradually to full doses; always begin with one-fourth or one-eighth of the smallest named in the directions, and patiently await the gradual effects.

To assist the patient, he or his friends will find in this Manual remarks on each medicine, and remarks on each disease. Read all carefully, do all judiciously, get started right, and you will be nearly always successful, and all but never disappointed. These medicines result from a vast experience. Their virtues have been tested many thousand times. Assisted by all the other means of cure, they have been the primary cause of cure to a great number of persons who were considered wholly incurable. Each medicine has a positive virtue and power in it, and when acting together, in nearly all cases they cure the disease. They act on a plan; each medicine has a duty to perform. Do not fear their number or regard any peculiarity of name, but use those mentioned for each disease. Always shake each bottle before using. In cases where persons are strong and the disease is obstinate, I have known them to be helped by taking double doses. This applies to the balsam, sanative, cough pills, cathartic pills and expectorant, tonic cough pills, but no others. In cases of colds only, full doses, or double or treble doses may be used at once; and in croup, if urgent, treble doses may be used, or even until the effect is gained.

The nervine should never be used in larger doses than directed on the bottle.

CATHARTIC PILLS.

These pills have been in use over 80 years. They are very mild, have no harsh or drastic effect; they usually cure costiveness in a short time, and must be used in all cases where there is no chronic diarrhoea present, or dysentery.

Unless the patients are very weak, or have habitual diarrhoea,

these pills should be taken every night at bed-time. They may be used for years without weakening the bowels or the general system; they cannot do harm. In many cases of chronic diarrhœa, these pills may be used if you find the disease is not increased by them. As a general rule, unless the patient is very much debilitated, or in the last stages of consumption, these pills should be used. If using other medicines it is indispensable to use these pills, even if the bowels are regular or even loose, if not in actual diarrhœa, unless their use is found to prostrate much.

NERVINE.

In nearly every case of disease the person will become weak. The nervous system weak, which will not perform its duties well, something is required to strengthen the nerves and give a good digestion to the blood, and as it were soothe and heal up the wrongs of the system, increase the general strength, prevent sinking and debility, and wasting of the nervous system. The nervine is useful in all cases of chronic disease, and should always be used in all cases as it is directed.

It is a powerful and useful medicine in all nervous and chronic diseases. Do not fail to use it; begin with three drops—increase 1 drop a day to 15 drops at bed-time, which is as much as is generally useful; every 12 days it is left off for 4 days, so that it may not lose its effect. It is highly useful, and assists the effects of other medicines. I feel as if I could not cure consumption without it. It is most useful in consumption, heart disease, liver complaint, dyspepsia, costiveness, diarrhœa, bronchitis, neuralgia, rush of blood to the head, confusion in the head, restlessness, rheumatism, and all humors, kidney disease, female complaints, piles, scrofula, skin disease, all varieties of headache, catarrah, white swellings, tic doloureux, &c.; in all affections of the throat, loss of voice, &c. Toothache it promptly cures. Put a little in the tooth, on cotton, and rub a little over the affected

tooth on the cheek, and on the gum, &c. All spinal diseases, disposition to apoplexy, and nervousness. In neuralgia rub it freely on the part, &c. It acts on all these by its control over the nervous system.

LINIMENT.

This is a most perfect preparation, in nearly all cases of pain or soreness of the chest, throat, side, bowels, back, spine, limbs, joints, &c. In cases of cough, a plaster put upon the chest at bed-time for a few nights will be found of great service, even if there is no pain. In diseases of the throat, and hoarseness, it is most valuable, and may be rubbed on the throat every night, so as to produce a little soreness. It should be used freely in bronchitis, croup, asthma, recent colds, and especially in a dry cough or much expectoration, if not a seated consumption. In fully ulcerated lungs, with much debility, it is only used to remove or alleviate pain, and is rubbed on where there is pain. In all cases of sprains and bruises it is almost unfailing in its relief, and in swollen joints, pleurisy, inflammation of the lungs, bowels, stomach, womb, &c., &c; in fact, wherever there is pain. In croup, rubbed early and for hours on the throat and chest, it is usually a prompt and perfect cure. It cannot do hurt, and may be used with the youngest children.

LIQUID 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 paste liniment. In pains in large joints it is very useful, and usually permanently relieves the patient. It can be tried if the paste liniment fails.

PECTORAL EXPECTORANT.

In all cases of cough, the pectoral expectorant is a most excellent remedy. For croup, bronchitis, asthma, cough, and in all cases of humor, or suspected humor on the lungs or throat, it acts very well. It soon helps the cough. In croup, you may give enough to vomit the patient; in a short time relief will be found. It may be taken as much as you please, only not to make you very sick.

This is an extremely valuable medicine in whooping cough, and may be given with confidence. In cough with shortness of breath it is excellent.

TONIC COUGH PILLS.

These pills are very useful in cases where there is a great expectoration from the lungs, and loss of strength. They will be found very useful in coughs of long standing. In the coughs of old persons these pills are valuable.

COUGH SANATIVE.

This is a valuable remedy in consumption, in very pale persons not greatly inclined to fever, and in cases of asthma with much expectoration, &c. In debilitated persons, in cases where cough does not yield by the expectorant or balsam, this may be tried. It is a good medicine. I have often seen it work wonders, but I do not use it as much as the others; still I often use it in asthma, or consumption, if the other medicines do not seem to assist well. It acts exceedingly well alone for coughs, colds, &c., and in coughs of old persons, of long standing, it is valuable. It is often a valuable change when other medicines seem to fail.

PULMONARY BALSAM.

The pulmonary balsam may be used in all cases of cough, of long or short duration—in all affections of the throat, the air-passages, the lungs, or chest—in all cases of lung complaints complicated with dyspepsia—pain in stomach, or wind in stomach, or debility—all cases of asthma, consumption, cold, bronchitis, and ulcerated lungs—in croup, the teething cough of children, whooping cough, &c. It is powerful alone, and also harmonizes with any other medicine. It may be given freely in bleeding lungs, &c. It may be used any length of time. It is a constant friend to the consumptive, and never does hurt. Whilst it alleviates cough and tickling in the throat, and disposition to cough, it also acts vigorously to cure consumption. It keeps up the strength. It should be used by the consumptive constantly. It is the best medicine for the consumptive I have ever seen. It is a prompt and perfect curative of recent colds, and for these may be taken in double or treble doses, or larger doses at once. It acts promptly on croup, and is most excellent for croupy children, and in the coughs of old persons. It is the most valuable cough medicine I have ever known.

PULMONARY RESTORATIVE.

In every case of weak lungs and debility of the throat, and all cases of consumption, this medicine is most excellent. In all cases of liver complaint and chronic diarrhœa—in the debility of children from any cause, or of old persons—or of any case produced by fever, consumption, rheumatism, or any long illness; in all cases of scrofula, or in females by irregularities of monthly periods, falling of the womb, or fluor albus—in all cases of dropsy and sinking of the system—at the cessation of any fever—this medicine has no superior. It may be used with any other medicine, and used as long as you please; its use can never do hurt, unless high fever is present or the person is very costive. The bowels should be kept free while using this medicine.

PULMONARY SUCCEDANEUM.

This medicine is peculiarly valuable. After bleeding at the lungs, or breaking of ulcers, it has a most healing power. It is useful in all cases of consumption, if the patient is not highly dyspeptic, when it can hardly be used, as it may offend the stomach. In all cases of humor in the blood, salt rheum, erysipelas, or rheumatism, it may be taken. It also may be freely rubbed on rheumatic joints, or any external eruption. It is a very valuable medicine, agrees with all other medicines, and can do no hurt. In coughs after measles it is excellent, and on sudden attacks of pain, it should be used externally and internally. It may be freely rubbed over the chest in croup, and if given in large doses, it is excellent. It may be taken freely in all stages of consumption; it does not disagree with any other medicine. It cannot well be used if it offends the stomach.

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 have 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.

DROPS FOR DYSPEPTIC VOMITING,

Attended or not with cough, and for sickness at the 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, &c., and may vomit

without any sickness, merely by coughing. These drops give, in nearly every case, a perfect cure for all this, whether there is cough or not, and for all throwing up of food. It is a most valuable medicine, and disagrees with no medicine. It is useful in all forms of dyspepsia, and cures often when all else fail.

GRAVEL MEDICINES.

These medicines, either separately or together, are 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. They may be used with any other medicines. They are truly valuable for any or all of these complaints, in persons of any age. The anti-mucous mixture is most used in cases of heat, scalding of water, frequent desire to urinate, inability to hold water, disposition to make too much or too little urine, and in mucous discharges from the bladder, urethra, womb, or front passage in females, &c. The gravel specific where there is brick dust in the bladder and red and white sediment in the water

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, this is a most valuable remedy; it is above all price, and will perfectly cure a great many cases of heart trouble; it will never injure, but always do good. This has been used many years by a great many persons with lasting benefit. It dissipates a feeling of terror, fear, and apprehension, and gives courage to the patient. For sleepless, restless patients, this is valuable; and where the

person experiences great sinking and debility, it helps greatly, and takes away the all-gone feeling of many persons. No person having any trouble of the heart should be without this medicine. Keep it in your bed-room, take it with you on journeys, and every where, especially if liable to sudden attacks. It is a noble and useful remedy. See remarks on heart diseases.

SALT RHEUM AND HUMOR CORRECTOR.

This remedy is for hoarseness, loss of voice, sore throat; also 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. It is perfectly safe, agrees with all other medicines; used in diluted baths, it soon cures salt rheum on the hands. It is useful in consumption, heart diseases, dyspepsia, piles, gravel diseases, neuralgia and rheumatism, all tumors, even to cancer, all cases of impure blood, in scrofula in all its forms; in fact, in all diseases except chronic diarrhoea, in which it is not used. It is a most valuable medicine. Its use can do no harm, always good.

DEPURATIVE SYRUP,

ONCE CALLED

ANTI-SCROFULOUS SYRUP.

This syrup has no superior in all cases of impure blood. I use it in all diseases. I give it in all skin diseases, diseases of the eyes and eyelids, white swellings, scrofula, consumption, asthma, bronchitis, heart disease, dyspepsia, liver complaint; all female diseases, piles, salt rheum, erysipelas, &c.; all debility produced by humor settled on any part or in the blood. In sore throat, hoarseness, loss of voice, kidney complaints, &c., it is most useful, and its use should never be omitted in these diseases. In cases of gravel, or debility alone, it is very valuable.

ANTI-DYSPEPTIC MIXTURE,

ONCE ANTI-HECTIC 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 the other medicines.

ANTI-DYSPEPTIC POWDER.

This is a valuable remedy for all cases of gastralgia, or pain in the stomach. Many suffer severe pain in the stomach from fifteen minutes to three hours after eating. This is a good remedy.

CATARRH SNUFF.

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

TONIC WASH FOR SORE THROATS.

This remedy, faithfully employed, is safe and usually effectual in curing sore throat, removing hoarseness, &c. It is very useful and indispensable in the cure of internal sore throat.

TONIC WASH FOR WHITES, &c.,

Swelling of the Womb, Falling of the Womb, and Barrenness produced by these complaints.

This medicine is highly valuable, and is wholly indispensable in the cure of these complaints. It is safe and wonderfully effi-

cacious. It gives great tone in seminal weakness, &c., produced by sickness, irregularity, or falling of the womb, &c. I never hope for a cure of these complaints without these remedies.

PILE OINTMENT.

It has been my lot to treat thousands of cases of piles, and I have never witnessed a failure of five cases in my life, and then I did not know whether the failure was owing to the fault of the patient or not. You may depend on a perfect and permanent cure in all cases, if the directions are followed. See remarks on piles, and how to cure them.

ANTI-MUCOUS MIXTURE.

This is a most valuable remedy for all cases of too much mucus secreted in the head, throat, windpipe, air passages, and air cells of the lungs and stomach, bowels, front passages, bladder, &c. It is valuable in catarrh in the head, throat, or lungs; in bronchitis, all cases of much hemming, hawking, or spitting, &c.; in consumption or asthma, with much expectoration. In all cases of whites, mucous discharges from the bladder, urethra, &c., it is a most safe, efficient, and valuable remedy.

In a great many cases of piles, most dreadful pains will occur after stools. This remedy will certainly cure it. It promptly relieves heat and scalding of water, and frequent desire to pass it, &c. It does not fail to cure. It is useful in all cases of piles. It is very useful for night sweats.

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 stages of consumption, bronchitis, and all debility. In scrofula it is indispensable; also, in all cases of debility and running sores or fistula, &c., from any cause.

FEMALE TONIC.

This medicine is perfectly invaluable in all cases of female weakness, fluor albus, whites, seminal weakness, and all seminal troubles, for swollen womb, and debility with costiveness, paleness, nervousness, &c.; often very useful in consumption and bronchitis; especially in persons who have scrofula; and in all cases of scrofulous sores, &c., it is a highly useful medicine.

VERMIFUGE.

This is an unfailing remedy in all cases of pin-worms. It does not disappoint or fail.

It may be given to all ages, sexes, or conditions of health.

COLIC SPECIFIC.

Many individuals are subject to sudden attacks of colic, which are produced by air and stoppage in the bowels, often terminating very soon in inflammation. The Colic Specific is a prompt and perfect remedy. It should always be at command by those disposed to colics of any kind, or colicky pains in the bowels.

DIARRHŒA PILLS.

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.

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. In recent diarrhœa, and for children, it may be given in a little milk or water. It is perfectly safe, can do no harm, and almost certainly cures all diarrhœas. A life-preserver to young children, and in all cases of dysentery. It may be taken in wine or milk or mixed with any food.

EAR BALSAM.

I often cure deafness with these ear remedies. About one half of the cases fail, and do not get well; still, I give them if applied for, but do not lay much reputation on curing deafness, as at least one half fail of cure. They will do no hurt. By giving a statement of the case by letter, the remedies can be sent by mail, and usually cost about five dollars for three months.

FEMALE REMEDIES.

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 Specific will almost always cure any cause of irregularity without any great debility.

If there is much debility, the Restorative should be long and patiently used.

The Female Pills will usually cure all cases of painful monthly sickness. In obstinate cases all these may be used together; they will hardly fail of relieving.

See remarks on these diseases.

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. See remarks on skin diseases.

MAGNETIC PLAISTER.

I am usually much opposed to plaisters, but in old cases of weak backs, I have used this plaister with great advantage.

PULMONARY CORRECTOR.

It is not unfrequently the case that we find a patient vastly reduced when first called to see him—he is very low with bad diarrhœa—feet bloated—coughs and raises very much, and is excessively weak. In such cases I give the pulmonary corrector. It usually raises the patient, and stops every bad symptom, so that in a few hours he is much better.

It is a valuable preparation, and very useful in low state with bleeding lungs, or from any other cause, as diarrhœa, or protracted illness.

REMEDIES FOR DISEASED EYES AND EYELIDS.

These remedies are for all diseases of the eyelids and of the external eye, not for the internal works of the eye, if disorganized or ruptured, &c., but for amaurosis, or blindness by diseased nerve, or weakened optic nerve, caused by fits of sickness, straining the eyes by too much use in too great or too little light, by frights, fevers, &c., or from any cause where the eye looks well and yet you are blind. Also for weak eyes, too watery, or

too dry, pains in the eyes, swollen or granulated eye-lids, where they feel as if filled with sand, redness of the eye-balls, ulceration under the lids, all opacities, or films over the eyes, produced by small pox, measles, inflammation, &c., no matter of how long standing.

I have just seen one patient who had a film with total loss of sight of one eye for 55 years, that was perfectly cured in 24 days by the use of a proper eye remedy, dropped into the eye without other operation. My remedies reach all cases of blindness and diseased eyes of any length of time, where the internal structure of the eye is not injured or destroyed. The eye remedies are not at present placed with agents for sale, but will be sent to any one who writes a careful statement of their cases, with all the interesting particulars about them, and a careful statement of their general health. The most *apparently* hopeless cases often get well. The youngest children may be treated successfully.

CONCLUSION.

These medicines have been most faithfully tried, and when judiciously used will not fail of accomplishing their object. I know them by a long and most successful experience—an experience equalled by few living men. I have now on my books 13,000 recorded cases, with all their experience. Very few men have prescribed for 13,000 different sick persons. The experience has been a successful one. I think 19 out of 20 have recovered, who applied for relief before the constitution was utterly destroyed. I hope no person will use these medicines except they give them a fair trial, and use them judiciously and faithfully, overcoming all little obstacles.

Learn to be your own doctor, get well, and keep so. The object of placing these medicines in the hands of agents, everywhere, is to enable the sick to get their medicines conveniently and at once, thus preventing long and dangerous delays.

CURE AND MANAGEMENT OF DISEASES.

I shall now mention a few diseases and their modes of treatment; this will guide in prescribing the medicines, and will be a perfect guide to each patient. Those afflicted with chronic diseases must learn to assist themselves and be their own doctor.

CONSUMPTION.

Let the invalid remember that this is an entirely curable disease, if treated right and before the lungs are so vastly 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, &c.; read them carefully and understandingly. The lectures are written in the plainest English. Read them before you consult me or use remedies, if you can get them. After reading them, hasten at once to your remedies. Do not continue using other treatment unless you positively know that what you are using has been fully successful in cases like your own. A delay even of a few days may greatly alter the character of your disease, and make your recovery much more doubtful.

SIGNS OF CONSUMPTION

Are, cough, pain in one or both sides, in the chest, about the shoulders and between the shoulders, under the shoulder blades and about the collar bones, expectoration by coughing, short

breathing, bleeding from the lungs more or less, hoarseness, daily fever, weak voice, easily fatigued, night sweats, loss of flesh, &c.

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 use as follows:—

1st. I give the inhaling tube, shoulder braces and abdominal supporter, used and worn as before described. I also give cathartic pills, nervine, liniment, pectoral expectorant, pulmonary balsam, humor corrector, and depurative syrup, beginning with small doses, and carefully increasing until full doses can be taken. Medicines directed to be taken three times a day, may be mixed into one dose and taken together; they perfectly agree with each other. All that come together at the same time of day may be taken together. Remember, again I say, remember, do not be frightened at the number of medicines; each has a duty to do; all act upon a plan, and used judiciously will usually cure. Do not be influenced by the names of the medicines, and say, I have not salt rheum, scrofula, or something else, and therefore will not use salt rheum corrector, or depurative syrup, &c. Do not do this, but use these medicines without any opinion of your own. Use the medicines and notice the effects; if not decidedly bad, the effects must be good.

In the early stages of the disease, wear on all the front of the chest a cloth wet with salt and water; wet it night and morning, and keep it warm. Besides this, rub the liniment freely

over the chest at bed-time, and then put on the wet cloth. In some cases, where the cough is harrassing and tight, or a very copious expectoration, you may spread the liniment on a piece of brown paper or leather, and cover all the top of the chest, and wear it two or three nights; this will often relieve very much. If there is pain in or about the chest, side, back, &c., 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, &c. If the strength is greatly reduced, you may not use the hot 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. In the beginning of pain or cough, one blister may do good.

BATHING.

Bathe freely every day in cold, strong salt and water, and once in each week bathe 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 fear, give activity to the skin, and strengthen the whole nervous system. I can hardly believe it possible to cure consumption without free bathing. 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, 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 greatly chilled. Bathing may be done at any time of day or evening most agreeable; morning is usually the best time. Let no air blow on you at the time. I think this the

best of all baths. Be most thoroughly rubbed with a dry towel after using the wet towel, and if delicate, be well rubbed before using the wet towel, and after it also.

There are persons who cannot bathe without injury ; but perseverance will usually overcome all objections. Cathartic pills should be used every night, unless they produce a diarrhœa or the patient is liable to a diarrhœa ; but if not, use cathartic pills every evening till well, unless very low and weak. If the patient is pale and much debilitated, he should take the universal tonic in addition to his other medicines. This course should be pursued for weeks and months until well. The medicines may now be left off for a time or changed, as you may judge best. After leaving off the medicines for a short time, you will know, by your feelings, whether you need all or a part only ; take as experience shall guide you. Braces, supporter, inhaling tube, should be used long after you are well. You may, if you please, try using the sanative or tonic cough pills. I have seen both often very useful. You may try them with other medicines, or alone, if not relieved in a few weeks.

Look at my previous remarks on these different medicines.

I will now mention some difficulties and obstacles that frequently obstruct and tend to prevent a recovery. I will mention what some of these are, and how to stop them. First,

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 sage tea, or a cup full of very strong white daisy tea, or a strong tea of the bark of the balm of Gilead tree. &c., either alone or all mixed, and with the other medicines, usually stop night sweats. Too much clothing should not be on you in bed, if liable to sweat. There are many other things for night sweats which may be used as convenience,

necessity, or experience shall dictate as good. If these remedies do not stop the sweats, one or two leeches put on the upper part of each breast, just below the collar bone, will usually stop chills and night sweats, and does not injure, unless the patient is rather low.

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 the beginning of the disease, the patient may be moderately bled from the arm and two or three Spanish leeches be put on the tops of the lungs, &c. In some cases, and especially of profuse bleeding, the sick need not be bled at all. In all cases use all the remedies already mentioned for consumption; and besides, rub the liniment 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 all 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 days in succession, and yet 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 situation, but unless inclined to bleed profusely, it is usually decidedly beneficial in consumption.

See remarks upon this in my lectures.

SOUR STOMACH.

To relieve this, besides taking all the other medicines before named, also take the anti-dyspeptic mixture; it will soon cure it. (Notice remarks upon diet) If not soon cured, use, in addition, the drops for dyspeptic vomiting.

SICK STOMACH, VOMITING UPON COUGHING OR UPON EATING.

This is a most distressing aggravation of the sufferings of the consumptive. To cure it, take the drops for dyspeptic vomiting; they will usually cure it in a short time. These drops are exceedingly valuable, and do not interfere or prevent taking all the other medicines. Wearing also a cloth wet in salt and brandy on the stomach is valuable.

SINKING TURNS AND DEBILITY.

One of the best things for these turns is a full dose of heart corrector. Besides this, use the pulmonary tonic freely, and restorative, if you please, or find the others fail.

DIARRHŒA.

It is often the case that chronic diarrhœa precedes consumption, or accompanies it all the time; this is only in occasional

cases. In the later stages of nearly all consumptions a diarrhœa is apt to take place, and is a most distressing symptom. To relieve this, see rules of diet, and take the diarrhœa pills and diarrhœa specific, and if these do not stop it, take the pulmonary corrector; this last will usually stop the disease at once. All these agree with the other medicines, and will help the disease. Injections of starch water and laudanum (1 tea-spoonful to 1 pint), are excellent in some cases, and will usually cure diarrhœa.

COLIC,

And pains in stomach, bowels and chest from indigestion.

The remedy in these cases is to take the colic specific. It is a most valuable and efficient remedy; it can do no harm, nor will it interfere with the other medicines. In nearly all cases of pain in the stomach or bowels, this is a most valuable and perfect remedy.

PILES.

Should the consumptive have piles, let him use the pile ointment, which will in nearly every case perfect a cure; if not, see farther remarks on piles.

SORE THROAT.

See remarks on sore throats and diseases of the windpipe, loss of voice, hoarseness, &c. Use the tonic wash for sore throats.

SORE MOUTH.

For sore mouth of the consumptive, strong borax water is one of the best things I ever saw used; any other wash known to be good may be used.

For any other trouble that may arise, see remarks on them in their proper places in this manual.

DIET AND DRINK FOR CONSUMPTIVES.

In the first stages of consumption, when the lungs are engorged with blood, and the patient very feverish or very stupid, 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, &c. 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 breathing, or feeling of a load in the stomach, or an oppressive, stupid system; 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, hard, 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, avoid all fruits that are windy. Avoid all hard-boiled eggs, and food prepared with much eggs. Fruit had better be cooked; avoid all nuts, walnuts, pea-nuts, &c.; all pickles, preserves, fresh bread, &c.; all acids, vinegar, &c. 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. &c. ; and by imprudence in eating, bleeding at the lungs is often brought on, by those liable to it. I saw a young man 2 days since, who was seized with a dreadful attack of pain in the lungs from eating 12 peaches.

You may eat as much salt as you please with your food, stale bread, toast, boiled plain pastry, light griddle cakes, well cooked potatoes, well cooked tender chicken, turkey, beef, mutton, veal, fresh fish, oysters, soft part of clams and their liquor, game, &c. ; grits of wheat, rice, hominy, &c., &c., may be eaten in moderation ; (see remarks on diet in my lectures.) Eat as much as you require, but do not over-eat ; do not overload the stomach, and especially with untried or indigestible food, but eat enough so as 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 diarrhœa or tendency to it. This is also the suitable diet for all persons with asthma, heart diseases, dyspepsia, liver complaint, costiveness, chronic diarrhœa, in female complaints, gravel, debility, &c. 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.

DRINK FOR THE CONSUMPTIVE.

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

2 or 3 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. Porter, ale, beer, brandy, brandy and water, West India rum and Holland gin, are all articles used at times with advantage. It is better to live too high than too low. See remarks in my lectures on diet.

EXERCISE FOR CONSUMPTION.

For this, see my remarks in 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; spinning at the large wheel is good, although few will now understand what this means; to do so ask our healthy grandmothers. Do any light work; exercise for an object is worth more than without an object; to ride 5 miles on business is better than to ride 10 miles for health merely; peddling, shopping, &c., are all excellent. Let all your habits be the habits of prudent, healthy persons, as far as possible.

SWOLLEN FEET.

Swelling or bloating of the feet is a frequent suffering with consumptives, and often excites great alarm. I do not consider it alone as 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. Stoppage of monthly sickness, &c., in females, in consumption—for this, see my remarks on this subject in another place.

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 in bed after awaking. "Early to bed and early to rise" is as true in health as in wealth. Above all, avoid watching with the sick, or sitting up to study, &c., 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. Observe, as a general rule, that medicines should never be taken more than three times a day—say, before breakfast, before dinner, and at bed-time. All medicines may be divided so as to be taken three times a day, and at these hours; if several kinds, mix them together in one dose—they will agree with each other. Some are directed to be taken after meals; these are so directed in cases of dyspepsia, and to assist the stomach and promote digestion, as well as to cure the particular disease for which they are given. Take only what the stomach will conveniently bear. The judicious, intelligent patient, is most likely to get well.

ASTHMA—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, nerve, liniment, expectorant, pulmonary balsam, cough pills, salt rheum mixture or powder, depurative syrup, and if very weak, I give the tonic. Also in some cases, if not soon relieved, I give the sanative, tonic cough pills, and succedaneum—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 cannot use the tube, and 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 and anti-dyspeptic powder, 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.

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, &c.; 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, &c. In some cases we find chronic catarrh in aggravated forms accompany these diseases.

CURE OF THROAT DISEASES, &c.

[*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 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 produced 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 a humor in the blood 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 and into the lungs. The medicines I give, are, cathartic pills, nervine, liniment, salt rheum or humor corrector, and depurative syrup; and if a cough, I use expectorant, balsam, cough pills, &c., 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 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, &c., with the tonic wash, as directed. 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 all great excitement of all kinds, mental or physical. Avoid long-continued study—take regular sleep—avoid sitting up at night, and watching with the sick, if possible. Use the voice as little as possible, and constantly take long, full breaths, so as to keep the chest perfectly expanded, and thus avoid diseased lungs.

HEART DISEASES.

Consumption itself hardly excites more terror than heart diseases, as they are rarely cured or helped, or even an attempt made to do it by physicians. The patient is most usually left to his fate, overwhelmed with the most terrible forebodings. In his own and in the fears of his friends he dies daily. These diseases are exceedingly manageable, and curable in nearly all cases. I have treated a vast number of heart diseases, and never lost but three cases of that disease in my life. Even ossification of the heart, in its commencement, may be stopped, and the heart made well. 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, &c., 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, &c., when first awakened from sleep, and it may be some moments before the heart and circulation becomes free.

At times the heart begins to flutter, and seems to almost turn itself over. At other times most severe pain is felt in or about the heart.

CAUSES OF HEART DISEASES.

[See remarks on *Heart Diseases in my Lectures.*]

One great cause of heart disease is a strong predisposition to consumption, and the heart takes the disease. Another cause is dyspepsia, and the falling of the bowels, liver complaint, and enlargement of the under portion of the liver. Falling of the womb in ladies, and all trouble of sexual organs—all excesses or irregularities of every kind; kidney complaints; being very bilious, and indigestion; excessive study; grief; anxiety; night watching, &c.; costiveness; contraction of the chest, and depression of the breast or back bone; and, with these, frequent attacks of rheumatism, that settles on the heart. Debility of the valves of the heart is a most common cause. Excessive nervousness; enlargement of all the heart, or of one side; dropsy of the heart; excessive use of tobacco, in smoking, chewing, &c.; gluttony; too much fat about the heart.

CURE OF HEART DISEASES.

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.

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, depurative syrup, and if there is pain, use the

liniment, &c. 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 antihectic mixture and anti-dyspeptic powder until well of dyspeptic symptoms. I am positive that three-fourths of the deaths from heart diseases are immediately caused by wind in the stomach or a loaded stomach. It is impossible to say too much on the subject of diet. Besides, what I have said on diet to consumptives, applies tenfold to heart patients. 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 eaten deliberately. Avoid all feats of strength, or great exertion of any kind—any great, unusual, or sudden effort, either mental or physical. How many men have fallen dead in Congress! Avoid all great assemblages—churches, theatres, concerts, crowds. Moderate, regular exercise, or labor to which you are accustomed, may be safely pursued. Avoid going up stairs as much as possible, or walking up hills—be regular in hours of sleep, eating, labor, exercise, &c. Use the pills so as to have a gentle evacuation daily. Avoid much fruit, and windy fruit 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 kidneys not acting well, immediately disturb the heart. It should at once be corrected. All womb diseases should be cured. (See remarks on this in another place.) A very small blister constantly worn on the seat of pain is most excellent. A seton may be also worn. In all cases of pain the pulmonary liniment is most valuable, rubbed on or spread on a plaster and put or worn upon the heart. In cases of spasm, or continued

pain, the magnetic plaster is very good, also the galvanic plates. Occasional bleeding, if very full of blood, is excellent. Often the heart-patient faints, and is supposed to be dead—do not give him up, especially if a young person. Pry open the mouth, and give a dessert spoonful of the heart's ease, or some active stimulant—the heart's ease is the best of any thing I know.

By this course I have seen a vast number of heart diseases cured in persons of all ages and sexes. I have seen old men with heart diseases of eight or ten years standing get entirely well, and die of other diseases. 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.

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, &c. It is often produced by costiveness, and womb and kidney complaints.

It often produces chronic diarrhœa, &c., and always aggravates it—often causes, and always aggravates piles. Among diseases this is certainly one of the most curable. The patient requires a supporter and shoulder braces. Use cathartic pills, nervine, humor corrector, depurative syrup, anti-dyspeptic mixture, and anti-dyspeptic powder if there is much pain in the stomach. In some cases a cloth wet in salt and water, or salt and brandy, worn on the stomach, is most valuable. Observe the rules of diet I have mentioned for consumptives, and only eat such food as you know agrees with you. Bathe freely every day with a sponge bath—be regular in the times and quantity of meals—never eat what you know disagrees with you—keep the bowels regular—take your remedies faithfully, and you will soon be well, no matter how long dyspeptic.

In about 6,000 cases I have treated, I have never seen these remedies fail in a single case where I have had the continued co-operation of the patient.

LIVER COMPLAINTS.

If the stories of patients and physicians were true, we should think liver complaints extremely common; indeed, we should suppose that nearly every sick person has liver complaint, while, in fact, liver disease is a rare disease, and when it does occur, is very curable indeed; it is known by swelling and pain in the right side, short breath, husky cough, dyspepsia, very costive or diarrhœa, depraved appetite, clay-colored stools, and bad state of the head, periodical sick headaches, &c., &c. The patient should wear shoulder braces and supporter, take cathartic pills, nervine, humor corrector, and depurative syrup. After the bowels are free, in addition to these take the restorative, and he will soon be well, by perseverance. Use liniment in case of pain, and wear a wet cloth over the right side. If dyspepsia, diarrhœa, &c., use the medicines mentioned for these complaints in this Manual. 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.

COSTIVENESS.

Many persons suffer from constipation; often going for days without a passage. (See remarks on this in my Lectures to Ladies and Gentlemen.) I hardly know any disease more perfectly curable. I do not recollect to have ever seen, under my direction, a failure of cure, if the patients do their duty to themselves and remedies. (For bad 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, con-

sumption; 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. In the last stages of consumption, it is a good sign to see the bowels slow, as the patient is apt to have a diarrhœa; and great caution must be taken not to produce it by cathartic pills, fruit, or any opening medicines, or any thing likely to move the bowels much.

CURE OF COSTIVENESS.

To cure costiveness, wear a supporter; and if stooping or weak chest, wear shoulder braces, take cathartic pills, nervine, depurative syrups, or the seminal 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 wheaten 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, in one week, in persons of all professions, sexes, ages, &c. It is most curable. Without free bowels, no person can have good health. (See my Lectures for remarks on costiveness.) Persevere in using remedies until well.

HEADACHE, RUSH OF BLOOD TO THE HEAD, SICK HEADACHE, PERIODICAL SICK HEADACHE, &c.

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 rush of blood to the head. Periodical sick headaches often arise from obstruction of the gall-bladder by gall-stones in it. Within a

short time past, I had the pleasure of seeing a lady cured of periodical sick headaches, of twenty years standing. Half a pint of gall-stones were brought away in a few days. (See remarks in my Lectures, &c.) Any obstruction is apt to induce apoplectic rush of blood to the head, &c. The majority of apoplexies and palsies are induced by obstruction about the heart, especially when they occur suddenly.

CURE OF HEADACHE, &c.

Take cathartic pills, nervine, and depurative syrup. Observe the rules of diet before mentioned for consumptives and dyspeptics, and if a professional or sedentary man, over 40, avoid as much as possible all excitement or head-work—never read or work much by candle-light—do all your work by daylight—avoid costiveness, dyspepsia, or too much excitement.

Treatment.—Cold water to the head, hot foot-baths at times, cold bathing, shower bathing, &c., daily. I usually find it necessary for a cure in nearly all persons to give them supporter, and shoulder braces, so as to give free circulation through the chest and lungs. Cathartic pills used for years in middle-aged and elderly persons, so as always to protect the head, and thus prevent apoplexy and palsy, which often come on without any warning—these pills used every night are a perfect protection. The nervine is most valuable, and often aids to perfect a cure. It may be used with perfect confidence. If you have dyspepsia, costiveness, heart diseases, or liver complaints—in ladies, any obstructions of periods, costiveness, womb or kidney complaints—use remedies recommended for these affections.

I will remark that headache, in all its varieties, is most curable by using the appropriate medicines faithfully and perseveringly, and avoiding all its causes.

CATARRH.

Catarrh is a most obstinate and disagreeable disease, and most offensive. In many cases it is a very dangerous disease—often leads to loss of smell, of hearing, and of voice, and causes great discharges from the head and nose, often very offensive, when not suspected to be so by the patient. (See 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 nearly always on the lungs in consumption—in fact, it is always so more or less. It often affects the eyes and head, and is a skin disease produced by a humor.

CURE OF CATARRH.

To cure catarrh, I give cathartic pills, nervine, humor corrector, depurative syrup, anti-mucous mixture, and catarrh snuff—free bathing of the head, face, neck and throat with cold water, and daily drawing cold water up the nose. These I use as medicines—besides, 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. (See my lectures on keeping good lungs.) If inclined to cough, I give inhaling tube. 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.

CROUP.

Croup is announced by difficulty of breathing, shrill whistling, wheezing breathing, hacking cough, and threatened suffocation,

&c.—mostly occurs in young children. It is most curable—no child need ever die of croup, if the curatives are used in time. Mothers having croupy children should watch the first show of the disease, and keep the medicines on hand. Give the child of one year a teaspoonful, if younger, a less quantity of the pectoral expectorant, and in five minutes a teacup of hot water, so as to produce vomiting—at the same time rub on the chest at top and along the breast-bone, and on the throat freely, the pulmonary liniment for ten or fifteen minutes—then lay a cloth, dipped in boiling soap-suds, as hot as can be borne, on the chest and throat, and cover it up warm. If the symptoms are urgent, the child may be vomited every half hour. After the first vomit, give the child a moderate dose of castor oil, so as to move the bowels soon. The liniment may be rubbed on the spine freely at first. I have known the liniment alone, used for hours as I have directed, rubbed on with a warm hand, cure a case of croup where all hopes of cure had been abandoned, and the physician, an eminent one, had declared that the child could not possibly survive. After the first violence of the attack is past, the child should be vomited occasionally with the expectorant until all the disease is gone, and take frequent small doses of castor oil, &c. The feet should at first, as soon as possible, be put in hot water, with mustard, salt, or soda, or all put in, so as to stimulate the water well; keep the feet in fifteen or twenty minutes, after which put mustard or onion draughts on the feet. Keep the room warm. As the disease is going off, five to ten drops of tincture of assafœtida, given in a little sweetened tea, is excellent, or twenty drops used as an injection.

I can hardly believe it possible for a child to die of croup or inflammation of the lungs, if treated in this way. I never lost a child of croup in my life, but have often had the happiness of curing them when all hopes of cure had been given up. Croupy children should have their chests and throats bathed all over in cold water daily. This will prevent croup and a disposition to it. I have known the prompt application of cloths wet in cold water to the chest and throat, cure croup in a short time. If you

have none of the pectoral expectorant or liniment at command, you must give something to vomit, as syrup of ipecac, lobelia tea, or what is prompt and most excellent, put a segar in a tumbler or wine glass of hot water, and as soon as the water tastes a little, give the child a teaspoonful every five minutes until it vomits. This is a most valuable remedy. Scotch snuff and lard may be laid on the chest, and any stimulating liniment, as a little hartshorn and sweet oil, applied on a cloth to the chest, and wrapped around the throat for a few minutes, until well reddened or slightly blistered.

But remember to bathe the child well in cold water when it has not the croup.

PILES.

This disease is in nearly all cases most curable. It is very rare that I meet with a case of piles that cannot be cured in a few days. (See causes and remarks in my Lectures.)

I give cathartic pills daily—anti-mucous mixture—use the pile ointment, if necessary. Apply a cloth dipped in cold water to the part, and wear it every night until cured. In all swellings and inflammation, the pile ointment is most valuable. Besides this, I advise all to wear the abdominal supporter; this will effectually prevent piles after they are once cured. I never have occasion to cut off the piles. The distressing pain after stools experienced by many will be cured very soon by the anti-mucous mixture. Always wash the parts freely in cold water every day.

PIN WORMS.

These are effectually cured by the vermifuge. Use it as directed; it never fails. I have known three quarts of these worms brought away by this medicine from adult persons in ten days.

KIDNEY COMPLAINTS.

Gravel, stoppage of water, bloody urine, heat and burning in the urinary passage, &c., &c.; scalding, too little water, mucous discharges, thick sediment, &c. All these troubles, in ninety-nine cases out of a hundred, are perfectly curable, and are soon permanently relieved. I give cathartic pills, nervine, gravel specific, and anti-mucous mixture. This last, for all scalding, heat, mucous discharges, stoppage, thick, burning, too little or too much water, is most valuable, and usually cures in a short time. The gravel specific is most valuable in all cases of red sediment in the water, or stone in the bladder, &c. It will soon remove all the sand from the bladder, kidneys, &c. Always bathe in cold water freely; but, if bad, you cannot use much salt in it.

Bathing is most excellent in these cases. Warm hip baths, for a half hour at a time, are truly excellent in all kidney or gravel complaints.

WOMB COMPLAINTS.

Here I enter a field that is broad, vast, and of frightful frequency, and I believe, in nearly all cases, perfectly, wholly, and permanently curable. I have had about five thousand cases in four years, and scarcely one who is not now well, or so much relieved as to say so. (Read carefully my remarks in the two Lectures to Ladies, where all the causes are laid down. For a full description of this, see remarks in my six Lectures, &c.) It is most eminently curable. In testimonials, I present none for this reason: it is too delicate to give a lady's name. It is often and usually attended with a weak back, dead, heavy pain in the hips, loins, sides of the bowels, &c., and lower end of the back-bone; also, bearing down and whites, 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, &c. A humor often settles on the womb and front passage, and is most distressing. The cure is, to wear a supporter and shoulder braces; take cathartic pills, if you have no diarrhœa; also take the nervine and seminal tonic; and, if you have other complaints, they must be treated as directed in different parts of this pamphlet and in my Lectures. For bearing down, I have often known wearing the supporter in bed to do vast good. In general, it is not advisable to wear the supporter in bed; but in attacks of bearing down, it is well to do so. Use freely the tonic wash directed for whites. This will soon reduce the swelling of the womb. Wear a wet cloth day and night over the lower bowels and back, till relieved of pain, &c. For itching, use the pile or the depurative ointment. Whites are usually caused by displacement of the womb, or by humor in it and the front passage. It is often most distressing, but perfectly curable. It is a very common cause of barrenness. To cure it, wear supporter, and if you have a weak back or chest, wear the shoulder braces. Take cathartic pills, if no diarrhœa; also use nervine, anti-mucous mixture, seminal tonic, or female tonic if you are bad, and use tonic wash for whites freely until well. Cold water injections in the front passage are very useful daily, besides the tonic wash; if any humor, pain, heat, or show of humor, use the mixture for humor, also depurative syrup, &c., bathe freely daily, and if there are other diseases, see remarks on these in the proper place in this pamphlet.

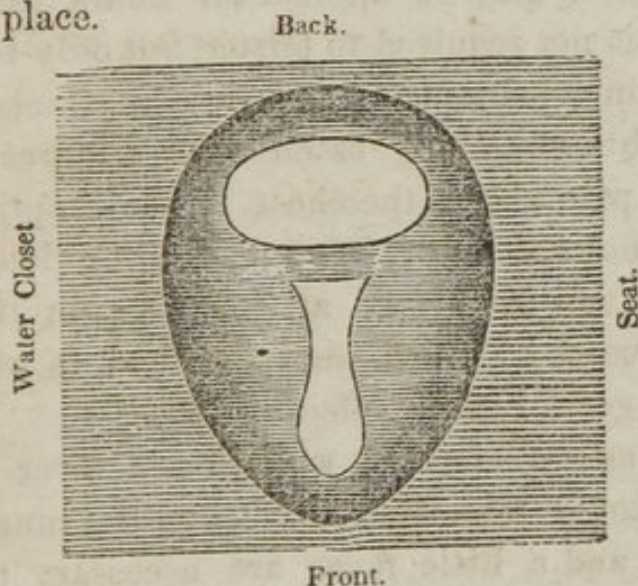
The form of water closet or necessary seats, is one of the most common of all indirect causes of falling womb. I am not aware that any writer has ever hinted at this prolific cause of falling womb and its prevention.

In a vast many persons, even in children, the bowels and womb are thrown down by straining to procure evacuations at stool, &c. I think that nine cases of falling womb or bowels out of ten are first caused by this. The remedy is perfectly at command. The seat for evacuations of urine or stool should never be lower than an ordinary parlor or kitchen chair. No one should ever sit as

low as a common chamber vessel; this position exerts a terrible strain on the womb lower bowels, &c. ; half the miscarriages are caused by it.

DESCRIPTION OF A PROPER WATER-CLOSET SEAT.

The seat should usually be about seventeen inches high, and neatly scooped out of a two-inch plank, to make a pleasant seat and sufficiently large. Excavate the plank one and a half inches, leaving half an inch over the whole bottom of the seat. The under side of the seat may be strengthened with sheet-iron, or a plate of tin if you please. Now beneath the back passage (which would be if the person were seated) cut an oblong opening, three inches by six; and two and a half inches from that in front cut another, two and a half inches wide and five inches long. These will give free openings through the seat and at the same time perfect support to the womb, and prevent bearing down or falling of the bowels. The vast importance of this subject to those interested is the apology for putting these remarks in this place.



Ladies who have been bed-ridden or unable to walk for years, or who cannot exercise or stand up, &c., where the womb is greatly swollen, and who suffer all and every distressing symptom mentioned in my Lectures and in this Manual, may depend on a cer-

tain and speedy cure, and are usually put on their feet in from one hour to a few weeks. Write to me in these cases.

PAIN AND SORENESS OF CHEST IN CONSUMPTIVES.

Many consumptives suffer a great deal of pain in the lungs, sides, &c., with sudden attacks of pleurisy, pain in the side, back, &c. Unless a healthy person and in very full blood, they do not require bleeding, nor do they require very much blistering. In a strong, healthy person, put the feet in very hot water, with salt, soda, or wood ashes in it. If possible, immerse the legs to a little below the knees, and keep them in thirty minutes—at the same time give a moderate portion of physic, say the cathartic pills, salts or castor oil. On leaving the foot bath, rub the painful part freely with the liniment, and put a towel dipped in cold water over it, cover up warm in bed, and you will usually be well of pain in a few hours. In delicate persons, hot cloths or mustard poultices may be applied for hours, till better—the poultice usually is not required to blister, but only to well redden the part. Pain in consumptives and sudden attacks of pain, are usually caused by something eaten that disagrees. I always find that a little pain about the chest in consumption is no bad sign, and often shows a better life and healing lungs—the pulmonary liniment will usually do all for the pain that is necessary, if not produced by much improper food, in which case use a little physic to get rid of the offending food.

Many physicians are alarmed at pain and fever in consumptives, but they should remember that when the lungs are ulcerated, a little pain and a little fever are necessary to their cure. A low life is much against a cure of ulcerated lungs.

FEVER IN CONSUMPTIVES.

Most consumptives experience more or less of fever and heat about the system. To avoid this bathe freely in cold water, wear wet cloths about the chest and neck, if that is affected, and take the cathartic pills every night regularly unless a diarrhœa, and if diarrhœa stop it, as has been before directed, and then take cathartic pills as much as you possibly can, so as to move the bowels, but not produce a diarrhœa. Often where patients are liable to alternations of diarrhœa and costiveness, I advise to take diarrhœa medicines and the cathartic pills at the same time. Even if the bowels are regular, the cathartic pills should be used, unless they produce actual diarrhœa and frequent exhausting evacuations.

In the last stages of consumption, cathartic medicines of all kinds should be most carefully avoided.

MONTHLY IRREGULARITIES, SUPPRESSION, OBSTRUCTION, AND PAIN.

These cases are usually soon cured, even of very long standing and seemingly hopeless. The cure consists in free bathing, as before directed, and use the female specific and restorative. The restorative may be used with hope in the worst cases. The female pills will usually cure all cases of painful periods. Of course the lady should wear the abdominal supporter, as this in all cases greatly facilitates a cure. Perseverance usually perfects a cure in a longer or shorter time. Cold bathing, air, journeys, exercise, good living, pleasant society.

SCROFULA, OR KING'S EVIL.

This truly unpleasant disease, and in many cases apparently incurable, is usually cured with great certainty in from one month to one year, even 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 pills, depurative syrup, humor corrector, and seminal tonic. The anti-scorfulous plaister may also be used, if bunches or other sores are present. Dyspepsia, or any disease present must be cured as before directed. 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. A cure is about an absolute certainty. I do not recollect a single failure when the patient used all these remedies faithfully for a sufficient length of time.

RHEUMATISM.

(For the effects and causes of rheumatism, see my Lectures.)

The cure is to use cathartic pills, nervine, humor corrector, depurative syrup, and depurative pills—hot foot baths, free cold bathing and shower bathing, and the freest frictions—supporter and shoulder braces should be worn by adults; the free use also of the pulmonary liniment—it is a most valuable remedy for rheumatism. This course persevered in, will, I think, cure every possible case of rheumatism. If any other diseases are present, you must treat these as before directed in my Lectures, and in this Manual.

SKIN DISEASES, CANKER, &c.

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.)

In thousands of cases they cause consumption, dyspepsia, asthma, throat diseases, piles, womb diseases; kidney and bladder diseases are produced by skin diseases, or by the same poison. ~~It~~ 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, depurative pills, and in many cases the depurative ointment; use for months till well. The cure will vary from one to six months.

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 depurative ointment will be found most valuable in all cases of itching, and will soon cure it.

NERVOUSNESS.

This is generally the result of other diseases; cure them as far as practicable. Avoid all the causes and excesses that produce nervousness. Use the nervine and seminal tonic, observe the rules of diet, take fresh air, exercise, free bathing, and regularity in every thing; this will soon give health. Avoid all overdoing.

DROPSY OF THE HEART, CHEST, ABDOMEN, OR ENTIRE PERSON.

Dropsy usually arises from other diseases, and is often cured. The patient is to use free air, exercise, and bathing. Observe the rules of diet, and if any disease is present, remove it by the appropriate remedies mentioned in this book. In all cases, as far as possible, wear a supporter and shoulder braces. Keep the water free. Use the cathartic mixture for dropsy, and the seminal tonic and restorative, depurative syrup and humor corrector.

Dropsies are, in thousands of cases, produced by a humor in the blood, but will yield to remedies used to purify the blood, and at the same time to free the water, &c.

ACUTE DYSENTERY.

I always hear of deaths by dysentery with perfect horror, as my impressions are that the disease is perfectly curable.

TIME.—It mostly prevails in hot weather.

CAUSE.—Eating much fruit and crude vegetables, by which the stomach and bowels become loaded—all this mass half digested—and hot weather. In this state a sudden cold, or change of weather to cold nights, will often cause an attack of dysentery. It often prevails in hot weather as an epidemic. The contents of the stomach and bowels usually become very acid.

CURE.—In the very beginning, cleanse the bowels of all this horrid mass. Give freely of castor oil; at the same time alkalies, to kill the acidity in the stomach and bowels; also drink freely of hot mint tea. (Quarts may be drunk.) Put the feet in very hot water. Cover the bowels with cloths dipped in hot water. A pint of strong tea made of wood ashes, and a little wood soot in it, will usually stop the dysentery at once, after oil is used, or while taking oil.

Follow up your remedies actively. Do not let it run on for hours and days, without doing any thing.

A few table-spoonsful of powdered charcoal should be given in mint tea. Let it be wet and stirred in. This course will usually stop the dysentery in ten hours, or less time, after the bowels are thoroughly cleansed by oil, mint tea, and charcoal; and alkalies, as soda, pearl-ash, carbonate of potash or wood ashes, dissolved in the mint tea; at the same time, hot foot baths and hot wet cloths to the bowels. If the patient is not decidedly better in ten hours, you may give to a strong man or woman one or two grains of solid opium, made into a pill or chipped into a little water; cover the patient warmly in bed, and he will usually go to sleep and awake in a few hours quite well. This is for the first stages of the disease. After a day, and bloody stools have freely begun, you must do all the foregoing, besides give injections of starch, hot water, laudanum, and sugar of lead. Of starch water one

pint, laudanum one teaspoonful, sugar of lead twenty grains; dissolve the lead in the starch water perfectly, add the laudanum, and use at once. It should be as warm as milk. As soon as the pain and fever have subsided, and discharges still continue, you may, besides all the rest, give astringents: as, strong tea of avens root, or tamarac bark, or oak bark, or crow foot geranium, or wild-cherry bark, strawberry leaves, or blackberry roots. A thoroughly strong tea of any of them will assist to cure dysentery in a few hours. It is only to meet the disease with instant remedies, a little more active than the disease itself, and, if actively used, you will soon be well. Soda, rhubarb, laudanum and brandy are excellent for those subject to attacks of dysentery, as follows: soda one ounce, rhubarb one ounce, laudanum one ounce, brandy one quart. Take one-half to one spoonful several times a day; it is excellent. My diarrhœa specific is exceedingly valuable in these cases, as also the diarrhœa pills, used as directed. During an attack of dysentery, and after it, the diet should be very light. No fruit of any kind whatever, or any heavy or acid food, or any full meals, &c., until you are perfectly well.

MANAGEMENT OF INFANTS.

I shall now add a few lines to mothers, on the mode of saving the lives of their infant children, prompted by feelings of the deepest sympathy both for parents and children. (See my Lectures and remarks on bathing, &c., and remarks on bathing in this Manual, all of which apply to children, as well as adults.) Almost all the diseases of children arise from colds producing croup, &c., and from teething, which produces fits, bowel complaints, &c., and from measles, scarlet fever, and diseases of this kind, and from errors in diet.

In teething, the gums should be freely cut wherever they show its necessity, and the mother and a good physician are the best judges. (See directions to avoid indigestion.) If great heat in

the mouth, let the child suck a small bag of ice freely and often; it is excellent.

Scarlet fever is the dreaded foe of children. The cure is, to give the child plenty of air, keep the bowels very free by oil, &c., wash the mouth and throat with cold water, and, if the back of the mouth and throat is cankering and sore, with a quill blow a few grains of powdered gum guaiacum upon it, two or three times a day; also a little powdered ginger and powdered gum arabic, one sixth part red pepper; this and the gum guaiacum are most excellent. Give the child freely of saffron or composition tea, to bring out the rash as soon as possible, and wear a cloth wet in salt and water around the throat, as long as there is any fever or heat about the throat; sponge the child over daily with strong salt and water or saleratus, or soda and water. It should be bathed several times a day, if very high fever, or wrapped in a wet sheet for some hours daily, &c. Keep the bowels free with oil or rhubarb, &c.

By early attending to these hints, and judiciously persevering, and giving light food, very few children will die of scarlet fever. Do not neglect the throat, both inside and out, it is the place of the greatest danger.

SUMMER COMPLAINTS,

OR DIARRHŒA OF CHILDREN AND INFANTS.

The diarrhœa of young children usually occurring in warm weather, is productive of more deaths, probably, than all other diseases put together. In the hands of many physicians it is awfully fatal. The remedy that kills far more children than the disease, is calomel. One small dose is enough to kill almost any child. The cause is this: calomel itself is not a poison, but with some acids, it is soon changed into corrosive sublimate, and corrosive sublimate is a most virulent poison. This is often the fate of the child:—a small portion of calomel is given; it meets an acid in the stomach, and is soon changed to corrosive subli-

limate; this ulcerates the bowels, and he is certain to die; he wastes and sinks away, baffling remedies, and dies. Avoid calomel; it may not always kill the child, but it is liable to kill every child that takes it for summer complaint.

SUMMER COMPLAINT

Is almost always produced by indigestion, by bad or improper food. Nursing children rarely have it; it is best to prevent it, watch its teeth and have its gums cut, if there is any show of teeth. During the hot weather allow it no fruit, no vegetables, little or no meat, or any thing that can lie heavy on its stomach. Mix in all its food a little lime-water, soda, or my diarrhœa specific. Bathe it freely and take it out daily. If the child is much sick, take it to the sea-side, or mountains. The sea air is best, and is better than all medicines; mountain air is beneficial, but nothing is as good as sea air. Go there early with it, if possible, and most rigidly observe the rules of its diet. Astringent tea, as of oak bark, wild cherry bark, avens root tea, crow-foot geranium, pomegranate bark, &c., are all excellent; at the same time, give remedies to destroy the acid in its stomach. The child should wear flannel (gauze) over its bowels constantly, also warm stockings on its feet; bathe it-daily, and avoid cold, damp nights, &c. It should have a wet nurse, if possible.

• I give a prescription for its food, that, from long experience, I know to be valuable indeed.

Take 10 tablespoonsful of fresh cream; 20 tablespoonsful of water, mix and boil fifteen minutes, set away to cool; after which skim off all the cream, add to the residue 2 tablespoonsful of ground barley, boil it and stir it well, sweeten it with loaf-sugar so as to be agreeable, and feed the child as much as he will eat. This is a most valuable article of diet. To each meal you may add a teaspoonful of lime-water, or half a teaspoonful of very finely-powdered charcoal of burnt cork, or a little soda or pearl-ash. Instead of barley you can use ground rice, tapioca, arrow-root, or starch, for a change. Let all be most carefully boiled.

I leave this to you, dear mothers, and hope you may never lose

your children with this disease, as you never will, if you judiciously observe what is here intimated. Avoid all harsh remedies. Use no medicines but castor oil or rhubarb.

EYE REMEDIES,

PREPARED BY DR. S. S. FITCH, 707 BROADWAY, N. Y.

These invaluable and most successful preparations are now presented to the public. They will, in nearly all cases, cure and alleviate the following states of the eye and eyelids: inflamed weak eyes, inflamed eyelids, granulated eyelids, ulcerations of the eyelids, arising from whatever cause; also dim, cloudy, or short-sight; specks before the eyes; ulcerations of cornea; opacities or films on the transparent cornea; and in cases where the sight has been partially or wholly covered for many years, produced by measles, small-pox, inflammations and ulcerations of the cornea, &c.; all ulcerations of the cornea, all cases where the eyes will not bear the light, &c.; too great or too little flow of tears; most cases of amaurosis, or loss of sight, where the eye looks perfectly well, &c., produced by frights, convulsions, excessive use of the eyes, and nervous diseases; excesses; child bearing; palsy of the optic nerve, floating specks, spots and images in the vision; and in cases where several of these different states of the eye and eyelids occur together.

EYE REMEDIES.

To obtain these remedies, write carefully the state of the eye or eyes affected, how long, how treated, &c.; give all the state of health; if scrofulous, or bad humor in the blood or the skin, &c. A prompt answer will be returned.

Direct to 707 Broadway, New York. The remedies can be sent by mail.

LETTERS.

In order to obtain the confidence of the sick, and to lift up their hearts when depressed by sickness and deferred hope of cure. I have subjoined copies of a few letters, selected from hundreds. They tell their own story, and are parallel to hundreds of others.

LETTER FROM REV. R. WHITWELL,

Episcopal Clergyman of St. Armond, Canada East, who has had a good opportunity to judge of my remedies.

NEW HAVEN, CT., Aug. 28, 1848.

My dear Sir :

I have but a moment to say that I am now free from cough and expectoration, and for a week back have been slowly recovering my appetite and strength. Week before last I bathed in the sea at Morris' Cove four mornings out of the five. Your medicines are truly what they profess to be—"no mistake." Shall pursue the course as you directed, and hope still to benefit by your judicious treatment.

With thanks for all your kindness, and the good service from your excellent practice, I remain, &c.,

Yours faithfully,

R. WHITWELL.

PATERSON, NEW JERSEY }

August 31, 1848. }

DR. S. S. FITCH—

*Dear Sir :—*I wish to inform you of the effect of your medicines upon my daughter. She is 18 years of age, and delicate. She was taken in April last with a slight cough. The first week in May she became unable to be about much. Violent cough, pro-

fuse expectoration, so as to raise one pint a day, and some daily fever, night sweats, and rapid debility, followed by a total loss of appetite, utter prostration of strength, and entire cessation of monthly sickness—very severe pain in her right side, which, after a time, changed to her left side; she could not lie upon her right side at all; her feet and limbs swollen very much, so as to shine and appear almost transparent. Her physician gave her up. Another physician, who chiefly attends to lung diseases, said she could not be cured—he could do nothing for her. It was supposed she could not live one week.

On the 22d of June last, my husband called on you, stated the case, and took your remedies. After the remedies were received, our clergyman called on us, and said, as consumption never was cured, he considered it wrong to be giving her medicines; but as we had no other hope, we used your remedies faithfully—inhaling tube, shoulder braces, supporter, and medicines. We called on you from time to time for advice and medicine, which were strictly employed. She is now perfectly well, but has not quite recovered her strength, and has not coughed once in three weeks. We thank a good God for this, and hope you may be always as successful.

(Signed,)

ELIZABETH REDMOND.

BROCKPORT, N. Y., *August 21, 1848.*

DR. FITCH—

Dear Sir: It is but right that I should acknowledge the benefit derived from your treatment. When I first saw you, in February, 1847, I was thought by my friends and several eminent physicians to be past cure, unless your remedies could help me. I had a very bad cough, and every morning raised a quantity of blood—also a very bad pain in my left side and chest—almost lost my voice at times—great weakness in the small of my back, palpitation of heart, and bloated very much in my bowels. I purchased one of your books, and in a week from that time was

on my way to see you. My husband and friends did not expect to see me return alive, but in four weeks from that time I returned to my family, very much improved in health, to the astonishment of all; and in three months from the time that I commenced using your remedies, I was entirely cured.

Respectfully yours,

MRS. CHARLES M. BROCKWAY.

CASE OF MOSES ELY.

When I first saw Mr. Ely. his right lung was most extensively ulcerated, and neither myself nor any one supposed that he could possibly recover. This letter speaks for itself.

NEW YORK, *Aug.* 20, 1848. }

North-east corner of Gold and Fulton Streets. }

DR. S. S. FITCH—

Dear Sir: In accordance with your desire, I will now attempt to give you an account of the very critical situation in which you found me when you visited me on the 5th of May. 1847, together with the causes which led to it, and my present state of health, compared with that of the above time. Careless exposure during the winter previous had caused me to take cold upon cold, which being neglected, paved the way for inflammation of the lungs, with which I was attacked on the 20th February with such severity, that on account of the very sharp pain it occasioned in my right side, I was unable to take even the slightest breath without the greatest difficulty. Leeches and other applications were made, with but temporary effect, and the disease gradually progressed, notwithstanding the efforts of the best medical advisers to check it. Soon the greater part of my right lung seemed entirely to cease acting; and when I inhaled the air, only the front upper part of my right breast moved. My cough abated none, and the character of the expectoration became worse and worse. The disease so far baffled the skill of

my physicians, that they soon began to abandon all hope of my recovery, and on or about the first of May they gave me up, and resigned me to the kind offices of "*time and nature.*" Previous to this, I had accidentally overheard one of them tell some of my relatives, in an adjoining room, "It is *impossible* for him to live;" and on the same day that they gave me up, he met my uncle in the street, and told him that I might possibly live till August, but not longer; and it was then, when deliberating what course next to pursue, that I heard of your manner of treating diseased lungs, and determined, if possible, to have the benefit of it. Accordingly, you called to see me on the 5th of May, when the symptoms which the disease had assumed were as follows. I had constant sharp pains in my right side, midway between the hip and the shoulder, running from the front through to the back part of the breast; in my right shoulder, and running down my arm to my elbow, (which last prevented my raising my hand to my head,) and an almost incessant cough, with a copious expectoration of thick, yellow, offensive matter, which sank in water. I was confined to my bed most of the time, and unable to lie on my right side. My right lung was still inactive—my appetite, which before had been miserable, was now almost insatiable, and my bowels had been, since I was first attacked, very inactive. My right side had sunken in very much, and my shoulder being deprived of its proper support, sunk so far as to be much below a level with the other one. On the same day that I placed myself under your care, I went to Newburgh, and soon began to discover a very favorable change in my feelings. The use of the braces and tube enlarged my breast very much, and caused the cavity to fill up. My appetite became reduced to its natural standard, the pains gradually subsided, and my bowels became regular. On the 4th of July I was so far recovered as to be able to be from home all the morning; and on the first of October following, returned to New York, and have ever since attended to my business, with scarce any interruption in consequence of sickness.

I now feel quite well, but still have a slight cough, from which

I hope soon to recover. Other than this, nothing remains of that dangerous illness, from which, through your timely aid, I was relieved. I have recommended your treatment to others, and watched its effect upon them, and have become acquainted with a great many who had been previously benefited by it; and the result is, that I can recommend your practice with the greatest confidence to all who are afflicted with diseased lungs, feeling assured that in doing so I can do them no injustice.

Hoping that many years of continued usefulness may be in store for you, I am, with great respect,

Yours, &c., MOSES ELY.

FARMINGTON, MAINE, *Oct.* 16, 1848.

DR. FITCH—

Dear Sir :—I fear that you have thought that I have forgotten you, my kind benefactor—but I have not, nor ever shall, while memory lasts. Your medicines and machinery have met my most sanguine expectations. My health is better than it has ever been since my remembrance; and your tube, braces and supporter have done all for me that you recommended them to do. Please to accept my most sincere thanks and well wishes.

Yours, in haste,

DORCAS T. MOORE.

GENEVA, OHIO, *July* 24, 1848

Dear Sir :—Miss Ursula is to-day from home, has rode out some ways, and is spending the day with me, and wishes me to communicate to you for her, and to express to you her warmest and sincerest thanks for your great kindness in affording her the medicines so cheap.

After the last letter was written to you, she continued to run down until your medicines were received, (which was about six weeks.) She was then able to sit up very little, some days not

at all, the canker in her throat, mouth, and stomach was extremely bad; her lungs were in a very bad state, a great want of action and numbness in the right one, and a constant burning and pain in the left. She had left her room but once in 18 or 19 months, and then was carried out. She commenced the medicines according to directions and in a few weeks could take a full dose. She has experienced great relief from your pulmonary liniment, her throat is comparatively well, yet her back is weak, her nerves are very weak, much talking affects seriously her spine, causing pain and burning, her stomach is weak, she can eat hardly any thing, and what is taken for food, generally causes distress and much wind, which is very troublesome. Her bowels, which were extremely bad, are now regular, rests well at night, (generally,) and in fact is very much better. After using the medicines about four weeks, she was enabled to get down stairs from her chamber by *crawling* or going one step at a time, then resting. Since then she has walked out every day, every day going farther, and with less fatigue; she has continued to gain steadily, unless overdone by too much talking, and can now walk out several times in a day, and has rode out for two days past to great advantage, feeling much stronger than before.

Her shoulder braces and supporter have been of unspeakable benefit, enabling her to sit up and walk with perfect ease. She says the distance across her breast is all of two inches wider than before wearing braces, and consequently, the difficulty in breathing is greatly removed, the part which the supporter is designed to benefit, is very much better, but weak—talking affects her there. The scrofula is much better, but out some yet, on the throat, shoulders, lungs and stomach. The instruction in your direction, "not to get out of medicines," has induced her to write now, being entirely out of two kinds, which seem to have benefited her the most, pulmonary liniment and anti-scrofula syrup. She wishes you to write immediately after receiving this, and tell her if she needs more medicine, and what you think of her case. She says, "Give him my warmest thanks for his kindness." Dear sir, if you could see her, who has been confined to the house for

more than two years, now walking our roads and gardens, and see the smile of satisfaction on the once sorrowful and dejected countenance, you would undoubtedly feel repaid for all your kindness.

In behalf of Ursula Montgomery,

M. E. TUTTLE.

POWNAI, VERMONT, *July* 24th, 1848.

DR. S. S. FITCH—

Respected Sir :—It affords me the greatest pleasure to be able to collect the materials together myself, for the purpose of addressing a few lines to one that I consider, through the mercies, and by the blessings of God, the benefactor and preserver of my life, and the present health I now enjoy. I must confess it was after much earnest persuasion of my friends, and of one of your patients, who we knew had received benefit by your remedies, that I consented to make known my case to you, knowing I had been under the care of an eminent and skillful physician, and taken a great quantity of medicine for five months past, but all of no avail; I had almost despaired of recovery, as I had lost a brother and sister who lived to be about my age, and supposed it would be my lot next, for I could not live long without some relief.

Thinking it would be a consolation to my friends to know we had left no means untried, I consented to use your remedies, but still I had no faith in more medicine. When I commenced taking your medicines, on the first day of last May, I could hardly walk from one room to the other without being perfectly exhausted: shortness of breath, constant tickling and wheezing in my throat, hard cough, and severe spells of coughing, sharp darting pains, and soreness in my chest, especially in my left side, could bear no heat of the fire, it seemed almost to stop my breath, and when lying in bed could not bear the weight of bed-clothes, and my hand resting upon my stomach would greatly distress me for breath, &c., &c. I commenced your remedies very carefully, closely following the directions, and soon began to feel better. I gained strength and my appetite improved. I can rest better at

night, have no pain or night sweats, and in fact I think I am almost well. My cough is most troublesome at night, but it is now a great deal better than it was when I commenced taking your medicine, and if that was cured I should be entirely well. I can sew considerable, and work some about the house, walk to the neighbors, and ride several miles with very little fatigue. I would like to have you send me some more balsam, expectorant, and cough pills, unless you think some other better.

Mr. Ethan Brown is quite smart, and able to attend to his business every day. Mr. A. G. Parker thinks he is improving fast.

From your sincere friend and well wisher,

MISS MARIA J. GARDNER.

MEDINA, OHIO, *August 30, 1848.*

DR. S. S. FITCH—

It is with great pleasure that I avail myself of this opportunity to inform you respecting my health. It is greatly improved in some respects, since I began to take your medicines, eight weeks ago last Friday night. I have not been so well of my cough for many years as at the present time, my appetite is good, my head better than it has been for many months. Two or three times I have felt the soreness in the top of my right shoulder and in my back, but I think I took a little cold about that time, which caused it. The supporter, braces, inhaling tube, and medicines, produced a rapid and happy change in my health, strength and looks; I can rest sweetly all night now. I have used three bottles of pulmonary balsam, and commenced on the fourth, three of anti-scorfulous syrup, one of pectoral expectorant, one of nervine, and used one-fourth of powders, one bottle internally. I wish you would write me whether I shall take the other bottle of powders in the same way.

Yours truly,

ELIZA A. TAYLOR.

LITCHFIELD, CONN., *June 26, 1847.*

DR. S. S. FITCH—

Dear Sir :—In your last letter you request me to write again soon; I have delayed writing in the hope that I may tell you that your remedies, under the blessing of Heaven, had proved successful. It gives me much pleasure to do so; I am almost if not quite well. In the morning of day before yesterday, I did not cough at all, how strange! yesterday morning and this morning, not hardly enough to call coughing. I continue to take the medicine, but when this which you sent last is gone. I presume I shall not need any more. Please accept of my heartfelt gratitude and earnest wishes for your happiness.

Very respectfully yours,

SARAH VAN NESS.

LEE, MASS., *July 18, 1848.*

DR. S. S. FITCH—

In April, 1846, I was taken with a pleurisy, which left me with a pain in the left side and lungs, with a slight cough and nerves much affected; piles, costiveness, and a sinking, all-gone feeling at the pit of the stomach; appetite poor, with some turns of night sweats; but through the summer my health improved so much, that my physician thought there was no disease of the lungs. My health improved till the first of September; then I took a cold, and it settled on the lungs and again brought on pain in the side, cough, &c. I applied to my physician again, and got some relief; but in November I was taken with bleeding from the lungs. I had two turns of bleeding, which reduced my strength much. My physician then commenced with a regular lung practice of bleeding, blistering, physicking, tartar emetic sores, fox-glove, &c. I had 70 blisters on my chest in succession; this reduced me very low. My friends considered my case a hopeless consumption; my physician advised, as a last resource, a sea voyage, and told my friends he had done all he

could for me. I was on the point of carrying out his advice, when, very fortunately for me, one of Dr. Fitch's Lectures on consumption fell into my hands. I read and believed.

I called on Dr. Fitch at his office in May, 1847. At that time I was very low, my cough very bad, raised a large quantity of yellow matter mixed with blood, pain in the left side, in the shoulders under the shoulder-blades, down the back and arms, much sickness at the stomach, with severe turns of headache, cold feet and hands with fever and chills, night sweats, piles and costiveness, feet much bloated, with occasional turns of bleeding. In this situation I called on Dr. Fitch; he examined my lungs, and told me he thought he could help me. I took his remedies, and soon found that the supporter, shoulder braces and tube relieved many of the worst feelings I had, and improved my strength very much. In one week after leaving Dr. Fitch's office, I had one large ulcer break on the top of the left lung, which discharged nearly half a pint of bloody matter, and reduced my strength some, yet the medicines kept me up; this was the last of May. From July to September, eight ulcers gathered and discharged; the last one caused severe turns of bleeding. I had from fifteen to twenty turns of bleeding within as many days. My symptoms now showed for the worst, hectic fever, sore mouth, night sweats, feet bloated, cough severe—the matter that I raised from my lungs would sink in water directly after. At this time my friends called in other physicians to see me; they told me that it was utterly impossible for me ever to be any better—I might live three weeks, but was liable to be taken away at any moment. But I confined myself strictly to Dr. Fitch's remedies, and am now, in July 1848, in a comfortable state of health, so that I am able to attend to my business, and my health is improving from day to day.

This statement to the world may appear highly exaggerated, but there is nothing in it but what is strictly true—which may be confirmed by application to the physicians and gentlemen of the first respectability in the town of Lee. I feel that Dr. Fitch has been the means, through the hands of an all-wise God, of restoring me to a comfortable state of health.

And now, dear sir, let me here express my gratitude to you for what you have done for me and mine. Through your means, I have been restored to my family and friends; and may the richest of Heaven's blessings reward you and yours.

Respectfully yours,

B. F. BROWN.

N. B. Father, mother, brother and sister died of consumption.

CURE OF A BOY BLIND OR NEARLY SO.

FISHKILL, N. Y., *August 12, 1848.*

DR. S. S. FITCH—

Dear Sir :—In April 1846, my son Thomas, now thirteen years old, was taken with sore eyes, which grew worse to bad inflammation several times. All the eminent medical skill I could procure for 26 months was of no avail. He nearly lost the sight of his right eye with sores; film over the sight, the left so sore, and inflamed eyelids, that he could do nothing—could not walk without a guide, greatly reduced in health, scrofulous, &c.—in almost darkness for two years. In this situation I called on Dr. S. S. Fitch, at 707 Broadway, the 26th of May, 1848. He is now in his usual health, and his eyes and eyelids are all but entirely well. The sight is all but fully restored to both eyes. I cannot too much express my fullest approbation of the mild and truly successful treatment. All are astonished and pleased with this delightful result.

PHEBE M. GEROW.

LETTER FROM WM. WIGRAM, Esq.

SAUGERTIES, ULSTER Co., N. Y., }
August 3, 1848. }

DR. S. S. FITCH—

Dear Sir :—I am glad to inform you that I believe I am decidedly better, if not entirely well. I feel as well nearly, if not

quite, as I ever did—have not the least pain any where—sleep well, and eat well. I walked a mile last week, half of which was very much up hill, and walked fast, in company with another person, as fast as I ever walked on ordinary occasions, and did not feel more difficulty of breathing, or was more exhausted, than I would have been 20 years ago—but I cough perhaps once or sometimes during the night and before breakfast. Some days I do not cough at all—when I do cough, expectorate hardly any thing. It is merely a single cough at a time—no *spell*, or continuation of coughing—generally cough once, and shortly afterwards again; I then expectorate a little, and am sure not to cough again for hours, or during the day.

When I take a cough pill, I generally do not cough again for hours, sometimes a whole day. Your directions on the pill-box say that if the cough is not bad or troublesome, I need not take them. If I take a pill every night, even if the cough is not troublesome, and only a single cough, will it be injurious? I had intended for some time to have called upon you, but as I believe I am better, and will be cured, I have delayed, so as to have your judgment decidedly that I am well when I see you. If, however, I get better daily, I will do myself the pleasure of seeing you, and if there is the least relapse I shall not wait a day.

Not having seen Mr. Solomon M. Myers since 4th of July, I yesterday called on him, and was rejoiced to hear him say that he believed he was *entirely well*, not having coughed a single time (and of course not expectorated at all), during the last two weeks. He said he had lately got a new supply of medicines, and believed he would use them up, being well satisfied that your medicines, taken according to directions, will hurt no one. He has the fullest faith that it must be the *worst* of cases of consumption if you did not cure it. I advised him by all means to continue using the medicines, for fear of relapse—that if I had the medicines, I would continue using them more or less for years.

Yours truly,

WILLIAM WIGRAM.

Mr. Wigram is a respectable practising lawyer, and exten-

sively known. His health was in a most critical and dangerous state when he first called on me.

LETTER FROM WILLIAM PERKINS.

COOPERSTOWN, N. Y., Aug. 7, 1848.

DR. S. S. FITCH—

Dear Sir :—It gives me pleasure to give you a statement of my health previous to and since your treatment of my case. My health was good, with exceptions of colds, which usually settled on my lungs, until November, 1845, when I had a severe attack of bleeding from the lungs, which continued at short intervals during the winter. I also had great soreness of the chest and general debility, and in the latter part of the ensuing winter raised much thick yellow matter, with particles of blood.

My cough continued during the summer, but raised less than in the spring. The following winter I again bled from the lungs, and with all of my care and medicine, in the month of March found that my health was fast failing me, and in the early part of April wrote you concerning it, and the health of an elder brother (who was confined with the consumption, and died before my letter was answered). In your answer you did not give encouragement of my cure, therefore I did not write you again; but with my friends gave up all hopes of my recovery.

In May I gave up all business, and used every means for the benefit of my health, but still I continued to fail rapidly until the latter part of July, when a brother came to see me, and urged me strongly to go with him to consult you, which I consented to do, more to gratify him, than with hopes of recovering my health. With much exertion I reached the city, and after a careful examination of my case, you informed me that you could not promise to cure me, but could make me more comfortable. Believing that I could not live long, having spent all my means, tried many kinds of medicine, and consulted numerous physicians, without receiving any permanent benefit to my health, I

informed you that if you did not consider my case a curable one, that it was folly for me to take more medicine and incur further expense; but before leaving you gave me some medicine, and requested me to take it according to directions, and inform you of the effects. I promised to do this, and left, without the faintest hope of living more than three months.

I took the medicines according to directions, and to the surprise and joy of myself and friends, my health began to improve. The cough sanative reduced the cough that was wearing me away—the balsam gave strength to my lungs, the nervine regulated my nerves, which were in a bad condition, the liniment helped the soreness in my chest and the pain in my limbs, and your other treatment reduced the fever, cold sweat, and swelling of my limbs. Three weeks from the time I commenced taking the medicine I was much better, and wrote to you for medicine, the supporter, and other articles that you thought I stood in need of. I received them in the middle of August, and from that time to this, (nearly one year,) have continued to improve.

The supporter, braces and tube I have found of great benefit; and by the use of them, and your medicine, my life has been preserved and my health nearly restored. I am now stronger and more fleshy than I have been for nearly three years—am troubled with no pains in my chest, and every prospect of becoming as strong and healthy as I ever have been.

In my case your treatment has obtained complete mastery of the disease, and from many other cases of your treatment that I am acquainted with, I am *fully* convinced that consumption, in your hands, is in almost all cases a curable disease; and having lost a father and two brothers by this heretofore almost invariably fatal disease, I feel doubly thankful for my recovery, and shall ever consider it my duty, to do all in my power, by my feeble efforts, in assisting in pointing the way to the preservation of health to the thousands who are daily dying of this one disease. Both of my brothers were taken in the same manner that I was. One of them was a clergyman* in the city of New York,

* Pastor of a Presbyterian church in New York city.

and had the attention of the best of city physicians, who blistered and bled, gave elixir of vitriol, and starved him; he lived less than six months after the disease made its appearance. My other brother relied more upon nature, and lived about three years. I was with my brother who was sick in the city, and am surprised, since I have become better acquainted with the disease, that he lived as long as he did. In gratitude for the preservation of life, and recovery of health,

I am yours truly,

WM. PERKINS.

NEWARK, NEW JERSEY, Oct. 9, 1848.

DR. S. S. FITCH—

Dear Sir :—I am forced by feelings of gratitude to inform you of the effects of your medicines on me. My two sisters and a half sister died of consumption. The last week in March 1848, I was taken with cough and expectoration, which continued five months with many other bad symptoms, all warning me to expect the fate of my departed sisters. In August last, I got your medicines and all your remedies. I used all faithfully, and now (Oct. 9th, 1848) I am well of all cough. The salt rheum I have had is nearly entirely well, and I feel, by the mercy of a kind Providence, that with care and your remedies and advice, I may long walk the lovely path of health.

With many thanks, I remain yours,

MARY ANN BROOKS.

BALLSTON SPRINGS, N. Y., Oct. 6, 1848.

DR. S. S. FITCH—

Dear Sir :—My father died of asthmatic consumption—mother died of tubercular consumption. I have been unwell five years, pain in left chest and lungs, cough, raising matter and blood at times. In August 1847, I called on you and got your remedies; in their use several ulcers broke on my left lung. The medi-

cines and all the remedies acted well, and before long, I was restored to good health. I have now no cough, and feel as if I have a new lease of life for many years. I feel obliged to you for this result by God's blessing: I think yours is the true practice in consumption. Chronic diarrhœa I have had for years, I am much relieved of it, and am almost well.

Signed,

MRS. T. T. DEAN.

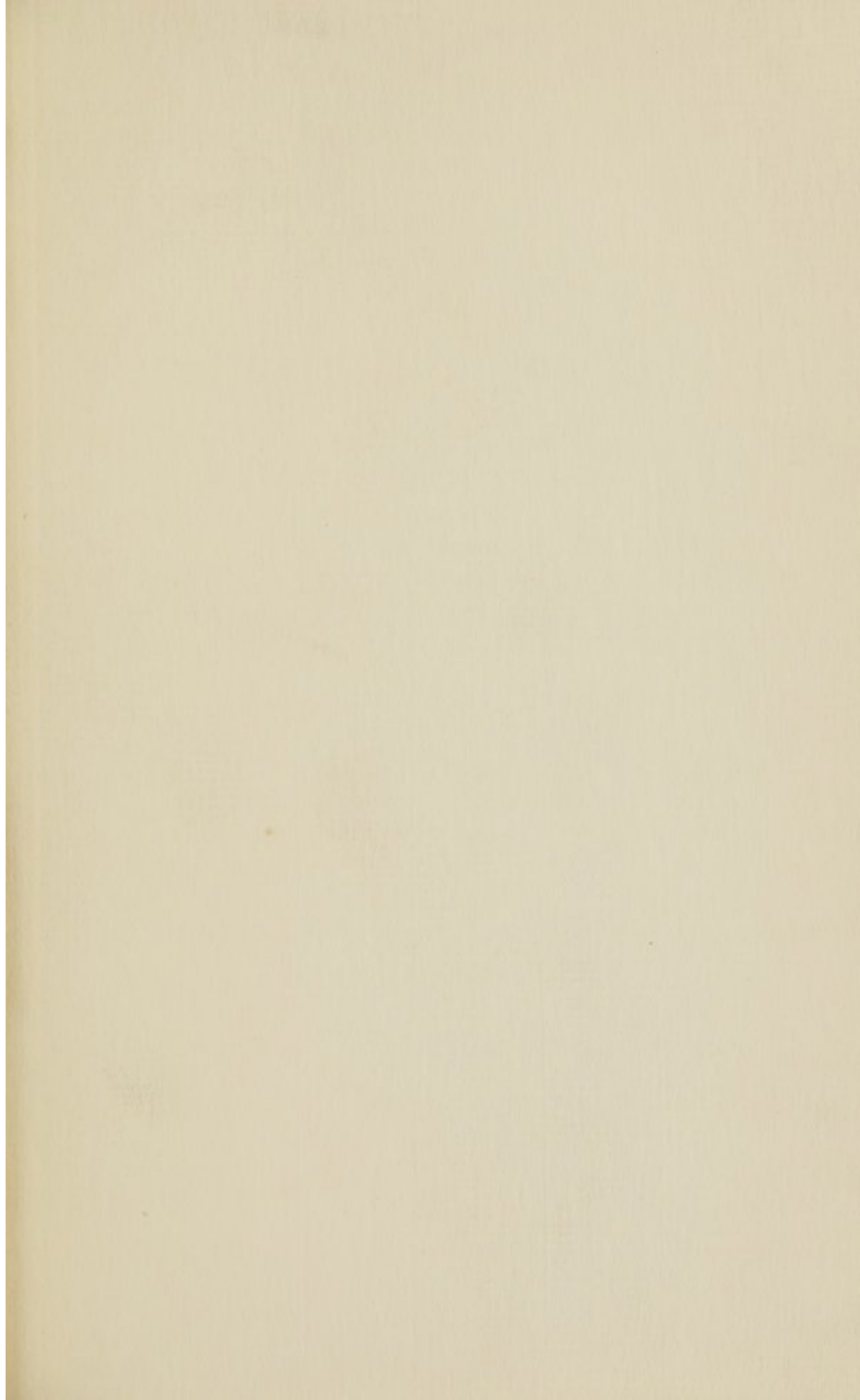
At the house of Rev. N. Fox.

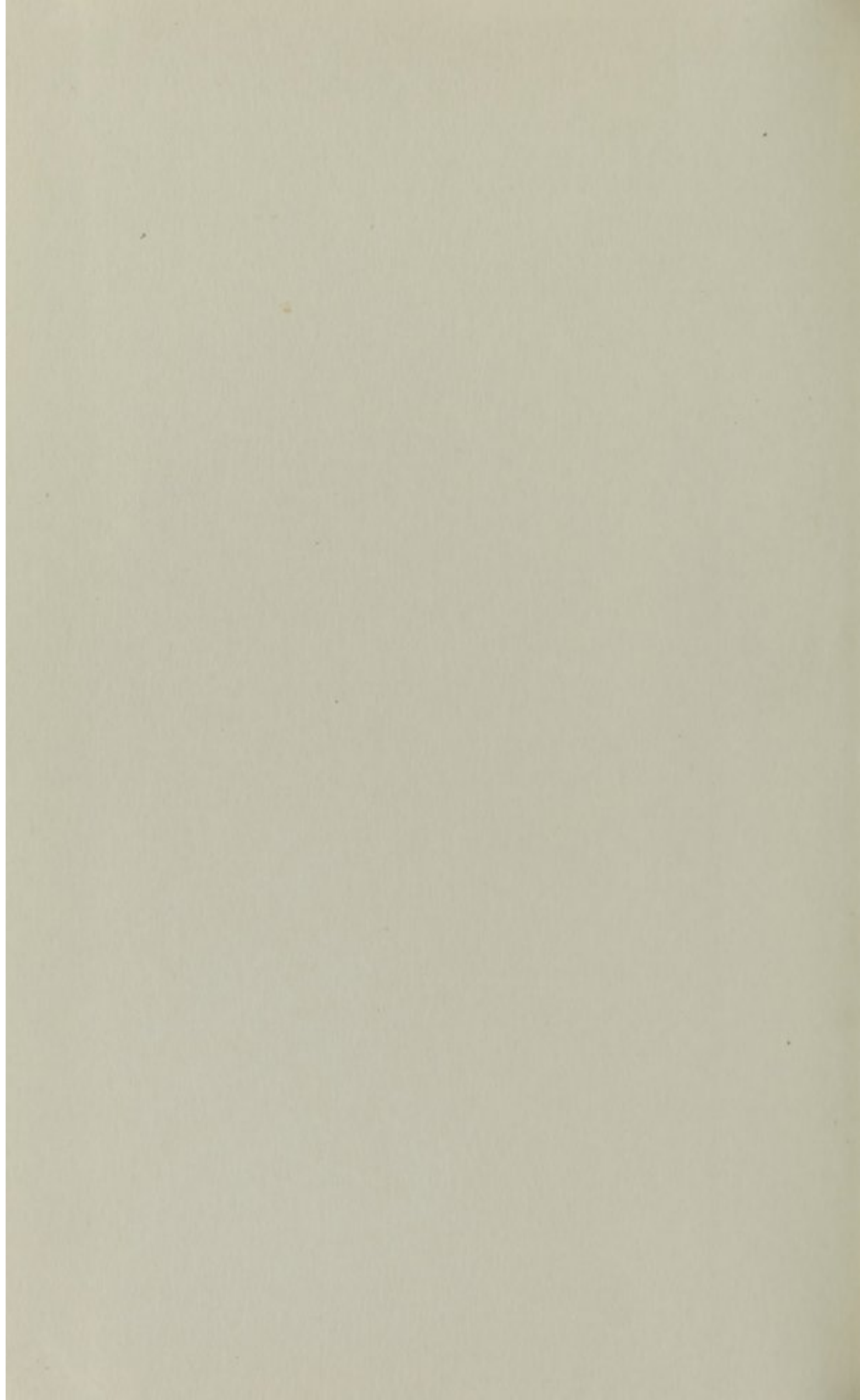
I will here answer a question often asked—How long does it take to cure a case of consumption? The time of cure varies very much—some get well in one month, others take medicines two years before they are well. You should always bathe daily, all your life. Shoulder braces, inhaling tube, and supporter should always be used, unless all traces of disease have long disappeared. After using the medicines a few months, they may be left off a little, to see the effect of leaving off. If no relapse, you need take no more medicine. In general take the medicines, one, or as many, or all, as you find beneficial. Once better, you are apt to get well by judicious perseverance. You never need fear a second attack of consumption, if you persevere in a faithful use of remedies. The same remarks apply to asthma, and most other diseases. Keep the medicines with you that you know to be useful, and use them when you need them. Do not suffer for want of them.

BURNS.

I omitted in the proper place to say a word on burns. Their distressing effects I need not mention. I will only say that, in nearly all cases, they are curable. I give what I have found an almost never-failing remedy. It will usually relieve all pain in thirty minutes. I have known it to cure most extensive and awful burns. I never knew it fail to relieve.

RECIPE.—Take of clean, well-powdered wood-soot, one tablespoonful, and three table-spoonful of fresh lard; mix well together, spread some on a piece of cotton cloth, and apply to the burnt spot; change once in two or three days. No other dressing is necessary until the burn is well.







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