

**The philosophy of human life : with especial design to develop the true idea of disease, its nature, immediate occasion, and general remedy / by I. Jennings.**

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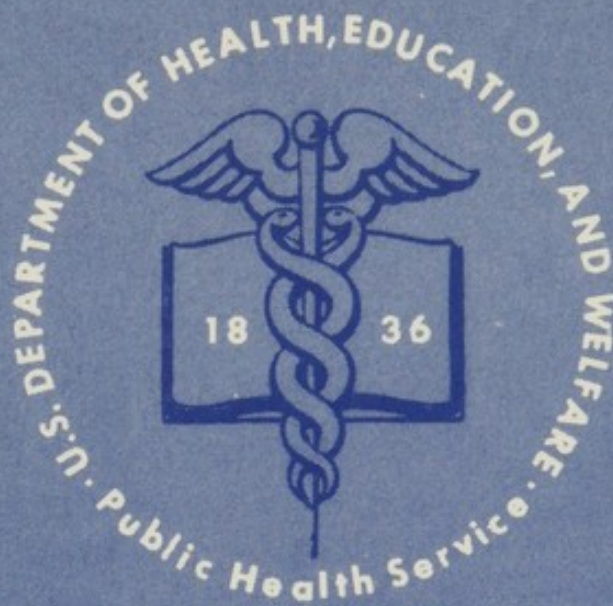
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# PHILOSOPHY OF HUMAN LIFE;

WITH ESPECIAL DESIGN

TO DEVELOP THE TRUE IDEA OF DISEASE;

ITS NATURE, IMMEDIATE OCCASION, AND GENERAL REMEDY.

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"Nature is ever busy by the silent operation of her own forces, endeavoring to cure disease. Her medicines are air, warmth, food, water and sleep. Their use is directed by *instinct*, and that man is most worthy the name of physician, who most reveres its unerring laws."—EDITOR OF THE SCALPEL.

"Doctor, no physicing! We are a machine made to live. We are organized for that purpose; such is our nature. *Do not counteract the living principle.* Let it alone; leave it the liberty of defending itself it will do better than your drugs."—NAPOLEON BONAPARTE.

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BY I. JENNINGS, M. D.

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## PREFACE.

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"You go too far. We have all been on one extreme—have given too much medicine, and have not trusted sufficiently to the curative efforts of nature. But you have gone over to the other extreme."

Very well;—there are but two extremes—the extreme of right, and the extreme of wrong; and who would not prefer standing on one of these extremes to occupying a position about half-way between them? Fundamental truth and fundamental error, as general principles, are the extremes here referred to.

It may be true under given circumstances, that no medicine on one hand, and much medicine on the other are extremes, and that moderate medication is "the golden, happy medium;" but that is not *the* great fundamental question now pending. The first and main point to be settled is this:—Is man so constituted in his structural arrangement, the organic and functional laws of his system, the nature, mode of supply, application and operation of the principle of life, that when he is prostrate under what is called disease, his restoration to health can be secured by the agency of medicine, as a *general rule*, founded on a general principle in pathology, such as wrong action, wrong tendency, or the like?

That medicine has been pushed to one extreme is quite certain, and that this extreme lies in the domain of delusion and error, there is good reason for believing.



Whether the other extreme of no medicine presents the truth as a *general* truth, remains to be elucidated and confirmed. One thing however is clear:—Physicians must find a “solid bottom” somewhere before they can establish a just and reliable system of practice. And this foundation must be laid in a thorough and correct knowledge of general pathology. Physicians must understand the true nature and tendency of that state of the vital organism which is denominated disease.

While the correctness of this sentiment will be generally admitted, a question will be raised about the *manner* in which such knowledge is to be acquired. Some are for laying their pathological ground-work in facts alone, and discarding theory altogether. Said Dr. D., “I am tired of this theorizing about disease—let us have facts.” But what is theory but an opinion or judgment formed from perceived data? Theorizing is but thinking. True, there may be a great deal of theory without much thought; in other words, there may be a great deal of superficial thinking. But no one will prescribe for the sick without having some theory or reason for the prescription.

The celebrated Doctress, who cured every thing with burdock tea, argued from the facts, as she construed them, viz: that burdock tea was good for wind in the stomach, and that her patients were cured by burdock tea, that *therefore* disease in general was caused by wind pent up in some portion of a vascular tissue, and that her potent panacea wrought its marvelous cures, by liberating the incarcerated and impacted ventus.

If we are in danger of being misled by theory, we are no less so by facts. “What mischief have we done,” said Dr. Rush, “under the belief of false facts and false theories! We have assisted in multiplying diseases; we have done more, we have increased their mortality.”

Facts, however, are never false; a false fact would be a strange anomaly. But there may be a false interpretation of facts, which may mislead. The very common fact that a cup of strong tea, cures for the time the sick head-ache, and temporarily relieves a thousand ills, has been wofully misinterpreted, as has also the analogous fact of temporary cures and alleviation of pain and suffering by alcohol, opium and other stimulants; and the treacherous explanations which have been given of these and kindred facts, have proved the occasion of an indefinite multiplication of diseases, and increase of their mortality: and it will yet appear, that the stupendous and complicated medical fabric is based upon this rotten foundation.

To get at the bottom of the difficulty then, and arrive at sound and safe pathological conclusions, there must be a thorough sifting of facts; the largest experience must be taken into the account, and legitimate deductions drawn therefrom.

A first, and very large experience in the use of alcoholic drinks, led to the conviction, an extensive and very thorough conviction too, that such drinks, in moderate quantities and judiciously timed, were exceedingly beneficial. "Do you think," said an excellent deacon, "that you can convince me that rum injures me, when I know from fifty years experience that it does me good?" And another very good man exclaimed, with a good deal of tender and earnest pathos, "Do you think that I can work at my trade without rum?"

But the "let-alone" experience is proving most conclusively the gross fallacy of the misconstrued facts and theories respecting the use of intoxicating drinks, and a thorough disuse of medicine will demonstrate with the same certainty and on the same general principle, the utter fallacy of old views and practice of medicine.



It will be the object of the following pages, in a plain familiar way, under a variety of aspects, by deductions from the Science of Physiology and reference to facts and the laws and analogies of nature, to show the *unity* of human physical life; that its tendency is always upward towards the highest point of health, in the lowest as well as in the highest state of vital funds; that what is called disease is nothing more nor less than impaired health, feeble vitality; that recovery from this state is effected, when effected at all, by a restorative principle, indetical with life itself, susceptible of aid only from proper attention to air, diet, motion and rest, affections of the mind, regulation of the temperature, &c., with occasional aid from what may justly be denominated surgical operations and appliances; and that medicine has no adaptation nor tendency to "help nature" in her restorative work.

But let it be distinctly understood and remembered, that the above propositions are stated in general terms, and designed to be understood in a general sense:—it is not intended to affirm that vital action does *never* tend to the destruction of life; for it sometimes does, though such instances are exceedingly rare, examples of which will be given in the sequel. Nor is it intended to affirm that medicine can never be used to advantage in the treatment of disease; for it sometimes can, examples of such cases will be noticed hereafter; but the cases in which it can be used beneficially are so rare that its use can only constitute an exception, so that "no medicine" should be the rule.

It is the intention of the author, as soon as leisure and circumstances favor, to publish a small treatise on the *treatment* of human life, on Orthopathic principles.

AUTHOR.

OBERLIN, OHIO.



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## BRIEF DEFINITIONS.

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**CARDINAL FUNCTION.**—This term is used to distinguish the main function of an organ, or the office-work for which the organ was designed, from the recuperative function of the same organ. For example, the object of the liver is to furnish bile, and for this purpose, it is supplied with secretory vessels to perform the bile function; while at the same time, this important organ is also provided with a complete set of vessels or apparatus for keeping itself, in all its departments, in repair. The theory adopted in this work is, that the liver, with its complicated mechanism, has an independent repository of power from which all the parts thereof draw their supply in common, and on which they are alone dependent for sustaining energy, with the exception of occasional drafts from the ganglionic visceral nerves. When, therefore, the common supply is adequate, the whole viscus will be kept in a sound healthy condition, and good bile furnished as it is called for. When the general supply falls much short of the demand, so that serious structural detriment ensues, appropriations of power to the cardinal function will be abridged in order to augment the power and action of the recuperative machinery for the removal of structural damage, which must, of course, occasion a corresponding vitiation of the bile secretion. The same is supposed to be true of other organs.

**DIATHESIS.**—Any particular state or condition of the body, as a scrofulous diathesis, or scrofulous state or disposition.

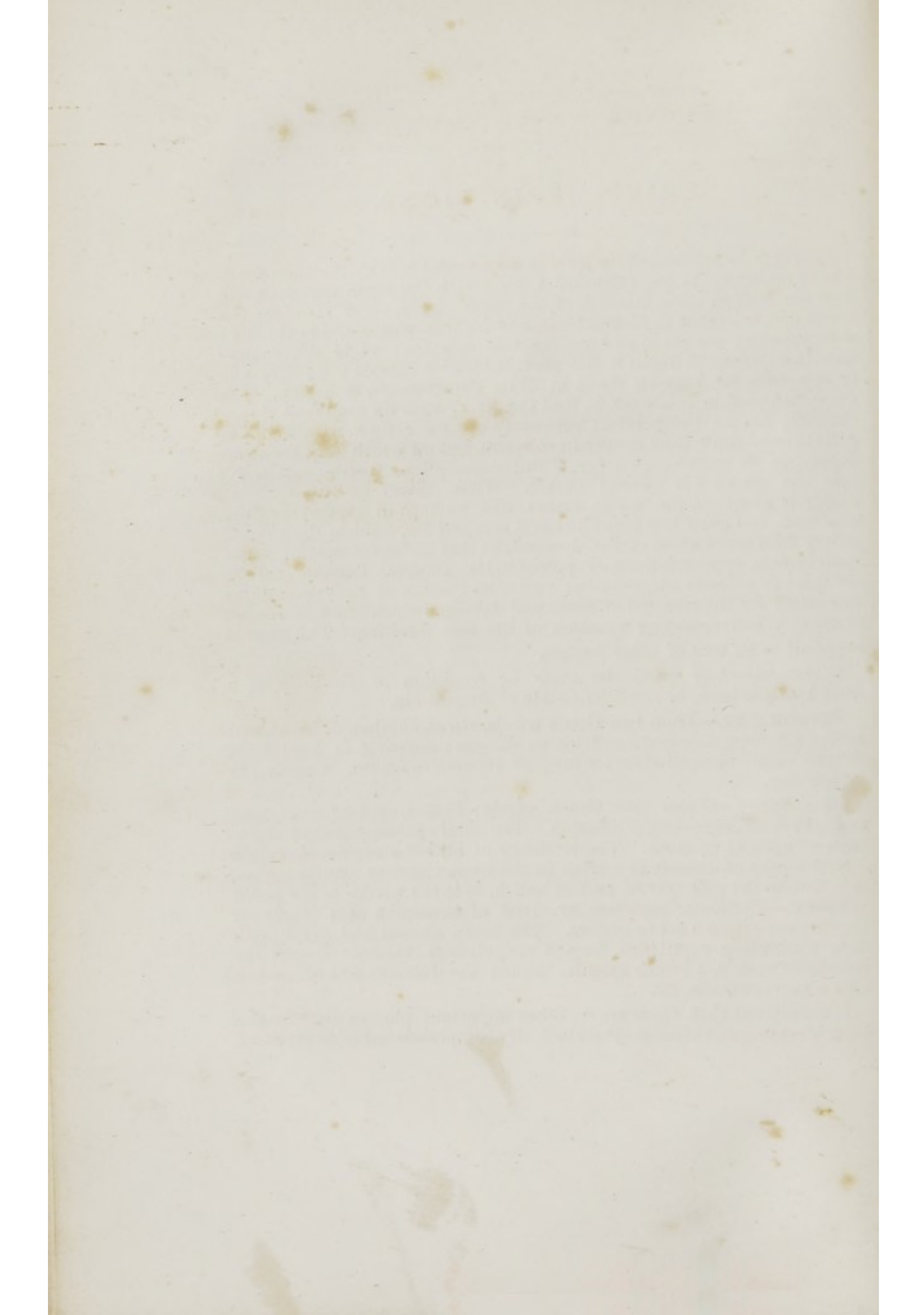
**HETEROPATHY.**—From two Greek words, *eteros*, another, different, and *pathos*, affection, changed condition or disease; differing in kind from the natural, unchanged state; wrong or subversive action. Opposed to Orthopathy.

**ORTHOPATHY.**—From two Greek words; *Orthos*, upright, erect, true, and *pathos*, affection—right affection. The vital economy always maintains an upright position. The tendency of all her movements, in the lowest depths of disease, as well as in the most vigorous natural action, is as true to the pole star of perfect health, as is the needle to the poles.

**TISSUE.**—Particular structure or circle of structures that singly or together constitute a set or system. The heart, arteries and veins, with their connecting capillaries, form a sanguineous vascular tissue; the lymphatic vessels, a serous vascular tissue; the different sets of nerves, each a nervous tissue, &c.

It is believed that there are no other important phrases used in this book whose signification may not be easily comprehended or ascertained.





## INTRODUCTION.

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WITHIN the last half century, the regular Old School Profession of Physic, which had previously been sorely rent by internal divisions respecting doctrines and duties, has been deserted by hundreds and thousands of its members, who, despairing of finding "solid bottom" within the pale of their *Alma Mater*, on which a reliable system of Therapeutics could be established, have formed themselves into distinct sects, adopting medical creeds or standards of doctrine more conformable to their views of truth than those which they left behind. The largest division of these separatists are now denominated Homœopathists; of whom, though it may not be meet to say the regular profession was not worthy, it savors too much of ill-nature to say that they "did not bear the character of judicious practitioners before their conversion to Homœopathy."\* Of those who now constitute the "regular profession," very few can be found worthy a name and standing in that august and worthy body—for such I deem it—who will not admit that the science of Medicine is yet very far from being perfect; and many of them are ready to acknowledge that it may be radically defective.

Dr. FORBES, a leading Medical practitioner in Great Britain, one of the editors of the *Cyclopedia of Practical Medicine*, and editor of the *British and Foreign Medical Review*,

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\*Worthington Hooker, M. D., in his "Homœopathy; An Examination of its Doctrines and Evidences."



predicts "a fundamental and great change in the whole practice of the educated Medical world."

What new, "fundamental and great," or even considerable change, can "the educated medical world" make in their "whole practice," without turning a complete somersets, and landing their whole length on an Orthopathic foundation? Such a movement would enable them to present a new front to the world, and although it might seem somewhat awkward at first to revolutionize without arms, yet they would soon get accustomed to this new position, and find themselves perfectly at home in it. On this solid basis they could harmonize and impress the public with a just sense of the relation which they sustain to it, and more than regain its lost confidence. Their pretensions to skill in the *cure* of disease would be more humble, but being more just and better understood and appreciated, would secure more entire confidence in their patrons, and better support from them; and especially would they be able to form themselves into an unbroken compact phalanx, and shake from their skirts the last vestige of empiricism. And happy will it be for community when the "Healing Art" shall stand erect on the broad platform of physiological and pathological principles, "known and read of all men," as the true handmaid of Nature.

It might be interesting, if not instructive, to thread back the mazes of Medicine for three or four centuries, and observe the changes that have been wrung upon it by system makers and the fabricators of peculiar doctrines and notions; but this would be foreign to the one purpose before me, and opposed to the designed brevity of this book. There is one feature, however, that runs through the whole line of this otherwise chameleon or chaotic structure, that it will be directly in point to notice:—an *assumption* that disease is antagonistic to health, involving some quality or



property that tends to the destruction of life, something that must be counteracted by nature or art, or both, or life will be the forfeit. On this foundation, the whole fabric of Medicine in all its multitudinous forms, has ever rested. As often as new systems have been erected on the ruins of old ones, they have been reared on this unstable foundation as their common basis. Indeed, the correctness of this assumption seems never to have been called in question, and the difficulties that have constantly obstructed the course, and frustrated the designs of physicians, in their endeavors to raise "therapeutics" from "its merest infancy," or drag it from "the domain of empiricism," have been sought for in all other sources, while this, the true source of all their embarrassment, has remained unsuspected. Whatever may have been the form or force of medical practice, there has been a constant uniformity of views respecting the downward nature and tendency of disease. Those who have adopted the Hippocratic, or expectant mode of cure—cure by nature—have held to these views in common with others; and, in innumerable instances, physicians have stood powerless and inactive by the bedside of their patients, witnessing what they supposed to be a terrific conflict between nature and disease, from despair of falling upon a safe mode of interposing an efficient remedy against the assaults of the enemy, *secundem artem*. A good specimen of this kind of feeling, which has pervaded many breasts, is contained in the following concession by MAGENDIE, an eminent French physiologist and physician: "I hesitate not to declare, no matter how sorely I shall wound our vanity, that so gross is our ignorance of the real nature of the physiological disorders called diseases, that it would perhaps be better to do nothing and resign the complaint we are called upon to treat, to the resources of nature, than to act, as we are frequently compelled to do, without knowing the why and



the wherefore of our conduct, and at the obvious risk of hastening the end of the patient."

"Resign the *complaint* we are called upon to *treat*, to the resources of nature." Resign the *enemy*, the *something* that needs to be counteracted, subdued, or crippled, lest it should "overcome the powers of life," "fasten upon the vitals," &c., &c.

A few quotations from other sources, will serve to show something of the general light in which disease has been regarded.

"Before the diseased action can take possession of the capillary vessels, the natural and healthy one must cease."—N. SMITH, M. D., Allopathist.

"Anything may be said to be healthy that is not laboring under diseased action, or action tending to dissolution."—H. A. ACKLEY, M. D., Allopathist.

"The power of life seemed now manifestly yielding to the *force of disease*."—JAS. CRAIK, M. D., Allopathist, attending physician in the last illness of Gen. Washington.

"We all believe that disease tends to death."—DR. CURTIS, Reformed Botanic School.

"To the physician, whose province it is to vanquish the disease that brings its victim to the very borders of corporeal dissolution."—HAHNEMANN, Father of Homœopathy.

"Disease is wrong action, or it is subversive, and therefore wrong action."—DR. DAKE, Homœopathist.

"When the action of the vital powers is diseased action, the more violent it is, the sooner will it destroy the vital constitution of the diseased part, and the more speedily will it break up the vital economy of the system."—GRAHAM.

"The slow disease, which must consume at length.

Grows with your growth, and strengthens with your strength."

It is no marvel that physicians have wearied themselves in vain attempts to reduce their *ignis fatuus* to substance and

form, and give it "a local habitation and a name," so that they could build an enduring system upon it, by which they could square "practical medicine," and elevate it above "the domain of empiricism."

No other subject has ever had more mental labor bestowed upon it than the subject of Medicine. The burden of this labor has been to determine in what the tendency to death in disease consisted. This tendency has been looked for in the fluids, in the solids, and in the vital forces; it has been regarded as chemical, electrical, magnetical, electro-magnetical, and mechanical; and all kinds of philosophy have been used to detect it, except simple *natural* philosophy.

Not long ago a medical friend inquired of me whether I had looked over modern authors on medicine. I replied in the negative, and frankly told him that I had long since despaired of finding anything in medical works that was worth reading. He advised me to examine a late work by CHARLES J. WILLIAMS, M. D., Professor, &c., &c., University College, London; said it was reputed to be a work of deep research and great merit, and he thought I might find something in it that would lead me to modify my views of medicine. Failing to obtain a loan of the work itself, I borrowed and read an extended review of it.

The first thing that struck my attention was a quotation from the work containing the hackneyed sentiment of physicians, in the following strong language: "It seems quite extraordinary that notwithstanding the recent rapid improvement and comparative perfections of the contributory sciences, practical medicine should still halt in the domain of empiricism."

This *halting* is accounted for as follows:—

"A chief reason for the anomaly seems to be, that science and practice have been rarely pursued by the same parties. Scientific men are not practical, because they have had no



experience; and practitioners know little of science, and therefore derive little good from it."

Were science and practice divorced in the Aesculapians, the Hippocreteans, the Galens, the Hoffmans, the Stahlions, the Boerhaaves, the Van Swietiens, the Hallers, the Cullens and a host of others, "too numerous to mention?"

If this were true of physicians of olden times and other countries, it has not been true of physicians of this country. The Rushes, the Iveses, the Smiths, the Jacksons, and many other worthies of America, have been both scientific and practical men.

The following statement by Dr. WILLIAMS, is, in the main, very just.

"The proper foundation of medical studies, the only basis of practical medicine is *general pathology*, and a chief reason why the practice of medicine has been commonly so distasteful and so deficient in its study, and so unsatisfactory when tested at the bedside, is, because its foundation, *general pathology*, has not been efficiently taught." I would rather say, has not been *correctly* taught.

A few more extracts from Dr. WILLIAMS, may serve to indicate something of what may be expected from his treatise towards supplying the deficiency which he so feelingly and forcibly depicts.

"Disease is a change from the natural condition of the function or structure of the body; but the change is generally more or less compound, involving several elementary functions or structures."

Here the Doctor is manifestly falling behind the age, for he makes the phenomena or symptoms of disease to constitute the disease; while many, probably most of the leading members of the profession admit that this is clearly an inconsistency, inasmuch as the symptoms are effects, and must



therefore have a foundation on which they rest, which should be regarded as the disease, or difficulty to be remedied.

“There are the healthy and diseased *primary* or *ultimate elements of structure*—muscular fibre, nervous matter, vascular fibre,” &c.; and there are *primary elements*, healthy and diseased, of *function* of these same structures—irritability, tonicity, nervous properties, &c.; and there are the *secondary* or *proximate* elements of disease, composed of the preceding primary elements.”

“The varieties of disease affecting these several elements, may be comprehended under the heads of degree and kind; degree, including excess and defect, or alteration of plus and minus; and kind, relating to changes not comprised under these heads, but expressed by the term *perversion*. By applying these heads to the elements of structure and function, we obtain a simple and comprehensive classification, which embraces all the important topics of general pathology.”

“These primary and secondary elements of disease are the especial subjects of general pathology. By the study of these we become acquainted with the materials of disease, and their relations to each other, how they produce their phenomena, how they are to be known, distinguished, and classified. Out of such a knowledge, when it is correct, sufficient, and combined with an ample acquaintance with the properties of remedial agents, arises the rational method of relieving, curing, and preventing disease, the great ends of the art of medicine.”

These extracts are sufficient to give a bird's-eye view of the plan of Dr. Williams' no doubt erudite treatise, entitled “Principles of Medicine, comprising,” &c., and to show, to those who have studied medicine, that it differs nothing in its principle of construction from Cullen's “First Lines of the Practice of Physic,” “Good's Study of Medicine,” or numerous other systems of Medicine, by different authors.



It is built upon the same assumption of wrong tendency in disease. It is more rudimental in its character, and more minute in its details, than most other systems of medicine; but it will be none the less "difficult in its study," or "unsatisfactory when tested by the bedside."

Most systems of medicine, in their nosological character, are but *attempts* to classify the *phenomena* or *symptoms* of disease; and from the very nature of the subject, can be but *fruitless* attempts.

The external appearances, or tokens of distress, which the vital economy is compelled to develop under the pressure of overpowering causes, and which are called diseases, are as evanescent in their general character as "the morning cloud, and the early dew;" and as changeable as the "shifting figures of the magic lantern;" and as numerous and multiform as endless variety of causes and influences acting upon millions of parts, each impressible with varied action, in kind and degree, can produce. And these phenomena will vary in different countries or communities, according to the nature and degree of violence done to the vital machinery, by different modes of life. Where departure from correct living is the widest and longest persevered in, the phenomena of impaired healthy action will be the most numerous, complicated and severe or aggravated; and where the laws of life are the best observed, and for the longest period, these phenomena will be the fewest, least complicated and mildest. No wonder, therefore, that Dr. RUSH should exclaim, "I am here incessantly led to make an apology for the instability of the theories and practice of physic, and those physicians generally become the most eminent who have the soonest emancipated themselves from the tyranny of the Schools of physic. Dissections daily convince us of our ignorance of disease, and cause us to blush at our prescriptions."

Nature never stereotypes her movements in disease; she



does in health,—most perfectly when permitted to do so; but in disease, which is but impartial health, feeble vitality, she is impatient to retrace her steps, and efface every vestige of her most reluctant deviation from the standard of health.

Mistaking the impaired, feeble and deranged action of the vital forces, for “action tending to dissolution,” physicians have been endeavoring time immemorial, to systemize these actions, that they might more methodically and effectually bring their counteracting forces to bear directly upon the seat or source of the rebellious movement;—and mistaking also the *apparent* good effects of the action of noxious or poisonous drugs upon feeble parts, for *real* benefit or aid afforded nature—directly or indirectly—They have classified these supposed remedial agents according to their power and adaptedness to affect particular parts; and in the application and use of these means, they have manifested a boldness, zeal and perseverance “worthy of a better cause.” And now, as the fog of their delusion is clearing up, they are beginning to see that the dread array and onset of

“Lancet, powder, pill and bolus,”

have been made upon human life, and upon nothing but human life; and, alas, in what countless myriads of instances has that life been overpowered and destroyed, when, under more natural and rational treatment, it might have been spared and prolonged!

It is now something more than forty years since I began to cultivate an acquaintance with medicine. Before commencing the study of physic, my views of disease, were probably not very dissimilar to those entertained by the mass of non-medical men; at any rate, they were very vague and indefinite. I supposed, however, that disease was,—in some sense,—antagonistic to health, and when fairly *seated*, especially the grave kind, if “let alone,” would gain strength, and destroy life; and that it was the duty of phy-



sicians, and, to a good degree too, a practicable duty, to "discern, distinguish, prevent and cure diseases."

After going through with the preliminary study of anatomy and physiology, Cullen's "First Lines of the Practice of Physic," was put into my hands as a text book, while a large number of other authors, "old and new," of almost every kind and complexion, were ready for reference and comparison. Under these circumstances, it was easy to learn that "old Physic" was a hard and knotty subject to study, and that but very little of its true character had been discovered and settled. While reading one day in the study of my preceptor, a medical friend of his came in, and in the course of conversation, the instability of the theory and practice of medicine was made a topic of remark, when the friend expressed it as his belief, "that much of the infidelity of physicians had been occasioned by reading medical authors; they had found so many conflicting views in them, that they had been led to doubt on other subjects, and really disbelieve the fundamentals of religion."

The chameleon complexion of medicine is well and truly set forth by BICHAT, a modern French writer. "To what errors have not mankind been led in the employment and denomination of medicines! They created *deobstruents*, when the theory of *obstruction* was in fashion; and *inciscives* when that of the *thickening* of humors prevailed. The expressions *diluent*s and *attenuant*s were common before this period. When it was necessary to *blunt* the *acrid* particles, they created *inviscants*, *incrassants*, &c. Those who saw in diseases only a *relaxation* or *tension* of fibres, as they called it, employed *astringents* and *relaxants*. *Refrigerants* and *heating* remedies were brought into use by those who had a special regard in disease to an excess or deficiency of caloric. The same *identical* remedies have been employed under *different* names, according to the *manner* in which they were supposed to act;



*deobstruent* in one case, *relaxant* in another, *refrigerant* in another, the *same* medicine has been employed with all these opposite views."

"Hence the *vagueness* and *uncertainty* our science presents at this day. An *incoherent* assemblage of *incoherent* opinions, it is, perhaps, of all the physiological sciences, that which best shows the caprice of the human mind. What do I say? It is not a science for a methodical mind. It is a shapeless assemblage of inaccurate ideas, of observations often puerile; and of formula as *fantastically* conceived as they are tediously arranged."

And Dr. Good, an Englishman, was not wide of the mark when he said, "The science of medicine is a barbarous jargon; and the effects of our medicine on the human system are in the highest degree uncertain, except, indeed, that they have already destroyed more lives than war, pestilence and famine combined."

President Jefferson, too, had learned something of the delusory nature of medicine, as appears by the following extract of a letter by him to Dr. Wistar: "I have lived to see the disciples of HOFFMAN, BOERHAAVE, CULLEN and BROWN succeed one another like the shifting figures of a magic lantern; and their fancies like the dresses of the annual doll babies from Paris, becoming from their novelty, the vogue of the day, and yielding to the next novelty, their ephemeral favors. The patient treated on the fashionable theory, sometimes recovers in spite of their medicine; the medicine, therefore restores him, and the doctor receives new courage to proceed in his experiments on the lives of his fellow creatures."

But of all the representations which I have seen or heard given of the uncertainty of medicine, none are more graphic, chaste and to the point, than the following sincere and honest



hearted one, taken from a memoir of the late JAMES JACKSON, son of the distinguished Dr. JACKSON, of Boston.

This much and deservedly lamented young man, after graduating at Cambridge University, and devoting two years to the study of medicine and attendance upon public medical lectures in this country, under the supervision of his father, spent two or three years in Europe, with a view to the successful practice of the "Healing Art" in his native city.

After much careful observation and reflection, he says in a letter to his father: \* \* \* "But our poor pathology and yet worse therapeutics; shall we ever get to a solid bottom? Shall we ever have fixed laws? Shall we ever *know*, or must we be ever doomed to suspect, or presume? Is *perhaps* to be our qualifying word forever and for aye? Must we forever be obliged to hang our heads when the chemist and natural philosopher ask us for our laws and principles? Must we ever blush to see the book of the naturalist, his orders and his genera, with their *characteristics invariable*, while we can point to nothing equivalent? Our study is that of nature, as well as theirs; the same cause acting upon the same materials, must ever produce the same effect with us, as with them. But they know *all their elements*. Do we? In their calculations no figure need be left out. Is it so with us? If honest, must we not confess that we are ignorant of many circumstances, which must, however vary the result? If honest, must we not acknowledge that, even in the natural history of disease, there is much very *doubtful*, which is received as sure? And in therapeutics, is it better yet, or worse? Have we judged, have we deduced our results, especially in this last science, from *all*, or from a *selection* of facts? Do we *know*, for example, in how many cases such a treatment fails for the one time that it succeeds? Do we know how large a proportion of cases would get well without any treatment, compared with those which recover under it?



“Do not imagine, my dear father, that I am becoming a skeptic in medicine, it is not quite so bad as that. I shall ever believe, *at least*, that the rules of hygeia must be, and are useful, and that he only can well understand and value them, who has well studied pathology. Indeed, I may add that, to a certain extent, I have seen demonstrated the actual benefit of certain modes of treatment in acute diseases. But is this benefit immense? When life is threatened do we very often save it? When a disease is destined by *nature* to be long, do we often very materially diminish it?”

CULLEN made an obvious advance upon his predecessors in the improvement of human pathology. He showed most conclusively the absurdity of regarding the depravity or altered state of the fluids or solids, as the immediate or proximate cause of disease; as this condition, in whatever it might consist, was a *consequence*, an *effect* rather than a cause. He also indicated very clearly the necessity of observing the operations of the animal economy, or the primary moving powers of the system, in order to a correct and successful explanation of their phenomena in health and in sickness. And he was half inclined to believe, or rather forced to admit, that there was something like a remedial quality, recuperative principle in the action of the vital forces in disease on which it would do to rest, or on which the practitioner must inevitably rest in some extreme cases; for in closing some obscure hints which he had thrown out in relation to this matter, he uses the following remarkable language: “It must, however, be sufficiently obvious, and I shall conclude the subject with observing, that although the *vis medicatrix naturæ*, must unavoidably be received as a fact; yet whether it is admitted, it throws an obscurity upon our system; and it is only where the impotence of our art is very manifest and considerable, that we ought to admit of it in practice.” With a reversion of principle, this position of CULLEN’s tallies very well with



that of the modern psuedo peace men, who adopt in their creed and practice CROMWELL's motto of "Have faith in God, and keep your powder dry." Trust in the Lord as long as trusting in Him will do, but when He fails you, depend on your powder. Have faith in medicine to the last extremity, and then give nature the reins.

With CULLEN the essence of disease consisted in perverted or wrong action of the living solid or moving fibre. In treating of his proximate cause of fever, he sums up his doctrine of it in these words :

"I suppose that in every fever there is a power applied to the body, which has a tendency to hurt and destroy it, and produces in it certain motions which deviate from the natural state ; and at the same time, in every fever which has its full course. I suppose, that in consequence of the constitution of the animal economy, there are certain motions excited which have a tendency to obviate the effects of the noxious power, or to correct and remove them. Both these kinds of motion are considered as constituting the disease. But the former is perhaps strictly the morbid state, while the latter is to be considered as the operation of the *vis medicatrix naturæ* of salutary tendency, and which I shall hereafter call the reaction of the system."

According to this view of the subject, there are two sets of motions concerned in disease ; the first—"certain motions which deviate from the natural state,"—induced by "a power applied to the body which has a tendency to hurt and destroy it ; and this set of motions, or this kind of action is regarded as more strictly the "morbid state," the "tendency to death." The second set, or other "certain motions" are excited by a supposed constitutional provision of the animal economy, for the purpose of counteracting and correcting the disordered action, or "morbid state," and of course must be of "salutary tendency." Something like this compound action theory



of disease held by CULLEN, constitutes about the substance of what the world generally believe to be true in the premises. The current opinion seems to be that the "motions which deviate from the natural state," and especially while these motions are in progressive aberration,—symptoms growing "worse and worse,"—they are going wrong, tending to the destruction of the body ; and that although Nature makes an effort to restrain and restore the disordered action, she is not at present equal to the task, and may not be able at all to muster force enough to check and turn back the desolating action, unless some kind and skillful physician gives her adequate and timely aid. It will be the main object of this work to expose what the author now believes to be the fallacy of this view of disease, and all other idle *wrong action* theories.

In later times, other medical philosophers, particularly some of the French school, pursuing the upward train of investigation that had been started by HOFFMAN and others, even before CULLEN's day, but which was simplified and made more attractive by him, have arrived at the conclusion that the proximate difficulty in disease, which it is the province of the physician to discover and remove, must lie in the vital forces themselves, and not in the action of the moving fibre, which can but be sound and healthy, or defective, according to the state of the power that has given rise to and sustains it. But these physicians make their proximate cause of disease to consist in an *altered* and *wrong* state of the vital forces, which admits of and needs artificial correction ; so that in common with all the pathologists that have preceded them, they make the foundation difficulty, or fundamental principle on which disease is based, to consist in something that requires a belligerent and compulsory process to break up and eradicate, before healthy action can be re established.



My debut in medicine was made under the flag of CULLEN, as from a careful comparison of his views of disease with those of others, they appeared the most plausible; indeed, bating something on the score of his favorite doctrine of "spasm of the extreme vessels," and some other hypothetical notions, I thought his system of medicine was nearly perfect, and only needed some slight improvements to make it so. Wrong action and wrong condition were the things to be righted.

It was assumed in this as in other systems of medicine, that there was on the part of nature, a lack of ability or disposition to maintain health that could be remedied in a good degree by art.

The conclusion of the whole matter to which I had arrived, from instruction gathered from books and my respected teachers, in relation to my duty as a physician, was, that I must "Take the bull by the horns," "Nip disease in the bud," "Take disease by storm," when practicable, and when not, lay siege to it and give it no quarter, but insist upon its utter extermination or destruction. In short, that all the resources of medicine were to be put in requisition, and used for the removal of diseases, as fast and as far as a safe and prudent regard to the constitutional energies and condition of the patient would warrant, according to art, or the most approved mode of use; and I commenced my medical career in strict conformity with this conclusion.

With the early part of my practice I was well satisfied. I verily thought that I could give good proof of the efficacy of the healing art. Diseases seemed often to quail before the power of medicine as by magic; and I felt desirous that those who were to come under my treatment should have the full benefit of my skill, and therefore advised them to send for me early in disease, before it had time to gain strength, assuring them that it was much easier to break it up in the



onset, before it had become intrenched within some strong hold, than it was to rout it afterwards.

It was not long, however, before I began to suspect that there was "rottenness in Denmark."

A number of causes conspired to shake my confidence in medicine. I found that old physicians gave much less medicine than young ones, and were much more wary in their interference with disease, or attempts to break it up. Dr. DAVID HULL, of my native place, whose memory I cherish with much satisfaction, a very popular and successful practitioner, with whom I consulted often in difficult cases, strongly cautioned me against a free use of medicine, and frequently remarked to the effect, that in many kinds and cases of disease, the sick would recover better without medicine than with it. Being with him one day in the apothecary shop of Mr. T. C. W., this gentleman said to him, "I am sick," and then described his case, and putting his hand on a bottle of medicine said, "hadn't I better take some of this?" "No," replied Dr. HULL, with emphasis, "you had better *sell* your medicine than take it yourself."

The late Dr. TISDALE, of Bridgeport, with whom I was on terms of intimacy, and who was considerably older in practice than myself, said to me very seriously on one occasion, "JENNINGS, do you know that we don't do as much good with medicine as we have supposed that we did?" To which I answered in the affirmative,—told him that I was becoming well satisfied that it was even so. "Are you aware," continued he, "that we do a great deal more hurt than good with medicine?" To this I answered in the negative, and expressed a hope that we were not serving our generation so poorly as that.\*

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\* TISDALE met with a pretty severe repartee while attending the late Judge E., and attempting to carry his no medicine views into practice. The Judge had been unwell a good while, and was rather hypo-y, and at one of Dr. T's visits to him, he said, "Doctor, why don't you do



But the following circumstance, more perhaps than any thing else, served to give a new bent to my medical investigations. In the summer of 1815, while visiting a family, and making out prescriptions for some of its members, in a district where a fever was prevailing to a considerable extent, Mr. J. P. called in and requested me to tell him what ailed him, observing that he had felt quite unwell for a few days. On examination, I discovered that he had the characteristic symptoms of the prevailing fever fully developed, and accordingly begun to open my large saddle-bags again—for I had finished my prescription for the family—in order to provide him with the requisite means for breaking up his fever, or moderating its violence, and shortening its duration. But, against my strong remonstrance, he objected to taking any medicine at that time, and said, if he grew worse, and needed medicine, he would let me know. A number of days had elapsed without my seeing or hearing any thing of Mr. P., when, on passing near his house, I saw him in a lot near by at work. Jumping from my horse, I went to him to ascertain what had become of his fever. To my surprise, I found that he had recovered entirely from his indisposition, and that too without the use of any medicine or means of any kind to arrest his disease.

All that he had done was to keep quiet, refrain from eating while his appetite was lacking, and drinking freely of cold water as long as his febrile thirst called for it.

Up to that time I had attended a large number of cases of fever in that district that season, and in no instance had one recovered in so short a time, or with so mild a set of symptoms as had Mr. P.; and yet I had spared no pains in giving

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something for me? You are going to let me run down and die, without doing any thing to help me." "I tell you what it is Judge," said the Doctor, "I believe that nature knows better what to do in these cases than we do!" "She must be an old fool I think if she don't," retorted the Judge, in his biting sarcastic way.



those whom I had treated the best possible chance—according to my sense of what was best in the cases—for recovering rapidly, safely and thoroughly, entirely eradicated of disease. I had watched the progress of disease by night and by day ; had been prompt in meeting the symptoms with the kind and degree of remedial force that the respective cases seemed to call for, and apparently too, with signal success ;—for I seldom made a prescription without seeing, or fancying I saw good results : and my patients and their friends were satisfied, yea more than satisfied with my practice. I obtained and enjoyed their warmest approbation, and their strongest confidence ; and the enjoyment was heightened by a conviction that they were merited, for I could but indulge the belief that I had used due and exemplary diligence in qualifying myself for the important post which I then occupied. My medical pupilage was passed under a deep sense of the responsibility I should assume in taking charge of human lives, and under circumstances too, in which those lives must some times be in the deepest peril.\*

But here in the height of my medical glory sat Mordecai in the king's gate, to humble the pride of Haman.

This case was indeed a severe rebuke to professional greatness, but I felt unwilling to lose the benefit which the lesson was calculated to teach.

From this time my large saddle bags were thrown out of employment, and it was not long before a small pair that had taken the place of the large ones, shared the same fate,

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\* On walking out one day, while studying medicine, to exercise my enfeebled muscular system, and ease my aching head, I saw a man firing into a flock of his neighbor's ducks that were reposing themselves on a little eminence, a few rods from the road ; and while wondering why the man should do such a deed, he brought me a wild duck that had nestled among the tame ones, which he had killed without apparently injuring one of the others. Now, "thinks I to myself," this is just the kind of skill which I need and must have. I must be able to take the medical rifle and pick out the wild ducks of disease from among the tame ones of living organs, without seriously wounding the latter.



and a pocket or two made to carry all the medicine that I judged to be necessary in my practice.

In June 1820, I removed to Derby, at the special request of Dr. PEARL CRAFTS, who was being laid aside by pulmonary consumption, of which he died in the fall of 1821. Dr. C. had acquired much celebrity as a physician, and an extensive practice. Within a few weeks of my removal to Derby, Dr. EDWARD CRAFTS, father of Dr. P. CRAFTS, of the north or "Up Town" village, who was also in position of a handsome practice, was thrown from his horse, and injured in the spine of the neck, of which he died after lingering a few months. Into the occupancy of this double field, with a retention of a portion of my business in Trumbull, the place which I had left, nine miles from Derby, and still more in Huntington, an intermediate town, in which I had done considerable business, I entered with my views of practical medicine very much modified from what they were when I commenced practice.

My treatment of disease at this time, in all ordinary cases, was merely palliative, with no lack of placebo prescription to meet the expectation of my patients and their friends. But in severe cases, when "disease became *violent*,"\* and threatened the destruction of life, I was careful to interpose more active and efficient remedial agencies.

In the fall of 1822, my confidence in medicine for the cure of disease in any shape, even its most aggravated form, if not destroyed, was at least suspended until I could get more light on the subject. The two following cases were mainly instrumental in throwing me into this attitude.

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\* A medical gentleman of considerable note, in making some concessions to Orthopathic views, remarked as follows: "I agree with you that disease is not a some *thing*, and I believe with you too, as far as this, that in ordinary cases we had better let disease alone, for here nature will get along better without our interference than with. but when disease becomes *violent*, if there is not something done to check it, it will overcome the powers of life."



Mr. ISAAC TREAT, some thirty-five years of age, previously of good constitution, by occupation a farmer, sickened with typhus fever. From the alarming aspect of the case, at its commencement, my highly esteemed friend Dr. DOWE, of New Haven, was in daily consultation with me during much of the progress of the disease to its crisis. Among the most urgent symptoms for a number of days, were great prostration of strength, general uneasiness, pain and soreness in the chest, and short difficult breathing; and in our prescriptions we had particular reference to these, but with very partial success. Under these circumstances, Mr. TREAT inquired of us whether it would do for him to take brandy, expressing a belief that it would help him. We objected at first, from a conviction, that alcohol in any form, was contraindicated by a quick pulse, great continued heat, dryness of the skin, and tightness or stricture and soreness of the chest.

However, after some further fruitless efforts to relieve him by diffusible stimulants in a variety of forms, we yielded to his importunity. The first drink of brandy told upon the poor sufferer. In the language of our patient, "It was just the thing, it went right to the spot." To our surprise it acted like a charm in diminishing the frequency and quickness of the pulse, removing the heat and dryness of the skin, and the tenseness and soreness of the chest, relieving the difficulty of breathing, and general uneasiness, improving the secretions, opening and lighting up the countenance, imparting fresh life and animation; and in short, in making him appear and feel like a new man. For eight or ten days the brandy held its sway, and all other medicines were laid aside. It was found necessary, however, to increase very considerably the quantity of brandy to obtain the same amount of relief; and in the course of three or four days, he was taking at the rate of two quarts of old and very strong brandy in twenty four hours.



At length this potent remedy lost its influence over the vital machinery, palled upon the nerves, its very name was loathed by the patient, and of course its use discontinued.

We had nothing now by which we could rally the vital forces, or make any impression upon the disease, but was obliged to stand powerless before it. Not an arrow in our quiver that could reach it. Our patient soon fell into a death-like coma or stupor, entirely insensible to all that was passing around him :—the extremities grew cold, pulse failed at the wrist, the bowels became tympanitic or tensely bloated, the power of swallowing was suspended and hope departed.

These symptoms, hopeless as they appeared, continued with perceptible declination, excepting occasionally very slight temporary improvements, for three days, when to the great joy of his friends, reanimation commenced that went very gradually but steadily forward to a comfortable state of health.

In the convalescence of Mr. T. no medicine of importance was used, but dependence was made principally on good nursing, so far as art was concerned.

The second case to which reference has been made, was that of Mrs. WM. J. FRENCH, which occurred while Mr. TREAT's case was in progress, though at an opposite part of the town, three or four miles distant.

Within the compass of a few weeks, nine cases of Typhus Fever occurred in this family, most of them in a severe form, namely, Mr. and Mrs. FRENCH, five sons and one daughter, and a sister of Mrs. French. Mr. F. and three sons had been hard sick a number of days, when Mrs. F. failed. Worn down with labor, care and anxiety, she sunk rapidly in the first stage of the disease. The most distressing and alarming symptoms were, great prostration of strength, and extreme irritability of the stomach, with constant inclination to vomit. A great variety of means, internal and



external, mild and severe, were used to allay the irritability of the stomach, but they seemed rather to aggravate than mitigate the difficulty; the symptoms on the whole becoming more distressing and alarming. Calling in one morning to see Mrs. F., about the fourth day of the disease, I was greatly pained and alarmed at her dejected and distressed appearance. I took a walk into a neighboring secluded field, that I might the better command my thoughts, and went through with a minute and thorough review of the whole case, to discover, if possible, what more could be done with promise of relief, but could think of nothing that offered sufficient inducement for trial. I returned to the house, and inquired of the nurse what, of anything Mrs. F. had taken, seemed to agree best with the stomach.

The reply was, "Very little difference in anything except water; when she takes that—and she wants it right from the well—it stays on the stomach, and nothing else does, no matter what it is." My mind was soon made up on a prescription for the day. Returning to my promenade in the field, where there was a fine spring of pure soft water, I took a vial from my pocket, discharged its contents, rinsed it thoroughly, filled it with the spring water, returned to the house, and called for a clean vial, into which I turned some of the *aqua fontana pura*, and directed four drops of it to be given once in four hours in a teaspoonful of water directly from the well, and gave a strict charge that nothing but the drops should go into her mouth during the day, except water, of which she might drink to her pleasure.

I also directed that she should be kept quiet, her room ventilated and kept clean, and all her little wants promptly attended to. I called at the house in the evening, and in answer to the inquiry, "How is Mrs. French?" the reply was, "Quite comfortable; you have at last hit upon the right medicine. *The drops are just the thing for her.* She



has had no sickness of the stomach since she began with them, and but little distress; she has slept some, and has had a comfortable day."

This case gave me no farther trouble. *The drops*, with a little other placebo medicine, finished the cure, as far as medicine was concerned.

In these cases, "The impotence of our art was very manifest and considerable;" and in Mr. Treat's case especially, we were obliged to "admit the *vis medicatrix naturae*,"\* in practice," and nobly did she meet and sustain the responsibility.

For six years I had been in the habit of admitting this principle in practice, except in "extreme cases," and with overwhelming evidence of its superiority as a practical maxim to anything else that I had seen developed in any other mode of practice with which I had been conversant.

Here was an "extreme case," the tumid state of the bowels, coldness of the extremities, pallidness of the countenance, almost total cessation of arterial action and respiration, and the cadaverous aspect and odor of the body, seemed to preclude all idea and hope of recovery; and yet the vital forces, few and feeble as they were, when left to the freedom of their own laws and modes of operating, recruit themselves, and then urge on the renovating process; they remove the superincumbent mass of effete and oppressive matter, build anew the waste places, re-endow the organism with motive power, and restore the man to himself, his family, and his friends.

It was under circumstances like these, that I was forced into a deep rooted and firm conviction that there was a radical defect in the general science and art of medicine; that physicians had no correct knowledge of general pathology; that they knew nothing of the true nature of

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\*Remedial force, or power of nature,



disease; and that, consequently, their practice must be merely at hap-hazard, and exceedingly jeopardous and deplorable in its results. I felt no difficulty, therefore, in adopting the course which MAGENDIE much more recently seemed half inclined to recommend. His remarks in relation to the subject have already been quoted, but a repetition of them here will not be out of place. "I hesitate not to declare, no matter how sorely I shall wound our vanity, that so gross is our ignorance of the real nature of the physiological disorders called diseases, that it would perhaps be better to do nothing, and resign the complaint we are called upon to treat, to the resources of nature, than to act, as we are frequently compelled to do, without knowing the why and the wherefore of our conduct, and at the obvious risk of hastening the end of the patient."

I was now afloat on the broad sea of anti-medical empiricism, without chart, compass or pole-star to guide me, and as yet those morning stars of Hydropathy and Homœopathy had not dawned upon this hemisphere, to assist in conducting us over the arduous mound of "our poor pathology," into the clear and broad sun-light of Orthopathy. I still regarded disease in the light of an enemy—something antagonistic to health—something that needed to be counteracted; and often, when standing at the bedside of my patients, felt exceedingly pained at the thought of leaving poor Nature to contend single handed and alone, against a powerful adversary; and could only console myself with the reflection that it was "better to do so than worse." I believed that the time would come when physicians would be able to "discern, distinguish and cure diseases;" that they would be able to discover and clearly define the seat, the nature and extent of disease, have a remedy at hand for every form of it, by a timely and judicious application of which, they would immediately check its progress, and soon



eradicate it from the system, and leave nothing for Nature to do but resume and sustain healthy action.

For two or three years I drifted about on this sea of uncertainty, with much painful anxiety, and many fearful forebodings, looking and longing for a sure and safe landing place ; and at length found it, as I humbly trust, upon the "solid bottom" of correct pathology. In the improved light of human physiology, reason and experience conspired to show that the common idea of disease was a great bugbear, an illusory figment of the darkest portion of the dark ages ; and that the combined expedition of medicine of all ages, all countries, and of all descriptions, that had been, and is yet arrayed against this spectre, and in hot pursuit of it, through veritable living human flesh and blood, was the most tremendous and tragical Quixotic movement that had ever been engaged in by deluded mortals : that what we had been puzzling ourselves about was mere negation of, or impaired health, feeble vitality, a crippled, disabled and tired state of vital machinery ; that life was a unit, the organized mechanism one, the motive power by which it was worked, in its general character and tendency one, and the law which governed its every movement one and immutable ;—that in virtue of the law of the animal economy, the tendency of all vital action *must be* to protect, advance and perfect the vital organism ; that as long as any measure of the principle of life continues, there *must be* as much life and health maintained as is possible under the circumstances ; that human skill and means can neither give nor increase the *direct* ability of, or tendency to right or healthy action ; that these were made and adapted to the end for which they were designed by infinite wisdom and benevolence, and cannot be improved by art ; that the latter may often, and when it can, always should remove obstacles out of the way of feeble vitality, and make the circumstances under which it is



laboring, more favorable for the prolongation of life and the promotion of health, but it can never increase the vital power or disposition to do either ; and that, therefore, as a general proposition, there can be no such thing as wrong action, any more than there can be such a thing as water running up hill self-moved, or from its own inherent propensity or tendency.

On this broad and solid foundation I settled, and ever after rested with unwavering confidence. I *felt* that I was standing on the rock of truth, and that Nature and I could work together harmoniously, one in performing cures, when cures were possible, the other in the humble capacity of handmaid.

As it will be the object, and end of the following brief "Philosophy of Human Life," to illustrate and substantiate the position here adduced respecting the nature of disease, I will close this introduction with a slight allusion to my "bread-pill" practice, and a statement of some circumstantial testimony in corroboration of my theory or views of disease.

At the time when I launched forth into the "do-nothing" mode of treating disease, vigorous practical medicine was the vogue of the day. Popular teachers and leading medical men discarded the doctrine of "cure by expectation," which had been brought considerably into notice and practice in the preceding century, by VAN HELMONT, STAHL, and others, as based upon a fanciful and visionary theory, and tending only to the use of inert and frivolous remedies, and on the contrary, recommended bold and energetic practice ; and in this common sentiment I had participated largely, while a student of medicine, and in the first years of my medical life. It was no light affair, therefore, to face square about on a subject which involved human lives, and attempt to stem the long established, broad, deep and powerful professional current, aware too, as I was, that such a

course would be likely to alienate from me the warm affection and sympathy of those with whom I had taken sweet counsel, and whose favor was as dear to me as the apple of my eye.

My lancet was sheathed, and active medicine proscribed, with few exceptions, which will be noticed hereafter, and for all ordinary occasions my stock of remedial agents consisted of bread, flour and water. For convenience in pilling, and for keeping it of a proper consistence, the bread was made into small masses, with the addition of a little sugar and Castile soap, and about a half a dozen of these masses, variously colored, were carried in a vest pocket, in a shallow box, but little larger in circumference than a Spanish dollar, made of thin sheet iron, and japanned; in another vest pocket was carried a small bundle of papers of flour of different colors, and generally scented with pleasant aromatics; and in the other pockets three or four little vials of water, also colored for variety sake.

As the efficacy of my therapeutic means did not depend on size or quantity, I usually dealt out very small pills, and portions of powder, and was sparing also of the drops. After having thoroughly tested the "no-medicine" practice in disguise, and was able to give a reason for the course I was pursuing, I made a full disclosure of my pathological views and general plan of treating disease, to two confidential friends, J. L. TOMLINSON, Esq., Attorney at Law, subsequently a devoted and efficient Minister of the Gospel, and Mr. SAMUEL MILLS; both of whom had families, and were depending on me for medical counsel and aid in sickness. They were startled at first at the disclosure. Mr. TOMLINSON said, "I have been a Roman Catholic with regard to my Physician—have let him think and act for me. But if you are getting wild on this subject, I must look into the matter."

Having attentively examined my views of disease, and



mode of treatment, and observed the practical results of them, these gentlemen were sufficiently satisfied with my course of conduct to recommend a continuance therein, and they justified my disguised mode of practice, on the ground that the public were not prepared for my views, and that further testing of them was desirable, under an undisturbed state of the public mind.

From what has been said, the attentive reader will infer that the fundamental principle by which I was governed in practice—a principle directly antipode to the one in common use—was to give free and full scope to the action of the law of the vital economy, irrespective of immediate consequences, no matter how appalling or alarming the developments or symptoms might be; nothing would induce me to interfere with the law and operations of nature, further than to remove opposing obstacles, when such were discovered to be present, and their removal was practicable, and supply wants.

If a man was in a fit, I would let him lie in a fit until he was brought out of it by due course of law.

The general results of the "let-alone" principle, in comparison with those of the perturbing one in common use, in any and all of its multitudinous forms, were such as to convince any sober-minded and common sense man, of the superiority of their claim to soundness, over that of the latter. Diseases were more uniform and regular in their progress, and shorter in duration; recoveries were proportionally greater in number, and more perfect and enduring in the end. Sudden and remarkable cures were a matter of notoriety, and the wonder was often expressed how such astonishing results could be compassed by such apparently trivial means. It came to be well known that the weapons which I used were few in number and of small dimensions, but it was conjectured that they made up in power what they lacked in number and size, and especially that their peculiar

efficacy consisted in the skillful direction of them to the very seat and centre of disease.

On the full tide of successful experiment in "bread-pill" practice, my patronage, large at first, continued to increase and extend until my ride embraced a wide range of territory, and a large population, besides frequent excursions into other districts, as consulting physician.

The following well known and incontrovertible facts will serve to indicate something of the hold which my practice had secured on public confidence:

Dr. LEWIS FRENCH, a well educated and experienced physician, in the prime of life, of unblemished character, highly recommended, and well known too in that region, was invited into Derby, on the ground that the field which I occupied was too large for one laborer—which was very true. High expectations of successful competition were entertained for Dr. FRENCH, aside from personal considerations, on account of strong family connections in the place, and sectarian influence—a large and influential ecclesiastical society, of the order to which Dr. FRENCH was attached, being desirous of having a physician of their own cloth, as was very natural and proper too, under the circumstances. But after a fair experiment of one year, the Doctor turned his back upon us, not having business enough to pay for his horse keeping. Shortly after Dr. FRENCH left, Dr. POMEROY, a very worthy and valuable young man, direct from the justly celebrated New Haven School, and every way qualified to practice medicine, "according to the books," was introduced. Being in easy circumstances, it was thought he might *grow* into a good share of the business. Dr. P. remained faithfully at his post ready for use, six months, and left. The day before he took his leave, Dr. P. informed me that he had had three calls; one to bleed A. B., after a fall in a drunken scrape, another to extract a tooth, and the



third for a portion of physic—while during much of the time that Drs. F. and P. were in Derby, my fingers were aching under “bread-pill” operations.

Next to Dr. POMEROY, Dr. DARKEN, an Englishman by birth and of collegiate education—medically educated and married in New Haven—a young man with superior recommendations and quite prepossessing in his appearance and manners, was induced to make a trial of planting himself, or being planted, in Derby.

About this time I had made up my mind to let the good people of Derby know how anti-medically they had been treated, which was subsequently accomplished by public lectures. I came to the conclusion that if I attended longer upon the sick, it must be in an open, undisguised manner, and without the formality of bread pills, for I had rolled up bread enough. Previous to the public exposition of my views and mode of treatment of disease, I had made some preparation for sliding into other business for the support of my family, under an apprehension that the income from my anti-medical practice, after the contemplated disclosure, would be insufficient for that purpose.

Under these circumstances, I proposed to Dr. Darken a partnership in business for a limited period, offering to relinquish my practice at the expiration of the specified time—stated to him my intentions—explained to him my manner of dealing with the sick—gave him my reasons therefor, and agreed that in practice each should be governed by his own sense of duty.

He accepted my proposition. But the result of giving publicity to my anti-medical views was different from what I had anticipated. Save that most families soon learned the art of taking care of themselves in all ordinary cases of impaired health, there was but little disposition manifested by my old

patrons to give me the go-by, on account of my peculiarity of views on the subjects of disease and medicine. Facts they knew were stubborn things, and they knew too, that my practice among them had been remarkably successful in every form and variety of disease; when, therefore, they felt the need of hygienic counsel, they must have the "old Doctor," medicine or no medicine. And as Dr. Darken became inclined to take orders and enter the ministry, the partnership was relinquished.

For the purpose of showing how my reputation as a physician stood abroad, it may not be irrelevant to state in this connection, that just before I turned myself right side outwards, a deputation from a portion of the inhabitants of Bridgeport—a beautiful and thriving city some ten or twelve miles from Derby—waited upon me with a kind and pressing invitation to enter an important vacancy in the medical department, or field of medicine, in that city.

When it became apparent that my income from practice under the "no-medicine" dispensation, would be curtailed to an inconvenient extent, according to the customary rate of charging, a few individuals, unsolicited, secured an additional amount, equal to my utmost wishes, in sound annual subscriptions, to be perpetuated while "he remains in Derby, and holds himself in readiness to attend upon the sick, when called for, in the capacity of a physician."

In the spring of 1839, I tore myself and family away from a spot that had become endeared to us by many deep-rooted, congenial and tender ties, against the urgent and earnest entreaties and strong remonstrances of the people; an event which I have since had much occasion, on many accounts, seriously to deplore,

When I was about to leave Derby, the following paper was handed me:



“DERBY, New Haven Co., Ct., }  
April 9, 1839. }

To whom it may concern :—

WHEREAS, our much respected friend and physician, ISAAC JENNINGS, is about to leave us, we are happy to give this expression of our opinion of his worth as a citizen and neighbor, and of our confidence, (after an extensive practice of nineteen years among us,) in his skill, judgment and prudence as a physician.

We are fully satisfied of the truth of his general position in regard to the effect of the common medical practice, the injurious operations of customary prescriptions against the salutary efforts of nature. We feel gratified with the increased attention to these views; and express our conviction that it will eventuate in their extension and final triumph. While we feel most painful regret at our loss of a highly valued and useful member of our community, we unite in recommending him to the confidence and affection of all persons, among whom a wise and beneficent Providence may direct him.

ZEPHANIAH SWIFT, Senior Pastor of the Congregational Church.

HOLLIS READ, Associate Pastor.

EBENEZER KINNEY,	ZEPHANIAH HALLOCK,
HENRY DOWNES,	JOHN LEWIS,
OLIVER B. SHERWOOD,	SAMUEL MILLS,
LYMAN OSBORN,	LEMAN STONE,
GEORGE BLAKEMAN,	ISAAC J. GILBERT,
PETER PHELPS,	D. W. PLUMB,
JULIUS HOTCHKISS,	JOHN CLEWES,
URBANE P. SWIFT,	JOSEPH P. SWIFT.”

While on a visit to my native State in the spring of 1842, I took occasion to give some hygienic lectures in Derby and some of the neighboring towns, and obtained the following, with other certificates, in furtherance of my design :

“DERBY, March 19, 1842.

This may certify, that the undersigned has been intimately acquainted with Dr. ISAAC JENNINGS, formerly of this place, for more than twenty years; has, during all the period of his acquaintance, highly esteemed him as a citizen, physician, christian and friend, and is happy to bear testimony to his skill and faithfulness as a physician in his family; and to his fearless though careful search after truth, and persevering investigation of facts, independent of names and received opinions; combined with prudence, and with deference to the opinions and arguments of others. The undersigned believes, with Dr. JENNINGS, that the prescriptions of the medical faculty are, to a great extent at least, injurious, and that medicine usually does violence to the human system, by forcing nature from her well chosen course, and exhausting her energies; that the action of nature is right action only, and will perform all necessary offices whilst its resources hold out; and that the science and practice of preserving health are of paramount importance. The disuse of medicine in my family for many years, tends to confirm my opinion that it is generally best to let it alone.

SAMUEL MILLS.”

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“DERBY, March 21, 1842.

Having been intimately acquainted with Dr. ISAAC JENNINGS, during his residence in Derby, I can cordially unite with Mr. Mills, in the preceding recommendation. He was my family physician while with us, and attended on my wife and myself during a confinement by fever. While strictly watching our symptoms and giving all necessary directions, he reasoned us into the belief that it would be better for us in the end, to recover without medicine than with. On our recovery, we were satisfied that the course which he pursued with us was the best. My health has been generally better



since that sickness than in previous years. I have never known a man labor so much against his own pecuniary interest as the Doctor, in order to promote the health and welfare of his fellow-beings.

His lectures on the means of preserving health, and the best means of regaining it when impaired, I consider to have been of great benefit to my own family, and to many in this community. He possesses much of the benevolent spirit of the Gospel, and is deserving of a cordial reception by all philanthropists.

ZEPHANIAH SWIFT.

Sen. Pastor of the Congregational Church."

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Extract of a letter from Mr. AMOS SMITH, Jr., Principal of a High School, New Haven, Ct., dated March, 1842.

"I have for many years been afraid of medicine, have sometimes been unwell, but have preferred rather to trust to the operations of nature than the means usually employed. When I first met with you, I was prepared to listen to your theory and statement of facts in your own practice, with intense interest; as my own observation and experience, so far as they went, exactly corresponded with them. From all that I have learned of your theory and practice, for the last eight or ten years, since I first became acquainted with you, I am thoroughly convinced that you have got hold of the right end of the subject, and that it is your duty to make known your views as extensively as possible—in the prosecution of which, I can assure you that you have my most cordial sympathies."

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Mr. PLUMB, who favored me with a paper of some length, the closing part of which I take the liberty to use for my present purpose, was not a resident of Derby till a short time previous to my leaving there, but had lived within ten or twelve miles, and had learned something of my views.

"My means of becoming acquainted with your views are,

as you are aware, limited ; having only on a few occasions, and not at any regular course, heard you give a few lectures. I was early impressed with the conviction that there was a great deal too much medicine used, and was therefore, perhaps, predisposed to imbibe your views when I first heard them. Your theory so far as I understand it, is certainly a beautiful one. It has every appearance of truth, and is withal, so reasonable and natural, that I shall be glad to find that it does not conflict with facts. I find it very easy to believe that the action of nature, when not disturbed by opposing causes, is always healthy and correct, and when that action is disturbed or thwarted, it seems a rational conclusion that to remove the disturbing cause, if still existing, and it be practicable, and then allow nature to work on as usual, was the wisest and most natural course. So far as I have had opportunity of judging, remedies employed for the removal of ill-health or diseases, have been successful in proportion as they have been simple and natural, and did little or nothing to retard or interrupt nature's attempts to perform her own cure. If your system can be fully established on the firm basis of experience, if it prove to be the true one, there is hardly a limit to the advantages to result from its general adoption. Believing as I do, that it has all the appearance of truth, and that if it be true, it is calculated to be eminently beneficial to the human race, I will close by wishing it and you success, which I am sure you and I trust the system deserves.

D. W. PLUMB."

DERBY, March 25, 1842.

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By a very felicitous Providence, I met in Derby, my former neighbor and fast friend, the Rev. Mr. TOMLINSON, both of us recently from the West—Mr. Tomlinson from Michigan, and myself from Ohio.

Mr. Tomlinson, as has been already stated, was the first



man to whom I communicated my present views of disease. At my request, Mr. T. penciled in a note-book which I had with me, at a casual meeting, the following lines :

“DERBY, JULY, 1842.

In addition to former opportunities to be acquainted with the theory of Dr. ISAAC JENNINGS, regarding the nature and cure of disease, I have recently enjoyed the privilege of attending three Lectures delivered by him in Derby, on the same subject.

My mind has long been inclined to the entire and unqualified adoption of the views therein maintained, and in my humble opinion, the extensive inculcation of these views in the community, will be productive of great good.

J. L. TOMLINSON.”

## PART I.

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# PHYSIOLOGY.

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PHYSIOLOGY, in the literal and widest signification of the term, extends to a knowledge of all natural substances, animate and inanimate ; but its common signification is limited to a discourse or treatise on the functions or offices proper to living bodies, animal and vegetable, including all that can be known of the healthy condition, laws and modes of operation of all the parts or organs of which the respective bodies are composed ; and is denominated animal or vegetable physiology, according as the science treated of respects animals or plants.

Human physiology discourses of living human bodies.

My present object, however, is to present the reader, and especially the non-medical reader, with a few thoughts on the general subject of the vital economy in man, merely for the purpose of aiding him in getting a correct understanding of those pathological derangements of the human system, that are called diseases.

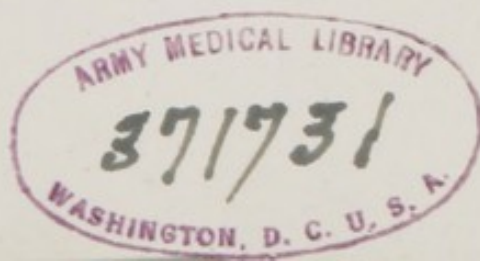
It is a common but very mistaken notion, that no profitable knowledge of disease can be acquired but by a thorough and minute acquaintance with anatomy, physiology, and practical medicine, in other words, that none but learned and experienced physicians can attain to such knowledge, and that it would be a waste of time for others to give attention



to the subject. The fact is that truth here,—and truth too of the highest moment to every son and daughter of Adam,—lies right out on the surface so plain, that “he that runneth may read,” and that is probably a reason, if not *the* reason why it has been so long overlooked. It is true there is much of mystery, deep unfathomable mystery in the physiology of man, respecting which a child might raise questions that the most learned M. D. could not answer; yet there are also many truths of vital importance that a little common sense and common logic, with the right application of facts, may easily unfold, that would lead to very beneficial results.

I would not however speak disparagingly of the study of anatomy and physiology, for more or less knowledge of these branches is necessary to a good knowledge of the essential quality of abnormal action, and a thorough study of them by youth in the common schools and other seminaries of learning, with proper instruction in dietetics and other hygienic measures, is yet to be the means, in the hands of Providence, of elevating the vital condition of the human system to a point where none of the ordinary causes of derangement, or such as must necessarily act upon it, can injuriously affect it. But what I do mean is, that ordinary minds, without a special professional training, such as would be thought necessary for the practice of medicine, may, with a little knowledge of the leading organs of the body, and some idea of the general laws which govern their action, get a good general understanding of what constitutes disease, and the principle on which it should be treated.

The points in physiology to which I would call especial attention are, digestion, secretion, absorption and excretion, animal heat, sanguineous capillary circulation, muscular motion, nervous influence and a few of the most obvious features of the general law of the economy of human life.



## DIGESTION.

The first branch of what is physiologically styled digestion, is an office which the stomach performs in producing the first change in food, preparatory to its being worked into organic structure, the product of which is called chyme. It is now fully conceded, that this change is produced by the action of the gastric juice, a liquid furnished by the vessels of the stomach expressly for this purpose, in a manner peculiar to itself, on a vital and not a chemical or mechanical principle. The second and closing part of the digestive process is performed in the first of the intestines or bowels, immediately after the chyme has passed the stomach, by admixture with a compound of bile and pancreatic juice, the former furnished by the liver, and the latter by the pancreas, a fleshy body of an oblong figure, unprofessionally called "sweet bread." The digested fluid is now termed chyle, and is taken up by innumerable little vessels called lacteals, which originate by small orifices or mouths on the inner surface of the first portion of the intestines, pass on a considerable distance in the membrane that unites the bowels, in a contorted manner, and at length unite, forming a large vessel called the thoracic duct, or *receptaculum chyli*—receptacle of chyle. Into this receptacle the chyle is deposited ready for use when called for; and is transmitted hence into a blood vessel by a wise contrivance, which, while it gives egress to the chyle, prevents ingress, by the blood. When once thrown into the volume of blood, the chyle is hurried on by a rapid circulation to every part of the body, to be converted by untold millions of little workmen into the endless variety of structure, of which the human body is composed.

It must be obvious to every considerate mind, that the laws of health cannot be infringed in so important a department of the physical regimen as is that of digestion, without



laying a foundation, to a greater or less extent of future suffering. It will not be out of place therefore, to offer a few remarks in relation thereto in this connection.

*First;* In a sound healthy stomach, that beautiful network of blood vessels of which the inner coat is to a considerable extent composed, is invisible in an empty state of the organ, and the walls are smooth and thin, of a pale or light ash color. When food is received into such a stomach under favorable circumstances for advancing the digestive process, the coats begin immediately to thicken and redden, the papillae or terminations of the little vessels that furnish the gastric juice, become prominent and thus present a rough surface; nervous power is supplied in full measure to the ready, obedient workmen; the gastric juice is poured forth abundantly and of good quality, and the important work of digestion is done up in the best manner, and in the shortest time. In this case there is a double guaranty against the unfortunate occurrence of a fermentative or putrefactive change in the food, which would send forth sharp irritating gasses, accompanied with sour belchings, acrid eructations, heart burns, gastric pains, and a host of other dyspeptic difficulties. For in the first place, the whole mass of aliment soon becomes saturated or highly charged with the vital principle, which will effectually ward off the action of the inorganic affinities; and in the second place, the digestion will be completed before the warmth of the stomach and other favoring circumstances can hurry on a chemical decomposition.

Happy is the individual who is in such a case.

The following comprise a few of the excellences and benefits of a sound stomach:

A. It possesses astonishing power of accommodation and adaptation; will accommodate itself to any latitude, clime or circumstances; will digest any thing that is simply nutritious without injury to itself, yea it delights in and is benefited by

a large amount and variety of labor ; will be content and quiet under a short allowance of food, or abstain entirely and patiently for a long time when circumstances render it unavoidable : it will receive and work up at one meal a full supply for its numerous dependents for twenty-four hours, or will consent to take in the raw material at very short intervals, and be constantly engaged in its manufacture during the period of wakeful activity.

B. A sound stomach is intelligent, sensible and grateful. It knows when it has enough, and is perfectly satisfied with a competency of the necessaries of life ; its gustatory power is strong and discriminating ; it is fond of variety, yet has a keen native zest for every substance that is adapted to supply a want in the system : it is truly grateful for favors, and on the reception of them, sends a thrill of joy and satisfaction through all its dependent realms.

C, And lastly. A sound stomach makes one of the richest and most desirable legacies that mortals can transmit to posterity, yea more to be desired than the gold of California.

*Second :* A ruined, or long and greatly abused stomach presents a direct and striking contrast to the sound one. Its morbid aspects are different at different periods ; under the perpetual excitement of stimulants, the blood vessels become permanently dilated and distended with blood, visible and distinct, in appearance not altogether unlike the dark red patches on a toper's face, for the vessels in both cases have yielded to the force of circumstances on a common principle ; in more advanced cases of dilapidation, the coats of the stomach become thickened, sometimes soft, and sometimes indurated, &c., &c.

The impaired stomach must of course be limited in its digestive power, and dietetic range, and in its best estate, the imperfect digestion will be overtaken, to a greater or less



extent, with the play of inorganic affinities, causing flatulence and other disturbances.

To portray all the evils of a disordered stomach would be a herculean task.

The mythological evils of Pandora's box, admitting the fabled account thereof to be a veritable reality, could hardly equal, unless they included the physiological evils of gastric debility and derangement.

One prominent feature of the complication of woes that betide the individual who has a vitiated stomach is, a strong downward tendency. For it happens, most unfortunately, according to the old vulgar adage, that "the hair of the same dog will cure the bite;" or agreeably with the more recently discovered, more elegant and scientific law of "*similia similibus curantur*," that the same means which impair the tone of the stomach, or similar ones will procure a mitigation of the evils resulting therefrom, for the time being, at the expense of a future augmentation of them; and so strong is the temptation to resort to these assuasive expedients, and in more than Homoeopathic measure too, that the misfortunate and pitiable victims are often lured on so fast and so far among the converging whirls of the terrific maelstrom, that it is no holiday work effectually to stem the current, or escape from it. Poor I. N., of good parentage, possessed of fine personal qualities, in middle age, with an interesting little family, and a large circle of devoted friends, and surrounded with all the external comforts of life, on finding himself sinking, made application for medical aid, and was told that he must abandon his cups.

"Is there no remedy for me short of that?" inquired the agonized man, with a tone and look that were enough to move a heart of stone. Receiving an answer in the negative, he exclaimed, "well, then I must go." And go he did.

Another prominent and most appalling feature in this gor-

dian knot of direful gastric maladies is, that lesions of the human stomach, reach, in their physical consequences, by an irreversible ordination of heaven, far beyond-the life-time of their individual proprietors.

This fact is well and forcibly illustrated in the following extract from "Thoughts for a Young Man," by the Hon. HORACE MANN :—

"Let the young man then remember that for every offence which he commits against the laws of health, nature will bring him into judgment.

"However graciously God may deal with the heart, all our experience proves that He never pardons stomachs, muscles, lungs or brain. These must expiate their offences *un-vicariously*. Nay, there are obvious and numerous cases of violated physical laws where nature, with all her dilligence and severity, seems unable to scourge the offender enough during his life-time, so she goes on plying her scourge upon his children and children's children after him, even to the third and fourth generation.

"The punishment is entailed on posterity ; nor human laws, nor human device can break the entailment. And in these hereditary inflictions, nature disdains alike the primogeniture laws of England, and the salic laws of France. All the sons and all the daughters, are made inheritors ; not in aliquot parts ; but, by a kind of malignant multiplication in the distemper, each inherits the whole."

Sad inheritance !

*Third :* Every substance admitted into the human stomach, susceptible of decomposition by gastric power, or the action of the putrefactive principle, will be likely to undergo one of these changes, and be sent through the system for nutritive purposes, or in the form of sharp irritating gasses or fluids, to irritate and fret tender surfaces : hence the impropriety of the very common use of mucilages and syrups



in colds and coughs, given for the purpose of lubricating the irritable vessels of the lungs; for, if digested they are worth no more than an equal amount of other nutritious matter that might be converted into chyle at less expense of gastric power; and if not digested, can do no good, and will do considerable harm.

*Fourth:* No kind of food can carry vital power into the system, but every species requires much of this power to convert it into living organic structure, and much also to hold it in that state against natural decomposition: hence the folly of urging nutrimental matter upon the stomach in cases of debility when there is no natural demand for it, or beyond the natural demand;—for beyond a natural call for food, there is no power to make a profitable use of it.

These remarks might be extended here at great length, and notice among other things the egregious folly, or physiological insanity of the habitual use of stimulants of various kinds, until the vital forces are obliged to hang out their signals of distress under their action, and then plying the same means in larger quantity, or others of similar character and greater power, to remedy the evils; but these topics will come up for consideration more appropriately under other heads.

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## SECRETION.

By secretion, physiologists mean the faculty which little vessels or organs possess and exert for producing from the blood or substances entirely different from anything contained in it; thus the saliva of the mouth is produced by the little glandular bodies that exist in great numbers in the immediate neighborhood of the mouth. They select and draw their material directly from the blood, make the saliva and pour it into the mouth as it is called for.

Milk is another secretion produced by glands constituted for that purpose, and so of all the other parts of the body, solid and fluid. The organs of secretion are of various forms and construction, wisely adapted to the variety of work which they have to perform. A few of the secretions are simple, differing little or nothing from some of the constituents of the blood ; as the serum, or watery halitus or vapor that is exhaled into every cavity and interstice of the body, to keep all parts soft, smooth and easy, and thus prevent irritation and inflammation, and which, when suffered to accumulate from defect of absorption, form dropsies ; but most of the substances wrought from the blood by a secreting process, differ widely from any thing contained in the blood proper ; as the nails, hair, skin, bile, gastric liquor, pancreatic juice, &c., &c. In the eye alone there are a vast number of secretory operations in ceaseless activity for producing and maintaining humors, membranes, muscles, tendons, nervous pigments, &c., &c. How the secretions are effected is yet veiled in impenetrable mystery to man ; the work is obviously a *vital* work, and not performed at all on a *chemical* or *mechanical* principle.

Let it be remembered, therefore, that all parts of the body, cellular substance ; membrane ; bone ; muscle ; tendon ; ligament ; cartilage ; brain ; spinal marrow ; nerve ; synovial fluid for lubricating the joints ; &c., &c. ; all and singular in their proximate principles, whether of iron ; phosphorus ; lime ; gelatin ; albumen ; serum ; saline substances ; or whatever they may be, are all elaborated from the blood ;—constituted of chyle, air and water, by the wonder-working process called secretion. And let it be remembered too, that good simple nutriment, air and water are essential, and all that are absolutely essential, so far as material is concerned, for the production of good blood.



## ABSORPTION AND EXCRETION.

By absorption here is meant that process by which the effete, worn out and useless matter is taken up and carried into the general mass of circulating fluids for removal from the system ; and, in connection with the term excretion—to sift out, throw away—is designed to include the whole analytical or decomposing process, whose end is to expurgate the system, and keep it free from every thing that can injure it, or retard its healthy motions. That portion of the absorbents that are particularly allotted to the duty of taking up useless matter, are called lymphatics ; they arise by small extremities in every, or nearly every part of the body, and possess not only the power to absorb, imbibe or suck up fluids that come in their way, but are capable also of exerting a kind of transmuting function, by which they can break down bone and other hard or solid substances, and reduce them to a thin fluid, to facilitate their passage through the capillary, hair-like or slender vessels. After rising and passing on a short distance in a very minute and slender form, the lymphatic vessels begin to unite with each other, and continue to do so till they reach some central portion of the body, where they form considerable trunks, and discharge their contents, one of them into the thoracic duct, and the others into the veins to mingle immediately with the blood. Ordinarily the destination of all the matter taken up by the absorbents is, first to mix with the blood to be circulated with the general mass through the system, and then to be thrown away by some of the eliminating or depurating organs, as the skin, kidneys, liver and lungs.

There is one particular in relation to the lymphatic system of vessels, that deserves special notice and remembrance. In some forms of impaired health, when the nutritive apparatus is disabled, either from defects in its own structure, that re-

quire a suspension of its action for recuperative purposes, or because the only organic forces that can be used to sustain its action, are, for the time, either exhausted or employed more advantageously in other duties, the lymphatic vessels interpose their kind offices to supply the deficiency by taking up the adipose and fleshy substances wherever they can find them, or any matters that they can work up into nourishment, and throwing it into the general circulation to be distributed among the weary and hungry laborers according to their several necessities,—for they that work must eat. Indeed this expedient is often resorted to in severe cases of illness, particularly in those of protracted general debility; for it is less expensive to the vital economy to furnish the requisite sustenance in this way, in emergencies, than to do it by the nutritive machinery from raw material. This wise provision for sustaining life under critical circumstances, should allay all fears and anxieties on the score of eating when there is a lack of appetite; for when there is demand for nourishment, and the nutritive machinery is in working order, and the necessary forces can be consistently spared to operate it, there always will be appetite, and just in proportion to the necessities of the system for nourishment; for real genuine appetite is simply and only nature's appeal for something with which to supply a want, and if she makes no call, it is either because there is no want to be supplied, or she is not in a condition to meet it, and in either case it would be useless and worse than useless to urge food upon the stomach, either in repugnance to obvious indication, or after having provoked an unnatural appetite.

In an extreme case, when it is expedient to make dependence on the lymphatic system for nutrimental aid for a long period, until all the material suitable for supply through that medium is exhausted, and starvation becomes the alternative to digestion and assimilation, if it is a remedial case, the nutri-



tive system will be clothed with power sufficient to make a call for food, and on its reception, commence operations ; it may be in a very slight degree for a while, and at intervals of some hours, just sufficient to sustain the essential organs in working condition, and may need extreme care in feeding, in quality and quantity, lest feeble vitality should be smothered and destroyed. But if, under these circumstances, with proper treatment in other respects, no effort is put forth by the nutritive organs to stay the utter extinction of life, it may be regarded as inevitably a fatal case ; for neither the incitement nor power to effort in this direction can be increased by artificial means.

To return from this digression—not altogether an unprofitable one, it is hoped—attention is requested to the working of the compound function of secretion and excretion, including in the latter term the office of lymphatic absorption, for in reality these constitute but one great eliminating faculty.—By the joint operation of these two grand functions, the body is built up and sustained in its corporate capacity ; and its perfection in size, form and symmetry depends upon the integrity and activity—with a proper supply of building material—of these functions. Under the most natural and healthful operations of the complicated machinery of the human system, there must necessarily be a constant wear and impair of substance, some portion of every organ is rendered unfit for its place, and if not seasonably removed, will impede, to the extent of its bulk, the healthful motions of that organ. While therefore, the general economy of nutrition is properly and vigorously sustained, no sooner does a particle of matter become disqualified for its situation, than it is caught up by a vigilant absorbent, and hurried out of the vital domain, and another particle of precisely the same size, form and character, is wrought out by the nearest secretory vessel, put in its

place, endowed with vitality, and thus made a constituent part of the living body.

By these synthetic and analytic operations, or composing and decomposing processes, a sound body, after reaching maturity of bulk, if the laws and conditions of life and health are complied with, will retain for a long period, its identity of size, form, weight and complexion, while at the same time its component parts will be constantly and rapidly undergoing a change, the most permanent structures being renewed, according to the most approved computation, once in about seven years, and the least permanent in as many months.

But unfortunately, in the general wreck of humanity, it occurs that there are no perfect constitutions, and but few that merit the appellation of sound or good, and generally those who are so fortunate as to possess tolerably good constitutions, do not feel the importance, or care to be at the pains of taking good care of them ; for while they feel well, it is enough, "why want to feel or be better than well?" and hence there are not many individuals of either sex, and very few indeed of "the weaker vessels," that do not manifest frequent and obvious mutations in the exterior of their "earthly tabernacles." Through oft repeated, protracted and aggravated violations of physical law, nature is unable, uninterruptedly, for any considerable length of time, to maintain a nice balance of action between the secreting and excreting functions, and the natural and inevitable consequence is, corresponding change in the constituent material of the body, evidenced by a change in weight, bulk or appearance. If the force and activity of the secreting functions are diminished, and those of the excreting ones remain unimpaired, or less so than those of the secreting functions, there will be diminution of the bulk and weight of the body, or of a part or parts of it. Or if the secernent power



predominates over the excretion, in that proportion will redundant matter accumulate, and, of course, there will be an augmentation of bulk and weight.

These preponderances may be general or local, and may affect the fluids, principally, producing plethora and dropsies; or the fleshy parts, producing obeseness, an excess of flesh.

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### ANIMAL HEAT.

It is not yet fully settled among physiologists, from what source and in what manner animal heat is produced; but the theory which obtains most, and which appears to be the best sustained by facts, is, that the combustion of carbon, or the union of carbon with oxygen, furnishes the caloric or material of heat, which is carried to every part of the body by the circulating mass of fluids, and evolved and regulated by special vital functions.

The temperature of the human body, in ordinary health, is about 98 degrees Fahrenheit, and the more perfect and robust the constitution, and vigorous the health, the nearer and more steadily will the temperature be maintained at that, or a definite point.

To insure this result—a cardinal point in human physiology—two things are requisite; first, that there should be an abundant supply of evolved heat; and secondly, that the regulating or equalizing functions should be nicely discriminating, active and efficient. Facts show conclusively, that in the natural healthy state of the system, ample provision is made for the fulfillment of both of these conditions. The following fact, among many other familiar ones, that any person of common observation may call to mind, proves that the human body, in common health and at rest, is constantly

throwing off considerable amount of heat. A full congregation, in a spacious house, in cool weather, will soon raise the temperature of the room, as may be indicated by the thermometer, or witnessed by the liquification of congealed oil in glass lamps. This latter circumstance often attracted my attention in former times, before the artificial warming of churches was in vogue. That the equalizing function is discriminating and efficient, in persons of good health, is shown by the every day fact, that such persons may pass from a low to a high state of atmospheric temperature, and *vice versa*, may exercise violently, or be at rest, and yet the temperature of their bodies will be maintained at one point with most undeviating accuracy.

This is one of the most interesting and important departments of human physiology, and a good understanding of the workings of this compound function—whose integrity will secure to us a uniform and comfortable degree of warmth under great vicissitudes of external circumstances, with proper care on our part; or under whose impaired and feeble action we may shiver and even suffer intensely with sensations of cold in mid-summer, or burn with feverish heat in winter—may do more perhaps to fix in the mind a true idea of general pathology than attention to almost any other branch of physiology.

Most of the general derangements of the human system are attended with a rise or fall, or both, of its temperature; but a feverish diathesis, or increase of heat, is much more common than the opposite, probably because the production of heat depends more upon chemical affinities, and less upon functional power, than the due regulation of it. Animate as well as inanimate bodies radiate heat, conduct or suffer it to pass off without the aid of organic function, yet if the human body were left solely to this mode of ridding itself of superabundant heat, it would often be in an uncomfortable state; to remedy



which is the appropriate duty of the capillary exhalents, principally those of the skin. How valuable then, or rather invaluable, the possession of a sound and energetic system of organs for the production and regulation of animal heat. With it men may visit almost any part of the globe without serious injury to their health, so far as temperature is concerned, and with but little diminution of their comfort. Sailors have been exposed in the Arctic seas to a temperature of fifty degrees below zero, or one hundred and fifty below that of their own bodies, without being "frost-bitten;" and other men have accustomed themselves to enter large ovens, or rooms fitted up for the purpose, of different degrees of heat, and have been able to endure a temperature of from four to six hundred degrees, long enough to have water boil and meat cook, with but slight elevation of their own temperature.

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### SANGUINEOUS CAPILLARY CIRCULATION.

Capillary blood vessels are the extremities of arteries and veins, forming a medium of communication between the arterial and venous circulations. They are ramified indefinitely and spread over the whole system, interwoven in fine network, and constitute a large portion of the soft-solids; for while they are exceedingly minute, hair-like—whence their name—it is difficult to puncture any part with the finest needle, without drawing blood. Through this whole expansive net-work of vessels, the mass of blood passes as often as it makes its circuit through the body. In addition to the vis a tergo, or force from behind of the heart and arteries, propelling the blood onwards, and other contributory aids, these vessels unquestionably perform an important part themselves in the maintainance of the general circulation. There

are two properties possessed by these delicate vessels in their healthy state, that deserve especial notice: one, the faculty of retaining their attenuated minuteness; and the other, a tenacious grasp of their contents. These two properties will appear to best advantage by contrasting their sound and healthy condition, with an impaired and feeble state of them. In a strong vigorous constitution, the capillaries never blush—for themselves; do not suffer the current wave of blood in passing them to linger, accumulate, become congested and present a red surface. Like well disciplined veteran troops, they are ever on the alert, ready to act on the spur of the occasion; and being well skilled in the “lock-step” with the other portions of the sanguineous system of vessels, they are not easily disconcerted, or thrown into disorder. In reality there is but one concatenated system of blood vessels, composed of a heart, arteries, veins and their connecting capillaries; and while sound in structure and strong in propelling power and influences, the different parts act in perfect concert, one impulse animates and moves the whole; and no ordinary range of adverse circumstances can soon or readily disturb or interrupt their regular and harmonic action, or change their general aspect. If their fortunate possessor engages in violent exercise, exposes himself to sudden and severe changes of weather, or occasionally overloads his stomach, his pulse is not affected, nor the color of his face changed.

With equal determinateness do the capillary vessels hold on to the fluids which they circulate. Notwithstanding the great amount of internal pressure which the volume of blood is constantly sustaining, and which is essential to its rapid and uniform circulation through an almost interminable labyrinth of fine elastic tubes, yet, in a healthy condition of its incarcerating walls, it manifests but slight disposition to escape from its enclosure, even when opportunity is afforded it to do so, by pretty free artificial or accidental openings. In virtue



of a tenacious vital affinity, the vigorous capillaries throw their liliputian but attractive arms around the life-giving fluid, and effectually dissuade it from any serious disposition or attempts to divorcement.

Widely different from all this is the nature, tendency and results of broken-down and constantly abused capillaries. Under ordinary circumstances, they are obliged to hang out on the fore-front of their capital—the face—the red signal of distress, in lighter or deeper shades, according to the diminution of their tone and activity, indicative of the sad and alarming state of essential organs. Let an individual who has the misfortune to possess a dilapidated system of blood vessels engage in any manual labor effort that shall call the muscles into a somewhat sudden, general and brisk exercise, such as will have the effect to abstract from the heart and arteries a portion of their usual appropriation or allotment of power, and these organs are thrown at once into confusion and disorder; the heart will palpitate and pitapate against the adjacent ribs, as if it were impatient to break loose from its fastenings, to seek a more quiet abode and better treatment; the arteries will beat and throb, in token of sore discomfort from their long continued and unremitted abuse; and the poor capillaries, disheartened and weary under the pressure of incessant and unmerciful impositions, and ill-requited toil, are constrained, most reluctantly, to suffer their slender and beautiful forms to be dilated and distended with gross and impure humors. Aggravated and fatal cases of congestion of the brain, liver, lungs, kidney, &c., arise from imbecility of their capillaries. These affections are erroneously called “determinations of blood” to the affected parts. The only “determination” there is in such difficulties, consists in a lack of power in the vessels of the parts to prevent their engorgement. A sudden suppression of the insensible perspiration over the surface of the body, often induces an undue fullness of the capillaries of some of the internal organs.



Feeble vitality in the capillary vessels contrasts strongly with their integrity in soundness and vigor, in the second particular which has been referred to, viz: faculty for holding on to their contents. A lack of the tenacious principle in the capillary blood vessels is often exceedingly troublesome and perplexing to physicians, sometimes alarming in its results, and occasionally fatal. Persons have died from hemorrhage occasioned by the extraction of teeth, in spite of every thing that could be done to prevent it.

In such cases the blood not only flows from the ruptured vessels in the cavities from whence the teeth have been extracted, but numerous other vessels in the immediate neighborhood relax and open at their extremities or junctions sufficiently to let the vital current flow freely through; and in proportion as strength fails from loss of blood, the difficulty and danger increase; attended with a throbbing of the little arteries about the mouth, and a recurrent stroke, or a rebounding or semi-double pulse by the whole arterial system.

This peculiarity in the pulsative action of the arteries, which is sometimes very prominent when there is a strong disposition to spontaneous bleeding, has been called by physicians, a "hemorrhagic effort," and has been regarded by them as the *cause* of the bleeding, whereas it is itself but an effect, and in common with the bleeding has its foundation in debility and a lax state of the containing vessels; and although the centrifugal force, or the real propulsive effort of the heart and arteries is comparatively feeble, and becomes increasingly so by the ebbing of life in the loss of blood; yet a small amount of the propelling vis a tergo, or force from behind of the heart and arteries, or even a collapsing of these vessels is sufficient—when their capillary extremities have lost their tenaciousness—to expel blood enough from the body to destroy life.

Spontaneous hemorrhagies from different parts of the body, occasioned by an impaired state of capillary tonicity, occur in various forms of disease, particularly in low typhoid petechial



fevers ; sometimes starting out from little points on the surface of the body, and refusing to be checked until life is extinct.

Old toppers are much annoyed in their shaving operations, in virtue of the principle of divorce which King Alcohol has proclaimed between the capillaries and the blood ; as they are very prone to clip the projecting points of these vessels, or rum buds, and are often at their wits' end for expedients to stanch the bleeding.

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### MUSCULAR MOTION.

The immediate agents or instruments of muscular motion are of two kinds, muscle and nerve. Muscles are distinct portions, fibres or threads of flesh, which, by contracting, perform the motions of the body. A very good idea of living muscles may be obtained by uniting in a bundle, a quantity of fine threads of gum elastic. Their power to contract is derived from the vital principle, and this property or quality of the muscles is called contractility. Sound condensed muscular fibres are strong when bereft of the vital principle, that is, it will require much force or weight to break them ; but their strength is very much enhanced by their living power, and in proportion to the quantity of this principle. The nerves that are directly concerned in muscular motion, are called motive nerves, or nerves of motion.

These agents too, derive their power and activity from the *vis vita*, or vital principle, but the two kinds of power are entirely distinct from each other. For the sake of brevity and clearness in explanation, the contractile principle in the muscles may be called *vis muscula*, or muscular power ; and the active principle in the nerves, *vis nervea*, or nervous power. These two powers have each a law of their own by

which they are governed ; and each a distinct office to fulfill. The duty of muscles is to contract, shorten, draw themselves up lengthwise, in the same manner that a bundle of elastic threads would, if they were extended, and the extending force was removed. When a muscle is replete with contractile power, and has nothing to control it but its own law, or inherent tendency to contract, it renders obedience to that law, draws itself up, and holds itself in that position until its power is expended, then relaxes for a new supply of power, and again contracts, and so on, as long as the contractile power continues to be furnished, and no other or superior force interferes. This constitutes what is called cramp. The province of the motive nerves is to control the vis muscula, and hold the muscles steadily in subjection to the will, if they are voluntary muscles, and if involuntary ones, keep them in subserviency to the function of the organs of which they form component parts. So long as the vis nervea of any motive nerve that has a muscle in charge, is paramount to the vis muscula of the muscle, that muscle will be kept in quiet subjection to that power, ready at all times for the discharge of its appropriate function. If the muscular power is great, the muscle when called upon to act, will exert itself with corresponding energy and stability ; if feeble, its action will be feeble, yet regular. If the vis muscula fails from any cause, temporarily or permanently, in any muscle, that instant that muscle becomes paralyzed, fails to act, no matter how strong its controlling nerve may be ; that muscle can do nothing more until it is supplied with its own power again. On the other hand, if the vis muscula of any muscle is replete, and the vis nervea of that muscle is exhausted, that muscle will contract violently by spells or paroxysms, until the vis nervea is replenished, or the vis muscula is exhausted. Or if the muscular power is strong and there is some vis nervea in the controlling nerve, there will be irreg-



ular spasmodic action, and this irregular, uncontrolled action will be proportioned to the disparity between the vis muscula and the vis nervea, or the excess of the former over the latter.

This is a prominent point in the philosophy of human life, and, well considered and understood, will furnish a good clue to a correct knowledge of general pathology; it will not, therefore, be a waste of time to attend to a short illustration of muscular motion.

If the muscles of an arm are strongly developed, and well supplied with both muscular and nervous power, with all other accompaniments essential to the due performance of muscular motion, that arm, under the influence of volition, may be kept perfectly at rest, or put to regular exercise, severe or moderate, at pleasure. Now if a skillful demonstrator of anatomy could touch the source of power in the controlling nerves of its muscles, and effectually restrain it for a given time, without disturbing any other function, there would be uniform and powerful spasms or cramps of those muscles during the period of restraint of the controlling force; the muscles, in obedience to the simple law of contractility, the primary law of muscular motion, would shorten themselves, draw the arm up upon itself, and clinch the fingers, and hold them in that position with unflinching tenacity, until the present stock of vis muscula was exhausted, then the muscles would relax their grasp, get a new stock of energy, and renew their contractions, and thus the alternations of contraction and relaxation would continue till the controlling power of the motive nerves was restored, and obtained the ascendancy over the vis muscula. Or if the demonstrator were to put his finger upon the mainspring of muscular motion, the vis muscula, whether the vis nervea was affected or not, the muscles would become motionless, and no earthly power could excite them to action, short of obtaining a restoration of their appropriate power. A partial

suspension or diminution of the *vis muscula* would lessen the force of muscular contraction, while diminution of controlling force would induce irregular action in the muscles of the arm.

Examples of spasmodic action may be witnessed at any slaughter-house, where poor unoffending animals are felled to the ground with the axe, to the effect, if not with a design of producing spasmodic or some other impaired action in man. This mode of taking life, when the blow is not too heavy, often leaves a sufficient quantity of the compound principle of muscular motion to rally, after a few moments, and bring on violent spasmodic action by paroxysms, which are repeated a few times at short intervals, till the power is too much exhausted to affect the muscles.

The spasmodic action of the human stomach in vomiting, is occasioned by deficiency of *vis nervea*. The cause, whether it be tartar emetic, tobacco, rum, or other impairing and exhausting matter, reduces the *vis nervea* below the controlling point, while the *vis muscula* being present in sufficient quantity, causes a contraction of the muscular fibres which surround the stomach in different directions, forming one of its coats, and thus diminishes the cavity of that organ, and forces out its contents.

This theory, or principle of explaining muscular action, will account for all irregular or unusual action of the muscles. The kind and degree of impaired and irregular muscular action, will depend upon the particular structure or arrangement of the muscular fibres, the nature of their office, the quantum of existing muscular force, and the lack of subordinating or controlling power in their motive nerves.

The arteries have a muscular coat, but the nature and use of arterial action is such that their propelling muscular power must act in a continuous manner; and if, therefore, the *vis muscula* of the arteries predominates over their *vis nervea*,



the action or pulsation of the arteries will be proportionably more violent and harsh or throbbing, and this deviation or derangement of action will continue in regular paroxysms, until the muscular power declines within the control of the motive nerves, or the nerves rise in power to the control of the muscles, or by a mutual approximation, the vis nervea gets the ascendancy and restores the natural action. When the preponderance of the vis muscula extends to or affects the whole tissue of arteries, in connection with an impaired state of the calorifuge or heat-dispelling function, giving rise to an increase of temperature—and these two states generally accompany each other—there will be a general inflammatory affection; but when the excess is limited to a part of the arterial tissue, it will constitute local inflammation or inflammatory affection. The type of fevers and disorders in general, depends very much upon the correlative state of the arterial vis nervea, and vis muscula. When the muscular power predominates in this tissue of organs, the type is inflammatory; but when this power is deficient, and especially when it is reduced very low, and extends over the whole body, affecting the arterial system in all its capillary ramifications, the fever will be of the low typhoid type. Want of power, then, the most *vital* kind of power, is the proximate occasion of preternatural, or what is called morbid or diseased action, and the danger, when danger exists, lies in the deficiency or failure of this power, not in the excess of muscular action. The muscles never possess more power in the most furious, raving maniac, or the most uncontrollable tetanus, than they do in a healthy state; for nothing constitutes good health, the highest degree of vigor, but a full and overflowing state of the vital treasury in every department of life. And not only should the fountains of supply abound, and superabound, with vital energy, but every tissue of organs, and the fluids too, should be

charged and surcharged, and sparkling with the life giving principle.

It is common for physicians to estimate the danger in inflammatory affections, by the degree of violence or force of inflammatory action, and hence they are solicitous to keep down the action to obviate danger. Now admitting, for argument's sake, that the danger in these affections lies somewhere in the *symptoms*; it is still far from being true that the danger is to be measured by the degree of violence or strength of inflammatory action; for it is not uncommon to see pure inflammation of any and every part of the system, susceptible of such action, run very high, and yet terminate kindly by what physicians term resolution; while other cases, with little pure inflammatory action, often end in effusion of water, producing dropsies; in exudation of lymph, causing adhesions of contiguous surfaces; thickening of the lens, or other opacity of the eye, occasioning partial or complete blindness; in schirus, or induration of gland; or in mortification. From these facts it is obvious that if deranged action in general produces the evils that follow such action, the evils that follow inflammatory action are not attributable to that action according to the amount of pure inflammation, or excessive action, but considerably, if not principally, to some other circumstances connected with it.

These remarks are made in reference to spontaneous inflammations, or such as arise from remote causes, where an interval of time has intervened, sufficient to allow the animal economy an opportunity to accommodate parts that have been injured, to the unavoidable changes through which they must pass in order to be restored to soundness; and not to inflammations produced immediately by surgical operations, blows, and other injuries.

There are a number of contributory agencies concerned in



muscular motion of every kind, and essential to it, that have not been noticed above, as in the discharge of every organic function of human life, there is a complication of machinery; and I would again repeat what has already more than once, in one form or another, been brought to notice, that the object of this work is to promote a correct knowledge of general pathology, and not to teach anatomy, physiology, or any other particular branch of science, further than it may subserve the end in view.

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### NERVES AND NERVOUS INFLUENCE.

The nerves are divisions and elongations of the brain, sent forth and distributed to every sentient part of the body, and constitute the immediate instruments of vital operations, and the medium of intellectual manifestations. The nerves are uniform or alike in their anatomical structure and appearance, and were formerly, and at no very remote period, supposed to be one and the same in their physiological character, and to perform the double function of sensation and motion. But now it is demonstrated that there is one set of nerves given off from the anterior part of the medulla spinalis or spinal marrow, as it passes down the spinal column, that are exclusively the organs of motion, and another set given off from the posterior part of the same spinal cord, that are the organs of sensation. And most likely the anterior spinal bundle of nerves denominated motor, consists of three distinct species, viz: one to carry motive power to the muscles, to keep them in constant readiness for action; another to control the muscular power and subject it to the will, in voluntary muscles, and in involuntary ones, to the functional use of the organ of which they are constituents; and a third to carry out and

superintend the execution of the mandates of the will. There are also nerves of specific sense, such as are capable of producing each a specific sense and no other. For example, the olfactory, or nasal nerve can only give the sense of odors; the optic nerve, or nerve of the eye, of colors; and the auditory, or nerve of the ear, of vibration; no matter by what means they are excited to action. An electric shock to the eye produces a sense of light; to the nose, of smell; to the ear, of sound. Indeed there is most unquestionably a separate set of nerves subsidiary to every function, or tissue or circle of functions in the human system; and yet there is over and above all these a large set or system of nerves called sympathetic nerves, originating in a chain of ganglions, or subordinate brains, extending from the upper vertebræ of the back proper, downwards on each side of the spinal column to its lower extremity, and combined with some branches of nerves directly from the brain, and are distributed freely to every essential organ, and more sparingly to most of the other internal parts of the body.

Various opinions are entertained respecting the use of these nerves. One opinion ascribes the peculiar vitality of every organ of the body directly to their agency. But it is most probable that the organism, after respiration is established, derives its vitality mostly from the brain, through separate and independent nerves that pass from this great common centre or fountain, to each organ; while it may obtain some help from the sympathetic nerves, particularly in emergencies, as will be noted shortly.

Another view of the subject is, that by an extensive anastomosing or interlacing of the sympathetic nerves with the other nerves of the body, a close and intimate union is formed and maintained between the different parts of the system, so that each organ may understand the condition of the others, and deport itself accordingly. This is the most common



view, and one which gave rise to the appellation of "sympathetic nerves." But to my mind there are two strong objections to this opinion. First, such an arrangement of the nerves would breed confusion in the transmission of intelligence and vitality between central sources of power and their dependencies, and often subject parts that were not injured or affected themselves, to useless suffering and annoyance when some of their confederates were in distress. Secondly, it is not sustained by facts. Dr. Cutter says, "The most important use of the sympathetic system is to form a communication of one part of the system with another, so that one organ can take cognizance of the condition of every other, and act accordingly. If disease seize the brain, for example, the stomach, by its sympathetic connection, knows it; and as nourishment would add to the disease, it refuses to receive food, and perhaps throws off what has already been taken."

To this postulate of my respected friend, I must take the liberty to demur, and give a case or two with remarks, in support of a counter opinion.

D. M., in a drunken affray, had the left side of his forehead cleft with an axe, dividing the left eye through its centre, and making a deep fissure into the brain, through which a portion of its medullary substance escaped. This wound healed up in a few weeks without a single untoward symptom. The stomach was not *directly* informed of the sad disaster that had fallen so heavily upon its most elevated and renowned fellow laborer. The man possessed a remarkably strong, iron-sided constitution, and when the condition of the injured parts was made known at head-quarters—the only place to apply to for succor—the requisite aid was promptly forwarded as it was needed for an expeditious and thorough healing up of the breach. The patient, of course, was put under a strict regimen, and the necessary manipulations were gone through with for placing the divided parts in the most favorable position for



a natural cure, and the cure was effectually performed in a regular workmanlike manner, under simple Orthopathic treatment, and of course nothing was done by way of medicine to bring the stomach into sympathy with the head. And the stomach manifested no sympathy for its unfortunate neighbor; took whatever was offered it with a good zest, discharged its digestive office with promptitude and alacrity, and reposed quietly in the intervals. There was no occasion for its being disturbed and lacerated with a deep fellow feeling for its partner in distress; there were available vital forces enough at the control of the animal economy, to meet the exigency, without making drafts upon the immediate resources of the stomach, so as seriously to cripple it in its operations, or impair its sensibility.

Another case. Mrs. N. H., a hard-laboring washer-woman, was affected with a painful inflammatory swelling of the left hand, while the right hand knew not what the left hand was suffering. There was not the slightest perceptible change, or manifestation of sympathy in the right hand. Its pulsations were natural, its temperature good, and its sensibility remained unimpaired. Under the influence of a large emollient poultice, rest and suitable regimen, the left hand soon acquired power enough to restore itself to soundness without being subjected to the necessity of passing through a protracted and painful suppurative process, and now the right hand fell into the same predicament that the left hand had been in, and was less fortunate than its twin-sister in the termination of its malady, for it was left to pass through the stage of suppuration. The left hand in its turn took no notice of what had befallen the right hand, knew and cared nothing about its condition; it had recovered its own soundness and enjoyed it. The right hand was not in fault for the mishap of the left, nor the left for that of the right; neither sent a baneful influence to the other to mar its hygiene pros-



perity. They were both connected with and mainly dependent on a common source of motive power for a supply of the living principle, by which alone they were able to discharge their several complicated and numerous functions. At this time, from the operation of causes beyond their control, the vital fund, available to them, was in a low state, and could not, consistently, be furnished in sufficient quantity to keep them both in a sound and healthy condition. Both hands were constantly sending in their drafts for help, and these were urged on too with an importunity proportioned to their destitution, and the returns, from the scanty stock on hand, were gaged accordingly, with the strictest impartiality; and yet there was at different times a disparity in their several ability to sustain themselves, which may be accounted for thus:—

I have said above that both hands were mainly dependent on their common source of power for a supply of the living principle; they, as well as all other parts of the body, are *ultimately* entirely dependent on the general source of power common to all the branches or parts of each tissue of organs or circle of organs respectively; yet every individual organ has a subordinate centre in its vicinity, proportioned to the magnitude and importance of the organ, from which its immediate wants are supplied, and on which its calls are first made, and when this source fails, the calls are extended through this centre to the fountain head. It is easy to see therefore, that local circumstances may operate to elevate or depress one branch of a tissue of organs in its vital operations, beyond that of other branches belonging to the same tissue, and all depending on the same general circle or centres of power and influence.

Every part and parcel of the human system, even the most minute, that has work to do, or a want to be supplied, has a telegraphic communication with the brain, or a portion of it, *its* common centre, to which it makes its wants known; and

this communication is direct, and does not branch off in every direction for the purpose of spreading information to all parts of the body; and when a special message reaches the intelligence office to which it is destined, it goes no further, is not re-tegraphed to convey tidings on to all or any other parts. The true condition of each and every portion of the system is well understood and considered at the *Sensorium Commune*, or general intelligence office—unless the telegraphic wires are sundered, or injured—and no where else; and supplies are forwarded accordingly—to the full measure of wants, when the state of funds will warrant, otherwise they are dispensed on the true pro rata principle, all circumstances being well considered. And when vital forces are dispatched from head quarters, they too must pursue a direct course to the precise point of their destination, without a possibility of straying through some cross-road to another place; nor can they retrograde in their movements, and make their way back again to head quarters. The vital forces, however, do not travel with the speed with which the telegraphic dispatches are made; on the contrary, they are comparatively very slow in their march, especially when they are very much worn down and fatigued, and when the roads are obstructed, or in a bad condition. Many of the organic forces, especially those that go to remote parts of the vital domain, have numerous places of rendezvous to pass on their route. In addition to the subordinate centre or small brain in the immediate vicinity of each organ, there are other still smaller ones in the course of most of the nerves, formed by a convolution or turn of the nerves upon themselves; when the forces have passed these, and reached their last place of rendezvous, the little brain just referred to, they are ready to be called into action.

What possible advantage could accrue from a free and immediate telegraphic communication between the different



parts of the body, in addition to the general bond of union which is established by a connection of the organs separately with their respective centres, and the whole by a common centre or fountain of power and influence? By such an intercommunication they might learn each others' condition, and sympathize with each other in distress, and thus multiply their troubles a thousand fold, without any ability to afford mutual relief, for this comes only from the source of power. There are a few facts that at first blush seem to countenance the prevalent opinion of a direct interlacing of the nerves, and thereby the establishment of a sympathetic communication between individual organs, but when all the facts that bear upon the question are duly considered in their true physiological light, the evidence will preponderate strongly against such a notion.

The facts relied upon for sustaining the current opinion, are the frequent concurrence of disorders in two or more organs; and the reciprocal affection of the head and stomach is instanced as often for proof in the premises as any other case, and is as good an example thereof, as can be given. Now if there were a direct nervous communication between the brain and the stomach, by which one could take cognizance of the condition of the other, and sympathize or *suffer with* it—which is the true etymological definition of the term sympathy—then this associated affection or fellow suffering should be manifested on all occasions, when one of these organs is brought into a suffering condition; and especially should this token of conjugal affection be exhibited when either the head or the stomach had fallen, under sudden and violent treatment, into dire calamity, when the general health and vigor of the system was on its flood tide; when, if ever, all the vital susceptibilities are in the best possible condition for a realization of correct physiological sympathies and impressions.

But we never have specimens of this interlaced or cross-lot sympathy under such circumstances. The head may be broken, and the brain—the upper portion—be scattered to the winds, and the stomach will maintain its firm, untrembling position; or the stomach may be emeticized till its energies are exhausted, and the brain will make no sympathetic response. It is only when two or more distinct organs have been brought each to the borders of bankruptcy by the exhaustion of their individual sources of sustaining energy for the time being, that they bow to each other under affliction. In the periodical “sick headache,”—quite a fashionable complaint in this tea and coffee drinking age—the head and stomach have been reduced to a complaining point by the action of general stimulents upon them, and now for a number of hours together, these sympathetic friends will keep up alternately a very genteel and glowing reciprocation of their tender condolence. For a few moments at a time the head will throb with such exquisite touches of grief for its afflicted yoke fellow, that the lady will express strong fears that it will burst asunder, unless it is put under the restraint of firm bands or strong hands.

Then the stomach in its turn, in view of such deep-toned token of affectionate remembrance, and as if determined not to be out-done in its expression of pathetic sorrow, sets to heaving with most heart-rending throes, as if it would embowel itself of all its earthly comforts. This condolment is to be accounted for in this wise. Both the head and stomach are reduced to a distressed condition by the temporary exhaustion of their individual stores of vital energy from the operation of general causes, and would be doomed alike to unremitted suffering until their respective energies were recruited, but for the interposition in their behalf of partial succor by the general economy through a corps de reserve, which will be explained in the sequel. Aid from this source being inade-



quate to the full and steady relief of both organs, is divided between them in alternate allotments, till the renovating process which is in active and ceaseless operation for their restoration to soundness and vigor, shall place them above dependence on borrowed resources. While therefore the head is favored with this temporary and partial supply of invigorating principle, the tone, and sensibility of its suffering parts are elevated to a comfortable state, and the stomach is left below this level, in the region of spasmodic anguish; but when the balance of power is turned over to the aid of the stomach, this organ is able to resume an easy and steady position, and the head falls back again to the aching point.

Perhaps some will be ready to ask, "What did St. Paul mean when he said, 'And whether one member suffer, all the members suffer with it; or one member be honored, all the members rejoice with it,' if the members are not bound to each other by a special bond of sympathy?" St. Paul meant just what he said, and just what is true in a most emphatic sense.

The human system is so constructed and arranged under a common bond of union, and with such general ties and interests, that no member of it can be in an impaired or imperfect state without prejudice to all the others.

It is essential to the highest well-being of each and all the members that the body corporate should be "perfect and entire, wanting nothing." It is a great misfortune or evil to every individual member of the physical system, as well as to the social membership of households and communities, that the organs of *tune* should be in their present dilapidated state. In a perfect state of society, many of the fairer sex will far excel Jenny Lind in singing; for this nightingale has not a perfect body, and, on the principles we are advocating, no organ or tissue of organs, can be perfect, unless all the others are perfect. And it is a happy sign of the times that much

prominence is being given to the culture of the vocal instruments of music. But in another department of education, a most deplorable evil is being perpetrated, which, if not soon arrested and corrected, will long postpone the predicted period when, "There shall be no more thence an infant of days, nor an old man hath not filled his days." Reference is here made to the present mode of female education in the higher branches of literature.

Objection is not made to the *education* of females, which is very properly becoming popular throughout Christendom; but the evil alluded to consists in the *mode* of training, which, while it essays to develop and polish the brain or mental organs, leaves the lungs, heart, arteries, muscles and nerves to languish for want of suitable and sufficient scope and exercise. For while "the man is by the woman," and the woman possesses an enervated physical system, so long the race of men will be effeminate and short-lived; there will be an abounding of "infant of days," and multitudes of men will go down to their graves who have not "filled their days." No human body can be fully developed and perfected, without much and vigorous exercise under the open canopy of heaven, with the chest and limbs free and unrestrained, in the plastic season of childhood and youth.

But to return to the point more particularly under discussion, it may be remarked, that in proportion to the soundness and general health and vigor of the system, will be the facility with which individual organs will recover themselves from local injury and disability, and others hold on to their integrity and activity in spite of the crippled state of their neighbors. "Give me a case of pure unmixed intermittent," says the Doctor, "and I will cure it up at once." Pure unmixed intermittents, as well as pure and unmixed single affections of most kinds, with an otherwise good condition of the system, the cause of disturbance removed, and circumstances made



favorable for a natural renovating work to be performed, will soon disappear without the help of quinine or any other compulsory means. It is astonishing with what rapidity large fleshy wounds will sometimes heal, when simply closed and retained by adhesive straps, and the general health properly attended to. And occasionally an extensive and horrid laceration and wounding of important parts will be recovered of, when, in the nature of the case, such an event would seem to be an impossibility. One of the most remarkable cases of this kind, if not *the* most remarkable case that ever came to my knowledge, was related some twenty or more years ago, in the Boston Medical and Surgical Journal, and well vouched for. A young woman, assisting in unloading hay or grain, slipped from the mow, and fell upright on a stake in the cart, and drove it through the whole length of her body, the upper extremity of it forcing its way through the upper and anterior portion of the chest far enough for her to grasp it with both of her hands. She was taken to the house, and laid on a bed, without, for a while, any efforts being made to remove the stake, under a strong conviction that she could live but a short time. But as life held out, the stake was removed, and to the amazement of all, she finally recovered.

Over on the other extreme, the slightest injury that can be inflicted, inevitably results in death. A brawny blacksmith receives a slight scratch on the knee by the sudden jerking of a horse's foot; the part inflames, a general febrile state ensues, and in two weeks he is put into his grave. A lady pares a corn on one of the toes, slightly wounds some of the little vessels, and in a few days she makes her exit. A sturdy sea captain bruises one of his toes, thinks but little of it, in just one week feels a little stiffness in the muscles about the neck, with some difficulty in moving the jaws, and at the close of another week dies with tetanus, or locked jaw.

In these cases there is a faltering in the vital movements of one member after another, in rapid succession, not from direct and special sympathetic association, or because one member has learned that his neighbor is in peril, and gives out under exhausting efforts to render assistance ; but the whole system, or some of the general tissues or systems of organs essential to life, are bankrupt in power, and but just able to keep up a show of health in the absence of all new disturbing causes, and as soon as a straw gets before the wheels, so that a little more power is demanded to keep them in regular motion, derangement ensues, which involves the whole organism in destruction, and the best that can be done is for the several parts to stand in their lot, and hold out as long as they can with what force they have, for no reinforcement can be raised, sufficient to check disorder, and restore health.

The question very naturally arises here then, what purpose does the great ganglionic system of nerves, or the great sympathetic nerve, as it is called, which is distributed so liberally and extensively over the system answer, if it is not to form a bond of sympathy between the parts with which it is connected ?

Its primary use is to furnish and sustain vegetative, or organic life, for it is the first formed portion of the human body, and continues to hold a prominent position among the essential organs, during the development and growth of the body ; and it probably continues through life to preside over the nutritive function, and contribute much to the vitality of every part of the body ; but a peculiar and very important office which this distinguished branch of the nervous apparatus has the honor to perform, is to act as a reserved corps in cases of emergency : and especially to succor unfortunate organs in the hour of distress and danger, more particularly the most vital ones, to which it is distributed in



the greatest profusion. That this system of nerves does hold and dispense a balance of power, not for party purposes, but to strengthen the feeble, is rendered more probable by the fact that it communicates with the brain by a number of branches of nerves from that organ.

The general arrangement and uses of the nerves, may be summarily stated as follows :

1st. The nerves of special sense, as those of sight, hearing, &c.

2nd. The general sentient or telegraphic system of nerves, by which intelligence is communicated from all the out-posts to the central intelligence office, the brain.

3d. Nerves of motion. Of these there are at least two distinct sets ; one to convey force to the muscles, to give them ability to act, and another to control the muscular power, and subject it, in the muscles of voluntary motion to the direction or control of the will, and in the involuntary muscles to the control of the particular function of each organ with which they are connected.

4th. Ganglionic or sympathetic system of nerves, derived chiefly from a chain of ganglions, or subordinate nervous centres, situated along the spinal column, on either side ; eventually forming an important alliance with the brain ; originally organic or vegetative nerves, being the primary source of vitality to the whole organic structure, and probably continues through life to afford material aid to the great function of nutrition—which employs, in all its diversified operations, an extensive and complicated system of vital machinery—but has the special honor of holding a balance of power for equalizing purposes, particularly among the most essential organs, and especially in emergencies or periods of danger.

The nervous filaments pass from their origin in a distinct state—though a number of kinds may be bound up in a

bundle together, and enclosed in a common envelop—and in a continuous manner to the parts on which they are to be expended, and which they are to serve, and here they terminate.

That this is the general arrangement and use of the nerves, is proved by a great variety of facts. “A piece of wire pierced the brain of a boy just over the right eye; he immediately lost all motion in the left arm and leg, although his sense of feeling remained as perfect as ever.”

Here the wire suspended for the time the propagation of contractile force from the brain to the arm and leg. It might or might not have touched the controlling nerves of the parts; so long as there was no power in the muscles to move, the controlling nerves, whether sound or not, had nothing to act upon. If the power of the controlling nerves had been suspended, and the muscular power had continued unimpaired, the arm and leg would have been immediately subject to spasmodic action or cramp. The bundle of sentient nerves was not reached, as the sense of feeling remained “as perfect as ever.” The fact that the consequences of the injury by the wire were experienced on the opposite side of the body from the one on which the injury was inflicted, shows, what has been otherwise abundantly demonstrated, that one side of the brain furnishes nerves for the other side of the body.

Mr. Eli Salmons, of Trumbull, Ct., about forty years of age, rather stout built, fell from the plate of a barn frame and fractured the second and third vertebræ, or spinal bones of the neck, portions of which were forced in upon the spinal marrow, or the great cord of nerves which passes down the spine. All power of voluntary motion and all sensation were immediately lost in all parts below the chin, while in the head no immediate change was apparent; the mind, sight, hearing, speech and feeling continued unim-



paired to the close of life, except as they naturally waned with the loss of power. He could discriminate in the taste of food, chew and swallow it, but there was no action in the stomach nor motion in the bowels. He lived seven days.

Dr. Edward Crafts, of Derby, sixty or more years of age, good sized frame, and rather fleshy, firm and enduring constitution, was thrown from his horse and received an injury about the lower end of the vertebræ of the neck, which compressed the spinal cord, and destroyed all sensation and voluntary motion below the neck, except that he could slightly move the thumb and fore finger of each hand, and retained a little sense of feeling in the semembers, along the upper or anterior portion of the arms, and a little way down the shoulders and breast. The mental faculty was unimpaired, as were also the organs of sight, hearing, smell and taste. The function of digestion was partially spared, and with artificial aid, the bowels were occasionally moved. Dr. C. lived four or five months.

Mrs. Pease complained of a growing numbness, and gradual loss of power of voluntary motion in the lower extremities. On examination a small tumor was discovered about midway of the spine, which, in the course of a few months, ripened into a "rose cancer," opened in the middle, turned itself inside outwards, and presented, at a little distance, the appearance of a bright damask rose.

The tumor had its roots in the great bundle of spinal nerves, and as it increased, the parts below which were depending for nervous influence on this source, gradually languished; and the woman, possessing naturally a slender constitution, died with general emaciation.

Facts like these—and they are very numerous—show that human physical life is dependent on an influence, or a *something*, a positive entity, which is called by various names, such as *vis vitæ*, nervous influence, *impetum faciens*, prin-

ciple of life, &c., &c., derived from the brain, and transmitted to the different organs and system of organs through the medium of the nerves; and that this power, in its several characters, has an appropriate and disconnected channel through which it passes from its origin to its final destination; and that no power is originated at and sent back from the extremities of the nerves to or towards their source.

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### VITAL PRINCIPLE.

Notwithstanding so much has been said and believed respecting the principle of life, no one has ever yet been able to detect it in any other way, or by any other means than its sensible effects. How it is produced, in what form it exists, how it is applied, or how it operates in producing its results, are questions involved in the deepest obscurity. The mystery that envelops the principle of vegetable life, and its method of operation, is no less deep and impenetrable than that which obscures the principle of animal life, and its mode of operation.

Two apple seeds may look precisely alike, and yet one of them possess a principle or property, which, under favorable circumstances, shall cause it to germinate, grow and produce a handsome and valuable tree, whilst the other has lost this principle or power. And the apple tree may be made to bear a great variety of apples, and no human being can tell how the vital property manages to produce from a common sap or fluid, by means of little vegetable fibrils, a white sour apple on one twig, and a red sweet one on another.

But notwithstanding the subject of human life is, in many respects, shrouded in so thick an obscurity, yet there



is much that is known respecting it; and there is good reason for believing that if this knowledge is properly improved, it may lead to methods of care and culture that shall eventually—and not many generations hence, either—restore the human system to its pristine model in stature, form, symmetry and power; “A consummation most devoutly to be desired.”

It is true then in the first place, that life in the human body is sustained by the presence and action of a real potential principle, which has its chief seat in the brain, and is drawn forth through the medium of the nerves, to the several parts of the body by a vital affinity, or in virtue of a relation which the parts and power sustain to each other; that this principle or power becomes exhausted or used up by action, and therefore needs a constant replenishment; and that, in consequence, it is liable to rise and fall in quantity and vigor, provided the expenditure exceeds the income; that the source and income of this power is beyond the ken and control of man, while both its economical and extravagant expenditure are within his discretion, and at his pleasure; that this principle of life can never be in excess, for if it were to abound in sufficient quantity to furnish a full supply to every moving fibre, and charge the whole of the solids and fluids to their fullest capacity, it could not exceed their necessity and demand, and would only serve to secure the most perfect health and highest degree of physical well being; that, other things being equal, the health and strength of the system is in proportion to its vitality; and that when a portion of the system, solid or fluid, is removed from the rest of the body, while in a high state of its vitality, and thus separated from the source of its life, it will comparatively long resist the action of the principle of corruption or decomposition, but separated under opposite circumstances runs readily into putridity.

In the second place, it is clear that the principle of life is under law, a law that is commonly called law of the animal economy.

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### LAW OF THE ANIMAL ECONOMY.

None who believe in the existence of a Supreme Creator and Governor of the Universe, and are in the habit of observing the exact order and harmony that prevail in all the material substances and bodies around them, will question that their own bodies, which are so "fearfully and wonderfully made," are constituted in accordance with fixed principles, and that ordinarily at least all the vital machinery of their physical systems is controlled by express law. On the general question there is no difference of opinion among physicians; they all believe in the existence of a law for the government of the physical organs, and urge the importance of observing and heeding its operations; and in a perfect state of the human system they regard this law as fully adequate to the government and control of all the vital forces and all their actions; but in a disordered state of the body, the economy of life, in the opinion of the great mass of physicians, is incompetent alone, to exercise the entire supervision and direction of all her internal affairs, and needs some counsel and aid from the "human mind," backed by something more than natural internal physical force. With regard to the kind and degree of interference with the natural administration of organic function, which is called for by any particular emergency, great diversity of sentiment and practice prevails among the medical faculty.

A BRIEF OUTLINE OF THE LAW OF THE ANIMAL ECONOMY OF HUMAN LIFE.—Law of animal life is an inherent principle or tendency in the animal organs or instruments of motion, by



means of which they discharge certain specific duties, or perform certain specific acts; and this law, principle or tendency is immutable in its character, always operative, and always acting in one direction while there are organic forces for it to act upon, with as much positiveness and unerring certainty as that water will run down hill, or heavy bodies tend towards the centre of the earth. This law may be advantageously viewed in two aspects, in its local and in its general operations.

*Local operation of the Law of Animal Life.*—In virtue of this law, each organ has a distinct and specific work to do, which it must do, or essay to do while it has power to act; and the action and stability of any function, and the perfection of its work will be proportioned to the ability of the organ to labor—a due supply of proper material being of course understood. For example, the bile system must elaborate and supply bile just when, in the exact quantity and of the precise quality required, if there is power enough at the command of the vital economy to effect that important end; if there is not power enough to enable it to furnish perfect bile as the occasion requires, the bile system must fulfill its obligations in this respect according to what power it has, and not according to what it has not. Should there be more power in store at any given time than is requisite for the faithful and legitimate discharge of the bile function, it may not all be called into action at once, but if there is a deficit of power, the whole of what there is must be put in requisition and used to the best advantage, either in making bile, or in repairing machinery; and just in proportion to the deficiency of the bile forces will what there are be urged forward into the field of action, and put to service with the strictest and most rigid economy, leaving no call or occasion for the interposition of artificial means to wake up dormant energies under any circumstances whatever; for in a paucity of vital forces there are no dor-

mant energies, and when they superabound, there can be no necessity for waking up the dormant ones. This example will suffice as an illustration for all the departments of human physical life, for the principle on which their operations are conducted is the same in all.

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#### GENERAL OPERATIONS OF THE LAW OF ANIMAL LIFE.

While each organ or group of organs is mainly dependent on its own individual source of power for conducting its functional operations, and wholly dependent on this source except what aid it draws through the great sympathetic or ganglionic system of nerves on special occasions, they are all under the immediate and absolute control of the general law or economy of life; and this government is exercised with a wise and impartial regard to the highest good of the whole system. One obvious feature in the general administration of the vital economy is, a strong tendency to develop and perfect the human system as a whole, which may very properly be called the *law of equilibrium*.

Nature abhors a defect as she does a vacuum, and never fails to employ every means and opportunity in her power to repair breaches, build up waste places, enlarge, consolidate and strengthen feeble parts, and to push forward towards a perfect state of the whole organism; and could there be a just and appreciable estimate made of all the obstacles that are thrown, directly and indirectly, in the way of her consummating so desirable and important an end, it would show that the upward and onward tendency of the law of the animal economy was not of a fickle or capricious character.

Another very prominent feature in the general law of the animal economy, is a tendency and faculty to adapt the sys-



tem to changes and circumstances, which is aptly denominated the *law of accommodation*. Some men possess this faculty in a comparatively remarkable degree, though no degenerate son or daughter of Adam now enjoys it in any thing like a perfect state. But some individuals have their physical system so nicely constituted and balanced, and their accommodating faculty at all times so vigilant, active and energetic that they pass through a long life without any severe or protracted physical sufferings. There are a few men of this stamp in every age that reach an advanced period in life without acquiring much personal knowledge of bodily distress; for they are so strong in the accommodating principle, that injuries inflicted on any of their organic structures are immediately repaired, their forces replenished, and both their sensibility and activity maintained steadily at a point quite above the ordinary standard of health, until the oil of life is consumed, and the lamp goes out.

Others possess the accommodating power or principle in various proportions, and the same individuals in different degrees at different times. At one time, A. may take almost any thing into his stomach, that any human stomach can dispose of, and feel no immediate ill effects from it; while at another time, the smallest quantity of the mildest nutrient material will produce exquisite suffering. At one time he may suddenly abandon a long accustomed use of tobacco, rum, opium, or any vile and destructive habit, without experiencing any serious inconvenience therefrom; at another time any change of this kind would overwhelm him with inexpressible torture. At one time he may expose himself in any form or to any extent in cold, misty and stormy weather without "catching a cold;" and yet at another time, a slight exposure, or leaving off an accustomed flannel garment, or almost any change in dress or other circumstances that have a bearing upon the catarrhal tissue, will introduce "a terrible



cold." At one period, wounds, bruises and injuries of any kind heal readily and rapidly; at another period, under similar circumstances in other respects, slight injuries will be very tardy in healing, if they heal at all.

This important topic might be presented in a great variety of interesting aspects, if my limits would allow, but I must dismiss it by recommending to the reader to get one comprehensive view of it firmly fixed in his mind, viz: that human life is a unit; that from its dawn to its close, it is one and indivisible and unchangeable in its nature and tendency. Although the human system is composed of millions of parts, each of which has a distinct office to fulfill, yet there is one overshadowing and all-pervading influence which binds them together and directs and controls the action of the whole; always aiming and tending to the perfection of the body corporate, and the perpetuation of its existence to the greatest possible extent. The law, or rule of action by which the vital economy maintains its sway over the diversified and complicated machinery of the human system, is obvious and comprehensible; it is that of simple elective attraction. The living human body is impressed with susceptibilities, capabilities and wants; the latter are made known through appropriate channels, and supplies are granted on the "loudest call" principle; the member that importunes the strongest—special regard being had to the importance of the member—obtains the readiest and fullest response.

The vital forces have no element of laziness in their composition, and of course do not need even "a little jogging" to remind them of their duty. At whatever post they are most needed, and a passage is open for them in that direction, they repair to as naturally as a hungry ox goes to a full stall. And as needy starving members are importunate in proportion to their deep poverty, there can be no hazard in extreme cases, in leaving the disposition of natural force to natural



law, for whatever may be the extremity, all that can be done to save life, within the ability of organic power, will be done to the last particle of vitality.

If this Orthopathic view of life be correct, then the opinion advanced by Dr. Rush, and held by many other physicians, that "Life is a forced state," is not true. Life is no more a forced state, than the motion of the planets in their orbits, or the falling of ripe fruit are forced states. Nature is in perfect harmony through all her realms, in all her operations. Inorganic affinities have no disposition or power to act upon animal matter charged with vitality, and wait patiently until the last glimmering of life has faded quite away, before they take possession and prosecute their legitimate work. It is only from "man's inhumanity to man" and himself, that life meets with opposition; and, considering the amount of force with which nature has to contend in the aggregate of malign influences, from these sources, it is strange, 'tis passing

"Strange that a harp of thousand strings,  
Should keep in tune so long."

## PART II .

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# GENERAL PATHOLOGY.

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We come now to the gist of our subject, viz: to inquire respecting the nature of disease, and what is the immediate cause or occasion of the development of those phenomena or symptoms that by common consent are thus denominated. Until these fundamental points are settled, it will be in vain to look for anything like a uniform system of therapeutics, or a rational and systematic mode of treating the sick.

“Disease,” says Dr. WILLIAMS, “is a change from the natural condition of the function or structure of the body.”

This is the simplest form of definition that can be given to what with most people out of the medical profession, and with many members of the profession, too, constitutes disease. Any unnatural or unusual appearance in the living body, according to the above definition, is disease. It may be mild or severe, local or general, acute or chronic, simple or complicated, transient or of long continuence. When the change is confined to the action or function of a part, it is called functional disease; but when structure or substance is changed, it is called structural or organic disease. It was formerly the general if not universal opinion of physicians, that the change here referred to comprised the whole of that with which the medical practitioner was to contend. In



later times, however, many leading medical men hold that symptoms are but effects, and can continue only while the cause which supports them continues. Among those holding the old doctrine, was the late NATHAN SMITH, M. D., Professor of Surgery and the Practice of Physic in Yale College, whose eminent medical endowments his professional brethren and others delighted to honor.

In speaking on this question, Dr. SMITH says: "As for the proximate cause, I know not how to separate it from the disease itself. Since the disease is known only by the phenomena it exhibits, these phenomena may be considered as constituting the disease, or all we know of it."

It is not a little remarkable, in view of the amount of labor that has been expended for improving the science of medicine, that so little should have been bestowed upon the question whether there is or is not a specific proximate cause or occasion for all deviation of organic function or structure from the natural state; and if there is such a cause or occasion to ascertain how much of its removal should be devolved upon natural effort, and how much of it referred to the province of art. Many able writers on medicine have given elaborate descriptions of disease, or classifications of symptoms on various grounds, with full illustrations; have noticed at considerable length the remote and occasional or exciting causes of disease, and have apparently drawn up complete systems of therapeutics; that is, they have pointed out the means to be used for the cure of disease, their nature and mode of operation, and the quantity, method and circumstances of their administration; but they have not deigned to show us the why and the wherefore of their cure; the short but significant chasm between cause and cure, they have passed over in silence. They have impliedly assumed that in some mysterious manner, the current of healthy action and of healthy condition has been checked and turned backwards; that in

some inexplicable way a tendency in the vital economy to death has been induced, which, if not seasonably checked by the interposition of art, may prove an over match for the powers of life.

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#### ORTHOPATHIC DEFINITION AND VIEW OF DISEASE.

The shortest definition that can be given of disease Orthopathically is, negation of or impaired health; feeble vitality. The orthopathic stand point is, that life is a unit; that healthy action and healthy condition flow as naturally and as easily from the presence and unobstructed exercise of vitality, as that rain or snow descends from the clouds, or vapors ascend; or as that any other phenomena in nature occurs by the operation of natural law. In a sound state of the organic structure, under a full tide of vital influences, with nothing to check or impede its operations, there will be perfect health; while in an unsound state of the organism, a low or feeble condition of the vital current, or with the antagonism of impeding causes, health will be defective or impaired. The kind and degree of impaired health will depend on the nature or physiological character of the part affected, the paucity of the organic forces, and the degree of power exerted by the impeding cause. The tendency of life is always in one and the right direction, to preserve, perpetuate and perfect the organism. In this exegetical view of general pathology, the reader will perceive that the phenomena or symptoms which have been held and are yet to a great extent held to constitute disease, are but the external and sensible manifestations of a low state of vitality.

TWO FUNDAMENTAL PRINCIPLES IN DISEASE, OR THE DESCENDING AND ASCENDING PATHOLOGICAL TRANSITIONS.—First



principle, or the descending pathological transition. A low state of vitality, or extreme disease is never reached abruptly, except by a stroke of lightning, or some power that strikes directly at the source of life with an overwhelming force. From the language and conduct common in medical practice, one might infer that, on some occasions, the vital economy had been taking a long nap, and meanwhile some important parts had passed into a condition that would soon involve the whole system in destruction, unless mother nature was aroused from her slumbers by a severe flagellation, and made to exert herself with unwonted energy, in order to avert the calamity. How common for physicians to speak of congestion of the brain, liver, lungs, &c.; or, of inflammation of some important part; of a torpid liver, or excess of bile; of constipation of the bowels, or unnatural action in them; of a spinal affection, or some serious palpably developed disorder or condition of the system as the immediate cause of danger. Not long since I was present at a post mortem examination of a young man who had died with lung consumption. On opening the chest, an abscess of one of the lobes of the lungs was laid open. "There," said one of the operators, "I don't want to look any further for the cause of death." But how came that abscess there? How comes the liver diseased? How and why do congestions, inflammations, spinal affections, spasms, &c., intrude themselves upon the attention of physicians?

Two travelers mutually agreed that if either of them should ask a question that he could not answer himself, he should pay a stipulated forfeiture. As they were passing the skirt of a piece of woods, some squirrel holes in the ground attracted their attention, and became the subject of remark. "How curious it is," said A., "that these little animals make large excavations in the earth, and yet never show any dirt about the mouths of their holes." "How do

they do that?" enquired B. "They begin at the further end of the hole to dig," was A's reply. "Ah! how do they get there?" asked B. "That is a question of your own asking," said A.

Now, whatever may be the burrowing habits of forest squirrels, *pathological* squirrels never begin at the further end of the hole to dig. The ground is first broken at the surface, and there is a regular gradation from the summit level of physical soundness to the stagnant fenny region of disorder. It takes a great while, and an amazing amount of opposing, noxious influences to reduce a healthy vigorous human system to a diseased state, according to the common acceptation of that term. It is but a few years, comparatively, since delirium tremens, or mania a potu made its appearance, and yet the use of alcohol, the only instrumentality by which such a catastrophe can be effected, had been indulged in by many families and districts of country, through many generations. And no doubt it required ages of the continuous action of appropriate causes on definite tissues or sets of organs, to prepare them for the first exhibition of the phenomena—and these mild at first—of small pox, measles, and other forms of disease that are denominated specifically contagious. And they who have the misfortune to possess a cachectic or serofulous habit of body, in consequence of which they are ever liable to serious maladies from slight causes, have not fallen into this dire condition accidentally, or suddenly. If their pedigree could be traced back to a strong healthy race or stock, and all the impairing causes that have been instrumental in reducing them to their unenviable inheritance, could be correctly computed and presented, it would exhibit an appalling spectacle.

A change in substance or structure, can only be reached through functional derangement; and functional derangement can only take place through loss of power. The order and



progress of these changes in the descending scale, may be illustrated by reference to a single organ, for example the liver, in the changes that are but too commonly wrought in this essential viscus, by the use of alcohol and other deleterious substances. Although the action of the noxious material is primarily and directly, upon the substance of the liver, yet the bad effect would be discovered first—if we had the requisite means for measuring the vitality of parts—in the reduction of power. For even in a tolerably well formed and furnished organism, there is more power in store, ready for an emergency, than is just necessary for ordinary healthy purposes, as capital, over and above the ordinary expenditure; and while, therefore, the draft upon this power is increased by every additional assault—in order to maintain functional action, and keep this equal to the maintainance of structural integrity—the supply necessary for these purposes will be furnished till the capital is exhausted: then if the demand for power to sustain functional soundness exceeds the income, the part must falter in its action, and here commences functional disease, “a change from the natural condition of the *function* of the body.” For a while yet, however, no material or enduring change is suffered to take place in the structure or substance of the liver from its natural condition. The most rigid economy is practiced in the expenditure of power; reinforcements are called in as far as can be without incurring greater peril elsewhere, and every favoring circumstance is improved to avert, if possible, so deplorable a calamity as the ruin of a vital organ. The tired energies hold out for a season; at times they lag behind their work, then gathering fresh strength, make an onward and impulsive effort, and regain what they have lost. But at length the unequal contest balances against feeble vitality. The absorbents fail to remove the cumulative mass of worn out and useless matter, and the secretory organs fail to

repair wastes; and here another grand stage in the pathological descent is reached—organic disease, “a change from the natural condition of the *structure* of the body.”

#### SECOND FUNDAMENTAL PRINCIPLE IN DISEASE, OR THE ASCENDING PATHOLOGICAL TRANSITION.

In the lowest depth of adynamic disease, when the last glimpse of life seems fading quite away, there still lingers, lives and reigns the “law of cure,” which will secure a restoration to health, if, under existing circumstances, such an event is possible. Rest and replenishment of power is the first step in the ascending pathological transit; removal of useless matter by the decomposing function, with its activity and force increased by resting, constitutes the second step, and the third consists in a repair of breaches by the accretion of new well wrought material. These three steps form the first grand division in the ascending pathological transition, the removal of *structural* derangement, or cure of *organic* disease. The next grand step in the ascending pathological work consists in the re-establishment of regular or natural *functional* action.

Some good examples for illustrating the principle and operation of the “law of cure,” in the ascending pathological transition, are furnished by the thorough reformation of inebriates. Some of these wretched men, reduced almost to a state of putrefaction, their bodies bloated and ulcerated, and the important organs seriously damaged, with the general tide of vital forces at a low ebb, put themselves into the hands of Nature, for the purpose of being subjected to a renovating operation, and in a few months are changed into new men—literally so, as far as flesh and blood are concerned.

ORDER OF PROCEDURE IN ONE OF THESE TRANSFORMATIONS.—As soon as the enemy is fairly restrained from the coast, and there appears no longer a necessity for maintaining a stand-



ing army in the field, to guard, protect and succor exposed territories, a general order is issued for the reduction of forces at all points except the common emunctories or scavengers; and the feeble forces at these posts are reinforced by the disbanded troops from other stations, to enable them to bring up the arrearages of expurgation that have accumulated in consequence of their having been overtaken,

During this operation, a variety of sensible and visible changes occur, some from a withholding of forces from important parts, and others from an augmentation of the excretory power. Of the first class are loss of appetite, languor, and an indefinite amount and variety of indescribable suffering. Of the second class, general emaciation, occasioned by the removal of a mass of effete and cumbersome matter, thus freeing the instruments of motion of their impediments. The work thus far constitutes the first grand stage in the ascending pathological transition; the second grand stage in this ascending pathological transformation is accomplished by the equalization of power among the analytical and synthetical organs; the re-production, consolidation and vitalization of new matter, and the re-establishment of natural functional action generally. This is the common order pursued in all organic diseases, from whatever cause, when cures are effected.

A little attention to one of these renovating operations, will show about how much value should be attached to the artificial ways and means commonly resorted to for purifying the blood. Nature never attempts to purify an impurity; her course is to throw away spoiled matter, solid or fluid, and make new.

POINTS TO BE REMEMBERED.—First point. Diseases never come “butt end first.” There is no organic disease without previous functional disease; and there can be no functional disease but under a deficiency of vital energy. Second

point. Neither functional nor structural derangement can be remedied but by the reinforcement of appropriate power; and this reinforcement—mark this—is never found in an apothecary's shop, the doctor's saddle-bags, or at the point of his lancet.

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### CONFOUNDING CAUSE AND EFFECT.

Many physicians as well as non-medical men, have a very lax and confused notion of disease, and if they attempt to delineate their views of the *nature* of disease, betray this confusion. An instance of this kind is contained in an article published in the *American Journal of Homœopathy*, entitled “*A brief Reply to a work entitled ‘Medical Reform,’ by Isaac Jennings, M. D.,*” by Dr. E. M. DAKE.

Dr. Dake attempts to refute the Orthopathic doctrine of disease, and uses the following language:—

“Disease is wrong action; or it is subversive, and therefore wrong action. To illustrate: An individual exposes himself (and man is and always will be exposed to disease) to the contagion of small pox, or to the miasm of the marshy districts of the western wilds; he removes five hundred miles from the place of infection to a healthy district. When, lo, all at once he becomes ill, symptoms are being developed. The vital forces have not been able to control the subversive forces—and the subversive forces continuing, the small pox, or the ague and fever as they are usually termed, is developed. From the time the individual was infected until the development of the disease, who will contend that that action was right action? Follow the disease on to convalescence or death, and mark well its progress. The symptoms are now being developed, the inherent forces controlling organic action



are at work, or in other words, the specific forces ordained by God to perpetuate the existence of the parts in which the disease exists (until the time appointed, not known to men) are at work, doing the best they can; yet the disease increases—the sufferings are severe—the symptoms multiply. Where was nature or right action when it permitted that miasm or contagion to arrange and develop subversive action? Call the suffering of that poor invalid right action, because nature, forsooth, was convulsed, and labored hard to check the progress of disease, and administer no remedy, and by such procedure let the sufferings multiply, and the tenement of the immortal mind prematurely perish, because nature's office is to keep off opposing forces, to concentrate where disease is, to fight hard the battle, and also to repair the injury done the organs or parts in which the disease exists!"

*"Where was nature or right action when it permitted that miasm or contagion to arrange and develop subversive action?"*

Neither the miasm nor contagion has done any such thing as "to arrange and develop subversive action," in living organs. Their own direct action, like the action of all deleterious substances, "is subversive, and therefore wrong action." The small pox virus, when introduced into the system by inoculation or inhalation, makes its way into the general mass of circulating fluids, and passes freely through all the minute ramifications of the vascular system, striking its blow wherever it goes, and doing what it can to subvert and destroy life; and while it is making its rounds and inflicting its injuries upon exposed parts that are obnoxious to its action, "nature or right action" is pursuing the even tenor of its way, nothing daunted by the presence of its adversary; nor does it assume a hostile attitude, and "fight hard" with this or any other enemy. Nature is eminently pacific, as well as correct and upright in all her measures and movements. She is by no means heedless or uncon-

cerned about the condition of her vast dependencies, but listens attentively to all their wants and woes, and does what she can to aid and relieve them. The "subversive" action of the small pox virus imposes an additional burden upon the recuperative faculty of the tissue on which it expends its force, and therefore this faculty needs additional aid. When, from a full supply, the disposable force is equal to the current necessity, there will be no "symptoms developed." Just as fast as a single particle of any structure is injured and disqualified for its place, it will be removed and a new one substituted for it, and no demonstrable evidence of injury will be made, either in change of function or structure. There may be, and doubtless is in all cases an actual loss sustained by the extra expenditure of power, but we have no vitometer by which to graduate this defect; and it is only when power is reduced so low that action falters, or structure changes that we can begin to measure the damaged condition of the body; and from this point the symptoms become our guide, and our only guide to a knowledge of the quality or kind, seat and extent of disease—in the *common* use of the term.

To make this point clear—and it is a fundamental one—I will suppose ten cases of small pox infection under circumstances which, with good and similar treatment, will develop different degrees of morbid affection in regular gradation from the mildest to the most malignant, just short of the total extinction of life. In the mildest case, the vital economy has been able to follow up the restorative process with so much promptness and efficiency, and at the same time sustain the general action with so much vigor, that no change of structure is permitted, and but little, and that only for a short time, of functional action. A little chill creeps over the body, followed with a little febrile excitement; a slight flush of the face, a little increase of heat, and increased frequency



of the pulse ; and these are soon over, the current income of sustaining energy, under the accommodating power of the system, succeeds in a few hours in raising all action above the ostensible complaining point. In the second case there is not only more functional derangement than appeared in the first, but in addition to this, there is a small deviation from the natural condition of the structure of some parts ; a few little pimples appear here and there. At these points, the injury sustained exceeds the present competency of the united action of the excerning and secerning vessels of the parts for its immediate removal, therefore there is a small accumulation and heaving up of spoiled structure ; but the natural and only remedy is at hand. The enfeebled vessels are reinforced, the rubbish is removed, the breach closed up, the surface smoothed over, the usual functional action re-established, and all things put in *statu quo*, as if nothing extraordinary had occurred. I will pass over the intermediate cases and come directly at the tenth, and here the description of Dr. Dake has legitimate application: "The disease increases—the sufferings are severe—the symptoms multiply." It presents indeed an appalling spectacle, yet it is the best that can be done ; it is a choice of evils. "The inherent forces controlling organic action are at work, or in other words, the specific forces ordained by God to perpetuate the existence of the parts in which the disease exists are at work, doing the best they can."

But no part of this labor is performed with a view or tendency "to keep off opposing forces," or "to fight hard the battle" against "subversive, and therefore wrong action." But the effort on the part of nature is made solely with the express design and direct and only tendency "to repair the injury done the organs or parts in which the disease existed." "Opposing forces" have been in the field, and spread wide their trophies, but they have exhausted themselves, and are



no longer an object of terror or opposition. The grand difficulty now to be met and surmounted is, to repair damages. To prevent an alarming "change from the natural condition of the function and structure of the body," is an impossibility. In comparison with the amount of work to be done, the organic forces are exceedingly few and feeble, and all that can be effected under the most favorable circumstances, is to save enough of the old fabric to build upon anew; and to this end a Divine economy will be exercised. A general retreat is entered upon, in order to effect a concentration of force upon the essential organs of life; yet this is conducted—when no opposition or counteracting influences are interposed—with great regularity, and as little haste as is compatible with final safety. Some of the most prominent developments in this retrograde movement may be profitably noticed.

The first considerable withdrawment of the organic forces, occasions what is called a febrile paroxysm, or rise and fall of fever; the first one is often introduced with a cold chill, owing to the sudden abatement of power in the calorific or heat-making function; and this is soon followed with unusual warmth, from diminution of force in the perspiratory exhalation on the surface of the body; and this is attended with an increased frequency—though diminished force, as the immediate occasion of the increased frequency—of the pulsations of the heart and arteries; general uneasiness with pain in the head, back and loins, from loss of tone in the nerves of sensation, and more or less of irregular action of individual organs. The first paroxysm, with all its accompaniments, has a considerable abatement of its violence or remission of symptoms, in virtue of a partial restoration of power, before the second paroxysm commences; but the remissions grow less and less, while the returning paroxysms are exacerbated as the declining process progresses, until the disease assumes



a continued or settled form. Early in the disease, a redness of the face and surface of the body with irregular eruption manifests itself in token of special injury inflicted on the capillaries of the skin.

This eruption soon degenerates into confluent ulcers, with a livid color of the surface, and tumid state of the flesh, so that the eyes are closed in and buried up with the enlargement of the face. At this stage of the retrocession of the organic forces, the muscles of voluntary motion are deprived of all power to move; the nerves of sensation can no longer communicate feeling; the heart and arteries, with the whole capillary system, show but the feeblest signs of life; the motions of the respiratory organs are few and faint; animal heat is nearly extinct; the mental machinery is entirely at rest, and the whole man seems but a hideous mass of putrefaction;—yet there is hope in his case. The critical point is reached and past; nature has succeeded in her main object, which was to bring the expenditure of power so far within the income that there might be an appreciable augmentation of the balance of it, after making appropriations to the organs essential to life, sufficient to keep them in a salvable condition, ready for improvement and use as the replenishment of power would warrant. If the friends, on whom the responsibility of the case rests, can exercise the needed patience; keep the air of the room temperate and pure as possible; change the body and bed linen and clothing frequently, if practicable; correct the fetor of the ulcers with the mildest antiseptics that will answer the purpose; wet the lips and mouth with water occasionally, and permit some to be swallowed when the power of deglutition will admit of it, there will be a resuscitation.

The ague and fever from marsh miasm, in its general pathological character, is the same with that of small pox. The specific cause is different, its mode of operation, the tissues of organs on which it expends its force, and the



phenomena which it produces, or is the indirect occasion of, are different; but in both cases injuries have been inflicted that are to be recovered from—if they do not surpass the recuperative powers of the system—and to be recovered from by a purely vital process. In the progress of recoveries from all kinds of injuries, where they have been deep, and of an aggravated character, there must be “severe suffering,” and “a multiplication of symptoms;” such occurrences are unavoidable.

The great mistake of Dr. D., and many others lies in confounding cause and effect; or in supposing that the cause has elongated itself into an antagonistic principle, beyond its ordinary or legitimate action, or in some way induced action in living organs, tending to the destruction of life, and which should be resisted by any and all means necessary for the accomplishment of the object; whereas, the whole array of counteracting means are brought to bear and act upon nothing but crippled organs, groaning under an effort to recover a lost position.

See yonder victim of a last night's debauch. Why that intense, feverish excitement; that suffused face, phrensiéd look, throbbing of the temples, aching of the head, intense thirst and dying agony? Lust and wine have wasted his physical energies. “The inherent forces controlling organic action” have been tasked beyond their ability to meet the present exigency without complaining, and need time and opportunity to recruit themselves. Furnish the young man with a plenty of cold water to cool his boilers, and leave him to his solitary and sober reflections, and perhaps he will conclude it is best to “cease to do evil, and learn to do well.”

### PREDISPOSITION TO DISEASE.

Heteropathy calls that condition of the system, the whole



or any portion of it, solid or fluid, which is particularly favorable for disease to *fasten* upon, *predisposition* to disease; not the *thing* itself, but something quite different from it, in kind, as well as degree, and requiring different treatment.

Orthopathy makes this predisposition of Heteropathy, the first stage of disease, and marks no difference of kind in any of its stages; it is all of a piece from first to last. There are different stages and degrees, and different forms, but the nature and tendency is one throughout.

In the plenitude of power, nature walks forth upright, with a firm, elastic step, pursuing a straight forward undeviating course, robed in gracefulness and beauty. A worm at the root saps the foundation of perfection and stability, yet for a season she maintains her perpendicular attitude, rectilineal course, gracefulness of motion and beauty of mien; but at length there is "a change from the natural condition of the function," her steps falter, and her motions are irregular and ungraceful; and finally her beauty of form is marred, there is "a change from the natural condition of the structure;" she is deformed. But at every step of her downward progress, her tendency and effort have been to ascend and remount the pinnacle of her greatness; and even now, in the depth of her degradation, the tendency of all that remains of her, of principle or law, power and action, is still upwards.

With regard to the *fact* of there being a condition of the system favorable for being coerced into what is called a diseased state, none will deny. This diathesis or state of the system is universal. There are few constitutions so impreguably fortified with the principle of endurance, as to be able to pass through a long life without succumbing to the operation of noxious causes, to which, in no stinted measure, they are exposed. But such cases, though they fall far below the standard of physical perfection themselves, are exceedingly rare.



Predisposition to disease—and I now use this term in its common acceptation for convenience sake, as my meaning will be understood—is constitutional or hereditary to a greater or less extent in all families, and every individual, derived by a law of descent; and this hereditary predisposition often manifests itself in great inequality of structure and functional vigor, in consequence of which, some families are especially subject to lung consumptions; others to gouty or rheumatic diseases; and others again to sick head-ache, or some particular affection, which is more common to those families respectively than to others; and this liability is traceable in such families from one generation to another, and in some instances in a long line.

### ORDER IN DISORDER.

In whatever form predisposition to disease may exist, it will not only show itself in different degrees in different individuals, but also in the same individuals at different times; and, what is particularly worthy of observation, the rise and fall of predisposition takes place in the different departments of the organism in rotation. For example, there will be a head-ache or strong disposition to it at one time; bowel affection at another, and cold at another, &c.

And the same course is observed in relation to predisposition laid by the action of violent contagions or noxious matters, such as produce dysenteries, whooping cough, scarlet fever, measles, and the like. If two or more of these diseases, according to Heteropathy, or renovating processes, according to Orthopathy, are ready to be commenced and carried forward in the same person at the same time, only one of them will be put into the works at once, and the others must wait their turn successively, until the preceding one has passed its crisis. This, as a general fact, has long been observed and admitted by physicians, and the



alleged cures of disease by what have been called specific remedies have been explained upon the principle that two kinds of morbid action could not exist in the system at the same time. Hence to substitute medicinal disease, though not desirable in itself, for one that might run an indefinite period, and perhaps destroy life if not interrupted, would be great gain. But unfortunately for this theory, there are no specific remedies for the cure of *disease*; and there are but two cases or kinds of disease for which specific remedies have been found, and in these cases the remedies only cure or destroy the *causes* of disease, and thus give nature an opportunity to recover herself from their effects.\* The problem finds an easy solution in Orthopathy. Nature finding it impossible, under the pressure of adverse circumstances, to keep all her machinery in good condition by an unobtrusive, orderly and unperceived mode of operation, does the next best thing she can, which is to suffer, so far as it can be done prudently, but one distinct portion of the organism to fall so low in its governing or controlling power at once as would produce a material "change from the natural condition of its function." It is an evil, a serious evil, embarrassing to all other departments of labor, to have the regular motion of any considerable or important portion of the system suspended or very much changed; and to have two important organs deranged in their action at the same time, would be doubly embarrassing and hazardous. It is good economy therefore, in pathological operations, to "do but one thing at a time."

When the pressure of circumstances is such that two kinds of violent or malignant morbid action—to speak Heteropathically—must be permitted to proceed together, or in close proximity, the case is always a bad one, and often fatal. Many of the sudden deaths that occur, where post mortem

\* Syphilis and Psora.



examination shows no organic defect, doubtless take place from the fact that a number of essential organs are simultaneously reduced so near to total bankruptcy, that a small aberration in structural condition in one, is certain death to all; and therefore, to make the most of life, every department must be enabled to maintain both its functional and structural integrity, at whatever cost, as long as means can be furnished to this end, and as soon as they fail to accomplish this object, the whole machine stops, thus leaving no chance for structural derangement. And it is most obvious that when from tenacity of life, the main body of organs succeed in holding on their course, while others falter in their movements and suffer a change in their structure, that their organic difficulties are to be regarded as effects or consequences, not causes.

The irregularity often apparent in the structure and vital endowment of the various tissues of organs, is strong evidence of their individuality and the independency of their sources of power for ordinary purposes; that they are not sustained on the common stock principle; and the further circumstance that they are often held up and enabled to hold out when it is evident that in their individual capacity they are bankrupt, is also strong proof that there is a general and common fund, over and above the individual sources of power, from which the individual organs derive aid respectively in emergencies. This latter position is susceptible of substantiation if not actual demonstration by a variety of proof. When a raging epidemic first makes its appearance in a place, many of the ordinary complaints previously existing there, often disappear for a season. Physicians speak of this as "a great disease, swallowing up the little ones;" but it swallows them up only as the whale swallowed up Jonah, to throw them out again. The small diseases are not *cured* by the great ones, but the all pervading and potent influence which the atmospheric change or the general *cause*



of the epidemic, be it what it may, is exerting on debilitated or diseased systems, threatening to overwhelm them, renders it necessary, for the safety of the body corporate, that there should be a general rally of the organic forces, and that the whole chain of functional action should be elevated to and maintained at a certain point, until the danger from the action of the pervading cause is past. Those persons whose capital stock is not equal to the emergency, are prostrated more or less, according to the amount of sustaining energy which they have in store at the time. Those individuals who are the nearest to bankruptcy in this essential article, fall first and fatally; others hold out longer, some recovering and others dropping off. Here, too, is to be found the reason why a much larger proportion of the cases that occur in the first stage of an epidemic prove fatal, than in the latter stages; and not as has been generally supposed, in the acquisition of the necessary knowledge and skill by the attending physicians, for managing the disease. After the epidemic has passed over the Jonahs will be thrown out, and there will be a greater number and variety of other forms of derangement than before.

Every physician of common observation and much experience, has noticed the temporary healing up of ulcers, breaking up of colds and coughs, and the disappearance of asthmatic difficulties, and various chronic affections, on the setting in—in Heteropathic language—of virulent typhus fever, scarlet fever, dysentery, and other forms of malignant disease. On the principle, and for the reasons here maintained, irrecoverable pulmonary consumptions are sometimes arrested in their progress, and the lungs made to assume and maintain a comfortable degree of healthy action during the period of utero-gestation. In such cases, the fruit of the womb cannot be matured along with a disordered state of the lungs; and therefore, unless the lung affections can be and are suspended,



foetal life must be blighted. In some cases the uterine system is so well formed and endowed individually, that when conception has taken place, the work will be carried on to completion, if maternal life is spared long enough, whatever may be the condition of any or all other functions.

It is sometimes said that hard drinkers never have but one disease, the "rum fever." The fact is, they generally have many and grievous diseases, and know it not. While king alcohol is in the field, dealing death and destruction to all around him, a corresponding force of recuperative agency must also be kept in the field ready to succor, sustain and repair damages; and in furtherance of these objects, local defects must be bridged over, at whatever cost, for the more convenient and efficient action of the general forces. Now, although it is a wretched condition to be in, to be subject to an insatiable rum fever, yet for the time being, it is far more tolerable than the scourging which nature would inflict upon the offender, if he were to shut out king alcohol, and give her an opportunity to go into liquidation of damages which she has sustained by a violation of her laws; and therefore, when she attempts to call the transgressor to an account for his ungenerous and ungrateful treatment of her, he silences her calls by a two and three folding of the "repetendum medicamentum," and thus urges on at a fearful rate, an expenditure of vital forces, until a premature exhaustion of them, closes the scene.

#### SOURCE OF MEDICAL DELUSION.

It is on the principle of constrained general excitation, that the apparent cures and benefits produced by medicine, is to be explained. Instead of "helping nature," it compels her to change her plans and modes of operation, and increases the amount and intricacy of her labor. Indeed, it is only when therapeutic means—falsely so called—create a new



difficulty, paramount to those that have induced the animal economy to deviate from her usual course, for renovating purposes, that they succeed in procuring even temporary relief or benefit of any kind; and therefore, the *actual damage* they do, or are capable of doing—and they can do nothing but evil—may be, to a considerable extent, measured by the *apparent good* that is effected by them; so that those substances or means that are the most potent for evil, are such as may be the most relied upon, and are the most relied upon for effecting apparently favorable changes. Hence it is that calomel is so universally confided in as a *dernier resort* in what are considered forlorn cases, or cases in which other means fail to produce any apparent good effect.

There is no other medicine within the compass of the *materia medica*, so tractable as this, that will compare with it in power to inflict a deep and lasting injury upon the human system. It is more general in its action than other deleterious substances, reaching and affecting every organ and every fibre of the body, through their whole substance, and to their utmost extrimities. It is not as rapid and vehement in its action as some other poisons, or even as other preparations of mercury, and cannot therefore be made to destroy life as soon; but it is much more manageable than the more active poisons, and can be administered so as to reach almost any depth the practitioner may wish to have it; and by the universality of its operation, will compel the vital forces to heed its presence and action in what are called *obstinate cases*, when most or all other means fail to do it; and when, therefore, calomel “judiciously” and thoroughly tried, does not excite a general rally of the organic forces, sufficient to cover up or partially smother some of the alarming symptoms, the case may be set down as a bad, if not hopeless one.

In the summer of 1813, the early part of my medical life, I visited on one occasion, a number of persons sick with a



heavy typhoid fever, in company with my highly esteemed friend and neighbor, Dr. William Shelton, whose patients they were, and found that the Doctor, in his treatment of the disease, was making his principal dependence on calomel, and he assured me that, as a general rule, those cases in which he succeeded in producing a mercurial impression, recovered; while those in which he failed to do so, died. At that time I fully accorded with Dr. S., in attributing the cure, or most of it, to the calomel; but I have since become satisfied that in so far as the calomel enabled my friend to discriminate between recoverable and irrecoverable cases, it merely operated as a test, showing where there was power to come up, and where there was not; while its whole force was expended in direct hostility to the vital economy, and effected no real good.

In the case of Mr. Treat, related in the introduction of this work, this delusive principle was manifested in a remarkable degree; and the marvel is, that after the vital energies of the system were so almost entirely exhausted, and in a considerable measure at least, by the deluge of brandy, that the small remnant should succeed in restoring Mr. Treat to his family again.

#### AN EPITOME OF DISEASE.

The following case will give a good idea of the rise and fall of predisposition to disease, and show its nature and remedy.

I was called upon about midnight to see Mrs. I., the wife of the Rev. Mr. I., whom I found afflicted with a sick headache, than which I have seldom witnessed a more distressed case; it consisted of alternate paroxysms of headache and vomiting. Pills, powders and drops were administered, *pro re nata*; but the disease manifested no disposition to succumb to their august presenece or their prowess till towards morning, when



it abated. Shortly after this occurrence Mr. I. invited me into the room with his wife and himself, and told me that the object of calling me was to ascertain how I treated his wife; "for," continued he, "Mrs. I. has long been subject to this complaint, and has been treated for it by a variety of physicians, but never went through with a turn of it so well before. She has sometimes been relieved sooner than your medicine relieved her, but never came out of it so well—never felt so well after it was over, as she has done since the last turn; and as we may not always be able to get you to attend upon her, we are anxious to have your treatment in writing; the medicine you use, method of giving it, and all about it." I told them plainly that Mrs. I. took not a particle of medicine at my hands, and that the simple reason why she came out of the turn so well was, that nature was permitted to go through with a recuperative process without molestation, and therefore did her work up well. I also gave it as my opinion that it was in their power to prevent a repetition of the distressing malady; and after getting an assurance from Mrs. I. that she was ready and willing to submit to any reasonable course of life that might be thought likely to compass so desirable an object, I gave them particular instructions in reference thereto, which were well complied with, and for years afterwards, as long as I had knowledge of them, there was no return of the head-ache.

One difficulty in Mrs. I's. case was, she acted in the capacity of an assistant teacher with her husband in a high school, which gave her too much exercise of the brain, and too little of the muscles. She was accordingly directed, in addition to a thorough change in her dietetic regimen, to limit her school hours, take more exercise in the open air, and make a free use of cold bathing. A few months afterwards Mrs. I. informed me that she had recently walked into the city of New Haven one day and back the next, very com-



fortably—a thing she could not have done in former days—a distance each way of about nine miles.

Mrs. I. doubtless began life with a bias towards a sick head-ache—predisposition to this disease—inherited a constitutional defect of the tissues of organs concerned in this affection, that rendered a much smaller amount of impairing agencies necessary to reduce them to this sad and painful condition, than would have been requisite to effect a similar state in the same set of organs in most other individuals, but the case is not the less instructive on that account.

Feeble and defective as were these organs originally, they had always been ambitious to “rise in the world,” and under a due observance of all the laws and conditions pertaining to their highest well-being, would have been ascending in the scale of soundness rather than descending. But subjected as they were to the constant, or every day action of deteriorating causes, they could do no less than permit the periodical infliction upon their fair proprietress of distress and anguish inseparable from imperative renovating operations—entered upon with reluctance, and postponed as long as prudence and safety would warrant.

This case presents a fair epitome of disease; shows, in a summary way, in what it consists, how it is produced, and indicates the general remedy.

All periodical or other head-aches, or indeed any ordinary variety of disease, could not always be entirely forestalled, nor even kept for a long time in abeyance by any course of living, if the subjects of them could have a general control of circumstances, so that they could adapt their mode of life to the necessities and laws of their being; for some persons are so constitutionally defective, or, in common pathological language, are so strongly predisposed to some particular functional derangement, that the vicissitudes of the seasons, atmospheric changes, and many occurrences of life, ordinary



and extraordinary, might subject them frequently to a necessary, though inconvenient and painful winding up process, under the most favorable manner of living: and Mrs. I., if she yet lives, and should live to old age, as general infirmities increase upon her, will be likely to have her experimental acquaintance with the sick head-ache renewed; for it is the common course of events in the progress of human physical life, for localities that are constitutionally the most defective, or have been made so by accidental injury, improvident living or otherwise, to suffer soonest and most upon a general declension of the vital energies. Yet many persons have been permanently freed from periodical head-ache and other distressing complaints, by changing their habits of life; and others, though not entirely rid of their pathological difficulties, have had them very much lightened and abbreviated by attention to regimen, and it should be generally known that a strict conformity to the laws of life, not only furnishes the best antidote to the common ills which flesh is heir to, but makes the cheapest, best and only reliable defense against the "pestilence that walketh in darkness, and the destruction that wasteth at noon-day."

#### ATMOSPHERIC INFLUENCE.

Multitudes annually fall victims to atmospheric changes, from the higher walks of life too, whose habits are designed and thought to be correct, who nevertheless, might be spared to their friends and the world, by a right understanding and rigid observance of the physiological laws of their being. Beyond all controversy, the constitution of the atmosphere is subject to great changes, which very materially affect its action upon human life; and although these changes have doubtless been the occasion of desolating epidemics and endemical scourges, as well as more isolated and common disorders among men in all ages, yet there is no valid reason



for believing that, in themselves considered, they were either designed or are calculated to injure good constitutions; on the contrary, they may be and probably are essential to the full developement and perfection of the human system, as high winds and heavy blasts are necessary to the highest perfection and beauty of the sturdy oak, in causing it to strike its roots the deeper, and spread its branches the loftier and wider, while they rend and prostrate at its base the willow, poplar and other more delicate and tender trees and plants.

In most or all of the epidemics that have scourged the different parts of the world, some constitutions have been able to stand erect amid all the disturbing elements that have prevailed around them, not only against the atmospheric changes that were the occasion of the epidemics, but also against the ten-fold more pestilential influence of the contagion that was generated in the bodies of those who fell by their side. A man with an iron constitution may fix his abode where he pleases, and health will be his portion; but invalids, if their pecuniary and other circumstances warrant, may improve their health and prolong their lives by a choice of location; some in one climate and exposure, and some in another, according to the nature and extent of their maladies; and sometimes by changing their localities with the changing of the seasons. In like manner, atmospheric revolutions, the vicissitudes of the seasons and sudden and considerable changes of the weather, affect persons with different predispositions, or that possess different structural proportions and endowments, differently; strong men are made stronger by them; their ample frames and vigorous organs are consolidated, and their elasticity and principle of endurance increased by the variety and degree of exercise derived from them; while slender constitutions with feeble vitality, are overtasked, oppressed and crushed. But a strong man in other respects,



may be vulnerable at one point, or in one tissue of organs, through the action of predisposing causes, while a man of general slender habits may enjoy for a season a good degree of vital activity in the same parts, and be capable, while they are thus balanced, of sustaining a greater amount of pressure from changes that would bear more particularly upon those organs:—for example, A., a robust man, may fall with pneumonia, or inflammatory lung affection, under a vernal change, or with a typhoid bilious disease, in passing the summer or autumn; and B., of slender constitution and ordinary feeble vitality, pass through these seasons with equal exposures without inconvenience.

By reason of debilitating or health-destroying agencies on the one hand, and the rotary renovating operations of nature on the other, that are in ceaseless progress in most constitutions, the members of communities always stand in different and constantly varying attitudes in relation to all great and general causes of physical derangement, to which they are equally exposed; and when such causes sweep over them, they learn who of them at those times possess similar local infirmities, so far as those causes can make the revelation. It is on this account and in this manner that the great periodical atmospheric revolutions prove such mighty revealers of secrets; that they disclose the weak parts of men, and make “violated law speak out its thunder” in such terrific accents.

At one time an atmospheric change will bear more heavily on the pulmonary system and parts most nearly allied to it than upon other portions of the body; then colds and influenzas prevail. Some twenty or more years ago, a malignant influenza extended over America and Europe at the same time. At another time, the capillaries of the skin are the most severely tested, and then exanthematous affections are more rife, &c., &c. Some ages ago, a disorder called the sweating sickness scourged some parts of England, in which



the capillary exhalents of the surface of the body were overpowered and relaxed, so as to permit the thinner parts of the blood to escape in large quantities, occasioning great, and in many cases fatal prostration of strength. Since that time the great atmospheric revolutions have moved on, leaving successively, the spotted fever, plague, yellow fever, and various other distempers in its train, until, for its last development, we have the cholera, an exact counterpart to the sweating sickness, which consists in a deprivation of tone in the internal exhalents, in consequence of which a large share of the thinner portions of the blood is drained off through the bowels, attended with extreme prostration of strength, and a catenation of symptoms that result naturally from a sudden and large vascular depletion, or from a sudden and large collection of the fluids in the internal parts, without an escape of them.

#### REMARKS ON CONTAGION.

The word contagion properly imports the application of communicable poisonous matter to the body, through the medium of touch; but it is now commonly used in a broader sense, and made to include in its signification all that would be expressed by the joint terms of contagion and infection, and is applied to those subtile particles arising from putrid substances, or from persons laboring under certain diseases, which communicate disease—Heteropathically speaking,—to others, whether by touch, or through the medium of the air; as the contagion of putrid fever, the effluvia of dead animal or vegetable substances, the miasm of new and fenny countries, the virus of small pox, &c., &c.

Contagions from living human bodies are the product of vitiated or impaired secretory action; from dead animal or vegetable matter, of decomposition or putrefaction. Like other poisonous substances, contagion indirectly works de-



range in the human system by directly wasting itself in damaging structure or substance, and thus occasioning an extra expenditure of power in renovating efforts beyond the present ability of the vital economy, both of current income and of capital, so as to render a change from the natural condition of some function of the body, and generally of structure too, unavoidable. And contagion, like other poisonous substances, has its laws and conditions of action. Its laws restrain its operation and effect primarily and principally to particular tissues of the body;—for instance, small pox virus can act only upon certain parts of the body, and when shut out from these parts, it is powerless in respect to that individual. The same is true of other contagions, except that with regard to some of them, the laws by which they are controlled, are not as strict and well defined, in some respects, as are those of small pox. The conditions necessary in all cases to render contagion effectively operative are of two kinds, one relating to the matter, the other to the subject on which it operates. The matter actually communicated must be sufficiently concentrated and virulent to act, and the subject must be in a state of susceptibility to its action; the lack of either condition of course prevents efficient action.

These conditions admit of extensive circumstantial range; the contagion, from various causes, may be more or less active; and the subject too may be more or less predisposed to its action. In all cases, however, the phenomena developed by the action of contagion will be precisely limited, under given circumstances, by the conditions above specified. The contagion will do its utmost to impair and destroy life; and the organs on which it has expended its force will fall in their action and structural condition just as low as a deficiency of sustaining energy compels them to, and not one jot lower; for when they have found the level of their conjoint ability to arrest retrograde action, however short this may



be of annihilation, they take their stand upon it and maintain it, until their strength is sufficiently recruited to enable them to commence and prosecute their upward and renovating march.

If essential organs have received a fatal wound from the action of the contagion, under the circumstances existing at the time of its infliction or subsequently thereto, they will still muster all their forces and expend them with the most rigid economy in attempts to repair damages and eke out their existence, but at length they must fall, for the saving work is beyond their achievement, and no other earthly power can come to their succor.

By the circumstances accompanying the development of impaired health, consequent upon the action of contagion above referred to, is meant the *treatment* which the unfortunate invalids receive at the hand of art. For although nature is not easily overpowered and crushed beyond the possibility of final resuscitation, even while prostrate or staggering under blows inflicted by hostile forces, except when the scale is just balancing between life and death, yet in *such* cases, it may make all the difference between life and death, whether the treatment is such as to *favor* the natural upward tendency of the vital economy, or *thwart* that tendency. Fortunately, however, it is now the very general and settled policy or rule of medical schools, teachers and practitioners of almost every description, to treat some of the contagious diseases, especially the small pox, in the main on correct Orthopathic principles.

Some contagions have been denominated specific, because the diseases which they severally produce, possess special characteristic marks, and the effluvia from them produces the same kind of diseases again; in these respects they are all *specific* contagions, and the variety of them is much greater than is commonly supposed; for many parts of the



human system may be reduced to a condition in which they can do no better or otherwise than to secrete a poisonous matter which, when applied to similar parts in other persons suitably predisposed, or sufficiently broken down to be affected by it, will occasion the development of like affection in them.

Thus matter from a "scald-head" sore, produces scald-head sores in others; a subtile vapor thrown out from the sore eyes of one person, will occasion sore eyes of the same description in others; exhalations from consumptive lungs, produce lung consumption in others; scarlet fever effluvia produces scarlet fever again; typhus fever contagion spreads typhus fever; and this catalogue might be indefinitely extended by the addition of contagions from various typhoid diseases.

But let it be distinctly understood, that two conditions are indispensable to assure the production of disease through the agency of contagious matter.

It is not every scald-head that will produce matter virulent enough to affect another person that is even very strongly predisposed in that direction; and there are not many individuals who live on a wholesome diet, breathe a pure air, and make a free use of cold water, that can have the scald-head induced on them by an immersion in scald-head matter of the most venomous kind; and the number of those who, under like circumstances, could be scourged with sore eyes by proximity to sore eyes, are still less; and there are but few individuals who are in serious danger of being thrown into a consumption by attending upon consumptive friends.

It is not absolutely necessary that a disordered state of the system should be produced by contagion in order that it should originate contagion.

The first case of small-pox must have been produced without contagion, and many cases since may have been originated by other agencies; and the small-pox virus can



now be so robbed of its virulence, that it can only produce the disease—and that in a very mild form—by inoculation, as has been abundantly established by kine-pock experience.

Typhus fever is, no doubt, sometimes produced by a vitiated state of the atmosphere, of a peculiar kind, and then propagated by contagion through neighborhoods, and communities; and the same is also as unquestionably true of many other diseases. Cholera, the present terror of the nations, as a general thing, is first developed in a community, in broken down constitutions, or in individuals who are physically defective in those particulars that constitute a predisposition to this disease, by the peculiar states of the atmosphere—directed in its course by vallies, rivers, or the make of the country—made more or less effective in particular localities by some sub or superterranean mephitic influences not fully understood, and is then quite frequently extended by contagion. It is certainly no very uncommon thing for a case of malignant erysipelas, or some other kind of malignant disease to make its appearance in a place, and from this a number of other cases to occur. The following obituary notice was cut from the *New York Evangelist*; it was dated “Blissfield, Lenawee Co., Feb. 26th, 1849,” and signed “J. Monteith.”

“Anthony McKey, Esq., of Deerfield, in this township, died on the 26th ultimo, aged 49 years. Also Wm. C. Clarke died on the 28th Jan., aged 45 years. He was brother-in-law of Mr. McKey, and lived in the same neighborhood. Also Anthony Millroi McKey, aged 16 years, and the second son of the late Anthony McKey, died on the 9th inst. The disease which occasioned these sudden and unexpected deaths, appeared much the same in the several cases, and although, I suspect, not fully understood at the time, was an inflammation of the lungs, with something of the erysipelas type. They all possessed good sound constitutions



and pretty uniform health, and these diseases were probably occasioned by exposure."

By "exposure," probably the writer meant undue exposure to inclement weather or hardship of some kind.

There were three men, "all possessing good sound constitutions and pretty uniform health," cut down within a few days of each other, with a "disease which appeared much the same in the several cases."

Exposure to severities of weather, or the fatigue of labor or watching will not account satisfactorily for such an occurrence. One individual might be cut down by a variety of causes, acting upon a strong predisposition in the manner here described, but that three men, "possessing good sound constitutions," and closely allied, should fall by such causes in such quick succession, is not probable; it is more likely that the desolating scourge consisted of a specific concentrated contagion or virus, of animal or vegetable origin; and from the season of the year in which the cases occurred, vegetable decomposition could hardly be suspected of originating the cause; and therefore the presumption is strong, that the fatality was occasioned by envenomed animal secretion.

But facts of this description and of greater prominence, indicative of the ravages by contagion emitted from living human bodies, while laboring under special functional derangements of various kinds, are of no uncommon occurrence. A case of malignant typhoid disease occurred in Oberlin, a few years since, from what source or cause was unknown, which gave rise to other cases of a similar character, among the subjects of which was Prof. C. G. Finney. These cases occurred under circumstances so peculiar, and with characteristic symptoms so strongly marked, that it was easy to identify their general character, and trace them to a contagious origin.

I am aware that there is much incredulity among the



medical faculty respecting the contagious origin of disease beyond a very limited number, embracing the few only that have been classed as specific contagious diseases, excluding even typhus fever, very generally till latterly; but, as seems to me this unbelief is unwarrantable both from facts and theory.

I have been thus extended and particular in my remarks on contagion, in order in some measure, to meet a difficulty that I have found to exist in the minds of some in other respects well established Orthopathists. They have found it difficult to understand how the propagation of disease, as they had viewed it, from one person to another, and sometimes from one part to another of the same individual, was Orthopathic or right affection. But the difficulty vanishes when they get a just and comprehensive view of the whole subject. A distinction should be kept up in the mind between life and its antagonisms. Life is always aspiring in its aim and tendency; whereas antagonisms on the contrary always tend in their action and effects on the human system, to depress the aspirations or ascending tendency of life. It is important also, to understand the distinction between primary and secondary antagonistic causes.

By primary antagonistic causes are here meant, such as originate from without the human body, and secondary causes those that originate from within it, and are more or less, the effect of primary causes.

Thus, the long continued action of various deleterious substances—through a number of successive generations, it may be—reduces the glandular system to what is called a cancerous state; and from this condition, when a gland has been forced into an open ulcer, a poisonous matter originates that is taken up by the absorbents, carried into the mass of circulating fluids, and made to traverse the vast expanse of capillary surface, which can only exert a baneful influence wherever it goes.



In all this there is no wrong chargeable upon the vital economy. While parts have power to act, they must act; and if they are unable to manufacture a perfect article, they must make an imperfect one, however suicidal it may be in its consequences. But the tendency of life is still upwards under the depressing influence of secondary causes, as well as under that of primary ones.

The above is only a specimen of secondary antagonistic causes; for in the present state of man's physical depravity, most systems are frequently subject to the pernicious action of vitiated secretions of their own production, and also not very unfrequently to poisonous exhalations from other bodies, that fall short of giving a palpable exhibition of contagion.

#### SAMPLE OF HEALTH-IMPAIRING AGENCIES.

About the time that I was at the height of my *medical* career, while keeping a pretty extensive medicine establishment for the purpose of dispensing the means and blessings of health to my suffering fellow beings, a number of years previous to the dawn of the day-star of Temperance, I happened in one day to the store of my neighbor, when a very respectable farmer, Mr. F., came in with his wife from some four or five miles back in the country, to replenish their stock of "good creatures."

The articles which they purchased of my neighbor at the time, exclusive of some things that do not deserve to stand in the present category, consisted of brandy, New England rum, tobacco, tea, coffee, all-spice, pepper, cinnamon and ginger. After closing their trade at this store, Mrs. F. turned to me and said, "Doctor, I want to go to your shop and get some articles." I put up for them 1 oz. of laudanum, 2 ozs. of elixir paregoric, 1 oz. essence peppermint, 1 oz. of picra, 1 oz. camphor, 1 oz. rhubarb, 1 lb. glauber salts, and one bottle castor oil. Thus armed and equipped, they returned to their

family, prepared to push with fresh vigor their unceasing warfare upon poor defenseless Mother Nature. The weapons of war which they took with them from the grocery store, in addition to a considerable amount of the same kind of instrumentality which they grew and manufactured on their own premises, such as mustard, horse-radish, fennel, dill, worm-wood, cider, vinegar, butter, cheese, &c., &c., were for every day service ; rarely an hour would intervene from one year's end to another, when some of these noxious irritants were not coursing their way through the immensely expanded and most delicately attenuated blood vessels, to and through every part of the system ; being thereby brought in direct contact with the brain, nerves, lungs, liver, and every portion of the body susceptible of their deleterious action ; and thus causing a constant extra expenditure of power in the correction of the injuries which they inflicted, without affording in return any equivalent, the least compensation for this unnecessary and ruinous waste : for not one of the articles above enumerated, contains a particle of nutriment, or any property adapted to the sustentation of life, or in any wise to promote its interest, except cider, butter and cheese ; and these possess much less of the nutrient principle than do the fresh expressed juice of the apple, and the new drawn milk from which they are severally derived ; while they also possess an extra stimulating quality, which they have acquired in the metamorphosing process by which they have been educed.

When, from the exhausting influence of the ordinary counteracting agencies that were in ceaseless play upon the vital machinery, some portions of it were reduced to a complaining point, and were disposed to devote a short season to recreating purposes, they were admonished by some pungent agency from the drug shop, under the administration of Mrs. F., that such a course was offensive, hazardous and could not be tolerated ; and if the offenders still persisted in their rebel-



lous course after the good woman had "doctored herself out," aid was invoked from more potent antagonistic instrumentality under the direction and supervision of the apothecary general, plenipotentiary from the sovereign court of the State of Connecticut, to quell *vi et armis* all "subversive, and therefore wrong action," that he might find "arranged and developed" in any of his leige subjects; and, *mirabile dictu*, the animal economy managed to hold on her way, and maintain the integrity of the family circle for a number of years, against such fearful odds, through a great variety of skirmishes, and some heavy pitched battles.

### IDIOPATHIC AND SYMPTOMATIC DISEASES.

Physicians make a distinction between diseases under the above titles. An idiopathic disease, in Heteropathic nosology, is one which does not depend on any other disease, but is primary and alone in its cause, direct in its production, and isolated in its character and standing. A symptomatic disease, by the same authority, is one that is consequent upon some other previous disease, and can be cured permanently only by the removal of its principal, the foundation on which it rests.

The "digestive fever" is a good specimen of symptomatic disease; an affection easily and often called up in many individuals who habitually carry about with them a diseased or damaged state of the nutritive apparatus. The disease makes its appearance soon after eating, and consists of an increased frequency of the pulse, a gentle and general augmentation of heat, a heightened state of the usually florid countenance, generally slight but sometimes severe pains about the chest, and, occasionally, in more remote parts of the body, with a disposition to doze or while away the febrile period in listless inaction.

Almost any man who has a corporation suitable for a London Alderman, and whose physical composition can boast a ternary

construction—matter thrice turned—or vegetable material twice animalized, may at pleasure make a display of the “digestive fever,” by taking a full meal of “generous diet ;”—in other words, gormandizing a number of dishes of high-seasoned animal food. If he should prelude his dinner with Stoughton, wash it down with Cogniac and settle it with Champagne, the demonstration would be proportionably more perfect.

There is however about as much propriety and utility in these attempts to discriminate between idiopathic and symptomatic diseases, as there would be in making a distinction between old debts and new ones. And when the vital economy is allowed the opportunity and can command the necessary means for liquidating her embarrassments, she will make about as much difference in her curative operations between idiopathic and symptomatic diseases, as an honest man would in the settlement of just claims against him, as he acquired the ability to do so, between old and new debts. When an individual gets largely in debt, whether from improvident husbandry, or the force of circumstances beyond his control, the extension of his indebtedness is natural and easy, if not unavoidable ; and so when a man’s vital energies are broken down or very much exhausted, and his organic structure is extensively impaired, it is not only natural and easy for one part after another to yield to the influence of disturbing causes, but absolutely impossible for them to do otherwise ; not from sympathy, but because the overflowing scourge has at length reached them in its desolating effect, as it reached their neighbors before them ; and their diseased condition is as truly idiopathic as is that of the others.

#### GENERAL AND LOCAL DISEASE.

It has long been a mooted question with Heteropathy, whether disease could be *general* in its commencement—pervade all parts of the system at once in its onset. If the



Heteropathic view of disease were true, it certainly would be difficult to conceive how it could *attack*, or *fasten upon* and develop itself in every part of the system simultaneously.

But Orthopathy avoids all difficulty in this particular ; for as it makes disease to consist in a partial exhaustion of the life and health-sustaining principle, this negative condition may be produced at the same time throughout an entire tissue or set of organs, or in some particular part of it, according as the causes operate generally or locally.

### DIAGNOSIS OF DISEASE.

THE ART OF DISTINGUISHING ONE DISEASE FROM ANOTHER.—In Heteropathic practice—if this be well-founded—it is indispensable to distinguished success, that the practitioner should be well skilled in the diagnostic art ; for a blow dealt out upon a tiger, that was only sufficient to kill a mouse, would but irritate the infuriated animal, and render his assaults the more desperate and dangerous ; and on the contrary, a blow on a mouse sufficient to dispatch a tiger, would be expended chiefly on some vulnerable part of the patient. It is important too, that the exact location and position of the depredating foe should be ascertained, that the deadly weapons to be leveled at him, may at once penetrate his heart and do their intended work, rather than rebound from some impenetrable exterior point, and become coincident in their action with that of the enemy ; or, which might be more disastrous still, miss the enemy altogether, and plunge at once into the heart of the patient.

Under the Orthopathic dispensation—granting that this is well-founded—diagnostic skill is not necessary for any belligerent purpose, for there is nothing to war with ; but a thorough knowledge of anatomy and physiology, in its broadest sense, *materia alimentaria*, and much other knowledge pertaining to the physical and mental habitudes and

laws of man, as well as much clinical experience under a sound, judicious and well established Orthopathic practitioner, is desirable in, and may often be used to good account by those who act in the capacity of physician, or handmaid to nature.

### PROGNOSIS OF DISEASE.

THE ART OF FORETELLING THE COURSE AND ISSUE OF DISEASE, FROM SOME OF ITS EARLY DEVELOPMENTS.—To make out a prognosis on the Heteropathic principle, it is necessary in the first place to ascertain the nature of the antagonistic agency at work in a given case—the “tendency to death”—its situation, extent, and the amount of force which it can exert against life; then estimate the quantity of natural and medico-artistic ability that can, under existing circumstances, be brought to withstand the onset and devastating power of disease; strike a balance, and thus find the chances of life or death.

The Orthopathist has no elaborate calculations to make respecting the whereabouts, nature, size, shape, power, &c., &c., of the enemy which he may be called upon to assist in resisting; for he looks for no enemy. He does however expect to find a damaged state of the physical system, and he is confident that “an enemy hath done it;” but the enemy has used itself up, and is not now an object of regard. This damaged or diseased condition is what claims his attention in making out a prognosis, and the question to be settled is, is there vital energy enough, under the circumstances which the case can command, to repair the injuries, restore and maintain functional soundness? In general the task is easy. With a knowledge of the constitution, habits, &c., of his patients, and an attentive observance of the exhibition which nature will soon make—if left to act freely—of the loss and damage which she has sustained, an experienced Orthopathist will find little difficulty in deciding the probable



course and event of particular cases. This is especially true when diseases prevail epidemically from the action of a general and impressive cause, as the occurrence of a few cases will unfold the type of the disease for the season, and impart information upon which—in addition to a knowledge of constitution, age, temperament and other other circumstances pertaining to particular cases, that every judicious physician will be careful to avail himself of—a reliable prognosis may be based for a great majority of subsequent cases for that season and neighborhood.

In sound, thorough-going Orthopathic practice, no allowance is to be made of lee-way from the counteracting effects of poisonous substances during the renovating process, which lays a broad foundation for a more favorable prognosis in extreme cases. This position is strengthened by an incidental remark by Dr. Hawthorne, in his Treatise on "The Prevention and Treatment of Epidemic Cholera." After pointing out some of the harbingers of "hopeless collapse," and endeavoring "to impress the importance of being especially prompt" to prevent so deplorable a state, he says; "Almost all the recoveries from collapse I have ever witnessed, were of persons who refused to take any medicine whatever, and who recovered through the *vis medicatrix naturæ*—healing power of nature." Good testimony. And no physician of common observation, who has seen much old school practice, and an equal amount of, or considerable Orthopathic practice, can have failed to notice the striking difference between the results of the two modes of treatment in the particular here referred to. I have myself been astonished in a number of instances, to witness a return to life after the individuals had seemed to pass quite beyond its outer verge, under the "let alone" treatment; and I have never yet been permitted to witness an occurrence of the kind under strong medical treatment, at least not where resuscitation was effected after apparently so perfect a demise.



In "pure unmixed" disease, where the damage, though severe—if it fall short of being absolutely fatal from its nature or extent—is confined mainly to one set of organs, however general or interwoven with other organs the tissue may be, there is nothing to hinder a full and undisguised exhibition of the true condition of the injured and enfeebled parts, and a direct and straight forward renovating work. The accommodating principle or faculty can act with freedom in the dispensation of power for the sustentation of the functions generally, and the recuperative effort in particular, as shall best comport with the highest welfare of the whole system, as well as secure the most speedy recovery of the broken down organ. The renovating work may be conducted in an even continued form, with but slight and gradual variations in the symptoms during its progress, or it may be by paroxysms, with bold and striking exacerbations of symptoms, once or more each twenty-four hours; or the continued form may obtain a portion of the time, and the rise and fall of symptoms, the other portion or portions of the restorative period, as the nature and circumstances of the case may require; but in either event it will be obvious to an observing and a discerning mind, that the whole process is being conducted by law, a well defined rule of action, based on a fixed principle; and, in a case of the character here contemplated, an experienced physician who has the confidence of his patient, and can control his mind and the general circumstances of the case, and is careful to have it managed on true Orthopathic principles, can calculate the course and issue of the disease, after witnessing a few diurnal revolutions of the vital phenomena, with about as much certainty as an astronomer can calculate the motions of the heavenly bodies.

But there are diseases of another character that may be called "gray cases," that admit not of an easy or reliable prognosis; no human prescience or skill can calculate their progress or finis from the beginning; their end must be



reached before anything like certainty can be determined with respect to them. These are mixed or complicated diseases.

It has long been observed by physicians that two or more diseases specifically different from each other, seldom existed together in the same person, in the same ratio of development; but that where an individual was being subject to a variety of disorders, such as measles, scarlet fever, whooping-cough, dysentery, &c., from exposures to the causes of such diseases respectively, in a way or under circumstances that would lay a foundation for the existence of two or more of them at the same time, they were careful to alternate each other in regular succession, one advancing at a time, until it had passed its acme and began to wane, and then another following its example, till all that were ready to start into being had had their day, or the subject of them had become their victim.

This fact has occasioned much speculation among old school physicians, as well it might, for it is entirely inexplicable on the old theory of disease; for if functional and organic derangements—diseases—in their nature and tendency were hostile to life, opposite to healthy action, and not subject to the control of the animal economy, it would indeed be most marvellous that they should quietly wait for each other in making their onset, and pursuing their course.

On the contrary, they would make a conjoined, simultaneous and pell-mell attack upon all parts, disconcert and check healthy action everywhere, block the wheels of life, and hand their victim over instantaneously to the control and disposition of inorganic affinities; unless an adroit and skillful doctor was on hand to confront them with superior force, and compel them to desist from their murderous intent or tendency.

But this remarkable fact in general Pathology is easily

explained on Orthopathic principles, and it furnishes a strong argument in their support. The reason of this course is simply, that it is incompatible with the general welfare of the system, for two or more distinct and important sets of functions to be seriously disordered at the same time; and although it may draw heavily upon the balancing or equalizing fund to sustain the action of wounded organs at a point where it shall not clash with other operations, yet when a paramount end can be answered by such an outlay, it will be made as long as the necessary means can be commanded, or until the object is attained.

It is on this principle, as has already been observed, that "great diseases swallow up little ones;" that when some general vital portion of the body has been pervaded by a scathing power, such as typhus or scarlet fever contagion, and a great general movement is about to be entered upon for effacing that injury, renovating efforts for smaller injuries, or local difficulties are abated for a season; hence old ulcers heal over, colds break up, coughs and asthmatic affections cease for a while, and various local disorders are temporarily cured; hence too, the temporary suspension of consumption in some cases of pregnancy. It is on the same principle also that changes take place in disease, sometimes great and rapid; at one time the "disease strikes in," at another it "strikes out;" or there may be a sudden "transition of disease from the extremities to the stomach or head," &c., &c. Such mutations are the result of changes in the distribution of power, rendered necessary by particular and pressing exigencies, and are adapted under existing circumstances, to *save* life rather than *destroy* it.

The reason, therefore, why it is so difficult or impossible to divine the course, progress and end of complicated diseases, is very manifest. In bridging over damaged sloughy places, in order to facilitate recuperative operations, much of the



real difficulty in the case is kept concealed, covered up ; and all this latent evil is beyond the most searching scientific ken of the physician. He might calculate with much precision the rise, progress and winding up of the disease now unfolding, if there was nothing behind the curtain to vary the result; but after it has passed its crisis, and appearances indicate a favorable issue, a new and perhaps an alarming aspect is given to the case by the development of another form of disease. It may be that the necessary expenditure of power for conducting the advanced recuperative work, together with the extra draft for sustaining the action of other crippled organs to a common level, to await, in regular rotation, their turn for recuperation, has occasioned bankruptcy, so that there are no means left for prosecuting to a successful issue, the branch of reparative labor just entered upon ; and if there were a supply of organic forces sufficient to meet the present emergency, there may be other unforeseen and unforeseeable difficulties of a similar character in the back ground, ready to advance in their turn, over which it shall be impossible for the vital economy to triumph.

In a simultaneous epidemic, scarlet fever and measles, in Derby, during my medical, or rather anti-medical practice in that place, there were a number of instances in which the foundation for both of these diseases were laid in individuals in combination. Two of these cases terminated fatally ; one was a son of Mr. James Hull, young man grown, the other a little son of Mr. Edwin Riggs, some four or five years old.

In these cases the scarlet fever renovating effort took the precedence, and after dragging heavily for a longer period than was usual for this disease singly, passed its acme, and for a few days there was a gradual improvement in the manifested phenomena, which afforded ground of encouragement, when the measly process set in, with evident tokens of malignancy, that foreboded an extinguishment of our cher-

ished hopes, which was realized in one case in about seven days, and ten in the other. All the cases of combination of scarlet fever with measles were more severe and protracted than either of the diseases separately.

### ANOTHER SOURCE OF MEDICAL DELUSION.

The philosophy of this portion of general pathology might be made fruitful in both speculative and practical interest, if time and space could be spared to pursue it at some length; but a few points more of it only however, can be noticed here. In the Orthopathic light of this subject, it is easy to see how physicians and others have been deluded respecting the use of medicinal, poisonous or stimulating substances. The incongruity of *medical* practice has ever been apparent on the face of it, and much talent and ingenuity have been expended in attempts to show how substances directly and palpably noxious or hostile to life, could yet, under some circumstances, so operate upon the living fibre, as to promote its healthy condition—"help nature." The idea is now becoming very prevalent among medical men, that the cure, or rather disappearance of disease on the use of medicine, is to be accounted for on the principle of substitution. Professor Payne, of New York, an eminent practitioner and public teacher of medicine, says: "In the treatment of disease, we do but substitute one disease for another."—Payne's Institutes, page 542. The admission that medicine creates disease, or inflicts injury on the human system, is unavoidable; and this admission, in connection with the fact that two diseases seldom co-exist in the same individual, makes the hypothesis of substitution very natural. There is, however, no substitution about it, but merely addition; which leaves the old disease to accumulate with compound interest, and a new disease to boot. When the new medicinal disease, or vital antagonism, becomes so embarrassing to the animal economy, that a reno-



vating work which is in progress at the time, cannot be successfully or consistently advanced or sustained under this exigence, the latter will be dropped or abated, and the cardinal functions resumed ; that is, the visible functional operations will be restored as far as circumstances require or will admit of, in order to obviate the new source of danger. The case of Mr. Treat, related in the introduction of this work, affords a fine example for illustrating the important principle here involved, and some of its workings under the pressure of medicinal opposition.

In this case, a subtile poison had permeated some of the great and essential tissues of the body, and inflicted a dangerous and almost fatal lesion upon a deep, far out of sight portion of their mechanism. To remove this lesion in the most advantageous and effectual manner, it became necessary to suspend or very much abridge the cardinal functions of those organs, which was the immediate occasion of the phenomena or symptoms, which distressed the patient, and alarmed his friends and the doctors—such as pain, uneasiness, difficult breathing, loss of strength, &c. The alcohol of the brandy, was particularly obnoxious to another portion of the structure or substance of the same tissues, and as it was driven through them, along with the general mass of circulating fluids, it was constantly infixing its venomous and deadly fangs into this nice, inimitable living organic texture, and unfitting it for the purposes of life. This new disease or defect, this medicinal obstacle to the judicious, well directed renovating movements of nature, became a paramount centre of attraction for the organic forces, changed the balance of distribution, and drew a large portion of them away from the service in which they were engaged, and attached them again to the organs from which they had been removed, and thus elevated, temporarily, the tone and functional action of those organs for self-defense against the devastating inroads of the new or alcoholic force.

In proportion as the alcohol succeeded in diverting the organic forces from the recuperative to the cardinal functions, were the symptoms relieved, and in the same proportion too, was the recuperative work retarded. In consequence of the heavy drafts made on the vital forces—to obviate the ravages committed by the brandy—they were soon so far exhausted that but few could be rallied for general purposes, and consequently there was a rapid and almost total declension of all perceptible vital activity; yet the animal economy managed to ward off inorganic affinities, maintain her hold on the citadel and mainsprings of life, and finally make slow but sure progress in the grand restorative effort.

The following case, while it exemplifies the law of alternation, also shows the disadvantage and danger of a complication of unsettled difficulties.

DAVID P. JACKSON, a young man, while laboring under the premonitory symptoms of typhus fever, a disease that was then prevailing in his father's family—in which were eight malignant cases within the compass of a few weeks—and neighborhood, fell from an out door to the second story of a saw-mill, and struck the left side of his face on a projecting solid body. He was immediately confined to his bed with typhus fever, but the pain and soreness of the face, which were severe for a few hours, and all appearance of local injury soon disappeared. The typhus fever pursued a regular and steady onward course, with an alarming aspect from the first, till the close of the seventh week, when there was a general improvement in the symptoms, which continued gradually to increase for about seven days, affording strong ground for encouragement; but at this critical juncture, a large tumor made its appearance on the left cheek, which matured rapidly in an extensive abscess and a copious discharge of matter. The odds now balanced fearfully against life. In addition to the large expenditure of power requisite for conducting the general recuperative process, a large pro-



portion had been indispensable for bridging over the facial lesion, and as this extra allowance could no longer be continued in quantity sufficient to maintain the tone of the injured vessels of the face to the point of continuity, a speedy dissolution or decomposition of the soft cellular substance of the part ensued, leaving a chasm that required more power for closing it up with living matter than the animal economy could devote to that object; consequently the quickening impulse which had been given to the general reparative movement was checked, and after the wheels of life had continued to revolve with a gradually retarded motion for nearly a week, they stood still.

It is proper to state in this connection, that the type of the epidemic which prevailed at the time when, and in the village where the above case occurred, was of a malignant character, and lengthy in its course, even in the cases that recovered. Young Jackson would, however, in all probability have gone safely through with the typhus fever renovating process, but for the local injury.

The two annexed cases of disease are offered in further illustration and proof of the alternating and orderly tendency of the recuperative efforts of nature, and also of the difficulty in correctly prognosticating the final issue of difficult and complicated cases.

Little Charles Carrier was hard sick for two or three weeks with the cholera infantum, an autumnal bowel complaint, and for a number of days his life hung in suspense, when a crisis formed in *this* disease that gave fair promise of recovery, and for five or six days the appearances were encouragingly convalescent; but at this stage these animating prospects were entirely overcast by the appearance of the whooping cough. It was known that the child had been exposed to the whooping cough some time previous to his being taken ill with the bowel affection, but from the length of time that had elapsed

after exposure, and the entire absence of cough up to the fifth day of convalescence, the hope was indulged that the whooping cough virus had not taken effect. For six days the small remnant of organic forces held on with a most tenacious grasp, as if determined not to "give up the ship;" and so gradually and almost imperceptibly did they wane and finally evanesce, that it was difficult to tell when they had quite forsaken their tenement. Twice subsequent to the accession of the whooping cough, the little body was sharply agitated with convulsive fits, occasioned by efforts at coughing, when before and after the paroxysms, there seemed but little more force in the muscles than if they had been entirely bereft of life.

C. A., a young man of some twenty-two years of age, sickened with lung fever. The general type or form of disease was purely adynamic, or characterized by great muscular debility. After running on about two weeks, a crisis was made in the lung fever, and for a while the symptoms presaged a sure and rapid recovery; then these prospects were almost obliterated by the sudden appearance of a bilious colliquative diarrhea, which tapered off with involuntary alvine evacuations, and extreme debility. Again the symptoms brightened and hope revived, but only to suffer a more thorough blasting by a deeper prostration with profuse night sweats. At this period, Mrs. B., sister of C., called to see him, and being told that he sweat nights, she inquired whether he sweat at any other time, and was answered in the negative; then turning to me with an anxious countenance, said, "Doctor, they must be night sweats, must they not?"

"Yes," was the reply; "that conclusion is unavoidable; for if he sweats nights, and at no other time, they must be night sweats."

"Well, what are you going to do with them?"

"I am going to let them sweat it out."



From this almost hopeless depth of depression a little improvement in the symptoms was once more apparent, which advanced steadily to confirmed health.

Here were three essential departments of the system in a sadly dilapidated state, each requiring a distinct and thorough repair, and the reparative work of each was the more difficult and lengthy on account of the defective state of the others, and the danger of failure in the final result was proportionably enhanced by the number and magnitude of difficulties. And what human intellect could have foreseen, from any developments that were made during the progress of the lung fever restorative effort, that the capillaries of the viscera and surface of the body also needed a recuperative work performed on them? Or, knowing it, what earthly power or skill could in any wise have superceded the necessity of such a work?

### LAW OF ALTERNATION.

The rotary tendency or alternating law of the animal economy, for the government of pathological movements, under a complication of ills, may be readily observed and learned by any one who is subject to a variety of complaints of any kind. At one time he may have a head-ache, tooth-ache, or nose bleed; at another, "crick of the back," or lameness of a shoulder, hip or some other joint or joints, or in some muscle or muscles; or a cold, asthma, eruption or some physiological embarrassment to which he is liable, and which will be passed through a canceling process in regular order, if not injudiciously interfered with. Heavy general fits of sickness are sometimes immediately preceded or ushered in by other affections; and sometimes, too, closed by them. Physicians speak of diseases coming in under the mask of other diseases. The Orthopathic philosophy of this is easy. In some cases where the system is laboring under a serious

complication of injuries, before an essential tissue or group of organs that have been badly damaged, can be safely and conveniently put under a renovating operation, some other part must be improved in its condition. Small pox and other heavy exanthematous diseases, are sometimes apt to be preceded by fits, particularly in children. Physicians also speak of critical terminations of disease, and some practitioners try to bring on the condition that they have known or heard of being the closing part of a disease, as if this would be a cure for the whole malady. The affections that mark the winding up of general curative efforts are numerous, such as eruptions, diarrhea, small spontaneous bleedings, as a few drops of blood from the nose, sweating, gaping, &c. Yawning, or gaping, is a common token of amendment. No one that is hard sick ever gapes until there is a change for the better in the specific disease through which he is then passing; he may afterwards die with relapse in the same disease, or in passing through another form of disease; but the gaping is a sure sign of betterment in the work then in progress. An eruption or sores about the mouth, very often marks the crisis of a general disease, more commonly, however, of such as have not run a lengthy or full course; and this mode of termination has been regarded as the *means* of shortening the disease.

Mr. U. T. recently lost a son with a typhoid disease, dropped very low himself with typhoid pneumonia, and had another son who after complaining a few days, recovered with the breaking out of some sores about the mouth. He was told that the eruption "saved him from a fit of sickness." The eruption did not *save* him from a fit of sickness, but it was a good guarantee that he would not at that time, with a prudent care of himself, have any further fit of sickness. His corporeal machinery had been somewhat crippled by a general noxious agency, similar to that which had produced



the other cases of sickness, but the renovating work was soon done up, and the eruption was its finale. Colds, and various local and minor affections, may be both prelude and finale to heavy diseases, but not their concomitants.

Typhus fever and typhoid diseases, or other form of disease may be introduced with a cold, but when the general disease is fairly in the field, the catarrhal affection, unless cured, is at once put far in the back ground, completely out of sight, until the heavy disease has rounded its critical point; then the cold may re-appear and threaten to prove fatal in the form of a rapid consumption; and the person may die with or recover of it.

Mrs. Professor Finney, while far gone in pulmonary consumption, from attendance upon her husband and sons, who were confined with a typhoid fever, was prostrated with the same type of disease, and continued a number of weeks in an extremely languid state, with scarcely the strength of an infant, exhibiting the characteristic marks of the new disease with great clearness, and during the same period was almost entirely free from cough, expectoration and catarrhal fever, which returned when the typhoid disease had made its crisis.

### CONCLUDING REMARKS.

If the Orthopathic view or theory of disease is correct, it follows conclusively that what is commonly called disease, is merely a revelation of the condition of the system; that the phenomena or external manifestations of disease are indicators of the state of vitality in the part or parts in which the developments are being made; that the symptoms denoting "a change from the natural condition of the function or structure of the body," do not *constitute* the difficulty, as is generally supposed, but serve to point out the seat and nature of it, and in some measure its extent.

If the Orthopathic view of disease is not the true one, but

its opposite, which maintains that "disease tends to death," then indeed there is not only room for beneficial counteraction, but absolute necessity for it, to save life.

One of the two views is true. The general tendency of the vital movements, "all and singular," in what is called disease, is either right or wrong, to build up and preserve the organization, or pull it down and destroy it.

If it were the nature and tendency of disease to destroy life, it is surely very wonderful that its rise, progress and termination is so little affected by any and all of the endless variety of treatment and no treatment to which it is subjected. For only in cases where potent life "annihilators" are used freely, is nature turned much aside from her own course, by any mode of treatment. The truth is, almost everything depends on the condition of the system at the time, whether the disease is to be long or short. Ordinarily diseases are short, and will be short in spite of any moderate or considerable opposition that may be brought to bear upon them. But some will extend on for weeks, months, and sometimes years; and there is but one way of making them short, and that is by stopping the breath.

From the fact that physicians find most of the diseases that come under their management run a short course, they imbibe the notion that they have acquired the art of controlling them almost at pleasure; and they are very apt too to fall into a routine of practice for particular classes of disease, from an accidental trial of remedies with flattering results, and thus often stride their hobbies and ride, to the no small amusement of each other. One neighbor of mine was very fond of prescribing "a little soluble tartar"—a mild saline substance—for he had "known it do *wonders*." Another neighbor was much accustomed to give iron as a tonic, for he had "had patients *fat* on iron."

Although physicians know from their own experience, that



diseases will sometimes linger—for they all have more or less of such cases constantly on hand—yet they are prone to overlook the fact, especially when they look into their neighbor's practice; if they had their long cases, they would cure them up, and not suffer them to spin out at such length. At the time Professor Finney lay ill so long in 1847—confined to his back eight weeks—Dr. L., of a neighboring town, is reported to have said, “if Professor Finney was my patient, he should not lie along at this rate, it should be ‘kill or cure’ with him.” One of the alternatives might have been easily, and doubtless would have been speedily realized; but the other was an artificial or a medical impossibility.

Much of general pathology may be briefly, yet fully illustrated by the common every-day complaint called “a cold.” This affection is as really a disease as the most violent inflammatory fever.

Like all other diseases it has its foundation in an exhausted state of the “sub-treasury,” or deficiency of supply of the living principle at the source whence the catarrhal tissue of organs derives its motive energy. The commonly attributed causes of cold, damp weather, putting on damp clothes, sudden atmospheric changes, &c., have no tendency to induce colds in a perfect constitution, or in persons whose catarrhal departments are in a sound, vigorous state; but, on the contrary, to fortify them against these affections. Before such persons can “catch a cold,” they must break down the activity of the tissue of organs which is the seat of this complaint, by a direct course of sinning against it; and to effect such a change in these individuals, would require a long time at the average rate of transgression at which this part of the system is now sinned against, in most civilized communities, in which the stimulating modes of living bear with not a little severity upon the catarrhal apparatus, as they also do on most other parts of the human system. It is not a very uncommon thing to find individuals who pass through life,

from infancy to old age, without knowing in their own experience, what colds are, and those too, whose constitutional organization and energies are far from being perfect, and who are not particularly careful of their health. And persons in general do not have a thorough, deep-seated breast cold only once in a number of years. They may be liable to short colds, as they are to other affections; but if the catarrhal portions of their systems are not in a condition to need much of a renovating work performed on them, they can no more "catch a violent cold," by any undue exposure or changes, than they can "catch" the small pox by similar exposures or changes, in the entire absence of small pox virus. They may break down or ruin their constitutions by imprudence or violence, but the wrecks will not appear in the shape of colds. It depends therefore, upon the vital *condition* of the catarrhal portions of their systems, whether under any given circumstances they are to exhibit the phenomena of colds or not, as also the extent and degree of severity of the symptoms. Colds appear more common than other complaints, because they cannot be concealed, while a great variety of other moderate and transient difficulties may be kept from the view or knowledge of others. The generality of colds are short, from a few hours to a few days only in length, and such they will be, whether worked at or not.

Not unfrequently a person will feel in the evening like having a severe cold coming on, and in the morning every vestige of it be gone, and nothing more of it perceived for a long time. In such cases, the superficial or most exposed portions of the catarrhal apparatus have been taken by surprise, and suddenly borne down to a complaining point by changes or influences that bear directly upon them, but the accommodating power, available to those parts, soon relieves them of their embarrassments, and guards them against similar occurrences afterwards.

Every body have their remedies for colds, and because



these complaints usually soon recede before the attacks that are made upon them, the means used get the credit of the cure, and thus a great variety of means and modes acquire the reputation of being "good for colds." Occasionally, however, colds assume an austere and determined aspect, and prolong their unwelcome visits for months, regardless of any and all opposition that any just regard to safety will permit to be made against them.

"I can cure any cold in twenty-four hours," said a blustering Thompsonian doctor. A few months afterwards, he wanted to know what was good for a cold, he had "taken a terrible one."

Mr. L. B. H., who lived under the same roof with me, and was therefore under my immediate observation, had a deep seated and heavy cold upon him during most of the winter of 1842-3, which would not be broken up by any ordinary means—and some were used of considerable efficacy, for his wife was apprehensive that the cold would "throw him into a consumption;" not comprehending exactly how it could be, that its nature and tendency was to "throw him" directly the other way. Mr. H. has had no hard cold since, now nearly ten years, and he may yet enjoy for a number of years to come, a further immunity from so terrible a retribution, notwithstanding he continues to indulge in some of the provocatives to a repetition of it pretty freely.

Many individuals in this country at the present day, inherit a strong catarrhal diathesis, and by fostering this tendency, it is made habitual with them, so that slight disturbing causes may at almost any time bring on a cough and other symptoms of a cold. In the case of colds, as in that of all other physical disabilities, when the appropriate organs are taxed to the utmost limit of their power, to maintain the external form of health, any change in their circumstances, that renders it more difficult for them to move on in their accustomed

healthy pace, will occasion more or less of disorder. Thus it is that the immediate occasions of cold are so numerous. Going from a cold humid atmosphere to a dry and warm one, will bring on a cold as soon as the reverse. On this account, Dr. Rush said respecting this affection, that it was as proper to say "taking a heat," as "taking a cold." Colds are sometimes ushered in by putting on flannel, and sometimes by taking it off. Merely cutting the hair will sometimes disclose the low condition of the catarrhal organs; and so will excessive exercise of body or mind, grief, anger, injuries inflicted by blows, falls, &c., under similar circumstances, have the same effect. Indeed, any change that throws a little more weight into the opposite scale, will disturb the feeble balance of action. But it should be known and remembered that the *occasion* of a cold is an entirely distinct thing from its *cause*, or rather *causes*; the latter, by a paulatim or little by little process, cripple and break down the catarrhal department, and thus lay the foundation on which the cold, or the aggregate of symptoms which are called by that name, rest, and which is only *revealed*, not *produced*, by the occasion.

The state of the body, therefore, more than anything else, decides the length and magnitude of colds, and all other complaints; and, as a matter of medical jurisprudence, it should be well understood that the course and issue of disease depends far more upon the vital condition of the system, than upon extrinsic circumstances, or the treatment which it receives, unless this is unsparingly severe. A case is now pending in the Court of Common Pleas in this County, against two physicians, partners, for mal-practice in the treatment of a fractured leg. After some time had elapsed, it was found that rapid and extensive suppuration was going on in the soft parts, with no disposition to a re-union of the fractured bones, and that amputation was necessary



to give the patient a chance for his life. Now, whatever may be true with regard to the treatment in this case—and the character of the party implicated precludes the idea of its being very bad—it is a plain matter of fact, evinced by an every day occurrence, that broken bones *usually* heal without any difficulty into whatever hands they may fall, whether their juxtaposition be made to assume a lineal or an angular form; whether the fractured ends are nicely adjusted to each other, or are suffered to over-lap; the healing process goes on, and the bones are fastened together. Broken bones sometimes unite under circumstances that would seem to render such an event an impossibility.

Birdseye Thompson, of Bridgeport, Ct., was precipitated from a great height, by the breaking down of a scaffold, amid brick, stone, utensils, &c., and literally mashed; many of his bones were broken, and his flesh sadly bruised. He was laid on a bed with some signs of life, but no expectation was entertained that he could live; at length, however, nature rallied a little, and a faint hope was indulged that he might survive, when attempts were made, as his strength would allow, to adjust the broken bones:—he recovered. On the other hand, a case now and then occurs, in which neither broken bones will re-unite, nor bruises heal, “till they get ready,” let who will manage them. The outward circumstances may be made as favorable as possible, yet there is no tendency to heal; on the contrary, suppuration or some other untoward symptoms supervene and progress until death ensues, or certain internal changes have been effected and power acquired, by which a restorative work is entered upon and matured.

### PART III.

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## SPECIAL PATHOLOGY.

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Having briefly considered some of the points in General Pathology, it will be the object of this division of the general subject, by a blending of facts and theory, to evolve some of the constituent or elementary parts of disease, with a view to a clearer exhibition of its true character.

A few "extreme cases" that occurred under Orthopathic treatment will come first under review, followed by others of a similar character that were treated Heteropathically.

CASE I.—ALCOHOLIC SANGUINEOUS EPILEPSY, TERMINATING IN APOPLEXY.—The subject was Mr. C. H., about fifty years of age, possessing naturally a good constitution, but by long indulgence in the use of intoxicating liquors it was seriously damaged. I was called to see Mr. H. about ten o'clock P. M., and found him in his second fit, violently convulsed, face deeply suffused by a congestion of its blood vessels, and of a purplish hue, with bloody froth issuing from the mouth.

He had seven hard fits in succession; the first was characterized by more convulsive muscular action than the second; and the first interval, though of but short continuance, was longer and more perfect than the succeeding one, and so of all that followed; each succeeding fit was longer and less



disturbed with convulsive motion than the preceding, and each succeeding interval shorter and less perfect than the one before it, until all irregular and wakeful action was merged in deep insensible stupor, which continued about twelve hours, attended occasionally with a little of the apoplectic stertorous breathing. At the expiration of twenty-four hours from the first fit, consciousness was restored, and in two or three days the man walked forth with a firmer step, a brighter countenance, and in all respects a better specimen of manhood than he had before exhibited for a long time.

#### ORTHOPATHIC THEORY OF THIS CASE.

A cumulative lesion of some portions of the cerebral mechanism had reached an alarming point, and demanded an extraordinary effort for its abatement. The difficulty could not be reached and remedied without a very unusual and large appropriation of vital force for this specific object. To make such an appropriation must unavoidably cripple and embarrass other vital operations. Hence the congestion of the blood vessels of the brain and the compression of that organ by this means; and hence the interruption of the influence of the sentient nerves, and, during the epileptic part of the disease, the partial interruption of that also of the motor nerves, and finally the suppression of the general muscular power and nervous influence of both the sentient nerves and nerves of motion. To have made a diversion of power at once and uninterruptedly for a length of time sufficient fully to meet the exigency, would have hazarded life, and therefore when and as often as the compression of the brain came to constitute the paramount danger, it was ordered to be taken off or lightened up, and when the parts immediately concerned had become so accommodated to the pressure that they could endure it and survive, it was suffered to remain, and all the forces that thereby could be spared were concentrated at the

points where labor was the most imperiously demanded, until the end aimed at was secured.

CASE II.—DROPSY OF THE BRAIN.—Subject, a child of Mr. Dolbere, about two years old. The parents had lost two children with dropsy of the brain—their *all* previous to this—under the common Allopathic practice, as they arrived respectively at about the age of the one now apparently about to be taken from them.

The disease passed through the several changes common to this affection to the fixed apoplectic state; the pupils of the eyes were dilated to their utmost extent, with total insensibility to light and touch, and in this critical condition it lay four or five days without material alteration. At one of my visits Mrs. Dolbere said to me, “Doctor, if there is danger of effusion in this case, it does seem to me that something should be done to prevent it if possible.”

*Reply—in substance.*—If fatal effusion has not already taken place, there is a strong probability that it will; and yet there is very much being done to prevent it. Every province in this little kingdom of nature, from the least to the greatest, is put under the most severe and rigid contribution to this one end. Your child began life with a serious hereditary defect in the capillary arteries of the brain; and in the progress of the structural developments of the head, a point was reached when this most vital tissue of vessels were about to give out, relax their minute extremities, strain off the thinner portion of the blood and deluge the brain—unless, by an extra and combined effort, they could be fortified and thus enabled to maintain their grasp upon the mass of fluids that was in ceaseless circulation through them. Such an effort, for this especial purpose, is now being made; and when about to engage in it, nature caused a note of preparation to be sounded through all her realms; and in obedience to her mandates, most of the great cardinal functions have



been suspended, and their organs guarded with force just sufficient to maintain their continuity, and keep them in a state of resuscitability. The end, and the only end to be answered by this unusual and extraordinary movement, is to ward off the impending catastrophe—whose forebodings very naturally fill you with such deep maternal solicitude—and to give the cerebral capillaries a more perfect development and higher endowment, that they may not in future be liable to falter in the discharge of their most responsible duty under circumstantial fluctuations. There is no danger to be apprehended from these external phenomena of disorder, these tokens of financial embarrassment through lack of vital funds, that are here exhibited before you. The child has taken no nutriment for a number of days, and may take none for many days to come, if it should live; yet there is nothing to be feared on this account. Take a healthy child from food while its vital machinery is in full operation, and it will use up its own building material and fall to ruin in the course of two or three weeks; but in this case the system has been prepared for a long suspension of the nutritive function. There is now but little action in the system generally, and consequently but little wear and tear of machinery; and, like the dormouse, it might subsist for months on its own internal resources, if that were necessary, and every thing else favored. The bowels too have been quiet for a number of days, and they might remain as they are for weeks and months to come without damage, if this were essential to the prolongation of life. There is no action in the absorbent vessels for the transmission of fetid or deleterious fluids or gasses through the system, if such were generated; but there are none produced, for the contents of the abdominal viscera are kept sufficiently vitalized to prevent their being affected by inorganic affinities. The bodies or larger branches of the blood vessels of the head, on which is usually expended a large amount of

force, receive now but a very scanty supply, in consequence of which they yield to the distending force of the blood and become enlarged and congested; but there is no danger in this symptom, for as long as these vessels are preserved in a salvable state, however low they may fall in force and action, their elasticity and vital activity may at any time be restored when the requisite funds can be appropriated to that object. It is in the minute extremities of these vessels, the system of arterial and venous capillaries, that possess properties and discharge functions peculiar to themselves, that the danger lies, and for the obviating of which the great remedial effort is now in progress. The muscles of voluntary motion are all at rest and cost nothing for their maintainance, save a slight expenditure of safe-keeping forces to hold them in readiness for action at any future time, if their services should be needed. So of all other parts and departments; the most perfect economy is every where exercised in the appropriation and use of the vital energies. It is an "extreme case," and calls for extreme measures; but they are all conducted under a perfect law, which adapts with the most punctilious minuteness the means to the end. If the case would have admitted of a less deviation from the natural state, a less demonstration of symptoms would have been made.

The child lived; and for a number of years, as far as my knowledge of it extended, was a growing, vigorous, healthy child.

CASE III.—Mr. Birmingham, gardener, complained a few days of slight turns of dizziness of the head, and on going out to work one morning, staggered and fell, a companion by his side breaking the fall. He was conducted back to his lodgings, and by lying still on his back, with his head and shoulders a little dependent, he recovered and retained his consciousness, and suffered but little pain. He remained in this condition for a week, with no appetite for food, and took



none. The whole alimentary canal was inactive, and there was but little power of voluntary motion, with a constant tendency to faintness or giddiness on raising the head. At the expiration of a week he began gradually to recover, and in due process of time re-enjoyed his usual good health.

CASE IV.—A RELAPSE AND PECULIARLY ALARMING CASE OF AGUE AND FEVER.—In the summer and autumn of 1844, Mr. William Hosford, of Michigan, had a long and severe turn of the ague and fever, but enjoyed a tolerable respite from it during the ensuing winter and spring.

In the succeeding summer he visited Oberlin, Ohio, partly on account of his health, as it was still rather feeble, and soon suffered a relapse in his complaint. After running down pretty rapidly for two or three weeks with regular every other-day paroxysms, he sunk into a profound lethargic state, and remained senseless and motionless for nearly three days; after which he rose, slowly at first, and returned home, had no more of the ague and fever, and has since enjoyed uninterrupted good health.

At Michigan, during the first season of the ague and fever, Mr. Hosford had the advantage of thorough medication under Allopathic supervision. At Oberlin, in pursuance of his own free and deliberate choice, while reason was on the throne, nature was permitted to manage her own concerns in her own way, with Orthopathy for her handmaid, or general supervisor of her affairs.

### INFLAMMATION.

CASE V.—INFLAMMATION OF THE EYES, WITH GENERAL INFLAMMATORY AFFECTION.—The subject was Mrs. Lockwood Kinney, something under thirty years of age, possessing a good constitution, and usually enjoying good health. The development of symptoms was regular, and at first gradual.

The general febrile character of the disease was remittent, with an early and intensely painful inflammatory affection of the eyes. At the height of disease, the inflammatory symptoms were exceedingly violent, and especially during the febrile exacerbations, which were repeated twice in twenty-four hours. It was warm weather, the windows and doors of the house were open, and so intense and insupportable was the throbbing pain and anguish of the poor sufferer, that the neighborhood for some distance around was disturbed and distressed by her groans and cries. Intolerance of light was great, until the windows of the eyes were curtained with crimson velvet, of inflammatory production, although the patient was kept in a dark room. The whole anterior part of the eyes were covered with a dense coat of red vessels, obstructing vision, and presenting the appearance of two intense glowing fire-balls.

At this stage of the disease, being detained from my customary calls upon Mrs. K. an unusual length of time, by a protracted case of sickness, Dr. Darken, my recent partner, mentioned in the Introduction of this work, was called in, but declined prescription till he should see me. Watching my return, with great earnestness he urged me to immediate active measures for the reduction of inflammation, exclaiming with strong emphasis, "you will lose your patient if you do not do something to purpose soon; the eyes are already gone past redemption." After visiting the patient together, we sat down by ourselves, and I gave him at some length my views of the case, and reasons for the course of treatment pursued therein. The substance of my remarks on the occasion may be summed up as follows:—This is not a freak of nature. She does not wantonly turn aside from her natural and habitual course of action, and throw her complex machinery into disorder, and give it suicidal motion and tendency. There was an imperative necessity for just the



series of developments in this case that have been and are yet to be made. It required strong elective attraction in a new direction to so change the disbursement of power as to occasion a breaking in upon the old, regular train of action. Within the circle of a particular group of organs, there was a specific amount of vital forces available for the support of those organs, the sustentation being good, bad or indifferent, according as the circumstances under which the expenditure was made were favorable or unfavorable. Under ordinary circumstances, the current expenditure of power by this group of organs, was just equal to a steady maintainance of all the functions pertaining thereto, at their common every day standard of action, without leaving a balance as an accumulating fund for emergencies; while at the same time there was some nice occult machinery that was in pressing need of an extra outlay of recuperative labor upon it, without which it would deteriorate in its action, and produce an obscuration of vision in one or other of the modes in which inflammation of the eyes sometimes unfortunately terminates;—the very evil which you so confidently predict will now inevitably result from the present unrestrained inflammation. As therefore recuperative means necessary for the important service just referred to, could not be supplied without detracting from the regular appropriations to other departments, this resort—though it involved an evil—became the elected alternative, because it avoided the greatest amount of evil; or rather the greatest amount of good could be effected in this way, and therefore it constituted, for the time being, the loudest call for help. The extra draft or attraction for power in this new direction, sufficient to infringe upon other disbursements, was light at first, but became stronger as the work advanced; and when this important branch of vitalism nears its completion, its call for extra aid will begin to wane and gradually yield to the enhanced demand of older claimants, until the

former equilibrium is regained, and the old order of things restored—if possible—if not, as nearly so as is practicable.

There was a serious difficulty to be encountered, and no spare means with which to meet the exigency; an intricate and expensive piece of work to be done, over and above the regular routine of functional labor, and no funded capital from which the expense of the extra effort could be defrayed. Had there been unappropriated force in store, at the time this exigency occurred, sufficient, and but just sufficient to carry the vital operations over the pinch without detracting from any of the ordinary and necessary disbursements, there would have been no sensible demonstration made of straightened circumstances; but, like other great latent developments that are frequently and unobtrusively made at the critical periods or turns of life, in strong, well-endowed constitutions, this extra occult piece of work would also have been effected in a quiet, orderly, unobserved manner.

As it is, the symbols of distress will not exceed the reality; that this, the real danger or difficulty that existed in this case in a latent form, back of all the symptoms, was fully commensurate with the aggregate of phenomena that will be manifested in the whole progress of development: for it would require at least as much attractive force to change the current of vital action, as it would to continue it in its natural or usual channel. The symptoms then, or the deviations from the natural condition in function and structure, are the spontaneous and necessary result of an embarrassed state of the vital funds, and the latter can only be improved, and the former restored by the regular administration of the vital economy, with but little aid directly from the hand of art.

The first and most striking phenomenon in the case, is the inflammatory arterial action. This in appearance very far transcends the natural action of the same arteries; and it does in *fact* exceed their natural action, but not so much in



*reality* as in *appearance*: yet, a portion of the time at least, the exacerbated action of the arteries is violent, and drives forward the blood with much force and rapidity. How then is this inflammatory action to be accounted for on the principle of deficiency of power? As follows: The pulsative motion of the arteries is derived from their muscular coat, or fibres; and the power which produces the motion is independent in its source and mode of supply of all other organic force, and is well denominated contractility or muscular tonicity. Where muscles are supplied with contractile power, and there is nothing to hinder or control their action, they contract with all their might, and having exhausted themselves by this act, relax and receive a new supply of force and repeat the contraction. In the muscles of voluntary motion, this is called cramp, or spasmodic action; and in hollow muscles like those of the heart and arteries, palpitation or throbbing. In addition to the contractile power of the muscles, which gives them *ability* to act, every muscle has a nerve attached to it to control its motion and hold it steadily in subjection to the will, if it is a voluntary muscle, and if an involuntary one, keep it in subserviency to the function of the organ of which the muscle forms a component part. These nerves are called motor nerves, and are distinct in their organization, power and function from the nerves of sensation. When the motor nerves destined to govern the heart and arteries are clothed with plenary power, the action of the heart and arteries are kept steady and uniform; strong and steady if their contractile power is strong; feeble and steady if their contractile power is feeble. In either case, therefore, the action of the heart and arteries is truly Orthopathic—right under the circumstances. For if they have power of their own, and there is no force above them to control their action, they can do no better or otherwise than use what power they have, in obedience to the simple primary law of contractility.



In this case of Mrs. Kinney, the arterial contractile power is good, but the controlling power of the motor nerves is deficient;—more deficient by paroxysms or spells than at other times, which occasions the febrile exacerbations.

Now there is no valid or substantial remedy for this excessive arterial action short of a restoration of the controlling power; and it would be unwise, if it were practicable, to compel a return of that sooner or faster than it will return by due course of law, after the object for which it was withdrawn is accomplished; for it is now doing more good where it is, than it could do if it were immediately remanded back to its old position. If you could grasp the arteries and hold them steady, as you can the muscles of voluntary motion when they are cramped or act spasmodically, in the absence of the governing principle, it would be well to do so; but you can do no such thing. Large bleedings, a free use of cold water and other powerful perturbing or annoying means might and probably would bring decided and speedy temporary relief to this woman; not by “helping nature” in any wise, but by compelling her to desist from her present purpose, and send home detached forces to guard and secure her main fortresses against the ruthless hand of art. What real substantial good could bleeding do?

There is no lack of room in the blood vessels for the free transmission of blood through them; indeed it is better to have them tolerably well filled, that they may have the benefit of distention to keep them steady and uniform in their action; there is less danger of local congestion, than if the general volume of blood were much diminished. Besides, the quantity of blood is steadily diminishing from the fact that there has been no nutriment taken into the stomach for a number of days past, and none will be taken for a number of days to come; for it would be a waste of power to compel the nutritive apparatus to work up raw material under present circumstances, if this could be done. On *this*



account, therefore, it would be impolitic to extract blood, for every ounce of it is laden with nutritious matter, either from previous digestions, or from the fresh absorption of previously animalized and vitalized deposits, for the supply of laboring organs.

The extraction of blood in considerable quantities is also deleterious on account of the *suddenness* of the depletion which it occasions. Nature can accommodate herself to great changes if they are gradual, but sudden changes in any essential particular, that can only be successfully met by strong active force, must seriously embarrass the vital operations when there is a pinching scantiness in motive power. To withdraw a large quantity of blood from the system in this case—and a moderate quantity would produce no sensible effect—in addition to other ill consequences, would seriously and injuriously affect the whole mass of capillary vessels, secretory and excretory that are intimately connected with and largely dependent on the general circulation. It is on these accounts and some others, that blood-letting *seems* so commonly to do good, and was formerly frequently resorted to. It is one of the most direct and powerful means which the physician possesses, for giving nature a home or *heart* thrust, and compelling her to do him homage.

The objections to a free use of cold water are,

First; it can do no substantial good. Inflammatory heat never rises high enough to do positive harm. It is not the *cause* of the distress or any other accompanying symptom, but a concomitant effect with them of a common occasion, which will remove when the occasion removes. In ordinary cases of inflammation, where there is no danger of life or important members, and there is sufficient re-active power to withstand the shock, there can be no serious objection to a moderate use of cold water; but in “extreme cases,” where much, and perhaps every thing depends on the economical

and undisturbed expenditure of a few feeble vital forces, no disturbing cause should be admitted; and therefore,

Secondly; because the sudden and free application of cold water is a powerful disturbing agency, it should not be employed in this case. I have given permission for the application of a large emollient poultice over the eyes, to be kept moderately cool, with a view to increase somewhat the power of the parts for radiating heat, and it obviously has this effect, but it does not thereby nor in any wise produce any very sensible abatement of the distress or any other symptom; nor could any thing short of powerful break-up means have this effect, and against the use of such I enter my full protest.

It is claimed that in inflammation of the eyes, as in all other inflammations, the proportion of lymph corpuscles, or the viscid lentor of the blood—which peculiarly endangers an opacity of vision—is greater than in health, and that the effect of *calomel* on the system is to correct this condition of the blood. But how does it do this? Not by gliding quietly and harmlessly into the blood, and by a chemical or some peculiar operation on that fluid restoring it to its natural state; but in a scorpion-like manner it fixes its deadly fangs into essential portions of the system, and thus rouses into action the whole vascular system of capillaries, secretory and excretory; and in this compulsory manner effects that which would sooner or later be more certainly, better and more effectually accomplished by an undisturbed operation of natural law, with less expenditure of natural force, and without the entailment of positive evil, which under the operation of *calomel* must ensue;—that is, whatever apparent or temporary good might result from the operation of *calomel*, would be certain to accrue without it, and unattended by any of the injurious consequences which must necessarily follow the action of that enemy of all humanito-vital well being.



The whole array of means which the old school physician would put in practice for "breaking up" this disease, would of course be based upon the assumption that the general tendency of the disease or deranged action was to the destruction of life, or at least to the destruction of sight. Whereas the present Orthopathic treatment is founded on a directly opposite assumption, viz: that the tendency of the movements, all and singular, is to save life, as far as that may be in danger; and especially to avert threatened danger to the loss of sight. The first object aimed at in this treatment, is to shut down all unnecessary waste-gates; to place the system as far as possible, under circumstances in which there shall be no unnecessary expenditure of power, in order that the departments of labor that are now deficient in force, may receive an accession to their strength.

In the second place, care is taken to give full scope to the law of distribution; to let the vital economy dispense power as necessity demands—withhold from one organ or set of organs, and appropriate to others, as the ultimate and highest good of all may require, irrespective of any immediate consequences, however frightful or distressing they may be. To this end, nothing is permitted to enter the system that can impair the telegraphic wires, or unfit them for the free and rapid transmission of intelligence, or obstruct the channels through which power is dispatched; nor are any external applications or changes suffered that can disturb the natural and well-directed operations of nature. It is an "extreme case," and requires extreme measures.

In due time, the parts that had been suffering from lack of sustaining energy, began to receive reinforcements of power and rise in their action, and they continued to advance in perfect order, until they were restored to their former healthy condition. The vascular capillaries of the eyes gradually resumed their bloodless appearance, leaving the

cornea as transparent as crystal, and vision perfect—not a trace of the inflammation was left behind, and for many years after the eyes remained sound and good, and for aught I know continue so to this day.

CASE VI.—ACUTE PLEURISY.—Mr. Isaac Thompson, an industrious mechanic, from thirty to forty years of age. The case came on rather rapidly after a cold chill, and was severe for eight or ten days. For about three days before there was a decided abatement in the symptoms, the patient was supported a considerable part of the time in a half sitting position, with extreme pain and soreness through the whole of the chest: pulse hard; breathing short, difficult and painful; cough, for the most part, dry and exceedingly distressing, the matter expectorated tinged or mixed with blood; bowels close; face suffused, and the general aspect anxious and portentous.

A clergyman from out of the place saw Mr. T. under these circumstances and reported that there was no chance for his life; but he had a good recovery, still lives, is an industrious man and is attaining to a good old age.

CASE VII.—TYPHOID PNEUMONIA OR LUNG FEVER.—Mr. Leman Stone, seventy-five or more years old, was the subject of it.

This disease was marked by debility, pain and extreme soreness and tenderness through the chest, with cough and expectoration.

I knew that Mr. Stone was a man of uncommon fortitude and fixedness of purpose, and that he had much confidence in my judgment and tact for managing disease; but my non-medicine views and practice had not long previous to this been divulged, and Mr. S. had not before been subjected to their operation; and in calling in to see him one evening, and finding him in great febrile uneasiness, full of pain and soreness through the lungs and chest, with a harassing



cough—a state in which he had already passed the two preceding nights, with but little alleviation during the intervening days—I was quite apprehensive that he would have some misgivings respecting the “let alone” treatment, which might operate to his disadvantage. Accordingly I prepared a few small pills, with the least possible quantity of opium in them, that I might call them anodyne, and directed his daughter to give him one of them once in four hours, until he should get some rest. As a pill was presented for him to swallow, with a statement of the directions for their continuance, Mr. Stone exclaimed “Pills! pills! Why is this? Has the Doctor gone?”

“No sir.”

“Ask him to come in here.”

“Doctor, why do you give me these pills?”

“I thought sir, perhaps, as you have been so long without rest, you might prefer on the whole to get a little *medicinal* repose.”

“If I understand your views and they are correct, and I should get relief by the use of these pills, it would be at an unprofitable expenditure of power, and so far retard recovery, if that were to take place, and in the same proportion enhance the danger to life.”

“That is just it.”

“Then away with the pills; I do not want to procure relief on such terms.”

The pills were thrown away, and the renovating work permitted to go on without let or hindrance, under the kindest and most judicious nursing by a devoted daughter, until health was restored.

Mr. Stone continued to live on a stirring active life, respected by all who knew him, to within two or three years of a century.

In this connection, under the present head of inflammation,

I will notice a short inflammatory affection that occurred in my own person. In the winter of 1847, while sitting at my writing desk, about eight o'clock A. M., I was disturbed with a pain in my left foot, which, after a short time, rapidly increased, accompanied with swelling and soreness. At two P. M. the foot was much swollen, of a shining redness and intensely tender and painful.

Mr. L. B. Kinney a collegiate student who roomed in my house, said I should have to do something for the foot or lose it. I replied, "it is in good hands, and there I shall leave it. The natural action of the parts has not been turned aside from its accustomed straightforward course for a mischievous purpose, but to answer a good end; and when that end is answered, the natural action will be restored. Nothing that I can do other than to keep the body at rest, to prevent an unnecessary expenditure of vitality, and keep the foot in a horizontal position, can expedite a good cure. 'The hotter the battle, the sooner over.' There would be no difficulty in procuring temporary relief from the pain, or assuaging the inflammation; but it would only tend to protract the cure, or render the present curative effort imperfect, so that it would need to be repeated the sooner."

At eight in the evening the agony passed the meridian and began gently to decline, and at twelve, short slumbers broke in upon the troubled elements, which in an hour or two settled into deep forgetfulness of the passing pangs. At eight the next morning I awoke with a renovated foot, natural in size and appearance; perfectly easy, and—saving a little tenderness and weakness, which were not long in being recovered from—restored to its natural condition.

Mr. Kinney, on witnessing this rapid recovery, remarked that if means had been used for the reduction of the inflammation, he should have thought that a remarkable cure had been performed.



The foundation of the sad necessity for this painful affection, was laid in the summer of 1845, by a sudden crushing of the foot between a heavy log and a stump, while engaged in logging; the oxen whirling suddenly caught my foot, and from that injury I was laid aside a number of days. In the winter of 1849, about two years from the time the first extra effort was demanded for bringing up the arrearages of repair in the injured foot, a second was called for and repeated, very similar to the first, except somewhat lighter. It is now more than two years since the last settlement was made, and whether the disabled parts have acquired ability of their own sufficient to enable them to do up their work as they go along, without being obliged to stop and join teams to get over "a pinch," to my great discomfort, remains to be disclosed. I shall be happy to find that it is so. Much, however, will depend upon the general vital condition of the system whether the pedal difficulty manifests itself again or not.

Some other parts of my material organism are in the same predicament with this foot; particularly my left shoulder, which was badly hurt thirty-five years ago by the falling of my horse while riding "post haste" to see a man that had been suddenly laid aside for repairing purposes, that I might interpose my authority and skill for having the work "broken up." The form in which the arrearages of recuperative labor in this shoulder have been canceled, is that which is usually denominated chronic rheumatism. These spells have from the first been gradually diminishing, and their intervals lengthening, till they are now "few and far between."

My most serious constitutional defect, however, is in the pulmonary system, derived by birth. This, under the ordinary mode of living, subjected me to frequent colds and coughs, sometimes long and severe. By a thorough change in my dietetic habits, though late in life, I experienced an almost entire exemption from my pulmonic difficulties for



twelve years; but for the last year and a half they have partially returned upon me, and on the whole, are rather increasing in frequency and force.

As this branch of my material being fails, it will of course take the whole body down with it; and unless some other vital tissue shall previously receive a fatal wounding, this "earthly house of my tabernacle will be dissolved" at no distant period, with lung consumption.\*

### SCARLET FEVER.

CASE VIII.—During an epidemic scarlet fever which prevailed extensively in Derby, affecting all of the children in many families, there were five cases in the family of Mrs. Wm. Stone; three and all of her own children, and two little daughters of a Mrs. Heinaman from the South, who was spending the season with Mrs. Stone. The youngest of the two children, between two and three years of age, had the disease in the most malignant form, with deep extensive ulceration of the mouth and throat. For a number of days it was tended on a pillow in the nurse's lap, emaciated, perfectly unconscious, eyes half closed and set, pale as a corpse, and with but just the breath of life in it.

While in this state its father arrived from the south, and on learning the facts respecting the no-medicine treatment, became almost frantic with emotion, and inquired where a physician could be found that would *do something*. He was informed that there were quite a number of that character

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\* Soon after penning the foregoing paragraph, I received intelligence that a beloved brother, a few years older than myself, was rapidly descending to the grave. His constitution in the main was better than mine; but in common we inherited a defective pulmonary system from our maternal ancestry. For many years my brother was a ship-master from New York in the Canton trade, and when fairly off soundings was entirely freed from cough and lung difficulty; but on nearing land was sure to have a return of his short husky cough. To within a few weeks of his death, in his seventy-first year, he had the appearance of a strong healthy man for that age, but his lungs had used up their oil of life and with them the whole lamp must go out.



in New Haven, nine miles off, and was furnished with a list of the names of some of the most prominent medical men of that place, and an individual was sent out to dispatch a messenger to the city to bring out one of the physicians whose names were on the list. But on a little reflection Mr. Heinaman came to me and said: "Doctor, it is impossible for this child to live by any mode of treatment with which I am acquainted, and if you think your method of management will afford a chance for its life, pursue it;" and the sending to New Haven was dispensed with.

When the grand object for which the main body of organic forces had been drawn off behind the curtain was so far accomplished, that the attractive power in that quarter began to yield to the strong retractive claims of the visible functions, they were drawn thither again in small detachments, and their resuscitating influence was manifested by a resumption or extension of arterial action, rekindling of the eye, and general re-animation. When the child had so far recovered that it could take a little nourishment, it was the merest skeleton that ever breathed;—a frightful looking little piece of humanity. The injury done the system by the scarlet fever virus, or the subtile agency that laid the foundation for the derangement which was called scarlet fever, had been so deep and pervading, that the fabric had to be taken to pieces and thrown away, except the frame-work and covering. But in a few weeks the dilapidated parts were replaced with new, well-wrought material; and in lieu of the hideous looking skeleton, we had a plump, bright black-eyed, handsome and doubly interesting little girl.

There were a number of hard cases of scarlet fever in this epidemic, but no deaths. A young child of Mr. Abel Holbrook, on Great Hill, sunk nearly as low as the Heinaman child, and recovered, but with some defect of hearing, which is not wholly effaced in the attainment of adult age.

## CHOLERA MORBUS.

CASE IX.—Subject, Capt. C. Elliott, of Huntington Narrows, opposite Derby Narrows, my then place of residence. In consequence of a rapid rise in the Housatonic river which flowed between us, I did not see this patient till the latter part of the night, when the case had been a number of hours in hasty progress, and seemed drawing fast to a fatal close. The extremities were cold, pulse gone at the wrist, strength prostrate and tendency to faint. As I entered the room, I was told that immediate and active means must be used, or the Captain would die. To quiet mental disturbance and apprehension, pills, powders and drops were administered; while the real physical disturbance was left entirely to the freedom of natural law. The extreme point of the recuperative work was reached about the time that I began to dispense the representatives of medicine, and in a short time there was an evident abatement of the disorder, and of course the little pills, powders and drops took the credit of the cure. A few hours after I made the Captain a second visit and found him sitting up, quite comfortable and in fine spirits. “Well now, Doctor,” said the Captain, “you see that medicine is sometimes necessary in *‘extreme cases;’* I could not have lived without it.”

## TYPHUS FEVER.

CASE X.—Mr. Agur Gilbert, whose case follows, was about twenty-five years of age, at the time of his sickness; of good habits and good constitution.

The special object in noticing this case, is to call attention to one feature of the disease, to wit; the suspension of the peristaltic, or natural downward motion of the bowels, for the long period of three weeks. The disease, though of considerable length and attended with a good deal of general



debility, was on the whole a mild one. There was but little pain during the progress of the disease; the general train of symptoms was regular from day to day, and pretty uniform. The stomach and bowels were quiet, the former calling for nothing but water, and the latter manifesting not the least tendency to motion for twenty days. On the twentieth day of their fasting and resting, there was clearly an incipient revival of action in most of the great functions of the body.

On first entering the room, I perceived a little brightening of the countenance; the mouth showed a slight improvement in the secretions; the skin was a little less dry and husky; the pulse a little slower, fuller and softer; there was a little sense of motion in the bowels; and the patient began to think that ere long he might relish some kind of food. The next day the symptoms were still more improved, and there was a small evacuation of the bowels, of natural appearance;—from this time there was a steady upward and onward progress to confirmed health.

Some of the friends of Mr. G. felt a concern for the quiet state of the bowels, and for *this concern* I prescribed some pills which I knew “would do no hurt, if they did no good.” For myself, I had no fear about the bowels, and should have had none if they had been kept at rest three weeks longer, if there had been no other sign of danger. There was no necessity for action by the intestinal canal; for there was nothing to be carried off by them, and it would have been a work of supererogation in them to keep up their natural motion. A special and strong requisition had been made for organic forces in another direction; and to meet this requisition it was necessary to deprive the whole system of voluntary muscles of power to act, and to suspend the action of the nutritive system, including the vast chain of secretory and assimilatory agency. Present safety of course demanded that all parts should retain force enough to guard them

against the action of inorganic affinities. It was a favorable indication, and one on which my prognosis of a happy issue of the case was mainly based, that the controlling power of the motor nerves was so generally in the ascendancy, as to be able to maintain an almost universal state of rest. With this state of things, general debility, or loss of muscular tonicity—in the absence of serious *organic* affection—must have run very low indeed, or have been long continued, to destroy my confidence in a final recovery. I have had patients lie for days together so feeble that they could scarcely move a finger, or whisper so as to be understood, for whose safety I entertained but little doubt.

Many practitioners deprecate protracted inaction of the bowels in adynamic diseases, because they fear that deleterious gasses or subtile vicious exhalations will be taken up and sent through the system. But these fears are groundless; for the inaction extends to the absorbents of the bowels, as well as to the bowels themselves: and besides, the contents of the bowels in such cases are kept sufficiently vitalized to prevent impure exhalations. In the case above stated, there was no unusual odor attending the passage after twenty days confinement.

### WHOOPING COUGH.

CASE XI.—An infant child of Isaac J. Gilbert, Esq., had been quite ill for some time with the whooping cough, when the father called upon me one evening and said, “Doctor, you don’t know how poor our child is; I want you to go and sit down by it awhile, and learn its true condition.” I told my friend that I was well aware that his child was in a critical state; but was willing to comply with his request. When I first entered the room where the child was, it was lying in a cradle, in a tolerably quiet sleep. In a short time it began to cough, and was instantly siezed by its mother and held in



a position favorable for the effort. After catching for breath, and making two or three ineffectual attempts to cough, it passed into a violent convulsion fit, which lasted a few seconds, and all seemed to be over with it. It lay in its mother's arms relaxed, pale and breathless, with no external sign of life about it. In its previous turns of coughing, its strength had sometimes appeared to be almost spent; but it never had had a fit before. The parents were very naturally agonized to know whether something should not be done to bring the child to life; for they were not then as well rooted and grounded in the Orthopathic theory, as they have been since. I attempted to reconcile them to the "let alone" treatment by something like the following argument:

You can do nothing more now towards securing the child's safety, than by holding it in a proper position. The work to be done for the preservation of its life—if that is not already extinct—devolves upon the vital economy, and that does not need to be reminded of its duty. "A woman may forget her sucking child," but mother nature never forgets nor neglects her charge. The vital forces are not withdrawn from sight with the tendency to DESTROY life, but to save it. There is a serious obstacle here of some kind to the progress of the living principle, and it depends upon the united force of this principle—which is bound by fixed uncompromising law to act right—whether that obstacle is surmounted.

The child revived, held up its head and looked around, and soon went through with a turn of coughing without difficulty, in which it brought up a quantity of thick mucus which was wiped from its mouth, when it smiled and appeared happy. The parents were relieved, and the father remarked that the child had not coughed as strong and appeared as well before for a long time.

By a judicious arrangement in the household affairs, the health and strength of the mother were economized, and a



good quality of nutriment and strict attention for the child secured, by means of which the latter lived, and still lives, a joy to the family and a blessing to others.

### CROUP.

CASE XII.—Subject, Theodore Weld, infant son of R. E. Gillett. The case occurred in the fall of 1841, when the child was about one year old. It was a stout, rather fleshy, but well-formed and strong muscular little fellow.

The disease was of an unmixed inflammatory nature, of more than ordinary length for croup, of equal severity, reaching in its progress from its rise to its crisis, through the period of three days and nights. The sufferings of the poor little fellow were inexpressibly great, and the scene heart-rending to friends and attendants. The Orthopathic course of treatment pursued was new in the place, and excited a good deal of feeling and opposition. The parents of the child had previously taken pains to inform themselves on the subject, and were so well satisfied with the new practice as to give it their cordial acquiescence throughout. But some friends who were present at different times during the sickness, were much disturbed at what they regarded as a murderous practice. One of them who had studied somewhat the pathology of croup, undertook to discuss with me the impropriety of letting the disease alone, or doing nothing to break it up. It was urged that the proximate cause of the disease was a bladder in the throat, or an artificial membrane that obstructed respiration; and that unless something was done to remove it, the child could no more live than if it were under water, or had a ligature drawn tight around its neck.

But how came “the bladder in the throat,” and by what instrumentality *can* it be removed? are important questions to be settled, before a correct mode of treatment can be established.



Orthopathy would answer these questions as follows; In consequence of an imperfect development of parts in the locality now affected, the organs concerned are unable, with all the forces that they can command—both from their own individual resources, and by loan—to maintain functional and structural soundness beyond a certain limit, without undergoing a series of changes. Having arrived at the “pinch,” the organic forces tire and falter; and this faltering is called inflammation. Under this pressure, the sanguineous capillaries relax in their minute extremities—most reluctantly, but it is the best they can do—and strain off some coagulable lymph, or the sizzly portion of the blood, which is deposited on the inside of the wind pipe, where it often dries by the passage of air in respiration, and forms a hollow membrane, sometimes called “a bladder in the throat.”

The croupy symptoms, however, show themselves before there is any exudation of lymph, from an obstruction of the air passage by a relaxation and congestion of the capillaries that terminate in and form a considerable part of the lining or inner membrane of the bronchial tube or wind-pipe. This always constitutes the *incipient* stage of croup, and often the whole of it; for the animal economy, after having been obliged to deviate thus far from the natural state, frequently succeeds in arresting the descending pathological phenomena at this point, and of restoring the parts to their ordinary healthy condition and aspect without further difficulty. But when the albuminous or sizzly matter is thrown out, it still further impedes respiration, both before and after its inspissation; and this matter must by some means be thrown off.

It may be well however, to state in this place—and the fact should be kept in mind—that although the exuded lymph becomes a sure cause of disturbance and source of danger, yet it is not the *fundamental difficulty*. This consists in the *vital condition* or *feeble vitality* of the parts affected;

and until this difficulty is remedied, the secondary cause, of which this is the natural and unavoidable occasion, will continue to be propagated.

The question now arises, how can the exuded matter be most surely and advantageously ejected, in conjunction with a general course of treatment best adapted to facilitate a *cure* of the whole difficulty? There is but one mode possible by which this matter can be ejected, and that is by an expulsive effort of the lungs in coughing. It cannot be hooked out, brushed away, or in any wise expelled *directly* by emetics, calomel, or any of the means usually resorted to for breaking up this disease. When any of these agencies do succeed in expediting for the time an expulsion of some of the adventitious membrane, they do it by impelling an extra or premature effort of the parts concerned therein, and that too by the use of power that would certainly be used on the occasion, and much more economically and effectually without compulsion.

A little circumlocution here in further elucidation of this intricate and important branch of special pathology, will not be inappropriate. In the course of the progressive revolutions of the vital operations, for the equilibrious development of the physical organism, a serious constitutional defect is met with in the tracheal membrane of the body corporate, which no forecast nor co-operative effort of the general economy could overcome without suffering, under existing circumstances, more or less of default in some of the cardinal functions of the part.

And as this default—from feeble vitality in the tracheal department—involves the safety of the whole system, there is the strongest possible guarantee, that all available power will be put in requisition, and most economically expended in efforts to secure the general safety, while the local difficulty is being remedied. Therefore whenever and as often as the



respiration becomes so impeded that life is endangered, reaction supervenes and averts the danger—that is, the languid and relaxed capillaries are re-inforced sufficiently to elevate their action and condition above the point of exuding coagulable lymph, and enable and dispose them to pour out serum, a thin watery matter which dilutes and loosens the dried membranous matter, by which the latter is more readily expelled. In this way life is prolonged until the local difficulty is successfully disposed of, or until it is proved to be insurmountable and life falls its victim.

Or to express the same thing in another form, whatever danger there may be from suffocation, there is an equal amount of or a little more danger at another point; and in whatever scale the danger preponderates, vital forces are sure to repair to that part for at least present relief, if there are any that can possibly be spared for that purpose. In other words still, all the deviation from the natural state that takes place in this affection, results from a necessity of the case, a necessity that no human skill or power can supersede or ameliorate except by attention to natural regimen, or what may be called *good nursing*.

Little Theodore proceeded from bad to worse, to human view, with occasional short respites, until general muscular tonicity failed, and life seemed ebbing to a close. The effort at coughing and catching for breath grew fainter and fainter till all was apparently hushed and quiet in death. Presently, however, we perceived a little heaving of the chest, and breathing recommenced, feebly at first, but increased in force until an effort was made at coughing which brought within reach of extraction a quantity of viscid phlegm, followed by a full respiration, which inspired us with the hope that a favorable crisis had been reached. But in two or three hours this hope was dissipated by another decline and apparent death scene, which was a little more protracted than the first.

Again the child revived, and for two or three hours gave promise of life, when it sunk the third time, and for a longer period than before, and to all appearance for the last time. Once more it breathed, and from that time continued steadily to rise to good health,

This was the hardest case of croup that I had ever witnessed under Orthopathic treatment ; a fatal one under this treatment I have not yet had the unhappiness to witness.

### CONSUMPTION.

CASE XIII.—Subject, Mrs. Spencer, in the neighborhood of thirty years of age ; cachectic habit, with predisposition to pulmonary affections ; lost a sister the preceding year with lung consumption.

This case belongs to the class of disease unprofessionally denominated “quick or galloping consumption.” At its extremity, the pulse was quick and frequent—from 130 to 150 per minute—accompanied with great internal soreness and sharp pains in the chest, difficult breathing, copious expectoration of purulent matter, occasionally streaked with blood, loss of flesh, extreme debility, hectic flush of the face and fever.

Prof. Finney, who was closely watching the progress of the disease, on meeting me as I was returning from a visit to the patient, expressed much concern for Mrs. S., and said she could not live but a short time unless she obtained speedy relief ; and suggested a trial of counter irritation by blisters on the chest to break the force of disease on the lungs.

Prof. Finney had examined the Orthopathic theory of disease with much care, and was disposed to think favorably of it, and gives the conclusion to which he had arrived on the subject in the following language : “If there be any action in an organized and living body, it must be organic action. It must tend to health. Organic law can act in but one



direction, and that is to sustain the organization. When vitality or the vital principle is abundant, the organism will be perfectly sustained in all its functions. When the vital principle is deficient in quantity, the action will be defective—the functions of the organs will be partially suspended for want of power—but still the action is *organic action*. It cannot be wrong action; for all the action there is, is the result of vitality yet energizing in the system.”

When the Professor came to witness the “energizing” of the little remnant of the vital principle “to sustain the organization,” and see the poor sufferer nearly exhausted, and panting for breath as she was sustained by two or three assistants, at times almost choked with matter, agonized with cutting pains, and the whole crowned with the regular accession of a hectic flush and fever, his old Heteropathic impressions came over him and cooled the ardor of his Orthopathic courage. It seemed to him as if something should be done to drive the vulture of disease from its rioting on the vitals. Some three or four years after this, Prof. F. gave full proof of his confidence in Orthopathy by a patient endurance of an eight weeks confinement to his bed with typhoid fever, under strictly Orthopathic treatment.

Mrs. Spencer arose from her consumptive bed, and for the most part during the nine or ten years that have since elapsed, has enjoyed very comfortable health.

CAN CONSUMPTION BE CURED?—Some patent doctors hold that *curable* cases can be *cured*. Others contend that when consumption is *seated*, there is no cure for it. There is no *seating* of consumption, more than there is of any other negative quality; nor is there any *curing* of this disease, any more than there is of any other kind of impaired state of the system. Recoverable cases of pulmonary difficulties, like recoverable lesions of any other portions of the organism, may be renovated when all the demands or necessities of the

system are duly complied with. But the amount of danger in any given case cannot be gauged by the state of the lungs merely; for on the one hand some persons will inevitably die with consumption with but little lung affection, while on the other hand now and then one will be found who will go down to the border of the grave with extensive lung disease, both functional and organic, and yet recover. In the one case, the totality of vital embarrassments in other parts of the system, so nearly equal the amount of renovating power that can be used to cancel them with, that a small additional lung difficulty will strike a fatal balance against life. In the other case, the unencumbered general tone and elasticity of the system will insure a recovery to health from great depths of pulmonic derangement—in some instances after the lungs have been extensively ulcerated—and we have no vitometer by which we can decide *a priori* what cases are recoverable and what are not.

The following scrap was cut from the "Independent."

"CATARRH.—When a person has 'taken a cold' it is economy to make a business of getting rid of it at once. If he chooses this can be speedily accomplished without the aid of medicine. To do this the patient must keep himself comfortably warm both night and day. If the attack is severe, he should keep within doors. He must rigidly abstain from drinks and solid food; gruel or mush, made of wheat, rye or corn meal, is his best diet. The demands of appetite must be totally disregarded. A single indulgence may retard the cure for days. In addition to this, let him apply tepid water once a day to the entire surface, using vigorous friction at the time. A few days of strict adherence to this simple prescription will remove the worst form of catarrh—no half-way proceedings will be effectual.

"The above is the result of much experience, and yet I have no faith that one in a hundred who read will profit by



it, while 'humbug' can be procured for a dollar a bottle and the morbid cravings of the appetite remain unrestrained,"

*Remarks.*—"It is economy to make a business of" taking good care of the human system at all times, and especially so when any important organ is reduced to the point of complaining. But no care or means, however assiduously or skillfully used for "a few days," or any length of time will suffice to remove "the worst form of catarrh." "The worst form of catarrh" will sometimes—not often—terminate in death in the regular progressive form of lung consumption, under the most judicious treatment. The catarrh may be mild at first, and but little thought of, and soon almost disappear—then springs up afresh and ever and anon acquires a new accession of strength, and the victim wonders how it is that he "takes cold so easily and so often;" while the insidious malady makes steady and certain progress through the different stages of a pulmonic declension to a fatal ending.

A period of life is reached at which there is an accumulation of pathological embarrassments that cannot be surmounted; and the catarrhal tissue of organs standing foremost on the table of insolvency, is the first to develop the state of vital bankruptcy. There are other bad yet recoverable forms of catarrh, that cannot be got "rid of at once" nor in a few days "by adhesion to" any mode of treatment. They will run on and have their day, do what you will; but this class is not, comparatively, numerous. The great mass of colds are and will be transient, leave "at once" or in a "few days," "without the aid of medicine," or with its opposition, or under any practice; you cannot make them lengthy. In the course of the rotary renovating operation that is constantly going forward among the numerous organs of the body, while in an imperfect state, the catarrhal system comes to take its turn in getting brushed up; and as there is no necessity, ordinarily, of making a lengthy job of it, it is soon done



up, and for the present that is an end of it. It is on this foundation that so many "infallible cures for colds and coughs" have been based.

*Extract of a Letter from Mr. Clay to Dr. H Bostwick.*—"I consider my situation as highly critical. It is a cough of some eighteen month's duration, proceeding from the lower bronchial vessels. It has reduced me in strength and flesh, diminished my appetite, and lessened my sleep; it must be arrested, or it will terminate fatally."—*N. Y. Tribune.*

The reduction of strength and flesh, and the diminution of appetite and sleep, are no more chargeable on the cough, than the cough is on these other pathological phenomena; they are all the offspring of a common occasion—defective vitality:—and if the eminent statesman and lawyer would have them all *legally* "arrested," he should abjure "cough medicines," and by a frugal economy in the expenditure of the vital funds, create a *sinking fund* for the liquidation of his physiological debts.

### DEPRAVED SENSIBILITY.

CASE XIV.—TOBACCO BLUES—MYSELF THE SUBJECT.—My sentient nerves, naturally defective, were made more so by a long course of flagitious abuse with tobacco. When it was almost too late to indulge a hope of final escape from the detestable habit, my mind was strongly called to the importance of effecting such a result, from a conviction that my health was seriously suffering from the pernicious practice; and accordingly repeated but unavailing efforts were made to emancipate myself from its tyranny; and abstinence from the use of the poisonous plant was persisted in from time to time, for longer or shorter periods, as the avenging rod of nature was laid on my physical conscience with greater or less severity, until hope of final victory over the vile habit had well nigh settled into blank despair.



Most providentially, however, before it was quite "too late," at the close of a little prayer meeting by some half a dozen of us, all inveterate tobacco users, in the month of February 1829—to me an eventful period—a challenge was given by one of the brethren to each of us in turn, to abandon the filthy tobacco habit, prefaced with appropriate remarks on the importance of such a step in relation to its bearing on ourselves, and also on others through the influence of our example.

Instantly the conviction flashed on my mind with irresistible force, that that was the time for me to secure my freedom from a ruinous and degrading servitude. Accordingly, when the question came to me, I made the open and firm resolve, "I will use no more tobacco while the world stands." The die was cast; tobacco and I had parted forever, come life or death. That a severe trial of my fortitude awaited me in the renovating work which the vital economy would find it necessary to perform on my injured nerves, I was well aware, for I had had some foretaste of such trials consequent upon the final abandonment of other deleterious habits, particularly that of coffee drinking. But the reflection that freedom from the galling chain of tobacco servitude was henceforward to be my happy lot, divested the otherwise gloomy depression of feeling through which I was at length triumphantly carried, of half its force.

The tobacco blues, or sufferings and changes to which I was subjected in this pathological transformation, consisted of considerable diminution of appetite, muscular strength and flesh; but the most soul-harrowing part of the disease arose from a peculiar "lowness of spirits," of which

"None but he who feels it knows."

At the lowest point of depressed sensibility, if the privilege of smoking one more pipe of tobacco could have been consistently "purchased with money," and that would have been a "cure all," so that I could have been at ease and should



have no more inclination to use the abominable stuff, and means sufficient had been at my command, a large purse would have been emptied if nothing short of that could have met the demand. At length the crisis was passed, and in a few months my goings were established on the rocky foundation of "total abstinence" from all personal use of tobacco, with not the slightest inclination to a resumption of it in any form remaining; and never for one moment since that period, could any earthly consideration induce me to return to the old tobacco bondage.

Not long after I had turned the critical point in the renovating process, in a sleeping revery, I seized my large bowled and elegant Chinese pipe, with a long flexible stem that conducted the smoke through water in a glass jar which could be stationed at a respectful distance from the mouth—my favorite mode of indulging in the nicotinic pleasures—and soon enveloped myself in a beautiful dense cloud of curling enrapturing tobacco fumes, which awakened the slumbering sensibilities, and set them to reveling in all the wild ecstatic pleasures of olden times, when they were actually under the inspiring influence of the maddening narcotic, and with a zest too, that was heightened by a painful sense of abstinence; when suddenly the conviction fastened on me that I had broken my resolution, added force to a depraved propensity, strengthened the bonds of a ruthless habit, and augmented the doleful prospect of a perpetual bondage. The agony of spirit which these reflections excited, threw my whole frame into violent agitation, drenched me with sweat and broke my slumber. And O! how sweet and consoling was the assurance that restored consciousness gave to my tortured mind, that it was all "nothing but a dream."

Volumes might be written on the philosophy of a depraved or impaired state of the nerves of sense; but my limits restrict me here to a few brief remarks.

FIRST.—The kind and degree of suffering that any indi-



vidual will experience on the sudden and entire abandonment of a long and rigorous course of sinning against the sentient nerves in the use of tobacco, opium, tea, coffee or other poisonous substances, or which they will experience at intervals if the habit is continued, will depend on the vital condition of the system at the time or times, other things being equal, or the external circumstances or general regimen being given. In the present universally dilapidated state of the human constitution, no two individuals would ever have their corporeal systems in the same state, nor any one individual have his in the same condition at different times; therefore no two persons would be affected alike, or the same person alike at different times from precisely the same amount of actual transgression.

Two sisters, one a widow and the other an old maid, indulged long and largely in the use of opium, and their general mode of life was much the same, yet their sufferings occasioned by the use of this drug, and especially their turns of opium blues were widely different from each other.

In one sister the sufferings were mainly confined to the sentient nerves, except the incidental derangement of some local function or functions; in the other it was common for some of the nerves of motion to unite with the nerves of sense in an expression of grief or displeasure at such outrageous violation of physical law. In some of the severest paroxysms of the opium disease in this latter case, there would be violent cramp of the stomach, attended with spasmodic affection of the diaphragm, respiratory muscles and contortion of some of the facial muscles; and more perfect pictures of horror and despair than these scenes presented, could hardly be imagined.

SECONDLY.—The force of habit, or the rise and fall of it as graduated in the feelings, corresponds with the impaired state of the vis nervea, or nervous power. In the best con-



dition of the nervous system, the morbid appetency or hankering for the accustomed stimulus is the least, and as the nervo-vitality wanes, the morbid craving increases till declension of excitability reaches a point where the strongest excitants cannot rally vital forces enough to bring any relief to the poor sufferer, then the hitherto strong ungovernable desire for a favorite stimulus turns to utter aversion and loathing. It was on this principle that Mr. Treat, whose case is noticed in the "Introduction," lost his relish for the brandy, and could no longer bear to have any allusion made to it in his presence.

The operation of the law of excitability in the particulars here referred to, may be witnessed by any individual who is subject to any debasing habit. After a thorough renovating process has been performed on his system, and the tide of excitability has reached its highest flood, his habit sits the lightest on him. He can now go comfortably for a number of days without a resort to his tobacco, opium, rum, tea, coffee or other pernicious practice, or can indulge in the moderate use of it at pleasure; but as the tide of excitability ebbs, and a depression of spirits, or sense of indescribable uneasiness comes over him, he flies to his usual source of temporary relief, and plies it in greater quantity and oftener as his difficulties thicken, until the vis nervea is so nearly exhausted that the law of limitation is inexorably enforced against further drafts to prevent, if possible, fatal bankruptcy.

THIRDLY.—A sound, vigorous and pure sensibility, neither needs nor courts any kind or degree of unnatural excitation, but perfectly disdains it in toto; and an impaired sensibility needs it and courts it no more, and disdains it no less, and is less able to bear its devastating effect. The *direct* effect of excitants upon damaged or impaired sensibility is never pleasant to or relished by those who use them, no matter how long they have been slaves to them, or how much soever



they may be under their dominion. It is not for the sake of the *taste* of tobacco, rum or coffee that their devotees cling to them with such unflinching pertinacity; but it is the *exhilaration* which they produce, their indirect effect that gives them their fascinating power, and makes them such overbearing, resistless and murderous tyrants.

The secondary or exhilarating effect of stimulants upon an impaired, painful or perturbed sensibility, follow so closely upon their primary effect, and the relief which they thus occasion by the severe flogging which they give the nerves, becomes so intimately associated with their action, that their first effect is not noticed, nor their ultimate effect properly heeded.

“O how good your turnkey did feel,” exclaimed a man from whose jaw I had just wrenched a large three pronged tooth, which required the whole strength of my arm for its extraction. The horrible action of the instrument separately considered, could not have been pleasant; but it had the indirect effect to rally vital forces and thus elevate the depressed painful sensibility to the region of comfortable feeling, and in this act swallow itself up or cover over its direct effect. The man was in extreme agony, with no abatement thereof until the tooth was put under the strong embrace of the turnkey. Had there been no free ralliable force within the circling range or attractive influence of the suffering nerves, the pain produced by the extraction of the tooth would have been *felt* in all its overwhelming force, in *addition* to the pre-existing pain, and the aggregate would have been insupportable. Or if it had been but a common tooth-ache, which the *sight* of a turnkey, or forceps—which are now extensively and wisely substituted for the turnkey—would have relieved, the extracting pain would have been proportionally realized by the sense of feeling.

So it is with the sentient nerves in relation to all exciting



or disturbing agencies that are suffered to act upon them. In their pure, perfect state, the least violence done them is felt and announced in its full and just proportions; when moderately impaired by a course of transgression against their perfect law, a moderate flagellation with an instrumentality similar to that which impaired them—*similia similibus curantur*—just sufficient to exalt the sensibility to a comfortable state is relished, while the excess of stimulation becomes insipid or unpalatable; and in proportion as the sensibility is depressed, in that proportion will it require force of excitation to raise it temporarily from the region of gloom and despondency; and while the means are adapted to this end, or answer this purpose, they *appear* to work admirably, and are delighted in. But when the sensibility is dropped so low that there are no available forces to be dragooned to the relief of the unfortunate sufferer by any means or to any extent, until the nerves have had an opportunity of replenishing their coffers under the operation of natural law, then the act of stimulation appears in its true character, is impressed on the abused sensibility in all its naked deformity, and is abominated and avoided as it should be at all times.

Inveterate tobacco users sometimes get reduced so low in their stock of vital funds in the department on which tobacco makes its special drafts, that this noxious agent meets with a flat denial, has its drafts promptly and utterly protested; then it is sheared of its lambs' wool covering, shows its forked tongue and cloven foot, and is treated for the time as it deserves; but when the degraded vassals get their sentient nerves somewhat repaired, and *their* stock of energy partially replenished, they will "seek it yet again."

Inordinate abusers of themselves with rum, opium, coffee, or any other potent destructive agency, are liable to the same changes. Women whose lives seem bound up in coffee, will sometimes have spells of hating it with a perfect hatred;



though at such times they are regarded as "very sick," and are so.

FOURTHLY.—There is no danger to life, limb or health, in a sudden, total and final abandonment of all wrong doing, of whatever kind, complexity or degree; nor any danger in leaving the nervous system to make its transit through a renovating operation to recover itself from the effects of any cause or causes, however dismal, painful or agonizing the diathesis may be which such transition may occasion.

A few years since physicians believed that it would not do for old toppers to abandon their cups at once. A particular medical friend of mine, some thirty years ago, held this notion, and told a patient of his, a military officer of some note, who was in great danger of sudden destruction in the form of apoplexy from immoderate drinking, and who was anxious to escape from his wretched bondage, that it would not do for him to attempt it suddenly, and undertook to procure his escape on the principle of graduation.

The Major, however, did not proceed far in the ascent of his inclined plane, before he slipped back to his usual quantity of *two quarts* of strong distilled spirits—good old brandy—per day, with some allowance for the scrimped measure in his recent potations, and soon wound up the scene.

An experiment on a large scale, of confining convicts of all grades of drinking at once upon water in the State Penitentiaries of the United States, has proved most conclusively that immediate and total abolition of any habit of strong drink is safe. It would not do for a man whose system is a stranger to alcohol to go headlong into excessive drinking; but if his system has become saturated with alcohol in the usual way, he may break his use of it as suddenly as he pleases with impunity, except the scourgings which he gets by his physical conscience.

A fort might be suddenly surprised and carried by a force

that the garrison could easily hold out against, if timely warning were afforded them for making an advantageous disposition of their strength and means of defense; but after the assault has been made and successfully sustained, if the seige were to continue till the garrison were nearly exhausted, no danger would accrue to them from a sudden and final retreat of the enemy. The commander of the fort would need no stimulation by foreign or domestic bayonets to dispose or enable him to carry his men through a natural or suitable recruiting process, and make necessary repairs as time and circumstances favored.

The list of "extreme cases" from other varieties of disease in Orthopathic practice might be extended indefinitely, but the foregoing will suffice for the purpose for which they are adduced; a few cases by way of contrast will now be given from Heteropathic practice.

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### EXTREME CASES ALLOPATHICALLY TREATED.

CASE 1st.—LAST ILLNESS OF GENERAL WASHINGTON.—The following account is copied from "*The Times*," an Alexandria paper, of 1799:

#### GENERAL WASHINGTON'S ILLNESS.

Mr. PRICE:—Presuming that some account of the late illness of General Washington will be interesting, and particularly so to professors and practitioners of medicine throughout America, we request you to publish the following statement:

Some time in the night of Friday, the 13th inst., having been exposed to a rain on the preceding day, General Washington was attacked with an inflammatory affection of the upper part of the windpipe, called, in technical language, *Cynanche Trachealis*. The disease commenced with a violent



ague, accompanied with some pain in the upper and fore part of the throat, a sense of stricture in the same part, a cough, and a difficult rather than painful, deglutition, which was soon succeeded by fever, and a quick and laborious respiration. The necessity of blood-letting suggesting itself to the General, he procured a *bleeder* in the neighborhood, who took from his arm 12 or 14 *ounces of blood*. He could not, by any means, be prevailed on by the family to send for the attending physician, until the following morning, who arrived at Mount Vernon at about 10 o'clock on Saturday. Discovering the case to be highly alarming, and foreseeing the fatal tendency of the disease, two consulting physicians were immediately sent for, who arrived, one at half after three, and the other at four o'clock in the afternoon. In the meantime were employed *two pretty copious bleedings*, a blister was applied to the part affected, two moderate doses of calomel were given, and an injection was administered, which operated on the lower intestines, but all without any perceptible advantage, the respiration becoming still more difficult and distressing. Upon the arrival of the first consulting physician, it was agreed, as there were yet no signs of accumulation in the bronchial vessels of the lungs, to try the result of *another* bleeding, when about 32 *ounces of blood* were drawn, without the *smallest apparent alleviation of the disease*.

Basins of vinegar and water were frequently inhaled, *ten grains of calomel* were given, succeeded by *repeated doses of emetic tartar*, amounting in all to five or six grains, with no other effect than a copious discharge from the bowels. The power of life seemed now manifestly yielding to the *force of the disease*; blisters were applied to the extremities, together with a cataplasm of bran and vinegar to the throat. Speaking, which was painful from the beginning, now became almost impracticable; respiration grew more and more con-

tracted and imperfect, till, at half after eleven on Saturday night, retaining the full possession of his intellects, he expired without a struggle.

He was fully impressed at the beginning of his complaint, as well as throughout every succeeding stage of it, that its conclusion would be mortal, submitting to the several exertions made for his recovery, rather as a duty than from any expectation of their efficacy. He considered the operations of death upon his system as coeval with the disease; and several hours before his death, after repeated efforts to be understood, succeeded in expressing a desire that he might be permitted to die without further interposition. During the short period of his illness, he economized his time in the management of such few concerns as required his attention, with the utmost serenity, and anticipated his approaching dissolution with every demonstration of that equanimity for which his whole life has been so uniformly and singularly conspicuous.

JAMES CRAIK, *Attending Physician.*

ELISHA E. DICK, *Consulting Physician.*

P. S.—The signature of Dr. Gustavus Brown, of Port Tobacco, who attended as consulting physician, on account of the remoteness of his residence from this place, has not been procured to the foregoing statement.

*Remarks.*—This case presents a fair opportunity for contrasting Orthopathy with Heteropathy, in theory and practice.

An Orthopathist would reason thus: A crisis is reached that demands a change or series of changes in the train of action: and this change or series of changes will be wisely conducted. No greater deviation from the natural state will be suffered to take place than is imperatively demanded, or is unavoidable. If the difficulty of breathing is great and alarming, there is another difficulty back of this that is even more alarming, and *that* can only be increased by any artificial or medical attempt to break up or disturb the present



course of action. Indeed, just in proportion as the symptoms are threatening, just in that proportion should the vital operations be left to move on undisturbed in their own way; under their own laws; and if there is a possibility of their surmounting the difficulty, it will be surmounted; otherwise any attempt to coerce these operations from their well directed course, will but hasten the end of life.

The Heteropathist of every sect or school, reasons differently. He regards aberration of action as wrong action, of subversive tendency, and not to be tolerated. If the deviation is frightful, and, apparently, making hasty strides towards death, no time must be lost nor means spared in attempts to arrest its course.

In "General Washington's Illness," the conviction of the attending physician—coincided in by his counseling brethren—must have been very strong, that "the force of the disease" bore heavily upon "the power of life," if we may judge from *the force of the doctors*, designed to rebut it. Three doses of calomel, "succeeded by repeated doses of emetic tartar, amounting in all to five or six grains," together with blisters, &c., &c., all within the compass of a few hours, might of themselves have been regarded as "heroic practice;" but when viewed in comparison with the bleedings, shrink into insignificance. Before the attending physician arrived, 10 or 12 ounces of blood were drawn; after his arrival, he "employed two pretty copious bleedings," before the first of the consulting physicians arrived, and after his arrival, "about 32 ounces of blood were drawn." Estimating the "two pretty copious bleedings" by the last bleeding—and there is no valid reason for supposing that either of them would be less—there were more than 100 ounces of blood, at least equal to three quarts by measure, taken from an aged individual within a short period. To say nothing of the loss to the system of so large a portion of its circulating

elements of organic life, the sudden abstraction of so much distending force from the blood vessels, was sufficient of itself to produce an alarming if not fatal derangement of the vital operations.

It appears from the above account that all that was done produced not "the slightest alleviation of the disease." This fact shows conclusively that the general vital funds were low, and especially that the balancing or ralliable power was so exhausted at the time, as not to be in force sufficient to make the last demonstration on the occasion of the tremendous assault made on their fortresses. For there are no means better adapted to rally the general forces than the united action of the lancet, tartar emetic, calomel and Spanish flies.

Another fact, to wit: that the vital economy was able to hold out so long under such an accumulated amount of counteracting agencies, proves also as clearly, that the citadel or main fortresses of life were well garrisoned, and, in all probability, the forces, with proper treatment, would have held out much longer than they did, and, perhaps, come up and added many years to the life of the honored and beloved Washington.

#### LAST SICKNESS OF GENERAL HARRISON.

CASE II.—The following abstract of the medical treatment in the last illness of Gen. Harrison, under the direction of Dr. Miller, attending physician, is taken from the Library of Health, a monthly periodical edited by Dr. Wm. A. Alcott, for July, 1841.

*Saturday, March 27th; 1 o'clock, P. M.*—Mustard to the stomach, heat to the intestines, additional bed clothing and warm drinks. A diaphoretic draught, tartar emetic, with the spiritus mindereri and diluents. 5 o'clock P. M.—Ordered to be taken at bed time the following:—R. Mass hydrarg, gr, x.; ex, colocynth comp. gr. iii M. F. pil. No. iii.



*Sunday, March 28th; 4 A. M.*—Ordered enemata, sinapisms, with warmth to the part affected, and gave a Seidlitz powder. 10 o'clock.—Ordered one of the following pills to be given every two hours: R. Hydrarg. chlorid. mit. gr. xii., pulv. rhei gr. xv., camphor gr. vi., M. Ft. pil. No. vi. Gave a pill at 12. 2 P. M.—Gave the second pill. Continued pills; had cups applied on the side affected; Granville's lotion to the spine and over the brow. 3 P. M.—Applied a blister over the side, and gave twenty drops of laudanum with one of the pills. At 4 P. M., gave him five grains more of calomel with ten drops of laudanum.

*Monday, March 29th; 7 A. M.*—Had taken two of the pills with the addition of three grains of calomel, and three grains of Dover's powder. Ordered a small dose of castor oil. Ordered one of the following pills every two hours with some drink and nourishment. R. Hydrarg. chlorid. mit. gr. xii.; pulv. antimonial, pulv. ipecac, comp. a a gr. xii.; M. Ft. pil. No. vi. 8 P. M.—Ordered continuance of pills, &c. with a large blister.

*Tuesday, March 30th; 7 A. M.*—Ordered one of the following pills every three hours, till they operated. R. Sub. mur. hydrarg., gr. xii.; pulv. ipecac, gr. iii.; pulv. rhei, gr. xv.; M. H. pil. No. iv. Continuance of nourishment and drink. 2 P. M.—Had taken one of the pills and half of another. Ordered a continuance of the medicine, &c. 7 P. M.—Took no more of the pills of calomel and rhubarb. Ordered one of the following pills every two hours, *pro re nata*: R. Sub. mur. hydrarg., gr. xii.; pulv. opii, pulv. ipecac a a gr. iii.; camphor, gr. vi.; M. Ft. No. xii.; with a little weak brandy toddy and nourishment; with hot fomentations to the abdomen.

*Wednesday, March 31st; 7 A. M.*—Has taken his pills regularly. Ordered continuance of the pills every three hours, with infusions of serpentaria and seneca; drink and

nourishment, and a little wine whey. 2 P. M.—Discontinue pills. Continue the serpentaria and seneca, with some drink and nourishment. 7 P. M.—Has continued to take the serpentaria and seneca. Gave one of the following pills every three hours: R. Sub. mur. hydrarga., pulv. ipecac, pulv. antim., a a gr. xii.; M. Ft. pil. No. vi., and between each dose, half an ounce of spiritus menderi, with  $\frac{1}{12}$  grain of tart. ant.

*Thursday, April 1st; 7 A. M.*—The pills and spiritus mendereri were taken till they produced the desired effect. Discontinued all medicine for the present, and ordered cordial nourishment and drinks; applied urg. hydrarg camphorat. over the whole abdomen and blistered surface. 1 $\frac{1}{2}$  P. M.—We had applied blisters to inside of the thighs; feels blisters; has taken serpentaria, &c. every three hours. 2 $\frac{1}{2}$  P. M.—Agreed to continue the serpentaria and seneca infusion, with a few drops of the aromatic spirits of ammonia to each dose; and at bed time to give five gr. of the hydrargyrum cum creta, with an anodyne, if necessary. 9 P. M.—Has taken the infusion regularly; could be prevailed on to take but one dose of the ammonia. Application of warm poultices over the blistered surface, and Granville's lotion along the spine. The hydrargyrum cum creta was given with twenty drops of laudanum. 10 P. M.—Agreed to give one of the following pills every two hours, (till composed.) R. hydrarg chlorid., mit., camphor, a a grs. vi.; pulv. opii. grs. iii.; M. Ft. pil. No. vi.

*Friday, April 2d; 10 A. M.*—Took his pills; infusion and nourishment when awake. Agreed to give him two grs. of blue mass every three hours, with the serpentaria and seneca infusion, nourishment, &c., continued. 6 P. M.—Has taken his pills and infusion regularly—some beef tea, weak brandy toddy, &c. Agreed to give half a grain of calomel, half a grain of camphor, and a quarter of a grain of opium, every two hours with some nourishment, &c.



*Saturday, April 3d; 12 M.*—Hacking cough relieved by a tea-spoonful of the syrup of squills, morphia and Tolu, in equal quantities. At 5 A. M. had taken wine whey; the pills of calomel opium and camphor being continued. Medicine ordered to be discontinued and cooling drinks to be given. Soon compelled to resort again to the cordial drinks and nourishment. *2½ P. M.*—Took brandy and water, and jelly. *4.*—Gave twenty drops of laudanum. *4½.*—Sinapisms applied to extremities and abdomen. *5.*—Gave starch, laudanum and kino injection, sponged with hot spirits of turpentine. *6.*—Directed camphor and carbonate of ammonia emulsion, with hot brandy toddy, and frictions. *7.*—Stimulating treatment continued. *8.*—Our efforts to sustain him still continued.

*Remarks.*—If the old and yet very general notion of the nature and tendency of disease be the true one, then, unquestionably, the case of Gen. Harrison was well treated. The rebellious and disorganizing movements were met as they deserved, with prompt and energetic resistance, by a well selected and judicious instrumentality. But if the Orthopathic view of disease is correct, then the treatment was deplorably at variance with natural and just indications of cure, and must have opposed a mighty barrier to the renovating principle of life; whether recovery was possible under proper treatment or not.

### THE LAST ILLNESS OF GENERAL TAYLOR.

CASE III.—No detailed account of the medical treatment in this case has come to my notice. It was, doubtless, conducted on the general principle and plan of Allopathy; and without fault, admitting the correctness of the foundation.

Gen. Taylor's indisposition began on the Fourth of July. "After considerable exercise in walking, and exposure to the sun, he called for refreshments, and ate heartily of cherries



and wild berries, which he washed down with copious draughts of iced milk and water. At dinner he applied himself again to the cherries, and in an hour was seized by cramps, which soon took the form of violent cholera morbus. His physician prescribed the usual remedies, but for a time he resisted, deeming the attack only temporary, and that it would yield finally to his naturally strong constitution. Toward midnight, instead of relief, the attack increased in violence and threatened desperate results, if not speedily arrested. He continued in this condition, without much change until the morning of the 6th. It was then deemed advisable to call in other physicians. Accordingly, Messrs. Hall and Coolidge were invited, and promptly responded ; but they thought it further advisable to send for the assistance of Dr. Wood of Baltimore. That gentleman attended immediately. By this time, (the morning of the 8th,) the disease had made rapid encroachments on his frame ; but by the united skill of these eminent practitioners, the visible stages of the cholera morbus were soon after checked. However, fever ensued, and from a remittant character, it took the form of typhoid. Anxiety now began to manifest itself, not only among the exalted patient's family, but among the physicians themselves. His chances of life hung upon a thread. Toward the evening of the 8th, the chronic type of dysentery which had set in, disappeared, and vomiting ensued. Dr. Joubron of Philadelphia, who is eminent in these branches of treatment, was telegraphed, and a reply received from him that he would arrive last evening ; but, alas ! too late to be of service." \* \* \* \* \*

"Thus ended the melancholy *siege of disease* against a strong bulwark of nature."—*N. Y. Tribune*, July 20, 1850.

*Remarks.*—Although the particular method of proceeding against the illusory "siege of disease," which was supposed to be undermining and destroying "the strong bulwark of



nature" is not given in the above account, as it was in the two preceding statements of treatment in the cases of Gen. Washington and Gen. Harrison, yet it is clear that it was characterized by bold and energetic practice, especially after it was discovered that "the attack increased in violence and threatened desperate results, if not speedily arrested."

Gen. Taylor's illness would not have been produced by the causes or circumstances to which it was attributed, if his physical system had been in ordinary health. If the structural condition of the essential organs had been good, and the general forces above board, and the stomach and bowels had been thrown into disorder by temporary abuse, the disorder would have been limited to these organs, and *they* would soon have been enabled to resume their wonted activity and the regular discharge of functional duty. As it was, there was no more disturbance of any organ than there was just occasion for, under the circumstances, or so far as the vital economy was concerned. As one tissue of organs after another fell back, or deviated from the line of ordinary health, it was owing wholly to a paucity of sustaining energy; and yet each one was sure to draw its full quota of power, according to the importance of its function, for the sustentation of life under the emergency, by a very nice scale of adjustment, until the last particle was expended. Any interference therefore on the part of art, which had the effect to "counteract the living principle," as Napoleon would have it, or disturb the regular administration of natural law, served but to frustrate the great end which nature was wisely aiming at, and hasten on the final catastrophe.

There was no *danger* nor *wrong* in the *symptoms*; and in their undisturbed development, they would have proved valuable exponents of the state of vitality. For example: in the disordered state of the stomach, the irregular spasmodic motion was occasioned by an excess of muscular



tonicity over its nervous or controlling power; and in this action of the muscles, their own power only was used, while the more important *vis nervea* or controlling power, was either under a recruiting process, or being employed where it could do more for the immediate safety and ultimate good of the stomach, than it could by grasping its muscular fibres and controlling their action. If art could have laid its hand on the stomach and held it firmly, as it can on a limb when it is spasmodically convulsed, it would have been well; but as that was impracticable, the next best course to be pursued would have been to leave the muscles to the control of the primary and simple law of contractility, until they had reduced their force sufficiently to bring themselves within the jurisdiction of the *vis nervea*. And if it had been necessary to leave the muscles to *exhaust* themselves of their contractile power, before quiet could have been restored to the stomach, though it might have required hours and days for its accomplishment, there would have been no danger in the delay. Muscular power is distinct from and secondary to the real *vis vitæ* or nervous power; and moreover the former is more tenacious or enduring in extremities than the latter. Bodies may often be strongly convulsed and almost made to stand upright, by the action of their muscles under the influence of galvanism, after their vital power is hopelessly exhausted.

What was true with regard to the irregular spasmodic action of the stomach in vomiting, was true also in respect to the other unnatural motions of the body; and if "by the united skill of the eminent practitioners, the visible stages of the cholera morbus were checked," by forcible means that brought the *vis nervea* to exercise its controlling influence in quelling the perturbed state of the system, in just that proportion was the chance of life thereby lessened.

CASE IV.—INFLAMMATION OF THE EYES.—In 1837, I was



introduced to the Rev. O. Eastman, then in and of Ohio ; nearly stark blind. In reply to my inquiry respecting his blindness, he stated that a few years previously he was "attacked" with violent inflammation of the eyes, but by timely and forcible treatment, which consisted of free general and local bleeding, blistering, the use of calomel and other active medicine, "*it was broken up.*" A few months afterwards he had a second attack of the inflammation, which was also broken up as before ; and again the third time the inflammation came on and was once more subdued ; but shortly after the eyes were "cured" the third time, blindness came over him.

*Remarks.*—Had nature been permitted to pursue her own course in the first instance without molestation, under proper Orthopathic treatment, Mr. Eastman might have had a long and severe spell of it, but the eyes would have been "cured" to some purpose.

### HYDROPATHIC TREATMENT.

CASE V.—This case is narrated at considerable length in the "Water Cure Journal" for April, 1851. The subject was a son of J. C. Jackson, M. D., aged 15, sick with typhus fever, and treated by his father at the Glen Haven establishment. The following is the account given by Dr. Jackson of the first day's treatment :

"I spread on the floor two thicknesses of carpeting, put my half bath—an oblong tub four feet long and two feet wide at the widest point—into this I put six pails of water at a temperature of 70°. Sat my son down into it, and his mother and myself washed him three minutes.

"Took him out, wiped him dry with soft diaper, and hand-rubbed him for four or five minutes—very much along the spine, but with almost mesmeric lightness—I had made for him a linen cap of four thicknesses—the linen was old,

which is by far the *best*—so as to fit his head neatly, sitting down to his ears and eyebrows. This I wet in *ice* water, and putting it on his head, for fourteen days and nights, I had it newly wet as often as once in five minutes, except when he was in the *wet sheet* or *asleep*. I put around his neck three thicknesses of wet linen covered with a dry bandage, *these* I wet in ice water.

“I had made for him a suit of waist bandages—after the fashion of a vest exactly, without buttons—one next his body wet in water at  $72^{\circ}$  and slightly wrung, so as not to drip, covered with two dry ones. These came down about the navel. I took a single bed sheet—*linen*—folded it lengthwise four times, making it about ten to twelve inches wide and six feet long, rolled it and dipped it in water of  $72^{\circ}$ , then took a *cotton* bed sheet of the same dimensions and rolled it—*dry*. I put the linen sheet about the abdomen, over the kidneys, and sank it as deep down over the pelvis as I could, so as to cover the bladder. It would go twice and a half round his body, making the abdomen to be wrapped in nine or ten folds of wet linen. This I covered with the dry bandage.

“He was now ready for bed—wrapped head, neck, chest, abdomen in wet swathings—I wrapped his hands in hot woollen cloths, and put a jug of hot water to his feet, and putting on myself extra clothing I took my seat in his room. I let him lie three hours in this wrapping, watching his pulse—which was strongly intermittent but going up as high as 135. At times, at the expiration of the time, his limbs were burning hot, his chest and abdomen almost dry—I spread on the lounge a suit of packing cloths, blanket, woollen sheet, &c. I took three packing sheets, wet them in chilled water—spread them on the sheet without wringing, took off all his bandages, re-wet his head-cap and laid him on the wet sheets, wrapping him up head and body and limbs all but his feet to which I put the jug of hot water. Through all this mass of



wet linen the heat of his body came smoking like a furnace. I took him out, gave him a half bath of three minutes at a temperature of  $70^{\circ}$ , which caused a movement of the bowels—which I followed by an injection of tepid water of about half a pint, put on his bandages as before, packing with hot cloths to hands, jug of hot water to his feet, and *to bed*. Thus ended the first day."

The report of the case is continued on three or four weeks, giving diversity of symptoms and corresponding changes in treatment;—the patient recovered.

*Remarks.*—In one important respect, this "Water Cure" treatment was incomparably preferable to what "heroic" Allopathic practice would have been in its stead;—it left the instruments of motion free from the positive infliction of structural injury, which irritants of any description in their action upon living organs, would have been sure to perpetrate. But it savors as much of sympto-phobia—dread of symptoms—as does any other form of Heteropathic practice with which I am acquainted; and in this particular, contrasts as strongly with Orthopathy, as does the most heroic practice of the old school of medicine. The Doctor manifested as much determination "to vanquish the disease that brings its victim to the very borders of corporeal dissolution," as the hero of the lancet and calomel could have done. The difference is, that while one would extract the evil genius of "wrong action" or "tendency to death" through an opening in the veins, or calomelize it out of the system, the other would drown it out, or smother it to death with wet blankets.

Dr. Jackson, in some after reflections on this sickness says: "During his sickness, when his pulse was 135-40, the wet sheet packing immediately reduced it in ten minutes from the extreme point to 75, and in two instances to 50 beats in a minute." The result of these experiments—the showing that there were a host of "minute men" in readiness to

obey a sharp summons—evinced that although the illness of his son might have been of a violent and distressing type, and alarming in its exterior aspect, yet it was not an “extreme case;” for if life had been at or near the lowest ebb, “the wet sheet packing” instead of reducing the pulse from 135-40 to 75 or 50, would have increased its frequency or reduced it at once to a non entity.

I might cite cases in practice from other sects or schools of medicine—though the Hydropaths are not properly a school of *medicine*—to show the identity of their views of the general nature and tendency of disease, and of the necessity and importance of “doing something” to “break it up” or weaken its force, that nature may regain her ascendancy over it, and re-establish herself in her ordinary, healthy position; and also the futility of resting upon the results of their respective modes of treatment, for evidence in support of their common theory, but my limits will not admit of it, nor does a further elucidation of my main subject by this means, require it.

The large, respectable and rapidly increasing class of Homœopathic physicians, hold to the common views of disease, and maintain that they subdue it by means of well adapted and potentized remedies; but as it will be claimed that *pure* Homœopathic practice goes its whole length to establish the Orthopathic theory, it would be useless to adduce cases of such practice in this place.

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## PART IV.

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# ORTHOPATHY CORROBORATED.

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“WHAT IS TRUTH?”—This question, viewed in its relation to the practical bearing of the different systems of medicine, or treatises on the nature and treatment of disease, assumes an importance to every descendant of Adam, second only to that which relates to the eternal destiny of the soul. In order to settle this question satisfactorily, an appeal must be made to theory and facts; and that system which appears the most rational, most in accordance with well defined and established laws and analogies of nature, and which is the best supported by facts, must be regarded as the soundest and safest.

In the preceding pages, the Orthopathic or right action theory of disease has been fully presented. I now propose to offer a few remarks on the Heteropathic or opposite theory of disease, and then present some general facts, and consider their bearing on the two theories.

The Heteropathic system of medicine, in all its protean forms, is based upon a vague assumption that disease, or that condition of the human system which is by common consent designated by this term, in some peculiar or mysterious sense, tends to death; in a sense distinct and different from any tendency to death that existed in the system prior to the

accession of the phenomena or symptoms which are, by the same consent, held to constitute the disease: and that this tendency may be very generally either broken up entirely, or weakened in a greater or less degree, by artificial means, aside from any provisional arrangements for favoring the natural operations of nature. Hence, this undefined and undefinable assumption, has been made a legitimate subject of the most extensive scientific investigation and research, and the basis of all manner of systems of warfare upon the illusory phantom—*disease*, which, most unfortunately and disastrously, so easily eludes the material weapons of its invaders, that their whole force is expended upon previously crippled and defenseless vital organism.

It is a most remarkable fact, that among the host of medical authors, no one has attempted to give the *philosophy* of disease. Many of them have given very elaborate descriptions of disease;—that is, they have made out extensive nosological arrangements or classifications of symptoms, and in part told us *how* they are produced, but respecting the *why* and *wherefore* of their existence, they have given us but little light. A few of them have very incidentally dropped a sentence or two in relation to this subject, that may afford us some clew to *their* particular notions of the nature of disease. For example:—Dr. Smith, of Yale Medical College, in attempting to account for one of the symptoms of disease, viz, cold chill, makes the following remarks:—"Before the diseased action can take possession of the capillary vessels, the natural and healthy one must cease, unless disease be a mere increase of healthy action, which we have abundant reason to believe is not the case. It is during this interim, that is, between the interruption of the natural healthy action, and the complete establishment of the diseased one, that the patient feels the chill." Wrong action, and of course wrong tendency, or "tendency to death," in good earnest.



For some unassigned and unaccountable reasons, the natural action of healthy tendency ceases, and another kind of action of an opposite character, performed by a new and desperate set of antagonistic forces, or by the old forces metamorphosed into mutinous rebellious spirits, substituted for it! Surely it is no marvel that the poor patient, under such circumstances, should be seized with the horrors, and have a cold chill pass over him. Can there be more demonstrative proof of gross delusion by the profession, on a deeply vital question, than that *such* a man, of extraordinary depth of discriminating powers of mind, and far-famed for his sound common sense qualities, should give *such* a reason, for a common phenomenon of impaired health?

Prof. N. R. Smith, of the University of Maryland, says:—  
“When the blood and nervous energy are concentrated in the deep organs, and the surface is lifeless and pallid, blisters to the extremities and over the congested organs are of great value.”

Most astounding! “The blood and nervous energy concentrated in the deep organs!” The principle or source of life, without just cause, and with an unlawful and riotous intention or “tendency,” “*concentrated*,” gathered thick together in a tumultuous manner, and holding a carousal “in the deep central organs,” leaving “the surface lifeless and pallid;”—verily, such atrocity should be treated with rigor.

Dr. Johnson, in reference to an article in which allusion is made to a case of debility, where the feeble flame of life was compared to a taper, says:—“The taper did not become quite extinguished—true, the oil had become well-nigh spent; and unless by the blessing of a kind and merciful Providence the vessel had been replenished, it would have gone out.” That is, unless, under a benignant superintending Providence, the lazy delinquent lamp-fillers had been



reminded of their remissness, and urged on to a discharge of duty by the application of spurs and lashes "of the most active kind found in the *materia medica*," the oil in the vessel would have failed, and the taper expired.

Notwithstanding the medical profession have failed to define the general and special nature of disease—a true knowledge of which is essential to the establishment of a correct system of therapeutics—yet it is obvious from the general tenor of their instructions and practice, that they regard the difficulty as consisting essentially in a defect in nature's balance-wheel, or self-controlling principle and power; a defect too that may be remedied to a greater or less extent by artificial force of various kinds and degrees, with various modes of application. Accordingly, in practical medicine, the object to be effected is to ascertain where nature fails to perform her accustomed duty and apply the necessary admonitory correctors. If there is too much action in any portion of the machinery, give her to understand, through the influence of some potent depletory, counter-irritant or revulsive process, that she must restrain or restrict her forces in that direction. If there is too little action, spur her up to greater vigilance and activity in the supply of efficient forces.

Every Heteropathic system of medicine is underlaid with a deep conviction, that in an impaired or diseased state of the human system, its capabilities will not be realized to their fullest extent, without the intervention of some compulsory means of an impulsive or restraining character; and that the necessity of such interference is enhanced in proportion to the increase or exaggeration of the disease.

The belief has been quite general if not universal, that in most diseases of any magnitude to which man's physical nature is liable, the cases would be more protracted and severe, and much oftener fatal, if left to the unaided and



unrestrained powers of life, with the best possible simple regimen, than they would be under the direction and influence of even ordinary medical skill and means. The quantity of artificial remedial force supposed to be requisite to secure the speediest and best cures, has varied much under different systems of medicine, and different states of society. But there probably never was a period in the world's history since medicine began to be practiced as a science and an art, when the quantity of *medicine*, or compulsory interference with the natural vital operations in disease, which the public sentiment, medical and non-medical, would fix upon as that which was best calculated to secure the happiest results, was less than it is at the present time. Yet many schools, teachers and practitioners of medicine still inculcate, theoretically and practically, the importance of taking disease by storm, when practicable, and giving it no quarter till it is exterminated; and the most moderate of them think it best to "give nature a little jog."

Just here is the broad line of demarkation between Heteropathy and Orthopathy. Orthopathists discard this doctrine of armed intervention as opposed to the law of the animal economy—and unphilosophical; and they reject it as much in its minimum as in its maximum.

In looking over the broad face of nature without us, we discover the most indubitable evidence that matter, in all its forms, is disposed according to fixed principle, and governed by precise laws.

This is eminently true in relation to the planetary system; it is true in the organization and government of matter in the vegetable kingdom; and the science of chemistry demonstrates that molecular combinations and arrangements of matter in the mineral kingdom, are in accordance with fixed laws. With what astonishing precision do crystals of different kinds resume their distinctive forms, when ever so



frequently passed from the solid to the fluid state, and back again to the crystalline? And can it be that the wise and beneficent Creator, in the construction and endowment of man's physical system, has been less exact in the establishment of principles and laws for the government of its organic and functional life?

"We admit," say Heteropathists, "that in a sound, healthy condition of the human system, all its motions are governed by fixed unerring law; but in a *disordered* state of the functions, these laws have become enfeebled and measurably perverted, and now tend to disorganization and ruin, and need the interposition of art to set them right again." But at what particular point, and how do any or all of the laws of the animal economy change their upright character, tendency to prolong life, and assume a new nature, and act in an opposite direction from what they had been accustomed to? Every organ has its particular and appropriate work to do, and with a full supply of power will do its work promptly and perfectly; with but a partial supply of power, it must of course fail to perform its accustomed rounds of duty in a thorough, workmanlike manner, yet it will do the best it can with what power it has. Its call for power will be urgent in proportion to its destitution; and it seems rational to conclude that the law of distribution will be at least as vigilant and discriminating in its appropriation of essential functional aid when all or a number of the organs are calling loudly for it, as it will, when all parts are supplied to their utmost necessity. Where then exists the wrong tendency? But we will leave the *apriori* argument, or the theoretical considerations, and offer the *aposteriori* argument, or a few FACTS.

FIRST.—The notable fact that a vast number of the best human intellects of every generation through many centuries, have been most assiduously devoted to the study of medicine, with a zeal and perseverance not surpassed in any other



earthly pursuit, in order to place their profession upon a firm, enduring basis, and yet, notwithstanding all their labor and toil, "practical medicine still lingers in the domain of empiricism," is no mean proof that they have been pursuing an *ignis fatuus*; have been endeavoring to rear a solid building on mere negation, or nonentity. For most assuredly, if the assumption of a positive wrong of some kind in disease, which has been made the foundation of innumerable ephemeral systems of medicine, embodied a single element of veritable reality, it would long since have been discovered, disemboweled from the midst of any amount of rubbish with which it might have been enveloped, wrought into due form and proportions, and made to serve as an impregnable and imperishable foundation for a correct and consistent system of therapeutics; and on this sure foundation, a splendid medical edifice would have been erected and *finished*, symmetrical and complete in all its parts. And men thoroughly educated for the profession under such a system would see eye to eye in practice, and not be left to *guess* what remedy was adapted to a particular complaint, or "cut and try." If there were any thing in the nature or circumstances of disease that demanded counter-action, it might be ascertained to demonstration, and a regular system of rules and regulations or of ways and means framed, adapted to meet every exigency, and so obviously calculated to answer their designed object, that the public would feel well satisfied that physicians had a "rational method of relieving, curing, and preventing disease; the great ends of the art of medicine." But the total failure of any discovery of the kind here referred to, with the present perfect chaotic state of universal medicine, in connection with the monstrous absurdity, or at least irrationality of the common theories of disease, and the great and manifest incongruity of medical practice, or the use of positively poisonous substances and



violent disorganizing means, with a view to "help nature," when it is well known that such substances and means are directly hostile to human life, all conspire to stamp the Heteropathic babel of medicine, including theories and practice, with—*delusion*. And if Heteropathy fails, Orthopathy prevails; for one or the other of the two sets of views must be the true one.

In a large general sense, the nature and tendency of the vital movements in disease, from beginning to end, must be either right or wrong.

SECONDLY.—The fact that there is so little apparent difference in the results of the endless variety of Heteropathic treatment of disease, militates strongly against the wrong action theory, while it speaks loudly in favor of the Orthopathic or right action theory. That there must be an essential difference in the effects produced upon living sensitive organs by different modes of treatment, and to be *realized* by them too, sooner or later, is too self-evident to be denied; but the *prima facie* evidence of superior success by any practitioner or class of practitioners, in *ordinary* practice, is not great, as it certainly would be, if the Heteropathic doctrine of disease were true. For however loudly different classes of practitioners may boast of the superiority of their respective methods of treating disease, it is an undeniable fact, that candid and capable men, who have carefully watched the results of different modes of practice, with an eye single to a discovery of the safest and best method of treating disease, have been unable to decide, from the facts which have been developed before them, which class of physicians was most entitled to public confidence and patronage.

Now it is utterly impossible to account for this fact satisfactorily on any other than Orthopathic principles. For if disease, like fire in a building, tends to the demolition of the



vital tenement, whether the antagonistic element has been suddenly produced by violence, or springs spontaneously into life and action from the protracted operation of predisposing causes, there should be a very wide difference in favor of the effects of efficient remedial means that were well adapted to counteract the ruinous tendency, and thus avert the end to which it was hastening, over mere doing nothing, or leaving the action of the disorganizing principle to itself; and much more should the difference be broad and palpable when a sad mistake is committed in the choice and application of belligerent means, and the whole artillery of medicine is brought to bear and act directly upon the powers of life, with a coinciding tendency with disease. If a building was on fire, it would be easy to distinguish between the efforts of a man who should go in with a good "fire extinguisher," and pour forth upon the devouring element a copious stream of pure and potent fire extinguishing gas, and those of another man who should take in an engine charged with oil, turpentine and other highly combustible and inflammable substances, and discharge these freely upon the ignited parts of the building.

But in the light of the Orthopathic principle, the fact referred to finds a very easy explication. The vital economy has but one great and absorbing object before it, and in the prosecution of that object, it is not easily diverted either to the right hand or to the left. When difficulties thicken in its pathway, its forces are all put in requisition, disposed and used to the best advantage for surmounting the difficulties, and it is instructive as well as astonishing to witness the amount of obstacles that human nature will often overcome and still hold on her way, even under, apparently, an almost exhausted state of the vital energies. It is not a very uncommon thing to hear an individual, in giving an account of a heavy sickness through which he had passed,



state how much the doctor had to do for him in the first place by way of bleeding, calomel, &c., &c., to break down and overcome the disease; and then, after the disease was vanquished, what enormous quantities of brandy, wine and other stimulants, with tonics, were necessary to build him up.

In this connection, a short extract from the "Treatment of Typhus Fever," by the late Dr. N. Smith, will not be inappropriate. In discussing the propriety of blood-letting in this disease, the Doctor says: "The practitioners of medicine in New England have been divided on this subject; and while one part have become converts to the doctrine of blood-letting to a high degree in this affection, the other has condemned it *in toto*; and, as though opposition had produced a kind of re-action on their part, they have had recourse to the most powerful stimulants both internally and externally, such as opium, wine, alcohol, and the most *acrid* stimulants, as cayenne pepper, arsenic, &c. Indeed, individuals of this latter class have carried their prejudices to such an extent as even to boast of having made their patients swallow three pints of strong brandy, accompanied with large doses of laudanum and cantharides. I have myself seen a written prescription, in which opium, wine, alcohol, cantharides, and arsenic, were all to be taken several times in the course of twenty-four hours.

"It is remarkable, that though the practice of these two sects—for such they seem to be—is as opposite as possible, each considering the other's mode of treatment as highly deleterious, yet all boast of success, and enumerate various cases which have fallen under their care, with scarcely the loss of a single patient.

"There are but two ways of accounting for the equal success of these two opposite modes of cure, for as far as I can judge, there is not much difference in the success which attends them. Either the disease is not so much under the



control of blood-letting as they would have us believe, or these two extremes produce about an equal degree of mischief; for it is not conceded that if a patient does not require bleeding, he stands in need of opium, arsenic, cantharides, or alcohol."

Disease is *not* so much under the control of blood-letting, or any other disturbing means, as physicians generally suppose it is. Or rather the animal economy manages her forces so adroitly, that very generally she succeeds in overcoming both the disease and the Doctor; and then, most mischievously, the Doctor gets the credit of curing the disease. It is only during the prevalence of low typhoid diseases, when the power of life "in numerous cases," has been reduced to the last extremity by the producing cause, that medical "intervention" stands revealed in its true character. The following scrap from a paper, gives a good example in point.

"A Typhoid Fever has been ravaging the north-western parts of South Carolina, which in numerous cases has proved fatal. It has been a fact noted in its progress, that the more powerful the remedies employed, the more fatal the disease. Those only have recovered that have taken no medicine."

The disease referred to by Dr. Smith, in which the unfortunate patients were plied so bountifully with stimulants, occurred within fifty miles of Middletown, Ct., some twenty-five years since, and was denominated "sinking typhus." Dr. Smith was called on to see a gentleman supposed to be dangerously ill of the disease, and found him under a strict medical surveillance, with a strong detachment of brandy, laudanum, tincture of cantharides, &c., &c., ready to rally the vital forces whenever they should manifest a disposition to sleep at their post. After a careful examination of the case, Dr. Smith pronounced their alarmed apprehensions groundless; and by a thorough change in the treatment,



which gave nature an opportunity to exhibit a true state of her affairs, the man was soon abroad again in the enjoyment of his usual health.

After this disease had been in progress awhile, and had extended somewhat beyond its original bounds, I inquired of Dr. Joseph Foot, of Northhaven, whose field of labor lay between me and the infected district, whether there had been any cases of "sinking typhus" in Northhaven. "Not till quite recently," replied the doctor. "A 'sinking typhus' physician moved into the place a few weeks ago, and since that I have heard that we were having some of the 'sinking typhus.'" The thought was rather new to me at the time, that the type of diseases was fashioned somewhat by the Doctors; but I became satisfied that there was some ground for such an opinion.

THIRDLY.—The very slender apology which the Heteropathic physician can at best offer for perpetrating such monstrously unnatural assaults upon vital organism, furnishes strong presumptive proof that his doctrine or view of disease is not well founded. The only plea which he can truly offer for his perturbing practice is, that it *appears* to do good; and this plea is drawn from manifestations that soon follow the use of means—the immediate *apparent* good effects which the means used are supposed to produce, and often no doubt do produce. This is absolutely the sum total of the ground work of Heteropathic practice; the only argument that can be urged in support of that gigantic system. Precisely the same reason, in kind and quantity, that the toper can give for the frequent drenchings of his system with alcohol; that multitudes who are subject to periodical sick head-ache, *do* give for inflicting deep injuries on their nervous system with strong decoctions of tea; which tobacco consumers *might* give for their inveterate attachment to the "filthy weed;" and which could be adduced in support of most or all of the



pernicious practices which are indulged in in virtue of man's physical depravity.

A physician prescribes calomel for a torpid liver ; relief and an apparent cure soon follows. There is now no mystery about this. The liver is tired and needs rest, but the calomel most unmercifully forbids its resting, and lashes it up to a renewal of its labors. The consequence is that it gives out again the sooner ; and the oftener a liver disease is cured in this way, the oftener and of greater magnitude will there be liver diseases to cure. Can there be even the shadow of a shade of doubt respecting this medical fallacy ? Physicians prescribe for their patients, and if improvement follows, it is enough ; they have judged correctly both of the disease and its remedy.

But let an arrant quack turn off his remarkable cures in any quantity, and nature has done the work in spite of empirical opposition.

FOURTHLY.—The fact that extremely low diseased states of the system have been recovered from by the unaided operations of nature, not only militates against the Heteropathic doctrine of disease, but actually demolishes it. One single case of this description is a complete refutation of the wrong action theory. If disease consisted in an antagonistic element of any sort, and succeeded in making a successful "attack" upon some portion of the system to-day, and obtained so firm a footing that the powers of life were unable to throw it off, and from this time onward from day to day should continue to wax stronger and stronger, and extend its dominion deeper and wider, while the powers of life were in the same proportion and to the same extent overpowered and vanquished before it, until there was but just the breath of life left, and in some cases not even that, what possible chance would there be left for the little remnant of life to rally and regain its so thoroughly subdued domain, without the aid of some



foreign power? And yet the instances have been very numerous, in which spontaneous recoveries have taken place from under circumstances apparently the most forlorn and unpromising.

When Mr. Wm. Hosford, whose case is mentioned in part third of this work, was lying in the deep collapse state of a typhoid intermittent, his son, the Rev. Oromel Hosford, who had the care of his father, and was carrying out his wishes, which were made known while the father's rational voluntary powers were in active exercise, was beset with much ardor by a number of prominent citizens to have speedy and thorough medication employed for the relief of his honored patient, and was told that he was assuming a fearful responsibility in the course which he was pursuing. "Why," said they, "how is it *possible* that your father can live, borne down as he is, to the very border of the grave, without the use of the proper remedial means?" Sure enough, what possible chance was there for the man's life under the let-alone treatment, if the nature of disease is what Heteropathy has taken it to be? And the recovery of Mr. Hosford ought to have led those men to reverse their opinion of disease, and taught them its true Orthopathic character as clearly as a mirror would have shown them that they had noses on their faces. Many cases of resuscitation from *apparent death*, with cholera and other diseases, have been reported in different parts of the world, and in some instances a number of hours elapsed between expiration and resuscitation.

Some cases of this kind occurred in this country during the late prevalence of the cholera. One of these took place in Cincinnati. The body of a man, a number of hours after the apparent extinction of life, was put into a coffin and laid in a vault for the purpose of being conveyed home on the arrival of his friends, who lived at some distance. On opening the coffin, it was found that the man had come to,



turned partly over, gnawed some of the flesh off of his fingers, and exhibited a ghastly appearance.

The following account was taken from the New York Tribune, over the signature of B., under the head of "Cholera in the City of Mexico," June 1850.

"On Friday night, 7th instant, a poor young woman was buried alive! Fortunately she had not been put in a coffin, and the grave could not have been of much depth, (this is always the case here, during epidemics,) as she, on coming to her senses, dug herself out, and was taken home, to the great joy and astonishment of her relations and friends. I have not seen the woman, nevertheless I am able to vouch for the statement. From all accounts she was twelve hours in the ground."

#### APPARENT DEATH FROM DYSENTERY.

"At Westfield, Chautauque Co., a young lady was supposed to have died of dysentery, on Saturday afternoon, and on Sunday, after having been prepared for burial, she came to life, spoke, and is likely to recover. So says an exchange."

It there was a "tendency to death" in these cases, a real antagonistic principle, distinct from the pestilential causes, and superinduced by them, which was warring against the vital economy, in what did it consist, and why did it yield the conflict and suffer its victims to escape, when they were so completely in its power? There *had been* an enemy in the field, a potent one, and it had done its dreadful work, struck its almost fatal blow in an unguarded moment, and in that act had spent itself, and was no longer an object of terror or regard. Not so its effects; these remained and were to be recovered from, or all was lost; and there was but one way in which this end could be secured, and that was by withholding the remnant of vital forces from all the coarser or visible parts of the system, and concentrating them upon



the more attenuated or finer portions that lay beyond the ken of man, leaving only a sufficient number of sentinels in the open field to prevent the intrusion of inorganic or disorganizing forces. And the fact that precaution was taken to guard every tissue of the bodies with vital force sufficient to keep them in a salvable state for so long a time, under an extremity that required the suspension of every visible function to meet the exigencies of these remarkable cases, leaving nothing to human view but the cold semblance of death, is a strong argument in favor of Orthopathic theory. For if in any case a single essential organ had been left *entirely* destitute of the vital principle but for a short time, through lack either of forecast, or ability to supply it, the inorganic affinities would have at once seized upon that organ, and spoiled it for further organic use, and the whole organism of which it was a member, would have fallen an easy prey to the principle or law of decomposition. Will Heteropathy—any branch of it—be kind and candid enough to tell us how an occurrence of this kind is explicable on *its* principles? The pulse ceases to beat, the lungs to heave, and every fibre within the purview of human cognition is gelid, apparently, in death; and yet without any medicinal or artificial interposition, life is restored. Now the question is, if there was no real necessity for this retrogression of life, under the circumstances; if no good purpose could be answered thereby, but on the contrary, the retrogressive powers were acting a suicidal part, subverting their own habitation and themselves, how, when the work of destruction was apparently complete, was re-animation effected? There was no wrong or subversive action, or wrong tendency in these cases. The movements were wisely devised, arranged and executed. There was a deep necessity for holding back the organic forces until life seemed extinct in order to save it. Neither in these or other cases is life suffered to wane further than its safety or greatest good



demands, within the scope and ability of the life-sustaining principle. When this principle, let it consist in what it may, is generated, elaborated, evolved or any how furnished, and becomes free to move and act, it is constrained by inexorable law to take its position and expend itself when and where it can accomplish the most for the safety and highest well being of the whole system. And this constraining influence is enhanced in direct proportion to the general destitution of sustaining energy; that is, every part of the system has its wants, and has a way of expressing them; and in proportion as its necessities rise above its supply, in just that proportion does it call with increased importunity for help. And especially will the attractive force be imperative when life is at stake, whether it be in a single member or in the whole body. The smallest finger, and the least fibre in that finger, will strenuously insist upon being furnished with power enough at least to enable it to maintain its vital existence, and if it is not incompatible with "higher law," or higher interests, and the thing is practical, the demand will be met. If it becomes necessary in an extremity to pass the main body of organic forces through the external portals of death, to secure the inner hidden main springs of life, a mandate to that effect is cheerfully obeyed; and when the end for so extraordinary a draft is answered, and a countermanding order, founded on a stronger exterior claim is issued, it is as promptly and as cheerfully complied with. This is all that Orthopathy understands or means by "Nature;" "Vital Economy;" "Economy of Life;" "Law of the Animal Economy," &c.

An Allopathic physician asked me why persons ever died, if disease was a repairing process, after the operation was once fairly commenced? He said he could readily understand how a man might fall under the action of violent, disturbing causes before the work of repair could be got under way, but



when it was once really begun it ought to save him, for he would be constantly growing better and better. A number of reasons were given why persons might die under the circumstances supposed, the statement here of one of them will be sufficient. A man receives a wound in some vital part or parts by a bayonet, gun shot, arsenic, pestilential virus, or some disorganizing and deadly cause, not immediately fatal, but of such a nature that it cannot be recovered from; yet nature will do her best to repair the damage and restore the man to soundness, and she will pursue precisely the same course in this case that she would have pursued if the mischief done had been of a reparable kind.

In my turn, I asked the querist how any person could recover from "a violent attack" and fierce raging of disease, if this were in its nature and tendency destructive to life—and its tendency must be to save or destroy life—and there was nothing done to break its force? He candidly acknowledged that he could not tell.

"After the operation was once fairly commenced?" The recuperative or renovating work never begins but once, with the beginning of life, and only closes when that closes. And the only difference between the renovating work in health and in disease is this: in health there are vital forces enough to sustain all the departments of labor, synthetical and analytical. In disease there is lack of sustaining energy for all purposes, and this deficiency of power or disproportion between ability to do and work to be done, or between supply and demand, constitutes the whole of the proximate or fundamental reason of disease in all cases.

FIFTHLY.—Very strong evidence against Heteropathy and in favor of Orthopathy, is derived from the concessions of physicians. Almost with united voice they admit that too much dependence has been made on medicine for the cure of disease, and too little on the remedial efforts of nature. A



prominent leading physician, who had been in practice a number of years, admitted that he did not at that time give more than one-tenth of the medicine that he did in the early part of his medical life, and had five times as much business. Dr. H., of Detroit, who had practiced in that city many years, remarked to me substantially, and as nearly verbally as I can recollect, as follows: "I have been satisfied for more than twenty years that there was a radical defect somewhere in our science and practice of medicine; and during that time I have made but little use of medicine in the treatment of disease, under a conviction that in the present state of the art, it would do more hurt than good. I will give you a specimen or two of my practice.

"A few years since, I spent some time in a neighboring place, on unprofessional business, and on my arrival there, found a fever prevailing that was quite fatal. I was soon called to see a woman that was alarmingly ill of the disease, and inquired what had been done for her. 'Nothing by any physician,' was the reply by her husband. 'I have no confidence in the physicians here, for they kill more than they cure; and I had rather risk my wife without their aid than with it.

" 'I have just learned that you are successful in practice, and use but little medicine, and have therefore called you in to see my wife; and if you think you can do her any good, I wish you would make a trial; if not, do not do anything to hasten her end.'

"I told the family that the case was a bad one, and there appeared but little prospect of success with any treatment; but if they wished, I would make a trial, and assured them that I would give nothing to hurt the woman. As was usual with me, I made a show of doing something, but left no active medicine. Called again, and for two or three days found no material change, at length the woman began to mend.

As soon as it was known in the neighborhood that this patient was recovering, I was called to see others which I treated in the same way, and lost none."

"The cholera prevailed here as you know, on its first visit to the United States, and I had my full share of that to treat, and made no more dependence on medicine for the cure of that disease, than I did for that of others, and to say the least, was as successful in its treatment as my neighbors were. I will give you one example. I was called early one morning to go ten miles to see a young man from a family in my neighborhood, said to be in the collapse stage of the cholera. On my arrival, found another physician who had been called in on the spur of the occasion, under an apprehension that the young man could not live till I reached the place, just ready to give a heavy dose of calomel and opium. On consultation, after I had looked at the patient, I inquired whether I should prescribe for him, observing that I supposed his friends would expect me to do so. 'Yes,' the other physician replied, 'I shall be happy to have you do so, for let who will prescribe for him, he will die, and die soon.' I put a small quantity of powdered magnesia and eight or ten drops of laudanum into a third or half a tea-cup full of water, sweetened it a little with loaf sugar, gave instantly a small tea-spoon full, and directed the same quantity to be repeated every half hour till there should be a sensible alteration. Before night, I took the young man into the carriage with me, in a comfortable state, and brought him home."

A large share of the medical practice of the present day, may be divided into two classes, and characterized as follows: One class does a little on almost all occasions, just to "give nature a little jog." The other does nothing by way of medicine, or forcible means "except in the two extremes of excessive action, and extreme debility." Each of these classes deserves a passing notice.



FIRST CLASS.—When the human system is capable of enduring “three pints of strong brandy, accompanied with large doses of laudanum and cantharides” in each twenty-four hours, without apparently being very much affected by it, how much would a little soluble tartar, a few drops of spirits of nitre, two or three drops of camphor, a little catnip, mullen, wild hyssop, or other small herb tea be likely to influence its movements? About as much as a sprig of pennyroyal, thrown into the boiler of the steam frigate Mississippi would have, in controlling the motions of its engine.

SECOND CLASS.—*First :—Excessive Action.*—Debility, or deficiency of vital *controlling* power, lays the foundation of the excessive action. The instruments of motion have escaped in a measure from under the influence of their keepers or lawful controllers, and are exercising themselves—in so far as the excess is concerned—on their own responsibility; and the remedy consists in leaving them, under due restraint and regulation, to expend enough of their force to bring them within the control of the nerves, or until the nerves have recovered tone sufficient to keep them steady.

*Secondly :—Extreme Debility.*—In the *extremest* cases of debility, brandy, wine or alcohol in some form, is mainly depended on for elevating the powers of life to where other and more permanent props—falsely so considered—can be placed under them. Now it is well known that alcohol weakens a *strong* man, and a *weak* one still more; indeed, that its debilitating effects on the human system is proportioned to lack of power to bear up under its crushing influence; by what legerdemain process therefore does it become a *strengtheners* in “extreme debility.”

But the fundamental inquiry here is, why wait for either extreme before using counteracting agencies to stay the progress of disease, and exterminate it from the system, if its



tendency be to destroy life? It must possess an identity of character from beginning to end, and if it be a foe to life, why not lay a strong hand upon it, and crush it in its incipency? But if it is decided to delay belligerent operations until the disease has attained some degree of maturity and strength, at what particular point should the interposition of *break-up* measures be made? Suppose there are twenty cases of pleurisy, of different grades of development from the mildest to the most severe short of death, what "extreme" of violence should be reached before the Doctor should step in and say to the raging distemper, 'hitherto mayest thou come, but no further.' And why make an onset upon the "tendency to death" at this point, rather than at some other point? But there are differences of opinion among these eleventh hour interposers, both as to the precise point at which disease should be encountered, and also the amount of force that should be brought to bear upon it. While some are for opening their heavy batteries upon the enemy as soon as they discover any indications that nature may be worsted in the conflict, others would hold their force in reserve "to periods of still greater danger," and then only hang upon the outskirts of the enemy with a little musketry or light artillery, in order to divert or cripple its operations, and thus "help nature a little." Again I ask why this diversity of sentiment about the time when, and the method and force with which disease shall be attacked, if it is to be regarded in the light of an enemy? If this fundamental principle of Heteropathy respecting the nature and tendency of disease be well founded, why may not a system of definitive rules be established thereon, which shall decide conclusively respecting the time, mode and means for commencing and conducting operations against the seditious and hostile movements? The truth is, the class of physicians above referred to, who would "do nothing" in disease except in "extreme cases," have been driven from



their old Heteropathic moorings, by irresistible gales that tend to waft them towards the ample and commodious harbor of Orthopathy, and it will not be long before they will find themselves firmly anchored in the bosom of its secure retreat.

SIXTHLY.—*Temperance Statistics, Rightly Interpreted, place Orthopathy upon a Firm Basis.*—The temperance reformation, although yet in its infancy, has established the fact beyond all controversy, that the world has been most awfully and disastrously deluded on the subject of strong drink. Down to the year 1826, the opinion was almost universal that alcohol in some form and in a temperate or moderate quantity, might be made exceedingly beneficial to most persons in a great variety of circumstances, indeed on almost all occasions; and that too when “judiciously prescribed and used” without its doing any positive injury.

And multitudes of those who early signed the temperance pledge and agreed to discard the use of spiritous liquors as a beverage, did so for the purpose of benefiting others by their example, under a deep conviction that they were thereby making a great self sacrifice. But the car of temperance had not advanced far before it lifted the veil sufficiently to discover a deep delusion, and convince those who had made a fair double experiment of using alcoholic liquors and letting them alone, that they had been injured even by a moderate use of them; hence the embodiment in an early temperance pledge of the following sentiment, viz: “Believing that spirituous liquors are not only unnecessary, but positively injurious to persons in health,” &c. Now it is only necessary to urge on the car of temperance reform a little further, to develop most clearly the tremendous *medical* delusion, and demonstrate to perfection the fact, that alcohol and all other irritating or *medicinal* substances—for they all act on one general principle—are not only unnecessary and positively injurious to persons *in* health, but more so to persons *out* of health.



Many individuals who had been subject severally to some physical infirmity for which they had held brandy or some form of alcohol to be a sovereign remedy, and for which they despaired of finding a substitute, have nevertheless been induced to join the temperance ranks for the sake of helping on the good cause, and have found to their astonishment that by discarding brandy, they have also discarded their infirmities.

After the temperance reformation had been in progress a few years, some of its leading advocates and promoters, finding the use of spiritous liquors "as a medicine" to stand very much in their way, addressed a circular to physicians, inquiring of them, among other things, whether they could not substitute something for alcohol in their practice, and dispense with its use. Various answers were elicited. The late Dr. Hosack, of New York, queried whether any thing could be found that could compare with brandy as a remedy for the dyspepsia ! Strange delusion.

The following extract of an answer by Joseph Speed, M. D., of Caroline, Tompkins Co., N Y., in its general tenor, was in advance of most of the others in its reformatory character.

"I am a physician, and have been no inattentive observer of the effects of intoxicating and other unnatural substances on the human system, in producing disease and death. Where malformation does not exist, health is the natural state of man ; and disease is unnatural, and brought on us usually by our own imprudence. The usual imprudencies are improper food and drink, and deficiency of exercise.

"There is nothing in the formation of man, there is nothing in his experience that shows that nature designed that he should use, in health, any stimulating substance of any description, that does not possess *nourishment*. On the contrary, everything of the kind is injurious in health.



“I am now far advanced in my sixty-third year. In early life I lived as many thoughtless young men do, to eat, drink and be merry. Few restraints were imposed on my appetite by myself or by those who had the care of me, until I attended a course of medical lectures, delivered by Dr. Rush, in 1794. This great and good man’s memory must be dear to every one who has attended his lectures. The earnestness and solemnity with which he warned us against the evils of spirits, I can never forget; and from that time I resolved to die a sober man.

“Having thus determined for myself, I used intoxicating drinks of every kind *moderately*, as it is called; and in consequence of it I probably had sickness more moderately than I otherwise should have had. Knowing, from long observation, the dreadful evils of intemperance, when our temperance reformation began, I early and joyfully joined the temperance society, and abstained entirely from the use of distilled spirits. It was not long before I was convinced of the propriety of adopting the same course with wine, beer, cider and all fermented drinks. It was pleasing to feel how, step by step, I improved in health, as I made each successive sacrifice. Encouraged by these beginnings, and knowing that there were other things injurious to health, which I was practising, I determined to take a new start in the path of reformation, and successfully gave up the use of strong, high-seasoned food of every description, and—my tobacco—yes, my tobacco; the idol of my life, which I had used for nearly fifty years, and without which life seemed a burden; yes—that dear soothing comforter of my life—that vile, filthy, health-destroying weed, had to go; and, not very long after, my tea and my coffee. Yes, my much-loved coffee had to go too; but much as I loved it, our separation produced a pang but trifling to the loss of my dear, *abominable, filthy tobacco*.

“I know, my dear sir, that some will say, ‘You poor,



deluded fanatic: you have deprived yourself of all the comforts of life; and what have you worth living for?' I have *health*, such health as men never enjoy who do not lead a uniform temperate life. For years I have scarcely known what an ache or a pain is; and for years I have not had a cold worth calling a cold. My appetite is *always* good. I have great pleasure in eating what is suitable for man to eat; and I have lost all desire for any thing but the plain nourishing food on which I live. I feel as if I had gone back many years of my life, and have the ability and disposition to perform much more labor than I had seven years ago. Here is what I have that is worth living for; and I will ask those inquirers, in turn, what do they enjoy that is more worth living for? Do they eat the luxuries and fat things of the earth, and drink the fruit of the vine in its fermented and joy-inspiring state? I use my plain food and plain water, with as much pleasure and gratification as they; for I have tried both, and speak from experience, and know that their gratifications are often followed by a bitter pang, and that mine are not. Indeed, so far am I from suffering from my mode of living, that it has relieved me from the common sufferings of life, to which improper living exposes us. I used to suffer much from head-ache, sick stomach, want of appetite, irregularity of the bowels, restless nights, and a most distressing affection of the heart—a disease of which organ has become one of the most powerful and alarming diseases of our land; and brought on, perhaps, nine times out ten, by a deficiency of exercise, and the use of stimulating food and stimulating drinks. Of all these I have got cured, by abandoning stimulating drinks and improper food.

“You ask me, sir, respecting the experience of others, on this subject. To tell you all the good effects I have known would need a volume, and I should not know where to begin. I will, however, state one case. My neighbor, for whom I



had often prescribed for a head-ache, which had seriously injured his health, and which he had had, with only one exception, once a month for more than forty years, applied to me, two or three years ago, to try again and do something for him ; for he suffered excessively, and his looks showed it. In fact his health was seriously declining. His attacks lasted him a day or two, and he always had to sit up *one whole night* in his chair—so severe was his pain at every attack. I knew he was fond of rich food, loved coffee dearly, and his tobacco still more, and used them very freely. I told him I had trifled with him long enough, I would give him no more medicine, he must cure himself, and that he must abandon his coffee, his tobacco, and all high-seasoned food, and live upon milk and light vegetable diet, and eat meat sparingly but once a day. He tried to reason me out of it, as he said he had the head-ache before he used tobacco or coffee. I told him it mattered not, his situation was serious, and he must follow my advice. He did so ; left off all ; and for six months had but one attack of the head-ache, and that produced by a day's ride on a hard-trotting horse, to which he had not been used. In fact he became a new man. He has since returned slightly to his old living, and tells me he has slight returns of head-ache.

“Here, sir, is one case among thousands, of the injurious effects of stimulants, and here is the simple cure. It matters not whether the stimulants be distilled spirits, or fermented liquors ; they all, without exception, endanger the health of man, produce disease of the most fatal kind, and destroy more lives than war, pestilence and famine.”

Good testimony against alcoholic stimulants, both as a beverage and as a medicine ; and let facts as they occur in the experience and under the observation of discerning physicians continue to speak out, and the world will soon become convinced that “Wine is a mocker and strong drink



is raging," as well in the sick room as out of it, and that "they who are decieved thereby are not wise:" yea, the side-board of the sick will be the last place where King Alcohol the Great, or King Alcohol the Little will find a refuge, except the Communion table. And the same kind of testimony, in nearly the same space of time, will rid the sick chamber of every species of poisonous substance.

SEVENTHLY.—I come now to offer testimony against Heteropathy and in favor of Orthopathy, of a more direct and positive character, to wit: "no-medicine" experience. In the first place, I will add something to what is stated in the "Introduction," in relation to my own experience on this subject.

It is now about thirty years since no-medicine has been my *rule* in practice. For the first three of the thirty years it was "without knowing the why and the wherefore of my conduct," except that I was well satisfied from observation that such practice was better than the old practice in the then state of the science and art of medicine. For the balance of the thirty years, I have stood firmly on the Orthopathic foundation with the most unwavering confidence, ready to give a reason for my practice.

I practiced medicine Allopathically about ten or eleven years, the first three or four of them after the straitest manner of the sect; during the remaining six or seven years, for reasons given in the "Introduction," I used medicine but seldom except in "extreme cases." In addition to a pretty thorough scrutiny respecting the best method of treating the sick, I have given much attention to the subject of dietetic regimen for persons in health, and for a number of years past have conformed somewhat strictly in my own person to what I believe to be correct physiological laws or rules of hygiene. And the conclusions to which I have arrived—and here I can only give results—from investigation, observation and



experience pertaining to human physical life, may be summed up as follows;—

*First*:—That the action upon the human system of poisonous substances—and all irritants or stimulants that furnish no building material towards its construction or repair, are included in this category—is uniformly and unavoidably deleterious under all ordinary circumstances, in health and in sickness, and more injurious in a diseased or impaired state of the system than in its healthy condition, and in proportion to the feebleness of vitality of the part or parts on which the action of noxious or poisonous substances is expended.<sup>3</sup>

An advocate of the “moderate use” of general stimulation by tea, coffee, butter, spices, &c., attempts to rebut this conclusion on the ground that we are constantly using oxygen, which he claims to be a stimulus. Oxygen, as furnished us by our Creator, is no more a stimulus than bread is; for like bread it goes immediately to supply a natural want. Indeed it is an essential ingredient, *a sine qua non* in the construction and maintainance of “the house I live in.” And it is furnished to us properly diluted with negative material, as the nutrient portion of wheat is blended with a just balance of innutritious matter to adapt *it* to the physiological wants of the system. Nothing of this kind can be said in favor of tea, coffee, spices, alcohol, tobacco, opium, calomel, or any of the long catalogue of irritants that are every where amassed in establishments under the appellations of Grocery and Apothecary, which, from their number and size, almost darken the land; substances too that are actually *consumed* upon the human system to no other effect than the prostration of its vitality, at an annual expense in the United States alone of hundreds of millions of dollars.

*Secondly*:—That the Orthopathic principle must be understood and honored before the world will be regenerated.



The only sure standing place for man is on the firm table-land of "total abstinence" from all *stimulants*, with a proper use of the various appropriate natural aliments of life:—bread, water, exercise and cold bathing for the muscles; oxygen for calorific purposes; thought for the brain; fraternal intercourse for the social department, and bound fast to his Creator and his brother man, by the strong, uniform, golden chain of benevolence or love.

To an erect position on this broad platform man is yet to be restored, and every step that he takes in that direction renders further progress thitherward, by himself and his posterity easier, while every retrograde step facilitates a descent to ruin, mental and physical, temporal and eternal: for such is the connection between body and mind, and the law of reciprocal influences upon each other, that a depravity of either of them serves to vitiate the other.

Those who have had experience on the slippery side hill of indulgence in unnatural excitation, and have had the good fortune to escape therefrom and secure a firm standing on the broad table-land of correct habits, know very well that they have been great gainers by the change. And the world is yet to learn—though the lesson will prove a hard one—that it will be the *easiest* as well as the *best* thing to be and do *just right*. The fundamental principles, that by Divine constitution underlie all human well-being, when divested of all adventitious circumstances and glosses, will be found to be few and simple in theory, and easy and pleasant in practice.

*Thirdly*:—That a misconstruction of facts or appearances, has been a fruitful source of error in diet, as well as in medicine. When the apparent good effects of *stimulants* were supposed to indicate real beneficial action by them, it was natural to conclude that the apparent bad consequences of the sudden abandonment of a habit of stimulation was indicative of positive injury sustained thereby. And here dietetic



reformers have been in fault in not cautioning the public against alarm from the immediate and unavoidable apparent depressing results of the sudden giving up of any long course of violation of physical law—and it is vain to look for gradual emancipation from confirmed habits in such transgression.

In expatiating upon the advantages to be derived from an exchange of pernicious dietetic habits for correct and healthy ones—and the *eventual* advantages that are sure to flow from a thorough exchange in this particular, cannot be overrated—writers and speakers have taken no notice of “the slough of despond” through which old transgressors of human physical law must pass, before they can reach a safe and comfortable standing on the elevated ground of sound habits. Hence the very general retreat of the army of would-be dietetic reformers, who took up their line of march some fifteen or twenty years since. They did not first sit down and intelligently count the cost. Perhaps in no place on the globe was there ever, since the fall of Adam, so general an attempt made to escape the corruption that is in the world through lust, as was made in Oberlin. Not only did the inhabitants come boldly up in mass to help on the glorious temperance reformation by an entire abandonment of the use of all intoxicating liquors as a beverage, and in waging a successful war upon that most detestable custom—tobacco using, but a large portion of them also rejected tea, coffee, and animal food, with its long train of exciting condiments from their tables, both in the public Collegiate Boarding Hall, and in private families. In a few months, however, they were “panic” stricken by the discovery that many of their physical corporations were apparently tottering to ruin. Some of their sturdiest, plumpest, and rosy cheeked men found their flesh diminishing, their muscular strength failing, and their faces bleaching. Under the pressure of this panic, they rushed with precipitous and confused haste back to their flesh



pots; and here under the exhilarating and bewildering influence of fresh infusions of the Chinese shrub and the Mocha bean, with the riotous eating of swine's flesh and drinking the broth of abominable things, they succeeded in arresting a necessary renovating work, and in dragooning the jaded disbanded forces back to their severe, destructive and ill-requited field duty; but their depraved sensibility was thereby raised again to its former unenviable level, their feelings relieved, and their groundless fears abated. Now forsooth, they are satisfied with "Grahamism;" they "know all about it;" "have been there themselves;" "have got beyond Dr. Alcott," and hence they cling to their bewitching and delusive idols with a conservative and death-like grasp. "The last state of that man is worse than the first." But *vegetarianism* in *Oberlin* is not dead. Although the reflux tide of dietetic reform, in the estimation of its ephemeral and fickle friends, is now at a low ebb, its sleeping billows are daily accumulating force, and when their waking, rising, swelling surges shall roll over this delightful and highly favored spot, they will sweep from it every vestige of that most ridiculous as well as false and delusive notion, that the nutrient productions of earth, which proper husbandry, under the smiles of an indulgent and bounteous Providence may realize in rich profusion and endless variety, are not sufficient, in their primitive unanimalized state, with pure Adam's ale for a diluent, to meet the physiological demands of the human system; and in lieu of a carnal, gross, putrescent and debasing system of diet, establish one, including general hygienic regimen for body and mind, that shall tend to purify, elevate and perfect human nature; redeem man from his dominion to the flesh; regenerate him in body, mind and morals; restore him to himself under reason's sway, and place him again in harmony with his Maker and with his fellow man. Then will that noble band of youth, composed



of both sexes, with visage adorned with various hue, and wearing the honorable and distinctive badge of *manual labor* students, gathered within its Collegiate Halls, numbering at this time—May, 1852—between six and seven hundred, and which, according to the present ratio of increase under the operation of the scholarship endowment system, will soon count by the thousand, catch the glowing theme, drink deep themselves at this primeval fount of health, longevity and pure unalloyed earthly bliss; then spread, with an unselfish heart, and an unsparing hand, its choice, unselfish and unfading blessings to earth's remotest bounds.

#### SECOND BRANCH OF "NO-MEDICINE" EXPERIENCE.

The great Homœopathic experiment is claimed as "no-medicine" experience, and if the claim is well founded, this experiment is sufficient of itself to establish the fundamental principle of Orthopathy, and utterly subvert that of Heteropathy.

This system of practice has spread itself over every civilized portion of the globe, and multitudes of families and individuals who have shared its benefits, have given it their preference to the old system of medicine. But no account will be made of the opinion of the non-medical portion of community, as it may be urged that those who have not professionally studied the organization, laws and operations of the human system, are not competent judges of the comparative merits of different systems of practical medicine. It will be amply sufficient, however, for our purpose herein to confine the evidence to well qualified physicians, who have practiced for years, on both the Allopathic and Homœopathic system of medicine. These, it must be admitted, are duly qualified to testify with regard to the relative merits of these two methods of managing disease; for a man who has traveled two roads, each thousands of times, must be a better



judge of their relative qualities, than a man who has traveled but one of them. There are now thousands of regularly qualified physicians, after the old school fashion, who have thoroughly tested both the Allopathic and Homœopathic systems of practice, and with firm united voice—for I have never yet heard of a receding or dissenting one—they pronounce the Homœopathic system to be altogether preferable to the Allopathic system. It is therefore claimed that this testimony, from the number, character, and peculiar qualifications of the witnesses, and the bold stable nature of their testimony, would be regarded by any court in Christendom, as abundantly competent to establish the fact beyond all controversy, that either there is something in the principles of Homœopathy, by which its remedial means are positively potentized in their nature, by their mode of preparation, the directness of their application and operation, or some other circumstance that places them on vantage ground in comparison with Allopathic medication; or that medicine, as a general rule, is not adapted to “help nature” in sickness any more than it is in health; for it is presumed that if Homœopathy fails, none will hereafter be credulous enough to suppose that any new change can be rung in medicine, that will mould it into a system for reliable practical purposes as a *rule* for the cure of diseases or for aiding in their cure.

The question then arises—and it is one of no small moment—into which of these scales should the Homœopathic testimony be cast? In order to settle this question satisfactorily, it will be necessary to examine some of the fundamental positions on which the advocates of this system base their practice. These may be summarily comprehended under three heads: First, “The action of all drugs can only be learned through the disturbances they produce in persons in health. Secondly, The application of drug action must be guided and governed by the totality of symptoms found in



any given case, and corresponding with those produced by the drug. And thirdly, that the size of the dose shall correspond with and meet the wants of the diseased organism. These constitute the general propositions, and embody the claims of Homœopathy." This abstract of Homœopathic doctrine is taken from an "Introductory Address delivered before the class of the Western College of Homœopathic Medicine; by C. D. Williams, M. D., Professor of Institutes and Practice of Homœopathy, Cleveland, Ohio, Session 1st, for 1850 and '51."

The first proposition, which substantially maintains that remedial agents must be ascertained, defined and registered for use by "the disturbances which they produce upon persons in health," and which is the basis of the other two propositions, is itself encumbered with insuperable difficulties. In the first place there are no "persons in health;" there is nothing like a perfect constitution on earth. It is as true of the descendants of Adam physically as it is morally, that "they have all gone out of the way." The best constitutions among them are more or less organically defective, having proclivities to functional disturbances in different directions, and with different degrees of force. And whatever their organization may be, no one enjoys at any time an entire equilibrium of functional action throughout his whole system, nor enjoys it in the same degree at different times; so that in his best health he will be liable to be affected differently at one time from what he would be at another, by the same kind of drug, in the same quantity and of the same strength. For these reasons it would be impossible to establish a perfect identity of character in any drug by testing its activity on a number of individuals, or on one individual a number of times. For instance, the same pathological results would not follow the use of tobacco in all cases, if it were tried on a number of persons, until its ultimate visible noxious effects were clearly



developed. In one case it would produce epileptic fits ; in another, palsy ; in a third, insanity ; in a fourth, hypochondriacism ; in a fifth, hysteria ; in a sixth, cancerous tumefaction, or ulceration ; in a seventh, dropsy ; in an eighth, lung consumption ; in a ninth, liver consumption ; in a tenth, mesenteric or bowel consumption ; &c., &c. ; according to the nature and extent of predisposition, and the nature and force of coinciding agencies.

Tobacco is classed in Allopathic Materia Medica as a narcotic, or stupifier, and such it often proves in particular debilitated habits ; but many men use it with great freedom, on whom it develops no such effect. It is also set down as a sternutatory, and so it is frequently. Diffuse a small quantity of finely powdered tobacco through the air of a crowded room, and there will soon be a grand exhibition of sneezing ; but a strong nerved man may so accustom HIMSELF TO SNUFF TAKING,\* that a bladder of fresh Macoboy may be kept suspended under his nose, till his nostrils are fumigated and lined with its contents, and made to resemble a pair of inverted sooty chimney flues, and his sternutatory faculty will take the position that such consummate vileness and abuse "are not to be sneezed at." It will not do, therefore, to decide definitively on the character of medicinal agents by apparent effects on defective machinery, and that too when the results are liable to be shaped very much by conflicting or co-operating influences of various kinds.

To determine precisely what set of organs any particular medicine would invariably elect for the full and final display of its perturbing power, uninfluenced by predisposition or other circumstances to any particular locality, it must have

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\* A snuff taker, with box in hand, asked a physician if he thought snuff could injure the brain ? "No," said the physician. "Why, Doctor," said a bystander, "I thought you held that snuff, and tobacco in every form, was positively injurious to the brain ?" "So I do," replied the Doctor, "if it can get access to it ; but no man who has brains will take snuff."



a fair trial on a perfect system of organs, each and all well sustained and backed by plenary force, with entire freedom from the action of all collateral causes, mental and physical, that could exert either a counteracting or coinciding agency. Nothing short of a test process like this for each drug to be used in practice, could fabricate a materia medica that would deserve to take rank as an exact science, an honor which Homœopathists claim for their materia medica. But unfortunately, there are no proper subjects on which the requisite experiments can be made for the construction of such a work; and if there were, and the experiments could be conducted under all the appropriate circumstances necessary for its completion, the difficulties to be surmounted before the contemplated object could be realized, would scarcely be less than they are at present. It would probably take at least a whole life time of one individual, if it was as long as that of Methuselah, and require cart loads of any one drug, to obtain a full and decisive demonstration of the effects of that single article on a sound and well endowed constitution, if all the laws of life were fully obeyed in all respects save that of the action of the drug, and the use of this were properly conducted. If the medicine were thrown into the system at once in sufficient quantity to take by surprise and cripple some department before it had time to rally its forces, and fairly measure its strength with the opposing force, it would be but a partial experiment, and not answer the proposed end; and if it were introduced gradually, giving the tissue of organs on which it might be disposed to fasten its clutches with the greatest avidity, a chance to defend itself with its own proper individual resources, in addition to the share of the public force to which it would be largely entitled under the circumstances, it would be a long time indeed before it would be broken down to a complaining point, and come to bear, too, amazing quantities of the noxious material without



manifesting any symptoms of yielding. There are various other difficulties, which it were heedless here to particularize, that beset the proposition under consideration, and effectually oppose its adjustment as a main pillar in the Homœopathic temple of medical science. But, admit for arguments sake, that all the insuperable difficulties that lie against this first proposition, are surmounted, and that an ample materia medica is constructed of reliable remedies for all emergencies; by what physiological principle or principles can these supposed remedial means be made available in the fulfillment of the indications of cure under the second and third propositions; viz: meeting the wants of the diseased organism, by an exact adaptation of drug instrumentality to the whole amount of symptoms found in any given case, being guided in the selection and application of the necessary means, by a knowledge derived from personal observation or documentary evidence, that these substances, if used on a person in health, would produce a set of symptoms similar to those which they are designed to cure? For instance, we will suppose that A., with an otherwise sound and healthy constitution, has been in the habit for an indefinite period, of slightly gashing particular parts of his body with a peculiar instrument, so as to keep up a troublesome soreness. To effect a cure in this case on Homœopathic principles, it would not do to make use of the *same* instrument, though *its* continued action might be so "guided and governed" as to produce or perpetuate a set of "symptoms corresponding with those produced by" it on former occasions; but the practitioner must go to his armory and find another instrument whose action it is known from previous reliable tests, may be so controlled as to produce symptoms in kind and quantity very *similar* to those produced by the original instrument. The question is, how are the wants of the diseased organism met by treatment of this kind? The fact is, before Homœopathists use the instru-



ment, they grind it to powder finer than the dust of the balance, then take an infinitesimal portion of one of its finest particles, incorporate this in a very excellent dressing for the sores, apply it judiciously, carefully prohibit all further action of the offending cause, and all other disturbing agencies, give first rate directions in regard to the general treatment of the patient, and in this way "the wants of the diseased organism" are met in the best manner in all respects, mentally as well as bodily, and the *vis medicatrix naturæ*, or remedial force of nature, has nothing to do but to go steadily and rapidly forward with the curative process. Again, suppose that B., instead of gashing himself outwardly, has preferred to gash himself inwardly with the double or many edged alcoholic blade, until serious disturbances ensue, and in all other respects his constitution and health are good; how, in this case, "are the wants of the diseased organism" to be met by stopping the alcohol and administering another poisonous substance, whose action might be so "guided and governed" as to produce a disturbance "corresponding with that produced by the" alcohol? Would it not be enough to stop the alcohol, live right and let nature recover herself in her own way from the effects of the alcoholic poison? Once more;—suppose C., with a previously shattered constitution, derived in part from his ancestry, has been thrown down upon his bed with extreme debility and ghastly sickness, by the action on his system of some unknown virulent pestilential effluvia; how are the extensive wants of his diseased organism to be met by "drug action guided and governed by the totality of symptoms" which manifest themselves from first to last? Has not the physical system of this poor man suffered enough already from depressing causes? Would not common sense, in the present light of physiological science, uninfluenced by a false philosophy of disease, say at once that the small remnant of organic forces should not be fur-



ther taxed by opposing or disturbing action, but should be placed under circumstances favorable for the easy and full development of their restorative virtues, under the guidance and government of unerring natural law? Why need or look for any better or other "law of cure" than the natural one? There is and can be no other law or mode of restoration to health from any form or degree of diseased function or structure, but by the natural one of recruit and re-production or repair, and the idea of a "law of cure" by "similars," with means naturally at war with the principle of life, is a most ridiculous one, the very culmination of absurdity.

Homœopathists have been led into their delusion by the Allopathic figment of disease; but most providentially and fortunately they have been guided into a course of practice in good accordance with Orthopathic principles, and it has been very gratifying to me to watch the progress of their *cures*, and witness the results of their treatment, and find them agree so well with my bread pill practice. Most of their cases recover finely and rapidly, while some linger from weeks to years, and some die, as will be the case under the best treatment, until the general soundness and tone of the human system are elevated far above what they are at present. The following extract from a little work on the theory and practice of Homœopathy, will show how well its practice coincides with Orthopathic practice.

"The diet is such as to preclude the possibility of any interruption from substances which exert any medicinal action. All raw vegetable juices, all spices, all essences, all odors, all perfumes, all theiform infusions, all that can by any possibility be supposed to exercise the slightest influence over the organism, are strictly and rigorously excluded; so that the pure, simple medicament may have the whole control over the organism, and be at liberty to act unfettered and undisturbed, and, at the same time, all mental exertion, or any



shock that can in any way interfere with or divert the action of the medicament, is scrupulously avoided."

Under such treatment, while the "pure and simple medicament" satisfies the mind, and keeps it from exerting a counteracting influence on the physical machine, the *latter* instead of *medicine*, is left "at liberty to act unfettered and undisturbed" in the performance of work which neither medicine nor art can accomplish.

Homœopathy is fulfilling an arduous but glorious mission ; and it is doing it on the principle of neutralization. A man swallows a poison, and the physician antidotes it and saves his patient. The world had swallowed a tremendous and awfully scourging Heteropathic delusion, and it is now swallowing a very harmless Homœopathic one as an antidote ; and although in the eyes of Allopathy, the means may seem ill adapted to the end, yet like the pebble in the sling of David, it will bring Goliath to the ground.

*Thirdly*:—The great Hydropathic experiment is also most effectively substantiating the claims of Orthopathy, and nullifying those of Heteropathy. Hydropathic physicians as a body, discard medicine as the *rule* in practice as much as Orthopathists do ; and when they come to steer clear of the old Heteropathic bug-bear notion of disease, and depend less on water as a *curative* means, their practice will be admirable. "Judicious Hydropathy" is fast improving in this respect, and if the "Water Cure" establishments would confine the external application of water principally to such of their patients as could perform their own hydropathic operations, and in this way reduce the price of board, &c., to within the means of a large class of invalids who would gladly avail themselves of the "Water Cure" privileges, but who are now excluded, through lack of the "needful," from these peculiarly attractive and sanitary retreats, and were thorough in giving instruction, by precept and example, in the science



and art of hygiene, immense good would result therefrom. And this, as Louis Bonaparte would say, is their "*destiny*." These establishments will continue to multiply until every considerable section of country enjoys the advantages of one of them; and thousands will here learn the art of health, and communicate it to their respective families and neighborhoods. Persons who are too sick or feeble to bear exercise to advantage, cannot be really benefitted by the external use of water, save for the purposes of ablution and the regulation of temperature. But as muscular strength increases, cold-bathing judiciously used, in conjunction with suitable exercise and proper diet, is indispensable to the attainment of the highest degree of bodily vigor. Cold water thus employed, is peculiarly invigorating to the living fibre, giving it consolidation and firmness, by which, when imbued with vitality, it acquires the property of endurance. The extraordinary community on Pitcairn's Island, when first discovered, had no knowledge from their own experience of disease in any form; and were remarkably well built and strong. A number of their young men took up each and carried at once a number of heavy irons, weighing in the aggregate more than six hundred pounds. But the most remarkable evidence of muscular power and endurance that was related respecting these people was, that they would, both males and females, swim around the island, seven miles in circuit, at one stretch. It was their custom to be much in the water, and from this circumstance, no doubt, they derived a large share of their distinguishing muscular prowess, fine form and general healthful condition.

The Hydropathic organ of intelligence "The Water Cure Journal," has a very extensive circulation, has obtained a strong hold of the public mind, and, all things considered, takes a very commendable stand on the subjects of medical and dietetic reforms, and is exerting a wide-spread and



salutary influence in these directions. The name, if applied to individual cases of disease, is a misnomer ; but viewing the work in its adaptation to effect a thorough eradication of the whole evil of human physical disorders, to its deepest foundation, the name is entirely appropriate. As this work is now in the field under a good organization and extensive patronage, it seems to me that economy would dictate, that all the friends of health-reform possessing a general similarity of views with those promulged through this periodical, on its main topics, should throw the whole weight of their influence into this medium of communication with the public mind, do what they can to augment its circulation, and improve its matter.

*Fourthly* :—Orthopathy can draw largely for its support on experience in Surgery, a department of the “Healing Art” that has been greatly improved, if not nearly perfected in most of its branches, while its twin-brother, theoretical and practical medicine, remains “in its merest infancy,” or “still lingers in the domain of empiricism.”

The following draft on surgery, an extract from an article on the “Treatment of wounds inflicted by cutting instruments, by N. R. Smith, M. D., Professor of Surgery in the University of Maryland,” will need but little comment to show that it breathes largely the spirit, and unfolds clearly the fundamental principle of Orthopathy.

“After some thousands of years’ experience had elapsed—after almost every substance which the three kingdoms of nature can furnish had been tested, and balsams, vulneraries, styptics, &c., without number, had tortured the wounds of sufferers for ages, it was at length discovered that there is no such thing as a *healing virtue* in any remedy—that the healing of a wound is not the result of any application ; that it is, in short, nothing but the work of *nature*—of a restorative principle identified with the principles of life, and by



which each organ is, to a certain extent, enabled to repair the mischiefs of injury and disease.

“When a part wounded has been previously in perfect soundness—when the general health of the sufferer has also been perfect, and no untoward circumstance defeats her admirable work, nature scorns assistance from our hands. Nothing can then be applied to the wound which will exercise the slightest influence in accelerating the recuperative process. A certain series of changes must necessarily take place in the part, before it can be restored to soundness, and these changes must necessarily occupy a certain time. If irritating medicaments are applied, with a design to hurry this, it is with precisely the same absurdity with which we should administer bark and wine to a person in perfect health, after having taken food, in order to hurry the process of digestion. And yet I very well know that with many I shall contend unsuccessfully against an ancient prejudice. ‘What!’ say they, ‘nothing in nature that is healing? no such thing as a balsam?—‘no balm in Gilead?’ a fig, then, for your Science of Surgery. Have I not cured wounds on my own person an hundred times with balsam apple, or burnt sugar, or rum and red pepper, and other soothing remedies?’ True; but have you ever tried the experiment of applying nothing? ‘No; for then I should have practiced as absurdly as yourself.’

“The belief in the healing virtues of certain plants, and other simples, is so wrought into our language, that it is impressed upon the mind with the first lessons of childhood. The phrases, ‘healing balsam,’ ‘soothing balm,’ are uttered in prose, and sung in verse. We shall spoil, it is true, a thousand beautiful metaphors, by establishing the truth; but it is better that we should mar the works of man, than those of God.”

*Remarks.*—“After some thousands of years’ experience



had elapsed—after almost every substance which the three kingdoms of nature can furnish had been tested, and balsams, vulneraries, styptics, &c., without number, had tortured the wounds of sufferers for ages, it was at length discovered” by thoughtful, observing Surgeons, “that there is no such thing as *healing virtue* in any remedy.” That external wounds are healed, when healed at all, by a natural process, and is the work “of a restorative principle identified with the principles of life.”

How strange that after as many thousands of years’ experience have elapsed, and after poor suffering humanity has been tortured by the internal use “of almost every substance which the three kingdoms of nature can furnish,” in every conceivable shape, physicians have but just begun to learn that there is no such thing as a *healing, strengthening or helping virtue* in any remedy—that the healing of internal as well as external injuries is not the result of “drug action;” “that it is, in short, nothing but the work of *nature*—of a restorative principle identified,” or rather identical “with the principle of life, and by which each organ is enabled to repair” its own injuries, as far as, under existing circumstances, they are reparable. It may not be less difficult to contend successfully against an ancient prejudice in favor of the “healing virtues” of internal remedies than external ones; but difficult as the task may be it will yet be accomplished, and accomplished too by the simple experiment of “doing nothing.” And if Dr. Smith will fairly test the “do-nothing” principle, he will soon learn that “blisters to the extremities and over the congested organs,” are not necessary to draw or drive “the blood and nervous energy” from their hiding place “in the deep organs.”

*Fifthly:*—A large “rain-water” experiment throws a flood of light upon the Orthopathic doctrine of disease, and proportionally obscures that of Heteropathy.

Something over forty years ago, an eccentric “German



Doctor" established himself in practice, first in the city of Brooklyn, opposite New York, afterwards in the eastern part of Connecticut. He obtained great celebrity, had a multitude of patients of all descriptions, took no fees and was wonderfully successful in the cure or recovery of the sick. At the close of his experiment he published a small pamphlet, giving a particular account of his method of treatment. He used no active medicine whatever, but dealt out small parcels of dried, inert grass, leaves, herbs and roots to be steeped and taken in rain-water; rain-water alone was to be used for drink, and culinary purposes, and particular directions were given respecting the diet, which was to be principally vegetable.

*Sixthly* :—Some of the celebrated nostrums that have had and are now having their day, proclaim loudly *for* Orthopathy, and *against* Heteropathy. For quite a season, down to some fifteen or twenty years ago, "Swaim's Panacea" was the "cure all" for most fleshly maladies. It was a mere weak infusion of winter green, sweetened a little; and of course it possessed no *positive* power for either good or ill, but its negative virtues were very great. The late R—— H——, Esq., Post Master of Derby, agent for the sale of it in that region, was himself an invalid, took a number of bottles of it to the exclusion of more active medication, and was materially benefited thereby.

The different preparations of "Sarsaparilla Syrup," and the "Cod Liver Oil," are now doing a great curative work by way of prevention, or "intervention for non-intervention." Possessing little or no activity themselves, they save many feeble constitutions from the action of potent drugs. An eminent physician of Cleveland, says that he has prescribed *barrels* of the "Cod Liver Oil," with very happy results. Of course he *proscribes* all other medicinal potencies, that this "simple medicament may have the whole control over the organism, and be at liberty to act unfettered and undisturbed."



## CONCLUSION.

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### THE TRUE ISSUE.

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Let there be no dodging the main point. Heteropathists, in defense of their ancient land-marks, are prone to fly to some particular extremity, and inquire, what would you do in such and such a case? The question is not whether medicine may or may not be used in some extreme case, or under some peculiar circumstances; but what is the nature of disease? Is the tendency of vitality—for there is no other agency concerned—in the aggregate movements of what would be called diseased action, in the common or general occurrence of disease, right or wrong? calculated to sustain life or destroy it? This is the first and fundamental point or principle to be settled; and upon the settlement of this principle depends the question of medicine or no medicine, so far as the general rule is concerned. If the Orthopathic view of the subject is correct, then *medical* “intervention” is wrong. But if Heteropathy is well-founded, if “disease tends to death,” and that tendency can be arrested and subdued by medicine, then medicine should continue to be the rule in practice, and no medicine the exception.

### REMARKS ON MEDICAL DELUSION.

That “medicine is capable of affecting every tissue and every function of the frame directly or indirectly,” or, which

is the same thing, that "medicinal agents can act upon the living organs so as to modify every function," is not questioned. But that deranged functions can be restored to health by "the action of appropriate stimuli" within the province or power of medicine to supply, Orthopathy of course denies. The delusive error herein consists simply and wholly in supposing that medicine, when it acts upon vital organs and *seems* to do good—modifies abnormal function and *apparently* restores it to health, or inclines it in that direction—does *really* furnish "*appropriate* stimuli;" either supplies the place of the living principle, or corrects its action and imparts to it a fresh sanative impulse without impugning natural law and force. At the close of a lecture in Dedham, Mass., in which the medical delusion was exposed and illustrated by reference to temperance statistics, the aged and venerable Dr. Wheaton expressed his full concurrence in the sentiment advanced, and remarked that it had often appeared to him that alcohol slipped as it were into the very traces of the enfeebled vital forces, and performed their work for them, it operated so like a charm. "But," continued he, "we are all now satisfied that we were deceived with respect to the action of alcohol, and that instead of its being a *friend* to the human system, is a most treacherous *foe*; and there is much reason to believe that medicine acts on the same general principle with alcohol, and has deceived us in the same way."

What rational doubt can there be of the truth of this position? Opiates and other "anodynes" relieve pain, but are they "appropriate stimuli;" do they meet the wants of the diseased nerves, or merely excite them to unnatural efforts for present relief, and leave them liable to relapse into a more painful condition? Anti-spasmodics relieve spasms, but the more anti-spasmodics a man takes, the more spasm he will have.

If diseased action only needs "appropriate stimuli" which



art can furnish to restore it to a healthy state, how reprehensible are the doctors for not exercising this discretionary function to greater public acceptance? If "medicinal agents can be made to act upon the living organs so as to modify every function" sanatively, then surely physicians should be held responsible for the regular if not rapid cure of their patients. For if they possess the appropriate means for subduing subversive or wrong action, giving a healthy impetus to action when it is deficient, and restraining it when it is excessive, ought they not, ordinarily, to put their patients at once in a train of recovery and urge them forward with sure and steady progress to perfect soundness, unless their means should unfortunately become irreplenishably exhausted?

If the medical faculty would proclaim a truce in practical medicine, and ground or stack their arms for a few months, nature would show them how much they had been mistaken in their views of the appropriateness of their medicinal agents.

### OBJECTIONS CONSIDERED.

Dr. S., of H.—"I am driving home in my carriage, come to a pinch, and my horse is reluctant to pass it; I put on the whip and drive him over it."

*Orthopathy.*—Your horse, or rather horses—for there are many of them—understand the nature of the "pinch" better than you do. The "pinch" has accumulated through lack of force in the overtasked road hands to remove effete matter, and some of your horses have been taken off from your carriage to aid in its removal; otherwise it might soon become immovable and impassable; and you had better be cautious how you "counteract the living principle," or you may be furnished with another mode of conveyance, and put on a new and long road.

Dr. S., of D.—"I am riding over a bridge, perceive it

giving way beneath me, and I put spurs to my horse and get off of it."

*Orthopathy.*—You are on the bridge of life, and if that falls, or you succeed in driving off of it, you are at once afloat on the stream or ocean of eternity; and if you discover that the bridge is trembling under you, you had better keep quiet until it is repaired.

Dr. L., of P.—"I am passing a mill pond, see a man drowning in the water and I seize him by the hair of his head and drag him out; whereas you would stand by and see him drown, unless he happened to be fortunate enough to crawl out himself."

*Orthopathy.*—Neither you nor any other mortal can "seize him by the hair of his head and drag him out;" the getting out of the water is his own work, no one can do this for him, or help him do it. How would you go to work to "help nature" in repairing injured parts where the work is peculiarly her own. You thrust pikes into the man, and make him spring as if he would leap from the water; but the effect is only to worry and weary him, so that after every effort he only sinks the lower in the water, with the danger of drowning increased, except as nature is able to rise above the disease and doctor too.

But on the contrary, I am careful to have his strength economized and used to the best advantage, the surface of the water kept smooth, obstacles removed out of his way, and every facility furnished that can aid him in his escape to terra firma.

Dr. C., of H.—"A man is full of bile, occasioning violent pain of the head, distressing sickness of the stomach and other serious derangements;—I give him a dose of calomel, sweep away the bile and with it all his pathological difficulties; but you would stand by with your arms folded and leave poor, oppressed nature to labor on, unaided and alone, under her accumulated burdens.



*Orthopathy.*—This case involves many points, all, indeed, that pertain to the subject of *general* pathology, which has been fully discussed and presented in a variety of aspects in the body of this work, and two or three only of the most prominent points of the case can or need to be noticed here.

*First.*—There may be an “overflowing of the gall,” that shall deposite a large quantity of bile in the alimentary canal without disturbing the head, stomach or any other portion of the system; indeed it is only when other parts are on the brink of complaining, or are low in their sustaining energy, that they would be affected at all by the superabundance of bile in the intestinal tube.

*Secondly.*—I would rather have a pint of bile in my stomach at any time, than a dose of calomel; for the former is indigenious, the latter a vile exotic. The bile, it is true, is out of its place in the stomach, and it is only taken there by a temporary inversion of the natural action of the first passages, and will be returned again to its proper place as soon as that action is restored; and as this fluid is expressly designed and adapted to promote the natural vermicular motion of the bowels, and thus procure its own graduation and final expulsion, it will do no harm in any portion of the alimentary canal, if it has not activity enough to produce this effect.

*Thirdly.*—Dr. C., and physicians generally, are greatly mistaken in supposing that they forestall a large amount of biliary disturbances, by their sweeping doses of calomel. I once thought and acted as they do in this matter, but a thorough trial of an opposite practice, has convinced me of our error. Hundreds of times within the last thirty years, I have been agreeably surprised, or highly delighted—for surprise long since faded away—to see biliary diseases of sturdy appearance, suddenly bow and retire from before the presence of a few small bread pills; and they were sure to keep at a

respectful distance for a much longer period, than when their retreat was attended by a strong medical cohort.

Dr. H. of N.—“What do you think of salt, may not this be used beneficially as a medicine?”

*Orthopathy.*—“Salt is good,” unquestionably, for some purposes. And many facts tend to show that the animal economy does make some use of this article, in some species of animals, at least, for hygienic purposes; but not as a medicine or perturbing agent. When I shall become satisfied by indisputable instinctive manifestations, that nature can use *calomel* to advantage in any of her complicated operations, she shall have some of it; but I shall never *again* impose it upon her in the character of a lash.

Dr. J., of S.—“You have a great deal to say about ‘vital principle,’ ‘vital energy.’ Life results from the fulfillment of certain conditions, both in animals and in plants. For example, if a stalk of corn stands in good soil, is properly cultivated and has a suitable supply of sun and rain, it will thrive; otherwise it will wither and die.”

*Orthopathy.*—Vitality, in its primordial and essential attribute, like “Honor and shame from no condition rises.” Take a sound kernel of corn, of last year’s growth, plant it in well prepared soil, give its germ suitable cultivation, and let it enjoy sun and rain in suitable proportions and quantity, and you will have a vigorous, healthy plant. Take another kernel of corn with as good outside appearance as the first, but which has through age parted with the “vital principle,” and you may place it in the focal center of all the “conditions” in creation, and you will have no plant. It is important, of course, when there is life, that the “conditions” or laws of its being should be complied with, to secure its highest prosperity. But if this life has been enfeebled through a violation of its “conditions,” further violation will not tend to enhance and prolong it.



## POINTS OF DIFFERENCE.

A FEW OF THE ESSENTIAL POINTS OF DIFFERENCE BETWEEN ORTHOPATHY AND HETEROPATHY.—*First.*—The ground work of each is diametrically opposed to the other. The Orthopathic foundation is laid in depressed, feeble vitality,—through violation of its laws,—still “energizing” in a strictly lawful manner, and to the full extent of its ability to “sustain the organization,” and therefore the true remedy consists in “patience and warm flannel,” or kind treatment in dependence on a natural income of curative means, and their distribution and use by the internal economy.

On the contrary, the Heteropathic foundation is made to consist in an antagonistic or subversive tendency of vitality, or a portion of it. Some part or parts of the organism, without just cause or provocation, have broken away from the wholesome restraints of salutary law, and are pursuing a course hostile to the best interest of the system, and therefore need to be coerced to their former position by a posse of medical forces.

“The varieties of disease affecting these several elements may be comprehended under the heads of *degree* and *kind*; degree, including *excess* and *defect*, or alteration of *plus* and *minus*; and kind, relating to changes not comprised under these heads, but otherwise expressed by the term *perversion*.” Too much or too little action, or action subversive in kind; “wrong action.”

*Secondly.*—From principles so fundamentally at variance, different results will naturally flow in every department of human life liable to be influenced by them. Consequently prophylactic instruction or instruction for the preservation of health differs materially between Orthopathy and Heteropathy. The former, regarding disease in its occurrence, course and consequences, as resulting solely from deficiency of sustaining energy, urges the importance of being provident

in the use of all means and measures for the preservation and economical use of vital force, in order that both the synthetical and analytical departments of the system may be regularly and well sustained, and also that an ample stock of funds may be kept constantly on hand for emergencies.

On the other hand, Heteropathy teaches by precept and example, that it is folly to think of warding off disease by a careful attention to modes of living. According to the highest, or very high medical authority, "it is utter nonsense, the merest quackery, to say to a man that he shall not regard the promptings of nature within him, that he shall go counter to the dictates of appetite."

A clergyman of distinction said from the pulpit, "If sin, like disease, were unavoidable, there would be some excuse for it." And an eminent civilian exclaimed, "My wife has a fever, what has that to do with *living*?"

These are but varied modes of expressing the common Heteropathic sentiment, that diseases are unavoidable to the fallen state of man, and have but little connection with his living, except when the laws of life are outrageously violated.

Now Orthopathy does not believe nor say that all disorders of the human system could be at once prevented by any observance of the laws of life; but it does hold and teach that man, as a race, has his physical destiny completely in his own keeping—under Providence—and may and will in a few generations elevate it to the highest point of human perfection, where nothing will shake its hygienic stability; and that very material abatement of his physical woes might be procured at once by proper attention to physiological laws. The only necessity there is for an indefinite perpetuation of fleshly ills, lies in the "perverted and therefore wrong action" of man's *voluntary* powers; his *involuntary* powers are never guilty of "transgression of law."

THIRDLY.—Heteropathy makes a broad margin between



health and disease, which it calls predisposition to disease. This, according to Heteropathic principles, should be grappled with at once, and subdued before it has time to gain strength and break out into open rebellion. But there is a serious difficulty in the way of accomplishing this ; for the line of demarkation is not sufficiently drawn between friends and foes, to enable the commander to open his batteries upon the latter, without equally endangering the former. He is therefore obliged to desist from direct hostilities, and content himself with giving some general directions, and placing a few sentinels to watch the progress and movements of the enemy, and reserve his broadsides to a fuller development of the rebellious tendency. If the predisposition indicates a rising of inflammation, the patient will be admonished to be a little sparing in the use of butter, grease, pickle, and irritants generally, and to moderate vinous potations, *until the pending danger is over*. If nervous affections are portended by premonitory signs, tea, coffee, tobacco, and other narcotics are put under a temporary restriction, &c., &c.

With Orthopathy, premonitory symptoms mark the commencement of the second division of the descending pathological transition ; the first manifestation of waning vitality. The path of professional duty is plain. Point out the importance of strict regard to economy in the expenditure of organic funds, that they may be brought so far within the income and accumulate, that nature may be able to liquidate her debts, and get above board again, before she is thrown into other and more embarrassing straits.

No organ, however small and comparatively insignificant, is suffered to utter a note of complaint until all the resources of power are drawn low, and especially until the present stock of power consistently available to that organ is nearly exhausted. If an essential tissue of organs has been stricken

down by some scathing, desolating force, it is proportionally the more important that early and earnest heed should be given to the saving of power at the first intimation of such an occurrence, and especially that the system should be vigilantly guarded against further injury in any and every part of it, until its present damaged state is recovered from.

FOURTHLY.—When “fell disease” has actually “invaded” the system, and its lineaments are distinctly cognizable, consistent Heteropathy is bound in principle to lose no time in waging an exterminating war upon it. Any and every mode of warfare that promises to cut down the enemy the most expeditiously and effectually, with the least compromising the constitution, is lawful and right, and should be prosecuted with all due severity and energy.

If one plan or set of agencies fails, others should forthwith be instituted and carried into execution; and if one duly commissioned officer is foiled in his efforts, others should be summoned to his aid with the least possible delay; and no means should be left untried, within the judgment of sound discretion, to rout the foe, lest, in some unlucky moment, it “fasten upon the vitals,” and make life its victim.

But the Orthopathist is most legitimately absolved from all participation in this kind of warfare, for his professional perspectives present no enemy to his view, against which he can make battle. Standing by the bedside of his patient, he beholds the wreck of a frame “fearfully and wonderfully made,” prostrated by causes whose effects only are now before him, the object of his scrutiny and care. For the recovery of his charge, he looks to the operation of internal vital machinery most perfectly adapted to the purpose, worked by etherial power, whose secondary source, mode of application and action, are known only to its great first cause, and controlled by laws that need and admit of no



improvement. While faithfully serving in the capacity of handmaid to nature, in the arrangement and constant adaptation of external circumstances to the natural renovating efforts, he expects occasionally to witness fearful and agonizing convulsions and disturbances of the motory portions of the vital mechanism, or great deviations of some kind, from the natural state. But instead of regarding these changes and these irregular actions as subversive in their nature and tendency, he considers them as directly the opposite of this, and as truly essential to the reparation and replenishment of a damaged living body, as thunder storms are for the purification of the atmosphere. And a principal source of his anxiety and vigilance is to guard the delicate nervous apparatus—whose function is to transmit intelligence and power, and control motion—from the presence and action of anything that has a tendency to impair its perceptive faculty, agility and force.

It is immaterial, therefore, to the Orthopathist, so far as his direct interference is concerned, in what shape disease makes its appearance, and with what severity; or what changes it undergoes. His business is to guard and take proper care of the exterior of the body, furnish "bread and water" as it may be called for, secure a quiet and equable state of mind, and leave nature full scope and freedom in the discharge of her own appropriate duties. If death should peer forth in pale and ghastly visage, and show its icy hand as if to clutch away the remnant of humanity, it would be out of character for an Orthopathist to attempt to repel it by the employment of any of the troops of Admiral Mercury, King Alcohol, General Diffusive Stimuli, Subordinate or Local Irritants, or any other contraband force. He should fall back submissively upon the extreme resources of nature, as his dernier resort, and if these fail, the final catastrophe is sealed.

## POINTS OF AGREEMENT.

SOME POINTS IN PRACTICE, IN WHICH ORTHOPATHISTS AND HETEROPATHISTS AGREE, OR WHICH ARE COMPATIBLE WITH THE PRINCIPLES OF BOTH.—The principles of Orthopathy lead unmistakably and forcibly to the removal and avoidance, as far as practicable, of all causes of disease, primary and secondary. By primary causes are meant substances, agencies or influences that act primarily and directly upon some portion of the vital machinery, with a tendency to disconcert and disturb its healthy movements; such as ligatures about the neck, chest or other parts of the system; irritants of all kinds, whether taken internally, or applied externally. Under this head are included poisons infused by the bites of rabid animals, as dogs, venomous serpents, &c.; the stings of bees, pestilential effluvia from animal and vegetable sources, dead or living. In short, every noxious power or influence should be excluded from the body if possible, or having penetrated it, should be ejected or antidoted as far as it can be done with less of harm than good. Thus far in the particulars here indicated, Orthopathy is fully authorized to go, and *no further*. If it is necessary and expedient to throw a poison into the stomach or any part of the system, to drive out another poison, or neutralize it, a true Orthopathist will not flinch from doing it. But if the system has been prostrated by the action of causes that have swept over it, or expended themselves upon it and are gone, as is almost universally the case in ordinary practice, it is worse than useless to inflict other injuries upon the poor sufferer for the purpose of removing those under which he is now laboring.

If a man has been knocked down by a stone mason's hammer, it will only serve to retard his rising from the effects of this blow, to beat him with a smith's sledge.

By secondary causes are meant the *effects* of primary causes, when in their turn they come to act deleteriously



upon the system. A defective tooth is a nuisance, and therefore the defect should be professionally plugged with gold, or the tooth should be removed and a sound one substituted for it. Hence the necessity and importance of a scientific and practical dentist. Cancerous tumors, if allowed to suppurate, will unavoidably and unblamably secrete a poisonous fluid to circulate through the system, undermine health, and eventually destroy life. These should always be extirpated in season by a surgical operation, when practicable. The extremities and other parts of the body may be brought into a condition, through violence or the operation of noxious causes, in cachectic habits, in consequence of which the safety or general welfare of the system shall demand their amputation or dissection. Strangulated hernia should be relieved by any kind or amount of means necessary for the accomplishment of this object—the mildest that will secure the end are of course the best, the most economical; and generally the mildest, if employed seasonably, are the surest as well as the cheapest and best.

These things it is lawful for both Orthopathists and Heteropathists to do; and there are many other things not enumerated here, of a similar character, that members of both schools might do without violating the fundamental principles of either. Both would tie a bleeding artery, dress a wound, reduce a luxation, set a fractured bone, and indeed perform most or all of the operations that properly belong to the department of surgery. But when the instances in which it would accord with the Orthopathic principle to interfere with the natural operations of the animal economy, in anything like a forcible manner are all told, they are comparatively so few, and occur so rarely in the ordinary routine of a physician's business, as hardly to constitute an exception to the general rule of "non-intervention."

But it is said that many of the derangements that result

from the operation of primary causes, beside those that have been noticed, and such too as are of common occurrence, become secondary causes of disturbance, and the query is added, "Why not use compulsory means for their removal?" The answer is, "Just because they cannot be removed by such means."

The collapsed or torpid inactive state of the cuticular exhalent vessels in catarrhal affections, is a serious evil, embarrassing to other divisions of labor; it adds greatly to the burden of other depurating organs. But the only real effectual remedy for this evil lies in a natural recruiting process. The vessels are tired out and need rest, and it would be futile in the highest degree, as well as prodigal to whip them up to a temporary or unnatural activity. So of congestions in the blood vessels of the brain, lungs, liver, and other "deep organs;" great inconvenience and sometimes danger accrues from these congestions, but greater inconvenience and danger would be the consequence, in the long issue, of artisto-medical interference with the natural recreating function.

The congestion takes place from lack of tone in the vessels, and there is but one way in which they can acquire strength, and they have the strongest possible guarantee that all that can be done for them in this way will be done, and better without artificial excitation than with it. In biliary derangements, whether there is too much or too little bile furnished, or whether it is too active or too vapid, some or all other parts of the system will suffer more or less from the defect, but no medicinal interposition can afford real or substantial relief. And so it is with most of the diseased or impaired states of the organism, in which there may be secondary causes or circumstances developed that will operate disadvantageously, and where the remedy lies only in a further series of changes. Such cases differ widely in one funda-



mental particular from that of strangulated hernia. In this disease, life is in imminent danger from an unnatural constriction of some essential parts, by disrupted muscular fibres. At the time of strangulation, and the immediate occasion of it, there is an excess of contractile power in the incarcerating fibres over the controlling power of the nerves that have them in charge, and before the nerves can recover power enough to relax the grasp, or the tonic spasm of the muscular fibres yield by a natural legal process, it may be fatally too late ; therefore something must be done at all hazards for a seasonable liberation of the important prisoners, although in other respects a loss will be incurred by the means used ; for the loss bears no comparison to the gain if the end sought is secured. If a tired man sits or lies down to rest over a fathomless abyss, with but a slender dissolving support beneath him, which is in danger of giving away before he will be likely to get sufficiently rested to leave the place of his own accord, then surely it would be wise and benevolent to make an effort to *drive* him from his present position if he could rest on another spot with greater safety, though he should have more resting to do in virtue of the forcible removal. But if no safer place could be found on which he could repose during the season of needed recruit, it would be unwise to harass him with shifts that could have no better effect than to lengthen the time required for the re-establishment of his strength, and increase whatever of danger there might be of a fatal lapse. In strangulated hernia, a change for the better may commonly be effected by a timely and judicious interference of art, but no other abnormal condition of the system presents *such* an alternative.

There is another circumstance too, that deserves to be noticed in this connection. In some casual emergencies, the action of local parts may be profitably excited by artificial stimulation until the law of accommodation, which does not

work with telegraphic speed, has had time to make an equable adjustment of organic force, according to the new condition of things. For example, if a joint is bruised or sprained, it may be of some use to rub the part, pour on cold water at moderate intervals, or in some other way try to keep up the action of the injured vessels till they have received, by reinforcement, the quota of sustaining power due them on account of their misfortune. On the same principle, when inflammation springs up inordinately after a surgical operation, or from sudden violence of any kind, resolvents are allowable to a limited extent, and for a few hours. But whenever there has been time for the accommodating principle or function fairly to meet the exigency by a suitable appropriation and application of power to the recently disabled parts—which will depend on the general force and elasticity of the system—it will be unlawful and injudicious to interfere further, in a peremptory or compulsory manner, with the internal administration of nature's affairs.

In some diseases much good may be done by a proper regulation of temperature, sometimes elevating and at other times depressing it.

Bandages, trusses, &c., are frequently of great service in local defects, and to aid feeble lymphatics and veins.

What are called "Abdominal Supporters," when properly constructed and adjusted, to be used occasionally and temporarily during active exercise, in an erect position, especially by females, are sometimes exceedingly beneficial.

But as it is the author's intention to prepare a treatise especially for the Treatment of Human Life on Orthopathic principles, in detail, and as the present work has already attained a larger size than was originally designed for it, no further notice will here be taken of ways and means for "helping nature."



## BUT ONE THING LACKING.

Physicians have but to break the spell, and have courage to "do nothing" in "extreme cases," to free themselves from bondage to Heteropathy; and some of them will not be long in doing this.

Said Dr. Y., "I am following in your track as fast as I dare. I give medicine now in but very few 'extreme cases,' and as far as I have gone in this direction, I am satisfied that you are right; and perhaps I shall by and by wade through the deep water, and come up on the side of Orthopathy."

## SIGNS OF THE TIMES.

"There is a good time coming," and the indications of Providence betoken its rapid approach. In the medical horizon, the signs are most encouragingly propitious.

During the last half century, the old consolidated Heteropathic body of physicians sent out numerous detachments of their troops, composed of bold, chivalrous, enterprising men, under various flags, as van guards to spy out the promised or long expected land, in which a remedy should be found for every disease that might afflict humanity, with such knowledge of principles, rules of practice, modes of application and use as would insure an easy, safe, prompt and thorough cure. One of these detachments under the "Eclectic" flag, discard the use of the lancet and most of the heavy drug medicines, which is a great and commendable advance upon the old practice. Another quite numerous and strong body under the "Hydropathic" flag, need but a little more cutting down and trimming of their "Water Cure" notions and operations to give them a firm footing in the domain of Orthopathy. A third, a large and very respectable corps of light infantry and riflemen, bearing high the streaming penant of Homœopathy, have fairly passed the

Jordan that bounds and circumscribes the bloody and violent treatment of human life, and have unwarily settled down upon sound Orthopathic practice, and have only to adapt true theory to their practice, and relinquish a little formality, to become consistent and thorough-going Orthopaths. But without stopping to notice other van guard detachments, it is cheering to be able to report that the main body of Heteropathy, now marshaled under the broad flag of Allopathy, is itself making rapid strides towards the hygienic Canaan of correct views and practice. As a body they are fast learning "that there is no such thing as a *healing virtue* in any remedy—that the healing of a wound is not the result of any application; that it is, in short, nothing but the work of *nature*—of a restorative principle identified with the principles of life, and by which each organ is enabled to repair the mischiefs of injury." That "in the recuperative process, a certain series of changes must necessarily take place in the part before it can be restored to soundness, and that these changes must necessarily occupy a certain time."

The Allopathic school of medicine in the United States is now holding, by liberal delegation, annual conventions in different parts of the Union, for the advancement of the great and common object of the profession. At a Convention in Cincinnati, the worthily distinguished Dr. J. C. Warren, of Boston, "referred to the progress of medical reform during the last half century, and noticed the falling off of confidence among the profession generally, in the use of the lancet and of calomel in diseases; and also spoke of cold water as a remedial agent judiciously applied."

Despair in finding "ways and means" for *curing* diseases, very naturally leads to search of methods for their prevention; and it is highly encouraging to learn that some of the leading medical men are turning their attention in this direction.



At a convention of "The American Medical Association," in the city of Boston, in 1849, in which twenty-three States were represented by about three hundred delegates, "The venerable Dr. J. C. Warren, of Boston, was chosen President, and made an opening address. Dr. Warren remarked that the objects of the Convention were to promote medical education—to devise means by which disease could be arrested and prevented—to consider and propose to all medical institutions *that a department should be established for instruction in the means of preserving health.* How important is it that the public and individuals should be better informed on this subject. In the use of articles of food, for instance, which, while they are so requisite to health and life, *are so often made the vehicles of disease.*

"To our profession, in a good measure, is to be attributed a revolution, already accomplished in part, in regard to the use of stimulant drinks, which does honor to the country and the age which produced it."

How full of encouragement this aspect of the times. "Great bodies move slowly," but they move surely; and, "Revolutions never go back."

It is peculiarly the province of the medical profession to conserve the public health, *and it will do it.* The confidence reposed in this body, great as it is, is not misplaced or too strong. No set of men better deserve the public respect and esteem than physicians do. "Darkness has covered the earth, and gross darkness the people," and on no portion of common humanity has this cloud rested with greater profundity and density than on its physical life. But here the wheels of revolution are in motion, and nothing will check or limit their progress but man's complete emancipation from bodily infirmity. Physicians will learn the art of obtaining and "preserving health," and teach it "publicly, and from house to house," both by precept and example. Obedience

to physical law will render obedience to moral law comparatively easy; then the windows of heaven will open, and blessing descend, "that there shall not be room enough to receive it."



## ERRATA.

Page 12th, line 9th, for "revolutionize," read *evolutionize*.

" " " 27th, for "wrung," read *rung*.

" 19th, " 2d, for "impartial," read *impaired*.

" 55th, " 27th, leave out "or," between blood and substance.

" 61st, " 1st, for "excernment," read *excernent*.







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