

**Pulmonary consumption, that fatal destroyer of man! : its curability demonstrated on natural principles alone : combining medicated air, medicated inhalation, and natural hygiene / by Andrew Stone.**

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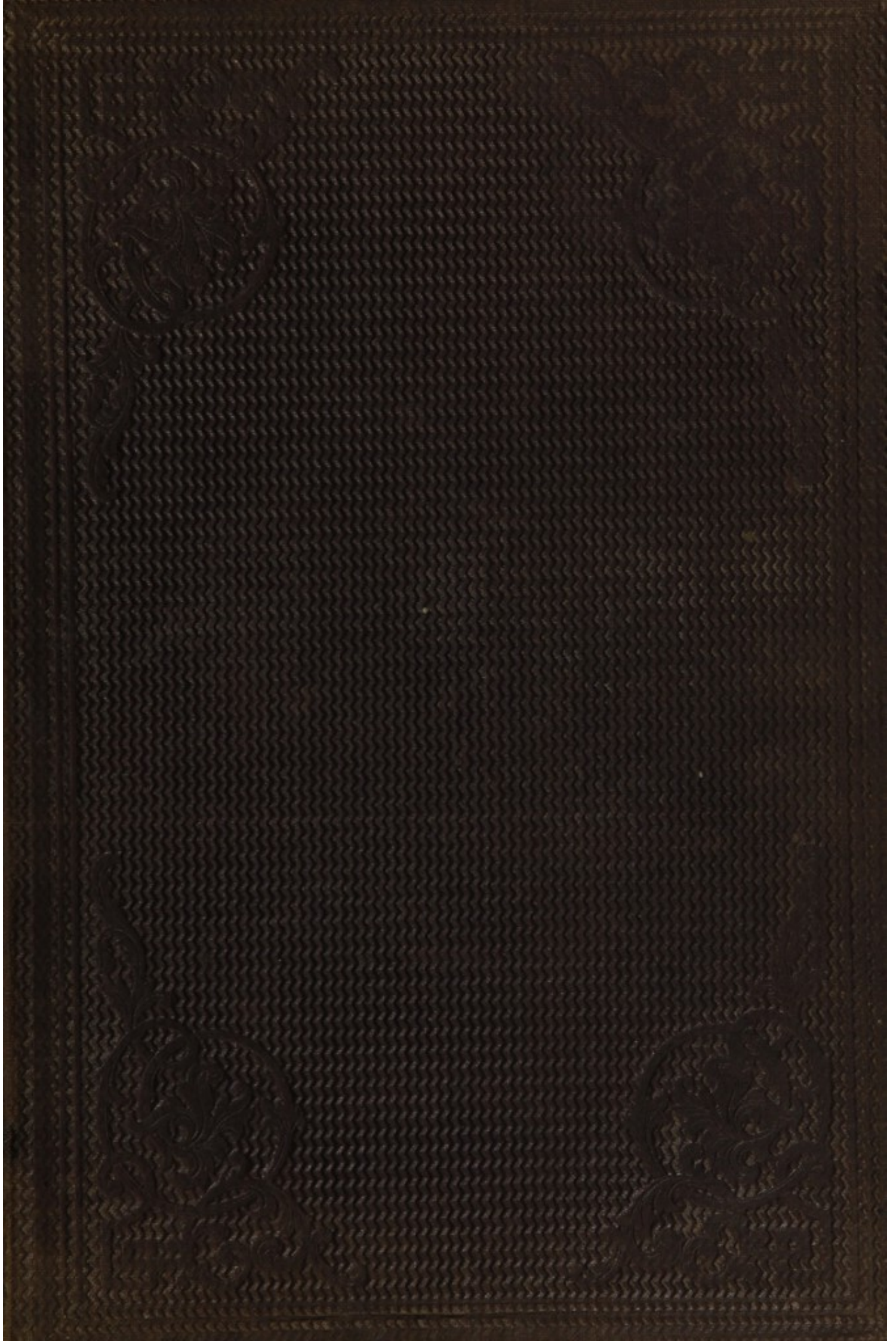
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I am very truly Yours,  
Andrew Stone, M.D.

# PULMONARY CONSUMPTION,

THAT

## FATAL DESTROYER OF MAN!

ITS

CURABILITY DEMONSTRATED ON NATURAL  
PRINCIPLES ALONE.

COMBINING

MEDICATED AIR, MEDICATED INHALATION, and NATURAL HYGIENE.

BY

ANDREW STONE, M.D.,

INVENTOR OF THE PULMOMETER, OR TESTER OF THE VITAL CAPACITY; AUTHOR OF THE  
THERMAL OR COOL SYSTEM OF MEDICATED INHALATION; AND PHYSICIAN  
TO THE TROY LUNG AND HYGIENIC INSTITUTE.

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"THE lungs are breathing or respiratory organs alone, and as the blood, the brain, and nervous system is contaminated and diseased, through them, by mephitic or poisoned air, so also can the antidote or sanitary remedies be successfully administered through the same medium."—AUTHOR.

— "HE studied from the life,  
And in the original perused mankind."—ARMSTRONG.

"WHILE the sufferings and the untimely end of the consumptive are hidden beneath the pleasures of fashionable life, the couch of sickness and the premature grave will not want for tenants from the ranks of youth and beauty."

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ILLUSTRATED WITH PLATES.

PUBLISHED BY THE

TROY LUNG AND HYGIENIC INSTITUTE,

No. 96 FIFTH STREET, TROY, N. Y.

1863.



# THE PULMOMETER,

INVENTED BY

ANDREW STONE, M.D.

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THIS philosophical and ingeniously contrived instrument is constructed on correct scientific principles. It consists of a glass reservoir for containing air, graduated into cubic inches, standing in a bowl of water, with a valve and stop-cock. The person testing his capacity, instantly exhausts his breath at the time of putting the tube or mouth-piece into his lips; the valve is at once opened, and the lungs are filled, exclusively from the air contained in the jar; water takes the place of the vacuum formed by the air passing out into the person's lungs. From experiment on many thousands, it has been demonstrated that the average capacity of males, in health, is 224 cubic inches, and of females, about 175 or 180 cubic inches; accordingly it will be readily seen that the lessening or falling off in the vital capacity will demonstrate to a moral certainty, either structural or functional disease. The incipient process of tubercle or scrofulous deposit in the minute air-cells of the lungs, can be detected by this scientific method earlier than by any other; hence its wonderful importance in discriminating the true condition of each case, and in pointing out a timely aid, to arrest its further progress; for the want of which vast many cases would be allowed to run to a melancholy fatality. Truly Medicine is a noble profession, when it enlists the hand of genius, who by device and invention causes it to become a healing art indeed, by staying the march of such a fated and dread malady. She will now take her place among her sister sciences in onward progress to new developments that will ameliorate the condition of suffering humanity, and cause joy and happiness to take the place of misery and woe.

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## First Section.



### PRELIMINARY REMARKS.

It never was designed, in the structure of man, that his existence should be consumed in premature decay; that he should pass away from the stage of life at that moment when every thing around points his hopes and aspirations to the activity of being. Such, however, is too often his destiny; but the result is chiefly owing to the many arts to which he is reduced, in society, for the sustenance of that life so munificently bestowed upon him. To meet and, if possible, to avert the evil by all the means within his art is the business of the physician. Nothing fills the heart of a generous physician with greater sorrow and more anxious solicitude than to see the young, the beautiful, the good, sinking, still unhindered by his remedies and unaided by his art. When these turn to him their appealing eyes, as to a "Priest of the holy flame of life," it is then the man of sympathy feels the heavy responsibility of his profession. If, under such circumstances, he finds himself compelled to pronounce the disease *incurable*, how unsatisfactory are his remedial efforts! He may endeavor to smooth the pillow, but can not hope to save his patient from an inevitable doom.

The treatment of Pulmonary Consumption, until within a very few years, has been involved in the greatest uncertainty and darkness. By universal consent among the uneducated, and with few and *solitary* exceptions among the profession, the disease has ever been regarded as *incurable*. No art of medicine, it was thought, could drive out or destroy this enemy of human life, when once it had gained possession of the lungs.

Thenceforward it was left to revel at pleasure among the delicate air-cells; to ravage as it would the fine, membranous surface of this *exquisite organ of breath*; to choke with tubercles, or corrode with ulcers, this *inlet* and *gatherer* of life. The remedies applied were of a character by no means suited to the nature of the disease; the mode of administering them still less so.



No sooner is it discovered that the *lungs* of a patient are diseased than a vigorous attack is made upon the *stomach*, and pills and powders and syrups, and these generally composed of mercury, calomel, antimony, or some other deadly and poisonous materials of the Old Allopathic School are brought to bear upon the *arsenal of nourishment*; its regular functions are disturbed; its digestive powers are weakened; its assimilation of nutrition is rendered imperfect. Dyspepsia follows, with its train of miseries. The organs depending upon it for their daily employment are thrown into confusion. The *heart* no longer propels its stream of generous blood in an equal current; its impurities promote irregular and fitful pulsations. The *liver*, cut off from its healthy occupation, sinks into languid inaction. The *pancreas*, whose function is to secrete an important fluid to aid assimilation, is deranged or suspended. The *kidneys*, unused to foreign secretions, are yet compelled to labor beyond their design, in removing the oppressions of the system. The bowels become confined, and every department in the economy of life is disturbed. The wheels of this complicated machinery are thrown out of balance, and is it surprising if all sink together, shattered by the force of nature still remaining in the system but undirected to its proper ends?

Let us turn from this practice, which originated in the dark ages of the world, before science possessed a knowledge of *organic* structure to base a rational treatment indicated from its *function*, as modern discoveries do now with the lungs, by administering medication in natural respiration, by breathing or inhaling them in the form of vapors.

On entering active practice, the victims of tubercular consumption brought to my notice constituted an appalling number. These facts elicited my deepest solicitude, regarding its very general prevalence and fatality.

But why should I be consulted as to its cure, so long as my instruction from the schools and the books I had read on the subject all pronounced it incurable?

The thought seemed to force itself upon my mind, as by spiritual impression: how were you cured? How was your mother cured before you? Shall the numerous victims now appealing to you, and imploring you for aid, be doomed to hopeless disappointment, and science and art go begging and confess an inefficiency for the ills of life?

Those questions haunted my mind by day and by night. An inward monitor seemed to rise up and chide me when I even cautiously expressed the ambiguous opinion of authority of some gray-headed veterans of the profession to a doting mother, respecting the foreboding symptoms of her daughter, now menacing a fearful development, at a period



of life when hope had filled her breast with the most glowing anticipations for the future. Under such circumstances, when a mother or tender parent notices, but too keenly, the seeming dissolution spreading over a loved form, exquisite as angel beauty can picture, not in imagination but in reality, on earth even, there will spring up in the breast, as the deepest sentiments and evolutions of the soul, a murmur, a chiding disposition, that questions even the goodness of Omnipotence itself, in removing, so prematurely, the object of earth's dearest affections. To one not studied, not read, nor developed into the more progressive philosophy of a demonstrated reality, in the continued spiritual existence outside of the frail form of earth, now so melancholy dilapidated, and, consequently, can not see the just penalty for sadly, though ignorantly it may be, violating the imperative laws of physical existence, the horizon of disappointment obscures the future and extinguishes the hopes so ardently anticipated here.

In my new profession, therefore, what a panorama for moral reflection was daily opened to my view! a profession that had fired my youthful ambition, as one promising laurels of victory in the opportunities to satiate the clamorings of a preponderating benevolence. Could nature be true to create contingencies and sufferings in her offspring, and provide no alternative and no relief for the emergencies?

Questions like these would suggest themselves to my mind, and be renewed with every fresh opportunity or case.

Many and many a time were my ears greeted with murmurs, repinings, and doubts of the benignity of the Creator, called forth from parents, from the early physical suffering and premature dissolution of their children, by this fell destroyer, in the morning of their existence. This unhappy and unwise strain of thought and reflection obtains, for the most part, in the parent of years, and the sufferer whose head has been silvered by the frosts of many winters, who often become and are more irrational than the youth or tender age of adolescence, who, from the conscious innocence of its own nature, yields up life — even when dissolution is the penalty of laws they have both innocently and ignorantly violated — with a meekness and submission produced by the kind ministrations of fond parents and friends, and a confiding trust in an abiding Providence. Instances of submission like these teach a faith, however obscure in its nature, more enduring and instructive than maturer age is wont to discover. Why is this? Because it is a faith of instinct coëxistent with life that governs the innocent young, which too often becomes blunted or obliterated in the distracting cares and passions that develop in future life when the vortex of pride and its vanities swallow up the nobler sentiments.



Physical suffering does not always lead to develop reason, nor the moral sentiments of our nature. The mass of mankind pursue the objects of worldly gain with an infatuation that engrosses and captivates reason and reflection from principles of a graver and enduring origin. The greatest good or blessing while on earth—health—is swallowed, like Aaron's rod, in the passion for luxury and the animal appetites; hence the lessons of moral instruction, to be drawn from sickness and disease, are lost on this class for not knowing nor recognizing any laws for life and health. To those, therefore, who see nothing in life—no higher aim but the ambition of personal pride, of gaudy display, and, by realizing such accomplishments, find their happiness and enjoyment only in despising and envying others, when the objects of earth's affections, in which were centered the desires of gratification, are suddenly removed by early death—then it is to them a vale, behind which God hides a mysterious and, too often, a fated and malevolent design. While the sufferings and untimely end of the consumptive are hidden beneath the pleasures of fashionable life, the couch of sickness and the premature grave will not want for tenants from the ranks of youth and beauty.

Be the occurrences of death from this cause in whatever condition of life they may, they appeal equally alike and continually to the device and genius of the physician to stay the ravages of disease—to grasp at death and stay his flying dart.

Such were the pathetic appeals constantly made to my professional capacity, in behalf of the numerous and almost innumerable number of victims of pulmonary consumption. I could not yield credence to the assumption that Omnipotence had permitted a physical ill without a provision for its mitigation at least. I possessed the practical illustration of my own and my mother's cure, spontaneously, by the inherent resources of the constitution, as evidence that nature could cure pulmonary consumption, stay the bleeding wound, and heal the ulcerated cavities—even when thwarted by officious interference: then would she not be more likely to do so when kindly and consistently aided by art? The evidence being but too palpable that the system hitherto practiced—giving medicines by the stomach—was but a blind mission to the lungs, and nothing short of failure and ill-success could attend this method. Being convinced of this fundamental error, it was easy, then, taking reason as my guide and looking to the natural function of each organ, to perceive that the lungs, being breathing organs only, alone could be reached effectively and with certainty by remedies administered by breathing or inhaling them in the shape of vapors. Every person knows that by the atmosphere—by breathing—the most



deadly and subtle gases enter the lungs and the blood, and thereby poison the whole system. It is so with contagious and atmospheric diseases of every nature; they enter the blood through the medium of the lungs. Does it not follow, then, that the only rational, ready, and natural manner of reaching the lungs, in the way of medication, is to administer them in the form of vapors? Every remedy that can be of benefit, or judiciously advised, can be easily *volatilized*, or made into a congenial vapor, and made to reach the lungs and parts affected with facility and even pleasure. The most inveterate form of pneumonia, or congestion of the lungs, can be successfully treated in this manner, without delay in the desired effects; but instead of adopting this method, what is the practice still pursued by the allopathic school? Answer: The life-blood is drawn from the arm by the pint; tartarized antimony, or some other sickening and poisonous material, is given by the stomach, which is deranged in its healthy function; the natural secretions are perverted, the appetite suspended, and the victim reduced to a state of debility thereby so great as to endanger life, independent of the lesions, or the inflammatory disease of the lungs, which they have failed to relieve by their practice. As irrational and deadly as is this system, it is clung to with a tenacity that only governs prejudice in all creeds where reason is subverted in the tyranny of dogmatism.

Under a well-regulated system of medical treatment, administered by breathing them in the form of vapors, both cool and warm, as the cases required, we have found, after fifteen years' extensive experience in treating pulmonary consumption, that it is as curable as any other disease. Especially is this the case when we see the case in its incipient stages. In truth, so successful has been our treatment, by inhalation of medicated vapors into the lungs, that we regard pulmonary consumption as curable as a common fever or catarrh. We have seen many and many a patient who had become so far advanced as to be in the third stage, in which ulceration had produced caverns in the lungs, attended with hectic fever, night-sweats, cold chills, and harassing coughs—they had been confined to house and to bed for months, and were given up to die by their family physician of the old school—completely restored to good health and strength, and once more enabled to go into the world and enjoy the blessings and privileges of society. To demonstrate these facts, and illustrate the method of treatment pursued by our Institution, we will here introduce the statement of a patient, Mr. Otis Walker, whose cure is now of four years' duration, as but recently testified to.



Copy of a letter from Otis Walker, Sherburne, Vt., showing the great benefit of our system of Cold Medicated Inhalation in curing him when in the third and last stages of Consumption.

“SHERBURNE, VT., January 6th, 1862.

“MY DEAR SIR: When I first visited your Institution, four years ago last fall, I was very much emaciated and debilitated. I had very little hope of ever being any better. My mother died with the Consumption when I was seven years old. I presumed that I had a predisposition, by inheritance, to the same disease, which had advanced to a confirmed Consumption in myself, developed by improper living and repeated colds. I had then a bad cough, which had been upon me for years. I expectorated much. I was troubled with pains in the chest, shortness of breathing, occasional night-sweats, cold chills, and hectic fever. I was able to make but little physical exertion. Before applying to you I had made use of almost every nostrum which came to my notice, and had been treated by several old-school physicians, not only without success, but additional aggravation of my case. Even you yourself, after minute examination of my lungs with the stethoscope, and testing them on your Pulmometer, finding my vital capacity very small, and a large cavern in one lung, doubted whether I would be able to live through another winter as hard as we have them in Vermont, but gave it as your opinion that if I would leave Vermont and go to a temperate climate, that you would be enabled to arrest the farther progress of my disease by your system of treatment—by inhalation, combined with tonics and energizing remedies. Having but little hope myself of ever being better if I remained in the North, I placed myself under your care, with the firm expectation of being obliged to go South. But in a few weeks your treatment had benefited me so much, had reduced the cough and irritation in my lungs, improved my general health and strength to such an extent, that I felt so much encouraged, I wrote you in the winter, leaving it for your decision whether I should go South or not. You advised me, with directions given, to remain at home and prosecute the treatment. I have done so, more or less, up to this time, at intervals, for four years, and I can assure you now that I am soundly and thoroughly cured, as far as having any evidence of ulceration, or caverns in the lungs, or indications of a consumptive nature—so much so, that I am enabled to pursue an active mercantile business, which taxes both mental and physical faculties quite severely. From the results of your treatment upon myself, I have sent numerous other patients to you, who also can testify to the same beneficial results in their respective persons.

“With sincere gratitude I acknowledge you my benefactor, and I hope your improved and widely disseminated system of treatment and your great skill may be universally acknowledged.

Your obedient servant,

OTIS WALKER.

“To Dr. ANDREW STONE.”

We have simply introduced this one certificate, in the opening portion of this treatise, merely for the purpose of giving encouragement to some desponding patient. But read further in the body of the work the numerous testimonials that we there publish, after having pre-



viously given undoubted testimony from quoted authority of medical men of standing in various parts of the world, and its perfect curability by the resources of nature herself, when not thwarted by allopathic treatment. But every invalid whose hopes have hitherto been blighted by false assurances, and who had quite abandoned the idea that they could ever be cured, let him be encouraged that there is still a chance for restoration.

NOTE.—Invalids at a distance wishing to consult us by letter, should send for printed interrogatories ; they can, at the same time, if they wish to expedite the treatment, state the symptoms of their case in brief yet plain language. They will be greatly aided by looking over the following form for reporting case and symptoms.

### FORM OF REPORT.

For the Assistance of Patients in Consulting the Physician of the Institution, by Correspondence. All Communications must be addressed to Andrew Stone, M.D., No. 96 Fifth Street, Troy, N. Y.

#### DIRECTIONS.

*If the patient's complaint be obviously confined to a single system, if, for instance, he have an affection of the chest, the organs of respiration and circulation, then he will give particular information on the several points mentioned under the head of that system to which his complaint belongs. He can speak of his nervous system, whether strong, weak, or excitable ; so also of the digestive system, and read through each system carefully, thereby he will be reminded of any symptom he is subject to.*

INFORMATION HAVING REFERENCE TO THE SORT OF CONSTITUTION should be furnished in EVERY CASE, for a knowledge of the sort of constitution is just as necessary to safe, correct, and effective practice, as a knowledge of the disease itself.

*When the disorder is in the respiratory and circulating system, then all the particular information required under the head of that system must be furnished, and other symptoms which may belong to any other system.*

*It will most commonly happen that symptoms will be experienced in two or three different systems. Those symptoms of course must be reported.*

*When the malady seems to belong to the nervous system, the digestive system will generally be disordered also. And when it seems to belong to the digestive system, the nervous system will also be disturbed. In either case, therefore, the PARTICULAR informa-*



*tion sought, as it regards BOTH these systems, should always be reported, in order to enable the physician to determine in which of the two systems the root of the matter lies, for the root may exist, and most commonly does in one of these systems, while the symptoms are chiefly experienced in the other.*

*In all important cases it is always best to send a small two-ounce vial of the early morning water, by post or by express, in a small tin or wooden case, for analysis. But in dropsy, liver disease, heart disease, head disease, jaundice, and kidney or bladder disease, or disease of the sexual organs, it is absolutely necessary.*

Age? Sex? Height? Weight? Married? Residence? Post Office? Town? County, and State?

INFORMATION HAVING REFERENCE TO THE *sort* OF CONSTITUTION :

- Past habits of life? Past state of general health?
- Diseases or injuries previous to present complaint?
- Health of family, including parents, brothers, sisters?
- Causes of death in family?
- Consumption, Scrofula, or Cancer in family?
- Probable causes, moral or physical, of present malady?
- Slight or stout figure? Short neck?
- Full, red, flushed, or thin, pallid face?
- Any enlarged glands, scars, or eruptions on the skin?
- Color and texture of the skin? Color of the eyes?
- Color and texture of the hair? Upper lip—full or thin?
- Finger-nails—remarkably thin or brittle, or hooked over the finger-ends?
- Teeth—well-formed and even—distorted or roughened?

INFORMATION HAVING REFERENCE TO PARTICULAR DISEASES :

- Any position in standing, lying in bed, stooping, or otherwise, which is uneasy or painful?

INTEGUMENTS AND APPENDAGES :

- Temperature of skin—hot or cool?
- Moist, or dry and harsh?
- State of eyelids?
- Any swelling or puffiness, especially about the ankles, which leaves a pit on pressure?
- Any ulcerations, abscess, or tumor?

## THE NERVOUS SYSTEM :

- Form and size of the head—any peculiarity ?  
 Spine—straight or crooked ?  
 Pain ? Giddiness ? Sensations in the head or spine ?  
 State of the pupil of the eye—size of a pea or of a pin's head ?  
 Does it readily contract when exposed to strong light ?  
 Does it readily dilate when examined in the dusk ?  
 Any remarkable change in intellect ? Temper ? Disposition ?  
 Is the memory impaired ?  
 Any difficulty in any of the mechanical motions of any of the  
 limbs ? Any peculiarity or loss of sensation ?  
 Any defect or peculiarity of vision ? Any numbness ?  
 Any defect or peculiarity of hearing ? Noises in the head ?  
 Unnatural smells in the nose ? Tastes in the mouth ?  
 Despondency ? Dislike of society ?  
 Any impairment in the power of reading, thinking, writing, or  
 mental application ? Dreamy sleep ?  
 Any fault of any kind, not here mentioned, either in general or  
 special sensation ?  
 Any distortion of features ? Ever had fits ?  
 When and what kind of fits ?  
 Ever hysterical ? Does one eyelid droop over the eye lower than  
 the other ? Any difficulty in articulating words, or other pe-  
 culiarity in speech ?

## RESPIRATORY AND CIRCULATING SYSTEM :

- Full and broad, or narrow, contracted chest ?  
 Pain ? Peculiarity of voice ? Difficulty of breathing ?  
 Cough ? Of what kind ? At what times chiefly ? Expector-  
 ation ? Of what kind ? Spitting of blood—past or present ?  
 Palpitation of heart ? When chiefly ?  
 Speed and character of pulse before rising, and in the evening ?  
 Circulation languid or strong ?  
 Any blueness of lips or cheeks ? Or puffiness of the face ?

## DIGESTIVE SYSTEM :

- Any peculiarity in form of abdomen ? Pain ?  
 Tenderness on pressure ? Distension ?  
 Appetite ? Nausea ? Vomiting ? State of tongue ?  
 Appearance of mouth and throat inside ? Are they remarkably  
 red ? Any ulcers in them ?  
 State of bowels with reference to the frequency of their evacu-  
 ation *without medicine* ?



How often do you take aperient pills or laxatives? Appearance and character of the dejections?  
 Piles? Falling of the bowels? Rupture? Ulceration of the rectum or lower bowel?

#### URINO-GENITAL SYSTEM:


Difficulty or pain in relieving the bladder or urinating?  
 Character and appearance of the water?  
 Pain in region of the kidneys or bladder?  
 Falling of the womb? Natural secretions right? Any non-natural secretions, as leucorrhœa or whites? Natural secretions? Any regular monthly, or the periodical sickness? Miscarriages?

#### MUSCULAR AND BONY SYSTEM, INCLUDING JOINTS AND SPINE.

Pain? Stiffness? Swelling? Distortions? Wasting? Weakness? Back, Loins, or Spine? Contractions? Walking powers? Ever had Gout or Rheumatic fever?  
 History of origin with date of present malady, and order of succession of symptoms.  
 Present most prominent symptoms.

Youth affected with nervous debility and diseases peculiar to an abuse of the sexual organs, in either sex, will be aided in obtaining from the Institution the necessary interrogatories; so also in reading the author's book on the *Causes of Premature Decay of Youth*.

Every applicant will inclose return stamp or stamps, to prepay the postage on letters of inquiry, reports, or interrogatories. The sum of three dollars must accompany all packages of urine for analysis and report, which sum will apply as so much paid on regular fee of treatment, if subsequently coming under treatment.

 Every patient is assured that sacred regard will be had to the trust reposed or confided to us.

## Second Section.

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### Motives for adopting Pulmonary and Chest Diseases as a Specialty in our Professional Practice.

WE have investigated the subject of Pulmonary Consumption with an anxiety no other physician can have that has not been placed in the same physical condition that we have been—which we have alluded to at some length or detail in the body of this work—namely, the inheritance, from both father and mother, of two of the most fatal and inveterate forms of consumption that ever afflicted mankind, and which manifested itself in our own person in early childhood, in the form of hemorrhage and incipient tubercular deposits; and again, after having recovered from them, being afflicted twice with dropsical effusions into the cavity of the chest, so extensively that we were nearly suffocated. And yet it has been our fortune, perhaps, for suffering humanity for ages to come, that we have now soundly recovered from all these attacks. Fortunate—why? Because this condition of suffering in our own person led us to adopt the system of medical treatment that would seem to be in harmony with the laws of health and the rational dictates of nature. But, after studying its hygiene and topography—as far as a change from our cold, bleak climate of the North to the tropical climate of the South is concerned—and for this and numerous other reasons, we repeat, that it is fortunate for suffering humanity that we have been thus afflicted, namely, to disprove in our own person, in the first place, and subsequently in the success of our own practice, the fatal doctrine, which has ever prevailed among old-school physicians generally, respecting the non-curability of Pulmonary Consumption when fully set up in the system; and, in the second place, that no aid of art, as far as medicines are concerned, could be of any avail in arresting its progress; but their only encouragement to their patients, when consulted seasonably, was a change from a cold to a warm climate. Thousands of poor, suffering mortals, by adopting such advice, have been expatriated from their homes and their country, and induced to go among strangers, with enfeebled and prostrated energies, frequently without being accompanied by a single friend to cheer or to care for them. And then, when they



found themselves in such a debilitated and prostrated condition that they needed the best of nursing and the best of care, all they realized was the cold, indifferent services bought by money. We have witnessed many such ourselves, while residing in Florida, who had been induced to leave their homes in such an advanced stage of their disease, that no physician possessing the least modicum of humanity would have ever advised them to the adoption of such a course. Such, we say, we have seen prostrated among strangers, and buried by the cold hand of charity, without a single friend to console them in their last moments or shed one tear over their graves.

We have proved, therefore, by our own experience in a tropical climate, that, instead of being beneficial to the majority of consumptives, it only hastens their progress to the tomb. In this opinion we are fully corroborated by Sir James Clark, physician to Queen Victoria, who himself resided and practiced ten years in Rome, and tested the climate of Italy, and gives it as his decided opinion, from this experience, that a resort to a southern or tropical climate will never cure Tubercular Consumption; and he warns such invalids not to leave the comforts of their own homes to go among strangers, where they will be subjected to many privations and inconveniences that will only serve to develop more rapidly the fatal stages of the disease.

To further test the point of change of climate as a curative agent for Tubercular Consumption, we have not only resided in the Floridas, and seen unfavorable effects of a tropical climate upon Northern constitutions, but we have also resided and practiced nine years in the Western States in a malarious atmosphere, which many are aware, is another one of the old-school doctrines for the cure of Tubercular Consumption. We will not here go into the details of this philosophy, only to say that it was built upon supposition—namely, that the imbibition or inhaling of one poison, as that of miasm, would be the means of arresting this tubercular disease in the system and in the lungs, and which, we suppose, was based upon the principle of taking the hair of the same dog that inflicted the wound—which doctrine is equally as fatal and far more dangerous, as far as its immediate destructive effects upon the system is concerned, than the disease which it sought to cure. So strongly illustrative was this in our own experience among the hundreds of cases that we were called in our Western practice to see and prescribe for, that had been troubled formerly with pulmonary symptoms, and had measurably acquiesced to the change of the climate—yet many of them fell a sacrifice to the malarious diseases in their most malignant and deadly



form; and such were its effects upon our own constitution, in developing all its varied forms of remittent and intermittent and bilious fever, chills and fever, biliary and liver difficulties, and so aggravated and intense was the suffering derived from them, that our former prostration in earlier life by hemorrhage and pulmonary affections was as but a drop to the bucket; and such were its effects upon our constitution, that we were obliged to abandon the climate and all that we had earned for nine years to restore a shattered constitution.

From the experience that we have had, therefore, in our own person, the reader will readily perceive that we are qualified to give none other but judicious advice. Having, in the first place, been endangered seriously by allopathic treatment, we could not, of course, have any faith ourselves in that mode of treatment for curing Pulmonary Consumption. Indeed, it has been an instrument of the most fatal character; it has been but an interference with nature herself to thwart and interrupt her resources, which would otherwise have been all-sufficient, in hundreds of cases, had they been left alone, to have restored the patient, but, by their meddlesome interference and the prostrating, devitalizing nature of their remedies, caused their victims to die *secundem artem*.

We were led, in the early part of our practice, to investigate the curability of Pulmonary Consumption. We found that it was the opinion of Laennec, of Louis, of Andrell, of Clarke, of Scudamore, of Bennett, and others of Europe, that hundreds of cases of Tubercular Consumption were proved to have been cured by nature herself, unaided by medication. Being convinced, by these facts, that nature did cure many cases when left to her own resources, was sufficient evidence to our mind that she, when aided by the judicious assistance of art—by a rational system of treatment, based upon correct principles, in harmony with the laws of hygiene—would render Consumption as curable as any other disease. Reasoning from these premises, some twelve years ago, that a doctrine so unreasonable and preposterous in its nature, hitherto inculcated by the old-school notions, namely: of giving medicines into the *stomach* to cure a disease only situated in the *lungs* and air-passages,—for it must be readily perceived by every one having any physiological knowledge of the organs of respiration, that no medical agent, given into the stomach, could reach the lungs, unless very indirectly and uncertainly through the medium of the circulation,—we have, therefore, devised a system, entirely new and original with us, of giving medicines by inhaling them in an atmospheric form in the shape of vapors.



Our system is a wonderful improvement upon the old system of inhaling *steam* and *warm* medicated vapors advised by the ancients, and which had for centuries fell into disuse, in so far as we have conceived and perfected the method of giving our vapors and medicines in a *cool* form, the natural temperature of the atmosphere, which renders them tonic and restorative, and prevents the liability to catch cold. The hot vapors, on the contrary, for the most part, relax and open the membranes of the air-passages and the lungs, so that patients are more susceptible to colds and catarrhs and to the changes of the atmosphere.



Method of inhaling Dr. Stone's cool or warm and thermal system of Medicated Vapors, as given by the Troy LUNG AND HYGIENIC INSTITUTE.

Since practicing our method of cold medicated inhalation, we have succeeded in curing hundreds of cases of Consumption, combining the various forms of laryngial, bronchial and tubercular; together with asthma in its most inveterate nature, both spasmodic and nervous; proving, therefore, the perfect curability of Consumption and those diseases which are so prevalent in the United States, which lead directly to develop Consumption, namely, catarrhs, laryngitis, and bronchitis. We were induced, some eight years since, to establish an Institution, to combine every facility and every agent that art or ingenuity could devise, for the successful treatment of that numerous class of diseases throughout the country. Being aware that physicians in the more remote country towns and hamlets are yet unprogressive and of the old-fogy school, clinging to their old and dangerous doctrines, and unpossessed of the facilities for perfect diagnosis, and for a more rational



and successful treatment in those places, we have so perfectly arranged our system of treatment, that we can send it to all parts of the country, and thus treat patients with the same success at their homes as though they were with us at the Institution.

This last proposition to the reader or patient at a distance, who may not have the opportunity of visiting and consulting us personally, may be received with some degree of caution or skepticism; but we assure him, or her, as the case may be, that it is strictly true. Our scientific investigations in the chemistry of the blood and accurate knowledge of the component principles of the human system, in health and also in disease, gives us the certain knowledge of determining, by analysis of the urine, the nature and seat of every disease, with far more certainty than it could be determined by a simple, personal, ocular inspection of the patient; for the very reason that every poisonous and unnatural element existing in the blood will be discovered on the analysis, and those morbid principles obtained therefrom are then brought under a most powerful microscope, which determines its nature to a moral certainty.

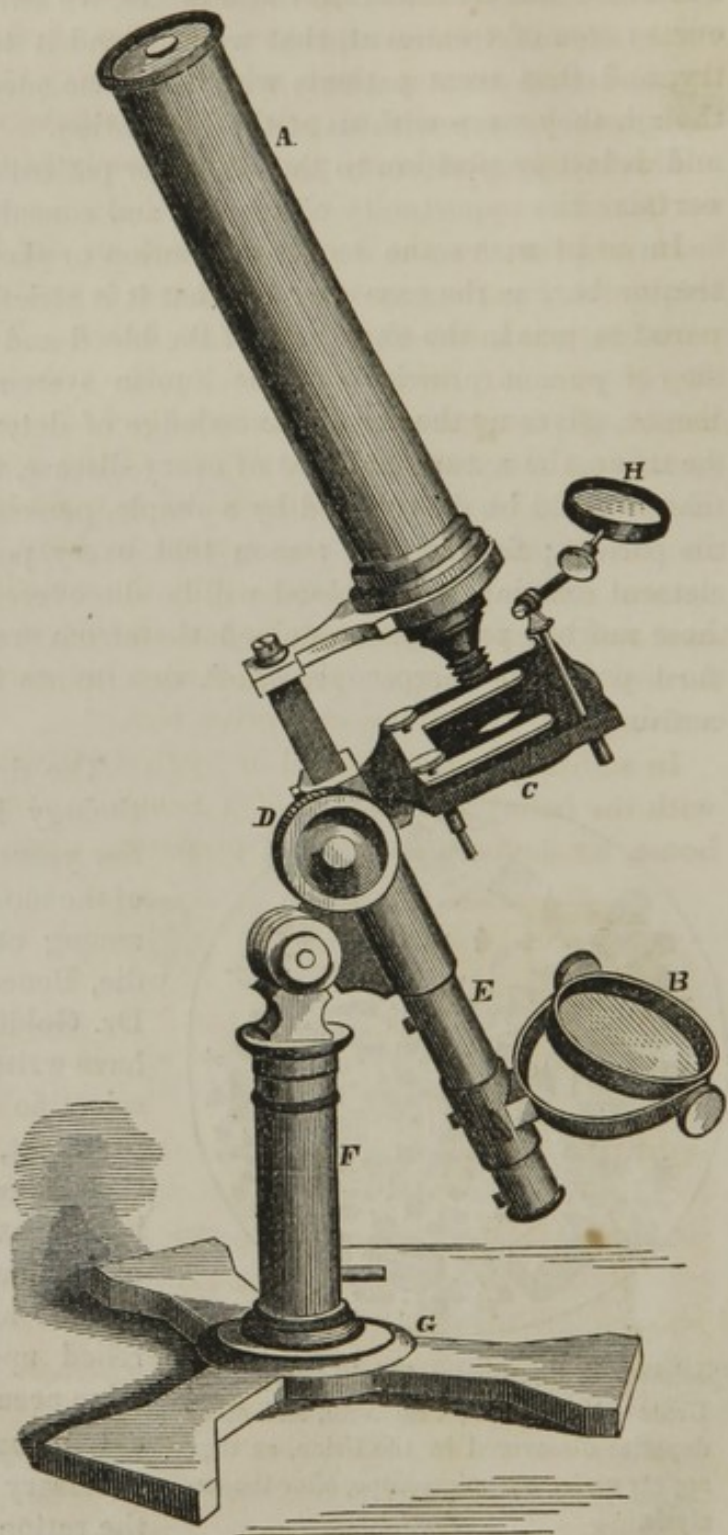


Specimens of Phosphates, Triple Phosphates, Urate of Ammonia, Uric Acid, and other deposits discovered in the Urine, as they appear under our microscope, after the analysis.

The doctrine of urinary pathology has received, within a few years, the attention of some of the most able minds in Europe; among others are Sir Ben. Brodie, Bence Jones, and the late Dr. Golding Bird. These men have written and published their scientific researches in this department, and have proved, by their labors, that this method of investigation of diseases of the blood, and all diseases of a chronic nature, are alone to be relied upon, not only to determine accurately their causes and extent, but as being absolutely necessary to shape scientifically the rational method of therapeutics or cure.



It is the microscope that has thrown such wonderful light upon the cause of Tubercular Consumption; for, before the microscope and chemical analysis were brought to bear upon tubercular or scrofulous deposits, the theory that emanated from medical men, which filled volumes, would, if now read, known and adopted as formerly, consign their authors to eternal ignominy for their absurdity and their fatality. It is the microscope, therefore, that has demonstrated the nature and cause of Tubercular Consumption, Scrofula, and other malignant and fatal diseases of the blood. Since the discovery of the microscope, the doctrine of the curability of Pulmonary Consumption is now proclaimed, as we have before said, by the most eminent living medical men, not only in Europe but in the United States.



Microscope used by the Institution in analysis and scientific investigation.

To make our treatment successful to those patients who are at a distance, we afford them the scientific means of investigating the true condition of their case, namely, first, by analysis of the urinary, san-



guinis or blood urine, that is first passed in the morning, being secreted from the blood after the digestion of the food of the preceding day. In the second place, we learn every symptom and feature of their case by a series of printed interrogatories, prepared so plainly and definitely that every patient can reply to them with clearness and certainty.

In addition to the explicit directions for inhalation and medical treatment, a perfect system of hygiene is written out or otherwise prepared in print, for every patient to follow. These embody the necessity of pure air being breathed by the patient in his sleeping apartments, the temperature of his room and the manner of equalizing and sustaining the natural temperature of the body under circumstances of intense cold, or the fickleness of our climate; the food that it is absolutely necessary for the system to have, in order to supply the natural elements to be possessed by the constitution, to overcome disease and to afford resources to heal the ulcers or caverns, if they have formed in the lungs. His clothing; his exercises, either passive or active; and, his habits—are given him.

In addition to the medical or hygienic treatment, and to supply him with the balmy atmosphere of a Southern clime, in his own Northern home, we devise a method of preparing a medicated air-chamber, by



Medicated Air-chamber in the Institution, and such as is devised for each patient at their homes.

which the patient not only is enabled to inhale a healthy, soft, balmy atmosphere in his own room, but this atmosphere is at the same time impregnated or saturated with soothing, stimulating, or healing medical agents, which he inhales in his natural breathing, from the atmosphere of the room, and which serve to soothe and quiet the irritation and cure every morbid condition of the mucous membranes and glands of the air-pas.



sages ; thus they stimulate the ulcerated cavities, (if formed,) and put them in a condition for the resources of the constitution to heal.

Under this system of treatment, the patient can enjoy himself, surrounded by his friends and his family and all the social comforts of home, and read the newspapers of the day, or, if able, carry on his literary pursuits at the same time, without trouble or taxation, and be breathing the healing, curative atmosphere of his room at the same time !

What a wonderful improvement is this system of treatment compared with that of twenty years since ! a method which I regret to say is still practiced by allopathic and conservative physicians — namely, consigning their patients to a hopeless grave, or prescribing their sickening and prostrating drugs, and falsely feeding his hopes, in order to make their bill larger, and when he becomes so debilitated as to risk their reputation, they send him to a foreign clime to die, thus escaping the censure that might otherwise await them had he died at home.

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### Third Section.

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#### PULMONARY CONSUMPTION.

THE insidious and fatal disease, CONSUMPTION, is one whose terrible inflictions have rendered desolate so many thousands of happy homes ; have laid low so many warm hearts and bright prospects ; banished hope from our path and aim from our life ; a disease so all-prevailing that its slightest symptom is at once our first and worst dread. Of all the important diseases which afflict humanity in civilized countries, Pulmonary Consumption is the earliest and most universal ; the quiver of death has no arrow so fatal. In all ages it has been the giant foe of life. It blights the ruddy hue of youth, and cankers the damask cheek of beauty. It strikes down in the haunts of business and walks of pleasure. Terrible, insatiate tyrant, who can number thy victims ? Why dost thou attack almost exclusively the fairest and loveliest of our species ? Why select blooming and beautiful youth, instead of haggard and exhausted age ? Why strike down those who are bounding blithely from the starting-post of life, rather than the decrepit beings tottering toward its goal ? By what infernal subtlety hast



thou contrived hitherto to baffle the profoundest skill of science ; to frustrate the uses of experience, and disclose thyself only when thou hast irretrievably secured thy victim, and thy fangs are crimsoned with its blood? Destroying angel! why art thou commissioned thus to smite down the first-born of agonized humanity? What are the strange purposes of providence that thus letteth thee loose upon the objects of its infinite goodness? Alas! how many aching hearts have been agitated with these unanswerable questions! How many myriads are yet to be wrung and tortured by them!

Such a disease forms so fearful a scourge, that no apology, therefore, need be offered for any judicious attempt, especially one founded upon years of personal experience, to mitigate the evils of this most destructive of all disorders. And, however small may be the contribution of my individual labor, I shall surely have more cause for satisfaction, in my own person, than he who sits down in despondency and inaction; contented to acquiesce in the general opinion of the Old School—that for consumption there is no cure.

The community, as well as the profession, have been so strongly impressed with the belief that this disease is so necessarily fatal, that any one who would maintain the opposite opinion, would, until within a short period of time, have been looked upon only in the light of a boasting pretender. So strongly was this opinion inherited from our ancestors, impressed upon the mind of the faculty, that their general and decided opinion—in cases that assumed consumptive traits of character—only results in the premature death of thousands, by an abandonment of all timely and proper aid, thereby crushing their hopes of a cure; and serve as a stumbling-block in the way of scientific inquiry into the true nature of Consumption, and its curability, which, by the energetic efforts of a few meritorious physicians, has been demonstrated to be as curable as other diseases.

The present author has stronger motives than those that spring from exclusive devotion to one sect or school in medicine. He not only speaks from actual knowledge as to the recovery of hundreds of cases that have occurred in his own practice, but a recovery, also, of a most serious and menacing attack of Tubercular Consumption, combined with a prolonged hemorrhage of the lungs. He himself inherited, constitutionally, a strong predisposition to two of the most dangerous and destructive forms of Consumption; namely, on the paternal side, that peculiar form which shows its effects throughout the whole circulation and constitution, and is first known in dropsical effusions, sometimes at the ankles, at other times in the face and under the eyes, and, again, is rapidly followed by pleurisy or pneumonia, and a filling of



the pleural cavity of the chest, that we denominate dropsy. Also, on his mother's side, he inherits that more common, yet equally fatal form—though more insidious and prolonged in producing its fatal results, before the constitution yields up its claim on life—known as Tubercular Consumption, and characterized by a deposit of seed-like bodies in the lungs, which frequently produces hemorrhage, and terminates fatally that way; or, in other cases, ulcerations, caverns, and consequent decomposition of the lungs themselves.

The author, being delicate in childhood, but possessing an indomitable ambition, in his nature and temperament, by hard, physical exertion, at the early age of twelve years, ruptured a blood-vessel in the lungs, which immediately endangered his life. By this injury he was confined to bed for twelve weeks, and for that time defied the combined skill of what were judged to be three eminent physicians; for the more they administered their drugs and medicines to effect a cure, the greater the prostration became, until, at length, he drooped so low, that for several days he could not articulate audibly. At this stage of his sickness, they lost confidence in their skill to effect a cure, and voluntarily yielded him up to the care and nursing of a kind mother.

Now this prostration had been produced and kept up by the use of their irritating remedies, which served but to derange his stomach and destroy all relish for food or nourishment. His mother, conceiving the idea that if an appetite could be produced, there was yet sufficient stamina of constitution for his restoration, took upon herself the responsibility to administer an emetic for this purpose. It was a heroic undertaking, no doubt, on her part, yet it proved to be a judicious one, for its operation was so beneficial that his appetite was soon restored, and the digestive organs were clamorous for that natural nutrition which they had so long rejected. In a few weeks, by the aid of good nursing, he was able once more to go out into the outer world, and to enjoy its varied scenery and invigorating breezes, which rapidly restored him to convalescence—though he remained an invalid for some seven or eight years.

These paroxysms of sickness have proved to be an important epoch in his life; for it was at this time—seeing the failure and want of skill on the part of his attending physicians—that he determined to devote his life to the healing art, as being a field that would afford him wonderful opportunities of developing his longing taste for science, and a realm for beneficent labor—to restore those who might be situated as he had been to health. Suffice it to say, for the encouragement of consumptives, that he is now entirely cured from this prolonged hemorrhage and incipient Tubercular Consumption, although

he has been repeatedly prostrated from exposures incident upon a very extensive practice, and has been twice prostrated with pleurisy and dropsical effusions into the cavity of the chest.

The peculiar form of Dropsical Consumption that he inherits from his father, as above described, is very dangerous and prostrating, and so sick was he with it, but six years since, that he was given up to die by two skillful attending physicians, yet he has recovered entirely from it. Through the convalescent stages of this disease, his vital capacity was diminished to seventy cubic inches ; but now, so complete is the recovery, notwithstanding an adhesion of the right lung to the side, which does not, however, prevent a full respiration, that he can now inhale two hundred and ten inches on the pulmometer, an instrument, by the way, invented by himself.

But the author has other evidences of the curability of Tubercular Consumption, from among which he selects the case of his own mother. At the age of thirty-three years, she was prostrated extremely low with repeated hemorrhages from the lungs, and given up by her physicians as being in the last, incurable stages of Tubercular Consumption, yet she ultimately recovered also, despite her physicians and their prostrating plan of treatment ; and subsequently died at the ripe old age of seventy years.

These instances will prove that nature herself, when not molested and trammled by the officious interference of art, and made worse by her bungling empiricism and paralyzed by the poisons too often administered to them, is all-sufficient to cure the very worst forms of Consumption.



### Fourth Section.

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#### Authority and Testimony of the Perfect Curability of Pulmonary Consumption.

BEFORE introducing the numerous testimonials that we possess of the perfect curability of Pulmonary and Bronchial Consumption by a modern improved system of treatment peculiar to our practice—and which we had the honor of introducing into the United States some fifteen years ago—to remove any skepticism on the part of the reader or invalid, who, from his situation, will of necessity feel a deep interest in the matter, we would say, that we are not governed in any way by pecuniary or mercenary motives in advocating its curability, which too many do for the sole purpose of filling their pockets, not only at the expense of their patrons, but they also blast all the ardent hopes that they have elicited from their false representations to them. We will, therefore, introduce the following testimonials from among medical men who stand or have stood at the head of their profession in various parts of the world—in France, England, Scotland, and in the United States—testimony to doubt which would be as unreasonable as to doubt one's own existence.

If Pulmonary Consumption, in our own case, was cured by the natural healing and inherent power of the constitution, how much more so may it not be when nature's powers are judiciously aided by art, with a rational system of treatment well adapted to suit the symptoms and conditions of each case, and administered according to the natural functions of the lungs, namely, by inhalation.

Laennec, one of the earliest writers, who enters very fully into the curability of Consumption, found, on examining the lungs of many persons who had died of other diseases, appearances such as would result from the healing of ulcers or burns on the surface of the body. He remarks: "After I was convinced of the possibility of cure in the case of ulceration of the lungs, I examined these remains more closely, and came to the conclusion, that in every case they might be considered as cicatrices." After detailing, at considerable length, the peculiarity of these appearances, he observes: "This fact seems to me to leave no doubt of the nature of these productions, and of the



*possibility of the healing of ulcers in the lungs.*" The foregoing observations, I think, prove that tubercles in the lungs are not a necessary and inevitable cause of death, and that *cure* may take place in two different ways after the formation of an ulcerous excavation—first, by the cavity becoming lined by a membrane; and secondly, by the obliteration or closing up of the cavity by means of a *cicatrix*.

These considerations ought to induce us to entertain hope in those cases of Consumption wherein we have reason to believe the greater portion of the lungs still admit air. Although we are certain that a person has an ulcerated cavity in the lungs, we are not equally certain that this will prove fatal. We may even be justified in believing that a case wherein all the ordinary symptoms of Consumption exist, including the indications of a cavity, is more favorable, providing the greater portion of the lungs is in other respects healthy, than one in which tubercle exists to any considerable extent without the presence of a cavity.

In continuation of his argument on the curability of Consumption, after regretting that it was not in his power to lay before his readers a particular account of the early history of the cases in which these evidences of cure were observed, he presents the following:

"An English gentleman, aged thirty-six, resident in Paris, had an attack of spitting blood, followed by a cough, at first dry, but in the course of a few weeks accompanied by expectoration.

"To these symptoms were added well-marked hectic fever, considerable shortness of breath, copious night-sweats, emaciation, and debility. The spitting of blood returned in a slight degree now and then, and in December, which was with difficulty checked by astringents. In the beginning of January he was so much reduced, that both M. Halle and Bayle agreed with me in the opinion, that his death might be daily looked for. On the 15th of January, during a severe fit of coughing, and, after bringing up some blood, he expectorated a solid mass the size of a filbert, which, on examination, I found to be evidently a tubercle in the second stage, surrounded apparently by a portion of the pulmonary tissue. This patient remained in the same degree of extreme emaciation and debility during all January, being expected to die daily; but in the beginning of February the perspirations and diarrhea ceased, the expectoration sensibly diminished, and the pulse, which had been constantly as high as one hundred and twenty, fell to ninety. The appetite returned, the patient began to move round his room, his emaciation became less, and against the end of the month his convalescence was evident. In the beginning of April he was perfectly recovered, and his health has continued good ever since, without



even the least cough, and without his being particularly guarded in his climate or regimen.

“The second case is that of a gentleman, who, after having experienced all the symptoms of Consumption in the greatest degree, perfectly recovered. His respiration is now quite perfect through the whole chest, except at the top of the right lung, in which point it is totally wanting. On this account I am certain that this portion of the lung had been the seat of an ulcerous excavation, and that this has been replaced by a complete and solid cicatrix. The health of this gentleman continues good, although he often has occasion to speak in public. He has sometimes a little dry cough on the change of the weather, but takes cold very seldom. In conclusion, I think that the *cure of Consumption*, where the lungs are not completely disorganized ought not to be looked upon as at all impossible, in reference either to the nature of the disease or of the organ affected. The pulmonary tubercles differ in no respect from those found in *scrofulous glands*, and we know that the softening of these latter is frequently followed by a perfect cure. On the other hand, the destruction of a part of the substance of the lungs is by no means necessarily mortal, since we know that even wounds of these organs are frequently cured, notwithstanding the unfavorable conditions with which they are necessarily complicated by the perforation of the wall of the chest and the admission of air into the pleura.”

The author goes on to observe: “As soon as the hectic fever is established, wasting of the body becomes manifest, and makes more rapid progress, according as the perspiration, the expectoration, and the diarrhea are most abundant. In women and in persons of lymphatic habit, the skin becomes white or bluish pale, with a very slight shade of lemon yellow. The emaciation then makes rapid progress toward complete marasmus, and presents to us the picture traced with such frightful truth by Aretæus. The nose becomes sharp and drawn; the cheeks are prominent and red, and appear redder by contrast with surrounding paleness; the conjunction of the eyes is of a shining white, or with a shade of pearl-blue; the cheeks are hollow; the lips are retracted, and seem molded into a bitter smile; the neck is oblique and impeded in its movements; the shoulder-blades are projected and winged; the ribs become prominent, and the intercostal spaces sink in, particularly in the upper and fore parts of the chest. *But neither this degree of emaciation, nor the symptoms just enumerated, are proofs of an incurable disease. I have already noticed instances of cure after the patients had been reduced to the most extreme degree of emaciation!*”



The following testimony is borne by Dr. Forbes, Fellow of the Royal Society of England, and one of the principal editors of the *British and Foreign Medical Review* :

“For as many as eight or ten examples of cicatrization of the lungs after tubercles,” says Dr. Forbes, “I refer the reader to M. Andral’s *Clinical Medicine*, Book III. page 382. These cases are more extraordinary than those given by M. Laennec, and, together with them, put the fact of the healing of tuberculous excavations beyond all question.”

Dr. William Stokes, of the Meath Hospital, Ireland, a writer of celebrity on diseases of the chest, has some very apposite observations on this subject. He says :

“We may consider this treatment (of Consumption) under two heads, namely, the *curative* and the *palliative* ; the first, the attempt to eradicate the disease by active treatment ; the second, the relieving the various distressing symptoms of a hopeless Consumption. And, however differing in detail, the principles of both methods are the same, namely, the removal of the irritation from the lung, and the improvement of the general health. There can be no doubt that, as medicine advances, the *cures* of Consumption will be much more frequent ; its nature will be better understood, its first stages be more commonly discovered, and the disease be prevented from proceeding to incurable disorganization. Consumption may be separated into two classes — constitutional and accidental. In the first, tubercle supervenes, in persons strongly predisposed to it by hereditary predisposition or original conformation. In these the disease is generally rapid, invades both lungs, and is complicated with lesions of both systems. In the second, we meet the disease in persons not of the strumous diathesis, and who have no hereditary predisposition for tubercle. The disease results from a distinct local pulmonary irritation, advances slowly, and the digestive and other systems show a great immunity from disease. *In both cases we may effect a cure* ; but this result will be more often obtained in the latter than in the former class.”

Dr. Carswell, the eminent Professor of Pathological Anatomy in the London University, demonstrates in the most conclusive manner, not only the curability of Consumption, but also the frequent occurrence of cure. He observes :

“The cure of a disease is indicated, first, by the cessation of those symptoms which are peculiar to it, or the restoration of those modifications of function to which its existence gives rise ; secondly, by the disappearance of the local cause of the disease, or by the presence of



certain lesions which are known to follow, as the consequence of such cause and of no other. Such indications of the case of tubercular disease have been observed even in those organs (the lungs) in which this disease was long considered, and still is, by most medical men to prove inevitably fatal, even without ulceration or suppuration having taken place in them. The important fact of the curability of this disease has, in our opinion, been satisfactorily established by Laennec. All the physical signs of tubercular phthisis have been present, even those which indicate the presence of cicatrix in that portion of the lung in which the excavation had formerly existed."

Having entered very fully into the description of the appearances in the lungs after the *cure* has taken place, he proceeds to speak of the *extent* to which the lung had been involved in the disease, in the instances that had fallen under his observation. "In some," he informs us, "the indications of disease were confined to a circumscribed portion of the upper lobe of the lung;" in others occupied "one half or two thirds" of a lobe. In many cases, the "whole upper lobe of one lung, and sometimes of both lungs, presented these appearances."

"There must be few practical pathologists," he continues, "who will not consider these anatomical facts as evidence that Tubercular Consumption is a curable disease! No objection has been brought forward, calculated in the slightest degree to invalidate the conclusion to which I have been led by the repeated observations of the changes we have described, namely, that these changes are positive proofs of the removal of the *material* element of the disease, and also of the cure of these lesions of structure to which it gives rise even at an advanced period of its progress. We feel all the importance that would deservedly be attached to an accurate statement of the conditions under which the cure of tubercular phthisis was effected. On this point our information is vague and indefinite, but we can not, however, avoid repeating the fact, that *pathological anatomy has, perhaps, never afforded such conclusive evidence in proof of the curability of a disease, as it has of that of Tubercular Consumption.*"

Dr. Gerhard, of Philadelphia, in his work on diseases of the chest, not only affirms the curability of Consumption, but points out the different appearances which are presented in the lungs when recovery has taken place. After treating the subject in general terms, he observes: "We have, however, more direct proofs of the curability of Consumption. That evidence is derived from pathological examination, and of this there is no more striking illustration than the case of an eminent physician of this city, the late Dr. Parrish. It is well known that he regarded himself as laboring under Pulmonary Con-



sumption at an early period of life. He recovered vigorous health, lived to the age of sixty, and finally died of disease of the kidneys." In this case, we are informed, there was every symptom and evidence of Consumption, and of its complete and radical *cure*. The Doctor not only survived his disease, but regained vigorous health, though tubercle had been deposited in his lungs, and had proceeded to ulceration and the formation of cavities.

The conclusion to which Dr. Gerhard has come, from the facts which have fallen under his observation, is, that "*Consumption is strictly a curable disease.*"

The late Dr. Swett, formerly one of the physicians of the New-York City Hospital, and Professor in the Chair of Medicine in the University Medical College, in his valuable *Treatise on Diseases of the Chest*, considers the curability of Consumption, and gives his opinion unhesitatingly in the affirmative. He asks the question: "Is Consumption a curable disease? The general impression in the medical profession," to its disgrace be it spoken, "is, that a patient with phthisis is doomed to death. If those cases only are considered in which the disease has so far advanced in its progress that it is easily distinguished, this opinion, on the whole, is well founded; yet, even under these circumstances, unexpected recoveries take place. I shall never despair of the life of a patient with Consumption when I recollect what I once witnessed in this hospital."

He then proceeds to detail the particulars of a case which presented all the symptoms of Consumption in its most advanced stage. So marked were the indications of a large cavity in the right lung, that he was accustomed to speak of the case as being one of an undoubted character. "On one occasion," he continues, "I found the patient in such a state of extreme exhaustion, that it seemed to me impossible to disturb him. He was bolstered up in bed, with his head resting on his shoulder, breathing with great difficulty, bathed in perspiration, and with a feeble and rapid pulse. He looked like a dying man. The next day my attendance ceased." On the doctor's return, at the end of two months, he found this *dying* man was so far recovered as to be able to walk about, and continued steadily to improve. He then goes on to tell us, that during the past fifteen years he has known many persons who had all the symptoms of Consumption in advanced stages, yet *finally recovered*. And again: "For the past fifteen years I have been in the habit of examining the lungs of all my patients, dying of every form of disease, for traces of phthisis that had been cured. I have been astonished at the number of cases which have presented evidences of this favorable result."



With this weight of testimony in support of the curability of the disease, we look in vain through the several works from which I have quoted for one that can point out the means by which that cure can be effected. Most writers give to nature the credit of accomplishing the recovery when it does really occur. But if Consumption be curable by the operations of nature, in even a single instance after it has reached its worst stages, when the lungs are broken down into cavities, it must surely be within the reach of art to aid nature so far as materially to increase the frequency of such recoveries. Every physician who has read deeply the human system, has learned that it is but the province of our art to assist the efforts of nature—to remove obstruction—to lighten the burden which oppresses the diseased organ—to remove those influences which feed the malady, and thus allow the Great Physician, acting through the agency of those vital and immutable laws which he has implanted in our being, to restore the lost balance and recall the harmonious action of all the organs of the body.

Having proved that Consumption has been again and again cured, and by evidence of the most positive and indubitable character, established the frequent occurrence of such recoveries, we feel that this vexed matter should be considered as placed forever at rest. It may be excusable for those who have not had much experience in the chamber of sickness, and even for creditable old matrons who have spent their lives in nursing the sick, and yet, throughout that long period, have not known *one* case of recovery, though they have administered the potions prescribed by a score of learned doctors—it may be excusable, I say, for these to deny the *curability of Consumption*; but for physicians to do so is without palliation. If they believe it to be *incurable*, then they are ignorant; and for ignorance such as this, where life is at stake, the largest charity has no excuse to offer. If they, on the other hand, believe it *curable*, and yet deny such to be the case because they know not the means, then are they false to their professional brethren whose treatment has been attended with more success; false to the profession to which they belong, (for they deny what it has *proved*,) and false to their patients, whom they deceive until the disease has reached a stage when deception is no longer possible, and then proclaim its hopeless character, weakening the last hold of their victims on life, and depressing the mind to utter despair.

If you are an invalid, there is a safe rule to guide you in your judgment, and one to which the physician has no right to object. It is this: *You have diseased lungs*, and, to attain recovery, are about to seek medical advice. Among the physicians of your acquaintance there may be some who do *not* believe Consumption can be cured.



Flee from such as you would from certain destruction, from the embodiment of all evil. Had one patient, by their administrations, been rescued from the grave, this belief would vanish; and the physician who, during his practice, has not saved one, is an unsafe pilot through the storm on the troubled sea over which the consumptive must pass. On the other hand, those who admit the curability of Consumption should be able to refer to those whom they have been instrumental in rescuing from the grave, after unequivocal symptoms of this terrible malady had proclaimed themselves.

We here append a few cases to show to the reader how perfectly curable is Tubercular and Bronchial Consumption, aided by our modern and rational system of treatment, by introducing the medication *directly* to the *seat* of disease, in the form of vapor, inhaled at the natural temperature.

### CASE 2.

“TO DR. ANDREW STONE, Physician to the Troy Lung and Hygienic Institute:

“MY DEAR SIR: Having received great benefit from your treatment by inhaling cold medicated vapors, I am desirous of making it known for the benefit of all those who may be similarly affected. For eighteen months and upward I was very much troubled with affections of the throat and lungs, which gave me much uneasiness, trouble, and pain at times. In the mean time, losing a brother by Consumption or disease of the lungs, I became anxious for my own safety, and had embarked for New-York to obtain medical relief and counsel there; but on my way put up at the Mansion House in Troy—where you then resided and had your office—and learned there of your great success and skill in treating consumption and throat diseases. I was induced to consult you, and being convinced, from your scientific manner of examining the chest, that you understood my case, I put myself under your care, and adopted your method of treatment by inhaling medicated vapors into the lungs and the air-passages, the seat of my disease. And now, sir, it is with the deepest sense of gratitude that I inform you that I am entirely recovered.

“Our climate, near the St. Lawrence, being latitude 45°, is particularly hard and trying in the winter season for diseases of this nature. I have passed through some three or four winters since I came under your care without any relapse or renewed irritation therefrom. I consider my cure permanent, and attribute it to your new system of treatment and your skillful management of my case. I permit you, hereby, to refer any one to me you please for my approbation and encouragement of its good results.

“I am, dear sir, yours very truly,

“LEMUEL F. PERRY.

“Perry's Mills, Clinton Co., N. Y.”



## CASE 3.

“To Dr. ANDREW STONE, Physician to the Troy Lung and Hygienic Institute:

“MY DEAR SIR: Having received the greatest benefit from inhaling medicated vapors, under your care and professional attention, I wish to bear testimony to its good results.

“One year ago this present summer, my health was extremely impaired by my occupation and profession—being that of compositor and printer. My lungs troubled me very much, and I suffered great pain in them, with difficulty of breathing; my vital capacity and strength was very much impaired, and I was extremely feeble and emaciated. I consulted you, and, although a perfect stranger to me, you had the honesty to tell me that it was beyond your power or system of treatment to restore me unless I gave up my business and kept myself in the open air, which I *then* concluded to do. I put myself under your care, and, after adopting your system of cold medicated inhalation, my health rapidly improved, with all corresponding symptoms—increasing the vital capacity of my lungs one hundred cubic inches in four months' time, as proved by your pulmometer.

“I have the utmost confidence in your treatment of pulmonary and throat affections by medicated inhalation—in fact, it is the only treatment that looks rational to me, as being founded on physiological principles, namely, to reach them *by direct medication*.

“Owing to my own carelessness, and not rigidly observing the cautious and wholesome hygienic rules that you gave me, I incurred some relapses, which I ultimately recovered from. I mention this as being my fault, and not any thing against your very successful system of treatment; for many of your enemies, stung at your successful and growing fame, have endeavored to use this to your disadvantage, in the same way that true merit always meets with persecutions. But, my friend, be not discouraged. So long as you pursue the same generous disinterestedness, as I know you now do to all your patients, to inform them that their ills proceed from the direct infringement of the laws of health, you must prosper and obtain success, for it is promised in the providences of moral rectitude.

“I permit you to refer any inquirers to me, and also the publication of this letter as a testimony of your treatment and skill in the healing art.

“Very truly yours,

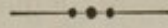
“ABRAM O'DONNEL,

“Troy, N. Y.”

NOTE.—It is now four years, since the 9th of July, 1857, that Mr. O'Donnell came under our care. He is now entirely cured of the severe chest complaints that then afflicted him, as he has informed us but a few days since, and is acting in the capacity of foreman for Scribner & Co., Troy, N. Y., where he can be seen or referred to.



## Section Fifth.



### SYMPTOMS OF TUBERCULAR CONSUMPTION.

WRITERS, generally, have enumerated among the more prominent symptoms of Tubercular Consumption, a short, dry, hacking cough. However much cough may be an attendant in some cases and stages of Tubercular Consumption, it is not a uniform symptom; in many cases where it attends the patient as a symptom, it is only manifested in the last stages of the disease. Hence, many victims of Consumption—that have far advanced in its progress, and are suffering materially from ill-health, from lassitude, or general debility — on seeking our advice, have often been led to say (and they try even to forestall our opinion at the first outset of their examination) that nothing ails their lungs — they can not be consumptive, because they have no cough! This is the reply met with by every physician of experience; and we have met with this reply in thousands of instances, in our own experience, in examining invalids and consumptive patients. Hence, this notion, held out by physicians generally, is thought to be necessary as a symptom by people universally; namely, that to be consumptive, one must have a cough, which has been the means of leading thousands astray, by deterring them from seeking timely advice and aid that might otherwise have saved them from a premature grave. Cough is not the first symptom of Tubercular Consumption, in the large majority of cases. This fact can not be too forcibly impressed upon the minds of the reader and the patient; for, says a late writer, “instances occur where the cough is but trifling through the whole course of the disease, and also where it does not come on until its latest stages. Cases have often happened, indeed, where there has been either no cough at all, or not until a few days prior to dissolution. Such, to be sure, are exceptions to the ordinary course of Consumption, yet important to be noticed, since cough is so generally regarded as essential to its existence. How often the expression is heard from the lips of those wasting away under this disease: ‘Why, I am sure I can not be in a Consumption, *for I have no cough.*’”

The malady is not to be known by the cough, then, merely. How



then shall we know the condition of the patient, or what constitutes Tubercular Consumption? We reply, that it can be known only by a careful review and enumeration of all the symptoms manifested which indicate a departure from health. Among the more prominent symptoms of Tubercular Consumption, stands foremost a general emaciation of the body, loss of flesh; the victim shows evidence of bad nourishment, innutrition—the want of healthy digestion and assimilation of food. If the appetite is good, and food is used, it does not seem to nourish or to build up the tissues of the body. General debility ensues; the victim is easily exhausted on making any great exertion, especially if this exertion consists in ascending an eminence or a flight of stairs hurriedly; shortness of breathing is easily produced; the heart is excited to undue emotion and palpitation; and the patient, or victim's strength is easily exhausted. Coldness of the feet and extremities attend all this class of cases; but frequently are alternated by sensations of burning heat in the soles of the feet and palms of the hands. For the most part of the day, the temperature of the body, especially in the limbs, will be a long way below par, that is, below the natural temperature of the blood. This often is the case, from infancy upward. Hemorrhage, or bleeding of the lungs, attends many cases of Tubercular Consumption, and sometimes is among the earliest symptoms, and the first to excite any fears or alarm. But hemorrhage, or bleeding of the lungs, according to the statistics of Louis and others, only occurs in about sixty per cent. That was in France. In our own practice in the United States, we have noticed, in our own records, that spitting of blood does not exceed more than forty per cent, and, in the majority of cases that we have seen, only manifests itself in the third stage of the disease; namely, when the lungs are studded with tubercles, and in a softening process.

Bronchitis, or Bronchial Consumption, is very prevalent in the United States; and spitting of blood, from congestion of the superficial blood-vessels that line the membranes of the throat and air-passages, occurs so frequently in the latter disease, that it has been confounded by the Old-School physicians, and the victims themselves, with Tubercular Consumption, when the bleeding, in such cases, was not indicative of any tubercles in the lungs whatever. Be it understood, once and for all, that Bronchitis, Laryngitis, and inflammation of the throat and air-passages — which is peculiarly a national malady and universal disease — is not to be confounded with Tubercular Consumption. It is a complaint, however, that allures many victims, from the general consideration of its harmlessness,



from a timely cure, thinking that it will wear itself out, which is the popular notion, when it invariably terminates as fatal and is as incurable, when let alone, as Tubercular Consumption. We shall dwell more at length upon this latter affection of the throat and lungs in its appropriate section, but merely mention this here to disabuse the mind of the reader—the victim of Tubercular Consumption—that the two diseases are as wide apart and as different in their nature as Dyspepsia is from Bilious Fever. However, we admit that all the symptoms attending an acute or chronic Catarrh, inflammation of the fauces, throat, and air-passages, mask and cover up Tubercular Consumption in its earlier stages, especially if the victim of Bronchitis or throat disease, inherits, by parentage, any tendency or predisposition to Tubercular or Scrofulous Consumption, which is the case in the large majority of instances; for in the United States the tendency to Tubercular Consumption is inherited, and if not inherited, it is a disease easily acquired, and easily developed by the pernicious habits of dress and living so generally practiced in our country; hence, where there is any liability, from parentage, to Tubercular Consumption, although tubercles may not have been deposited in the lungs previous to taking on the catarrhal inflammation, which has resulted in the bronchial tubes, the latter affection has invariably developed the latent tubercular disposition.

Here we would remark, as before stated, that there is no one disease so common in the United States as catarrhal and bronchial affections; and we would caution all those having any prior predisposition to tubercular disease, by parentage, not to consider an acute catarrh, or a throat disease harmless, or as something that will wear itself out—self-curative; for surely it will invariably terminate fatally, if they act upon this principle. Indeed, in all cases of strumous or scrofulous diathesis, cases of impoverished blood, want of positive vigor of constitution—under existing habits and circumstances of dress and living, so characteristic of our people—no one class of diseases become so uniformly fatal as catarrhal and bronchial affections. Spitting of blood is a very common symptom in the latter disease; hence, it can not be decided from this manifestation alone, that the patient has tubercles in the lungs, without a proper physical examination by the Stethoscope and the Pulmometer. The reader will observe by this, then, that giving dry statistics in regard to the number of cases of spitting of blood that occur, can be no certain data on which to determine the true condition of the lungs; for it ever has, on the part of Old-School physicians, been confounded, as we have aimed to convey in the preceding paragraph, with the raising of blood which



occurs in catarrhal and bronchial affections, in congestion of the lungs as the consequence of pneumonia; hence, the symptom in itself, without a very discriminating diagnosis made by the Pulmometer, will be vague and uncertain. In Catarrhal and Bronchial Consumption, the raising of blood is curative in its nature; for it only, as we have before said, comes from the little delicate vessels which line the mucous membranes of the throat and bronchial tubes, and is curative, in so far as it unloads the congested or over-distended condition of those blood-vessels. Hence, many patients are excited to a great and needless alarm when they raise blood, thinking that it comes from the lungs proper, the air-cells, and is the certain omen of Tubercular Consumption. It should excite no fears whatever under proper and judicious treatment. Why? Because it is curative in its nature. On the other hand, should it be an indication of tubercular deposits in the lungs or air-cells, it is one of the most alarming features of the true condition of the patient. The reader will see by this, then, that many symptoms, aggravated and alarming under some circumstances, are harmless under others, and that they are nothing, in themselves, but external manifestations, only to be determined by a very judicious and scientific examination on the part of the experienced physician.

Extreme loss of flesh and emaciation, attended by shortness of breath and great debility, pallor of the countenance and lips, coldness of the extremities—all are indicative of tubercular deposit in the lungs. But even these, like spitting of blood, are not unvarying symptoms of Tubercular Consumption. Why? Because diseases change just in proportion to place, habits, and modes of living. Hence, we have many other diseases of a very alarming nature, and fatal in their tendency, involving a great emaciation of the body, extreme nervous debility, palpitation of the heart, shortness of breath, hurried breathing, almost to suffocation, on the slightest exertion, like going up a hill or flight of stairs, or under the slightest perturbation of mind, excitement of the passions, or fear, and yet not proceed from tubercular deposit in the lungs. We allude here to that now all-prevailing class of maladies, which we have termed in another little work of ours "On the Causes of the Early Physical Degeneracy of American People"—Nervous Debility, and which have their origin in other organs of the body; involving the passions, in their early development, to an inordinate excitement and indulgence, as being the primary cause of this extensive emaciation and debility.

Well, what does all this indicate to the reader—what is its true meaning? It means just this: that there is no symptom in itself, or



class of symptoms, but what are vague, indefinite, and involve much uncertainty, as to the true condition of the patient, respecting tubercular disease of the lungs, as to what organ or set of organs may be affected, to develop them, without a very scientific, careful and discriminating examination on the part of the scientific physician, who is well read and posted in his profession. Whereas cough, especially a dry, short, hacking one, which attends a patient, particularly on rising in the morning, may be strongly indicative of tubercular deposit in the lungs in many cases, yet we see precisely the same symptom, and the same form of cough which proceeds from nervous debility, or excitability of some organ or organs combined; nervous Dyspepsia, for instance, an affection of the liver, or merely a bronchial mucous congestion, or congestion of the tonsillary glands in the throat. As we advance farther with the symptoms of Tubercular Consumption, we find that, in the more confirmed stages, Hectic Fever, manifested at night, or through the day, burning of the palms of the hands and soles of the feet, alternated by chills, cold extremities, night-sweats, and obstinate Diarrhea. But we have again to say, in qualification of this latter class of symptoms which peculiarly characterize Tubercular Consumption, that they characterize other forms of disease, and diseases of other organs when the lungs are not affected with tubercles at all.

It is a very alarming symptom, when we see a comparatively stout man, or a healthy female, commence to bleed hurriedly from the mouth, and, in a very short time, lose from one teacupful to two pints of clear, florid blood. As it is alarming to the victim himself, so it is very alarming to the observer, out of sympathy. What can be more alarming, knowing, as we all do, that our strength and our life exist in the blood! To see it run from the lungs, apparently at a rapid rate — at a rate threatening suffocation — without any very evident cause, but some slight exertion. A case like this is very ominous, suspicious, and alarming in its nature, (we have seen many such;) and yet it does not indicate tubercular deposit in the lungs. Still, it is fair to suppose, on witnessing such a case, that it is strongly indicative of great tubercular deposit in the lungs, and that the immediate cause is, that a small artery, or branch of an artery, has been severed by the tubercle softening, or ulcerating, thus involving the integrity of the artery. Many such cases occur and are met with by the experienced physician, and, alarming as they are, many with proper care and treatment, ultimately recover. I have alluded to the recovery of my mother as one, and to myself as another.

It will be understood by the reader, that there are various forms of



Tubercular Consumption, as well as all other diseases. Some manifest themselves and run their course very speedily, being latent in their nature; that is, their predisposing and immediate exciting cause of death has been masked, hidden, in other words, latent to the perception of the victim himself and his friends. He or she has been in ordinary good health, in the common American acceptance of the term we mean; for few Americans possess good, sound health; that is, health here is the exception, and sickness the general rule. In fact, it is not fashionable to be healthy, especially with females. To be robust, strong, hearty, and hale; to be well-developed in physique; to be able to do a good day's work in the kitchen; to do as our mothers did, would be the hight of vulgarity in their daughters, the females of the present day. Strength, every rational person knows, *cæteris paribus*, every thing being equal, is an indication of good health. To be strong, muscular, and able to accomplish a good physical feat in walking, exercising in the open air, or the domestic duties of the house and family, although it would be a sure evidence of good health, it would not be received as orthodox by American people. Why? Because it is not *fashionable*; it is not respectable, and it would be called vulgar.

We repeat, then, that there are many, both male and female, in the enjoyment of apparent good health, suddenly taken down with a cough, night-sweats, hectic fever, cold chills, or bleeding from the lungs, without general emaciation of the body, or even extreme debility. The disease runs a rapid course, and death ensues, even without expectoration of pus or softened tubercular matter. We have seen many such cases, on a post-mortem examination, where the lungs have been found completely studded with tubercles; but not even softened by ulceration. This is termed latent consumption, generally called galloping consumption, because it runs such a rapid, fearful course, from the first evident manifestation of any disease existing in the lungs. On the contrary, the majority of cases, as we began to indicate at first, proceed more moderately, occur in people that never had been well nourished or well developed physically and muscularly. They have been subject to cold feet and cold extremities. The temperature of the body has always been below its natural standard. They are not well nourished. They wear a pallid cast of countenance, and pale lip. Occasionally, a blush will appear upon one cheek, which, by the way, is not an indication of health, but, to the experienced eye, an indication of that worm that is gnawing within. This class of patients may also be troubled with hurried breathing, or shortness of breath, for years. They may pass through childhood in a sort of delicate manner, and after meeting with puberty, if a female, become



for a while quite *embonpoint*, obtain their catemenia for a few times, or a year or two; but the persistence in the general fashionable mode of clothing causes a *suppression* of this most important *function*, and throws the balance of the excitement to the lungs; and the condition of their blood, the preponderance of albumen, over and above the vital principles, causes a rapid deposition of tubercular and scrofulous matter to take place, and they decline into consumption, which is characterized by the three well-marked stages, in which cough, hurried breathing, and general emaciation and debility may have remained for several years, and at length terminate in the expectoration of pus and the destruction of the lungs, in the manner that terminates the majority of cases.

Another class of symptoms that characterize a true Tubercular Consumption, or disposition of the blood and constitution, is seen in children that are known and pronounced to be scrofulous, though it is sometimes the case that an infant or a child, dying with consumption, is found to have tubercles in the lungs. This is peculiar to those only that inherit a strong predisposition from their father or mother, or both combined. Children die every day, and at a melancholy and fearful rate, with tubercular disease; but not with tubercles in the lungs. We mean that it is that peculiarity of constitution of the blood and the whole physical system which constitutes the tubercular diathesis or disposition, which, in after periods of life, deposits the tubercles in the lungs. In infants and in children, it is known by scrofula, by rickets, by curvature or ulceration of the spine, hip-joint disease, swelling of the glands of the throat, tumid eyelids, great aversion to light, flabby muscles, and ill-developed form physically; coldness of the surface, paleness of the skin and countenance. Many of this class are subject to bad eruptions, and they take on scarlet fever, malignant sore throat, diphtheria, quinsy, membranous croup, acute catarrh, pneumonia, or congestion of the lungs, and are consigned to an early grave by some of these forms, which really is nothing more than Tubercular Consumption.

The reader will understand by this, that they possess in the blood, in their physical constitution, all that embodiment of tubercle which, in the more advanced periods of life, gives rise to the deposit of tubercles in the lungs. But the force of manifestation of this diseased condition of the blood, and the digestive and assimilative functions of the body, is in the form that we have just enumerated.

It is a prevailing opinion that Consumption is most common and fatal between the ages of twenty and thirty, or those above fifteen years even. But this is not correct; for there is no period of human



life during which Consumption is so fatal as between the ages of two and fifteen years. We mean in infants, and in children from two to five or eight years, that it assumes that peculiar form which causes death by some one of the diseases before enumerated, affecting either the lungs or other parts of the body in this fatal manner. To such an extent of fatality does this prevail among children, that a distinguished physician, the head of a hospital for children in Paris, has found that out of nine hundred and twenty deaths in children, five hundred and thirty-eight, more than one half, were from consumptive diseases, in some one of those forms. The statistics in the United States are equally as great; especially at the time that I am now writing this still more, occurring in the shape of that more appalling, malignant form of Consumption known as acute diphtheria.

It is now an every-day occurrence, in nearly all the Northern States, if not in all the United States, for whole families of children, six in numerous instances in succession, to be swept off by this new form of disease, in the course of a week or ten days.

So long as death comes so prematurely; so long as children are so generally and inevitably doomed, either through willful ignorance or palpable neglect on the part of their parents, and their deaths must take place in such a melancholy, unsuspected a manner, it would be better for the victims themselves to meet it in the shape of this more sudden phenomena, (diphtheria,) though for the time being it might strike a more appalling blow to the parents themselves, than to have it occur a few years later, and have the cords of their existence gently loosened in that very gradual, insidious, but fatal manner, by the same fell destroyer, in the more lingering form of tubercular phthisis; for, in either case, the cherished hopes and anticipations of fond parents would alike be blasted.

But we will pass, for the present, from this unhallowed "sacrifice of the innocents," by this horrible disease, on the part of their parents, as it were, to consider again some of the other features, obscure though they may be, of approaching Consumption.

After the female merges from her childhood, she may have passed through the two first stages of dentition; periods which sacrifice so many children in the form of convulsions, spasms, or dropsical effusions upon the brain or in the abdomen, which still are but manifestations of the same great constitutional disease which we are aiming to depict, namely, Tubercular Phthisis. We repeat, after she has passed these two stages, yet with extreme delicacy and feebleness of health and constitution, she approaches the period of puberty, that important epoch in her life which, if the vital, physical stamina should be equal,



is to fulfill one of the grandest and greatest functions of her nature—to wit: to establish her catemenia or her monthly periodical flow, which, in other words, but signifies that the ovaries are capable then of evolving an ovum or an egg. To be capable of becoming a mother, and to fulfill her important function, is one of the grandest and noblest conceptions that the female mind is capable of. Who would not become a mother? Who would not willingly pass through all the anxieties, and all the apprehensions of the preparatory course of evolving the germ of some future Washington? of nursing and watching through his infant development and growth, the mental evolution and expansion, as the body grows to maturity? Does not our country, amid this awful crisis, require such another genius, to navigate it safely through the tempestuous storm which *now* threatens to submerge it? The charms of a healthy woman are certainly many and powerful; the “expanding rose just bursting into beauty has an irresistible bewitchingness; the blooming bride, led triumphant to the hymeneal altar, awakens admiration and interest; the blushes of her cheek fill us with delight. But the charms of maternity are more sublime than all these. Heaven has imprinted on the mother’s face something beyond this world, something that claims kindred with the skies. The angelic smile, the tender look, the waking, watchful eye, which keeps its fond vigil over her slumbering babe, these are objects which neither the pencil nor chisel can touch, which poetry fails to exhaust, which the eloquent tongue in vain would eulogize, and on which all description is ineffective. In the heart of man lies this lovely picture; it lives in his sympathies; it reigns in his affections. His eye looks around in vain for such another object on earth. Maternity—ecstatic sound!—so twined around our hearts that they must cease to throb ere we forget it. It is our first love; it is a part of our religion. Nature has set the mother on such a pinnacle, that our infant eyes and arms are uplifted to it. We cling to it in manhood. We almost worship it in old age.” To develop, then, this important epoch in the approaching mother, involves a momentous responsibility on the part of parents; none other than to know and to realize their duty in regard to the physical education of their children, in order that they may be soundly developed and possessed constitutionally of the elementary materials which alone can build up and develop this animal structure and give force to every organ of the body. But to establish this one function in the daughter, how much of science, of intelligence, of moral consideration is involved! To see her approaching this period, not only with pallor of countenance and faded cheek and lip, or even greenness or sallowness, which, to the professional eye, indicates too



evidently that diseased condition of the system known as chlorosis or green sickness — she passes her fourteenth year, which, in the majority of cases, where nutrition and development are equal, when puberty should have been established, without her matrix or womb giving any indications of establishing this function. A tender mother, who has passed through the experience of female life, knowing the consequences of such a suppressed function, is alone capable, in the sympathy of her nature, to fully comprehend the direful results. She grows tall and slim; she is delicate and fragile; her muscles are soft and flabby; her voice is weak and trembling; her breath is easily exhausted on the slightest exertion; her heart is disturbed, and palpitates at the rustling of a leaf, the sudden jar of a door, or approach of a person unawares; her sleep is restless; she rises in the morning unrefreshed and listless; she is destitute of a healthy appetite; in fact, her appetite is most capricious, and craves only such articles of food which, to a healthy person, would excite the most extreme disgust; for instance, a longing for plaster, for slate-pencils, clay, chalk, magnesia, coal, and elements too disgusting to name. To such an extent is the capriciousness of this appetite, that we have seen many a female pick plaster from the wall and eat it as a sweet morsel. She also becomes retiring in her disposition, fond of solitude; is melancholy, downcast, and depressed in spirits; in many instances even giving vent to sighs and moans; indeed, with her, so great is the moral depression that not unfrequently attempts are made at suicide, and insanity, in some one of its forms, is a very common coincidence. She passes on, and this important function is not *yet* established, causing to parents who are *thoughtful* and *reflecting* an anxiety unfathomable. In a short time, cough ensues, hectic fever, and all the long and melancholy train that take place on the development and fatal termination of Tubercular Consumption—to wit, night-sweats, cold chills, often a swelling or bloating of the ankles, in a little time profuse expectoration of ulcerated matter from the lungs supervene, and death closes the mournful scene. These are but the symptoms of the too common and every-day occurrences of deaths by Consumption, that fell destroyer!

It is not our place in this chapter, dwelling on the symptoms of Consumption merely, to mention what are the causes which give rise to this condition of the constitution, like the one we have just depicted, for not being able to establish that great function, which is but a sure indication and evidence, where the constitution is rightly nourished and developed from infancy, of being the key-stone in the great arch of the perfection of female organism, which alone constitutes good health.



There are other symptoms peculiar to this disease, which manifest themselves more frequently in males than in females. Whereas in females, frequently, it is denoted by a bright, intelligent, sparkling wishful, and hopeful eye, it is the reverse in males. There is a want of expression in the eye, a downcast look, a want of confidence, a sunken circle appears around the orbs; extreme nervous tremor also attends its development, intense palpitation and nervous excitement—especially may this last affect the larynx and the throat, coming on suddenly under the least excitement, so much so as to cause that phenomena known as *Astridula*, or contracted state of the larynx, a dry hemming and effort to expectorate from the trachea, windpipe, or bronchia, without being able to do so, and frequently loss of voice. This last chain of symptoms merely show how great is the nervous system involved, especially the nerves of the larynx, trachea, and respiratory organs. This latter class of symptoms is peculiar to this form of Consumption known as nervous debility, involving the pneumo-gastric nerve, the nerve leading both to the lungs and the stomach, likewise to the heart. Tubercular deposits make their appearance, in this last class of cases, from extreme exhaustion of the nerve and vital forces of the body.

As we have before said of the young Miss, it does not apply in this chapter to give reasons for the causes of these many symptoms, and this peculiar form of Consumption. The reader will find it in its appropriate section.

Indeed, so masked, hidden, imitative, modernized, to use an appropriate term, have become the many indications for Consumption, in America, at least, was the reader to read the standard authors of Europe upon Tubercular Consumption, with judgment and discrimination, he would be at a loss to apply them to the vacillating, mysterious symptoms that they peculiarly assume in the United States. Does he ask why all this? We would not wish to keep our readers in the dark; but light must break in relation to the capacity of the recipient to bear it, without being blinded by its overwhelming effulgence. As Jesus of Nazareth said to his disciples before he was offered up to be sacrificed, "Many things more would I tell you, but ye are not now capable of receiving them."

The author of this brief work has shared in the persecutions of this world, especially in the commencement of his professional life. While yet in his infancy, for reasons of ill-health, given in the preliminary chapter, he was thrown, with a debilitated and infirm constitution, upon the world, not only for a livelihood, but to satiate that longing thirst for knowledge, especially for that kind of knowledge that would



relieve the pains and aches, and mitigate the sufferings of his fellow-mortals. Hence, in adopting the principles of nature as his guide, he has ever come in contact with the prejudices of creeds, and wherever he has adopted a correct principle, in regard to the laws of life and health, as a matter of true therapeutics only, he has ever been subjected to the grossest persecutions that could emanate from a low, under-handed rivalry.

In illustration of this point, then, we have ever maintained, and do now, that symptoms are not diseases; they are only an indication of something back in the great chain of causes. In the early part of our professional career we were convinced of this, and stood alone in disseminating it to those who consulted us, and attempted to explain the causes for these many mysterious and intricate symptoms of the *fell serpentine disease* that lay there *in ambush*, long, long back in the great hidden chain of causes—ah! back in the mind—moral causes existing in the passions, which can not be explained in a word, but would require volumes, a life-long effort to depict to the perceptions of mankind the causes of this premature death. This organism which God in his infinite wisdom has made, is so wonderful in its structure that it bids defiance even to the investigations of man, to faithfully fathom, in one short life, and which, to a reflective and comprehensive observer of this mysterious body of ours, is a sufficient indication that we should guard and develop it with the most scrupulous fidelity in order to have it to fulfill that aim and design of Omnipotent wisdom, of further developing here in this earthly sphere that immortality which it contains, for nobler and higher purposes, than to accomplish its own destruction so sacrilegiously, so ignominiously, as we daily witness in the offering up and sacrifice of our children and friends, while but yet on the brink of human existence by their unhallowed pandering to appetite and passion.

To talk about the symptoms of Tubercular Consumption without knowing the causes of the symptoms, would be as futile as for man to undertake, of himself, to organize a world or a cosmos out of the dark, mysterious chaos of those elements which once lay in the darkness of night, but which are now bounding through our veins and arteries, nourishing and enshrining, human intelligence, and subject to organic laws.

When will American people divest themselves of the abuses of old allopathic ideas, namely, that symptoms in themselves are diseases? We again repeat they are nothing but indications of something that lies behind. Suppose the lungs are filled with tubercles—suppose the throat and bronchial mucous surfaces are inflamed and deranged in their secretions and functions, likewise the stomach, the great labora-



tory of the pabulum of life, the blood—ah! and the heart, too, which is a great organ, comprising a series of combined muscles, which, like a powerful force-pump, carries it day and night, yet so mysteriously to the common observer, as those mysterious passions are the causes for the latent diseases that we have just depicted, during three-score years and ten, as it may be. What does it all mean? If these organs, and this one important organ, is diseased in its function or its organism, and the victims die, as they do every day, and it is published in the newspapers, “Died of heart disease”—this is the grand verdict of the coroner’s inquest! Does it not leave every one as much in the dark as before, as to what caused the victims’ hearts to be diseased?

So long as you will misuse the wonderful gifts of God, your intellect, comprehension, and reason in not studying and knowing what are the causes of these symptoms and the symptoms of Consumption, do you arrive any nearer at the cure? It is an old adage, but nevertheless true, “that an ounce of prevention is worth a pound of cure.”

People must learn, then, whether they learn it from the author as a progressive, innovative physician; they must learn it, sooner or later, that physicians do not carry human health in their pockets or saddlebags, nor do they, if they write a prescription in mongrel Latin, headed by the mysterious  $\mathcal{R}$ , and finished with the equally as much mysterious Q. S. for a tail, that it does not mean health. It would be a libel upon God Almighty himself to say so. People must and will understand that God, who made man in his own image, with this wonderful, mysterious organism, that health can only result from a harmonious action and exercise of every organ and function of this mysterious body; that though they may “live as they list,” and go on with all the sacrilegious abuses of these mysterious passions, intoxicate reason herself, and bring upon themselves “destruction by the works of their hands,” and then think that they can go to an apothecary’s shop with this mysterious recipe, to regain their lost health there, and thus compensate for violating the organic laws of life and health in this ignominious manner, or think of getting it from their old foggy physicians—I say it would be a libel upon Almighty God himself.

Understand, then, as the emphatic gospel of nature, that human health is governed and controlled by inexorable laws; for those laws were made by Omnipotence himself, and they can not be taken into our hands and suspended at our will, for the purpose of pandering to the gratification of our appetites and our passions, and at other times, when satiated, resumed again, as the will and act of divine wisdom, (emanating from that throne in heaven,) whose superior intelligence, before he created us, saw the beginning and end of human life and health in one harmonious chain.



The mysterious passions of our nature that we have hinted at as being the cause of our own destruction, were designed by a bountiful Providence equally as much for our happiness when kept in abeyance, and controlled by our reason. Such was the knowledge of human health and happiness in the days of the prophets, centuries before the Saviour himself. Is it not humiliating to learn that in this respect, we have not advanced to, much less beyond their knowledge? "Seek not death in the errors of your life, and pull not upon yourselves destruction with the works of your hands."

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### Sixth Section.

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#### WHAT IS TUBERCULAR CONSUMPTION?

HAVING stated in the preceding chapter what were some of the more prominent and ominous symptoms of the fell destroyer of mankind, we now proceed to consider what is Tubercular Consumption, for we base our motives of writing particularly upon this fact, namely, that all persons should understand themselves in regard to their physical education—in regard to the causes and effects, and be capable of tracing in themselves, unaided by any physician, effects to their appropriate causes. But without their understanding what constitutes Tubercular Consumption and its many causes, the large majority of mankind would realize but little, we fear, in understanding the symptoms alone; for it ever has been, and will be hereafter the same case, a fact that mankind generally have neglected to attend to themselves in the incipient stage of this disease, when it is perfectly curable, and have only sought aid when it had run its course, and assumed some of its more aggravated conditions—generally in what we have denominated the third stage of the disease, when, for the most part it becomes incurable, for this reason, that the lungs themselves have become disorganized. Understand, therefore, what we mean as we carry you along with us—we mean to say that all forms of Consumption, and they are many, are curable by the skillful aid of science. When an organ is affected by the disease in its material structure, when the lungs are disorganized completely by the softening down of those tubercles, and the lungs themselves have become ulcerated as the consequence, and the patient is expectorating continually his own lungs, then, in this condition, in the very large majority of instances,



it is beyond the reach of man to restore that structure which required omnipotent wisdom to devise.

You will understand, then, that for the mass of the people it is absolutely necessary that they understand the causes for effects; for the wisest method to cure is the removal or avoidance of a cause of the effects, bringing us to an old but true adage, namely, that "an ounce of prevention is worth a pound of cure." This is so in every disease, but still more strikingly so in regard to this fell destroyer of mankind—Consumption—for this very reason, that if people would avoid the causes, live as they should live, consistently with the laws of organic life, in three generations Tubercular Consumption could be entirely extinguished, in so far as it is now, in many instances, an inherited disease, for the reason that many victims of Tubercular Consumption inherit a predisposition to it on the part of their parents or ancestors; it is no evidence whatever that the malady is not acquired by pernicious habits of life, by a constant violation of the absolute laws of life and health. To such an extent is it contracted in this way, in the United States at least, that in more than one half the instances that we have witnessed, it has been the offspring of pernicious habits of life. So much, then, in regard to the importance of every one understanding the cause of effects.



Section of Lung, showing Tubercular deposit and a cavern in the act of healing.

Let us repeat, then, what is Tubercular Consumption? Tubercles are little minute bodies, of a cheese or curd-like substance, deposited generally in the air-cells of the lungs. In their commencement they are extremely small, resembling millet-seeds, hence the name of miliary tubercles. They assume various colors, according to the different processes and stages of their development, and the peculiar constitutional condition of the victim in whom they make their appearance. For the most part, they are grayish at the commencement; as they progress they become the color of cheese, or yellowish in their nature at the time of softening. But tubercles, these hard seed like extraneous, or foreign substances that we see so generally in the lungs of



people, and which, by common consent, constitutes Consumption, are not, by any means, confined to the lungs alone; they are found in the brain, in the glands of the throat, and the mucous membranes and air-passages. In infants and children they are found extensively in the glands of the bowels throughout, especially that portion of the bowels known as the mesentery, and give rise to that tumid, glandular, hard formation of pus. In younger children this is called swelling of the mesenteric glands. They appear in other forms, in swelling of the different glands of the throat and neck; they appear in the blood, and give rise to scrofulous ulceration of the spine, in hip-joint disease, in swellings of the knee, in dropsical effusions of the eyelids, œdema, or swelling of the ankles, which characterize many cases of Consumption.

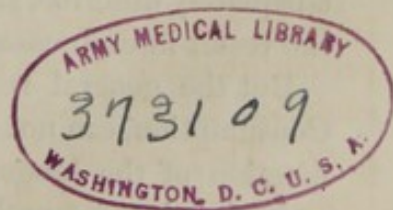
The reader, then, will perceive by this that Tubercular Consumption is not a disease by any means confined to the lungs alone, though in our language, as we have previously expressed it, it manifests itself in the chest, and the lungs receive the onus or force of action. But why this comes in these instances is because they have weakened and contaminated their lungs by the exclusion of pure air, by the compression of the chest and weakening and irritating their lungs, so much so, that they have only invited this insidious disease to locate in the lungs more than in the other organs of the body. But such is not the case in earlier life and in infancy, when the tender mother is suddenly called to see her offspring expire in violent convulsions and spasms, or is stricken down, as it were, in a moment, with stupor, congestion of the brain, or dropsy of the brain, called by the faculty, who are ever tenacious of making themselves appear wise by great names, so as to keep the people more in ignorance, Hydrocephalus, a great name you will say, to express an effusion of water in the ventricles of the brain, and this is all it means; equally so when the person is suffocated by water in the pleural cavity of the chest. The reader will recollect here that the author has mentioned that he had been twice to the gates of the grave with this peculiar form of Consumption, known as Hydro-thorax, or dropsy of the chest. Now, all these high-sounding and learned names mean nothing more or less than a tubercular or scrofulous deposit in one or other of these vital organs of the body, which cause premature death in one or other of those mysterious forms of Consumption, for all belong to the same class and come in the same category. They exist in the great chain of cause and effect, and are traced back by pathologists and physiologists, and those that study animal chemistry under the use of the microscope, to a scrofulous condition of the blood, and that condition constitutes a tubercular deposit in the lungs.



But the 'cute reader will ask the *question*: If tubercles are extraneous and unnatural formations, and are deposited in these little hard semi-transparent seed, curd, cheese-like, or other formation of pus in the lungs, where do they come from? why should they be deposited in the lungs? or why exist in the body? This is the grand and important question; for when this is defined, it tells the whole story completely as to the cause of Tubercular Consumption. Before tubercles are deposited in the lungs or any part of the body, they exist in the blood in a fluid state, and they go the rounds of the blood, in the circulation, through every part of the physical organism, as often as the blood circulates through every artery and vein of the body, and it is said it does so every three or four minutes, and thus are carried wherever the blood is capable of going, and why should it not be deposited in the brain, in the bowels, in the larger cavities of the chest, in the throat, and other glands that line the mucous surfaces, not only of the respiratory organs, but the whole alimentary canal itself, which, in an adult, is thirty-four or six feet in length.

The reader, then, will see the extent of surface and the extent in the physical structure upon which this morbid matter can be deposited, and take its deadly root.

This, then, as we have before said, brings us to a most important consideration of our subject: What is the cause of this peculiar formation existing in the blood before it is deposited into the lungs, or other parts of the body?





## Seventh Section.

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### CAUSES OF TUBERCULAR CONSUMPTION.

AMONG the most prominent and general causes for this morbid condition of the blood, which constitutes the scrofulous or tubercular diathesis, is the breathing of bad, vitiated, or confined air.

In the second place, the use of bad, pernicious diet—a diet not calculated to afford the material, nutritive elements designed by Omnipotent wisdom to build up the vital structure of man.

In the third place, a direct and constant violation of the absolute laws of the physical organism, in relation to light and heat, temperature, dress, and the external care and management of the body.

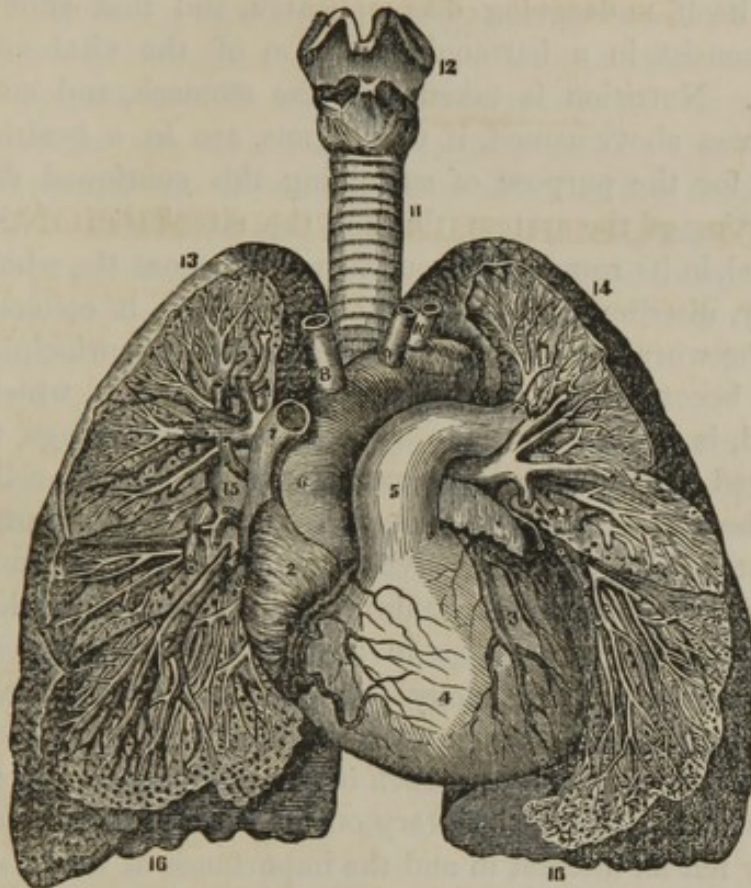
In the fourth place, in the United States especially, the most general cause for the early decline and extensive ravages of Consumption, in all its various forms combined, we mean, is a perversion of the propensities, and awful abuse of the body, by pandering to the passions in early childhood and in youth, and the abuses that result therefrom. To such an extent does this last-named cause prevail, in the United States, at least, that it should not be classed in reality in the fourth consideration of causes were it not, that we could not exist five minutes without air, yet, we hesitate not to say, that, though it operates insidiously, it is ultimately as fatal in causing the extinction of life, as though the victims were excluded from the air, and death was produced by immediate suffocation. In the first case it is more speedy, to be sure, but the procrastination in the other case involves untold suffering to the victim—sufferings and horrors that no pen can adequately describe, and these, in the first instance, he escapes, though the result in each case is the same.

But the general reader, the invalid, and the victim of Tubercular Consumption, can not perceive the importance of maintaining a healthy function of the lungs and organs of respiration, without possessing some definite, comprehensive knowledge of their anatomical structure.

To this end, to enable the reader to comprehend more easily, we introduce, by way of illustration, the annexed cut representing the lungs, the heart, and the organs of respiration and circulation com-



bined. The lungs are represented as two large lobes, situated on each side of the heart, filling, with the heart, the entire cavity of the bony chest. They are composed of minute air-cells. Their number



has been computed by Keil, an anatomist much distinguished for his attainments, at 1,744,000,000—many millions. A German anatomist, Lieberkuhn, represents their extent of surface to be 20,000 square feet. Now, a little reflection on the part of the reader will enable him to perceive that this wonderful structure of the lungs could not have been designed by Omnipotent wisdom other than to fulfill the most important pur-

poses. The question arises, for what purpose was this intricate, extensive structure designed? We reply, as it is but too evident to every one if they would only take it into consideration, for the purpose of vitalizing and sustaining the physical body. But how is this done? Every person knows that they must breathe, or else they would soon suffocate, but not one person in a thousand understands for what purpose they do breathe, or realizes what changes are produced by breathing to sustain the body, and to maintain it in life and health. He will understand, therefore, that the lungs, the heart, the respiratory organs, and the circulating system are made in relation to the external law of the atmosphere, and the atmosphere must be inhaled in its purity, and constantly, to disengage from the blood the carbon or poisonous principles; for after our food has entered the stomach, and has been converted into chyle, and becomes assimilated into the blood for the purpose of building up all the tissues of the body, and after this nutrition has been carried to every part of the body, through the circulating system, it becomes contaminated with



carbon or other decomposed principles of the system. Therefore, it will be understood that the physical organism is constantly, every moment of our being, from the time of conception in the mother's womb, until death itself, undergoing decomposition, and that animal life and existence consist in a harmonious action of the vital and chemical principles. Nutrition is taken into the stomach, and converted, by the process above-named, if the organs are in a healthy condition to do so, for the purpose of sustaining this continued decomposition or wasting of the system, through the circulation of the blood. As the blood, in its rounds of circulation throughout the whole extent of the body, distributes its vitality and nutrition, it collects, at the same time, the worn-out, decomposed, and poisonous principles of the body, which become again absorbed into the blood, and which, you will understand, is carbon, and is to be returned to the lungs, to be in turn disengaged through this large extent of surface of air-cells, in the shape of carbonic-acid gas. For though the principle of nutrition is converted into solids, muscles, nerve-tissue, the bony structure, cartilage, hair, and every part of the organization, it is again, after it has done its work, disengaged by the lungs in a gaseous form. But to one who has no knowledge of physiology—who has never considered nor studied the laws of life—this may appear wonderful—too wonderful even for their comprehension. But such is not the case, for it can be easily studied and understood by every one in a short space of time, provided they felt an interest in and the importance of doing so. The way the process is completed is by the absorption of the oxygen of the atmosphere, through those delicate tissues of the air-cells of the lungs. The tissues themselves are so thin and so delicate, that at the same instant of time that they allow the external atmosphere or oxygen to pass in, they also permit the carbon to pass out or become disengaged through the same tissue, in the shape of carbonic-acid gas. And yet, while this process is going on, of liberating the carbon and imbibing the oxygen from the atmosphere, through this wonderfully delicate structure, if they are maintained in health and integrity, the circulation is kept up through all its parts in their appropriate number of vessels, without exudation.

When the reader has a definite comprehension of this wonderful mechanism, the extent of its surface, its delicate nature, and that all these air-cells are permeated by arteries for the purpose, in the first instance, of oxygenating or vitalizing the blood, and, in the second, for again returning it, through the veins, to the same extent of surface, for the purpose of disengaging the poisonous, worn-out materials of the body, he can have some conception of the importance of this great



vital function, at the same time the cause for tubercular deposit in the lungs, when the healthy function has been perverted by the deprivation of fresh air, and by the breathing of bad, poisonous, or confined air—by mechanical pressure upon the chest and compression of the lungs, thereby producing obstruction in the circulation, as well as compressing these delicate air-cells, so much so, that no circulation is carried to them, nor no disengagement of this carbon and poisonous material can take place throughout this extent of delicate surface. These delicate air-cells become filled and consolidated, and when so filled with tubercular deposit, become congested, or filled with blood from external cold, which repels the blood from their superficial vessels, and when this takes place, the lungs are no longer able to carry on their function of breathing air, and the victim becomes short-breathed or incapacitated for breathing at all.

But the question arises here, what is the cause of this tubercular deposit, which, we have previously said, takes place in the blood? The cause is depriving the lungs of fresh air and the exclusion of oxygen, which is the vitalizing principle of the blood, and which alone constitutes a healthy process of assimilation of our food into healthy blood, which only can be done on the surface of the air-cells. Want of breathing pure air, not breathing the requisite oxygen to vitalize the blood, the blood then becomes poisoned and incapable of longer sustaining the organism or building up its tissues by its appropriate elementary principles. It will be understood that this physical organism is made up from sixty-four elements which the chemist calls *primates*. Among these sixty-four primary elements, albumen, fibrine, nitrogen, hydrogen, and carbon are the principal, and stand foremost among the rest, and form the basis of the structure. The next important principles are phosphates and carbonates of lime and soda, with salts of potash, iron, and other materials. The carbon which exists in the fat of meat, in sugar, in starch, and what are called non-nitrogenous articles of food, are craved and taken into the stomach for the sole purpose of keeping up a combustion and fire in the system. This is why we require and crave the fat of meat, or carbon in some one of its forms, in cold weather and winter. It is for this reason that the Esquimaux takes his train and seal-oil, (for the want of which he would freeze,) namely, for the purpose of burning him up. The same combustion is kept up in our system, as in a stove, by the contact of oxygen through the lungs with the carbon in the circulation. The stomach is where food is deposited—the lungs where it is burnt up.

This process of combustion, again, is for the purpose of maintaining



the natural temperature of the body, which is ninety-eight or one hundred degrees. The nitrogen and other materials mentioned, are to sustain and build up their appropriate organs and tissues of the body; nitrogen is required to form muscle—phosphate to build up the brain and nerve system. It is highly essential, therefore, that they be taken in their appropriate quantity, and such food should be eaten as contains all these articles, or else the blood suffers for want of those appropriate elementary materials not being taken, or if taken, not digested and converted into healthy chyle, or healthily assimilated into blood; it is this that constitutes and begets the formation of tubercles. This is the condition of the blood that we call tubercular, or, in other words, scrofulous diathesis; for the scrofulous condition of the system, as we have before said, is the same as the tubercular condition—the one will cause the other—it is one and the same thing. It only deposits itself in the lungs because the lungs have been weakened and impaired in their structure and function by abuse, by perversion, by bad management, the exclusion of pure, and breathing of bad air—these are the causes which lead to their deposition in the lungs. In other instances, where other parts of the body are enfeebled and delicate, it takes its onus of action in the shape of abscesses, ulcerations of the spine, joints, or glands of the throat.

But now we must go back a little, that the reader may not forget the importance of this wonderful structure that we began to describe. We have said that the lungs and respiratory organs were constructed in relation to the external law of the atmosphere, and for the express purpose of breathing air in its utmost purity, in order to vitalize and purify the blood. In order that this law shall be fulfilled, and the system maintained in health, it follows that the lungs must maintain their healthy function; for, according to the extent that they are capable of fulfilling this function, to the same extent is the body maintained in health. It is well known that, just in proportion to the depth and capacity of the lungs and vital organs of the body, is the body perfected in its structure and maintained and strength is developed. It is the ability to breathe deeply and extensively large quantities of air, that gives force not only to ourselves but to every animal. It is this that gives swiftness to the race-horse; it is this function, in perfection, that gives us power of endurance, or in other words, long wind. The birds that fly the most rapidly and the highest are known to have large, capacious lungs, in proportion to their bodies; and just in proportion to the capacity of their lungs, and their velocity of flight, is the rapidity of their breathing and the temperature of their blood increased; so



that the eagle, and many other birds, have a temperature of one hundred and six to one hundred and eight and one hundred and twelve degrees.

It follows, then, according to this law, that just in proportion as the lungs are obstructed and incapacitated in their function, by not using them properly, not inflating the air-cells, by artificial compression, bad posture, confinement of the chest, etc., so that the air is not inhaled; then the blood becomes poisoned in its elements and diminished in its temperature; hence the cause of diminished temperature in the feet, limbs, and surface of the scrofulous and consumptive. Every person is aware that when they are shut up closely and excluded from the external atmosphere, and inhale their own breath for a length of time, or other noxious gases, how important it is to have pure air, and they know, too, that suffocation or strangulation takes place by the retention alone of this carbon and mephitic principle of the blood. Yet, seeing the great importance of fresh air, which God in his infinite wisdom created and constituted the first grand principle of our physical life and existence, they will shut it out of their lungs in every conceivable manner, as though they taxed their ingenuity to devise means, by every nicety of art and construction, to shut God's atmosphere out of their lungs!

There is scarcely a father or mother—even in the light, and the knowledge of these truths, natural laws, and effects—but, what will retire at night in a little seven-by-nine bedroom, and not only shut themselves up, but will also include two, three, sometimes five children, all in this small room! No window or door is opened for the admittance of air, and frequently every crack and chink are calked and stopped, to exclude this angel-messenger of life and health. They retire in good health, feeling well, in buoyancy of spirits; they awake in the morning with extreme headache, swollen eyes, tumid faces, weak, debilitated, sickened, and incapacitated, as it were, to arise; and they will go on in this way night after night, day after day, year after year, without ever asking themselves the question, what can be the cause of all these pains, sudden depressions, and sickness? So little reflection is used, though they know the facts, too, in regard to causes for effects.

Every pair of lungs will inhale and exhaust sixty hogsheads of air in twenty-four hours. At each breath, when breathing is natural and healthy, with a full inflation of the lungs, a pint of air is taken in. Each person breathes naturally eighteen times in a minute. With the inhalation of this pint of air, a corresponding disengagement of a pint of carbonic-acid gas should be evolved from the lungs. Making



the computation in cubic inches and cubic feet, how long would it take for one person, even in an ordinary bedroom, with the windows closed, after retiring at night, to consume every atom of pure air that is in the room? One hour would not elapse ere the principal part of the vitality of such a room would be consumed by one person, and the remainder of the night, he would respire, over and over again, his own poisonous breath (carbonic-acid gas) back again into the lungs, to contaminate the blood, and, after going the rounds of the circulation, poison the brain, lungs, and nervous system, and prostrate the whole vital energies. The little air that may find its way through the cracks and crevices, in many instances is barely sufficient to maintain life until morning. What must be the consequence, then, where three or four occupy such a bedroom as is usually the case?

Here we have evidence, when reflection and reason are used, of the causes for Tubercular Consumption. Dr. George Combe mentions in his *Constitution of Man*, an instance of two sons, both of healthy parentage, that were thrown into Pulmonary Consumption in early life, (of which they died,) by sleeping in a little bed-closet, admitting air only through one pane of glass.

But we need not go to Scotland to quote such authority; we do so only because it gives weight with many. We find instances enough of this in every-day life, in almost every family and town throughout the whole United States.

Seeing, then, that one third part of our physical existence is spent in sleep, and that air is just as necessary at night as in the day-time, we should be showing some wisdom to arrange our sleeping rooms so as to have them the largest in the house. Contrived according to scientific principles of ventilation, to secure a current of pure air through them continually, which can be done without any liability or exposure of the person to cold. But what is the case? Houses are so constructed that the sleeping apartments are made the smallest, and the parlors, which are occupied but a very little time, receiving a few fashionable visitors occasionally, are made large and airy, made to please the eyes of others and to gratify a perverted taste and the caprices of fashion, while the owners of them will go into a small, pent-up bedroom, to poison this organism which God has given them on trust, for the purpose of shutting out that vitality which he has every where so bountifully provided, without money and without price.

It may be well to enforce upon the mind of the reader the great importance of fresh air, and, to show the fatality attending the exclusion of it from our houses, to mention the well-known instance of the black-



hole in Calcutta, in which one hundred and forty-six British soldiers were imprisoned at night, in a room only eighteen feet square, having but one small window on one side, without any ventilation whatever; of this number, twenty-three only remained alive in the morning! Imagine what must have been their sufferings, shut up of a hot summer's night, in the climate of Bengal, in a room eighteen feet in size! Before the expiration of the first hour, the most intense alarm and excitement prevailed among the suffering, suffocating soldiers. But the tyrant who had incarcerated them was not capable of any commiseration for them, nor aroused to any exertions for their relief. History tells us that their sufferings were intense and agonizing in the extreme. But this only illustrates, in an aggravated manner, the principle that we have before mentioned, which nearly every father and mother in the community takes upon themselves to exercise toward their offspring, the exclusion of God's vital air from the lungs.

Do we wonder, then, that we have Tubercular Consumption to the awful extent and fatality that we have it? To such an extent will confined air generate the scrofulous diathesis, and cause tubercles to be deposited in the lungs, that cows kept in stalls, confined from the air, invariably have tubercles formed in their lungs. This is known to be the case in the city of New-York, where cows are kept in stalls, and fed on distillers' slops, for the purpose of supplying the citizens with milk. They become emaciated, debilitated and diseased, yet their milk is sold to feed and nourish children; hence the tubercles are fed to children in the swill-milk of these diseased cows. Monkeys, tigers, lions, and other animals that are kept in menageries, all die from tubercles in the lungs, produced by inhaling confined air.



## Eighth Section.

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Next in Importance to Pure Air for the Sustaining of our Physical Existence come Heat and Light.

THE reader will start at this, if he stops and reflects, as he should do, upon the imperative requisites for sustaining physical existence. It is not nourishment that we most need after we are brought into this world. It is not food. Is it not warmth? The infant can live many hours without nourishment; it can not live three minutes without air, as we have sufficiently shown.

In the next place to air, then, it is warmth and temperature that must be sustained, or else, in a little while, fatal congestion and collapse would ensue.

In a brief work like this, as we have before hinted, we can not stop to carry out in full detail (as we purpose doing in a larger work on *The Science of Human Life and Physical Education*) the various ways in which the laws of life are violated at the commencement even of our infant existence.

One would not think, then, seeing the vital importance of the functions of the lungs, that our kind mother or nurse would begin the very first hour of our existence to compress the chest, confine the diaphragm, and cramp the abdomen with a girdle or band, extended the full length of the body, thereby preventing, in the large majority of instances, at the very onset of our infant life, the full expansion of the lungs and the descent of the diaphragm.

Upon this point we shall dwell at full length in the work just alluded to, in which we shall explain and illustrate the many ingenuities of dress adopted from infancy through girlhood up to maturer years, to cramp and confine the chest, and distort it from that perfect, symmetrical shape and form which nature gave it. We shall dwell upon the effects of the corset, the stays, the bust, the boards, whalebones, steel springs, eyelets, cords, and other paraphernalia, equal almost to that which rigs a ship designed to navigate the ocean.

Ingenuity, as it were, in this department, has been taxed almost to exhaustion, to devise means to torture, contract, and pervert that beau-



tiful symmetry made after the image of our mother, Eve, but which now can rarely be met with in the United States. Even the painter or artist, who needs a fine model to illustrate his work of art, has to cross the Atlantic and go to Italy to find a model of the Venus de Medici, who alone embodies a natural waist and chest.

This may be thought a serious digression from the second position of causes which we had just commenced to explain. But it is not the case when you rightly understand that the maintenance of the heat of the body depends upon a full expansion of the chest, and the ability to breathe deeply; for as we have before said, our food, when taken into the stomach, commonly generates heat or temperature to sustain the warmth of the body at the lungs. Then, I ask, if the chest is compressed and the lungs prevented from fulfilling their function, does it not necessarily follow, to a moral certainty, that temperature is not generated, but arrested at once? By this we design to show, in the second place, that two of the most important laws of our being are violated at the very first hour of our existence. The little being is ushered from its mother's womb, where it has been sustained by a temperature of one hundred and two degrees for nine months—most frequently birth takes place in winter and the colder seasons of the year—it is ushered from a temperature of one hundred and two degrees into existence when the temperature not unfrequently is at zero, or a long way below freezing-point out of doors, and we venture to say, in many houses it is at the freezing-point. Ah! what a change! Can it be realized? Frequently the change is seventy degrees which this little offspring is subjected to in one moment of time. In many instances, also, its body often receives but the slightest amount of covering, not unfrequently not the least amount of flannel, but instead a cotton band or garment compressed around its body—its arms, extremities, and neck are left bare and uncovered.

Let us pause for one moment and take into serious consideration the great and sudden change that this delicate offspring is subjected to in one moment of time. Let us pause, farther, and consider the awful responsibility on the parts of the parents who have been the means of ushering into physical life this innocent and dependent being. It has been propagated and produced here entirely unasked for by itself. It is helpless and at the mercy of those who have produced it, and into whose hands it falls. Let the mother of this delicate and dependent child conceive this. What must be her susceptibilities, and what would be the direful effects of such a sudden change upon her, in ordinary times, or even in child-birth, of being subjected in one moment of time to a change of fifty, sixty, or seventy degrees? I need



not follow up this argument ; it can easily be tested and illustrated by every one individually, especially by those who are delicate, by stepping suddenly from a warm bed or room heated at eighty, ninety, or a hundred degrees, out of doors in the winter-time, when the thermometer stands at zero. Ah ! will you not reflect upon the awful responsibility that you owe your offspring ? What right have you to become a mother and voluntarily be the means of bringing into existence an offspring unsolicited, and then jeopardize its life in this manner at the very brink of its existence ?

After the sudden and serious depression of temperature that the infant has been subjected to, do we wonder that so many die in the early days of infantile life ?

Every one should know that they are constituted in regard to a law of heat and temperature of  $98^{\circ}$  or  $100^{\circ}$ , and that in order to have health, develop healthy physical organism, and maintain a harmonious function of the organs of the body, it becomes absolutely necessary to maintain this temperature, and that in equanimity throughout our natural life. But I ask is this done in one instance in a thousand—I had better say ten thousand ?

No doubt infants and children, like adults, are occasionally overheated. This is another abuse of the same law, in another form, and is no argument for the abuse of it on the opposite hand, by suddenly depressing this vital temperature, fighting against this absolute law of our being. But such is the case with every child. Every one knows that children are so dressed to maintain the whims and freaks of fashion and pride, that they are kept through infancy and childhood in a state of semi-nudity. The limbs, the extremities, and in the large majority of instances, the whole entire upper part of the chest—the seat of vitality—is exposed to the cold blasts of a wintry wind. Children are so dressed, and walk the streets with their blue, naked arms and legs, their blood all chilled and driven from the surface, to be carried to the heart and the lungs, to chill those organs so by the depression of this vital temperature ; this is constantly inculcated and carried out by vain, ignorant, and arrogant mothers.

In this manner, then, is the second great law of our physical life violated from the cradle, until the infant or the child, or perchance, if it struggles beyond childhood to adolescence, it is consigned to a premature grave by Tubercular Consumption.

It has been our duty many times, when in general practice, to be suddenly summoned from a warm bed in the middle of a winter's night, to see some child who had been suddenly attacked with the croup. Ah ! intelligent reader, do you know what is a croup ? Can



you realize the untold miseries expressed in this one word? At the mention of it, many and many a fond mother will start into tears, close her arms in anguish, and yearn for the little offspring that she had given birth to, that she had nurtured with the fondest hopes and anticipations of its future, when that offspring was suddenly cut down with this fatal destroyer—membranous croup.

Well do I recollect, when very young and very delicate in health, I went with my preceptor to visit a child in the agonies of death from this disease. The child was nursed by an elder sister. The mother was one of those timid women who could not bear to see any suffering on the part of her children without much mental distraction ensuing at once—in other words, she had no fortitude to be a mother, consequently the care of this little sufferer devolved upon an elder sister. Well, myself and preceptor were over the cradle of this child, witnessing the heavings of its bosom gasping for breath, its countenance livid and swollen, and so great was its distress that it went into convulsions; every muscle of its little body was rigid, its mouth and features distorted, its tongue protruding, its eyes turned as if in death itself, during the awful agonies it underwent in those convulsions that attend this horrid disease. For the moment, the sister gave vent to grief and tears; the scene, for the moment, would have bid defiance to the pencil of the skillful artist! For myself, being in such delicate health, it wrought upon my feelings, and so striking was the impression which it made upon my young mind at the time, that it is not at present, nor ever will, I doubt, be erased. So intensely did this sight affect me at the time, that my youthful ardor for the profession which I had embraced was, for the time being, almost blunted.

The reader, who feels interested, will ask the question, What is membranous croup? We have, in a preceding section, alluded to a disease that is now sweeping off infants and children at a direful rate, under the name of diphtheria, and have taken occasion to say that this diphtheria was but another name for membranous croup; for, with some modifications, it is one and the same thing. We shall give a section upon this disease in this work, but will briefly say here, to satisfy the longings and expectations of the interested reader, that children are externally attacked with a violent inflammation, affecting the membranes of the throat, the larynx, the trachea or wind-pipe, and this inflammation is so intense that an exudation of lymph or fibrinous matter is constantly poured out from the mucous membranes and glands in such a manner that a new membrane, a false one, is rapidly formed.

This disease, so very fatal, is only curable by the best and most



skillful management, when taken in its early stages. But how does it produce death? you will ask. It produces death in the same manner as though a ligature was put about the neck, and the person is suffocated thereby, by the prevention of any air entering into the lungs; just as the more lingering and silent form of Consumption is produced at later periods of life, when God's vital air has been shut out from the lungs and the chest, by the paraphernalia of art and the willful violation of this absolute law of our life, just as we have previously depicted.

But this is not all; the inflammatory process of the disease causes the most intense constitutional irritation and pain in all the other organs of the body. The brain and the whole nervous system is intensified to a most exalted state of irritability; hence, in the large majority of instances, children that die with croup, die in the agonies of convulsions, just as I have depicted in the case that I have alluded to before. This death occurs by this phenomenon of absolute suffocation, from the complete closure and blocking up of the trachea itself, by the false membranes, which is the inevitable result when convulsions do not occur to occasion it before. In either case, the reader may conceive something of what must be the agonies and sufferings of these little victims who die so hurriedly, so prematurely, by membranous croup and diphtheria. So intense are their sufferings for hours, and in many instances days, before death puts an end to them. We have seen them gasping and struggling for breath, with an anxious and glaring eye, looking first to its mother, then the nurse, and then in every direction, even to its physician, with looks so intensified with expression, as if imploring that relief which science could not render.

Ah! mothers, parents, what untold horrors, agonies, and sufferings have you brought upon your offspring! Unasked on their part, you have brought them into this world, and consigned them to all this suffering, by your willful neglect, and you are responsible for all these agonies and this untimely death. How? By violating those laws that we have just mentioned, particularly the law of temperature; for no child was ever attacked with membranous croup or diphtheria, but what was allowed to take cold. How can it be otherwise, when kept in this state of semi-nudity in our cold and fickle climate?

God calls upon you to sustain the responsibility that you have taken upon yourselves, and to fulfill that responsibility in the obligations that you owe your offspring. This responsibility does not end, let me assure you, as the physical suffering and agonies of your offspring ends, namely, by the severing of its immortality from this tenement of clay. By such an early and awful doom, you inflict upon your offspring and



your children an injury which is not effaced even in its future spiritual existence; for, in a word, every offspring and every child that goes so prematurely into the spiritual sphere, is unfitted by many years for that position to which they are so rapidly subjected. But I leave this part of your moral duty for your own reflections and your own eliminations, as it may be suited to each individual case.

I have stated, in the preceding part of this section, that membranous croup, that scrofula, and all the diseases of the blood that I there named, belong to the same great category that we are treating upon, and that they are connecting links in the same chain of causes that I have pointed out, in the blood, caused by a diminution of the temperature of the blood, chilling it, and producing a watery, albuminous condition, diminishing its fibrine, its healthy vitality—the red globules—its strength, and thereby producing a preponderance of this element, albumen, which has caused the death of your offspring in another form alone, by an exudation of it on the mucous surface, and produces strangulation in the shape of membranous croup, just in the same manner as it does in later periods of life, in tubercular deposition in the lungs, by this albuminous condition of the blood exuded out of its appropriate vessels, on account of its watery, chilled condition, and its not possessing its vital momentum of those properties which we have mentioned and illustrated.

In thousands of instances, where infants do not die by the awful ravages of this frightful malady, they fall victims to other inflammatory diseases of the respiratory organs, as acute catarrh and bronchitis, as the consequence of violating this law of temperature and chilling of the blood, in the same manner. Of course, the extensive fatality in infantile life, in this manner, comes upon those delicate infants and children more particularly that inherit a predisposition to it on the part of their parents; hence their vital powers are feeble even in birth. How much greater the necessity, then, the responsibility which such parents should feel themselves under, after having been the willing agents of bringing into existence this offspring, to nurture and nourish them with the most scrupulous fidelity to the laws of their physical being, instead of violating them so grossly at the very dawn of their existence. Those that possess more robust constitutions, and are not so susceptible by hereditary taint, pass on through the period of infancy only, in a large number of instances, to acquire a disposition to a little later fatality, of this same disease, from the constant violation of this law of vital temperature that we have illustrated. In a country so cold as ours, with a climate subject to such vicissitudes from warm to cold, cold to warm, dampness and chill constantly supervening upon



heat, every one knows, or should know, at least, the importance of guarding the extremities of the body and the surface from the action of this climate, by proper, suitable, woolen covering and garments.

But what do we see? as we before said. Children pass along, in a cold, winter's day, with their limbs and neck exposed to the atmosphere. This is the case in childhood, and in girlhood, in many instances in womanhood; bare, naked arms; if covered at all, it is with a bag-sleeve that affords no protection; the lower limbs covered only by a slight cotton stocking, and a thin-soled shoe, which gives no material warmth or protection against the cold winds and pavements. These and many other agents, which form conductors for readily carrying off the heat as soon as it is generated, and thus causes the temperature of the body, in the limbs at least, of most female children, to be kept a long way below the natural standard.

Is it to be wondered, then, that when the female approaches the age of puberty, the constitution does not possess vital power, stamina, and force sufficient to establish that great function, the importance of which we have so graphically delineated in the earlier part of this work, and the non-establishment of which causes the victim to decline into early Consumption?

Suppose, in a few instances, she passes on, and the function is established, it is but a little while before it becomes irregular, and at length suppressed entirely, as the consequence of continued depression of vital heat, by compression of the chest, insufficient respiration, the breathing of confined air, the neglect of proper clothing; hence, the blood being chilled continually at its surface, is again driven back, every four minutes, to pass through the heart, the lungs, the uterus, and the female sexual organs, diminished in its temperature; hence, this important function is suspended or suppressed in this manner, and the blood further undergoes that morbid change in the same process of morbid chemistry that we before pointed out.

But the field is too large — it is too scientific and sublime in its nature — for it is God in his divinity that is within us, and who, when we devoutly obey his laws, makes existence sweet and life desirable. But the sad consequences of their continued violation, we repeat, are too great to truthfully depict in this brief work. The reader must anticipate its narration in detail, in the work that we have alluded to.



### Ninth Section.

Light, the Integral Principle of Heat, forms another one of the Great Laws and Agents essential to our Physical Development, and the consequent maintenance of Perfect Health, the seclusion from which forms another great cause for Tubercular Consumption.

INSTANCES of Tubercular Consumption and Scrofula without number, both in childhood and at later periods of life, have been directly traced to the exclusion of light. Such is the case in a vast number of dwellings in the United States. Those who spend much of their time in damp basements or rooms, invariably take on this scrofulous or tubercular condition, and die from it. These effects have been observed by eminent pathologists in various parts of Europe. Drs. Carswell, Jenner, and many others who have had the opportunity of dissecting tigers, monkeys, and other animals that died in menageries — where they had been secluded from the light — invariably found them to have tubercles in the lungs, an instance never known to them in their natural condition. To such an extent does this seclusion of light and association of darkness figure in the cause of Tubercular Consumption, that it has been generated at will, by Dr. Jenner and others. How? By secluding rabbits from the light in a damp cellar, when, after a few weeks only, tubercles were found in their lungs.

To illustrate what we have just said, we will give some instances :

A New-York merchant noticed, in the progress of years, that each successive book-keeper gradually lost his health, and finally died of Consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear room where the books were kept opened into a back-yard, so surrounded by high walls, that no sunshine came into the room from one year's end to another. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health ever after.

A familiar case to general readers, is derived from medical works, where an entire English family became ill, and all remedies seemed to fail of their usual results, when accidentally a window-glass of the family room was broken, in cold weather. It was not repaired, and



forthwith there was a marked improvement in the health of the inmates. The physician at once traced the connection, discontinued his medicines, and ordered that the window-pane should not be repaired.

A French lady became ill. The most eminent physicians of her time were called in, but failed to restore her. At length Dupuytren, the Napoleon of physic, was consulted. He noticed that she lived in a dim room, into which the sun never shone; the house being situated in one of the narrow streets, or rather lanes of Paris. He at once ordered more airy and cheerful apartments, and "all her complaints vanished."

The lungs of a dog become tuberculated (consumptive) in a few weeks, if kept confined in a dark cellar. The most common plant grows spindly, pale, and scraggling, if no sunlight fall upon it. The greatest medical names in France, of the last century, regarded sunshine and pure air as equal agents in restoring and maintaining health.

From these facts, which can not be disputed, the most common mind should conclude that cellars, and rooms on the northern side of buildings, or apartments into which the sun does not immediately shine, should never be occupied as family rooms or chambers, or as libraries or "studies." Such apartments are only fit for "stowage" or purposes which never require persons to remain in them over a few minutes at a time. And every intelligent and humane parent will arrange that the family room and chambers shall be the most commodious, lightest, and brightest apartments in his dwelling.

It is painful and melancholy in the extreme, knowing those laws of life and health as every one does, to see how extensively and willfully they are violated, especially this law of sunshine and light, every day, by the fair sex even. So fearful are they of God's heavenly sunshine, when they walk in the open air, on the street, in the open fields, for fear it will tinge, or seriously embrown their already too pallid faces, they must introduce sun-shades between their faces and this sublime messenger of life and health, which emanates from that globe so many millions of miles distant, set in the firmament so high, and deemed so necessary to shed its benign rays and effulgence over the extent of God's heritage, and the offspring of his paternal care, in all parts of this sublime universe. See her in the parlor, sitting at the window, working some muslin or lace; she must close the blinds, or sunshade, and tax or dim her optics by straining them to get sufficient light to perform her work, for fear of the same results that we have just mentioned. Hence, the pernicious influences are carried on in this way, and in thousands of other ways that we can not now mention, until the fatal result is accomplished.



Every observer of the processes of nature, in the vegetable or animal kingdom, knows that without sunshine and light, nothing of this nature is brought to perfection, or a sufficient maturity to be made use of for food or consumption. The value of heat and sunshine are so well known in producing vegetables and fruits, that where the attainment of it can not be had, in a season too short to be accomplished in the open air, means are artificially devised, to concentrate these agents to develop the articles and the objects sought for, prematurely.

We repeat, then, that neither vegetation, grain, nor fruits, can be made fit for use without sunshine and light; they are just as essential to human life, to give color and momentum to the blood, and maintain us in our own health and perfection. Seeing this, then, how willful is the violation that the fair sex take upon themselves — to exclude this messenger of their life and consequent happiness. This law of light and sunshine, the integral elements of heat, combined, are imperatively requisite to develop life and a healthy organism, under all circumstances and in every department of the animal kingdom, from the lowest to the highest. We see the most striking consequences in lower animals, when light and sunshine are deprived them. In the subterranean waters of the Carniola, in France, there is found the *proteus anguiformis*, an animal between the frog and the tadpole. Dr. Edwards, a man of extensive attainments, and, perhaps, one who has made more observations in this department than any other, produced an exactly analogous being—a half-developed frog—by excluding a tadpole, during its growth, from the influence of the light. In our own country, this important physiological fact is more strikingly illustrated, as is well known by those who have visited the Mammoth Cave in Kentucky, where fish are found without eyes.

These facts, in the great chain of animal and human existence, show—what? They show, my readers, the important fact, namely, that every thing in the great chain of nature, from a monad to a monarch, trembles to an infinite law. It should appall us by its magnitude; it should astound us by its infinite majesty; for it is none other than was taught by Jesus himself, when he told his disciples, in this world, two thousand years ago, that God, in his infinite wisdom, governed man by laws so minute and yet so powerful, that there was not a hair of our heads that was not numbered, and a sparrow falleth not to the ground without our heavenly Father's knowledge.

Let us pause here for a moment's reflection. Let us view the minuteness yet searching power of God's infinite laws in every department of nature, even in the obscure cave in Kentucky, where the first ray of light which dawned upon the world five thousand years ago has



never reached—these fish, trembling in obedience to every other law where the elements exist, are deficient of those orbs, under the searching operation of that law of light, teaching us the moral lesson that orbs were made for light, and that where there is no light no orbs are required for its perception. However blind may be these fish, because they have no light, yet they enjoy all the other blessings of their existence equally as well. But for mankind, to whom light has been given in abundance, and faculties for its perception, to remain *willfully blind* in relation to those laws that govern their being, affords a source for self-reproach and condemnation, that should cause them to “bow their low forms and hide their starry heads.”

Those poor mortals who are subjected to tyranny and its controlling influences in society, who are kept down by the power of wealth and the pride of aristocracy, crushed as it were under its iron heel, who are kept benighted and compelled to spend their lives in coal-mines and caverns, elaborating and developing, by their muscular strength and energies, the ore that goes to constitute that wealth which serves to their subversion—for them there is sufficient excuse, because the violation of the law is produced by their subjugation on the part of a superior power, which emanates from, and is sustained by the muscle, bone, and sinew of those poor miners. Their condition in this life is pitiable, and appeals to *our* commiseration and the sympathy and charity of every intelligent person possessing the attributes of God in his bosom, who enjoys the calm sunshine of these laws. But to us in this free republic, endowed equally alike with the blessings of life, liberty, and the pursuit of happiness, where God’s laws of life and light shine equally alike upon the beggar and millionaire, patrician and plebeian, there is no excuse for this willful seclusion. And when suffering comes as the consequence, in pains and aches, distorted features and pallid countenance, in the weakened gait, restless nights, and sleep-disturbed cough—it comes as a monition from kind heaven to tell you that it is but a just penalty for the violation of those imperative laws of your physical being. Nature keeps an accurate account current with every person. The great ledger of our account is opened at our birth, and every act, moral, intellectual, and physical, is entered in that book; a credit is made of each fulfillment of the supreme laws of our being, and every violation, whether the act be one of omission or commission, it is equally the same in its physical effect, and is charged on the debtor side.

The supreme exhilaration and enjoyment of life that flows from health, from the harmonious operation and observance of these laws in the organic functions of our being, is the assurance that our account



in this great ledger is well balanced. But when health vanishes, and pains and aches come upon us, our exercises that once gave us pleasure now become irksome and fatiguing; the motion of our muscles and our bones and the exercise of our limbs, which once was so pleasurable and gave a zest to life, and made existence sweet and sleep refreshing, by producing gentle fatigue—these pains and aches only come now as a kind monition from Almighty God to tell us that the charges on the debtor side have greatly exceeded the credit. Though hopes are crushed, and our spirits sunken, and life should lose its charms, and time hang heavily upon our hands, we need not murmur at Omnipotence, for he has long since told us, by his kindest messengers, not only through his natural laws, but morally through the Saviour himself, who declared that our Father in heaven does not afflict willingly. All pains, sufferings, human woe, and anguish that we here endure, are not, therefore, malign, but benign, and designed for our moral good. When we have so long and willfully violated those natural laws of our system that the physical harmony can not longer be sustained here for the purposes that he designed, he appeals to our moral faculties, to prepare us for that physical death and that grave which we have so prematurely brought about.



## Tenth Section.

Among the Concomitant Causes and Precursors of Pulmonary Consumption, stands first and foremost, Catarrh, or, in other words, a Cold.

A COLD! that apparently harmless word, so innocently trivial in its sound, that it allures more victims to an untimely grave than all the other causes which we have labored so arduously to graphically delineate. The courtesies and civilities of every-day life are so common, and so cheap too, it is considered as nothing when asking after the health of our friend or neighbor, to receive the reply: "I have nothing but a slight cold, which will soon wear off."

Happy would it be for the victim — ah! and perchance too for the friends of that victim — if this was the case! I leave it to the good sense and experience of every reader, if it does not prove, in the large majority of cases, sadly the reverse. How many have found an early grave, and sacrificed the hopes of a prosperous existence, while yet on its threshold, that commenced with a slight cold?

I can not better describe this than is already done in the language of a most eloquent writer — from whom I have borrowed in the preceding sections — some graphic delineations of that worm that gnaws at the vitals of so many of the fair sex at least:

"Consider a slight cold to be in the nature of a chill, caught by a sudden contact with your grave, or as occasioned by the damp finger of death laid upon you, as it were, to mark you for His, in passing to the more immediate object of his commission. Let this be called croaking, and laughed at as such, by those who are 'awearied of the painful round of life, and are on the look-out for their dismissal from it;' but be learned off by heart, and remembered as having the force and truth of Gospel, by all those who would 'measure out their span upon the earth,' and are conscious of any constitutional flaw or feebleness; who are distinguished by any such tendency deathward, as long necks, narrow chicken-chests, very fair complexions, exquisite sympathy with atmospheric variations, or, in short, exhibit any symptoms of an asthmatic or consumptive character, IF they choose to NEGLECT A SLIGHT COLD.

"Let those not complain of being bitten by a reptile which they



have cherished to maturity in their very bosoms, when they might have crushed it in the egg! Now, if we call 'a slight cold' the egg, and pleurisy, inflammation of the lungs, asthma, consumption, the venomous reptile, the matter will be no more than correctly figured. There are many ways in which this 'egg' may be deposited and hatched. Going suddenly, slightly clad, from a heated into a cold atmosphere, especially if you can contrive to be in a perspiration; sitting or standing in a *draught*, however slight; it is the breath of death, reader, and laden with the vapors of the grave! Lying in damp beds, for there its cold arms shall embrace you; continuing in wet clothing, and neglecting wet feet; these, and a hundred thousand others, are some of the ways in which you may slowly, imperceptibly, but surely cherish the creature that shall creep inextricably inward, and lie coiled about your very vitals. Once more, again, again, again I would say, ATTEND to this, all ye who think it a small matter to NEGLECT A SLIGHT COLD!"

What is the meaning, then, of this catarrh that we hear so frequently in nearly every person's mouth, especially this winter? A catarrh, reader, means no more than a cold, or a "slight cold," as it is generally expressed. But by common consent, in the United States at least, this term is applied to an affection of the nasal organs and the upper part of the throat. Catarrh, in medical language, means an inflammation that follows this cold, which confines itself to the mucous membrane or lining membranes of the nostrils and frontal sinus, which is none other than a continuation of the nostrils, a little way up into the anterior portion of the skull, or those projections under the eyebrows. Hence, on taking a bad cold in these parts, a pain is felt at the end of this sinus, about the eyebrows; also, in some cases, to a very annoying and disagreeable extent.

Catarrh, in its first onset, may produce a great dryness, thickening or swelling of those membranes, as it usually does, or may, in other cases, terminate immediately in a sudden, increased secretion, of a thin, watery nature, so profuse and yet so acrid that it makes the nostrils and the lips over which this discharge passes dry, sore, and not unfrequently corrodes them. The reader will now understand, and comprehend the magnitude of extent and direful result, in the end, of this disease that we are now speaking of, so carelessly denominated "*a slight cold.*"

The mucous membrane, which lines the nostrils backward, and which extends onward and over the whole lining membrane of the mouth, the soft palate, the tonsils which are situated on each side of the top of the throat, and so around the glottis, or entrance to the larynx



—the larynx, by the way, is the organ of the voice, and the top of the windpipe, and that projection that you feel immediately under the chin, and so prominent is it in some cases, that it is called *poma Adamis*, or Adam's apple. Understand, then, that this mucous membrane continues over the glottis, over the valve of the larynx, the epiglottis, throughout this organ of wonderful construction, whence emanates the human voice, and which gives forth a musical sound, so sweet, that it can soothe the savage breast or excite the timid to shuddering and dismay.

It continues downward throughout the whole extent of the trachea or windpipe, and as the windpipe enters the lungs at the top of the breast-bone, it branches. One branch goes to the right lung, the other branch to the left lung, and immediately after they enter their appropriate lungs, they again divide and subdivide into an almost innumerable number of branches or tubes, called bronchial tubes, which tubes are the air-tubes that convey God's vital atmosphere to those organs of innumerable cells and wonderful extent of surface which we have aimed so graphically and forcibly to describe to you in the preceding section, on the cause of Tubercular Consumption.

But to continue this history; these lining membranes that we before spoke of, that commence at the nostrils, where is first situated this common cold, or catarrh, extend downward and throughout all these innumerable air-tubes that we have just mentioned. Will the reader not perceive, then, the absolute fact and the phenomena that will occur and must occur by the continuity of action—that this inflammation or cold, in other words, if not arrested at its onset, will continue, by this same law of *continuity* downward, until it pervades the whole extent of this vast machinery, through the lungs? Hence, what is spoken of as a common cold, or catarrh, proves fatal in thousands and thousands of instances in this manner. Slight as it may be, and harmless as it is looked upon at the time of taking it on and at its commencement, in just so many instances does it prove fatal by silently passing from its acute stage into that of a more chronic nature, in which all the aggravated features of the first stage have worn off, and with it the apprehensions to any alarm, and it has become, in this second or chronic stage, so silent and gradual in its effects upon the mucous membranes and the glands that line those membranes, over and throughout this whole extent of surface that we have above mentioned, so that the glands themselves become enlarged, or at length put up considerably above the surface of the membrane. The secretion, which at first was thin, watery, and profuse, has now given place to that of a more scanty or tenacious character, or to none at all; so that instead of expecto-



rating from the throat or blowing the morbid secretion from the nostrils, as in the first commencement of the second stage, this whole surface, together with the extent of these glands, may become so suppressed in their secretion that the victim is continually hemming, rasping, or trying to clear his throat and the air-passages of that imaginary something which he thinks is lodged there, when the whole phenomenon of his thus hemming and rasping is occasioned by that dry, glairy inflammation that now pervades the whole extent of apparatus, and which has entirely suppressed the healthy secretion of these glands and mucous membranes. Ah! were the reader only versed in the anatomy of the parts, as when laid open by the scalpel or knife, after death has supervened upon one of those fatal cases, of what, in the first place was considered a "slight cold," as we have seen in hundreds of cases, and see the parts as they appear after death, laid open to the view, and perceive the wonderful disorganization of structure which is presented, when contrasted with the same organs in a healthy subject, he would almost stand aghast at the consequences of a "slight cold"—a slight catarrh.

The careful reader will clearly perceive and comprehend that we have given, in the description above, an account of the diseases which are confined to the organs of respiration, known under the names of quinsy, sore throat, or inflamed, enlarged, and ulcerated tonsils; throat disease, or follicular disease in the language of the faculty, because the little glands of the fauces situated back or posterior to the root of the tongue are called follicular glands; laryngitis, which means the same thing, an inflammation, or catarrh of the larynx, trachea, or inflammation of the windpipe; bronchitis, which is the same disease in the branches of the windpipe, and takes its name from the name of its air-tubes after the windpipe enters the lungs; all these diseases are one and the same thing, and proceed from one cause, namely, a cold or inflammation, and only take different names according to the anatomical name of each organ, remembering, at the same time, that the same mucous membrane which commences at the nostril extends downward to the utmost depth and extent of the lungs. Here you have the meaning of that high-sounding yet common every-day term, bronchitis, known some years since, when it first began to attract public attention and acquire notoriety, in the United States at least, by the name of clergyman's ail, or clergyman's sore throat.

This last-named disease, bronchitis, was so little known some thirty or forty years since, that it was confined almost to clergymen alone. But now, the thoughtful reader will realize that it is so extensive and of such every-day occurrence, that almost every second person that



we meet with has bronchitis. When he considers, therefore, of the wonderful prevalence of these diseases, that we have enumerated in this section, had he not better pause for one moment and reflect upon the awful and more appalling fact that there can be no effect without its antecedent cause, and ask the still far more important question—what can be the *cause* for such a malady, so all-prevailing that it may be justly denominated *La Maladie Nationale*, that is, the national malady.

I say, then, some thirty or forty years ago, well in the remembrance of the writer, when he was yet a medical student, he was frequently asked the question by learned men, the literati too: "What is the meaning, doctor, of this disease they call clergymen's sore throat?" This disease, therefore, so rare such a short time ago, and now so prevalent and wide-spread, must have a cause as extensive—commensurate with its wonderful effects. What, then, is the cause of all these combined maladies? It has been answered, at the commencement of this section, in one short phrase, "a slight cold;" and the thrilling context that we append to our preliminary remarks has depicted the melancholy results of a neglect to cure or remove this "slight cold."

If the thoughtful reader will follow us along a little farther in the reflection and interrogation, the question will again arise, as this malady has become so wonderfully prevalent, to compare it with what it was thirty or forty years ago, must it not follow, as a matter of course, too, that the causes or proclivity to take on this disease have increased correspondingly? I grant this, and acknowledge the truth of the philosophy in what we are aiming to explain to the kind reader and patient, that there is a cause for every effect, and that all physical effects discover an overt violation of the absolute laws of our physical being, namely, the laws of life and health.

It is not intended, as we have before hinted, in this brief work, written from motives of philanthropy, to go into detail and show to the reader the almost innumerable number of causes which have grown up within this period of time to give rise to the development of these new forms of disease of the throat and bronchial tubes. The luxurious habits, the change in the nature and construction of modern dwellings and places of business, the methods by which they are heated and warmed, the deficiency of ventilation, confined life, and other habits of our American people; their sedentary lives, fast and rapid living, their premature development and early excitement of those burning passions of the soul, hurried manner of doing their business, not affording themselves time to take their food properly, hurrying to and from their meals, and bolting their food instead of masticating it, eating of



pastries, confectionery, and scores of other poisonous articles of cookery, which are taken into the stomach, incapable of being converted either into healthy chyme or chyle or assimilated into blood; hence, whatever of this character is put there is converted into so much poison, and goes into the circulating system to poison the whole vital current and throw back its tide of morbid continuity of action again upon the stomach, the liver, the whole alimentary canal, the digestive organs, the onus of morbid irritation; it extends upward by the same law of continuity that we above named, until the throat and air-passages are tainted from the poisoned fount of life, and the whole extent of mucous membrane that did not come in the scope of our anatomical, philosophical description of the air-passages now, is affected through another source from the stomach upward; hence the proclivity to take on this slight cold.

Catarrh comes from a morbid condition of the stomach, and deranged secretions of the liver, constipated or confined bowels, deficient action of the cutaneous exhaling surface, from neglect of ablution and cleanliness, and in other ways; by breathing confined, contaminated air, that we have before spoken of as being the main cause for Tubercular Consumption, poisoning the mucous membranes of these air-passages, together with a thousand other causes that should be mentioned, and will be in the larger work that we have before alluded to, which is now being prepared for the press likewise.

Does the reflecting reader wonder, then, after these brief hints, that we have so many new diseases?

I have alluded to the awful extravagances of dress in our bleak northern climate, subject to the extremes of vicissitudes, the cruel, sacrilegious neglect of clothing and guarding the extremities of the body, and the surface also, by the fair sex in infancy and childhood, and adolescence, together with a thousand other pernicious habits which have been cultivated in the short period of time—namely, thirty or forty years—and which account for the prevalence of these new forms of diseases that we have before mentioned, to wit, the extensive use of tobacco, smoking and chewing; so that hardly a male child passes eight years of age before he is puffing away at a cigar, or has a *quid* of that baleful, noxious weed snugly stowed away in his cheek, which he rolls from side to side as if it were a sweet morsel of life, when it is an agent of death to him, exciting and stimulating those delicate glands that line the mouth, causing a most inordinate secretion of the vital juices, which are spit away as profusely and carelessly by him as water rushes out of the perennial font. Did the same victim or slave estimate the extent to which he has drained the body and the



blood of its juices, its supply, some twenty years from the time when he first cultivated an appetite for this most noxious of all weeds, tobacco, he would stand appalled at the aggregate. Some of our patients who consulted us, and whom we treated, at the age of fifty years and upward, had commenced this young, when suffering the untold horrors that followed it—dyspepsia, indigestion, asthma, difficulty of respiration, and other concomitant affections. When we had traced these for them to their appropriate cause, and shown them how they had undermined their constitution, exhausted their strength and health, and made the computation by ounces collected by each day's waste of the vital juices, in this manner, according to each quantum, we estimated it on purely mathematical principles, that some of our patients in this length of time had spit away, carelessly and thoughtlessly, from fifty to one hundred hogsheads of these precious juices of the blood—that is, in other words, those juices which are directly secreted from the blood by the poisonous stimulation and morbid secretion of these glands, which never would have taken place had they not cultivated an appetite and a passion for these destroying habits, smoking and chewing tobacco.

Of course, as a general thing, smoking and chewing of tobacco apply to males; but there is also a preponderating number of cases of inveterate throat and bronchial affections, and loss of voice, among the males; whereas, on the other hand, as an offset for their more sedentary habits of in-door confinement, carelessness of dress on the part of females, do we have a preponderating number of cases of Tubercular Consumption.

#### Causes of Catarrh. Tendency and Dangers of Catarrh.

Perhaps we have not been sufficiently explicit in the introductory part of this section, "On the dangers of Catarrh." To do our full duty, however, we should be a little more explicit, and dwell a little longer upon the tendency of catarrh, not only to develop Bronchial but Tubercular Consumption also. We have before told the reader, in its appropriate section, that Tubercular Consumption was an offspring of pernicious and artificial habits of living, in as many cases, perhaps, as those who inherited a predisposition to it.

So catarrh leads to the development of laryngitis, bronchitis, and ultimately to ulceration or contraction of the bronchial tubes, or the closure of the delicate air-cells of the lungs, causing tubercular and the whole combined forms of Consumption, known as congestion, tubercularization, bronchitis, and ulceration of all this structure.



In some thousand of consumptive patients whom we have examined, we have interrogated them always as to the causes, both acquired and hereditary predisposition; we know, therefore, from accurate data in our own practical experience, that full one half the cases of Tubercular Consumption that we have examined and prescribed for, for fifteen or twenty years, had their origin in a slight cold or catarrh.

Have we not fulfilled, then, the position that we started with—to look upon a slight cold as the egg, which if nurtured in your bosom, would develop the reptile that would ultimately take your life?

But there are many other mysterious ways in which this slight cold or catarrhal inflammation acts aside from its direct ultimate effects down the air-passages and in the lungs, producing in the economy of health its direful consequences, and that, too, in a hidden, silent manner. The brain and whole nervous system is intimately interwoven in this cord of morbid sympathy throughout the whole physical structure; so much so, that when one organ, like the throat, the lungs, or the heart is diseased, other neighboring organs situated in the abdominal viscera—for instance, like the stomach, the liver, or other glandular organs concerned in digestion and assimilation—take on morbid influences through this chain of nervous sympathy, so one organ hinges upon another in the whole physical, animal economy, one deranging the other precisely as with a watch or other nice machinery, only more complete, as the human organism is subject to and controlled by a divine law, whereas the watch is only subject to a law of mechanism in the human body. Therefore, we have not only the claim of morbid action from physical derangement, producing the liability to physical death, but we have also a law of chemical affinity to which the higher law of our animal existence yields in the end, namely, in physical death, its supremacy.

When we reflect on this, therefore, and the fearful number of premature deaths in the United States by the “slight cold” and its neglect, may we not, in justice to the subject which we so conscientiously and philanthropically labor to expound for the good of mankind and future posterity, impart to them the knowledge and the importance of a physical education, as known and expressed by St. Paul himself, that converted disciple to the benign influences of Christianity and the light flowing therefrom, when he says: “Know ye not that your body is not your own which you have of God, but that it is a temple of the Holy Ghost which is within you.”

When will we professing Christians learn to regard our bodies as temples which we only have on trust from our supreme Maker, for the express purpose of cultivating, preparing, and developing here in this earthly sphere that Holy Ghost, that immortality which it now con-



tains, and which is designed by him, if we so use the casket that contains it, to develop it for a high and noble sphere of angelic, seraphic life, where human suffering and human woe shall be banished?

But the thoughtful, reflecting, and intelligent reader will ask, especially if he be an invalid and a victim now suffering and laboring under the effects of this direful malady, viewed so lightly: Is there a cure for this catarrh, which entails such fearful consequences? Does science afford means and facilities that are available to us to meet, to arrest the development of, and crush this viper that we have within us, while yet in embryo? His faltering hopes doubtless will be cheered, his spirits will be exhilarated, and his sleep for the coming night will be more refreshing and more sound, in proportion to the encouragement in our assurance that we made in the preliminary remarks of this work, that we were one of those progressive physicians who disdain to sit down with folded arms, acquiescing in those old, worn-out, and, we are happy to say, fast becoming obsolete doctrines of the old allopathic school, that for Consumption there is no cure. We could not apathetically acquiesce in doctrines so discouraging and absurd; but believe, and now assert, from extended experience, that God never suffered a malady to prevail without providing in science a remedy for every ill, a balm for every wound; and we rejoice to proclaim to the invalid that we see that there is a cure for him.

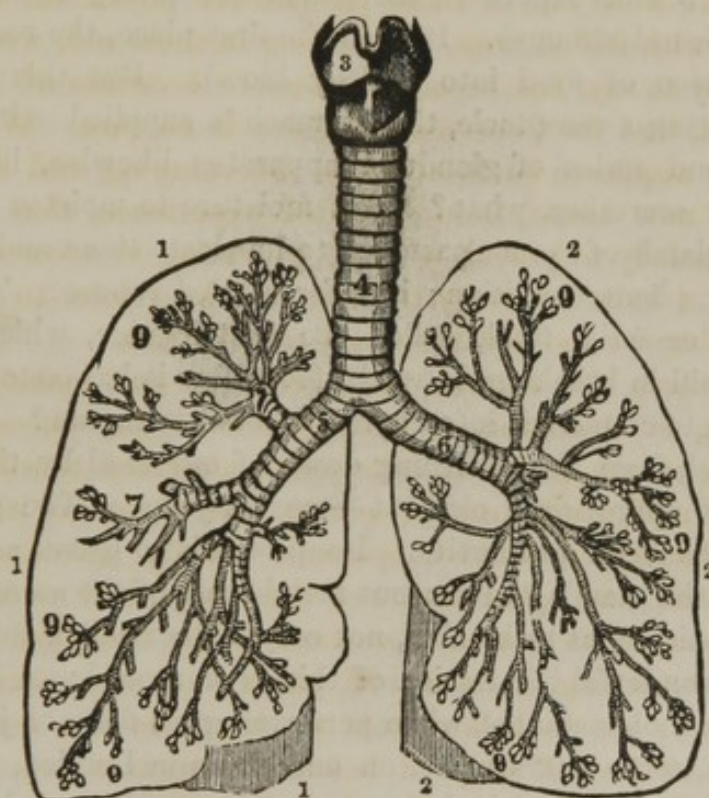
We do believe that catarrh, in all its forms and manifestations, as it may affect, in ulceration, or enlargement of the mucous follicular glands of the mouth or throat, enlarged or ulcerated tonsillary glands, or its more malignant form of quinsy, sore throat, or ulceration, or that awful, modern-developed, epidemic malady, affecting the same part, diphtheria, and inflammation of the larynx, and its consequences in loss of voice, or ulceration downward to the bronchial tubes, in its difficulty of breathing, in its direful paroxysms of spasmodical suffocation, asthma; we do believe that we have found a remedy for all these, if the victim will adopt it before this organic structure has decomposed and lost its integrity of vitality; for we are not so barefaced, presumptuous, or lacking in conscience, to assert that we or any man possesses the power to restore a structure once disorganized — a structure that required infinite wisdom to devise.

Well, what is the remedy that we have discovered, which these emergencies taxed our ingenuity to devise, and which thousands of suffering invalids so much require, and which will answer the purpose even when patients are not able to see us personally? In the first place, before it has extended past the valve of the larynx into the windpipe, our "LIQUID CATARRH REMEDY," which is used by



insufflation, that is, snuffed up the nostrils from the hand, is so scientifically compounded that it acts most benignly upon this inflamed mucous surface and its glands, to stimulate it gently to a new and healthy condition, by subduing the abnormal or morbid condition.

The reader will perceive that this part of our treatment is just as scientific, and rationally applied *locally where the disease is*, in the very seat of its manifestation, as it is so applied when it has passed farther on beyond the valve of the larynx and wind-pipe, where all liquids are shut off, and those diseased parts become respiratory organs only, and can only be reached by inhaling them in the shape of vapor, in which manner they are administered for laryngitis and bronchitis, which is the same catarrhal disease after it has gone downward beyond the valve of the wind-pipe.



1. Diagram of the Larynx.
2. Trachea or Wind-pipe, and the Bronchial Tubes.
3. The Larynx, or Organ of Voice.
4. The Wind-pipe to the top of the Lungs.
5. The Right Bronchial Tube.
6. The Left Bronchial Tube, and its branches, showing also the manner in which Medicated Vapor passes, with natural breathing, into the lungs and air-cells.

Here the reader will see a cut and diagram illustrating the larynx, and where is situated the little valve or clapper, as it were, which in-



stantly shuts down the moment we swallow any liquids or food, which goes into the stomach, or even when the patient insufflates any liquids by the nostrils. The reader will also perceive, by the appearance of the anatomical structure illustrated in this cut, how medicines can alone be made to reach the air-passages and the lungs, as in Tubercular Consumption, by inhaling them in the shape of vapor. So, returning back, he will see that our system of treatment is entirely divested of old-fogyism and its absurd notions (however orthodox they were once) of putting medicines into the stomach, for this catarrh and this inflammation that commence at the tip end of the nose, goes back, then downward, then into the air-passages, and throughout the whole extent of these air passages and its surface, as we have described.

The stomach, be it understood by you, is made—for what? It is, as we have before explained, the grand laboratory of the pabulum of human life and strength. It is, in the first place, the receptacle for the assimilation of food into healthy blood. But this is not all; besides its being a receptacle, the stomach is supplied with a mucous membrane and series of glandular apparatus likewise, like the air-passages for secreting, what? Not moisture to moisten it, as in the case of the glands of the air-passages, to lubricate them and keep them in a healthy, pliant condition; but, for what, I repeat? To secrete a proper and essential fluid, called the gastric-juice, which is highly essential to aid in breaking down the food after it has once passed into the stomach, to convert it into chyme. What is chyme? Chyme is a milk-like fluid, from the softening down of our food by the intermixture of this appropriate element—gastric-juice. The gastric-juice possesses wonderful properties. Its power is so great, as a solvent I mean, when the glands and mucous membranes of the stomach are in a healthy condition, as to be able, not only of corroding but dissolving metal. A wonderful illustration of this, is on record: A live Yankee, who had the fool-hardiness, when performing his feats of jugglery and legerdemain, some years since, on exhibition in London, went so far with his daring and wicked feats, that he swallowed knives. But he carried his temerity to that extreme, in violating the absolute laws of life and health, that we have been dwelling on, that, though nature at first seemed to wink at him and give acquiescence and merriment to his sport by her silence, she at length rebelled, in her majesty, with two-fold power, by causing an utter disorganization of the stomach, so that it retained the knives, handles, and all which he had swallowed; which taxed the power of these vital secretions beyond its capacity, and they lay there until after death; and they were taken out, on *post-mortem* examination, were exhibited, and are now retained in the



museum of a medical institution, in London, as wonderful curiosities of the freaks of audacity of this son of Jonathan; but to show the wonderful solvent power of the gastric juice, both blades and handles were very much consumed by it.

I have merely introduced to the reader this wonderful piece of extravagance and folly as another illustration in proof, not only of the absurdity, but the barbarity of putting calomel, quicksilver, antimony, arsenic, and other minerals and poisonous drugs, too numerous and shocking to mention, into this receptacle that God has prepared; for what? To convert food, by its appropriate glandular secretions, or the gastric-juice, into the commencing process, as it shall be carried farther into the duodenum or little stomach, and come in contact with other appropriate glandular secretions into proper parts downward, into the pabulum of life, to nourish and sustain this wonderful physical organism—this body of ours, this temple which contains the Holy Ghost; sustain it for the great purposes that we have before mentioned; and not for the purpose of poisoning this fountain of life, this sustainer of the vital organs too, which, in their turn, are to receive the vital atmosphere from the circumambient heavens around and above us, which is breathed in and completes that process on the surfaces of the minute air-cells; by this last finishing-stroke of respiration of vital atmosphere, which crowns its process on its innumerable surfaces by giving it its florid tinge. Yes, there, reader, there is the *ultimatum*, every thing being equal—the poisons of old fogyism excluded from the stomach—where all your food when rightly masticated and put in, is duly converted into blood.

Will you not, then, at once and forever, become convinced with me of the absurdity of old allopathy in drugging the stomach to cure the inflammation and morbid chain of action, commenced in these mucous membranes at the nostrils, which ends in its fatal effects, in death, in the lungs, unless cured by the philosophical and rational manner that I have before explained to you, namely, by applying soothing and quieting remedies to the *seat* of the disease by insufflation of a proper soothing emollient, or inhalation in the form of vapors?

In addition to this “Liquid Catarrh Remedy,” that we have before spoken of, that we prepare and furnish to our patients throughout the whole United States, and the Canadas even, there are parts of the mouth and throat which must be reached by an appropriate mouth-wash, or gargle; therefore, in addition to the “Catarrh Remedy,” we prepare such a THROAT-WASH or GARGLE, so that each patient at a distance, having complicated affections of these and other parts, may be furnished with all the appropriate remedies to reach every affected



part. This "Liquid Catarrh Remedy" and "Throat-Wash," we now send to thousands that we do not see, from their description of their cases, and we are gratified in the reception of their testimony of the perfect cures done by them.

But the reflecting reader, especially the invalid, so sensitive in the acuteness of his sufferings, whose reason and causality have been quickened to perceive that he has a complication of maladies, affecting other primary organs, that he imagines, and rightly too, which in *his particular* case gave rise to this inflamed and ulcerated throat; for *he* or *she*, as the case may be, has no recollection, in those *isolated* instances, of ever taking any sudden cold, however slight, upon which those morbid affections of the throat supervene; so they have followed up our chain of philosophical reasoning, that we demonstrated some little time ago, when we endeavored to illustrate to you that the stomach and the digestive organs; the liver, the pancreas, the duodenum and their appropriate glands; the whole alimentary canal, the bowels, took on a morbid condition through other media, being affected through the chain of morbid sympathy, through the nervous system, and in the case of *his* or *her* sore throat or *bronchial* or *laryngial* affection, and they think the violent attacks of asthma, which they are sometimes affected with, has originated in obstinate constipation of the bowels, in dyspepsia or indigestion and torpid condition of the liver. Perhaps they have discovered, by the energy of their exercises and inquiries in reading the causes of so many of these modern diseases, the wonderful *function* of the *skin*, and discovered, too, that in their peculiar case, it is negative, sluggish, sallow, dry, harsh; they have discovered, too, in the progress of these physiological inquiries, that the function of the skin can only be maintained by frequent ablutions; and, in their special cases, it occurs to them, for the first time, that they have been very negligent in ablutions or bathing. It has occurred to them also that recently, since the throat has become so sore and troublesome, that the secretion of the kidneys is frequently thick and muddy; it is scanty, and at times becomes irritating as it passes from the urethra; it occurs to them, for the first time, like a ray of light shining through the crevice of a dark cottage, a dilapidated body, which now admits new light through chinks disease has made, that the decomposition going on in the body has not been carried off by the proper emunctories, and tells them the instructive lesson, that this irritating sediment discovered in the secretions of the kidneys are those poisons that should have passed off by the bowels and the skin, which they now discover they have too long neglected, and it opens their eyes of perception to comprehend that



their sore throat has been occasioned by the disordered stomach, alimentary canal, and the suppression of the function of the skin; for to the intellectual and scientific inquirer, these secretions and emunctories of ours convey wonderful light and knowledge.

Well, then, there are cases—and they are numerous, too, in particular—that do arise primarily from a disordered state of the stomach, the digestive organs, alimentary canal, and other emunctories being deranged, giving rise by sympathy to the irritation at the top of the throat, without being preceded by catarrh or colds.

Well, then, the reader will see that these cases require different treatment from insufflation, or the inhalation of medicated vapors. Really, they do. That is so. Well, our bitter enemies, who read with you this same book, and the philosophical and rational position that we have taken, and which we shall endeavor to maintain, will say: You must succumb to old fogyism at last, and these new-fangled notions of inhalation and insufflation have vanished. We must now put drugs into the stomach to correct this morbid condition, the history of which we have just read. But this is not the case, we reply; in answer to the envy that may result from the rivalry or prejudices of the profession; that corrective treatment, embodying proper specific solvents for these morbid poisons which are now found in the blood—as a consequence of taking bad food into the stomach, and in a pernicious manner, which has been unhealthily assimilated and is the cause of this chain of morbid action and diseased conditions in the lining membrane of the stomach, alimentary canal, in the liver and combined organs—is not poisonous; it is not calomel nor quicksilver, antimony nor arsenic, minerals or any kind of old fogyism or any thing of its deadly, devastating nature. The medicinal agents required and which we give are based upon a scientific analysis from our investigations of the chemistry of man, and the results of our investigations, aided by the microscope, were found to meet its appropriate corrective, or solvents, as it may be, which we find in the vegetable kingdom, and which God, in his infinite wisdom, has prepared for man to meet these contingencies and emergencies which *he* knew that man in his frailty and short-sightedness would be subjected to. Ah! is not medicine, then, a sublime, noble, and humane study, when the physician takes nature as his guide, and understands her laws, and traces, by art, in the flowers of the field and the herbs of the forest, those material principles and requisites by which to cleanse, through the proper emunctories, this deranged system of the poisons located therein; and to aid further the vital resources to arouse the disordered functions, and to overcome the



deranged conditions; then she asserts her supremacy in restoring health where before existed disease.

We do give then, by the stomach, these appropriate remedies, solvents, correctives, and antidotes for these numerous poisons, diseased organs, and suspended functions, to restore a healthy glandular secretion, and cause every organ to put on and maintain its harmonious action; then its machinery revolves without a jar, without discord; and healthy buoyancy of spirits, hope, and cheerfulness exist, and health once more animates that diseased body which, but a little time ago, bid fair to become a sepulcher to its self-generated diseases. How much more easy is it, then, taking God, the author and finisher of our being, in his primitive laws, to become a rational physician and healer of the "infirmities of mankind"? What profession, let me ask, on earth is more laudable? What is better calculated to fire the bosom of a philanthropist, who sees beyond the confines of the grave and physical suffering and the longings after gold, the priceless gem that exists within that diseased temple—diseased because of the ignorance and willfulness of man? Truly, "he studies from the life, and in the original peruses mankind."

#### CASE 4.

*Obstinate case of Catarrh cured by one bottle of Dr. Stone's "Liquid Catarrh Remedy."*

MY DEAR DOCTOR: Having experienced the most happy results from the use of one bottle of your invaluable "Liquid Catarrh Remedy" in my own person, I am desirous, for the benefit of like sufferers, to make it known. I had suffered seriously from a catarrh in the nostrils and fore-part of the head, more or less, for several years, but within a year, or a little more, of the time of making use of your remedy, the discharges from the nostrils had become very offensive, so much so, that I had become a source of much annoyance to my friends, and was obliged many times to avoid society, on account of the offensive nature of these secretions. Aside from this, the constant disposition to expectorate from the fauces and throat a matter almost as foul, especially on arising in the morning, was equally as great. At length I was informed of your "Liquid Catarrh Remedy," and obtained a bottle, which I used according to your directions, and gratitude compels me to mention that I am now entirely free from these noxious affections above stated, being cured by the use of one bottle only, combined with a bottle of your "Throat-Wash," or "Gargle." I do not hesitate to recommend it as a most valuable remedy for Catarrh.

ELLEN E. BAKER.

POTSDAM, St. Lawrence Co., N. Y., January 10, 1861.



## CASE 5.

CATARRH frequently masks other diseases; having left the nostrils, it, in many instances, insidiously produces its morbid effects in the posterior nares, or, in other words, the back-part of the nostrils and the upper part of the fauces, back and up from the soft palate, or *velum palati*, and it is not unfrequently the case, that ulcers burrow deeply in those parts which are entirely out of sight, and they become so malignant at times as to cause, more or less, hemorrhage.

This disposition to bleed, in several cases that we have met with in our practice, has given rise to the most alarming fears. One instance of this nature, we recollect, came under our care some four years since—the case of Mr. Lape, of Scaghticoke, N. Y. He had raised blood from the throat, more or less, for some two years. In the mean time he had lost two cousins, or more, by Consumption—which was a family taint on his mother's side—and these melancholy coincidences had a most prostrating effect upon his spirits and his general health; though his appetite was not seriously impaired; neither could he notice that his strength was affected in any way by the expectoration of blood, which would appear very often, in spite of all his efforts at a cure. But the alarming circumstances connected with the expectoration of blood continually weighed upon his mind; so much so, that his spirits became depressed, desponding at times.

He had made use of several remedies before he consulted us. We examined his chest with the Stethoscope, and upon the Pulmometer, very carefully and nicely, (this was done in the presence of a friend who accompanied him, who seemed to take a great interest in his case;) and we gave it as our opinion, to both the patient and his friend, that there was no organic disease in the lungs. He had a spacious vital capacity, and there were no abnormal physical sounds to warrant us in pronouncing that the blood came from the lungs, except a slight bronchial respiration—a dry, or grating, harsh sound in one of the bronchia. We suggested that the bleeding might come from this bronchial mucous surface, that seemed to be in a state of irritation, as we could discover no local cause, in any apparent catarrh of the nostrils or ulceration of the throat, in view.

He was put under a course of medicated inhalation, and advised to a generous diet. But, to our utter astonishment, it was unavailing to check the bleeding, for he returned, after a few weeks, still discouraged on account of the frequent expectoration of blood. We again made another most searching exploration of his chest, with the double stethoscope, by auscultation, and again tested his vital capacity on our Pulmometer, and found that instead of his vital capacity diminishing, that it was three hundred and seventeen inches, some eighty-two above the average capacity of men in good health. (The reader will see here another evidence of the importance of making use of the Pulmometer in all such diseases.) We gave it then as our decided opinion, that the blood did not come from the lungs nor bronchial mucous surfaces. Then, the question arose, where did it come from? He had no evidence of Catarrh in the frontal sinus; he had no ulceration immediately back of the tongue or the glands of the throat; neither was the epiglottis or the rim of the larynx affected, for all were brought to view. The question then forced itself upon us, we repeat, Where is the seat



of this hemorrhage? We came to the conclusion, that it must be situated high up the *fauces*, at the *posterior nares*, and far back of the soft palate. Hence, in order to determine this matter, we threw up a mild injection, back of the soft palate, by the curved nasal syringe, and at once washed out a considerable quantity of thick, ulcerated matter, mixed with blood. Here, the blind feature of this prolonged and disheartening case was at once decided. We told our patient what we always insisted upon, namely, that his lungs were sound, and that in one little spot, perhaps less than an inch in circumference, was the seat of all the disease that had given rise to so much mental anxiety, and for so long a time; and we also told him, that if he would stay with us, in the Institution, ten days or two weeks, and give us a chance to inject the parts personally, we would cure him in that length of time. He readily consented to do so. Suffice it to say, that this case was soundly cured in two weeks, and has now remained so for four years.

We insert this case, in the first place, to show that Catarrh very frequently masks those symptoms of disease which are associated with the lungs, and of a most alarming character, from the evidence of bleeding and not knowing where the blood comes from. Because it is raised from the throat, it is thought by patients generally to come from the lungs, when, in many instances, it proceeds from ulceration back of the throat, or out of sight, and is one that can be readily cured, when proper local treatment is adopted.

In the second place, we insert it here as a matter of reference, of a permanent cure of one of those blind cases, which are often looked upon with the most serious apprehension.

### CASE 6.

*Case of J. Wickes, Sandy Hill, Washington Co., N. Y.—Catarrh of frontal sinus and posterior nares.*

DOCTOR STONE: I beg leave to inform you, that I have used your "Liquid Catarrh Remedy," with the most happy results, in my own person. I had for years been troubled, more or less every winter and spring, with Catarrh, when one of your circulars, describing the efficiency of your "Liquid Catarrh Remedy," was brought to my notice. I ordered a bottle immediately. The first bottle gave such satisfaction, that I again ordered a second, which completed a cure of my case, which had been of such long standing.

Speaking of its good results in my own case to many of my neighbors, several requested me to order it for them, which I have done, and they likewise have made use of it, with good results.

J. WICKES.

SANDY HILL, Washington Co., N. Y.

### Practical Remarks on Catarrh. Bad Breath from Catarrh.

There probably is not a more offensive thing on earth than that which frequently emanates from the human breath.

I know of many persons whose breath is so offensive that a large room will be scented and the atmosphere thereof become obnoxious, perfumed, as it were, if they remain in it but a few moments.



The cause of this is very easily explained. The fetid discharges are constantly being secreted from the lining membranes of the nose and throat, and the air, in passing in and out of the lungs, must necessarily pass over and through these secretions, taking up the effluvia and breathing it out.

Now, although a bad breath is not necessarily fatal, it is exceedingly inconvenient and unpleasant, especially to those who are exposed to its influence. Many persons are prevented from mingling in society for this reason alone.

This is one of the results of Catarrh — a disease which I believe fully two thirds of the people of this country are suffering from.

I have already said that, in the majority of cases, it is the commencement of Consumption, (which fact no intelligent physician will deny;) and to cure the catarrh, in all such cases, is to cure the commencing process of Consumption, aside from curing the cause of bad breath, and removing the disagreeable contingencies which the victim is constantly subjected to, either in avoiding society or else subjecting those whom he mingles with to the most serious inconvenience.

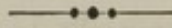
My experience in diseases of the lungs, throat, and nose, has, of course, been very extensive, making it, as I have for years, a specialty; and in saying to the public that the remedy that I now offer is an effectual article for the cure of catarrh, I assert that which I know to be true, from experience in curing hundreds of cases.

We could go on and fill a volume with copies of letters and certificates which we have received from our patients, who have been cured by our remedies; but it is entirely unnecessary. Those that we have published are cases in point, which we meet with every day, and which we have in our possession, to refer to as evidences.

But the "Liquid Catarrh Remedy," as we before mentioned, in the section on the consequences of a neglected cold or catarrh, *alone* is not sufficient, in many cases. For instance, in a case like that of Mr. Lape, where ulceration is situated immediately back of the root of the tongue, in the throat, then the "Throat-Wash" or Gargle becomes necessary also, and in many instances the corrective, oxygenated tonics and solvents that we give, both to purify the blood and to establish a healthy function of the stomach and digestive organs. Either of these remedies are furnished to our patients, and can be forwarded by express to any part of the country, for two dollars per bottle, with ample printed and written directions accompanying them for their use, and also advice as to hygiene.



## Eleventh Section.



The great advantages of the new discovered methods of exploring the Chest, and determining the incipient stages of Tubercular Consumption, especially by the author's Pulmometer, or Lung-Tester.

It is almost needless for us to repeat again that within a few years, some twenty or thirty years, the whole medical fraternity, from the days of Hippocrates down, with some very few exceptions, Sydenham himself, perhaps, who has been pronounced the modern Hippocrates, have declared Consumption to be an incurable disease. Why was this the case? Because science then had not made the happy discovery of eliciting light as to the true condition of the organs within the chest, from external physical signs and manifestations which it has now made and carried to such an extent of perfection to the well-disciplined ear. It was left for Laennec to discover and bring to perfection the science of auscultation, as applied to physical sounds in the lungs and respiratory organs and the heart. The true condition of the lungs may be as well known to one well-disciplined and experienced, from external physical manifestations as though the vital organs themselves could be seen by the naked eye. Formerly, every symptom of cough, difficulty of breathing, or impeded respiration, was pronounced to be incurable; this decision was given for want of accurate knowledge of what was going on within. It seems strange that the principle that was so generally known as percussion, (that is, striking a hollow body for the purpose of eliciting sound,) and applied so commonly in other departments, should not also have been applied to the human chest.

Every one knows that a hollow body will elicit sound by percussion. The chest, to the full extent of the lungs, excepting the part occupied by the heart, in a healthy state, is a hollow substance, and will give forth a resonant, clear sound. This art had been practiced by the mechanic to determine whether a wall was hollow or solid; for instance, when he wishes to drive a nail in a joist concealed in the wall, he will *tap gently* with the hammer to determine whether the sound is resonant, *hollow*, or whether it is *solid*, thus arriving at the exact *location* of the *joist* concealed in the wall.



Acting upon this principle in regard to the lungs, it is easy to determine, by *percussion*, when the lungs have become consolidated to any great extent by the deposition of tubercles, or by congestion of blood, which follows frequently pneumonia or pleurisy, and leaves a lung or a portion of a lung perfectly consolidated; in the latter case, percussion will elicit a flat or dull sound.

This is one method of modern discovery. But, in addition to this, Laennec carried the art of physical exploration of the chest to a still greater extent of perfection, in which he applied directly the ear, by means of the stethoscope, or little trumpet, a cylindrical body, which furnishes a medium of conducting the sound from the chest to the ear, where it is not convenient to apply the ear. By this method of accustoming the ear to the sounds of respiration in a state of health, it was easy to be determined, from extensive practice, the vast difference that occurred in the sounds manifested when the lungs and respiratory organs were diseased.

Comparing these abnormal or diseased sounds, discovered before death, with the diseased structure that was found in many cases after death, a perfect science was demonstrated; for instance, when Tubercular Consumption had advanced to that extent as to occasion an ulcerated cavern in the lung, this cavern will give forth a hollow or shrill sound of the voice over that very spot. So if the bronchial tubes were filled with mucus or other material, by contraction from posture, thickening of their walls, so as to create a harsh murmur or grating sound, or *rhales*, it has been discovered what were the diseased conditions that gave rise to those precise sounds.

We need not spend time in a brief work like this, to narrate, for the instruction of the common reader, the philosophy of this science. Suffice it to say, that this principle is precisely the same in this respect as in music. If the ear is perfectly disciplined, (or one has a musical ear,) the slightest change or variation in a note or a part of a note is readily discovered. Such is the case with the science of auscultation, or listening to the sounds in the human chest for the purpose of determining the true condition of the organs within, or the nature of the disease that may be manifesting itself.

It will be readily seen, then, by the reader, that the ability of a medical man to determine any thing in regard to a disease in the chest by listening, or auscultation, and the use of the stethoscope, depends upon his extensive experience in examining the chest, and his ear being disciplined under a good instructor, where there are extensive opportunities afforded, as in the large wards of a hospital, or in an institution where diseases of the lungs are made a specialty, as in the Troy Lung



and Hygienic Institute. It is entirely owing to this neglect of discipline and want of understanding the science of exploring the chest for the diseases located therein, by country physicians generally, that leads them to reiterate still the same fatal doctrine proclaimed in ages gone by, with a very few exceptions, that for Tubercular Consumption there is no cure; hence the discouragement met with every day by invalids in all the smaller towns and villages remote from cities.

Many lives are sacrificed needlessly by uninformed physicians giving false opinions in regard to cases that they are consulted in, for not knowing what they are about.

Says Professor Bennet, the author of several valuable works on Consumption and Pulmonary Tuberculosis: "I can not bring my remarks to a close without expressing my conviction that the general notion of its incurability is mainly attributable to the fact that it is not recognized until it be far advanced, and yet there is, perhaps, no disease, which, by *one practiced* in auscultation, may be more readily detected."

In quoting the opinion of Professor Bennet, we but corroborate all other modern authors on the same disease, and give the opinion of the thousands who now make this department of the healing art a specialty in their profession.

Although every form of disease that has manifested itself to any extent in the trachea, respiratory organs, and the lungs, can be readily determined by one skilled in this science, who makes it a specialty in the generality of instances, yet there is a stage in the development of Tubercular Consumption in which the ear and the stethoscope alike fail to detect the incipient process of tubercular deposition in the lungs.

Since the great discovery of Laennec, and the farther perfection of what he discovered, this dark feature in the process of Tubercular Consumption has been deeply deplored, and thousands of lives, doubtless, have been allowed to run on into the second, third, and incurable stages, in *their* peculiar cases, that might have been cured, and the victims have escaped untimely graves had the incipient process been discovered while in the blood, when about to manifest itself by depositions in the lungs. Dr. Bennet himself mentions the obscure process of tubercular development from the blood, in its incipient progress onward to its first commencement in the lungs, where no evident, external, physical sounds have yet begun to manifest themselves. This point was also noticed by the late celebrated Drs. Marshall Hall and James Johnson. Dr. Hall says, "that the constitution frequently takes the alarm before the stethoscope can detect tubercles in the lungs." Dr. Johnson says: "It is often extremely difficult to solve



the question, after the most careful examination of the symptoms, and the most accurate investigations with the stethoscope, notwithstanding the confidence with which some medical men determine the point."

The failure then was, and now is, to a vast extent over the world, to arrest tubercular deposits in the lungs at this *early* stage, for want of farther light and scientific information to determine it; for though many of the air-cells may be incapacitated to be filled with air, yet the *lessening* of that capacity could not be discovered by the stethoscope.

The question arises, then, how could this very necessary feature be determined to a moral certainty—whether the vital capacity of the patient was impaired or not? To determine this point brought into requisition the principle or philosophy of pneumatics itself. It was seen, therefore, that it was absolutely necessary to invent some apparatus that would discover the true vital capacity, by measurement in cubic inches, and illustrate it to the perceptive organs by a dial or scale in the same manner that the hands tell the true time on the dial-plate of a clock or a watch.

Such was our experience years after we had entered the profession and made pulmonary diseases a specialty. We therefore taxed our ingenuity to devise the means requisite to meet this great emergency, and invented the instrument that you see figured and represented in the second cut of this book, called the Pulmometer, or Lung-Tester.

Other instruments, somewhat similar to ours, had been invented previously. In London, the Spirometer had been invented by Dr. Hutchinson, and was used with happy results in solving those blind points in the process of Tubercular Consumption that we speak of. But the Spirometer was very different in its principle of construction to the Pulmometer invented by us. It was formed of a brass air-chamber, which dipped into a reservoir of water—the air-chamber, of course, being measured properly into cubic inches, to determine the number of inches that the patient could respire; for the vital capacity was to be determined by blowing out into this air-chamber, which was balanced with two weights and made to rise out of the water by pulleys; but unless the instrument was exactly balanced and made to rise by the pulleys without the least friction, it was worthless for the purposes it was designed for.

We, in the first place, went to great expense to have a brass Spirometer made in this country on the principles of Dr. Hutchinson's; but we found, after going to this expense, that the friction in the pulleys of the wheels was so great in raising the air-chamber from the water, that it was worthless for the object designed for. We threw it aside, therefore, though taxed with great loss. But there is no great loss



without its attendant gain. The gain to suffering humanity has been immense at our expense, for it was this failure which led us to contrive a substitute, which we afterward did in the Pulmometer. So perfectly and correctly designed upon scientific principles is our Pulmometer, that the principle upon which it determines the vital capacity is such that it involves no friction nor contingency that attends the Spirometer. It is, as has been described, a glass reservoir, perfectly graduated even to the fourth of an inch. This air-reservoir is set into a glass basin filled with water. The top of the Pulmometer is furnished with a valve and stop-cock, to which a tube is attached, forming a connection with the person's lips. In addition to this perfect manner of determining the true condition of the lungs, and whether their vital capacity is lessened by tubercular deposits or by any other disease, the exact quantum of air which each individual is capable of receiving into the lungs, is brought most evidently to the perceptive faculties by the corresponding amount of water which takes the place of the air that his lungs are capable of taking from the reservoir. The patient filling his lungs entirely from the air contained in the glass reservoir, water instantly takes the place formed by the vacuum, and the vacuum in the lungs has been produced by an immediate forced expiration instantly before the attempt to fill them from the Pulmometer.

Since the invention of this instrument, capable of such remarkable accuracy, we have been enabled to determine by it, in more than a thousand cases, that tubercles had begun to deposit in the lungs, and advanced considerably, where we could not detect the first physical sound by which they are known by the stethoscope; and, by the way, we use in our daily examinations the double stethoscope, which is capable of collecting a double amount of sound, and contend that our ear is as highly disciplined and acute in this department as any other auscultator in the United States. We have, in many and many instances, been astonished at the light it throws upon condition of patients who frequently come for examination. They have not any very prominent symptoms of Tubercular Consumption, as we have previously remarked in the section on symptoms, only that they feel easily fatigued on taking much physical exertion, or their health is a "little delicate," as they frequently express it. We have explored the chests of such cases time and again, both by percussion (striking the chest) and by auscultation with the stethoscope, without perceiving any of the physical signs which are generally easily discovered in the second and other forms of Consumption; and from the external appearances of their chest, we had *not* much reason to suspect that tubercular deposit had commenced, but we *found*, on testing their vital capacity, that they



had *fallen off* sixty, eighty, and one hundred inches, showing to a moral certainty that the air-cells in parts of the lungs had become entirely unfit for the purposes of receiving air.

We will here give one instance of this remarkable detection by the Pulmometer, of Tubercular Consumption that had far advanced, and yet the victim was about performing public duties, and in active exercise. It was made at the public exhibition of the Arabian Giant, on the part of his wife, when he was exhibited in the city of Troy some two years since. We here quote from the *Troy Whig* of the 28th of March, 1859. The examination of these cases excited such intense interest, that it was voluntarily published as here stated :

From the *Troy Whig* of March 28th, 1859.

THE VITAL CAPACITY OF THE ARABIAN GIANT.—Dr. Stone, the distinguished physician to the Troy Lung and Hygienic Institute, measured the lungs of Deroth R. Gorhon, the "Arabian Giant," last Friday evening, as previously announced by us, with his Pulmometer, or Lung-Tester, and found his vital capacity to be four hundred and twenty cubic inches. The average capacity of men in good health is two hundred and twenty-four cubic inches. Taking into consideration his height—seven feet six inches, weight four hundred and seventeen pounds, and age twenty-one—his capacity is not *pari passu* proportionate to the average of laboring men. Though his lungs are large and sound, the inability arises from his sedentary habits; the pectoral muscles (muscles concerned in respiration) not being duly exercised to give *elasticity* sufficient to expand the lungs to their utmost capacity. His capacity is not equal to that of Freeman, the "American Giant," who exhibited in London some years since, which was four hundred and thirty-four cubic inches, height six feet eleven and a quarter inches, weight nineteen stone, five pounds. But this was Freeman's capacity after training for a prize fight, which goes to show conclusively the *great* and *all-important* necessity of a proper and due amount of exercise of the muscles in the open air, and especially the muscles of the chest, and of maintaining an erect carriage of the chest, to develop good lungs and escape Consumption. The capacity of Mrs. Gorhon, the giant's wife, was only one hundred and twenty cubic inches. The average capacity of females in good health is one hundred and eighty cubic inches, demonstrating conclusively, in her case, diseased lungs.

The instrument used by Dr. Stone, though plain and simple, is one of the most useful ever devised to determine either a healthy or unhealthy condition of the lungs. But its great value consists in pointing out incipient Consumption when all other modes of examination fail.

But the important yet melancholy fact regarding the case of Mrs. Gorhon, the giant's wife, is here to be told. It was by voluntary request and solicitation that we tested her capacity. She was about of



ficiating, as we before said, in the public labors of the exhibition, and was, to the common observer, as far as external appearance was concerned, in perfect health, yet, on testing her lungs, she instantly complained of soreness, and pain on filling them to their utmost extent, which showed, by the way, a falling off of some sixty inches, or nearly one quart of air beyond what they should have been in health. She did not solicit our opinion, but we casually observed to her that she had tubercles in her lungs, and gave ourselves no further thought respecting it. They left the city of Troy; but a friend of ours, who was present at the examination, being interested at the scientific process of testing their vital capacity, noticed my remarks in particular. He happened to be in New-York, in the fall, afterward, in Barnum's Museum, where the giant himself, Mr. Gorhon, was on exhibition, under the auspices of that great showman. My friend was instantly recognized by the Giant, and entered into cheerful conversation with him, so much so, that he was induced, in a little time, to ask after his wife; but judge of my friend's astonishment when he was answered that his wife had been dead several weeks with Tubercular Consumption.

This little incident will show to the reader, then, the remarkable power of this Pulmometer to elicit light upon the hitherto latent points, that we have before spoken of, the concealed nature of which was so long deplored by auscultators, and which may be made the means, if timely adopted, of arresting at once the course of that monster who lies concealed in ambush, waiting his farther opportunity to crimson his fangs in human blood. Ah! he satiates his craving appetite with blood drank at the very vitals of his victim, and, before this important discovery, could only be detected, in a farther and more advanced stage of the disease, by a painfully beautiful hectic flush, that harbinger which comes too late for science to relieve.

Desiring to relieve ourselves, in proclaiming the great benefits to be derived by suffering humanity from this invention of ours, of the charge of egotism or personal aggrandizement, we will corroborate our statement by citing a remarkable instance, where Dr. Hutchinson detected incipient phthisis by means of his Spirometer, when two physicians, well skilled in auscultation, both affirmed that they could not detect any organic disease, (this was in the case of Freeman, the American Giant, who had gone to England for exhibition,) but in eleven months after this examination, he died in the last stage of Consumption.

This instance is another proof of the great advantage of the Pulmometer in detecting the first inroads of Consumption, before the Stethoscope can detect it.





PULMOMETER—INVENTED BY THE AUTHOR.



## Twelfth Section.

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Scrofula, the foundation and cause of Tubercular Consumption. Goitre, Bronchocele, Spinal Curvature, Hip-joint Disease, Intestinal Worms, all embody Scrofula and Tubercular Consumption.

WHAT is Scrofula? This is a great and momentous question; for it is broad and comprehensive in its field of morbid action, yet a name used every day by thousands in a very vague and meaningless manner, compared, we mean, with the awful ravages and devastation produced by the silent action of its virus—vague and meaningless, because many such names, which have been handed down to us by our ancestors originated in the darker ages of the world, so far as medicine was concerned, and as to any correct derivative for the purpose of expressing their nature. For instance, the word Scrofula derives its name from *scrofa*, a sow, because swine were presumed to be subject to a similar complaint. The modern medical definition of Scrofula is, a state of the system characterized by indolent glandular tumors, chiefly in the neck, suppurating slowly and imperfectly, and healing with difficulty.

How imperfect and meaningless, then, is the name of Scrofula—derived from swine—when applied to that awful disease which we have labored so hard, in the preceding sections, to show, and which is none other than Tubercular Consumption, which causes the death of untold millions, as it were, not only with the disease in that form, but in the innumerable other forms which we have alluded to! For when we traced, by analysis, what tubercles were in the lungs, and how they formed, and traced them back to a certain condition of the blood, we then said, that the condition of the blood which forms tubercles in the lungs, was the same that caused swellings in the glands of the neck, swollen eye-lids, tumid lips, aversion to light, hip-joint disease, spinal curvature, rickets, or deformity of the chest and bones, and a softening of the bones, and which, in many instances of childhood and later periods of life, terminate in caries of the bones also, and white-swellings of the knee. Furthermore, we mentioned, that this same morbid condition of the blood, which gave rise to tubercles in the lungs in later periods of life, caused death to a great extent in infancy and



childhood, by hydrocephalus, or dropsy of the brain, and by convulsions—it occasioned swellings of the mesenteric glands of the bowels, and dropsical affections likewise in their cavities, the cellular membranes and tissues of the ankles, and likewise of the chest. To Scrofula belongs that certain inherent condition of the blood and system, to chilblains, chapped hands, eruptions on the face, scald head, ulceration in the ears of children, which creates deafness, scabby sores about the ears, and thickening of the membranes of the nostrils. It is the same condition which, in the later periods of life of children and adults, gives rise to the formation of polypus, or spongy tumors, in the nose, ears, and other parts of the body, and which develop by injuries, or coming in contact with contagious diseases of the atmosphere, causing erysipelas, and to which also belong measles, hooping-cough, and the many other seemingly mysterious diseases peculiar to infancy and to childhood. It is that condition in children which causes many to be infested with intestinal worms, producing thereby convulsions, and deaths in hundreds and thousands of instances. The same, likewise, that causes children to be infested with pediculi, or lice.

How absurd and inconsistent, then, after reading this enumeration, the result of a morbid condition of the blood and physical system, to attribute this to the use of pork? This absurd idea, which is harped upon at the present time by many one-ideaed physicians, as being one of the chief causes of Scrofula in the United States, is a prejudiced notion that has come down from the time that the Jews forbade the use of pork, because many, in their times, that lived so exclusively upon swine were troubled with similar swellings or affections of the body. Thousands of instances occur daily, of scrofulous manifestations, wherein the children or their parents have scarcely ever tasted of pork. This, then, goes to show the absurdity of its springing from the use of swine.

We do not doubt that people injure their health, and lay the foundation for many diseases, by tainting their blood from the *abuse* of pork which has been badly fed and fattened, as it is termed, upon swill and noxious ingredients, which are so generally given to swine in a domestic state. But this only goes to show the *abuse* of this kind of food, which, under other circumstances, when properly kept, in a cleanly condition, with due amount of exercise and healthy food, would become as nutritious and healthy as beef or mutton. It shows, at the same time, the absurdity of continuing to use the same ancient terms to designate modern diseases, which appear in many other and more aggravated forms than the name was originally intended to imply; namely, simple swellings of the glands of the neck.



This absurd use of names will answer the very purpose of blinding the people's eyes, and keeping them ignorant in regard to the true causes of disease, by physicians of the Old School, before alluded to, who delight to propagate and countenance this ignorance, as it subserves their nefarious purposes. Would it not be more rational, would it not be more consistent, for them to show to the world and suffering humanity that this very disease, which is now termed Scrofula, and which carries off so many to an early grave, in so many varied and mysterious ways, has been caused by their poisons, in drugging mankind with the most deadly of minerals, mercury, or, in other words, quicksilver, antimony, arsenic, and hundreds of other mineral poisons, ever since the days of Hippocrates, the father of physic, down to the present time?

It requires but little science or intelligence to show every reflecting person that the vital stamina of our race has been gradually depreciating and becoming enfeebled, generation after generation, down to the present time, just in proportion to the increase of physicians, and the wide range of allopathic practice. To such an extent has the physical, vital stamina of our race depreciated, that a generation is born and passes off the stage of existence every thirty-three years, instead of living to the ripe old age of eighty, one hundred, and one hundred and fifty years, as did our ancestors.

What a sad commentary upon physic and physicians! Instead of bettering mankind by their art, we see people sacrificed by thousands and millions, through them! Truly it has been said, by some of the noblest of the profession, that the world would have been better off had there been no physicians, and that more die by doctors than by the disease which they are called upon to prescribe for and cure.

But the reflecting reader will see, that even the modern definition given by Professor Dunglison himself does not reach the Scrofula of our times. He has, in his definition, but reiterated what were the main characteristic features of Scrofula some hundreds of years gone by, before the stature and physical stamina of mankind were so much reduced, and when the disease only affected individuals, or certain families, or children of families, where certain local causes, or evident violations of the laws of health, applied to isolated cases alone, and not to a whole race or nation, as in our times; for when the reader enumerates the physical manifestations, and varied forms of disease, which we attribute to Scrofula, he will at once perceive that all preceding definitions of Scrofula, applying it to tubercular swellings of the glands of the neck alone, or certain deformities of the bones,



would be entirely inefficient to meet the many aggravated forms in which it now appears.

Kind reader, have you in your experience ever seen a counterpart of the cut which you have here?



This cut represents a scrofulous boy, a child of three years old, or a little more—the distortion of the spine, the paralysis of the lower limbs, and turning in of the feet as a consequence. The whole appearance is that of great debility.

The swellings or tubercles of the neck, the upper-lip, the tumid abdomen, all indicate that constitutional scrofula, the cause for which was laid in embryo, as described in the text.

This illustrates, true to the life, one form in which Scrofula manifests itself. It represents a child about three years of age, deformed in its



feet, in its spine, in its chest, and, in fact, deformed in nearly every part of the body. It has no symmetry, and scarcely possesses the image of a human being. It is almost destitute of muscle and the other tissues which are requisite to give development and form to the system. Its bones are so soft, that it can not bear its own weight, and you see its feet are curving and limbs bending under the weight of its own body. In our experience, in prosecuting our professional acquirements, in the various hospitals and infirmaries of the world, we have witnessed hundreds of cases similar to the one this cut illustrates, only many of them much more distorted, and made still more hideous and frightful by the ravages that disease had produced; especially some years ago, when attending a medical college of New-York, we frequently made visits to Randall's Island, where are situated two public charitable hospitals for the reception of children alone. Here, at this institution, are brought many sick and diseased children from the city of New-York, many of whom are orphans. In this institution we witnessed Scrofula in nearly every shape and condition; for here whole wards were affected with scrofulous ophthalmia, or inflammation of the eyes; many unable to see, some blear-eyed, some with acute sensibility to light on the least exposure to it. Others are in that stage of affection in which the cornea, the horn of the eye, would be entirely changed, thickened, and in many instances made conical. There were others affected with ulcerations of the ears, producing perfect deafness; others having glandular swellings of the neck, with previous ulcerated discharges; others with the rickety form that you here see indicated in the cut above. Many of them were perfectly helpless, excepting to be able, perhaps, to feed themselves. Here, hundreds of instances of these cases of Scrofula, in all their varied forms, are brought annually from the city of New-York, being gathered broadcast, as it were; being objects of charity and commiseration; thrown upon the charity of the city.

But what, you will ask, can be the cause for this condition of the physical system, in infancy and early childhood, which arrests the growth and development of some one or more of all the organs of the body; which causes the bones to be deformed and softened, and gives rise to ulceration, or caries of the bones, or dropsical effusions, or inflamed eyes, and abscesses, and the many other forms of disease which they assume in different patients, too protean to be enumerated?

To answer this question, kind reader, we would say that, to demonstrate to you the cause for this condition, is to answer the question of what is Scrofula, and to demonstrate what constitutes it. The cause



is, then, the want of vital force in the first germ of fetal existence. When one blind was brought to our Saviour to be healed, he asked the question: "Who sinned, that this person should be born blind?" I simply make this allusion, kind reader, to sacred record, to illustrate the point of my philosophy that I have heretofore set forth in the preceding sections, and endeavored to explain, namely, that external manifestations, in themselves, in whatever form of disease or symptom they might make their appearance, were vague and indefinite, as to themselves, unless that symptom or external manifestation could be traced to its primary or legitimate cause; for, so long as mankind, in a physical point of view, seek to consider symptoms only, to doctor them, as has been the course with all allopathic physicians for more than two thousand years, we shall not gain in knowledge by which to remove the cause, and thereby escape these direful effects.

It is contended by writers on Scrofula, and by those who yet continue to reiterate Old-School notions of pathology, that Scrofula, like Tubercular Consumption, is a disease that always has been inherited, and is now continuing to be propagated, or, in other words, transmitted down from sire to son, from generation to generation. Admit this to be true, which we do in many instances, and it follows, of necessity, that there must have been some first cause to develop this certain morbid condition of the system which constituted Scrofula then, and which, as has been shown, was very simple in its manifestation to what it now is; for Scrofula is not only a ten-fold, but a fifty-fold more aggravated and hideous disease than it was in the days of Hippocrates, or even centuries ago, when it was denominated "King's Evil," and received by the commonalty as true, that the touch of the royal finger would disperse it, namely, the same glandular swellings of the neck.

Scrofula in ancient times combined, for its causes and developments, coincidence of climate, watery condition of diet, and whatever kind of food that did not possess the material elements requisite to develop a healthy organism, and which now characterize Scrofula in various parts of Italy, Switzerland, parts of Germany, and other parts of Europe, where it assumes the form of cretinism, to develop the enormous bronchocele, or swelling of the thyroid glands, which I wish to give a cut of hereafter. But that form of Scrofula is very different, as the reader is already aware, from the Scrofula of the nineteenth century in the United States.

I come to the point then, of illustration of what constitutes Scrofula—it is a want of vitality in the parent germ, laid in embryo. This is the opinion of Lugol, who has written an able monograph on this



subject. "Scrofula," says he, "manifests its terrible effects in the early months of fetal existence, for it causes those spontaneous abortions which destroy at least one quarter of those affected before they see the light; afterward it wastes their physical and moral development; it complicates all the diseases of the evolutions of youth, which it renders helpless and full of dangers; finally it reveals its presence more formally by a great number of morbid stages, the common origin of which has therefore been overlooked, and which, for this reason, authors have described as so many special diseases."

I have said that Scrofula is a want of vitality even in the germ itself. I repeat, that I admit this predisposition to generate it by the constant marriage and intermarriage of scrofulous people, and a violation of the laws of consanguinity in that manner incompatible with the laws of life and health, so that this scrofulous condition and want of vitality is propagated and kept up, in this inherited manner, to an awful extent, amid all the light that has dawned upon the nineteenth century; for, notwithstanding the knowledge that we possess, or that is within the reach of every person to possess before he enters upon the responsible duties of matrimony, they should know that it is an outrage upon the moral law of God for such as those to marry and be the voluntary agents and means of bringing into existence a puerile, puny offspring, which they must know will be incapable of being developed into a healthy organism to enjoy health or life here; yet, knowing this, they sin as they did in the days of our Saviour, when he asked the question in reference to one who was born blind—which should be asked now in every instance where we see a rickety or deformed child, or one with tubercular protuberances of the neck, with tumid eye-lids, caries of the spine, abscesses or swellings of the knee-joint—this, kind reader, should be the first question: Who sinned, that this offspring should have been brought into the world, unasked for on its own part, to suffer miserably, and die in a blighted manner, as it must do, so early? I mean to have it understood, that this propagation of Scrofula by continued marriage and intermarriage of scrofulous and diseased people, and those who marry their cousins, as in hundreds of instances they do, thereby begetting foolish children—children subject to cataract, or congenital blindness of every name and nature—is none other than God's punishment for violating his moral law in a physical point of view.

The virus of Scrofula, which I laid down in the opening part of this section, is this ethereal virus which is transmitted from sires to sons, the sins of whom are visited on the children thereof, to the third and fourth generations. But now I come to this more modern kind



of Scrofula, which I have mentioned of witnessing in my medical travels and pursuits, in various hospitals of the world, particularly at the Children's Hospital at Randall's Island, and which I have witnessed in my own general practice in hundreds of instances, some of which assumed many of the protean forms that I have above enumerated—that form which is characterized by want of life in the parent germ, laid in the uterus or mother's womb. I wish to ask the reader how he supposes, in hundreds and thousands of instances, this deprivation of life in the germ takes place? This is an important question — too important to go into full, thrilling, and appalling detail, as it would occupy too much space here. That must be done in a monograph on the “abuses of the sexual passions, and sexual diseases;” but we will so far satisfy the longing curiosity of the reader as to enlighten him sufficiently for his own good, until he reads further, in detail, in this appropriate book. To begin this, in the first place, I make the broad and yet truthful assertion that there is not one couple in fifty, if there is in one hundred who marry, that ever stop to think, much more to inquire, to know and understand what are the duties that devolve upon them when they marry, or what an awfully responsible situation they are placing themselves in when they exercise the functions of the sexual organs and passions. Now, it should be known that the sexual functions either in the male or female, embody one of the most important principles of our being — it is none other, kind reader, than that delegated to us by Omnipotent wisdom — for what? To fulfill His designs; to propagate to intelligences here, on his footstool, the commencing evolution of animal, physical life; to be developed from its proper parent germ into exquisite, organic, perfect form, and to evolve, in a perfect casket, that germ of vitality which is to be eliminated, from one stage of perfection to another, until, in the economy and course of his providence, a human being shall attain not only angelic but seraphic life.

But I ask, in the next place: When the majority of people marry, and they exercise the sexual function, if this consideration occupies their mind? I shall leave this for each one that reads this book, and this section on the cause of Scrofula to answer for himself; but I am to answer the question in relation to the many distressing objects of Scrofula which it has been our fortune to witness and administer to, as a medical man; that those who brought them into the world never thought at the time they were begotten.

This brings me to the point, to tell you how this parent germ is deprived of its vitality, of its life-power, of its nerve-principle, which alone can give it perfect physical development and organism, after it



has been born and brought into the world. Even if the mother is healthy, the seed that is deposited in her womb lacks in the life-principle, in the germ, from the abuse that has been, more or less constantly exercised upon the sire from his childhood, up to the time that he completed this act. So, it is known by every physiologist that is well versed in his department, and is well practiced with the microscope in examining spermatic discharges, as we have done for years, under the microscope, that in all such cases of marriage, where the parties were weak in the sexual organs, and have been given to nocturnal and diurnal emissions, that the seminal secretion is destitute of well-formed spermatozoa. In fact, the seminal secretion properly embodies, in many instances no spermatozoa at all; it is but a limpid, glairy or watery secretion, secreted under a morbidly excitable condition of the testicles and seminal vessels themselves. But even in instances where there are appearances of spermatozoa, (meaning the germ of the future offspring,) the microscope shows that they are deficient, even at that early stage, in development; they are crippled in the point of extremity of the tail-part, as it is termed by physiologists and chemists.

Here, then, in the first origin of the germ of human life, lies the cause of Scrofula.

Kind reader, we have told you, in the preliminary sections of this work, in giving you some reasons for writing, that we have investigated animal chemistry, and the chemistry of man, with intense application, and with profound interest, and that the microscope had been brought within a few years, to the aid of scientific men in these investigations, which had their origin, in this new light, to an actual demonstration upon physiological chemistry — which had hitherto been made a matter of conjecture — where before all was darkness and empiricism. In investigating the cause for Scrofula in all its hideous symptoms, to this wonderful extent, as is now being manifested in our country, in causing so many premature deaths in infancy, and in early childhood, in adolescence, and in later periods of life, by this form of tubercular disease, we have made use of the microscope, and brought in requisition the aid of animal chemistry, in obtaining our knowledge and arriving at our conclusion. But, to show the reader that this is no presumption, nor egotism on our part, we will quote from Lugol, the author we have previously mentioned, who has made more observations, perhaps, upon Scrofula and its causes, than any other man extant. He says: “When the father is scrofulous, the fetus may find in the uterus of the mother, if she be healthy and should have suitable rudiments, materials of reparation which will nourish it, and strength-



en it so, that at the end of pregnancy, it will be more or less healthy ; but when the semen of the man is of too degrading a character, too destitute of prolific qualities, its elements can not combine intimately enough with those furnished by the female to have even a common degree of vitality, and pass through all the phases of fetal life too. Abortion then supervenes. However well-formed may be the organs of the mother, those seeds which are too much deteriorated can not germinate, even in good soil."

This will show to the reader why there are so many such puny offspring that are born into the world, as the preceding cut illustrates ; who are born into the world to live but a short time in great misery, for the most part to themselves, and if perchance their lives are prolonged, it is but to be a reflection continually upon their progenitors.

There is still another silent cause for Scrofula, laid in utero, wherein the fetus is perfectly robbed of the due amount of that vital force so necessary for its healthy evolution, and the organization of a perfect being, very extensive in its operations, and the magnitude of the bitter consequences incurred thereby are beyond human power to conceive. I mean by this, that the germ is perfectly blighted and withered, as it were, for its full perfection, for physical and vital stamina, and for greatness and usefulness also throughout the ceaseless ages of eternity, which is brought about culpably on the part of its parents, by an excess of sexual indulgence during the responsible period of gestation.

Every intelligent person who studies nature attentively, and takes the unerring laws of instinct as his guide, well knows, that during the period of gestation, all female animals, with very few exceptions, refuse the male during the time in which their young are being developed. They repel, contemptuously, and with indignation, every advance of the kind. Then, taking the unerring law of nature as our guide, in a higher sphere of human development wherein God, in his wisdom, has labored to develop intelligences for immortality and future greatness beyond the confines of this short, bodily existence, what do we see to be the conduct of man, whose sexual propensities are left to be guided by the superior and godlike principle—Reason ?

Man's duty is to know, in the first place, when he takes upon himself the awful and responsible situation of instituting his own self into the germ of fetal organization, it is requisite that he should understand his duty toward that offspring whom he has voluntarily been the means of developing. But what is the case in respect to this matter ? Instead of the mother, when in the responsible condition of gestation, being allowed to possess quietly and undistractedly all her bodi-



ly energies and nerve forces, to be there concentrated for carrying on this great life-principle, she is continually interrupted, in the large majority of instances, by the husband's having sexual indulgence, which robs the fetus of the nerve-forces, paralyzes and blights its harmonious development and vital stamina.

The sexual orgasm, in both male and female, when cultivated and brought to its highest pitch of excitement during coition, brings, for the time being, into action the nervous system in the most intensified state of excitement, so that exhaustion always is incurred, and this exhaustion, in many, follows to such an extent, that great debility and complete prostration ensue. Every one can see, that when the whole brain and nervous system are involved to the highest magnitude of orgasmic excitement by an induced state of the passions, that the nerve-forces of the mother must be distracted and diverted from the embryo or fetus in the womb. So, for the time, more or less, continually, the fetus is shocked by this orgasmic excitement on the part of the mother, and in so far as her strength is expended in this manner, is her offspring robbed of that vital and nerve power which is requisite to develop its healthy stamina, and give life-power to its future intellectual energies.

Many of the pale, weakly, scrofulous, and deformed offspring that we see every day about us in the streets, and in every department of life, all discover to the acute eye of the experienced physician a cause, namely, that they have been robbed of that nutrition and life-power that belonged to them, but which were expended in the sexual gratification of the passions, on the part of their culpable parents. I have witnessed hundreds, ay, thousands of scrofulous children produced in this manner.

Some years ago, when on a professional tour, during the summer season, to Meriden, Ct., (where I stopped a few weeks to recruit my shattered energies,) I was consulted by an intelligent Irish lady respecting her child, a son of between two and three years of age. The child was well shaped and proportioned in every way as children are generally found. It nursed and fed well. But it was weak — it could not bear its own weight when it was old enough, and large enough to have been going alone some ten or twelve months. To this end was our opinion sought. We examined the child minutely in every way — its spine, its limbs, and every part of its organization — to discover if there was any organic disease that might account for this apparent debility, and inability to bear its own weight, but none could be found. Our causality and powers of medical discrimination were now taxed to define what really was the cause of this child being in this



helpless condition, when so large and so well developed otherwise. After much reflection, it occurred to us that the offspring had been injured by want of the requisite vital and nerve-force, *while in utero*. We, therefore, questioned the mother, with the suggestion that we should ask her a delicate question, but that it was right for us to do so, and that she should consider it as such, and answer us correctly, which she promised to do. She then confessed, in answer to our inquiry, that her husband had been, more or less, constantly with her, having the greatest amount of sexual indulgence while she was carrying this child. Hence, we were compelled to draw our diagnosis or conclusion in accordance, of which we acquainted her, and she rationally coincided with us in giving it as her opinion that such was the case. We prescribed a judicious, hygienic course of treatment for this utero-devitalized and serofulous child with the greatest success.

We mention this case here as an illustration of thousands of very similar cases, where offsprings are puny, weak, and lacking in vital stamina, not only for development, but even a fair proportionate development sufficient to use their limbs or support their bodies, and carry them about. The cause is laid in utero, in the manner herein described, in which the offspring has been perfectly robbed of the vitality that belonged to it. There are thousands of instances, too, where this devitalizing process has been arrested to such an extent, in the same manner that they become helpless and wretched all through their earthly existence, and pass into the spirit-land, crippled and pigmied, intellectually, in the same manner.

When will mankind learn to study themselves—to study the laws of their being, and the responsibility to their own offspring, and above all to God, in the voluntary exercise of those important functions which he has delegated to them?

This brings me, then, in the next place, to consider what are the causes of so many abortions. Of course, the unprofessional reader, who mingles not in the infirmities of mankind, who is not in a situation to be consulted in regard to the many physical disabilities which prevail in the world, can have no idea of the vast number of conceptions which take place in the womb, and which are cast off prematurely, undeveloped in shape of abortions; I mean those abortions not willfully and mechanically produced; I mean those spontaneous abortions which take place even contrary to the wishes of the mother; for, indeed, in the majority of cases, it brings sorrow to her bosom, and fills her mind with despair, which produces despondency, in the blighting of her hopes—to see the fond anticipations that she indulged, after having her longings, like Rachel of old, gratified, in the ardent antici-



pation of realizing herself in the daughter, and anticipating the brightest hopes and prospects of fulfilling her functions, blasted, and that continually in spontaneous miscarriages, or abortions, for which she herself knows no cause, and which, for their frequency, in many instances, make life itself almost a cruel endurance.

I well recollect, when yet pursuing my medical studies, that my preceptor was called upon to attend one female who had then miscarried twenty-one times, and each time uterine hemorrhage was so great that it produced entire prostration, and threatened her life. I myself prepared the prescriptions and administered them. In my own practice I have met with hundreds of cases where females had aborted, and uterine hemorrhage ensued to an alarming extent. In these cases, the fault was on the part of the female. She herself inherited either a scrofulous predisposition, or else she had so lived, and so been raised by her parents, as to have induced and propagated a scrofulous constitution; by that I mean a condition of the blood destitute in vital principles or necessary elementary materials which are requisite to give vital force, nerve-function, and energy to her ovaries, and to carry on the development of the germ principle in her womb sufficiently to duly organize and mature it for birth.

This, then, will explain the cause of the many spontaneous abortions that an experienced physician is made acquainted with. I will again quote Lugol to corroborate my experience on this point: "Where the mother is scrofulous, abortion will not occur if she has been impregnated by a healthy, well-made man; but if her health be much impaired, it can not frequently be prevented, the mother and child both concurring to produce it. In cases of this kind, as in those stated in the preceding article, the fetus is no sooner conceived than it is scrofulous; it has neither a degree of vitality nor the force necessary to its growth; it contains the causes of abortion, which are nourished by the materials received in the uterus; finally, the state of debility of these organs, which does not permit them to support the labor of gestation to its full term, which, added to the first two, render abortion more frequent."

In a brief work like this, these two striking illustrations for the two fundamental causes of the most appalling instances of Scrofula—namely, those that come to light and assume the hideous protean forms of disease, and perverted shapes, and those that never come to light, but are blighted in the womb, in the shape of spontaneous abortions—will be all-sufficient. But I wish to give one or two farther illustrations from the excellent author from whom I have quoted respecting other forms



of Scrofula which are an every-day occurrence; for there is scarcely one person in a thousand who ever conjectures the cause—I mean hair-lip and cleft-palate: “I knew a scrofulous person affected with hair-lip in whom puberty did not ensue until he was thirty years of age, and who married a few years afterward. His wife miscarried constantly, although she seemed to enjoy good health.

“I know a family scrofulous, from the incontinence of the father. The mother miscarried five times successively, at four and a half months, although she was healthy. I will also cite the case of a man who married when nearly sixty years old, and whose wife miscarried five times, and never bore a full-grown child.

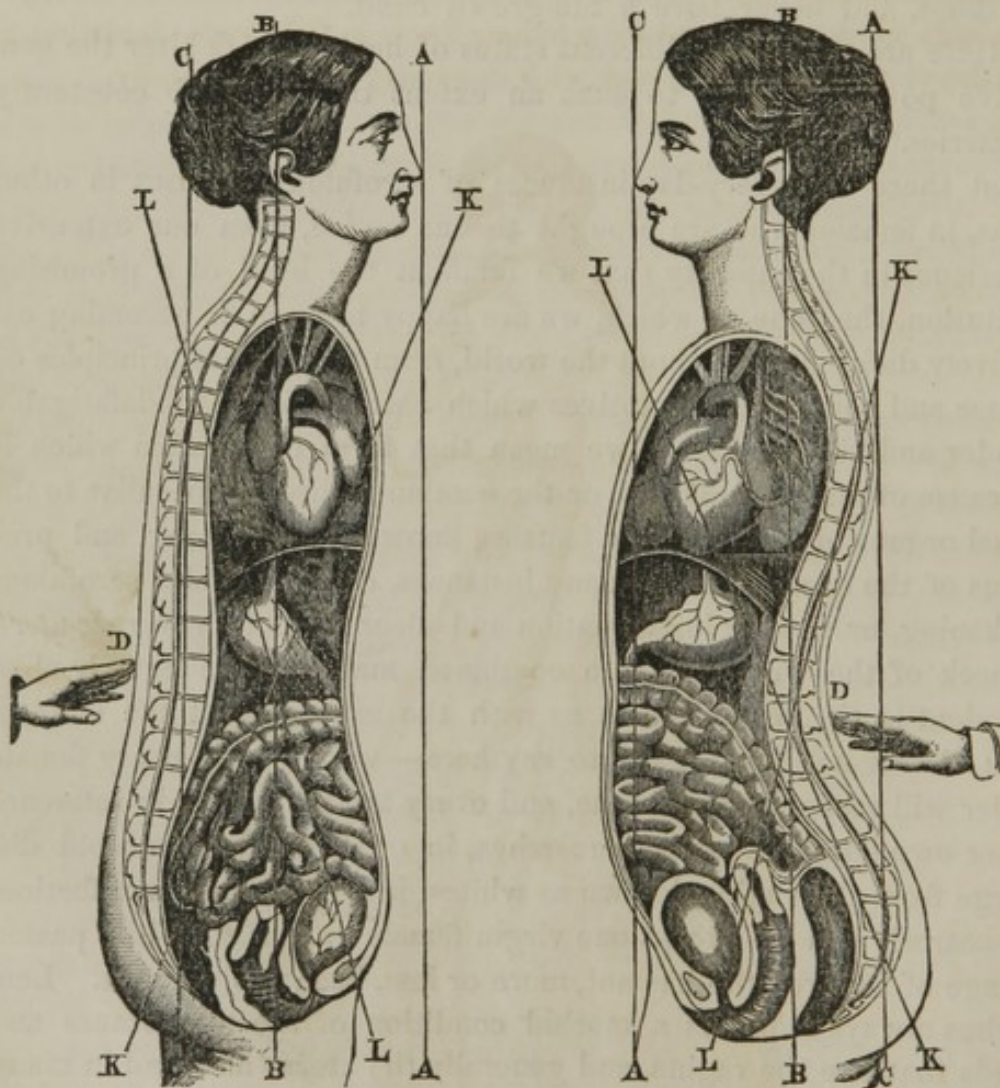
“Here are three very different states of health which alter the generative powers of man to such an extent that the wife constantly miscarries.”

But there are every-day instances of scrofulous diseases in other forms, in females who are brought to our notice, from our extensive experience in the capacity that we fulfill at the head of a promising institution, the fame of which, we are happy to learn, is becoming extensively diffused throughout the world, from the correct principles of science and conscientious motives which characterize its indefatigable founder and his associates; we mean that form of Scrofula which is the cause of female weakness, or the combined diseases peculiar to the sexual organs of our modern females, known as *leucorrhæa*, and prolapsus of the uterus, and, in many instances, combining also scrofulous thickening, or chronic inflammation and ulceration of the *cervix-uteri*, or neck of the womb. These combined maladies, are equally alike prevalent in the virgin female as with the married and the matron. It is almost needless for me to say here—what nearly every female reader will recognize to be true, and every mother knows in reference to her own daughter—that leucorrhæa, in other words, a morbid discharge from the vagina, known as whites, is a very common affection, and scarcely can we except one virgin female in ten, who has passed the age of twelve, who has not, more or less, been subject to it. Leucorrhæa always indicates a morbid condition of the membranes and glands that line the vagina, and generally the uterus also, and in many instances does it extend clear upward and onward to the ovarian organs themselves. To such an extent is this morbid secretion, that it saps the very physical foundation of vital stamina; it becomes weakening and debilitating in the extreme; it impoverishes the blood, by constantly carrying off the albumen and fibrous materials which constitute its momentum and vitality to a great extent; it weakens the ute-



rus and the ovaries to that extent that it incapacitates the female from becoming a healthy mother ; and when she is married and placed in a condition to become a mother, if she is pregnant, in a large number of instances, it results in abortion, as before described.

But this is not all. The constant drain from the blood by undue morbid secretion weakens all the abdominal viscera, the bowels, the glands of the bowels ; it extends to the parenchyma, or tissues that hold the bowels together, so that the whole abdominal viscera, commencing with the stomach, the liver, the pancreas, and the intestines, fall down out of place, as is illustrated in the figure shown in this cut,



This cut represents the diaphragm, the stomach, liver, and bowels dragged down, pending upon the bladder, and depressing the womb, producing *prolapsus*, or falling of the womb, caused by constitutional Scrofula.

This cut represents a well-formed, healthy female figure, having all the organs in their natural condition. The reader will observe the striking difference in the position and appearance of the bladder and the uterus from the foregoing figure.



In which the reader will see the displacement of all the organs of the abdominal viscera upon themselves, until they depress the uterus out of its normal position, causing this very common malady in females of the present day—prolapsus, or falling of the womb.

Let the reader carefully compare the cut which illustrates the displacement of the abdominal organs and viscera with the cut which has them in a healthy normal condition, and they will realize at once something of the nature of Scrofula in the enervated condition of the vital organs, and the want of vitality of the system which produces it. To illustrate the appearance of a female when dressed, the subject of prolapsus, leucorrhœa, and Scrofula which is seated in her sexual organs, we will give another cut of a female form in full dress, depicting her to the very life as she is met with in society or in her family.



This cut represents a constitutionally scrofulous female—the subject of prolapsus uteri, or falling of the womb, and a dragging down out of their natural place the stomach, liver, bowels, and all the organs of the abdominal viscera—as she appears in fashionable society, dressed in gay attire.



But duty compels me to again notify the reader that were we to go into a full detail of Scrofula, in all its varied and hideous features of manifestation, and the many aggravated forms of disease induced thereby, it would swell this book beyond our calculation. The curious reader must consult a monograph which we are preparing on the subject of Scrofula at full length. But it will be gratifying to learn that, direful a disease as is Scrofula, like its handmaid, Tubercular Consumption, in many instances science and art afford efficient means to arrest its fatal progress, even when manifested in the hideous forms and conditions of childhood, and a permanent cure to those farther advanced, when affected, as with the impotent, prostrate sire, or she who, in the ignorance and innocence of her situation, has taken upon herself that responsible office of becoming a mother, without at the time knowing the bitter consequences that would entail upon her—the innumerable number of abortions—and menace her life with repeated hemorrhages; or with the maiden just setting out on the threshold of life, and approaching those years when nature seeks to establish that most important function—to qualify her to become a mother; and she who is now subject to leucorrhœa, which menaces her with those visceral, organic weaknesses which, unless remedied, will perchance sacrifice not only health and all the prospects pertaining to the function of maternity, but life itself; there is for her a cure, if timely sought, in the judicious and scientific treatment afforded by the faculty of the Troy Lung and Hygienic Institute. To her who is farther advanced in life, and troubled with that serious modern malady, prolapsus, we afford her an efficient cure, the beauty and consistency of which combines that happy discovery, to place the treatment effectually in her own hands, without the sacrifice of the comforts of home and the society of her friends, of being under the necessity of going away to an institution to receive treatment. To her it must be encouraging; it must come almost as a ray of hope in her despondency, that we have devised the simplest means, mechanical and local, which she can apply alone by herself, with the utmost facility at her home, even with the greatest success—so astounding have been the improvement of modern medical science, and the discoveries made by our institution.

But there is one other form of Scrofula which we have alluded to as once being very common in Italy, Switzerland, Germany, and other parts of Europe, namely, that known as *bronchocele*, or goitre, and which is now becoming very prevalent in the United States. It is found extensively in many locations like that of the Connecticut river, in low, flat, or moist countries, where aguish diseases are so constantly manifested. It is that form of Scrofula which affects the glands of the



neck, particularly the thyroid gland, more than is diffused in the blood.



This cut represents Scrofula as it develops itself in the form of Bronchocele, or goitre — a chronic tubercular enlargement of the thyroid gland of the neck.

to progress, grows to an enormous extent. We have witnessed many of them in medical clinics at various medical colleges, grown to such an extent that they raised the chin and impeded respiration by their pressure on the windpipe, so much so, that breathing was very difficult. Scrofulous persons finding themselves thus affected, can not be too solicitous to procure our aid in due season.

But there are other cases in which Scrofula is more obscurely laid in infantile life, but slightly observed in childhood, in which circumstances, for want of right physical education, of good development of strength of constitution in earlier life, cause it to be developed in a melancholy manner in later years of life, in manhood even. We have met in our practice many such cases; one in particular, that had run into a most aggravated condition, which, previous to coming under our care, bid defiance to some twelve or fourteen other physicians, and had been developed in later periods of life by vitiated habits formed in childhood or boyhood.

As I have before said, the sexual function and appetite is a laudable and noble one when left to the guidance of the natural laws of our constitution, to be developed and brought into action at the proper time, and exercised for its legitimate function; but if tampered with, prematurely excited and brought into action by artificial excitement, by undue and unnatural stimulation to the organs themselves — ah!

We are meeting with instances of this form of Scrofula in our extensive practice nearly every day. This cut will illustrate a case that we have recently treated and cured, of a lady, who, by the way, was born in Prussia, and now lives in Schenectady. She has lived several years in this country, so that this goitre, or tubercle of the thyroid gland, had taken on its aggravated feature and development since she came to this country.

We are happy to say that our treatment in dispersing this glandular enlargement has been entirely successful. This goitre, or tubercle of the thyroid gland, when allowed



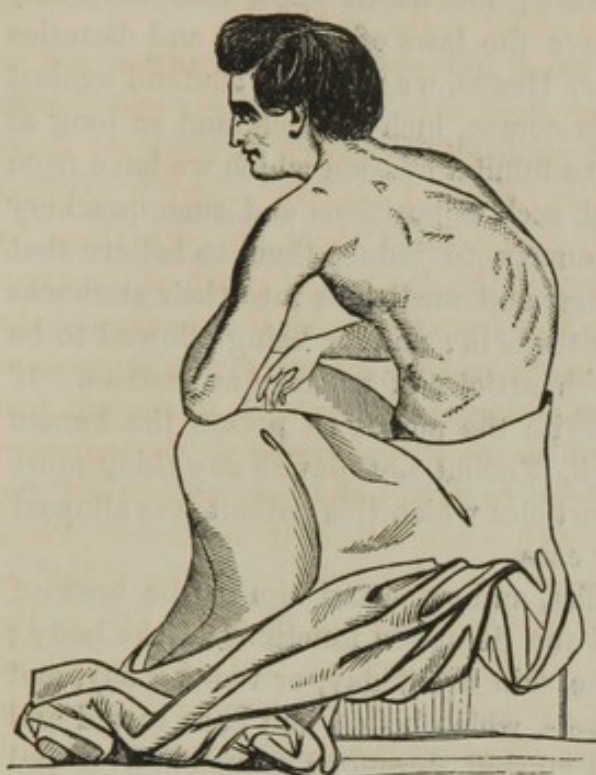
long years in advance of the time that God in his infinite wisdom intended—the consequences are awful in the extreme.

The passions of the human mind and physical constitution are an embodiment of our nature so mysterious in their element and character that, to rightly control and guide them onward through the stage of our physical existence, requires profound wisdom — ah! it requires the wisdom of sages to rightly comprehend them, to curb them by self-control, and guide them through the dangers of youth as the experienced mariner guides the ship free from the rocks, the shoals, and the quicksands which lie obscured in the mighty ocean; for these passions of our nature and physical constitution are to the soul, to the life, just like so many obscure rocks and shoals in the ocean to the mariner; and they become to us, like those to him, unless we understand the great chart of human life and health — can fathom its intricacies, know the thorns and briars which beset our path—the rocks on which we make shipwreck. Therefore, in the condition of civilized life at the present day, which is a very artificial one, we find that mankind instead of possessing accurate knowledge of the laws of life, health, and physical education, and their offspring being developed in accordance thereto, that they are prematurely ripened and their passions too early excited. As a gardener develops, by art, in a forcing-bed or green-house, with the combined power of artificial heat, a plant or a flower, and causes it to blossom early, so, in infantile life, childhood and youth are the men of the present age of the world. Their passions become a consuming fire, instead of becoming aids under right, judicious, proper management and culture, for the enjoyment of life and physical existence.

To this end, in our narrative, do we see the sexual passion developing Scrofula, and causing infinite suffering and physical devastation in a thousand obscure and wily forms of disease, sapping insidiously the fount of life itself by a morbid excitement of those organs designed by Omnipotent Wisdom, when used judiciously, for the laudable purpose of propagating and unfolding ourselves in our offspring throughout all eternity.

To illustrate this point in our narrative of the development of Scrofula in manhood, we will introduce a cut here, of a patient whom we have treated, under one of those most appalling circumstances of combined diseases induced by early pandering to the passions, insidiously sapping the vitality of the system by silent drain made upon the sexual organs, producing caries of the spine to that extent, that ab-





This cut represents true to life a subject of Scrofula developed in youth by pandering to the passions, producing marasmus or wasting of the juices of the blood, and thereby softening and caries of the bones of the spine, inducing abscesses and consumption at the age of twenty-three years, which was arrested and cured under the treatment of Dr. Stone, of the Troy Lung and Hygienic Institute.

advice in regard to the chance of any relief. A series of interrogatories were nicely replied to, the urine of the patient analyzed, and we gave (by letter) as our opinion, that we could restore the patient, even under this apparently hopeless condition. He paid our fee, and as the last ray of hope, placed himself under our discriminating care. He was then several hundred miles distant. We found, from the history of the case, that, though in a state of hectic fever, and troubled with a severe cough and night-sweats, the patient was being fed (as he afterward confessed to us when he visited us at our Institution) with hot pastries, and for his supper he would have fried doughnuts, mince-pie, and warm bread and butter; and when he narrated this, does the reader wonder at us because we occasionally sneer at that old antediluvian race of doctors known as the Allopaths? We do so from the best motives; and because we deem it a duty we owe in our professional capacity to suffering humanity — out of philanthropy

sciences were discharged in three different places. The victim passed on from one stage to another, worse and worse; from the ability of gentle labor and exercise to extreme debility and emaciation so great, that he became confined to his house and subsequently to bed. Hectic fever ensued, night-sweats, restlessness, cough, dryness of the throat and air-passages, tubercular deposit in the lungs, and morbid appetite. And in this condition he had been seen and prescribed for (ineffectually) by twelve physicians; among them were two professors of a celebrated medical institution in Vermont; but they all failed to give him either relief or cure. In this condition the patient wrote to us, or had a letter written by his friends, stating the case minutely in all its bearings, and soliciting our



and the benevolence of our nature; for we do know that they only prescribe for symptoms, and leave the laws of hygiene and dietetics entirely out of their prescriptions. Hence, we will ever contend against them, so long as they adopt this course, inch by inch, and so long as life endures! For we are here to fulfill a mission which we have from kind heaven to wage war against such impositions and such quackery as is palmed off upon the community, to induce them to believe that they can be cured by taking drugs and medicines into their stomachs while in the condition this patient was in; and for being allowed to be fed (by their permission) on such articles of cookery as pastries. If ever ingenuity was taxed to devise the means to poison the human race, and to pervert good health, it could not devise any thing more direct to accomplish it than the articles which this patient was allowed to use, when brought under our care.

We corrected his errors of diet, and subjected him to the laws of hygiene, in order to correct all the deranged functions of the body; commencing with bathing of the skin every day, or twice a day, and producing an action of the bowels, which before had been torpid and inactive, we thereby corrected a morbid, deranged stomach, liver and digestive functions. We arranged our treatment to quiet and allay the irritability and exalted sensibility of his nervous system; we gave gentle tonics, combined with proper solvents and correctives, for the poisons in his blood, and such other natural agents provided in the vegetable kingdom by nature, for such emergencies, that would act to stimulate the languid functions, and cause healthy secretions of the kidneys, which were then morbid and vitiated. For the disease of the throat, respiratory organs, and the lungs, we administered our medicines rationally, in the shape of inhalation by medicated vapors, and not by sending them upon a blind mission through the stomach, and thereby reduced his cough, overcame the irritation in the broncho-mucous membranes, arrested the tubercularization or softening process in the lungs, and in eight weeks restored this patient from a sick-bed, so much so, as to enable him to ride out in the open air. This was in the winter. In the summer afterward, he was able to ride one hundred and seventy miles in the cars, and visit our Institution, and exhibit himself as a living monument of our skill, when consistently combined with science and the harmonious laws of nature.

So striking was this cure, that the editor of the *West-Troy Democrat*, who saw him personally, was induced to give this voluntary testimony:



*Case of Thomas P. Abbott—Striking Evidence of the Skill of Dr. Stone.*

WE have had occasion frequently, in our editorial capacity, to speak of the great success of Dr. Stone, physician to the Troy Lung and Hygienic Institute, in curing Consumption and chronic diseases. We have had, to-day, an ocular demonstration of his skill, in the person of Thomas P. Abbott, of Windsor, Vt. Mr. Abbott is a young man of about twenty-four years of age. Last January he was confined to his bed, with seven large abscesses on his back and spine—suffering extreme pain and restlessness—his limbs drawn up to his body, and prostrated to an extreme state of emaciation and debility, with a harassing cough. In this condition he was attended by many physicians of the neighboring towns and vicinity, among them a distinguished professor in a medical school, all of whom gave his case up as utterly hopeless, and left him to die. In this forlorn situation he wrote and stated his case to Dr. Stone, and was induced by the Doctor's encouragement to adopt his treatment. Suffice it to say, that in two months' time Mr. Abbott had improved so much as to be able to walk out of doors. He has continually and steadily progressed under the Doctor's scientific and discriminating plan of treatment, so as to be able to ride to Troy a few days since, and exhibit himself in person to the Doctor for the first time.

In the mean time two of the abscesses healed; the excruciating pains have, in a great measure, subsided, as well as the cough. Any one that is longer skeptical of the great skill and success of Doctor Stone in curing obstinate chronic diseases, let them *now* go to the Institution and see and hear from the lips of Mr. Abbott, personally, as we ourselves have done, the almost miraculous improvement and restoration in so short a time, from what was considered a death-bed.



### Thirteenth Section.

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#### DIPHThERIA AND PLASTIC BRONCHITIS.

WHILE I am engaged in writing this work for the press, the whole country is pervaded to a most melancholy extent and direful fatality, with what is termed a new disease called Diphtheria. As we have before stated, in the symptoms of Tubercular Consumption, it is not unfrequently the case, but it is an every-day occurrence, often, for whole families, to the number of five or six children, to be rapidly swept off by this fatal disease. Measurably, it is characterized by symptoms very similar to what is called Membraneous Croup, but is very different in its nature, in the majority of cases, from Membraneous Croup.

It is not probable that Diphtheria is a new disease, only that the various forms of diseases which affect the mucous membranes of the throat and air-passages have become so frequent, so numerous, and so fatal in the United States, that this circumstance has led medical men well posted in their department to be more accurate in their scientific diagnosis. Diseases of the same character prevailed in this country, to equally as fatal an extent, some twenty-five or thirty years ago, as an epidemic, ravaging communities with its fatality, and spreading death and dismay wherever it went.

The identity of putrid sore-throat, which made such fearful ravages in Albany and other places a quarter of a century ago, with this present malady, seems now to be settled. That malady was characterized by well-marked typhoid symptoms, and this indication has its counterpart in the extreme prostration of the Diphtheria of the present day; namely, in the most alarmingly prostrating symptoms at its first onset. Like Croup, it is accompanied by the formation of false membranes in the windpipe, which, if left to themselves, accumulate until the air-passages are closed up, and death ensues. But the false membranes of Croup are an exudation of natural lymph from the vessels and mucous membranes, which are stimulated to excess by a high febrile condition of the tissues; while, on the other hand, Diphtheria is scarcely ever febrile in its pathology, and its false membranes are the



result of a sloughing off, rather than an exudation of the mucous coating. Croup belongs to the inflammatory type of disease; Diphtheria, save in exceptional cases, does not. In Croup, the breath of the patient is usually untainted; in Diphtheria, the breath is characterized by a peculiar, and sometimes almost intolerable fetor. The lymphatic discharges of Croup are seldom acrid; the discharges from the nose and mouth of the diphtheritic patient are ichorous and excoriating to the highest degree. Croup is not particularly prostrating to the general strength of the person attacked by it; Diphtheria is invariably accompanied with extreme debility and a loss of muscular as well as nervous tone, which often continues for months after the immediately dangerous symptoms have been overcome. Finally, Diphtheria is contagious; Croup is not.

It will be seen from these details, that Diphtheria and Quinsy, or quinsy sore-throat, have more intimate points of resemblance than Diphtheria and Croup.

In certain cases this resemblance is greatly increased by a complication of the false membranous symptom of Diphtheria with malignant inflammation of the tonsils; still the false membranous symptom is, of course, always sufficient to distinguish from Quinsy, to the practiced eye.

If the reader is not accustomed to witness the distressing features that characterize Membranous Croup, and the melancholy spectacle which the medical practitioner is but too often called upon to witness, when death ensues in that very mechanical manner, by the blocking up of the larynx and the windpipe, from the accumulations of false membranes, and the other attendant constitutional irritation, let him read the graphic description of it in the section on "The Causes for Tubercular Consumption," and its connection in its nature with that fatal destroyer.

Equally as distressing, in many instances, are the deaths in Diphtheria, but not so generally in this respect, namely, owing to the early depression and complete prostration of the energies of the brain and nervous system and the vitality of the body, which has been produced, as you will understand, from a more subtle and malignant cause than that which produced Membranous Croup. Hence, in a case of death by diphtheria, we are not called to witness the awful, distressing spectacles—the anxious expression, the rolling eye—to the last moment, if not taken away suddenly by convulsions, seeming to demand from the physician, in the last agony of death, by ocular and arduous solicitation for relief, an assistance which science is not able to give; for long before death takes place in Diphtheria, all power of ex-



ternal recognition is lost; for the brain, the citadel of the soul, has been too much shocked to maintain to the last periods of existence all the feeling of vitality, and the agonies produced by the disease, as in Membraneous Croup. Although, in many instances of deaths from Diphtheria, the windpipe and bronchial tubes are obstructed by the accumulation of a false membraneous deposit, and to the eye of the spectator seems to denote a most distressing mechanical death by suffocation. It is merciful for the patient that he has lost his power of external sensibility to suffering.

As the ultimate effects and physical manifestations of the two diseases are really very different, then, in their nature, so also must be the causes. The immediate exciting cause for Membraneous Croup is a sudden cold, from sudden changes in the atmosphere, exposure to dampness, and a consequent repelling of the temperature of the blood thereby from the external surface and the extremities inwardly, so that an inward inflammation or fever seizes the internal membranes of the larynx, the throat, and frequently the bronchia.

But in Diphtheria the exciting cause is malarious or miasmatic; in other words, a certain subtle poison in the atmosphere, as in Typhus or Typhoid Fever, Cholera, Intermittent Fever, that suddenly gives rise to this peculiar morbid effect or modification. Consequently the contagious nature of Diphtheria is owing to this malignant atmospherical cause in part. But the question again arises here, if the cause is in the atmosphere, and it pervades the whole country at once, more or less so, and is breathed alike by every person, why are not the atmospherical effects more general? Why does it skip over certain towns, or families in towns, seize upon others, and not unfrequently sweep of a whole family at once?

These are very important questions—questions that involve the whole science of physical education, as it were, and complete the science of human life, physiologically speaking.

We could answer this question directly, by citing the same coincidences and circumstances when Cholera pervaded the country and the world. So also has it been with every other epidemic.

The reader will not fail to bear in mind the same chain of philosophy which we intend to apply to this epidemic (Diphtheria) that we have applied to Tubercular Consumption. Why does death sit back, as a great strategist, looking keenly and watching discriminatingly to seize upon his victim, here and there, so unawares, laying waste whole families, as in Tubercular Consumption—selecting the fairest and most promising of earth—children whose intellects were so precocious as to afford the most powerful evidence of genius, and excite hopes in the



doting parents and friends of prospects in the future, glowing with the magnificence of their conceptions? Ah! yes, why is this? For the very reason that I have ever endeavored to show; namely, that the *predisposing* cause, mind you now, has been laid long, long back in a chain involving errors of living, errors by violating the absolute law of inhaling pure air, by the long-continued depression of the natural temperature of the body, perverting the healthy condition of the blood, and thereby perverting also the healthy function of the stomach and whole digestive apparatus—that apparatus which is only capable of converting healthy food into healthy chyme, chyle, and blood, to nourish, build up, and sustain the whole organism, which, when connected, alone can form the complete machinery of evolving good health, by possessing, within itself, all those requisite materials and elementary principles therein named which are now perverted.

Hence this condition of the atmosphere — the air of heaven which surrounds us, and which in certain seasons of the year and at certain times is filled with noxious vapors and gases capable of striking death and dismay — like cholera and the other epidemic diseases before alluded to—wherever it finds a victim in a fit condition to become its receptacle. Here the reader, here the fond mother, as she reads this section, will find, and we fear, too, sources for sad reflection, the cause for the unexpected blighting of her hopes in the sudden loss of her offspring by death, so little anticipated, by this fell destroyer, Diphtheria, as depicted in the same way that Tubercular Consumption selects its victims unawares, silently, insidiously, and without suspicion.

Diphtheria is caused by errors in living, but above all others, in three ways—namely, the breathing of confined, vitiated air; the depression of the natural temperature of the body, for the want of prudent and proper clothing; and the deficiency of proper food, which produces such entire derangement of the stomach and digestive organs, which, we have ever said, is the grand laboratory for preparing the pabulum of life, the blood, to make it healthy and pure for the sustenance of the body, and of those organs and functions, and for preserving them in healthy integrity. In these three ways, then, and more too, had we time and space to enumerate them, the blood, the pabulum of life, is perverted; it is impure, and in that unfit condition can not maintain the lungs, the heart, and the whole physical machinery in a state of good health. Being in this condition, every such person becomes negative to this state of the atmosphere, and being negative, (instead of in a positive condition which good health would leave them in,) they become fitting receptacles to nourish this miasmatic cause inhaled in



their breath; it is nursed and nurtured in the blood, and in the system, from its unhealthy and poisoned condition, thereby giving rise to those morbid congestions in the mucous membranes of the tonsils, throat, larynx, and air-passages, which cause the false membranes, and ultimately its sloughing off and filling up of the air-passages; so if not removed by the skillful assistance of art, it terminates in death. This is why the cause which pervades the whole country, and is inhaled almost equally alike by every person, is developed in some, while others are not at all affected, but escape harmlessly; namely, because their organism is more perfect; it is in a better state of integrity, from a more healthy condition of the blood and the other different organs and functions; and because those who escaped not equally alike breathe the local, vitiated, confined state of atmosphere that the others do who fall victims to it.

But there is one just though very serious reflection which comes up here, that involves the faculty generally, in their deficiency in not being prepared for the emergencies that such epidemics demand. In this respect, the faculty have ever sought to keep the people in ignorance as to the true sources of human health, giving them, as we have before said, to understand that they might "live as they list," and then when sickness came upon them, they had only to call upon *them*, that they possessed it in their pockets and saddle-bags, or it could be obtained at the drug-shop, from a simple recipe written in mongrel Latin.

But the great moral lesson to be taught to such people and the world, in the majority of instances, for placing such implicit confidence in doctors, is taught them in the awful devastation that occurs when these epidemics sweep, broadcast as it were, over a whole country; then they find that the combined skill of the whole fraternity seems to be mocked in their false pretensions, and their inefficiency to meet the emergencies of the diseases which they are then, in their capacity, called upon to evoke. This has ever been the case in preceding epidemics — the cholera for instance; medical men, when consulted, placed their reliance upon *their* medicines — *their poisons, calomel, antimony*, or bleeding and blistering, as has been done in Croup, or leeching and exhausting the vitality of the patient, instead of relying upon the fulfillment and maintenance of the absolute laws of life and health which was decreed by the Almighty fiat.

Such was the case in Asiatic cholera, when it spread its insidious wiles through Europe and the United States; the faculty, with some noble exceptions, (the illustrious Caldwell, of Lexington, Ky., for instance, was an exception,) devised quarantines and military cordons to



be established upon our sea-ports, to cut off the spread of the contagious poison which existed in and goes through the atmosphere, and to suppress that contagion which, in the significant language of the learned Dr. James Johnson, "could with one fell bound jump over them with as much ease as the wolf vaults over the palisades of a sheep-fold."

But the moral reflection will come in spite of us, in spite of science and philosophy which some devotees will ever possess themselves of; for it has ever been our doctrine, in this noble department of our profession, that however blind and ignorant the great mass of mankind are, in regard to the imperative laws that sustain their lives and health, God never has left his cause without a witness, as in the days of the Israelites, when the great mass of the people were left in ignorance, blindness, and bondage, one witness was found (Moses) to deliver that benighted people; so, we hope in the present era of the world, when the great mass of our American people are now not only trembling in *physical degeneracy*, but trembling, too, as it were, upon the awful pinnacle of *political and civil ruin*, amid the conflict with sword, bayonet, and weapons of warfare and destruction—hurling ruin, rapine, and devastation over the land, and destroying thousands of lives to sustain—what? To sustain a boasted Republic that has not existed eighty years! but which still in that brief space of time has fermented the world with jealousy at its wonderful discoveries in art and science; in rapid and social progress too. But alas! amid their seeming security, they little dreamed of the contingencies and dangers which lay around them like some monster serpent in ambush, insidiously winding his coils, when thrown off their guard by the allurements of their prosperity, which served alike to blind their moral capacities to the results that were inevitably coming on, while they labored under the false delusion of their seeming prosperity. Ah! it teaches a great moral lesson—that nations are but one individual in their allegiance to and their subjection to the consequences of the violation of the same great laws. Prosperity, in a pecuniary and social point of view, brings with it its direful consequences; then, as we have before said, the moral faculties are soothed into inaction, and become oblivious, in the false glare of such prosperous development and such resources, which serve to pander to their appetites and their passions. In fact, such a redundant prosperity only serves to lead the masses by the position that wealth and art gives, to become dead to the moral faculties, and to the forgetfulness of higher objects.

We too should have profited by the lessons history has taught us in reference to preceding nations—republics of the earth, that possessed



equally and to as great an extent the same blessings of art and worldly prosperity that we do now ; and possessed, too, a greater length of time, the boasted privileges of a republican form of government ; that they have alike fallen by pandering to their appetites, passions, and luxurious habits of living. Our luxurious habits and the pandering to our perverted appetites and passions have allured us from the due consideration of our responsibility to the physical laws which we have most grossly violated ; and have alike been the cause of our physical degeneracy and national ruin.

People must learn the moral lesson, therefore, that they must *look to themselves*, to be *their own protectors against the sad inroads of disease*, whether it shall come in miasmatic causes or the more immediate, momentary violation of the tangible laws of health ; instead of trusting their lives and their health to old-fogy practitioners.

It is for them to know and understand (which it is readily in their power to do) the laws of health, and observe them, to escape the consequences of epidemic diseases. Hence, in Diphtheria, as in all other preceding epidemics, as we begun to say, physicians, at the first onset of its awful fatality, are found to be inefficient for the emergencies, and though every one has some new remedy or nostrum—every paper that is opened is publishing some cure, some boasted specific for this insidious and wily disease—it is the height of absurdity and folly to suppose that they can be cured by any specific found in medicine, or quantity of medicines, to compensate for having violated so long the imperative laws of life and health, which has put the blood—the pabulum of life—into this morbid condition, becoming a nidus of that miasmatic or ethereal virus which acts unseen by mortal eye, only when it has so completely saturated the body, and secured its victim within its fatal grasp, steeping the moral faculties in oblivion, consigning him to an early and melancholy grave, which is a condign punishment that God has in view in his economy of government—that when a law is violated, the punishment will, of necessity, come, whether it be moral, physical, or any other—a punishment for neglecting to know and revere those laws of their being—laws designed for the development of the better faculties and principles of our nature, and to increase our happiness in the possession of humility of soul and the superior government of wisdom over passion, lust, and arrogance.

Hence, to carry out the moral reflection and instruction inculcated thereby, in Asiatic Cholera and all other epidemic contagious diseases, quarantines and military cordons, under the spread of science, are done away with, and but a little time will elapse before some brilliant light of modern science in the medical department will teach you the equally



as great absurdity of looking to pills and potions, to old-fogy doctors, or to any medical recipe, for safety or protection against this subtle fatality of Diphtheria.

But while we feel that we are but an agent in the economy of divine Providence, to convey just, moral, and intellectual light to your comprehension for the cause of such mysterious fatalities that now invade you, and fill your homes and houses with gloom, we feel, too, that while we teach you these cutting truths, that we administer all the balm that science and intelligence affords.

You will ask, then, in the anguish of your trouble and necessity: What, is there no balm in Gilead? Is there no physician there?

I admit my ignorance now of the cause. I am thankful for the light. But has God not provided in the mysteries of his economy some antidote, some remedy for these poisons and these wounds which are now inflicted upon me? I grant that much can be done in many instances, when instantly taken in season, to arrest the progress of this ocean which conceals such fatal disease, or judiciously, scientifically navigate the little frail bark through breakers, the surf, over the rocks, shoals, and quicksands which threaten to submerge and destroy it. How can this be done?

The only Scientific Treatment for Diphtheria and Plastic Bronchitis. The Rational Plan of Cure, based upon Natural Principles.

The treatment of the disease proposes to itself two ends at least: First, to develop and sustain all the natural, vital, and nerve forces of the patient; second, to rid the air-passages of the false membrane. For the attainment of the first end, nutritious, digestible food, being the most natural, is, of course, the best means; strong beef-tea combines all the most desirable elements for such purpose, and should be given from the earliest stages of the disease, and when the fauces become closed by the disease, or the parts become too painful to admit of swallowing, it should still be given in the form of enemas, or anal injections, *per rectum*. Pure old French brandy, in judicious hands, is another stimulus of the highest value in Diphtheria. Iron in various forms has been administered with great success; for the very reason that iron is one of the natural elements of the blood; to restore it where it is deficient enables the system to possess it, for the purpose of oxygenating the blood, (as it has an affinity for oxygen,) and it becomes to the blood the oxygen-carrier, thereby changing, as far as it is introduced, the diseased condition of this vital fluid. Perhaps the most efficient form in which it can be given is the sesqui-oxyd. By



its action upon the blood in the way just spoken of, it sustains the general strength of the patient, arresting the tendency of the mucous membranes to throw off and check the diphtheritic slough.

For the further attainment of the first proposition, chlorate of potassa is given with good results; for it is rich in oxygen, and as far as it can be given and assimilated in the blood, it becomes another source for imbibing the oxygen and purifying the blood, and invigorating the inherent vital elements to resist the farther inroads of membranous formation. It acts, again, by restoring the vital forces, to increase the tendency of the mucous membranes to throw off this foreign accumulation.

For the attainment of the second end—namely, to rid the air-passages of the false membranes—is the nice point in the chart, where the life of the victim is threatened, for the navigator to use skillful means to carry the patient free from the great danger of foundering.

If we recollect rightly, twenty-five years ago, when the same disease prevailed to such an extent of mortality in Albany and various parts of the New-England States, under the name of putrid sore-throat, the old-fashioned old-school system of depleting, that is, bleeding from the arm, and reducing the patient's strength thereby, poisoning his blood with calomel and other mineral poisons peculiar to the old school, not one patient recovered. But we are happy to say that though the mass of medical men have their eyes still closed to the light of scientific inquiry, for the purpose of keeping themselves posted up, and to keep progress with the rapid strides and developments that medicine has made, that there are some now who would not think of letting blood or giving these exhausting poisonous remedies for diphtheria.

The second indication can only be fulfilled by the rational system of local treatment that we have advocated for Consumption and other diseases of the air-passages—namely, by inhalation. It may not be necessary in every stage of development that medicated inhalation should be adopted; but it does become absolutely necessary to insure the ejection of these false membranes, that they be kept in a perfect state of moisture, for every person can see that if this membrane is kept dry it will more closely adhere to the inflamed yet abraded surface, and the accumulations still go on, so that the victim inevitably would suffocate from the passages filling up. If the atmosphere of the patient's room can be kept constantly saturated with moisture from the evaporation in a suitable dish, as described in the preliminary remarks of this book, where we have it illustrated with a cut in the form





Hot-water and warm medicated inhaler, used by the Institution for administering vapors directly into the throat and lungs.

of a medicated air-chamber, and by other more direct means also, (should the patient's strength and age admit of it,) by hot-water medicated vapor inhalation, from the inhaler used by our Institution, as here figured in the cut.

In many cases if the patient could be sustained until these false membranes were ejected, and the abraded surface underneath healed, a cure would result. Every thing depends upon this. If the patient is a child, and his strength is exhausted, direct medication in the form of our hot-water inhalations, would become but little practicable, for his distress would be so great that he would not be able to close his lips upon the mouth-piece of the inhaler, and inhale sufficient vapor from the inhaler to keep up this continued moist condition of the false membranes, which is necessary to be done. To obviate this inconvenience on the part of the patient, we advise that the atmosphere of the room of the patient be kept in a perfect state of moisture, on the borders of vapor itself. This can be done by placing a suitable broad dish over an alcoholic lamp, near the bed of the patient; then the apartment could be kept moist and well saturated with vapor to accomplish this purpose, without causing the temperature of the room to be kept too high for the good of the patient otherwise. But in case of extreme cold weather, evaporation can be carried on also by a dish being placed upon the stove. It is needless to remark, perhaps, again that the atmosphere of the room must be kept extremely moist, in a state of vapor, to prevent any liability of the membranes becoming dry.

The officious interference of physicians in many instances has caused the immediate death of the patient, by trying to remove these membranes by force and causing hemorrhage. This should not be attempted. But, we repeat, if the patient's strength can be sustained sufficiently, as by the first indication, until this loosening process of the false membranes is accomplished, by saturating the room with vapor, then they will be easily expectorated and thrown off by the patient.

We have referred in the head of this section to plastic bronchitis. Now, this plastic bronchitis is but another form of Diphtheria, as we have heretofore maintained that Diphtheria is no more than one of the obscure forms of Tubercular Consumption. The reader will pardon us for a little repetition when he understands thereby that it is for the specific purpose of giving him true light as to the primary cause or causes



for external manifestations. In the almost innumerable symptoms that we have given for Tubercular Consumption, Scrofula, and the varied forms of throat and other diseases attending the air-passages, we have contended that they were but symptoms, or external manifestations of one grand cause, which laid long back in the great chain of physical or animal economy. Hence, if the reader does not keep this in view, he will lose sight of and fail to realize the great design of our labors in writing this book—namely, to endeavor to have every one the arbiter and architect of his own health, and to look on symptoms, whether they be manifested in the shape of a false membrane of the larynx, of wind-pipe, or under another name of plastic exudation in the bronchial tubes, as meaning the same thing. Those physicians who wish to make themselves appear learned, and look to the success of their craft by keeping their constituents and the mass in ignorance, adopt these high-sounding names for the purpose. But we assure the reader he should have better sense than to allow his judgment and reason to submerge in the sound of soft words or high-flown technicalities.

Understand, then, that Diphtheria, or Diphtheritis, etymologically means nothing more than inflammation of a membrane, and was invented by Bretonneau, a French physician, to express that general class of diseases. So this plastic exudation, which occurs, in many instances, far down in the bronchial tubes—the branches of the windpipe—in the common, every-day cases of children, becomes a very common affection in more advanced periods of life, under the term of plastic bronchitis; but it means just the same thing. It has been our good fortune to have many patients that have been afflicted with this plastic bronchitis.

The results, when not early and skillfully treated, are equally as fatal as it is in those instances where the false membrane forms at the larynx and upper part of the trachea; only when this specific complaint attacks adult people, or those far beyond the years of childhood, it is more liable to take on this exudation in the branches of the bronchial tubes in the lungs. Such was the case of the Hon. N. P. Tallmadge, who, two years since, was treated at our Institution the entire winter for a most aggravated affection of this nature. So great was the deposition of these false membranes, (plastic exudations,) that his life several times was in imminent danger from mechanical suffocation; his breathing was laborious and distressing, and at times he required in the coldest winter all the air that he could have access to, to enable him to breathe. Successful treatment was adopted at our Institution by medicated inhalation, breathed direct from the INHALER; and by keeping the atmosphere of his room saturated with medicated vapor throughout the entire winter, he was made to raise, in many instances,



false membranes some eight (8) inches or more in length, which exuded from the branches of the bronchia, and were *expectorated*, after distressing efforts of coughing, produced by their irritation, resembling exact casts, as though they had been run in a mold, so nicely did they conform to the shape of the bronchial tubes from which they were expectorated.

Another case occurred in Mr. Garfield, of West-Troy, whose attack was very acute, occasioned by severe cold, which seriously invaded the lungs and the bronchial tubes. Such was the result of the formation of this plastic lymph, that his vital capacity, which before had been some two hundred and fifty inches, was reduced to about fifty inches. This case we treated, in the course of two months, with entire success, freeing the bronchial tubes from these plastic deposits, and restoring the patient's vital capacity and him to good health, which he has since enjoyed.

The reflecting reader will see, then, that medicine, when adopted as a science, judiciously administered according to the indications of each case, applying the remedies scientifically and rationally where the disease *is* located, at the same time *correcting the morbid condition* of the *blood* and the deranged state of the vital *functions*—then becomes a noble profession, subject to improvement and to progress, according to natural laws, upon the same principles as we see in other arts and sciences, which are making such rapid strides; and our faith in divine Providence is such, that we have reason to believe that it will progress until a knowledge of the laws that govern epidemic and contagious diseases are so understood, that timely prevention will be adopted against imbibing its effects, and thereby escape the melancholy consequences which now lead the weak and unthoughtful, at least, to a reflection upon the Almighty himself.



## Fourteenth Section.

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### BRONCHITIS.

ALTHOUGH we have referred, in a preceding section, on a "slight cold" and its consequences, to what was the cause of Bronchitis and its seat, it is not sufficiently definite for the reader to understand what constitutes Bronchitis. As it is now met with every day, and plays an extensive part in the numerous cases of Consumption which are met with, a short section devoted to it, to enable the reader to comprehend all its dangerous tendencies, becomes very necessary. Bronchitis is of two forms, acute and chronic. As we meet with it in our every-day practice, being called to prescribe for that constant rasping effort, or disposition to clear the throat which so often greets the ear, dry, sonorous, or hollow cough, accompanied with soreness of the throat and labored breathing, and which is of a chronic character, which usually supervenes upon an ordinary cold, or catarrh. But it is often met with as an acute, violent attack, with symptoms of the most alarming character, becoming very dangerous in its nature, unless treated promptly by the most judicious modern methods, administered by warm, medicated vapors, combining the medicated air-chamber.

An acute attack of Bronchitis follows a violent cold, closing of the pores of the skin, getting wet feet, or exposures to cold and dampness. It is an inflammation which seizes the lining membranes of the bronchial tubes, that we have given a diagram of in the section on acute cold, which tubes pervade the whole lungs, and, consequently, it becomes an inflammation of the lungs proper. The inflammation is often very intense; the difficulty of respiration amounts to a sense of strangulation; the lips and cheeks become purple, changing to a livid paleness; the countenance is anxious in its expression; the eyes have a wild stare, and a cold sweat starts out and stands in bead-like drops over the forehead. In aggravated cases delirium comes on, and the patient relapses into the stupor of death. The obstruction to the bronchial tubes is so great under these circumstances, that air enough can not be drawn through them to produce the change in the blood from venous to arterial. The circulation of the venous blood causes blueness of the lips and the pallor of the countenance, as it is the object of respiration



to change the blood from a dark to a bright red color, as we have explained in our section on the causes of Tubercular Consumption and the function of the lungs. This change is produced by the air in the lungs, and can not occur unless it has been received in sufficient quantity. The carbon which constitutes the impurity of the venous blood, poisons the entire system, and its action on the brain causes delirium, insensibility, and death.

These are the symptoms of an extreme aggravated case, yet are often met with, and constitute, for the most part, what the allopathic physicians call pneumonia. But strictly speaking, pneumonia is an inflammation confined to the air-cells, or portions of the lobules of the lungs, but which rarely takes place, however, without the inflammation having first commenced in the larger bronchial tubes, and extends downward through their more minute branches, into the portions of the air-cells which are found clustered around each minute branch, as grapes are clustered upon its stalk; hence, the term acute bronchitis is far more correct. In milder or more modified stages, there is a great pain and tightness about the chest; the breathing, of course, is materially affected, from the highly irritable state of the lining membrane, and excitement of its surface by the air inhaled. The patient is incapable of deep inspiration, and not unusually the ordinary intervals are lessened to a great degree, so that he breathes softly and hurriedly. From the great irritability present, the local secretion becomes augmented in quantity and altered in quality; from being first thin it speedily acquires a firmness and thickness, that makes expectoration more difficult. It is no longer a colorless fluid, as is naturally exhaled from the membranes in a healthy condition, but assumes a diversity of tints, varying from yellow, blue, green, gray, and sometimes black, and often accompanied by streaks of blood, or blood that is dark in its appearance, indicating that it has laid for a length of time in the bronchial tubes before it has been expectorated. The secretion of thick mucous matter is sometimes so great that the patient's life is threatened by suffocation. These accumulations in the air-passages cause respiration to be perverted with unusual noises—a murmur, a wheezing, crepitation, or rattling — by the current of air inhaled or expired mixing itself with the viscid or tough fluid deposited on the interior surface, as though the patient breathed (as, in fact, he does breathe) through froth. As the attack becomes more modified after the violence of the inflammation has been overcome or reduced, the means which nature employs to rid the bronchial tubes of their superabundant stifling secretions is by an expulsive cough — the spasmodic action of the muscles. But the cough attendant upon this complaint is chiefly consequent upon



reäction, the secretions themselves enhancing the irritability already present; and so great and painful becomes the symptom, that patients suffer intensely during the fits, the veins becoming tinged with a purple, the veins of the neck and temple swelling as though they would burst, the eyes red and protruding at each convulsive effort, and the whole body indicates general internal disturbance. Splitting headache and occasional drowsiness are common concomitants, and the fever symptoms of furred tongue, weak pulse, hot skin, and remitting sweats, are generally present; emaciation follows, and the brain not unfrequently participates in the general derangement by congestion, and the most alarming symptoms are exhibited. If the debility which must ensue from this condition becomes considerable, and the accumulation of secretions great, the patient dies by suffocation—a mechanical death.

When the attack begins to subside, neither the cough nor the secretions abate to any considerable extent, but less difficulty and less pain are experienced in the efforts of expectoration; the severity of all the symptoms gradually but slowly fade one by one away, and though recovery takes place, it leaves a long debility, and the sufferer is ever after liable to easily excite a recurrence of the disease on every accession of cold.

Where the season is favorable, the weather warm and dry, and where the patient is so unfortunate as to be subjected to allopathic treatment, which affords, at best, but a temporary relief, rarely curing, relapses are sure to occur, and the wet, cold weather is a powerful auxiliary to its reproduction in all its original severity, or, at all events, in a somewhat mitigated form. The common winter cough to which many invalids are subject, and which they as regularly anticipate as the season recurs, is nothing more than a gentle bronchitis in a chronic state. It is seldom, when it assumes this character, that the symptoms decrease with each new attack; more frequently they become aggravated, and in the end prove fatal, by terminating, probably, in Consumption.

#### TREATMENT OF THE ACUTE STAGE.

In this disease, as well as in Tubercular Consumption, and many other inflammatory diseases of the chest, has the practice of the old-school physicians been equally as fatal, for it has ever been based upon wrong principles. Their treatment has been blood-letting, leeching, nauseating doses of tartar-emetic, thereby prostrating the vital energies of their patients, and causing death, in the large majority of instances, by such mal-practice, when, had the patients been left to the



efforts of nature, with good nursing, their chance of recovery would have been much greater. Weakness is one of the chief characteristics of this complaint; therefore the greatest caution should be used against every depleting form of treatment which would increase the prostration of the patient. On the other hand, the most scrupulous attention should be paid to supporting the strength of the patient by proper nutrition, in a liquid form, aided by the best plans of nursing.

The medical treatment, as we have before said, should be made direct (if the case will admit of it) by inhaling warm, medicated vapors from an inhaler; but where the difficulty of breathing and distress of the patient is too great to admit of direct inhalation, the atmosphere of the patient's room should be saturated with vapor evaporated from a broad dish over an alcohol-lamp, or set upon a stove, as directed for our medicated air-chamber in other cases. The vapors administered in this manner will often assuage the most distressing symptoms, and enable the invalid to expectorate the morbid matter that is secreted, and which his strength is insufficient to eject unassisted.

In children in the United States, acute Bronchitis is a very common and a very prevalent disease, occasioned by a great recklessness on the part of their parents or nurses in their clothing and general hygiene. We need not repeat here, what we have so explicitly dwelt upon in a preceding section, in regard to the great recklessness respecting the cause for croup and other inflammatory diseases, occasioning such an awful sacrifice of the innocents. The manner in which infants and children in the early years of life are exposed about the neck, upper part of the chest, arms, and lower limbs, to the inclemencies of our bleak northern winters, it can not be otherwise, in the economy of nature, but that they will be greatly subject to inflammatory diseases of the lungs, and death, for the most part, must be inevitable in the present state of society and the absurd notions that govern those who have been the means of bringing them into existence, for no respect is paid to the law of life and health with them, when it clashes with their notions of pride and the caprice of fashion. Bronchitis, therefore, in its acute stages, occurs more frequently in early childhood than in more advanced age. Such is the case in all parts of the civilized world, where the caprice of fashion is made to ride rough-shod over the omnipotent laws of life and health. Thus we find by the statistics in Paris, that out of two thousand four hundred and thirty-one deaths from this disease, registered in the metropolis, eight hundred and eighty-eight were of children under five years of age.

We have no doubt that the statistics in the United States would be equally as great, if drawn from our experience in fifteen years of active



general practice. We well recollect in one week, in the city of Brooklyn, where we were practicing some years ago, of being called to visit seven children, between two and three years of age, who were suddenly taken down with this alarming and fatal malady, namely, acute Bronchitis, and in each one of these cases the cause for the disease was the exposed, *fashionable* manner in which they were dressed; for there was not one of them but was so clad as to leave the upper part of the chest, entire arms, and part of the lower limbs completely naked. Owing to this imprudent manner of dressing and the sudden changes of the weather, the blood had been made to recede from the surface, thereby producing congestion and active inflammation of the windpipe and bronchial tubes in each one of these cases. Two of them involved acute laryngitis, and one of them expired in all the horrors and agonies which peculiarly characterize that distressing and fatal complaint, which we have before alluded to under its proper head, wherein we mentioned that Washington, and many other distinguished men in more advanced periods of life, had fallen victims to the same fatal malady.

In most instances where we attended these children above spoken of, we took occasion, in the benevolence of our nature, to point out the causes to our constituents and patrons, that their sickness had been occasioned by the fashionable, and what we should have termed reckless, mode of clothing and care on the part of their parents. Instead of receiving expressions of thankfulness and gratitude for the good motives which led to our advice, we were contemned in more than one instance, and told that they would rather lose their children than *to dress them unfashionably*, and in every one of these instances, their wishes in this respect were realized, however satisfactory to the silent chidings of their conscience afterward we know not.

#### Chronic Bronchitis.

Chronic Bronchitis assumes a number of different forms, as it is very generally met with, being the sequel of a neglected cold, when not accruing upon one of those violent attacks which we have above depicted. Its approaches are silent and gradual; the patient will discover that his breath is becoming shortened or made much quicker on any unusual effort; he has a silent and, to him, unnoticed cough, and when his attention is attracted to it, it is so short and so peculiar in its character, being more of an effort unconsciously to clear the air-passages of something that seems to him to obstruct free respiration, than to be in reality a cough; and when he is warned of it by a friend



or a bystander, he will deny having any cough, yet, perhaps in a moment or short space of time, will make an effort to cough. Such is one of the peculiar features of Chronic Bronchitis. In many instances, the air-passages are extremely dry, owing to the chronic inflammation in the mucous membrane and its glands, suppressing the natural moisture essential to keep them in an easy and healthy condition.

As the stage progresses, (if not cured,) he at length becomes subject to hectic fever, perhaps alternated with chills, as is characteristic of Tubercular Consumption. Especially is this the case with all those subjects who inherit a predisposition to Tubercular Consumption; for in that case Bronchitis is sure to develop the latent tubercular disposition, and both being combined together, are almost sure to terminate fatally—at least under the old system of treatment.

As the stage still further progresses, the patient's breathing becomes still more laborious; his cough becomes more audible, more noticeable, and more harassing. The cough, in this peculiar form, where the membranes are dry, gives forth a very hollow, ringing sound, occasioned by the thickening of the membranes, they, in that condition, becoming better conductors of sound, on the same principle of a hollow reed.

#### SECOND STAGE.

In the second stage, instead of the membranes of the bronchia being dry, and the patient constantly making efforts to rasp and clear his throat from this dry condition, there is a superabundance of secretion. In the earlier part of this peculiar stage, the secretion is thin and of a glairy, mucous nature; the patient's strength is exhausted by the profuse quantity of expectoration, draining off the vitality of his blood in this manner; he soon becomes weakened and emaciated thereby, and in the more advanced period, hectic fever and night-sweats set in, as in the preceding stage. But it is frequently the case in this second stage, as it advances, for the expectoration to become somewhat lessened, but increased in its thickness and tenacity; especially if successful treatment is not adopted seasonably, the termination is almost invariably in ulceration.

#### THIRD STAGE.

There is still another stage apparently a combination of the preceding two, in which there is a blending, from an excess of dryness to an excess of secretion in a moderate manner, but of a gluey, tenacious character; and for want of proper treatment to produce free expectoration from the small branches of the bronchia, many of them become blocked up entirely, thereby excluding air completely from portions of



the air-cells. This condition taking place, increased action takes place as a consequence, adjoining these obliterated bronchial tubes and air-cells, in the neighborhood of the obstructed portions, they become greatly distended, likewise other bronchial tubes have become distended in their character, to make up for the deficiency of those that were obliterated, increasing the sound of respiration to a very rough, grating, sonorous character, producing that puffing or asthmatic form of breathing, as will be noticed by many in a broken-winded horse. This condition of the lungs, following this disorganization or complete obstruction of the smaller bronchial tubes, and unduly increasing portions of air-cells, is denominated emphysema.

#### FOURTH STAGE.

Another form of Bronchitis, which is becoming very prevalent now in the United States in adults and those quite far advanced in years, is that form known as Plastic Bronchitis. We have given a short account of this in its appropriate place, in connection with Diphtheria, which it resembles very much, only it is not, strictly speaking, contagious, as is supposed to be the case with malignant forms of Diphtheria. But the exudations of plastic lymph — meaning the albumen of the blood — that substance resembling the white of an egg, which is no other, in one sense, than nature's glue, which is put out, when we receive a fresh cut-wound, to heal the edges thereof—so in certain conditions of the system, when Acute Bronchitis takes place in the smaller branches of the bronchial tubes, the exudations of this albuminous material put out to that extent as to completely block them up; and if skillful treatment is not at hand and efficiently carried out, the patient dies a mechanical death, by the air-passages being choked or blocked up.

As we have said, under its appropriate head, we have treated cases where we have succeeded in loosening and disengaging these false membranes, and caused them to be expectorated full eight inches in length, which assumed the exact appearance of a cast, as though they had been run in a mold.

We do not wish to give unnecessary repetition, but as this work is expressly designed to enlighten the general reader in regard to the many diseases of the throat, air-passages, and lungs, which hitherto have been but very imperfectly understood, (even by physicians themselves,) and this profound ignorance as to the nature and cause of these diseases has caused deaths to occur in innumerable instances that might have been saved could the subjects of them have been so informed as to have a comprehensive idea in regard to their dangerous



tendencies when let run — we will find our excuse, therefore, for this seeming repetition in our anxiety to have the reader understand that, were the proper means of discrimination used at the onset of these diseases by the newly discovered methods—namely, by the Pulmometer—the true condition of each patient's respiratory organs could be shown, to their ocular demonstration and perceptive faculties, in that light that they would be impressed with the danger of their situation when they are indulging false hopes, thinking that these early symptoms will wear off, and attributing them to a cold, when it is silently gaining upon them, lessening their vitality, shortening their breath by the thickening of the membranes and mechanical obstruction to the tubes and air-cells in the manner above described. Hence, were they to subject themselves to a timely examination and discrimination of their case, in the philosophical manner done at our Institution, such patients might be treated with the utmost success, and saved from a early grave. Be it understood, then, that the danger of Bronchitis, in each and all of these chronic forms, consists in its being let alone at the commencement, when it could be easily and perfectly cured by our improved system of medicated inhalation, and let run until its termination in death in the many forms that we have labored so hard to give you to understand ; and it becomes as fatal a disease as Tubercular Consumption itself, and in the United States is becoming far more prevalent, occasioned by the more artificial modes of life and the luxurious habits of living.

The manner by which the subject of Chronic Bronchitis is allured into a dangerous procrastination of arresting its progress by timely treatment, is on account of its apparent cessation, or otherwise great improvement during the warm season of the year, when the air is soft and balmy, relieving the bronchial mucous membranes of the continued irritation excited by the cold, damp air of the winter and spring months, so that it is invariably reproduced every winter, and each succeeding attack becomes more aggravated, extending its fatal inroads still more extensively, even if obscurely. In its flattering aspect and treacherous tendency it is a counterpart of inflammatory rheumatism, almost certain to relapse and return again, only the seat of it being at the vital organs, becomes still more dangerous ; therefore, every one affected with Bronchitis can not be too particular in regard to their hygiene ; to be thoroughly clad in flannel ; to guard with great caution against damp or cold feet. They should not go out in cold, damp, chilly weather, without wearing a Respirator over the mouth, in this northern climate. By the use of the Respirator, the cold



air is tempered and warmed in the mouth before it passes into the air-passages and the lungs; so much so by this useful instrument, that relapses might be prevented in hundreds of instances, where they now occur from the want of its use. So very changeable is our climate, that, on leaving home, even on a warm day, the subject of Bronchitis or chest diseases of any nature should not go any distance without taking the Respirator with him, in case a sudden change should occur to require it. By not adopting this precaution, many of our patients have taken severe relapse, and which, in some instances, proved fatal, who, previously, had been progressing to a complete cure under our system of treatment.



Dr. Stone's Respirator.

We insert here a cut representing the Respirator, as worn by a gentleman and lady patient. It will be seen that it offers no inconvenience in its use—that it is not unsightly, but otherwise. The patient is enabled to hold free conversation with it over the mouth, even in the cold air, without any liability of the lungs becoming chilled.

We will here introduce a few cases in evidence of the success of our methods of treatment for Bronchitis and diseases of the throat.



## C A S E 8 .

The following letter from Dr. John Smith, a highly intelligent physician, of the eclectic, modern, progressive school of medicine, a resident of Trenton, Clinton Co., Ill., will show to the reader that we have physicians even for our patients, whose intelligence and good sense does not deprive them of the opportunity to seek relief from us, when they find themselves, or their patients, incurable by their own means :

TRENTON, CLINTON Co., May 5th, 1861.

MY DEAR DOCTOR : When last I wrote you I was suffering with Diphtheria ; it commenced without any previous morbid feeling except that of having overdone myself, both mentally and physically, being alone here in a School of Reform, opposed by a host of Allopaths and all the prejudice they can wake up in the minds of the people.

For about eight years I had suffered with Chronic Bronchitis and Catarrh induced by organic lesion, in consequence of a severe attack of Pneumonia, which was suffered to run to an almost fatal termination at the time. Since then—during eight years—I had tried Allopathic remedies and my own remedies, to relieve my cough and difficulty of breathing, and all to no purpose. The fore-part of last winter, I was consulted by Mrs. Wise, of this place, similarly affected with an extremely bad cough, complicated with other maladies, which prostrated her very low. I told Mrs. Wise that I did not want to treat her case, and, to tell her the plain truth, I expected that she and I had to cough as long as we lived ; having done all that I could in my own case for myself, I could not expect to cure her, and did not like to prescribe, when I could not expect to do her good. I therefore recommended her to put herself under your care, and try your system of inhalation and other remedies, which I knew nothing of, but told her that I intended to try myself.

Suffice it to say, Mrs. Wise adopted my advice, gave me credit for my candor, and put herself under your care. It was not over six weeks before she was restored to very good health—her cough entirely cured—which led me to adopt your treatment in February last. The effect of your inhalants in my case seemed to work like a charm, in relieving the cough and the great difficulty of breathing which I had labored under.

In addition to my other ailments, the kidneys were affected—no doubt from the use of limestone water, the urine precipitating large quantities of it—which I had ascribed to old age, being in my seventy-third year. Your oxygenated solvents and tonics had the effect that, to me, was perfectly astounding, in removing the kidney derangement. Although I was not dyspeptic, the bowels became somewhat relaxed, and the alvine discharges assumed an ash-color from torpor of the liver ; but in a short time after the use of your correctives, the alvine discharges took on an appearance manifesting a healthy state of that viscus. My appetite increased until it was a real pleasure to eat, but, of course, the luxury, too, of a full, deep, and free respiration was the grand climax. My strength increased, and I began to take on flesh, so that in a short time my wife said she did not know me.

JOHN SMITH, M.D.

To ANDREW STONE, M.D., Physician to Troy Lung and Hygienic Institute.



The *Banner of Light*, a paper published in Boston, of a liberal, progressive character, having, by the way, a wide circulation, and edited with great ability, in publishing the foregoing from Dr. John Smith, made the following comments upon the same, which was a voluntary tribute, from the many evidences of our cures, in this class of maladies, which they themselves were possessed of :

“ We have heretofore published certificates of the wonderful cures wrought by the inhaling of cold, medicated vapors, as administered by Dr. Stone, of the Troy Lung and Hygienic Institute. The foregoing is a description of a case of Bronchial Consumption as cured by Dr. Stone, and we are happy to give it place, knowing that too much can not be said of his wonderful cures.”

The following is an editorial voluntarily written and published by L. B. Monroe, editor of the *Spiritual Age*, Boston, Mass. :

#### TROY LUNG AND HYGIENIC INSTITUTE.

IN these days, when the most ignorant pretender can puff himself into notoriety, it is difficult to distinguish the claims of genuine merit from the assumptions of charlatanry. Above all is this true of the medical profession. The mystery which has been thrown about the healing art for ages past, has served as a cloak which might cover the shallowest ignorance, or hide the most arrant quackery. A recipe in mongrel Latin has procured for the sick man what, for aught he knew, might be a brown-bread pill or a dose of virulent poison. Blindly the dose has been swallowed ; and whatever ill results ensued the sufferer has ascribed to the disease, not to the blunder of the doctor. If there was vitality left in the patient, a new experiment followed ; to be repeated indefinitely as circumstances might allow. If persistent nature held the breath in the body, in spite of pills and potions, the credit was all the doctor's ; but if disease and deadly doses finally carried off the victim, it was “ a case baffling the eminent skill of the physician ” — of course there was no chance for blame. Thus stupid empirics or consummate quacks with “ M.D.” appended to their names, have stood a fair chance with gifted men and careful students of the human organism.

This professional craft is a trick of aristocratic power to shield itself and keep the masses in ignorance and subjection. But the spirit of modern progression is opposed to this monopoly on the one hand and blind subserviency on the other. It is beginning to be felt that a man has a right to know in whom and in what he trusts his life. The mysterious “ R,” “ Q. S.,” etc., are no longer regarded as infallible signs of wisdom in him who scrawls them for the apothecary ; and a man must show some other credentials than an Allopathic diploma to establish his right to ticket us to the next world on the mercurial express-train. We demand common-sense first ; then that peculiar aptness which makes the doctor such, as it were, by instinct. All the medical schools in the world will not make a physician of the numskull, nor even of the man of talent whom Nature never designed for such a purpose. Some persons are born to be doctors—have a natural gift for the healing art—as others to be poets or



musicians. Such a person is Dr. Andrew Stone, of the Troy (N. Y.) Lung and Hygienic Institute. He enters into his work with a zest derived only from a love of the profession and a genuine satisfaction in doing good to his fellows. He is something of an enthusiast, as is every man whose natural genius inspires him in his art. With a regular education in the Allopathic school of practice, he has had the courage and good sense to discard its absurdities and adopt a method of his own, such as an experience of twenty years has confirmed. The success which has followed his practice has been such as to commend him to the confidence of all who may need his services. There is a class of diseases developed by our climate and modes of life, among which are affections of the throat and lungs, which Dr. Stone makes a specialty; and it is for the treatment of such complaints that he has established his Institute.

The writer of this is one who has enjoyed the benefits of this Institution; and he feels that he shall not be obnoxious to the charge of newspaper puffing, in paying this voluntary tribute to true worth and professional skill. We have a higher object in view — that of calling the attention of invalids to this Institution, where they may feel confident their cases will be met with a rational treatment which will insure relief, or effect a cure, whenever their complaints have not passed beyond the reach of medical science.

Yet the Doctor does not profess to work miracles. He prescribes a judicious course of hygienic treatment, which, if faithfully followed, restores the energies and renews the functions of the organs; thus establishing health by eradicating disease, not transferring it from one organ to another, as is done in many of the old modes of treatment. Those invalids, therefore, who are disposed to use sensible means in a sensible way to restore their health, are confidently referred to Dr. Stone as a safe counselor, and to his Institution as affording the means desirable for securing to them that first of earthly blessings — sound health.

It is some four years and a half since Mr. Monroe consulted us personally at our Institution, with a severe complicated affection, embodying an enormously elongated uvula and severe chronic inflammation of the larynx, together with extensive Bronchitis pervading the whole lungs, and the fauces or back part of the mouth was ulcerated. He had suffered, to a greater or less extent, with these complicated difficulties for several years, had twice visited Paris for his health, and returned somewhat benefited, but not cured, and had applied to many other physicians, and adopted many other forms of treatment without success, previous to consulting us. We at once removed the elongated uvula, prepared a proper medicated throat-wash, and subjected him to a course of treatment by our cold system of medicated inhalation. Some four months after, Mr. Monroe had so far recovered from this severe disease as to give us the above flattering tribute of our skill and success in his case. His vocation being that of teacher of elocution and music, calls into great exercise the larynx and vocal organs, which thereby occasionally subject him to renewed irritation



if he is so unfortunate as to take cold; consequently he keeps our vapors by him more or less of the time, frequently making orders for them. He assures us, in a letter received from him the 26th January, 1862, that they still have the same good effect to relieve the disease whenever it returns, and to mitigate the irritation produced by every exertion in his professional capacity. He writes farther, that his confidence and faith are so great in our system of medicated inhalation for diseases of the throat and lungs, he would desire very much a knowledge of how to compound them for himself and his own immediate friends. In his last letter, he says: "I permit you to refer any one to me for the benefit that I have received from your treatment."

Striking Case of Aggravated Throat and Lung Disease, Cured by Inhalation.

About three years ago, Mr. McChesney consulted us in regard to a severe throat and lung affection; he was extremely hoarse, his voice had nearly failed him; speaking only in a low and hoarse whisper; he had a harassing cough, which produced great soreness in the chest, complicated with inflamed fauces and disordered condition of the stomach and assimilative functions. He was placed under our system of Cold Balsamic Medicated Inhalation, with External Applications of Embrocation, and *correctives* for the *disordered* digestion and assimilation. His improvement commenced immediately, but as he had determined on going to California to fulfill an engagement, we advised a change to that climate, which, together with our treatment, completed an entire cure of what was a most aggravated case, as his letter will show:

NEW-YORK RANCHE, CALIFORNIA, March 14th, 1860.

DR. STONE, of the Troy Lung Institute:

DEAR SIR: If I remember right, when I left Troy, now two years ago, I promised to write and inform you what influence your medicines had on my complaint. When I left, I was very weak, thin in flesh, and harassed by a continual cough, and a very sore and dry state of the throat, larynx, and windpipe. Now I am strong and robust, and *perfectly free* from any cough whatever. I attribute this cure, first, to your treatment by inhalation of medicated vapors, and your remedies, aided by the climate here. Whenever I take a cold, I find that a few minutes with the Inhaler is very beneficial. Two of my friends, formerly from Philadelphia, were to see me to-day, both troubled somewhat in the same way, and I have recommended them to your treatment, and they requested me to order a course for them both.

I am, dear sir, most truly yours,

J. B. MCCHESENEY.



## Fifteenth Section.

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### Asthma or Spasmodic Difficulty of Breathing.

THERE may be, perhaps, a few of my readers who have read the history of the *Wandering Jew*, by Eugene Sue, wherein is depicted the history of an individual under such peculiar state of mind, or temperament of the nervous system, that his impulses to travel and to wander were such, that they knew no restraint. He had a longing and instinctive desire to visit every notable, excitable place on the continent, if not on the globe; and when he arrived at the anticipated place, he felt no relief; yet was compelled by the inward monitor to a still onward course, without knowing any reason why.

This will serve as a brief yet romantic history of what may be called Spasmodic or Nervous Asthma. The patient when seized with an attack, feels that instinctive desire and longing for air that he can not resist; and the incidents or circumstances which momentarily compel him to gasp, as it were, for every breath of air that can be obtained, are perfectly inexplicable to himself.

Should it be the first paroxysm or attack, and he has had no very premonitory symptoms of it, it is continued with remarkable apprehension and fear, for the most part, especially should this occur in the night, and the patient be alone by himself; for the shortness of breath, or difficulty of breathing comes on so very suddenly, that death by apparent strangulation or suffocation, for want of external air, seems to be manifest to him.

It rarely occurs that an attack of Asthma comes on without previous warning. Occasional instances are known. But most commonly those who are subject to it, have some warning of an approaching paroxysm. The most usual precursory symptoms are a feeling of general languor and oppression, yawning, heaviness of the head or drowsiness, flatulent distension of the stomach, a feeling of constriction, "tightness" across the lower part of the chest, depression of spirits, and other lesser indications of derangement. The primary disturbance most usually becomes aggravated at night, and the patient retires to bed in the anticipation of coming evil. In some cases he does not awake im-



mediately on an invasion of the attack, but continues in a state of half-consciousness approaching to nightmare — sensible of the attack, and yet unable to resist it. He raises himself up or gets out of bed, panting and gasping for breath, and wheezing so loud, that he may be heard at a considerable distance. If attended, he calls and makes signs to have the doors and windows opened, and frequently sits at the latter for hours together, regardless of bodily cold, so he can inhale the cool air of night. Instances have been recorded of patients not merely remaining at the open window, but leaning over it, resting on the sill, with the arms hanging over the outside, for several nights together, even during the winter season; and what renders the fact more extraordinary is, that the patient, though at other times very susceptible, rarely experiences any ill effects from this rash exposure, proving how extensively involved the whole nervous system must be during an Asthmatic paroxysm. The body is generally bedewed with perspiration, though the extremities are almost always clay cold. During the fit, the countenance becomes anxious, pale, and haggard; it will sometimes last for several hours, and the only consolation the patient can derive in this extremity of suffering, is the knowledge of its limit in duration and the hope of its speedy cessation. An attack usually terminates by the inspirations becoming of easier performance, the cough less distressing, and a (sometimes) copious expectoration, at once the sign and means of his relief; and when it is over, sleep succeeds the exhaustion of suffering, and the patient, on awaking, not unfrequently experiences a perfect restoration. It sometimes happens that a recurrence takes place on the following night, but this is a rare occurrence.

After a longer or shorter interval of time the paroxysm returns with all its former characteristics, and is again in turn succeeded by a period of cure. In this alternation of comparative health and suffering, many years, and even the greater part of a long life, are consumed, the paroxysm returning at intervals of every variety of extent, once in a week, a month, a year, and alternate or only every seventh year. The recurrences are seldom exhibited at any definite period; yet instances have occurred wherein the disease has made its attacks with singular uniformity. They sometimes continue for many years successively, and then cease entirely; but this is not usual. They are most frequently renewed periodically, induced by particular circumstances, states of the weather, situation, or the other exciting causes before enumerated. Some persons are thus afflicted only in cold weather; some in damp, foggy, or moist states of the atmosphere; others, again, only experience it in the summer season, their health being improved during cold



weather. Many asthmatics find a dry country air most beneficial; while not a few, again, seek for the greatest ease in the crowded, smoky city.

It is remarkable how the disease varies in its consequences in different individuals. I once knew two patients, uncle and nephew, who were affected with Asthma; but the complaint in each was attended with different indications. The nephew was very fond of attending theaters, not from any particular delight in dramatic performances, but because the atmosphere of a full house invariably produced relief; while to the uncle a casual visit was in the highest degree distressing—so much so, indeed, as to amount to an ultimate interdiction. The uncle was one of those who gasped for the freshest, coldest air; while the nephew I have seen in the hottest afternoon in summer with his silk handkerchief applied to his mouth to modify the irritation caused by the air at even that high temperature.

The curious reader will desire, no doubt, to know the cause of such wonderful phenomena. The immediate effect producing such distressing symptoms is a muscular contraction of the windpipe and bronchial tubes. There is scarcely any person but what knows something of what cramp means when it affects the muscles of the calf of the leg, causing the most intense pain for a little time. Such are the characteristic features of Asiatic Cholera, only the latter not only affects the muscles of the legs, but frequently the whole body. Now, reasoning from the same physiological phenomena, as it respects Spasmodic Asthma, we find that what produces the great difficulty of breathing is a muscular contraction, or closure of the air-passages. The muscles in the limbs are long, and extend from one point of insertion in a bone to another; whereas, in the windpipe and bronchial tubes they are completely circular, having some three different layers. Now the same effect attends the muscles in the air-passages that attends the legs when you have cramps, and are awakened from intense sleep by it. The muscles in the windpipe and the bronchia being circular, so contract spasmodically as to close almost up, and exclude the air from entering the lungs; hence the wonderful and frightful symptoms that attend Spasmodical or Nervous Asthma.

The question follows, then, what is the cause for such a wonderful effect? The cause arises in a debilitated condition of the whole nervous system, but particularly that nerve known as the pneumo-gastric nerve, having a branch going both to the lungs and the stomach. At the time this paroxysm or fit takes place, this nerve is in a state of great irritability or excitability; but the remote cause may be very diversified. In many cases it is strictly hereditary, a family complaint,



like gout, dropsy, or scrofula, handed down from sire to son, from one generation to another — that is, a predisposition to be thus affected when the patient is exposed to immediate exciting or irritating causes, to develop this latent or predispositional, constitutional cause, the same as exists in other cases that take on Tubercular Consumption by parentage; diseases in others of gout and rheumatism; in others, dropsy; in others, scrofula; in others, cancer. But this disease is one that peculiarly affects the nervous system in its immediate effects. Derangement of the stomach, the liver, the glandular secretions, the whole digestive apparatus, and the bowels frequently, cause this nervous irritation to be extended to the windpipe and the bronchia; in others, an enlarged or diseased liver alone. In many that we have witnessed, especially in the western country, where bilious and miasmatic affections are the peculiar diseases of that climate, we have known a sluggish, torpid, or enlarged liver, and, at times, an enlarged, diseased spleen, to develop Spasmodic Asthma, and to be its entire cause; combined, no doubt, in its wonderful and mysterious effect by that subtle poison known as malaria or miasma.

Now the pneumo-gastric nerve, in this case, becomes excited and diseased in two ways—namely, mechanically, by the local pressure and irritation of the liver or the spleen, and in another way by the prostrating, devitalizing, or paralyzing effects of this miasmatic poison, which being inhaled into the lungs in the breath, and which contaminates the whole circulation, and has its blunt of action mysteriously upon that branch of the pneumo-gastric system of nerves so as to produce Nervous or Spasmodic Asthma.

We wish the reader to perceive and understand here the harmony that we are endeavoring to maintain in every disease that we shall treat upon in this book, with its relation to the theory laid down in the opening section on Pulmonary Consumption, or Tuberculosis, that it was a disease of the blood, and to understand that such is our opinion in reference to this mysterious phenomenon known as Spasmodic or Nervous Asthma; although you will understand the immediate or approximate cause, terminating in the spasmodic effect or phenomenon explained above, is upon the nervous system, and particularly upon one branch of nerves. Yet we maintain the principle which we have started upon—namely, that the cause for this phenomena lies in—what? In the font of all physical life and health, the blood, which is the foundation of physical health. When the blood is kept in a pure, uncontaminated state, it is equal to its purposes and designs, as explained repeatedly in this volume; in what constitutes the primates and the functions of physical health, the nervous system itself and its



set of nerves manifesting this peculiar phenomena, would in itself then be healthy, and thereby this wonderful paroxysm of suffering, which so many are liable to, and from which so many suffer during long periods of their lives, untold horrors, would be avoided. Hence, it will be seen, following up this same philosophical mode of reasoning, that what may be the exciting cause to one may not be the exciting cause to another. In fact, they are very different; so each individual case has to be carefully and minutely investigated upon physiological and pathological principles by the skillful physician, in order to treat it successfully. In many cases the exciting cause may be errors in diet, late suppers, certain articles of food that are very indigestible in themselves, or from a certain idiosyncrasy or peculiarity of constitution or temperament. Certain articles of food that are perfectly healthy to the majority of people, will excite Nervous or Spasmodic Asthma in some individuals. Articles of fish, shell-fish, lobsters, or oysters, will produce this in many, from these certain inscrutable peculiarities of constitution, that can only be known to the patient or observing physician by practical illustrations of this kind. Hence the author of this work has been three times of his life made seriously sick, and prostrated as it were, to the gates of the grave, by cholera morbus, vomiting, purging, and spasmodic affections of the lungs, by eating oysters, and that at a proper season, and very moderately, when they were agreeable to the taste and appetite. We have known, in one case, an oyster to lie perfectly indigestible in the stomach of a patient for three days, and then be ejected by vomiting. We have known the same effect from certain other articles of shell-fish, and likewise a great many other articles of diet which people consider healthy, but which, to certain individuals, are absolute poisons. But this needs explanation or qualification. We do not mean that the food would be poisonous if the whole digestive apparatus and the vital nerve-forces were equal to the performance of their functions. We maintain, from our own experience, that the reason why certain articles of food excited in us, and others whom we have been called upon to prescribe for, those most alarming and dangerous paroxysms of asthma or other diseases, was not owing in themselves to any deleterious combinations, but to a certain negative or morbid condition of the stomach and digestive apparatus, which, as we have before said, forms the grand laboratory of the pabulum of life.

Now, the reader, to profit by our great experience—and when we say great, we do not mean it egotistically—for we have had this same disease in our own person, in all its utmost horrors and bitter consequences, little thinking, when in our professional capacity we had visited others many years previously, and witnessed their untold suffer-



ings, that we should ever be liable to, or suffer its effects; but such was our case, even after we had passed the fortieth year of our life, little suspecting even that we inherited any predisposition to it—will look at what were both the predisposing and exciting causes in our own person, to enable him to better trace out those for himself.

When we were first attacked with this mysterious phenomenon, we had just set out on a winter's lecturing tour in the Eastern and Middle States. We had just closed a course of lectures at Bristol, Rhode Island, and had gone to Providence, a field where we had labored extensively, and prescribed very successfully for a large number of cases of Tubercular and Bronchial Consumption and throat diseases, and had there announced a second course of lectures. The hall was secured, the evenings were announced, our lectures and their subjects were all duly published. But some three or four days previous to their commencement we had begun to feel nearly all the symptoms that we have described under their appropriate head at the commencement of this section, and so great was the difficulty of breathing on the evening of the commencement of our introductory to the course, it was with the greatest exertion, after riding to the hall, that we could ascend the flight of stairs leading to the platform, without suffocation. After some very labored remarks, delivered with intense pain and suffering, we were obliged to abandon the course and our professional labors for the entire winter, and return home to New-York, the suffering in our own case was so great.

We had but a little time previous fitted out a very costly and complete apparatus, involving the expenditure of several hundred dollars, indulging the most sanguine hopes, not only of being of inestimable benefit to mankind by imparting to some the most instructive lessons upon physiology and the science of human health and life, but realizing at the same time a compensation and lucrative remuneration for our great expenditure and arduous investigations and efforts that we had embarked in this department. The reader may judge of our surprise on being thus afflicted with one of the most unsuspected maladies. We had suffered in our own person, as the reader has been led to anticipate by reading the introductory sections, all the various forms of those dreaded maladies of the chest—Tubercular Consumption, bleeding at the lungs, and dropsical effusions, which we had apparently entirely recovered from, and had been spending several weeks in the country, recruiting and invigorating our physical energies, preparing for the winter's campaign of lecturing on health and physiology; hence we were taxed to the utmost of our ingenuity and great practical experience to understand why we should be the victim now of such an



appalling and distressing malady. The causes, on mature reflection and deliberation, were apparent. What were they? Our nervous system had been wrought up to an intensified state, as it were, by extreme mental labor and taxation, long anticipation of what should be our accomplishment in this department—namely, in laboring in the behalf of suffering humanity, and to enlighten the community generally in regard to the physiological laws of life and health, and what were the causes of so much disease in the United States. In leaving home, we had exposed ourself injudiciously, considering our delicate constitution, to storms and to fatiguing journeys in going to New-Hampshire after some excellent anatomical paintings that we had executed there by an experienced anatomical painter, and, returning, we had been exposed in the cold, and had taken a number of colds, one upon the other, so that we had silently developed a gradual and unsuspected pleurisy—that is, a moderate inflammation of the pleural membrane, lining the right cavity of the chest, and that silent or insidious inflammation, as it is properly termed, had developed unawares and unsuspected to us an effusion of water in the cavity between the right lung and the pleural membrane, so that it extended to the seventh rib. The shortness of breath that we were laboring under had come on more or less gradually, occasioned by a neuralgic, spasmodic pain in the right chest and side, and especially were we attacked with neuralgic, spasmodic pain, when called upon to investigate a very minute and complicated case, and prescribe for the same.

But now at this point the reader will perceive that these spasmodic effects, under all circumstances, may and do come on, as a general thing, very suddenly, and that their phenomena are produced by the closure of the bronchial tubes, as they are distributed throughout the lungs, and that these sudden phenomena may be induced by any extreme impression or taxation, fright, or great anxiety. Well, such was our case. Just setting out in our first campaign of lecturing, we were, of course, under intense solicitude and anxiety to acquit ourself with honor and credit, due to that investigation and time that we had spent in the preparation.

But what else was the chain of causes for such a wonderful and unsuspected event, aside from this constitutional predisposition to take on diseases of the lungs and the chest, and a constitutional dropsical disease also, as has been above explained? We had formerly resided and practiced nine years in Illinois, in one of the worst malarious districts in the United States, where miasm, or the malarious ethereal poison, proves most subtle and deadly, in all the varied forms of bilious, intermittent, and remittent types, and their chain of morbid action, and



development; in many instances, those fatal collapses are equal to Asiatic cholera, even in their first attack at their onset, commencing where diseases of the New-England States only end—in death; so fatal, so insidious and inscrutable are the effects of this malarious or miasmatic poison, which is imbibed by inhalation through the lungs, and so contaminates the blood and all the system. Here, then, had been the latent, and to us forgotten, starting-point for developing this new and unsuspected malady of the nervous system, Spasmodic Asthma, which so suddenly invaded us, and paralyzed those sanguine anticipations that we had indulged so long, of acquitting ourself as a public lecturer on the science of human life.

Will the reader, then, not perceive the harmony of all the philosophy maintained throughout every disease of the human system, barring, we mean, all accidental diseases—that every disease has its origin and source in the blood—in the font of human life—and that their outward, external manifestations are only unvarying indications to the intelligent discriminating observer of what is going on there? The question may be asked: How were you affected by errors of diet or derangements as a consequence in the stomach and digestive apparatus, the laboratory of the pabulum of life? We admit that we had suffered in our travels from home what many others suffer from voluntarily and willfully. We were obliged to submit to eating such food as we got, or else go without, that we knew was positively injurious; or, at times, for the accomplishment of our ends, be confined in rooms illy ventilated, and so situated that we contaminated our blood by the constant inhalation of mephitic air and gases, which we did for seven long weeks in Providence, while boarding at one hotel, and this, we believe, in looking back over all this painful experience, gave rise to all this pain and suffering in our own person—suffering dearly bought, too, for it cost us many thousand dollars. But we look at this suffering and privation with a benevolent eye. As we have before noticed in regard to Tubercular Consumption, God moves in a mysterious way his wonders to perform, and now, as in the days of the Israelites, he has never left his cause without a witness, and if he has selected us, through a mysterious providence, in the economy of his nature, to be the humble means to bless thousands of others, we will acquiesce with all due humility of soul.

Need we say further, then, to the reader, in illustration of what constitute the paroxysms or fits of Asthma, they occur, as a general thing, in persons of a very nervous temperament, whose nervous system is entirely unstrung by errors of living in various ways; their whole nervous system is in a negative, depressed, or devitalized condition; conse-



quently their digestive and assimilative functions are deranged, and it necessarily follows that their blood is in a morbid, unhealthy condition. This being the case, the pneumo-gastric nerves are in a more morbid and excitable condition than any others, and whatever may give rise to a local irritation upon this one nerve distributed to the windpipe and the bronchial tubes, will produce this sudden spasmodic effect of closure in the same way that you are awakened from intense sleep at night by a sudden cramp of your leg. You have only to ask, in either case, what have been your errors of life and living or of diet to produce it? All persons know, when they are awakened by intense cramps of the limbs, that they had been excessively fatigued the day previous, and a great deal on their feet, or had damp or cold feet, or both combined.

Be it understood, then, to the reader or victim of Spasmodic, Nervous Asthma, that such is the immediate effect, and that the predisposing causes may be almost innumerable and various; they must be traced out in each individual case at the time of their occurrence, whether errors of diet or of living in all the various ways named, or submit themselves to a judicious, discriminating physician—for instance, to the faculty of the Troy Lung and Hygienic Institute, to be carefully discriminated for the time being, as pertains to each individual case.

#### IN REGARD TO THE TREATMENT.

If the right treatment is at hand and adopted at once, this very painful phenomenon can be relieved in a very few minutes, without much prolonged suffering, as we have ascertained in our own person, from experience, and after much painful suffering. The effect may be relieved almost instantaneously by inhaling in the breath either warm or cold (for the most part cold) anti-spasmodic anodyne or expectorant vapor, to relieve this immediate effect. After suffering several days and nights most painfully and intensely in our own person, we were led to reflect upon and study the phenomenon minutely in all its consequences and ramifications. The difficulty of breathing that we labored under was so exasperating and intense, that we have been nearly suffocated, and came nigh falling down on ascending, even gently, one flight of stairs. But as we have before said in respect to another disease, it was this suffering which caused us to think and ask ourself the question: What is the condition of your lungs or respiratory organs, that you must so suffer for want of—what? God's vital air. As soon as this question was solved, that the air-passages were closed up by spasmodic contraction, that instant the remedy was suggested to us as if by spiritual impression. What was that? An anti-spasmodic. In five minutes we ordered an anti-spasmodic to be brought upon a towel,



which we inhaled, under a physician whom we called merely to watch our pulse for fear we should take too much of it, and in fifteen minutes the spasm had subsided. To one suffering in all the intensity of spasmodic Asthma, and then so suddenly obtaining relief, as we had done, the feeling can be compared only to one other instance that we have witnessed in our extensive professional practice. What was that? To a mother that has passed many long hours through all the intensified agonies, lingering, prolonged, renewed pains of labor, to give birth to her offspring; she has been cheered by her physician many hours, days, and nights—four even, as we have witnessed—her strength kept supported until it is almost exhausted in the excruciating tortures, worse even than death itself: ah! but at that very time when foreboding seems to have captivated all her attention, relief comes in giving birth to the child. Such is the relief from this intensified nervous Asthma, after one has suffered so long.

I recollect very well, when in my general practice in the city of Brooklyn, some years before I had been its victim myself, of attending one delicate lady, subject quite frequently to Spasmodic Asthma, especially on being exposed to the atmosphere or climate of her native city, Hartford, Ct. When first called, I administered the ordinary anti-spasmodics by the stomach. She had had several attacks previously, when residing in New-York City, and had been in such imminent peril therefrom at those times, that she had then and there the *élite* of the faculty. Among them were Drs. Cheeseman and Delafield, and it was after many prolonged hours of suffering on her part that they relieved her. At the first time I saw her and administered those anti-spasmodics by the stomach, relief was obtained in one hour's time, and she complimented me on the great success of my prescription, and in so short a time, after her attacks had bid defiance to eminent men some year or two previous. Well, I saw no more of this lady after a day or two. After a year or two she had attempted to visit her native city, Hartford, Ct., in the spring of the year, when the air embodies that peculiar chill known to the sea-coast in the eastern cities in the spring of the year, and which can only be likened to a three-cornered, three-edged dart, so horrible, that neither pen nor tongue can describe. I know it well, for I spent many years of my life on the sea-coast, at Boston, prosecuting my professional studies, and it had the same depressing, paralyzing effect upon me, that seemed even to render life itself undesirable.

This lady, by the way, was obliged to return instantly to Brooklyn to escape these bad effects upon her, and she had no more than arrived before the paroxysm of asthma had become so intense that she could



not lie in bed ; her countenance was livid from the carbon in the blood ; her breathing was agonizing in the extreme ; her countenance was anxious, such as can not be described nor comprehended, only by a physician whose experience has been such as to witness death under all circumstances, and see it in its most horrible forms, especially that known as the Hippocratic countenance itself. Such was the case of this lady when I was called to her bedside.

Feeling sanguine at the success which had followed my former prescriptions, I administered them, anticipating the same results in a little time ; but, judge of my surprise and disappointment when I administered dose after dose, and attended her the whole day, without any other than temporary relief, the paroxysms would again return. At night her sufferings were agonizing—beyond human power to describe. She could not lie one moment in a horizontal position, and was fatigued and exhausted for want of rest. Her three children came around her to bid her good-night. She took leave of them, and said in their presence she wished to die, so great was her suffering. At this crisis of her case the thought occurred to me, now if anti-spasmodics, administered by the stomach, which heretofore have been so successful, have failed to relieve this intensified spasm, or contraction of the trachea and bronchia, what must be done ? If a powerful anti-spasmodic could be inhaled in the shape of *vapor*, the chances for her relief are great, otherwise death must supervene. All this occurred to me as instantaneously as the lightning's flash. I suggested it to her husband. Her husband, like all timid persons, timid from ignorance, opposed my administering it. Then I said I would take counsel to warrant me. Counsel was ordered before it would be allowed to be given, although perfectly safe in my opinion. The counsel called objected to it at my first proposition, but after giving the history of the case, of her present state, attacks, and suffering, and that the remedies formerly used with such success had now entirely failed, they readily assented, and approved of my judgment, and sat by me while I administered it. Judge of the happy results ; in fifteen minutes from the time I administered the vapor, this lady, who had but a little time before taken leave of her children, expecting to die before morning, and in her agonies wished for death to relieve her, was perfectly relieved. In a few hours we left her, with the prescription that she should be well sustained by proper nutrition. In the morning I again visited her, and learned that she got a good night's rest, and found her sitting in a chair very comfortably.

Kind reader, you will here perceive another instance of the wonderful improvement and discovery in the medical science, in adapting remedies upon rational scientific principles, under a very judicious dis-



crimination of circumstances and causes, designed to effect certain ends.

There are instances of disease and morbid derangements, especially those that occur in the blood alone, and by derangement of the digestive organs and functions, where medicines may be given very judiciously, scientifically, and with the best results. But when those diseases affect—what? the organs of respiration, the air-passages, and the lungs—what follows? The medicines and agents, to give relief of the momentary action or phenomena, must be administered—how? Naturally, according to the physiological law of those organs that are affected, by inhaling them in the shape of vapors, or in the atmosphere, just as you perceive that the blood in my case and the other cases referred to, had been contaminated, and the latent cause had lain there for years in its subtlety, and now only was awoke, and brought into action ultimately upon the pneumo-gastric nerve, the nerves of the air-passages, and the lungs, by the concomitant exciting causes that I have enumerated, as it may be. The effect of the causes differ, I allow, in each case; but to administer remedies effectually to relieve this sudden phenomenon, they must be administered in the shape of vapors, just as you would administer remedies locally to relieve the cramp of the leg, to be effectual in either case. But I admit farther that there may be required, after the paroxysm is relieved, a discriminating, judiciously advised constitutional treatment to correct any derangement in the stomach, the digestive organs, the secretions of the liver, or the alimentary canal, their glands and its mucous membranes, and so in the blood, the font and source of physical life and health.

#### Hay-Asthma.

There is another kind of Asthma which is becoming very prevalent in the United States, and yet its character and origin are but little understood. Rarely is the right cause suspected on the part of the patient himself, and much less so on the part of the practitioners of the Allopathic school. We allude now to that form of Asthma known as Hay-Asthma, or hay-fever. It comes on immediately after the cutting of hay in the summer, and those persons subject to be affected thereby, are situated near to meadows, or places where the hay is cut and dried. The cause for this affection seems to be either in the noxious miasm kept in contact with the grass before it was cut, or from the exhalation of the drying of the grass itself, which becomes the property of some grasses, and which, when exhaled into the atmosphere, becomes very obnoxious to those who are susceptible to Catarrh or Asthma. Hence, this form of Asthma, or hay-fever, combines the



two—the nervous or spasmodic of the first, with the acute, catarrhal inflammation of the latter; which catarrhal inflammation is produced by the obnoxious particles of the hay. Public attention has been called but very little to notice, or know any thing about the cause and general prevalence of this form of catarrhal Hay-Asthma, or hay-fever, and probably would have known much less, had it not been the case that it was said that Daniel Webster himself was subject to it; having first been seized with these attacks while in England, where this disease has been made the subject of many learned treatises and investigations.

We ourself have seen many cases, our advantages having been such. Making diseases of the throat and lungs a specialty for so many years, has brought us the opportunity of investigating this new malady in many very interesting cases.

The first and most prominent case that we saw, was that of a lady of about fifty-five years of age, who consulted us, some seven years since, from Bristol, Ct. She had been subject to annual, periodical attacks of Asthma every summer for about twenty years, coming on immediately after the hay had begun to be mowed and made. These attacks were always preceded by every symptom of acute cold, or catarrh, in the nostrils and frontal sinus, with a profuse discharge of an acrid nature, which rapidly followed down the mucous membrane of the throat into the larynx, windpipe, and bronchia. She would have no knowledge of having taken a cold at any time previous to its onset; hence, these attacks had always been a matter of mystery to her. Their cause, origin, and true nature never had been once hinted by the many physicians she had consulted. This goes to show the truth — and it should be to the old Allopathic school of practitioners a humiliating reflection, too—how little they keep themselves posted up in regard to the true nature and cause of the hundreds and thousands of new forms of disease, which are becoming annually, if not daily manifested.

Her treatment, from their prescriptions, had been equally as unsuccessful, as they had been predicated without any scientific discrimination or knowledge of her case. After a few questions, to ascertain her proximity to meadows and new-made hay, we satisfied ourself of its character, and told her that it was Hay-Asthma, a name she had never heard mentioned. After hearing our explanation, and reading some authority from Watson and others of London, it looked perfectly rational to her, and she and her husband both were perfectly satisfied at our diagnosis. We then made a prescription to relieve her of the present attacks, which she had been laboring under for three weeks.



We gave her our asthmatic inhaling vapor, which at once relieved all the difficulty of breathing, and in a few days most of the irritation in the air-passages and lungs had subsided. This, combined with our inestimable *Catarrh Remedy*, soon arrested its progress; we also gave ample directions, and many warnings how to avoid subsequent attacks in the future, by anticipating the hay-season a few weeks, and going to some place by the sea-shore, a short distance from meadows, that she would escape it.

We have learned since, that our prescriptions were in every way successful, and perfectly satisfactory. We succeeded, therefore, in curing this chronic irritation and irritability of the bronchial mucous membranes, which had existed some twenty years, and by the patient's subsequent precaution, she has escaped an attack ever since.

Since then we have met with several cases of this form of Asthma in children; but it was rather more of a catarrhal difficulty of breathing, affecting the nostrils, and producing much exhalation of mucous from the bronchial membranes, without the serious asthmatic breathing that characterized patients of more advanced life. In each case our treatment has been perfectly successful.

We were consulted, but a year ago, by a lady from California, subject to the same periodical, catarrhal, asthmatic paroxysm, occasioned by the effects of new-mown hay. She was a native of Clinton Co., N. Y.; had resided some years in California; but so long and so frequently had these paroxysms been renewed, that it had terminated in a Chronic Catarrh or Bronchitis. She was anxious to put herself under our improved system of treatment by inhalation, for the cure of her Bronchitis, which had resulted from the cause above named; saying that she must leave the North in a few weeks, and return to California, fearing a renewed attack should she stay through the hay-season. We have frequently heard from this patient since her return to California, congratulating herself upon her recovery from this long-continued irritation and catarrh, which had followed the cause mentioned, and occurred some eight or ten years previous.

Trusting it will be more satisfactory to many of our interested and inquiring readers, to know something further respecting the opinion of foreign authors on this new form of Asthma, therefore, we will make some quotations from the practice of the celebrated Dr. Watson of London:

“Dr. Bostock, in the *Medico-Chirurgical Transactions*, gives an account of this complaint as it is apt to attack himself. It is called the *Catarrhus æstivus*, and by some the *hay-fever*, or the *Hay-Asthma*. In Dr. Elliotson's lectures, also, as published in the *Medical Gazette*, there is a good deal of curious inform-



ation on this malady, contained in letters addressed to him from practitioners in various parts of the country, in consequence of some previous remarks he had made upon it in a clinical lecture, which had also been printed. Dr. Elliotson speaks of it as a combination of Catarrh and Asthma. It consists in excessive irritation of the eyes, nose, and the whole of the air-passages; producing, in succession, itching of the eyes and nose, much sneezing occurring in paroxysms, with a copious defluxion from the nostrils, pricking sensations in the throat, cough, tightness of the chest, and difficulty of breathing, with or without considerable mucous expectoration. This complaint affects certain persons only, and in them it always takes place at certain periods of the year, in the latter end of May, or in June, when the grass comes into blossom, or when the hay-making is going on. It seems, in fact, to be produced by some kind of emanation from certain of the grasses that are in flower at that season, of the irritating qualities of which emanation some persons only—and a very few persons in comparison with the entire population—are susceptible. The disorder happens only at that one particular season; and it then attacks persons who are not remarkably subject to Catarrh at other times, nor from the ordinary causes of Catarrh; and if they avoid meadows and hay-fields, and the neighborhood of hay-stacks, they escape the malady. Hence, going to the sea-coast, and especially to those parts of the coast that are barren of grass, offers a means of protection; and when this can not be done, such persons obtain refuge, in some measure, from the cause of the irritation, by remaining within doors, and shutting out as much as possible the external air during the hay-crop.

“One lady, who suffered annually from this strange affection, states, that a paroxysm was brought on by the approach of her children, who had been in a hay-field; and once this happened when the hay-season had been for some time over, upon their joining her at tea, after playing in a barn in which the hay of that year had been deposited. She was in the habit of flying to Harwich, or some other part of the coast, as the dangerous season came on. On one occasion, while walking on the shore at Harwich, she was suddenly attacked by the complaint, to her great surprise, as she was not aware of any grass being in the neighborhood; but the next day she discovered that hay-making was in progress upon the top of the cliff at the time she was walking under it. In another year, she being at Cromer, and an attack that she had suffered having quite subsided, and all the hay-making thereabouts being over, she was suddenly visited by the well-known symptoms, and on going into her bed-chamber, perceived that they were building a large stack of hay in a yard near the house, having transferred it from a field five miles distant.

“Very lately I was asked by Mr. Cheyne to see with him the wife of a stable-keeper near Regent street. I found her suffering under what is popularly called a ‘crying cold’—pain in the situation of the frontal sinuses, streaming eyes, sneezing and defluxion from the nostrils, and very urgent dyspnoea, or difficulty of breathing, which was accompanied by loud wheezing. Symptoms of this kind had come on suddenly some days before, and her distress was then so great, that her husband proposed to drive her in a gig to consult a medical friend of his who resided at Islington. On their way thither every symptom



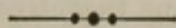
disappeared, and she felt at once quite well. She subsequently staid a night or two, in comfort, with some relations in the city. Immediately upon her return home the same symptoms recurred, with all their former severity, and resisted the means adopted for their relief by Mr. Cheyne, who had now been called in. He was soon led to suspect the cause of the attack, and of its obstinacy. There was a strong odor of hay in the house. The husband told him that his lofts were filled with a lot of hay which had recently arrived and which had an unusually powerful smell. We learned that our patient was always worse at night, when the house was shut up, and better in the morning, when a free current of air blew through the open windows. We advised a temporary change of residence; but our advice was not followed until two days afterward, the disorder meanwhile continuing, and increasing in intensity. Then the patient removed to lodgings not one hundred yards distant, and immediately all the catarrh and distress again ceased, and she passed a perfectly tranquil night. Afterward she went into the country, and did not return until the odoriferous parcel of hay had been consumed, and a new stock laid in. She was, however, revisited by some slight cough, and occasional dyspnœa, neither of which troubled her much or long.

“Avoidance, then, of the ascertained source of the complaint, is the best thing that can be recommended to these persons. You may read almost every year, that one of our English dukes has gone to Brighton to escape the hay-fever. But it is not in the power of every one to leave home for that purpose; and it has been found that the system is capable of being fortified, in some degree, against the pernicious effects of these vegetable effluvia. Mr. Gordon, of Welton, in Yorkshire, had communicated some interesting observations to the profession on this subject, before those of Dr. Elliotson were published. You may find Mr. Gordon’s paper in the fourth volume of the *Medical Gazette*. He supposes that the aroma of the sweet-scented vernal grass, the *anthoxanthum odoratum*, is the principal exciting cause of the complaint. He found the symptoms more speedily and effectually removed by the tincture of lobelia inflatu than by any thing else that he had tried at that time; and he recommended the cold shower-bath as the best preservative against the attack. But in a subsequent communication to Dr. Elliotson, he states that the sulphate of quinia, and of iron, given in combination, had proved completely successful in emancipating from their tormenting disorder the two patients, from whose cases he had principally drawn up his account; although they had, in spite of all previous treatment, suffered an annual return of it for fifteen or twenty years. The susceptibility of this troublesome affection of the mucous membrane, from a peculiar cause, which, to most people, occasions no uneasiness, appears sometimes to run in families; and this is nothing more than one might expect.”

NOTE.—For this form of Asthma, we can send our treatment to any distance and any part of the country, and treat the patient with the same successful results as though he were personally with us at the Institution.



## Sixteenth Section.



Tubercular Disease of the Kidneys — Bright's and Addison's Diseases of the Kidneys — Atrophy, or Morbid Wasting of the Kidneys, and other Diseases of the Kidneys — as Gravel and Stone or Urinary Calculi.

THE unprofessional reader may start, perhaps, in surprise at the announcement of such a disease affecting the Kidneys as Tubercular Consumption; but he has only to bear in mind the harmony of the great philosophy that we started with in the opening sections on Tubercular Consumption, to find that what constitutes Tubercular Consumption is a certain morbid condition of the blood, and that its manifestation, in the formation of little, livid, hard, granular bodies in the lungs, is but one indication of a great constitutional cause, which may be developed at the Kidneys; or, in fact, at all other organs of the body, as we have named and illustrated. It is only because science has made such rapid strides, and by unwearied devotion in its application to fathom the causes of disease by microscopic anatomists, and those who have become well posted in analysis, that now enables us to detect its being an every-day affection of the Kidneys.

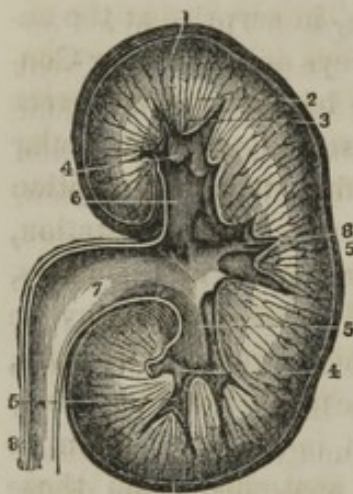
There is no doubt but that this tubercular affection of the Kidneys has been a very general cause of death for long years; but owing to the deficiency of not being well versed in the means by which it could be detected — namely, by the microscope and by analysis of the urine and the blood — it was very much overlooked.

Great discoveries are made in medicine on the same principle and in the same manner that great discoveries are made in astronomy and the collateral sciences — by the unwearied industry and indomitable ambition of individual men who feel an unconquerable thirst, as it were, to develop the great hidden principles which lie back in nature. So, it belonged to Dr. Bright to first discover the great prevalence of this peculiar tubercular degeneration of the Kidneys, and proclaim it to the world; hence it is known in medical language as “Bright's Disease of the Kidneys.”

The stimulus given to such men undoubtedly has been found in the varied mysterious features that many diseases assume in modern times,



which we daily see, and which is the result of deviating from the more natural modes of life and adopting new, artificial, refined, and luxurious modes of living. Hence, owing to the innumerable features which disease has been almost daily assuming within a few years, scientific men in Europe have devoted themselves, with a most laudable zeal and unremitting assiduity, to the study of animal chemistry, the analysis of the blood, the urinary secretions therefrom, and in fact all the secretions of the body, to discover the true methods of accounting for the causes of diseases, based upon scientific principles alone, which can not fail; and the discovery has been made that the Kidneys are liable to become affected and diseased by constitutional blood-contamination, and are found to be of daily occurrence.



This cut represents a section of a Kidney in a healthy condition.



This cut represents a section of a Kidney affected with Bright's disease or Tubercular degeneration. Patches of ulceration will be noticed pervading the whole section.

This important light has been gained likewise by studying the anatomy of the structure of the Kidneys under the microscope. As we have before suggested in a preceding section, the application of the microscope to organic chemistry has thrown entire new light — not only as to the cause of Tubercular Consumption of the lungs, but diseases of every nature; for the very reason that the large number of diseases to which the human system is liable, have their origin in the blood, (those diseases of a mechanical or accidental nature are, of course, excepted;) hence, all the old theories which have encumbered the world so long with numberless volumes, and masses of books which have served, and we regret to say, serve at the present day, to mislead thou-



sands of minds, are becoming useless and worse than useless, so far as their doctrine of cause or curability is concerned.

This proves the absurdity and the inconsistency of the Allopathic school of medicine and practice to a great extent; for instance, the microscope will readily discover any deviation in the blood-corpuscles, any deviation from their natural healthy structure and form, which is known to be round or globular. If the blood becomes poor—in other words, scrofulous—the blood-corpuscles become elongated and changed from their healthy form. We only mention this to illustrate to the common reader the great power of the microscope to detect the cause of disease back in the blood, when, if the physician or the prescriber is only governed by the ordinary external symptoms and manifestations, and prescribes for them *alone*, without knowing, upon the principle of chemical analysis and microscopic examination, what is going on in the blood, his prescriptions are all empirical, and are as liable to do mischief as to do good, and still more so; for it is a matter of guess-work, and the patient might as well prescribe for himself—and better too, than to employ that class of physicians.

Following up this same study of urinary pathology and the knowledge of the structure of the Kidneys, other new diseases are daily being discovered; hence, comes the new disease known as “Addison’s Disease,” which has been explained and published to the medical world by Dr. Addison, of England.

Actuated by the same spirit that has guided and stimulated these and other physicians in Europe, we have devoted many years to the study of urinary pathology with the microscope, to trace the condition of the blood in Tubercular Consumption, and all other forms of organic diseases which we have so extensively treated in our institutional practice. In this manner we have become possessed of the fact that diseases of the Kidneys, in the United States particularly, occurred in those sections of the country where is found water strongly impregnated with lime, and where people make use of much hard or lime-water.

Kind reader, pardon us for repeating once more that we are writing this book expressly for your good, and the good of those who have hitherto had a very limited and altogether erroneous idea of what constitutes human health. We write it for this purpose—namely, that every person should understand himself so far as the laws of health are concerned, and that to know himself is to know how to live, and how to possess that choicest of blessings—health. It is an old maxim, but a true one, given to us by the ancient philosopher, that “a sound mind can only dwell in a sound body”—*Mens sana in corpore sano*.



Dead language, however, is foreign to our purpose, but the language of the old Latins was so expressive — much more so than our modern English—we can hardly refrain from making a quotation so short, and yet embodying so much. Stop with me one moment, reader; pause here and reflect upon how much is embodied in the short quotation we have made from the Roman philosopher — “A sound mind can only exist in a sound body.”

Who is there, when they find their health shipwrecked, their strength exhausted, their energies gone, their hopes blighted, their spirits depressed—filled with pains and aches, so that every movement of the body is attended with fatigue and languor—would not then give all they possessed of this world's goods to be restored again to the enjoyment of health? They then realize, perhaps for the first time, that human health is not so readily found in pills and potions, and in taking medicines, as they formerly anticipated might be the case, when they now discover they have been so reckless of its resources. This same reflection applies equally to the rich and the poor, to the beggar and the millionaire, to the subject and the potentate; for God, in his infinite providence, has wisely ordered that a blessing so inestimable and precious as human health could not be bought by that which man alone has conventionally set such high value upon—namely, gold, or the riches of the earth; these alike fall into insignificance in the economy of His chancery, and but become baubles indeed; for we have found, from our great experience — experience that has brought to us gray hairs, from the conflicts of much pain, and from the observation of many a spectacle appealing to us from many a sick-bed, and the death-bed scenes of many rich patients—that it is a humiliating thing in the extreme to find that those who possessed so much wealth, and have arrogated so much power while in comparative health, that they, when leveled by the shafts of disease, are placed on the same footing with the beggar.

Pardon us when we again tell you that health never can be purchased by medicine. So long as you depend, reader, upon holding yourself in culpable ignorance as to a knowledge of your own self, your own organization, or what constitutes human health, just so long will your most ardent anticipations be blighted — blighted when sickness, pain, and suffering come, and when you find that you can not get relief, and that health is not to be purchased at the apothecary's, nor by the prescriptions of the old-fogy physician, nor by taking so many ounces of medicine, or so many pills, as has been taught the community so erroneously, so absurdly, for so many centuries past. Hence, it becomes my duty to tell you again, that amid the conflicts and evolu-



tions of revolving centuries and still more revolving generations, that God never has left his cause without a witness. In the economy of health, as in the economy of his divine law, he never has left it without providing a requisite agent to bear down that principle to suffering generations, and open the eyes of those who have kept themselves or been kept in superlative ignorance, as it were, in regard to that priceless gem—human health.

The value of health is only taught by pain and exquisite sufferings. All blessings that we enjoy are purchased at an extravagant price: “Knowledge the most precious comes from circumstances the most appalling.”

You will ask, then, when suffering with organic disease of the kidneys, and the indescribable tortures and horrors it produces—the anguish, forebodings of mind, depression of your vital energies, and despondency of spirits, caused by the anticipation of much suffering in the future—and you will wonder, what constitutes the sweets of human health and life that were delegated to you by God, in the providence of his economy. Ah! you will find, I fear, when it is too late, that health is not to be purchased by that blind recipe—by hailing your country physician as he rides by on his plump, well-fed pony, sitting on his saddle-bags—that it is not by steeping so many herbs. Ah! kind reader, God has fixed health at too priceless a rate to be had in this trifling manner.

You will ask, probably, what constitutes human health and its sweets. I shall take occasion to answer that question again here, for it will bear repetition, that human health is the result of—what? Human health, kind reader, consists in the harmonious action of every function of every organ of this human organism of yours and mine, and every person's.

Have you ever considered, then, what a wonderful function your Kidneys perform?

We shall have to again stop here, and ask you, in our own vernacular, to pause for a few moments, perhaps, before you can answer this question, or rather I shall have answered it for you; for I presume you now to be ignorant of the structure of the anatomy of the kidneys, much more their function. I have merely asked you, in the question, if you were aware of the important function that your kidneys perform during three-score years and ten, perchance should you live to that time that God delegated you to live at least, and your humble servant himself, by the way, intends to live longer than that, to expound those precious lessons to suffering humanity.



The kidneys are two organs, situated each side of the spine, located in the loins, their upper part lying immediately under the short-ribs.

Well, we have asked you the question, if you were aware what an important function your kidneys performed during life. The best way for you to answer this question satisfactorily to yourself would be thus—namely, to commence on a Sunday morning, for instance, and save through each succeeding day of the week, for one whole week, or perchance for one whole month, all the urine secreted by your kidneys—from where? Yes, kind reader, did you ever think and ponder well where this urine comes from? It comes from the blood, and every drop of urine that you make during your whole life is secreted out of that great pabulum that we have been heretofore speaking of—namely, the blood, the font of all human health, and the phenomena that constitute health, while in the physical organism. Well, if you save it for one week or month, and measure it into ounces, you will find that, on the average, each day, the kidneys secrete to the amount of thirty-five ounces. Will you be good enough, then, to multiply this thirty-five ounces by seven, and then seven by thirty, and thirty by three hundred and sixty-five, three hundred and sixty five by three-score years and ten, (seventy,) which you ought to live, in order to fulfill the intention and design of Almighty God in the structure of your physical organism—your human existence? A few minutes with the pencil, and the requisite faculties of computation, number and figure, will determine all this. You will say the quantity is enormous. I grant this—it is so. You will hit upon the important fact—the spectacle that stands out in bold relief, and its aggregate and enormity you can not deny; for when you save it, and witness its bulk, you will be surprised at the wonderful magnitude of the function of the kidneys.

Now, let me ask you—as I have sought to define to your comprehension and to your perception, in giving some definite explanations of the organization and structure of the lungs, in their innumerable air-cells and the extent of their surface, and showing you thereby the wonderful function that the lungs perform—can you not perceive, by the same comparative mode of reasoning, and the same intelligence observe that your kidneys have to perform a wonderful function—when you see the naked fact—that your kidneys have to secrete so many hogsheads—of what?—of poisons from the blood, during your physical life? Do you wonder, then, that if they are not under the control of some amount of reason, and regulated by some law, and governed by some judicious wisdom on your part, that they, in turn,



like the lungs, the stomach, and other organs of the body, must be constantly liable to become irritated, deranged, or diseased?

It is not possible for you, without applying yourself to the study of anatomy, under the light and illustration of the powerful microscope, that we have referred to, to comprehend the wonderful structure of the kidneys, and in the structure they become—what? They become strainers—strainers of what? Of all the poisons that are introduced into the blood, not only by the necessary decomposition of the body, from its necessary wear and tear—the conflicts of each hour and each day's labor and decay, but the poisons also that you, in your recklessness or ignorance, are continually introducing into the blood, independent of this necessary wear and tear of the physical organization, by the imprudencies of diet, of eating, of heaping into your stomach innumerable deadly poisons that never were calculated to be among the sixty-four primates of the blood—the material elements necessary to sustain this structure, this physical organism, and maintain it in the equilibrium of health. But you have introduced them, and do daily, into your blood—for what? To pander to the morbid sense of taste of the palate, the artificial excitement of those nerves of taste which lie distributed on the tongue over the palate and in the mouth—to pander to the morbid appetite; and you introduce these poisons cooked up in such an inexplicable manner, that it would puzzle a scientific chemist to analyze and determine what were the component principles of that which was cooked in the kitchen, by an ignorant cook, (into whose keeping you have trusted this organism that you have inherited from Almighty God,) for the very purpose of pleasing your appetite on food formed from various poisons; as hog's fat, (scrofula,) or the collection of various fats that you use for shortening, soap-grease, spices, and condiments too numerous to mention, which have been vamped up to suit the caprices and false notions of taste, to pander to your exquisite and delectable appetite and morbid sense of pleasure. Hence, kind reader, you are daily introducing into your blood, which should be the pabulum of life, the very poisons which take your health away, and which, though pleasing to the taste, become the hidden messengers of your death, and not only death, but an exquisite sense of suffering, of premature decay, fever, night-sweats, hectic flush, colliquative, dissolving sweats; of cold, depressing chills, horrid tortures, pains in the loins, pains in the kidneys, Gout, Rheumatism, Consumption — where did they lie when you introduced them into your blood—the font of human health, it should have been, but you perverted, by the way, the designs of Omnipotence? They lay, reader, in ambush, in that delectable dish that you were so hugely enjoying with your friend, with a



bottle of Champagne, in the late oyster-supper, in the mince-pie, in the fried cakes, in the doughnuts—ah! all these have been introduced, and now you see the enormity of the function that you have forced upon the kidneys—to what? To do that which did not belong to their legitimate organic function to do, and which their natural structure, designed in the economy of God, was incapacitated to do.

Hence, reader, you have perverted that function, you have disorganized that structure, and caused these innumerable diseases which scholarship would give you to understand is Bright's or Addison's disease, diabetes, atrophy, or wasting of the kidneys, as swelled ankles, tumid eyelids, and far worse, water in the ventricles of the brain—the citadel of the soul itself—because you have deranged the organism, and perverted their functions—namely, because the kidneys have not secreted it out of the blood. Hence, you see, in this eccentric way, if you allow me to express it, are you put in possession of the important functions of the kidneys, which you and every individual possesses, and which, when in a healthy state, perform such a wonderful function of sustaining your body—the physical structure—in harmony, and maintaining it in health.

Now, you will ask, what constitutes tubercular degeneration of the kidneys? I answer that it is a morbid condition of the blood, which we before explained, the same condition that gives rise to a tubercular deposit in the lungs, but in its effect upon the kidneys it is modified in its action of development, if I may so express it in my language, by the forced function that the kidneys are made to perform, by your artificial habits of living, and the introduction into the blood, daily, of those poisons that I have before referred to; hence the blood is perverted in its healthy momentum, not consisting of the sixty-four primates which should constitute its healthy condition and sustain the organic integrity of the kidneys and of all the organs of the body, but imbibing, instead, a scrofulous or strumous diathesis and diseased, morbid condition in an almost inscrutable manner—a manner which taxes a scientific chemist to define. Then, as your kidneys are eliminating functions or secreting organs only, to strain off from the blood those morbid poisons which you have made it to possess by your recklessness of living—namely, lime, oxalate of lime, lithic and uric acid, and the thousand other, as it were, nameless poisons, which you have introduced—they have become first irritated, then inflamed, then destroyed or disorganized in their organic structure, in which structure God formed them, so that they are incapacitated for a healthy function; hence comes about not only one disease of tubercular, or fatty degeneration as it may be, disease of the kidneys, but innumerable diseases



of the kidneys, as I have before mentioned, are being developed and taking place every day to an alarming extent.

But perhaps you will ask why you have not known something of this before—why should all these diseases rise up at once so new, and prevail to such an alarming extent and fatality, just as diphtheria is prevailing, as we illustrated in the appropriate section? I answer your question by saying that they have not risen up suddenly or at once—they have always prevailed, more or less, just in proportion to the deviation of mankind from the natural laws of hygiene or health, and the perversion of the natural functions of the body by the cultivation of artificial and refined modes of life. The only reason that you are put in possession of them now, and they appear to you new—too glaring for your comprehension—is owing to your ignorance and the ignorance of the old-fogy physicians generally, who have ever put implicit confidence in their blind prescriptions and their old-fogy poisons, drugs, and medicines, instead of understanding yourself, and being the arbiter of your own health, which God, in his omnipotent wisdom, has called upon you to understand; for I maintain this important principle and fact, that God never has given an organism and principle of being, of life, of health, of happiness to any person, without, at the same time, delegating to that person the means of understanding how and why, if he would do so.

But here, kind reader, lies the stress, and lies all the trouble. It is such indulgence, it is your willful, culpable neglect of not understanding yourself. This brings me to that maxim of another of the old Roman philosophers, who lived centuries in advance of the Christian era, when he proclaimed the important maxim, and it was written even over the doors of the temples of those times: “*Nosce te ipsum.*” Ah! you will ask, what is the meaning of this? I admit that it is written in a dead or foreign language, but conveys none the less the living, sublime, and undying truth in the principle which has come down to you in your own vernacular—in that little, commonplace, cheap treatise which can be bought for twelve and a half cents by every person, and which you can read in an hour’s time—by Pope, in these words:

“Know thou thyself, presume not God to scan,  
The proper study of mankind is man.”

But you will say that the science of your own organism, structure, or economy is too learned and scientific for you to understand. I absolutely deny this assertion, and say that every person that moves about in the world and has life, has ample time, delegated by the



same Almighty power that created them, to study themselves if they would. Every body should know, and does know, with one moment's reflection, that they have a brain—and for what? It is the organ of the mind. That they have a heart—and for what? To circulate the blood. That they have lungs—and for what? To oxygenate the blood, and to breathe God's vital atmosphere. That they have a stomach—and for what? To receive nutrition, pure, healthy food—and for what? To make blood, the pabulum of human life and health, and to sustain their physical organism. That they have a liver—and for what? See its proper functions under its appropriate head. That they have bowels—and for what? You will see what I mean by the function of the bowels, under its appropriate heading—namely, to secrete and carry off by their appropriate glands, and not by the kidneys, those deadly, nauseous, disorganizing poisons that are only intended to be secreted by them—the bowels, and to be eliminated and disgorged daily by their appropriate function. I appeal to you, proud man and woman, how do you abuse and pervert the appropriate function of the bowels? By filling your stomach, and consequently the blood, with poisons—and for what? To please the panderings of your morbid appetite, the sense of taste and pleasure, which you have generated by artificial habits and enervation. Is it for this that you live—is it for this Almighty God, in his infinite wisdom, organized you? I answer again, that every nerve, whether nerve of sensation or nerve of volition, or any other, is made for a definite, specific, and all-wise purpose—of subserving what? Of fulfilling and maintaining a purpose by accomplishing that end in the great economy of human life. Ah! will you lose sight of this great economy? What is the great economy? Is it man's gold, glittering gold, and wealth? A conservative, arbitrary principle of man, by which he may seek to further pander to those artificial appetites and passions of his nature in a gaudy decoration and display—for what? To excel his brother man—in her, to excel her sister woman in some butterfly decoration that brings but a sensitive, short-lived pleasure, that he or she is better than their fellow-immortals—yes, immortal, though pent up in a mortal body, just in proportion as you may put on a gaudy, showy appearance, in proportion to the satiation of a perverted sense of taste, as each one may arrogate to himself, according to his or her cultivated, perverted, or conservative notions, and as those notions conform to the caprice of fashion, which changes—how often? Not only four times a year, but every month, week, and day, just in proportion to the caprice of a person's will, and that will changes just in proportion as it is not governed—by what? The god-like, sustaining principles of nature which were made by Him, and de-



signed by him to control and sustain us under the umpire of wisdom, and intelligence, its handmaid, that we should day by day develop and become more beautiful in perfection, in order to fit us for that angelic and seraphic life beyond the short aspirations of man, beyond the confines of the tomb, that he so prematurely brings upon him by the perversion of these tastes, and pandering to the passions.

But, you will ask, what are the causes for tubercular disease of the kidneys, for Addison's disease of the kidneys, Diabetes, that other astounding disease, almost even to modern science, and, I may truly and justly say, a thousand other modern diseases of the kidneys which are becoming developed every day, just in proportion as mankind deviate from the correct principles of living by pandering to a perverted sense of taste, and the artificial modes of living, which they adopt? I answered them in the same manner that you ask the questions; namely, by stating all the causes for the morbid condition of the blood, in the manner that I illustrated, from section to section, down unto this one upon the kidneys; but I further answer your inquiry, that the kidneys are taxed to do a function by a thousand artificial morbid stimulants, goading their organization to a most exalted sense of excitability of secretion, developing thereby a morbid sensibility and exalted irritability for their function and elimination that does not belong to them to do; just precisely in the same manner as you see some old brute, in the shape of a human being—the image of God, as it were, which he is not worthy of—driving some poor, decrepit old horse, and trying to extort labor from this horse, which he has neither strength, nor blood, nor power to perform, because he has been deprived of food and nutrition suitable to make blood, and to give him vital stamina to perform the work required of him; and because this emaciated, broken-down, debilitated horse is not able to perform the requisite labor, his soulless master, in his wrath, makes him perform, by the application of his lash, what he does not physically or constitutionally possess stamina to perform; so you, in turn, make your kidneys, you will understand, perform the same artificial and delegated duty which this heartless brute of a man extorts from his horse. You do it unthinkingly; he does it as a brute; but in a manner equally as culpable as the brute who sits in his wagon does to his horse, when he whips him and extorts from him that labor which he has not strength and integrity of organism to perform, so you do the same to your kidneys, by introducing poisons into your stomach, secondly, into your blood—for what? For the purpose of pleasing the sense of the nerves of taste, which you have excited and developed to an inordinate, ungodlike, unhallowed extent, by eating



those unhealthy articles of food containing those poisons, inconsistencies, and incongruities that have been cooked up in your kitchen, and which you have so exceedingly enjoyed over the table and in your midnight revels, your late suppers, your bottle of Champagne—Champagne which, instead of being made in Italy from the pure juice of the grape, was concocted in Newark, N. J., and sophisticated from Newark cider, and made to represent genuine Champagne by the addition of other materials—arsenic, lime, and potash, put in to generate artificial effervescence, carbonic-acid gas to sparkle in your glass, and convey to your imagination and your morbid perception the idea that it was the sparkling juice of the grape eliminated in the wine-vats of Champagne and Italy. Such is Yankee ingenuity—it is taxed almost to exhaustion—for what? To make money, to devise idols of man's creation, to pander to wealth, and wealth, in turn, to the destruction of our own health and the sweets and comforts of life, by perverting the very sources of human health and human enjoyment.

But you will say that I have defined health to consist in the harmonious action and performance of all the organs of the body. Such is the case, and it depends upon the skill of every enlightened person to maintain this harmony, which constitutes that nice balance of vital and chemical affinities—the law of life by which our bodies only can be sustained and preserved in health. A possession by you and every individual of this knowledge, is the attainment of the grand science of human life.

Let us explain, then, in a few brief paragraphs, in language so clear and plain that every person can comprehend, if he will:

First. Two very important actions are continually taking place in the body: first, the destruction of the different tissues of which it is composed; and, secondly, the depositing of fresh materials for its nutrition and repair. Both are admirably effected by the blood, a fluid which takes up different decomposed and waste matters, and carries to every part its requisite nutritive materials.

In order, therefore, that the blood may be fit for the purpose, it is evident that fresh blood must be continually formed, in order to make up for the loss it sustains, and that it requires to be continually purified. This we find to be accomplished by the digestion and respiration; the one separating and reërranging the nutritive matters of our food; the other, through the influence of the atmosphere, converting them into blood; and, lastly, by the various secreting and excreting organs, which are of two kinds: first, those which separate from the blood its superabundant carbon and hydrogen—namely, the liver, the lungs, and the skin; the first in the shape of bile, and the two last as



carbonic acid and water; secondly, those which remove from it its highly azotized or nitrogenized compounds, those materials which have formed the muscles, and which have again become decomposed as effete materials, such as urate and lithic acid. This latter function is devolved upon the kidneys and the skin. In addition to the above-mentioned eliminating organs, should be mentioned here, to keep the illustration clear, the bowels, which perform a wonderful function, if maintained in a state of healthy action. To make this more clear to the reader, we will remind him of what he well knows himself, when considering the fact, that in good health, every thing being equal—by that we mean, when all these eliminating organs are in a healthy condition—the urine looks clear, of a light, amber color. But each person can not have failed to notice that when they have taken a sudden cold, sustained a severe check of perspiration and closure of the pores of the skin, and the blood has suddenly receded from its surface, how soon the urine becomes changed from its natural amber color to a very high, or in other words, dark color, depositing large quantities of sediment, and not unfrequently will great irritation be produced at the time of urinating, by these sediments in the urine producing scalding in urinating, and frequently great pain, or lameness across the loins and the region of the kidneys.

You have here a practical illustration of the disturbed harmony of the relative function of these organs which one bears to another—the relation of their sympathies, if I may so term them, that exist between the different excreting organs—which prevents the performance of their respective functions, very frequently giving rise to a morbid condition of the system; thus, when the functions of the skin are impeded, those of the kidneys are increased, and *vice versa*; and when the powers of respiration are diminished, they are replaced by the increased activity of the liver; and, lastly, when the latter is sluggish, the kidneys make up for the deficiency, by excreting a larger quantity of morbid material.

This brings me, then, to the point to illustrate farther the manner in which so many diseases of the kidneys are generated. I have briefly alluded to the errors of diet, to the imprudencies of cookery, and the indifferent manner in which most people take their food. They are no longer satisfied to have a generous, nutritious, sustaining diet in a plain and simple manner, which would be digestible, and form healthy chyme and chyle, and under ordinary circumstances, be assimilated into healthy blood, which, in turn, would nourish and sustain the wear and tear of the body. But the artifice of the cook, (our kind housewives,) is taxed to jumble together many articles and agents, to make



the food more palatable, which compounds introduce into the blood poisons, as above hinted. They are not among the material primates which are requisite to sustain the system, and become poisons to the blood. These eliminating organs are taxed by their irritation to excrete them from the font of life—the blood. Standing foremost amongst these sentinels or guardians of our physical organism, are the Kidneys; they, under the usual conditions of life, are the most ready for the performance of their functions; hence, under this careless and indifferent manner of our living, they are not only taxed to perform their own legitimate natural function—to secrete and eliminate those principles occurring in the blood from the destruction of the tissues of our body—but they are made to do that which does not belong to them to do—namely, to secrete constantly, too, all those morbid materials which have been introduced into our blood when seeking to please our palate, in our manner of living and eating.

In this wise, we have some of the most depressing and devitalizing diseases produced in the blood, which are too numerous to name here. For instance, oxalate of lime, one of the most deadly poisons, is found in the blood. Now, oxalate of lime is not introduced in our food, nor in our drinking, in the condition that we find it after analysis of the urine and as it appears when brought under the microscope. Let us ask here, then, how these deadly poisons come into the blood? But had not the reader better ask, in the first place, what is this oxalate of lime? We have referred to the instances of many diseases being produced in the Kidneys by the use of lime or hard water, which pervades many sections of our country, and lime is introduced into the blood in this manner by drinking lime or hard water. As lime is thus introduced into the blood, going the rounds of the circulation, if it meets with a peculiar acid like that found in sorrel or in the pie-plant, or rhubarb as it is called, and which, by the way, is getting to be in general use, through the summer months, as an article of diet in our kitchens, being made into pies, etc.—the acid or sorrel of this pie-plant, which people eat so deliciously, and so exquisitely enjoy, is oxalic acid. They little think, at the time that they are so delectably enjoying the cookery prepared from this article, that they are introducing into their stomachs, and from their stomachs into their blood, one of the most deadly poisons—how? Why, this acid, after it has passed into the blood, unites with the lime it there finds—that you have drank in your lime-water—and a new compound is the result, and that compound is oxalate of lime—the blending of the two.

Well, what are the consequences, let me ask—what are the effects when this oxalate of lime is found to any great extent in the blood? We will here give the symptoms.



Persons affected with the form of disease referable to this class are generally remarkably depressed in spirits, and their melancholy aspect has often enabled me to suspect the presence of oxalic acid in the urine. Sometimes a peculiar lurid, greenish hue of the surface has been observed, but more generally the face has the dark and dingy aspect so common in some forms of dyspepsia in which the functions of the liver are deranged. They are generally much emaciated, excepting in slight cases, extremely nervous and painfully susceptible to external impressions, often hypochondriacal to an extreme degree; and in very many cases, labor under the impression that they are about to fall victims to Consumption. They complain bitterly of incapability of exerting themselves, the slightest exertion bringing on fatigue. Some feverish excitement, with the palms of the hands and the soles of the feet dry and parched, especially in the evening, is often present in severe cases. In temper, they are irritable and excitable; in men the sexual power is generally deficient, and often absent, an effect probably owing to the *exhaustion produced by the excessive secretion of urea so common in this affection*. A severe and constant pain, or sense of weight across the loins, is generally a prominent symptom, with often some amount of irritability of the bladder. The mental faculties are generally but slightly affected, loss of memory being sometimes more or less present. Well-marked dyspeptic feelings are always complained of. Indeed, in most of the cases in which I have been consulted, I have been generally told that the patient was ailing, losing flesh, health, and spirits, daily; or remaining persistently ill and weak, without any definite or demonstrable cause. The urine is always of high specific gravity after being within the diabetic range, and seldom below 1025 or 1030.

The careful reader can not but perceive, after noting these symptoms manifested by this condition of the blood, what must be the direful effects upon the system, weighing down and prostrating the vital energies in that distressing manner, so that, in many instances, life itself not only becomes a burden, but, as we have before said, almost a cruel bitter to the subject himself.

We have, in our extensive practice, in treating urinary diseases, and diseases of the Kidneys, met with many such cases. We meet with them, in fact, daily, and they are becoming just as prevalent in the United States, and just as fatal as Tubercular Consumption itself; for the very reason that there are an innumerable combination of causes to place the system in a condition for these and other morbid poisons to be generated in the blood continually. This oxalate of lime, diathesis, or disposition of the blood, occurs extensively among inveterate smok-



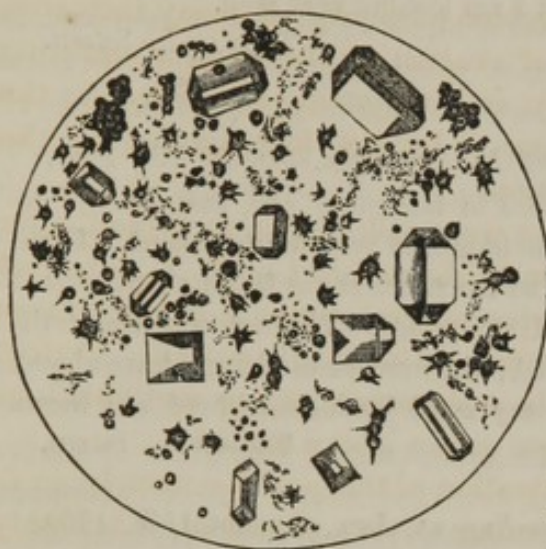
ers and chewers of tobacco. It is readily developed in men who are victims to their own passions—who exhaust the vital energies of their system by excess in this manner; hence, the nerves distributed to the kidneys and urino-sexual organs become paralyzed, in many instances, so that the victims are incapable of evacuating the bladder, suffering the greatest inconvenience thereby, and subjecting themselves to the necessity of using mechanical means—by the introduction of the catheter—to accomplish this function.

It is but a little time ago, that we were called upon to prescribe for a patient suffering in this manner, in St. Lawrence Co., N. Y., who had been obliged to introduce a catheter several times a day, for three years and upward, before death ensued. But this is not all. Perfect impotence and entire paralysis of the male sexual organs and functions result from the combination of these causes above named.

Diseases consequent upon the formation of this poison—namely, oxalate of lime—in the blood, are becoming so very prevalent, it is highly essential that we should dwell at further length upon it. In many chronic diseases, especially in certain forms of chronic dyspepsia, attended by gastralgia, or nervous pains of the stomach, oxalate of lime is often found in the urine, and seems to act as a local irritant. This is exceedingly frequent among persons whose nervous systems become much excited by anxiety and the pressure of important business. It has occurred to us repeatedly, to notice this state of things in hard students, those who tax their wits inordinately to live and make money, instead of their muscles—lawyers, judges, and other literary and studious people. This irritability of the bladder, so common an ailment among many members of the legal profession, has been, in the many cases which have come under our notice, accompanied by the excretion of crystals of the oxalate of lime. One very interesting case in particular, which came under our treatment, occurred in the person of Judge Thomas L. Smith, of Indiana, in which the effect of this poison had been so long continued in being secreted by the kidneys, that it had produced a perfect abrasion of the healthy coating of the bladder at its neck and prostate gland. In this condition, several years before being brought to our notice, he had sought treatment from physicians in various parts of the country, unavailingly; he made two trips to Saratoga, where he spent two seasons in the use of the water, hoping to find a cure thereby, but was disappointed. The tortures that he suffered, while in this condition, were beyond human power to tell. Let the reader imagine what must have been his condition, when having the mucous membranes of the bladder, or its neck, in an entirely raw state for years, and the secretion of the urine,



loaded down with lime, passing over it several times in twenty-four hours. An idea of the suffering can only be gained by throwing lime into the naked or inflamed eye.



Urinary deposit of Triple Phosphate, found in the urine of Judge Smith, under our microscope.

The derangement in the function and process of urinating was not only accompanied by extreme pain and suffering, but a mechanical derangement, by fresh accumulations and abrasions of the mucous tissues of the bladder, as they were freshly formed, passing off rapidly in the urine, so thick and slimy that the subject was frequently obliged to pull them from the urethra. This was the condition of Judge Smith when brought to our notice. As aggravated, and almost apparently hopeless, as was his condition, we treated his case with the most happy results.

We here make extracts from Judge Smith's letters, received from time to time, advising us of his continued progress under our treatment:

NEW-ALBANY, IND., May 13th, 1860.

DEAR DOCTOR: Your letters of the 5th and 8th of May, 1860, and also the box of medicines, forwarded by express, have been received. Your prompt and carefully minute investigation of my case, merits my gratitude, and satisfies me that I could scarcely have trusted myself in more competent and faithful hands. I shall endeavor to prove myself worthy of your kindness, by strict adherence to your directions, and shall take great pleasure in testifying to the services I think I have reason to believe you will render me in every possible way.

THOMAS L. SMITH.

NEW-ALBANY, IND., May 25th, 1860.

MY DEAR DOCTOR: I find that your medicines are producing a marked effect. The irritation which occasioned such frequent desire to urinate is very much diminished, insomuch that, while before taking them I was obliged to get up several times during the night, I have, since using them, been able to keep my bed sometimes all night, and seldom, if ever, am obliged to rise more than once. I observe the same effect during the day. I can now pass two or three hours without inconvenience, while before, from a half-hour to an hour were the usual periods. I feel much encouraged now to find that I can retain much more water than formerly; for a considerable time, I could not retain more than an ounce or two, and began to apprehend that the bladder was becoming contracted in



some way ; but I now find that I can carry almost, or sometimes, perhaps, as much as in usual health.

My general health, appetite, digestion, etc., continue to be good. My acquaintances generally observe to me that I am looking very well.

THOMAS L. SMITH.

DR. A. STONE, Troy, N. Y.

NEW-ALBANY, IND., August 7th, 1860.

MY DEAR DOCTOR: I take great pleasure in informing you, that since I received the last box of medicine, I have improved very much indeed. I can, indeed, scarcely realize myself that I am so much better ; in fact, I am at present almost entirely relieved of all unpleasant symptoms. The soreness about the region of the bladder has gradually abated ; the mucous discharges have almost ceased ; and I am now able to attend to my usual business without any inconvenience whatever.

THOMAS L. SMITH.

NEW-ALBANY, IND., August 13th, 1860.

MY DEAR DOCTOR: I am doing so extremely well, that I am astonished at the great change which has taken place in my condition within a short time. There is some little soreness yet, but I experience so little inconvenience, that if there should be no change for the worse, I should have but little to complain of. I remain very truly your friend, etc.,

THOMAS L. SMITH.

DR. ANDREW STONE, Troy, N. Y.

NOTE.—The invalid reader who may feel interested in the treatment of such cases, however deplorable they may be, will observe that we can treat our patients at a great distance off, and not see them, as we have done the above case, from the necessary analysis of the urine, and by the patient answering such interrogatories as we furnish at the time.

But this condition of the blood, which has been discovered by study of urinary pathology, by the analysis of the urine, and bringing the deposits or materials therein found under a microscope, is but one in a long chain of other disorders almost equally as afflicting, and of as common occurrence. For instance, we have what is termed urinary calculi, constituting gravel and stone, which is found not only in the bladder, but up in the kidneys themselves. The suffering produced by gravel, or calculi—which means lime forming in substance in the kidneys—passing down their conductors into the bladder, and so in the bladder when passed from the bladder through the urethra of the male ; for instance, it becomes not only suffering, but perfect torture. These diseases are of an every-day occurrence ; and they destroy the lives of thousands, after they have lived, perhaps, through years of prolonged suffering and agony.



The reader will ask how this is generated in the kidneys or in the bladder. The answer is, it does not come from drinking hard or lime water—though such is the case in many instances. There are thousands of instances where this calculary formation takes place with those that never drink hard or lime-water even. It occurs in various ways, then, by the same errors of diet that we have above spoken of, generating morbid secretions in the stomach, perverting the chyme or chyle, and introducing morbid acids into the blood, which, coming in contact with this urate of ammonia—which you will understand to be the result of the waste of the tissues of the body—it again reverts back in your blood—for what? For the purpose of being eliminated by the kidneys, but, meeting these extraneous formations—these morbid acids which are introduced—it passes from the kidneys in the shape of an excess of uric acid; hence, these calculary diseases come about in this manner.

Many plain, old-fashioned people—I mean in their methods of living—not subjects to the dyspepsia of the present day—which is the offspring of luxurious forms of diet—will wonder, when they read this section, how they became so subject to gravel and to calculary formation, that they suffered so much from, by turns—at times; for many such do extremely suffer with pains in the loins, weakness across the back and in the kidneys—meaning neuralgia of the sciatic nerves, extending over the loins and down the hips and the limbs—anomalous rheumatic pains. They see strange indications of this morbid derangement in their blood by the muddy, sedimentary appearance of their water often, and they greatly wonder at its cause; they, too, will be surprised when we tell them that the very cause, to them, lies in ambush in their favorite beverage—hard cider. Now, it is this great use of hard cider among country farmers that causes such a formation of gravel and calculi, and the diseases and irritation that spring therefrom, on the same chemical principle that we have just alluded to, by the formation of these acids in the stomach by bad living. Acid cider comes in contact with the urate of ammonia in the blood, and causes it to pass off in a new formation and excess of uric acid, occasioning the red sand or brick-dust deposit so frequently observed in your chamber-vessels. But even when it has not lodged in the kidneys or bladder, and formed gravel, stones, and limy concretions, it passes off in the urine, when the blood is in this condition, keeping up an extraordinary amount of morbid irritation throughout the whole nervous system, but particularly upon the nerves of the kidneys, and nerves of the bladder and sexual organs; hence the suffering to both male and female, particularly the males—for their urethra is so much smaller, that it is beyond human power to



narrate—occasioned by these morbid formations in the shape of lime, oxalate of lime, uric acid, urate of ammonia, phosphates of lime, and the triple phosphates of other poisons passing off in great abundance in certain classes of victims, and those who live so recklessly.

But we find we are swelling our book too extensively to go into the full merits and details of urinary diseases and diseases of the kidneys, produced by man perverting the functions of the skin, and all the functions that we have named, by his recklessness of living and his culpable neglect.

Be it understood by you that all these diseases, however intricate and mysterious they may appear, may readily be investigated and thoroughly comprehended and understood by one who makes this department of medicine a study, and possesses accurate knowledge of the science of animal chemistry of man and microscopic anatomy.

### CASE.

REMARKABLE CURE OF PARALYSIS OF THE BLADDER, occasioned by the long-continued use of lime-water. Certificate of JAMES TOBIAS, of Kinderhook, N. Y.

KINDERHOOK, N. Y., September 1, 1860.

Some two years ago and upward, I was very much afflicted with pain in the region of the kidneys, across the loins and back, attended with great weakness. I was troubled at times with difficulty in passing my water, which was thick and sedimentary after standing; this difficulty ultimately terminated in an inability to retain my water at night. The trouble continued for a year and a half. I spent a season at Saratoga Springs, and made free use of the waters of those Springs, hoping thereby to find relief, but I was disappointed.

I passed the whole of the winter and spring in this deplorable condition, until in May, when I learned of the skill and success of Dr. Stone in treating kidney and calculary diseases. I therefore consulted him, and before giving him any history of my case, first employed him to analyze my urine, which he did in my presence. He discovered large depositions of lime in the urine, and at once told me that I had been making use of limestone water as a beverage, and probably for a long time, which had been the cause of this paralysis of the bladder; which opinion accorded with my own. I put myself under his care and treatment, and in six weeks' time I had the full control of my bladder, and could retain the urine throughout the night. My cure has been steadily progressing, until, after the lapse of more than a year, I can say I am fully cured, for which I feel deeply grateful to Dr. Stone and the combined skill of the fraternity of the Troy Lung and Hygienic Institute. From my knowledge of the great experience of Dr. Stone *in treating very extensively* diseases of the *urinary* and *genital* organs, I believe him remarkably skilled, and cordially recommend all so afflicted to consult him.

JAMES TOBIAS.



As we have before said in the preliminary chapter of this book, it is not necessary for patients at a great distance from our Institution to visit us, or that we should see them personally, to completely fathom and understand what ails them, and explain more definitely and clearly by writing than they could give us to understand themselves personally, if they would forward to us a specimen of their morning's (blood) urine for analysis. Indeed, so perfect is this great science, so well founded upon great, natural principles of chemistry, that not only every agent and every material that exists, morbid or otherwise, in the blood, can be thrown down and detected, but a very clear and definite idea can be obtained by the physician, or investigator thereof, of what have been the errors of living, and pernicious habits, and their neglect to attend to the great, counterbalancing functions of the body, to destroy that harmonious action and balance which constitute human health, but which now, when once destroyed, have produced these morbid derangements and these direful diseases which they seek, in their agony, to be rid of.

We feel bound, in our duty, as the great messenger of health, to afford such that consolation, that if the organs—namely, the kidneys or the bladder, or the prostate gland in the male, comprising the urino-sexual organs in either male or female, if they have not resulted in a disease of structure (disorganization) too great—that science yet affords him or her, as it may be, a cure. For you, therefore, there yet may be balm in Gilead—a physician there capable of assuaging your agonies and healing those wounds, those lesions that you, in your recklessness or ignorance, have allowed to obtain a place in that noble structure formed by Omnipotent wisdom, and loaned to you for the great purpose of developing your immortality, and fitting it for that nobler sphere which lies beyond the tomb.

But before we close this section on this important and scientific class of maladies, which are becoming so peculiarly afflictive to our American people, it becomes us to admonish the reader to stop and reflect here, especially if he be a subject of some one of those torturing diseases that we have enumerated, how sweet are the comforts of health! How happy and peculiarly exhilarating! Beyond human power to narrate are the enjoyments that flow from this complicated organism which our heavenly Father has so kindly loaned us. How much wiser would it be for us, its tenants, to possess it and maintain it with wisdom and intelligence, and carry it along with us harmoniously, the natural period designed in the structure thereof, over a series of seventy, eighty, one hundred years and more, without feeling those exquisite tortures that



attend its abuse; then, at the close of a length of years, long and well expended, we should stand up, looking down upon a number of generations that have come upon this footstool into being since our existence; we should stand over them crowned with gray hairs, indicating the years of our wisdom and intelligence, as guides to them, how consistently they might live, as some tall, majestic oak stands, with outstretched arms, its dead limbs shading, as it were, numberless other younger trees, sprouts, and vegetation growing at its base. Under an existence thus spent, our exit would be no longer attended with those excruciating tortures that follow those organic derangements in the manner that we have alluded to; but we should lay down this noble and majestic form, after the fulfillment of its purpose, without a murmur or a sigh, as easily, as calmly, and as gently as the flickerings of an expiring taper, "like one who wraps the drapery of his couch about him, and lies down to pleasant dreams."



## Seventeenth Section.

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### Tape - Worm, *Tænia Solium*; its intimate connection with Tubercular and Scrofulous Constitutions.

THE intelligent and acute reader can not have failed to observe our disposition to trace the cause of Tubercular Consumption to a morbid condition of the blood, and that we have traced and associated Tubercular Consumption with Scrofula, which are both allied. But there is justly a distinction between the tubercular condition and the scrofulous condition, inasmuch as Scrofula is more subtle in its general nature, having a more diversified foundation of morbid causes, constituting a subtle and ethereal virus, which operates to manifest itself in a thousand protean forms of disease, all connected by different links in the same great chain, back, not only in the blood, the foundation of early physical life, but also generated by a deficiency of soul and life-power on the part of the progenitors of such offspring that become so hideously affected; and, in many thousands of instances perhaps, the progenitors of such offspring have mingled the varied forms of virus to propagate this in their offspring, by violation of the laws of chastity and virtue.

To such a heterogeneous extent do the many causes which take rise in envenomed and unbridled passions embody, in so many inscrutable forms, the virus of varied contagious diseases, that science is not capable, by any power of art, to measure the subtlety of their malignancy, and the varied shapes and tinges which they give to themselves in the future offspring and progeny.

The reader will notice, therefore, that we enumerated in the features of Tubercular Consumption a great variety of diseases taking place and causing death in various ways, from different periods of infantile life upward; and that we traced them all as belonging to the same class that resulted, in later periods of life, in tubercular formations in the lungs, and again, back to this fatal source, which for ages has been denominated Scrofula. And then, we have again said, that to Scrofula belongs another class, and other varied forms of disease, connected in



the great, subtle chain of causes, back in the blood and in the life-principle thereof, to which, we said, belonged intestinal worms, and particularly that class known as Tape-Worm.

Every one knows that children, at very early ages too, are subject to worms of various kinds, and that worms give rise to many frightful and alarming symptoms, and often result in death, in infancy and early childhood, by producing convulsions.

Hydrocephalus, or dropsy of the brain, that we referred to, hooping-cough, spasms, *Chorea Sancti Viti*, or Saint Vitus' dance, of children, which is an automatic or uncontrollable movement of the limbs, from morbid derangements or aberration of the nervous system, are produced by worms, from their irritation upon the nerves of the stomach and bowels, having a reflex action upon the brain, through what is termed the recurrent or reflex system of nerves. Strabismus, or squinting, cross-eyes, in many instances, stammering, impediments of speech, morbid appetite, by producing deranged secretions of the stomach and alimentary canal, and tumid condition of the bowels, fetid breath, decayed teeth, marasmus, or a general pining and wasting away of the body and vital tissues, and finally, Consumption in a variety of forms, in many and many instances proceed from intestinal worms.

The curious reader will wonder and ask the question, What can be the cause of children being subject to worms, and so many varieties too? Without stopping to enter into any lengthy detail here, as we have before said, it would be swelling our book too much, in a word, it is Scrofula. The previous condition for many children to contract this developing cause for the worms with which they are infected, is Scrofula, laid back in embryo, and induced by the shortcomings and sins of their progenitors.

We can not stop to describe the many species of smaller worms to which children alone are mainly subject; but shall proceed to dwell at some greater length upon the species of worm which heads the present section, and which figures conspicuously in the causes of both Tubercular and that other more insidious cause of Consumption called marasmus, or wasting away of the whole tissues of the body; involving at the same time a wasting of the juices and fluids of the body and the blood—namely, Tape-worm.

Many years ago, while we were but yet on the threshold of life, our attention was attracted, our sympathies aroused, and the most profound interest excited in us, by the death of a much-loved female friend, occasioned by Tape-worm. She was a lady of uncommon beauty, with a fair complexion, sprightly temperament, and genial dis-



position, and who captivated the affections of every one by whom she was known, and with whom she was connected in life. Though quite young, she had been led to the hymeneal altar by a relative of ours, and like all congenial hearts who join, from purest motives, the hymeneal band, they indulged in the fondest and most sanguine hopes of long years of happiness, while performing the pilgrimage of life. But as in the case of that fell destroyer, (consumption,) altogether unlooked for and unthought of, the worm lay back—hidden, developing itself in an inscrutable, mysterious manner.

But I wish to speak here of what was the more immediate cause of the death of this beautiful lady, which produced indescribable horror in the circle with which she was connected—namely, the means used so unskillfully in the hands of an old allopathic practitioner. Her health had not as yet seriously suffered from being troubled with the Tape-worm, which was frequently discharged in pieces of varied lengths, as is usual in such cases, only the alarm manifested on finding that she was harboring and feeding such a hideous parasite within, gave rise to so much anxiety, that it urged on her physician to prescribe heroic doses of a remedy that was deemed by him, or the faculty in those days, to be a certain specific.

At the first onset of his treatment, before trying any of the vegetable remedies, which are now known to be perfectly harmless in themselves, and almost a certain remedy to effect its dislodgment—instead of using, at first, the less potent and more harmless agents of the *materia medica*, the one old-fashioned remedy alone was adopted—namely, giving spirits of turpentine, or in other words, oil of turpentine, in frequent and large doses, so injudiciously, that an active inflammation of the stomach and bowels was produced, together with functional organic derangement of the kidneys and other organs of the body, to that extent that death was produced in this melancholy manner; instead of her having fallen a sacrifice to the parasite which the prescription sought to remove.

From the circumstance that led us to adopt our medical studies when young, which we have mentioned in the preliminary sections of this work, we were prepared to reflect upon this case, in the full extent of its magnitude; hence, we ever bore in mind the prominent and yet melancholy termination of the first case that ever came to our knowledge of Tape-worm.

Coincident with our investigation of Tubercular Consumption has ever been that of Scrofula and all its concomitant features, and as we advance in years, our profession assumes new and more interesting features every day, just in proportion as the progress of science enables



an enthusiastic devotee to discover new diseases and varied manifestations, and trace them to their legitimate cause. But the idea that fixed itself upon our youthful mind then was the wonderful fact, namely, that human beings should embody, within themselves, other living objects that were generated so mysteriously, and altogether unknowingly, and that they entertained those small and insignificant objects (when viewed externally in a natural condition) which should become so wrapped up in the higher grades of human organism, as to be the cause of our death.

Tantamount with our arduous investigations and pursuits of Tubercular Consumption, has been the department embodying *entozoa*, or parasites, which are found and develop themselves in the human body; hence, to arrive at the cause for the immediate generation and development of every species of worms, would be a wonderful attainment of science.

We have given some hints, in the preceding section on Scrofula, why the Jews prohibited pork; we suggested, also, some reasons in relation to the tubercular swellings of the glands of the neck. But our investigations have led us to believe, that the Jews, in making an edict to universally prohibit the use of pork, were prompted to do so by some more important reason than because it produced glandular swellings known as Scrofula; for it has been ascertained that Tape-worm was known by them to have its origin in the use of swine, and that they were greatly afflicted with Tape-worm, which they attributed to eating swine's flesh; hence the edict for its prohibition.

Many scientific men, since the discovery of the microscope, have investigated this department of their profession with enthusiasm, to discover the origin of these parasites or worms, and these efforts have resulted in the most satisfactory discoveries; for they discovered, to a certainty, the mode by which they are propagated from one animal to another, and the transfusion thereof from animal to man.

The history of these parasites is as interesting as the results attending them are melancholy and fatal. No doubt the curious reader will feel an interest to know something of the history of these singular parasites, which all are, more or less, liable to be afflicted with.

Says Vogt, now professor at Geneva, in *Letters on Physiology*, Vol. I., page 361: "A further class of animals, whose origin till now was not understood, is the series of intestinal worms, those interior parasites, living at the expense of other animals. We find these worms not only in the intestinal canal and its side-cavities, which they reach from without, but in the interior also of organs totally closed, into which they can not penetrate unless by forcible destruction and perfo-



ration. In the cerebral substance of the sheep there is an inclosed tape-worm, producing a well-known fatal disease; in the interior of the eye-ball of fish (in the very center) worms are frequent; in the muscles of animal and man, in the teguments, even in the cartilage and the bone, we find sometimes intestinal worms, which by no means could penetrate from without through these total inclosures."

"In the face of these facts, what other presumption can be allowable than the one, namely, that these parasites are generated at the expense of the substance of the living animal? Nor is this all. Each genus of animal is harboring its particular parasites, and but few different species of worms may be found on different animals.

"The latest experiments aiming at the solution of these problems have given a complete answer to these questions. Microscopic anatomy has first demonstrated that the organs of generation, as also the embryos and eggs of the intestinal worm are immensely numerous. A tape-worm has, in each of its articulations, (of several thousands of which it may be composed,) a complete male and female apparatus, and each link contains hundreds and even thousands of eggs, not to be destroyed in putrid liquids and chemical caustic substances, or is the least mutable by severe heating. A single worm is bringing forth in its ovaries during the year about sixty millions of microscopic eggs of an exceedingly tenacious vitality. We know that the Tape-worm of certain fish push off their links full of eggs every spring, while the head remains within; we know that behind this head, during summer and fall, new links are growing; that during the winter the links are filling up with eggs, again to be pushed off in their turn the next spring, and so forth.

"The same proceeding takes place with the large Tape-worm of man, *Bothriacephalus*, the same periodical dismembering and pushing off, with only the exception of a double round per year, in the spring and in the fall. At these times, the troubles the Tape-worm is apt to create are necessarily of greater intensity, lasting till the links, filled to the utmost with eggs, begin to drop off. From these facts it will be seen, that hundreds of thousands of eggs may perish without the danger of a destruction of the worm species. Among so many will the one or other egg perchance fall on a favorable mother-ground, to be further developed, while all the others not so lucky will perish, and well may we say that the pernicious influences need certainly be great and ravaging, shall a veritable inundation of intestinal worms be avoided. A man, a child, harboring only a dozen worms—a thing surely not altogether very seldom—sends in one single year seventy-two millions of eggs to the sewers. This productive ammoniacal liquid is in many



countries the very essence of horticulture and agriculture ; whilst in others it is not utilized, and runs off to creeks and rivers. Millions and millions of those eggs may perish, but the one or other is swallowed perhaps on a lettuce-leaf, perhaps with a drink of water, and this one single individual, developed into existence out from this one egg, suffices to reproduce new millions of eggs—given over to the same fate—fatal or again reproductive.

“The geographical diffusion of the tape-worm gives us in this respect interesting relations. This “individual” is in Switzerland, in Belgium, Holland, Poland, and Russia extraordinarily frequent, in the first-named countries especially, so frequent as in many localities to provide almost every inhabitant with its tapes. In Germany and France, we find this worm only in people formerly living for some time in those countries. Native Germans and Frenchmen, never leaving their home-country, are often visited by a different Tape-worm species, the “*Tænia solium*,” creating very severe sufferings, and indeed not easily to be expelled. It is not difficult to see how frequently, if not generally, the Tape-worm is found, when we consider that this worm often possesses several thousands of links ; that each link is sexually a perfect individual ; that each link is “awfully” rich in microscopic eggs ; that by a periodical (semi-yearly) dropping of the eggs, the sewers are full of them ; that the liquid of the sewers is sprinkled over the garden greens ; and that, lastly, lettuce and cabbage, and parsley, etc., furnish us with the Tape-worm eggs. In short ; it is only by some wonder, every body has not *its* Tape-worm.”

This history and description of the manner in which they enter the human stomach, and become propagated in the stomach and bowels of man, show the immense liability of every person who uses vegetables even, unless they are grown under their own eyes, and with the use of extreme caution, to avoid all application of such animal and vegetable *compost* and manure from the barn-yard and the pig-pens of the farm-yard, in their growth and culture. Even with the greatest amount of caution, in the avoidance of such applications to vegetables in their culture, still the eggs of these animals may be transmitted from plant to plant, taken on vegetables and fruits in various ways unthought of and unsuspected.

Many people are extremely careless and indifferent in regard to the fruit that they eat, and the condition it is in when they put it into their stomachs. Thousands of people are in the habit of eating apples and other fruit infected by worms, and embodying the ova, or eggs of insects of many kinds ; hence the eggs of not only the Tape-worm, but all the other species of worms, and the larvæ of many insects are car-



ried into the stomach of man in this way. This accounts satisfactorily and scientifically for the extensive prevalence of these frightful parasites—Tape-worms.

It is well known that many insects, propelled by the law of instinct which governs their nature, are constantly seeking opportunities, during the summer season, to deposit their eggs in a convenient *nidus*, or nest, for their development and propagation. It is necessary that a due amount of temperature should be brought in apposition for their development and fructification, as is the case in all the lower grades of insect and animal life. Hence, the gad-fly deposits its eggs in the nostrils of sheep, and the fatality among sheep from this cause, from the ravages of the grub in the head and brain, is extensive. Also the bot-fly deposits its eggs on the knees and legs of the horse, so that the horse will take them into his mouth when biting his legs. Worms, governed by the same law of instinct, seek to burrow in fruits, and there deposit their eggs, that they may find a conveyance into the stomach of animals and men, which is a fitting *nidus* for their development and propagation.

The reader will perceive by this in how many innumerable ways death lies in ambush, even in the blushing and tempting fruit that we eat so deliciously, little thinking that it embodies the means of our physical destruction! So wonderful and mysterious is the economy of nature!

These curious incidents in natural history embody very instructive lessons, and afford evidence of resources for much moral reflection; they appeal with a warning voice to us to excite our apprehension, to stimulate our caution for self-preservation, to preserve our bodies uncontaminated by the thousand mysterious dangers which beset our path on every side in life; they appeal to all the moral faculties of our nature in a language most thrilling and godlike, teaching us that life to man is valuable, and that the body which entombs our immortality should be guarded and preserved free from all liability to infection and premature dissolution, so that the ends of Omnipotence in us here should not be frustrated.

Here is the fitting place for us to express our professional opinion, and give some evidences of our great experience in the abuse of that much talked-of and extensively used article—pork. We have hinted in the foregoing section on Scrofula that, under certain conditions, we did not doubt that the meat of swine might become as healthy as the meat of cows or sheep. Such is our opinion. But how does this comport, in the large majority of instances, wherein the meat of swine is used for food? We ask the intelligent reader if it is not the case, in



a domestic point of view, in all the small towns, villages, ah! and cities, too, throughout the whole United States, where swine are kept and fattened for consumption, if the food given them does not, more or less, consist of offal, slops, decayed and worm-eaten fruit, and cores of fruit, containing the seeds of worms and larvæ, setting aside every other form of decomposed animal and vegetable matter, unfit to go into the stomach and to make blood, muscle, and meat to be consumed in turn by man, and converted into his blood, bone, and muscle, to sustain his body—which is the temple of the Holy Ghost!

Here you have our opinion, based upon great experience in regard to one manner in which Scrofula, in many of its hideous forms, is propagated in the United States, and more especially for the cause of it, and the manner in which Tape-worm is propagated in the human system.

Fearful of being suspected of egotism in attributing to pork the great cause for Tape-worm, and the various manifestations of Scrofula as we have witnessed it, we will corroborate our experience by quoting the opinion of Doctor Weinland on this subject—a man who has devoted years in studying and investigating the causes for Tape-worm in a great variety of animals, and who pursued his investigations minutely with the microscope.

“Tape-worms are found in all classes of vertebrated animals, fishes as well as land animals, different species of animals generally having different species of tape-worms; that of the horse differing from that of the ass, that of the sheep from that of the goat, and that of the rat from that of the mouse.

“The common human tape-worm lives and grows in the bowels. Its head is provided with four suckers, with a cluster of little hooks, by means of which it attaches itself to the intestine, the body floating two or three yards down, and absorbing the nourishing juices either through small openings or through the skin. The body consists of several hundred rings or sections, which grow out of the head, so that those nearest the head are the youngest, and the oldest are at the end of the tail. The creature is an hermaphrodite, and as the joints mature, the sexual organs are developed, the male and female both in the same joint. The joints then break off, and *each one is a complete living animal*, preserving its existence frequently for a considerable time, and laying numbers of eggs after it is broken off.

“The eggs pass out by the fæces, and *never hatch unless they enter the stomach of a hog*. But if the joints are eaten by a hog, or if the eggs find their way into water that is drunk by swine, the eggs hatch in the hog’s stomach, producing animals so small as to be invisible to the naked eye, but which, under the microscope, are seen to have three pairs of spines, by means of which they bore their way through the walls of the blood-vessels and enter into the circulation. Here they are carried into the muscles of the hog, where they grow into



a curious animal, having the head and neck of a human tape-worm, with a round bladder tail, and producing the disease called measles. It has long been known that measly pork was caused by this little bladder-tailed animal, but it is only within a few years that the curious fact has been ascertained that this animal is the larva of the common human tape-worm. It is now proved by careful observation, that if one of these animals is taken into the human stomach the bladder-like tail is digested, while the living head and neck pass down into the intestine, where they hook on, and the rings begin rapidly to grow out into the well-known tape-worm.

“Other species of tape-worms living in other animals, have a natural history similar to that of the human tape-worm. They all live in the intestines of vertebrated animals, (animals with backbones,) and each species must be hatched in the stomach of some animal different from that in which it is developed. For instance, one of the tape-worms of the dog is hatched in the stomach of a hare, and another in that of an ox, and the tape-worm of a cat is hatched in the stomachs of rats and mice.

“About two hundred species of tape-worms have been described, five of them being found in man. There are only two, however, that are at all common. One of these is a narrow worm with hooks on its head, found particularly in the Teutonic nations, (Germans, English, and Americans,) and the broad tape-worm without hooks, which seems to live almost solely in the Swiss and in the Sclavonic nations. The former and more common of these two species has a head about the size of a pin's head, and the body gradually widens to about a quarter of an inch, sometimes reaching a length of twenty-four feet. Tape-worms have been found in sheep one hundred feet long.”

The presence of tape-worm in the human body will at length cause a great variety of diseases and morbid manifestations. The most prominent symptoms by which we may suspect its presence, are a dull, continued pain in the forehead, giddiness, buzzing in the ears, dullness of the eyes, which are surrounded by a dark circle, œdematis, or swollen eyelids, dilated pupils, frequent spasmodic movements of the eyes, alternate paleness and flushing of the cheeks, paleness of the lips, peculiar motions of the nose and mouth, emaciation, alternate loss and excess of appetite, cravings for particular articles of food, offensive breath, furred tongue, spitting and vomiting a thin mucus in the mornings, itching at the nose, anus, and vulva, grinding of the teeth, especially during sleep, constriction of the throat, swelling of the belly, chronic shooting pains and a sense of pinching about the umbilicus, feeling in the morning as of a foreign body moving in the bowels. If the patient be a female, violent hysterical fits will often occur, frequently epileptic attacks; the face is not merely pale, there is also an aspect of languor, heaviness, much increased by a drooping of the upper lids of the eyes in a severe case. When epilepsy, or fits of a



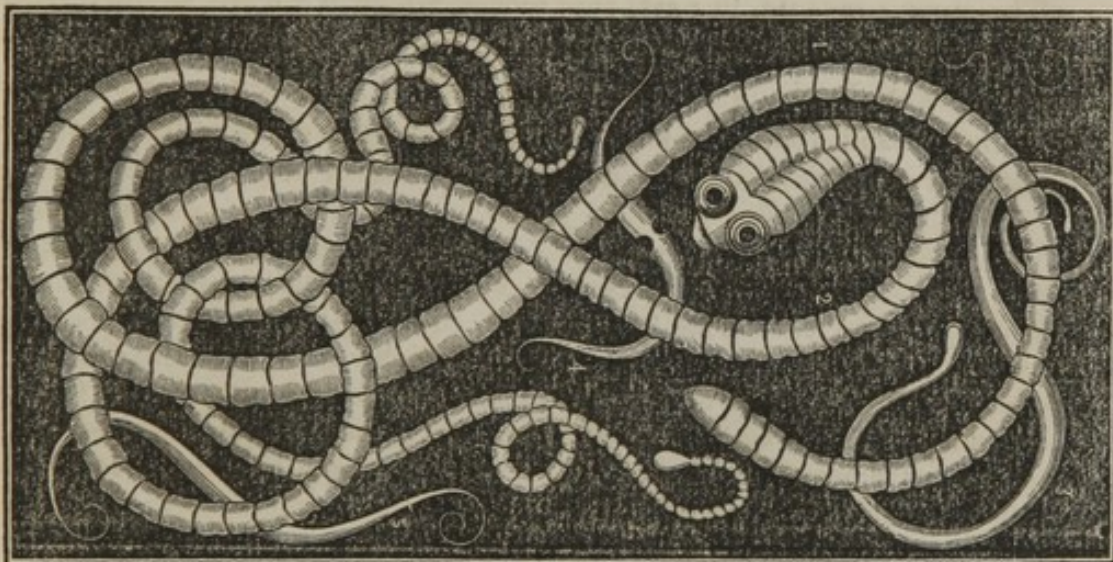
hysterical character, take place in men, the cause is the existence of Tape-worm; but there are other diseases in males which may frequently be traced directly to the existence of this worm also.

M. S., a young man of twenty-two years of age, a student of a celebrated school in this State, consulted us some two years since, in regard to seminal emissions, which he was then and had been seriously afflicted with for seven or eight years, both nocturnally and diurnally, in all their many diversified and complicated forms, indicated by white, milky, sedimentary urine, and on straining at the stool, from constipation. It should be distinctly understood by the reader, that the general cause for this direful malady, and which, by the way, is one of extreme prevalence among youth at the present day, in the United States, is by self-abuse, early excitement of the passions, and premature development of the sexual function thereby; and where the first cause has not been carried to a severe extent, a judicious course of treatment will readily restore the victim, after he has at once abandoned the pernicious habit, and subjected his passions to the moral control of the will. In this case, our patient had long since laid aside the habit which he supposed at first gave rise to this extensive drain upon his vitality by seminal losses. Instead of any improvement or cessation, they were constantly gaining in frequency, and still more, sapping the stamina of his physical health. He had become extremely emaciated, weak, and languid, with almost entire inability to prosecute his studies, excepting at very short periods, at long intervals, and then was study or much mental reflection attended with intense disagreeable feelings of the head; giddiness was so severe, that he often staggered about like one intoxicated, and when those symptoms were present in a less degree, they were still attended with a sense of confusion and insecurity, which rendered his walking and physical exercises serious efforts. He began to be troubled seriously with constant buzzing in the ears, with a great variety of noises, described sometimes as being like that produced by the boiling of a tea-kettle; sometimes like the letting off of steam from a boiler; not rarely like the rumbling of thunder, and the acuteness of the sense of hearing was increased to a painful sensibility. His vision, however, became dim, and at times he would have turns threatening amaurosis or complete blindness—at others, fine webs seemed to be constantly before his eyes, so that every object wore a hazy aspect; at other times, dark spots and brilliant flashes obstructed his vision. In addition to his headache and giddiness, he discovered an imperfection in the sense of touch. He found that on seizing objects his hands were not so thoroughly under his control as formerly; his hands and arms would be often



seized with a tremor, and his legs were similarly affected, but to a less degree. At length this affection of the sense of touch and the government of his hands became so great, that it was with difficulty he could hold objects firmly, unless he made a strong effort to concentrate his attention upon his actions. He had a great variety of unusual sensations about his body, all more or less referable to numbness; his stomach occasionally rejected its contents, and he was frequently troubled with an uneasy sensation about the abdomen, and sometimes with sharp, colicky pains.

The train of morbid symptoms in this patient, or many of them, were so very different, and so aggravated too, to what we had usually met with in patients affected with a wasting of their vitality from the causes given, that we were convinced that he must be subject to Tape-worm. We accordingly made our prescription in this case agreeable to the supposition, and in less than one week after the patient began



This cut represents the *Tenia Solium*, or Tape-worm, which was dislodged from a patient after being its subject for nine years, and having been reduced to the brink of the grave by its pernicious effects.

using the remedies, he discharged large quantities of the worm, several feet in length, and continued to do so for more than a year, before we could succeed in dislodging the head, which we at length succeeded in doing.

In the mean time, while the patient was under our care, as we have before mentioned, his general health and strength had become so much impaired, that he was obliged to abandon his studies, and devote his whole attention to himself and his medical treatment. He was reduced to a shadow; indeed, the grave seemed to yawn for him, and consequently his despondency and dejectedness were exceedingly great; but



perseverance on our part, together with strenuous exertions to revive his courage and resuscitate his prostrated energies, saved him, after a procrastinated suffering of nine long years, during which time he was tortured not only with every imaginary evil, but real bodily affliction, the anguish of which can be conceived only by those who have been placed in such a pitiable, deplorable condition, as to be made the tenement of such a strange and fearful occupant—a parasite of several hundred feet in length! After its complete dislodgment, we sent our patient to the sea-side to receive the benefit of the sea-air, and the bathing in the salt water. He continued our energizing tonics, and returned in the fall, not only cured of these direful seminal emissions, but of this painful feeling of the head and ears, and the aberrations of his brain and nervous system had all vanished like the dew before the morning sun. He had become plump and robust, so much so, that we hardly recognized him.

The cut represents, in part, this worm, which we were so fortunate as to remove, and which we retain in the cabinet of the Troy Lung and Hygienic Institute as a choice trophy of a victory gained by our new discovered remedies and improved system of treatment in the great field of verminiferous diseases.

NOTE.—Within a few years, science has discovered in several vegetables (some indigenous to our own country, and others exotic, which are imported) a perfect antidote for Tape-worm. These remedies are kept constantly on hand at our Institution, prepared in a concentrated manner to be readily taken with facility, and without disturbance to the stomach, or derangement of the digestive organs, or involving the patient in any privation in his ordinary business or dietetics, neither do their operations produce debility or physical prostration; for their mode of action is, simply by their specific nature becoming obnoxious to the worm, dislodging its hold, and thereby expelling it from the alimentary canal. These medicines are made very portable in their preparation, and can be forwarded to patients in all parts of the world by mail, and be as successfully used as though the patient was under our personal care.



## Eighteenth Section.

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### Diseases of the Heart, Organic and Functional.

WE can not make the design of our work complete without inserting some few brief yet pertinent remarks upon a class of diseases which are so fast becoming of a national character, which are increasing annually in their number at a rapid rate, and the fatality of which, especially when the affection has become really one of an organic or structural nature, is most alarming, and attended with the most melancholy associations, from the sudden and unexpected manner in which death occurs.

Affections and diseases of the heart are intimately associated with our specialty, making the organs of the chest, combining the heart, the lungs, and the respiratory organs, a subject of intense investigation and study for years. We necessarily have had an extensive experience in investigating the causes for, as well as opportunities of treating many thousand cases; indeed, not a day passes but what we are consulted, either by letter or personally, in greater or less numbers.

As varied and as pervading as had been the causes for the prevalence of these diseases in the United States, we may now expect them to increase at a still more rapid rate, on account of the trying condition in which our country is placed from the intestinal, sanguinary wars which are now going on, occasioned by a disruption of the Union by a rebellious confederacy. It was a fact noticed by the most eminent of the faculty in Paris, that during the French Revolution heart diseases became increased to an astounding extent. Already do we see the truth of this law becoming manifest every day amid the painful struggle in which we are now engaged.

The curious reader will wonder why this is the case. We answer, because a great and varied number of the diseases to which we are more or less subject, are what are termed nervous—manifested externally upon the nervous system in their ultimate effects and painful consequences. So is this the case with heart diseases in a large majority of instances, for the predisposing cause and foundation had already been laid previously in the pernicious habits so universally prac-



ticed, especially by the male sex of the people of the United States. I refer now to the inordinate, excessive use of tobacco, both by smoking and chewing. So extensively does this figure in the cause for organic diseases of the heart, that in our statistics, taken in a number of hundreds of cases which we have witnessed ourselves, or inquired into after having seen their deaths published, we found the cause, in eight cases out of every ten, to be traced to tobacco.

But I wish my readers to understand the law that governs the cause of an organic disease of the heart, as it does in fact most diseases of other organs of the body—namely, that the heart can not be diseased in its structure (organically) without its first having become functionally deranged or disturbed; hence we meet with functional diseases of the heart in far greater numbers even than we meet with diseases of the lungs, as Consumption. This is a fact, however painful or melancholy it may be to those who are interested. Why is all this? There can not be an *effect* without its adequate *cause*. The cause of a nervous disturbance or an affection of the heart in one person may be one thing, in another a very different thing. In many cases there is a combination of causes to produce the results proportionate to the magnitude of the direful effect of the cause. For instance, in the male youth whom we are called upon hourly and daily to prescribe for, we have met in many cases only an early use of tobacco, by smoking or chewing, or both combined, commenced as early as eight years of age. But we have combined with this *another*, one of the most paralyzing, death-destroying habits that an individual or a nation can be afflicted with. When we look calmly and dispassionately at these causes combined, taking into consideration the great disturbance of the nerve-centers of two of the great organs concerned in physical life; that the nerves in both cases are stimulated and irritated to a most exalted state of sensibility; taking into consideration, too, the law that governs the system, that when any organ or nerve, or set of nerves is over-stimulated, there will be a corresponding reaction and depression of that in connection with it; that during all this time these nerves are wrought upon and excited inordinately, and frequently, if we may so express it in right language, to an appalling sensibility—for it is so in the future effects—and that while this is going on, the nervo-vital fluids of the body are exhausted almost beyond science to calculate; for a perpetual drain is not only instituted upon the system by exhalation or loss of the fluids and juices of the blood, but in addition, the ethereal fluid of life which exists in the function of the brain and nervous system, imperceptible to the eye, that constitutes the spiritual part of our existence—take into consideration



with this that youth nowadays, the large majority of them, commence and are allowed by their inconsiderate parents the habit of using tobacco in one or other of its forms, very young, in many instances as early as six or eight years, and so on, for we interrogate such cases that come under our observation, and therefore we know.

Well, what are the consequences of tobacco upon the nervous system—also what is tobacco? Tobacco is one of the most deadly and subtle narcotics; even prussic acid itself is no more deadly, for prussic acid exists in nature in the kernel of the peach and the wild-cherry in a more attenuated form, and is far more harmless than tobacco. It is only in the concentrated form, when obtained by the chemist, that it becomes such a deadly poison. Just so is it with tobacco. The aborigines of America knew this long before it was peopled to any extent by the Anglo-Saxon race; for they used to dip their arrows into the oil of tobacco, to insure the death of their victims; and the experiments of Magendie and other physiologists of France and England have proved that one drop of the oil of tobacco put upon the tongue of a dog will kill it in three minutes. This has been proved time and again. Its effects will go on accumulating in the system, concentrating itself there until we have sufficient of it accumulated to poison the brain and nervous system, deranging it in its functions, and at length causing instantaneous death by organic disease of the heart, as we have it more immediately in the manner exemplified by Magendie, or in that of the aborigines, when dipping the points of their arrows in the oil or concentrated juice of tobacco.

It requires nothing but dispassionate reason to perceive this; but the reason why the inveterate users of tobacco will not see it, is just that which causes none to see the pernicious and injudicious effects of any habit that they are given to. Professor Wayland says the moral faculties lose the power of discriminating when under the tyrannical control of habit.

We have attempted, in hundreds of cases, and do almost daily labor sedulously with our patients, and try to convince them that all their disorders, and the disease, for instance, of the heart or of the sexual organs, have sprung from the use of tobacco; but have found it, in the majority of cases, to be a thankless task; and we aver that this has been the case with other intelligent physicians who have pursued the same honorable, disinterested course that characterizes us—namely, the immortal John Abernethy for one. Even before his death, in his large experience, when tobacco was not so generally used as now, he avowed that in the large majority of diseases in males that he had prescribed for, tobacco figured extensively as their cause.



Professor A. Smee, in a little work consisting of an oration delivered before the Hunterian Society but a year or two since, which we have recently imported, narrates the same opposition and difficulty met with by himself, and illustrates the matter by the case of a man who had consulted him about a disturbance of the heart and nervous system; and when he told him that the cause entirely was tobacco, all the appreciation he made of his valuable advice was this: How much do you charge for that little bit of advice? then laid down the fee and departed in contempt.

But it will not pay here to go into detail in regard to the consequences of tobacco upon the nervous system, nor the other baneful cause that we alluded to, frequently associated with it or independent of it, in figuring so largely in developing disturbance or disease of the heart; we only wish to elicit, for the benefit of the reader, the manner in which the effects of our national conflict may operate to develop so rapidly disease of the heart. It is upon the principle that we laid down, that the nervous system is found morbidly poisoned and deranged and disturbed in its function. The heart is the central organ of circulation, and there concentrates the great vital energies to propel this force-pump, to sustain our machinery in life. The temperament of some is such that they have no power of balancing it; hence they are given to an inordinate excitement; their passions in one way or another are uncontrollable, which is a peculiar characteristic of our American people in business of every kind. They are led off by excitement under all circumstances; they can not live without it; they must carry it to its zenith when any thing new comes up, and the consequences are, upon those whose heart is already suffering from a functional disturbance so long, that the shock of excitement or its reaction is so great as to suspend the action of the heart at once. Many cases, on a *post-mortem* examination, discover a valvular thickening or ossification of the valves; others, *hypertrophy*, or enlargement of the heart, or oftener, atrophy, or wasting of the heart, known to victims of tobacco. In other cases softening of the heart is found, for the very reason that they have been so long under the influence of one baleful passion or another, as well as pernicious and poisonous habits, that the heart itself has not been nourished, for the stomach, and the gastric nerves have been paralyzed by their effects, and the stomach, in turn, has not been able to eliminate sufficient nutrition to nourish this vital organ. Hence flaccidity, or softening of the heart, and atrophy, or wasting of the heart, are two very common diseases, which figure so largely as the cause of sudden deaths.

The above form some of the more prominent causes for both func-



tional and organic diseases of the heart. But there are many other diseases of the heart, both of a chronic and an acute nature, which are met with daily, and which, as the reader should know, must terminate fatally unless successfully treated in their early stage of development. For instance, we have acute inflammation of the heart-case—what is termed by the faculty *pericarditis*—meaning *peri*, around; *cardium*, the heart—the case around the heart. So we have acute inflammation of the lining membranes of the auricles and ventricles of the heart—called also *endocarditis*, because it is internal. These acute inflammations of the heart take place in people liable to be subject to rheumatism, and for the most part it is really, as is now decided by the best modern authors to be, no other than a rheumatic inflammation of the heart; hence rheumatic fever, or inflamed articular rheumatism as it is termed, acute rheumatism that affects the joints, becomes extremely liable to affect the heart, and deaths occur daily by a sudden change, or *metastasis*, of the disease, transferring it from a joint or an external part of the body to the heart. Such is the peculiar and almost mysterious nature of rheumatism. It belongs to that ethereal part of the vital constitution that I have before alluded to, when instancing the vitality of the male exhausted constantly and excessively in a waste of nerve fluid, through an exalted, excited state of the nerves and functions of the sexual organs, so also of the heart. This strange, mysterious peculiarity forms or constitutes rheumatism. For the most part, rheumatism exists in that subtle, ethereal nature of the physical system that traverses the nerves; and although the exciting cause for its being developed is generally found in the blood, yet its fatal, morbid effects are transmitted through the media of the nervous fluids. Hence we have another reason why so many die so very suddenly and unexpectedly with disease of the heart. They are walking about—they are engaged in their ordinary vocations, or in cheerful conversation—instantly they drop dead. In many of those instances, it is but the sudden transmission of this subtle, mysterious disease which traverses the nerves and paralyzes the nerves of the heart. Many people who labor under functional or organic diseases of the heart, embody a rheumatic disposition of the blood, which keeps it up, and which centers at the heart-case. But from some cause, sudden exposure, or from check of perspiration, it leaves the external surface, and the part that was so stiff the moment before, that could not be moved without intense suffering, is all at once relieved and becomes limber, and the heart is palpitating, or involved with extreme distress, pain or anxiety, producing the greatest fear, and giving rise to the greatest apprehension. Palpitation of the heart is the manner in which hundreds of cases are brought to the



notice of the physician ; it is a disorder universally prevalent among youth, and arises from the disturbance of the nerves and functions of the heart, in debility either of the whole system, or great debility of certain nerves. For the most part, as daily met with, it is of a functional nature, and not yet become organic.

The invalid reader will recollect the precaution that we have mentioned at the opening of this section, that all organic diseases commence in a functional derangement. He should feel, therefore, the utmost solicitude to seek the most skillful, discriminating treatment of his case before organic disease ensues. It may be caused by indigestion, dyspepsia, over-eating, eating improperly, in improper quantities, or certain articles of food, derangement of the healthy secretions of the liver, or constipation of the bowels ; but, as a general thing, in the youth of both sexes, it has its seat in the sexual organs, through the disturbed function of their nerves leading to the heart, through the great sympathetic nerve, and by the great waste of vitality mentioned. But palpitation of the heart occurs in many from an impoverished, watery condition of the blood, the blood being destitute of iron and fibrine and the principles which give it momentum ; hence such females who have pallid countenance, pallid lips, or subject to dropsical effusions, irregularities of their catamenia, or monthly function, or suppression of the same, are subject to extreme paroxysms of palpitation.

The remedy for palpitation, disturbed function of the heart, in all such cases, must be found in removing the cause ; for when *it* is removed, in all cases that have not terminated in organic or structural disease, the effect will cease when the constitution is once invigorated. The treatment adopted and pursued by the TROY LUNG AND HYGIENIC INSTITUTE for diseases of the heart has been remarkably successful. We treat, on the average, some one or two thousand cases of heart diseases a year, and have not learned of one case of functional disease of the heart that we have prescribed for that has terminated fatally, but, on the contrary, have learned of their recovery, more or less, under our treatment, proportionate, of course, to the resources of their constitution for becoming again made vigorous and healthy. We admit that we find victims almost every day who have fallen a prey to their passions, as well as to errors of diet and of living combined, who are so far gone that it is beyond the power of medical art to restore them ; but even many such cases that we prescribed for at the time, without hope of saving them, being induced to do so by importunity on their or their friends' part, we have succeeded in saving them from that grave which seemed to yawn to receive them.



## Nineteenth Section.

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### Laryngitis, or Acute Inflammation of the Larynx.

THIS disease, in its acute form, is most distressing and fatal in its character. There are but few who have been its subjects but what have been its victims. The mighty genius of this great Republic, at whose shrine every American bows with mingled reverence and gratitude — the great Washington — died of the disease. So also have many eminent physicians, among them Sir Macnamara Hays, Gilbert Blain, and Dr. David Pitcairn.

Its attack is immediate and severe, involving the most distressing symptoms and the greatest anxiety. It follows immediately on exposure to cold; commencing with great soreness of the throat, inability to swallow, with great difficulty of breathing; so much so, that in a little time, the patient's life is threatened with suffocation, if not relieved by the aid of art.

Like an acute attack of Catarrh, which affects the membranes of the nostrils, it inflames the membranes which line the larynx, together with the epiglottis, or valve of the larynx. This swelling extends rapidly, so much so, that the rim of the glottis closes, in many instances, and death results from suffocation.

In this distressing local malady, also, the system of treatment adopted by the Allopathic School has been just as blind and uncertain as in the other diseases affecting the respiratory organs and the lungs — namely, by bleeding from the arm; reducing the patient's strength with nauseous doses of antimony and calomel, a blister, sometimes, externally. So absurd is this practice in this disease, that, in nearly every case that we have on record, has their treatment been as unsuccessful as their prescriptions were unscientific. From the account of the life of Washington, this great man was sacrificed in this way. His biographer tells us, "that he was several times bled from the arm, and was greatly reduced in strength thereby, aside from the distressing nature of the inflammation, without any symptoms of improvement whatever. Then counsel was called who recommended bleeding again, which Washington objected to, preferring to die in



the condition he was then in, than have the little remnant of his vitality drawn from the arm."

For this painful and dangerous affection, the only treatment that can be adopted with any degree of success must be local. In those cases involving the distressing symptoms above detailed—where congestion, thickening of the membranes, comes on so quickly—we admit that local depletion from the rim of the larynx must be adopted by scarification, and this can only be done by a skillful physician who is situated near the patient; for so emergent are the distressing effects, from the rapidity of the inflammation, that time will not allow, in many instances, the delay of sending to any distance for medical help.

But the intelligent reader will see a vast difference between drawing the blood, by local scarification, from the *congested membranes* of the larynx, and its parts so affected, and drawing it from the *general* circulation at the arm.

After relieving the congestion and inflammation, by skillful scarification, warm, medicated vapor, inhaled in the shape of steam, as warm as it can be inhaled, must be immediately adopted and persisted in, at regular intervals, until the inflammation is reduced.

Such is the only rational treatment that can be adopted with any success for Acute Laryngitis. The strength of the patient should, at the same time, be sustained by beef-tea, and liquid nourishment frequently given.

After the acute stage of the inflammation has been subdued by the means above described, warm medicated inhalation should then give place to the cool form of administering it, as in all other chronic stages of disease of the air-passages.

#### Chronic Laryngitis.

Chronic Laryngitis is an affection of a much more moderate character, supervening, like Bronchitis, upon ordinary attacks of colds or catarrhs, which affect the nostrils and the lining membranes of the throat at first, and if not cured immediately in the acute stage, extends downward into the larynx, producing extensive irritation, and, in many cases, inflammation of a low-grade nature. For the most part, it produces symptoms of great dryness and tickling, a disposition to constant hawking or rasping, with frequent efforts to clear the throat. In many cases, much pain or soreness attends the upper part of the windpipe. This is frequently accompanied with great hoarseness, or alteration of the voice, and, in aggravated cases, complete loss of voice, *aphonia*. When *aphonia*, or loss of voice, takes place, it shows a direful state of the parts that are affected, either that the larynx is ulcerated, or the



nerves have become paralyzed, especially those nerves that extend to the *chordæ vocales*, or the vibrating membranes situated in the larynx, which form the modulations of the voice.

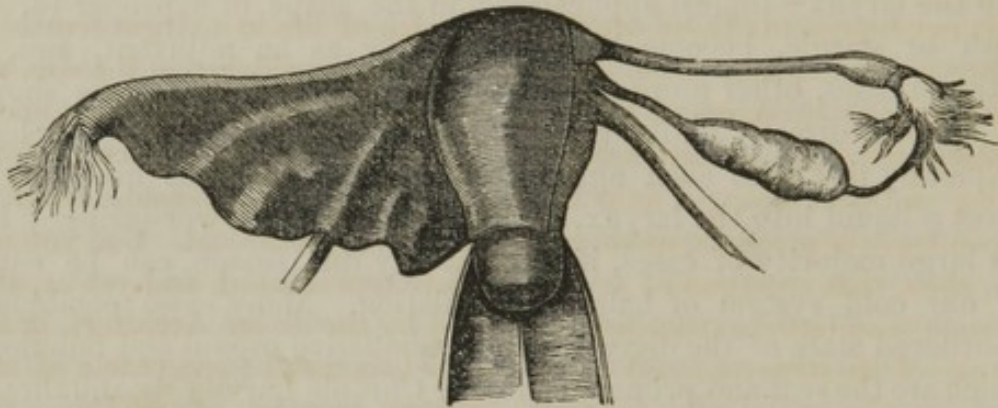
#### TREATMENT.

The treatment for Chronic Bronchitis, for the most part, must be local, and administered by cold, medicated, balsamic vapors. However, where the inflammation has produced ulceration at the upper part of the throat, epiglottis, and the rim of the glottis—the entrance into the larynx—topical applications, in the shape of a proper throat-wash or gargle, become highly necessary as an adjuvant, and, in extreme cases, other more powerful yet modified preparations should be applied, directly under the eye of a skillful physician. We have frequently met with such aggravated cases, that it was necessary to inject a liquid into the larynx, with the laryngial shower-syringe; but the large majority of cases, if taken at any due season, can be cured by our cold system of balsamic inhalation. Many cases combine a disordered state of the digestive and assimilative organs and functions, which are the seat and primary cause for Chronic Laryngitis, and throat-diseases generally. Indeed, in our opinion, few people would be affected with catarrhal and throat-diseases, especially of such a malignant character as is met with every day, were it not for a disordered state of the stomach and alimentary canal. Hence, in our treatment we invariably attend to the correction of the stomach, the disordered secretions of the liver, duodenum, and alimentary canal, giving such oxygenated, restorative, corrective medicines, that combine the solvents necessary to purify the blood, and correct those morbid deposits which are found passing off from the kidneys in the urine.



## Twentieth Section.

Diseases peculiar to Females. Scrofulous and Tubercular Affections of the Womb and Sexual Organs of Females.



TANTAMOUNT to the very rapid increase and wide-spread prevalence of scrofulous and tubercular diseases of the lungs, and other organs and functions of the body, which we have dwelt upon so extensively in detail, in their appropriate sections in this work, diseases have also arisen and become developed, in innumerable new forms of manifestations, emanating in the female sex, from that wonderful and important organ or organs—the matrix and ovaries. To such an extent have these forms of disease made their appearance, with such rapidity of action and manifestation, and giving rise, at the same time, to so many anomalous and inscrutable features of physical, mental suffering, that they have bidden defiance to medical skill, and mocked every vain pretension to their cure on the part of the old-school practice.

Do you ask us the question, What means all this? and why is it? This certainly should be the first inquiry of the reader, whether male or female. Of course the female portion of our readers will feel an intense anxiety to know. Ought not the male to feel equal anxiety? We contend he ought; and even more so, inasmuch as the male has been created and appointed by God to be the instrument to convey the fructifying principle of life, which is to propagate himself in his own offspring, and to sustain the race from devastation and oblivion. But we fear, ah! we know, this has not been the case; hence, one of the



great causes of the early blighting of woman, in her childhood, where she is rendered, in the large majority of cases, perfectly incompetent and incapacitated to perform that wonderful and godlike function delegated to her nature. Let me ask you the question, How few out of the vast number who take upon themselves the privilege and condition of exercising the procreative functions, ever stop to inquire to know, and investigate the nature, the structure, and condition of life-force embodied and constituted in these organs that they so lavishly and prodigally use? Reader, you will see here at the head of this section a cut illustrating the uterus, the ovaries, and the vagina of the female. This cut represents these organs to the size of life in a virgin female at puberty. In the first place, stop and take into consideration the size, the smallness, or littleness of this one organ, (the uterus,) capable, under healthy and right conditions, to be distended to that capacity of nourishing and developing a fetus of ten or twelve pounds, aside from its appendages of placenta, membranes, and fluids additional. Can you not see, then, that an organ so small as is here represented, and yet capable of such wonderful expansion, calculated by the divine Architect, in the nature of its structure and organism, to become the receptacle of, and perform the wonderful function, in nine months, of evolving and nourishing and perfecting the germ imparted in one drop of seminal fluid from the male, must of necessity involve a power of structure, magnificent, sublime, and wonderful, beyond even the human mind, though aided by the best powers of science, to perceive, to thoroughly fathom and understand, even under the most powerful microscope of modern scientific invention?

Professor Lee, of London, England, who has spent his best energies in life-long investigation of the female sexual organs and diseases pertaining thereto, occupied sixteen days in dissecting the nerves of the uterus under a most powerful microscope—and probably sixteen days more could have been successfully expended—without tracing out all the minute ramifications of the nerves distributed to this organ, so numerous are they. You will say, this is wonderful! It is so. But do not forget that we are only talking about the nerves. And for what are these nerves? They are to carry the vital forces both from the brain of the male and the female, in the cerebellum—the seat of amateness, and the upright lobes of the brain—the cerebrum, when you are concerned in the act of sexual gratification, or sexual communication.

Aside from the nerves, think of the uterus being a body of muscles, layer upon layer, beautifully overlaying each other transversely, diagonally, and longitudinally, as you see somewhat familiarly illus-



trated in the ropes and net-work and covering that the balloonist has to sustain his balloon when inflated.

Think, too, that this small uterus is wonderfully supplied with blood-vessels, arteries, and veins, for the purpose of diverting from the general circulation, when it is impregnated with embryonic life, the blood to carry on the new and important function of developing—what? A future Washington, perhaps, or a Madame de Staël; or, on the contrary, a little, imbecile, scrofulous, deformed, puny offspring, to live, or rather drag out, a miserable existence of a few years here, and die prematurely, undeveloped into any full, dignified form of a male or female, or, perchance, in thousands of other instances, to be cast off in spontaneous uterine abortions.

We have found it necessary to go into this anatomical, physiological structure of the organs, designed by Omnipotent Wisdom to receive the little germ of all human life—to nourish, develop, and evolve it into the external world for the high and sublime purpose designed for all intelligences beyond the sphere of our existence here—that you may have some idea of the seat and foundation of the innumerable number of diseases peculiar to the female sexual organs, that I have begun to talk about in this section.

Pause with me one moment, both of you—for we mean male and female, as you are both alike responsible—and reflect. Turn your attention to the aborigines of the forest, and some of the different races of the civilized world, for instance, who live a more natural, rational life than mixed-up Yankees are wont to do. The Indian mother, when in a state of pregnancy or gestation, will travel about on foot, carry great burdens, and perform wonderful journeys. She will be taken in labor on a journey; she will retire for a few minutes or an hour by the roadside, and give birth to her offspring, which she takes to a spring or rippling brook, and washes both it and herself, and after taking a little nourishment, perhaps, in an hour or two, is capable of proceeding on her journey.

We have wonderful instances of the same kind in other nations which are civilized and educated, living consistently under organic laws, the women of which likewise suffer as little—the Germans, for instance.

Even the negresses of our own Southern States, in many and many instances, are not confined from labors of the field, by giving birth to a child, more than a single day. Such we have, from our own practical knowledge, witnessed in our travels in the South.

You have but to stop and contrast your own physical debility and imbecility with those races that we have named, to be aware of the



frailty of your own females. Throughout the whole United States, not one sound female in twenty—ah! perhaps not one in fifty—can be found. Even our misses and girls, in childhood and at puberty, are rarely found healthy, and capable of evolving a healthy function of these organs at the commencement; much more to find them in an organized, structural condition at that period when they take upon themselves the awful responsibility of begetting offspring, or laudably propagating their species. But these organs are so incapacitated in their vital structure, so diseased and debilitated, that they become sterile after their marriage, which condition serves to embitter their prospects for life, as is betokened in the wailings that we are apprised of and made to know through the many channels by which we are consulted—ah! their wailings come with every mail and every breeze.

We are to ask the question, then, for you, in the first place: What are the causes for these vast number of diseases of the womb and female sexual organs, that I have begun to write about? They are too numerous to mention in full detail in this section. We shall have, therefore, to refer you to some of their more fundamental causes: a peculiar scrofulous diathesis, or inherited condition from parentage, errors of progenitors—depicted in the section on Scrofula, wherein we have explained the depreciation of the parental germ laid in embryo in the uterus, in fetal life itself. It means this, and no more than this, that peculiar inherited scrofulous taint, from an exhausted state of vitality on the part of the parent sire, or that other form of Scrofula inherited by the mother, in which she lays the foundation for spontaneous abortion *in utero*, from want of vitality and healthy organism in these parts constitutionally. Here, in the first place, are some of the fundamental causes, and the foundation laid back in the germ of life, for so many diseases of the female sexual organs, that meet the scrutinizing eye of the scientific, discerning physician daily.

But there are other causes, and they are potent and many, too, kept constantly in action to develop these diseases, in so many new and diversified forms, that we shall speak of. To begin with some of the first causes, we shall mention that the sexual organs in the female are not fully and healthily developed, because the vital forces requisite to develop them soundly are diverted, during the period of childhood, by an inordinate pandering to their passions, which wastes the vital forces that would have been retained for the purpose of their development. Hence, when marriage takes place, with females, they are found unhealthily organized, and deficient in vital and nerve principle in these



organs, just in so far as their whole physical system is found weak and debilitated, from the many errors of artificial life.

But we must carry our philosophy and facts still farther, and to prevent swelling this section or book too much, by repetition, will refer you back to this point that we have dwelt upon in preceding sections, wherein we have referred to the many causes for physical prostration, for nervous debility, impaired nutrition, deprivation of the vital forces in the blood, the many luxurious habits, and a thousand artificial excitements and overstrained and distorted modes of life, and not to say unsound, but insane methods of education pursued throughout the whole United States, and to such a reckless extent, that a well-balanced mind is rarely to be met with—by that we mean that the reckless modes of living in this country are so universal, that the faculties of the mind are entirely unbalanced. On this account, then, we have a most inglorious and ungodly abuse of the sexual passions, which figure in the cause of these diseases, of an untold number, assuming features and forms, in their external manifestations, through the perverted functions and diseases of the whole nervous system, so mysterious and new in their nature, and of so anomalous a character—forms for which there are no name, to use the language of the learned Dr. James Johnson, in regard to which, that if Sydenham himself (the most distinguished among the moderns) was to rise from the grave, he would not be able to recognize them.

Well, then, to advance and carry along the chain of my philosophy, and make it more clear to the comprehension of the reader, in regard to the cause and early development of so many diseases to which the female is subject, in the uterus and in the sexual organs, we shall name, that no sooner is marriage accomplished, than the work of excessive sexual indulgence commences, and is carried to a most inconceivable extent. As we have said, in regard to the legitimate use and purposes of the sexual organs and functions in preceding sections, they are entirely lost sight of by the parties. Instead of exercising them prudently, under the discrimination of reason and the moral faculties, for the purposes—of what?—of fulfilling the godlike function of propagating their species—they use them to pander to the gratification of their sexual desires, which are inflamed under this hot-house forcing system of education which they have been given to before, and which they now keep up by artificial excitants in living, in diet, in stimulation, and in every emotion awakened by a continued cultivation, by commingling and interchange of feeling and emotion, either instinctively or expressively. So, in the first years of married life, in the young at any rate, but little else is thought of through the day,



but to satiate the appetite at night. But it is not alone that the night is taken to satiate these passions, and excite the sexual organs to a most intensified and exalted state of induced excitability, but frequently the day is taken also; for to a physician who has grown gray with years of experience, and who has been consulted for years, in thousands of instances of this class of diseases, he has unbosomed to him the most sacred secrets pertaining to their cause. We have, in many instances, known the young married female who was puny, sickly, and weakly when married — so much so, that a little time afterward, owing to excessive pandering to, and excessive abuse of the sexual passions, was soon thrown into a decline. Her brutal husband was not satisfied under the cover and retirement of the night, but he would force her to lie down when he came to his meals, and have sexual gratification through the day also, to fan and increase the flame that was consuming her frail body, to afford a temporary pleasure to *his* sexual appetite *alone*. Ah! what a godlike being is man, in the nineteenth century, boasting of all the privileges pertaining to our immortality, and the wonderful resources which the present age has developed for his sublime and godlike nature. Does he realize them as such? Does he use them as such? These are questions too important for your author to answer here; they must be left for the monitor in the breast of every person who may become impressed by the words here recorded.

Man only excels the brute in a few faculties. He possesses in common all the appetites of the brutes of the field, and he is an animal, and in common with all other animals, with the exception of his powerful reasoning and moral faculties which God has imparted to him, to be his compass, his guide, and to afford him a correct chart throughout the labyrinths, shoals, and quicksands that beset him through physical life. In our calmer and more reflecting moments, could we now select as a *spectacle* for an illustration of the point that we are designing to explain in this section — namely, the cause for so many sexual diseases in females—we repeat, select, for one moment, the brutes and different tribes of animals in the fields and forests, and present them before us, and divest them of that governing principle over the sexual appetite and passion, the unerring law of instinct, and let them take their unchecked course in sexual gratification, as man does, we ask you again what a spectacle would be brought to human eyes? Ah! my friends, this same spectacle is brought to God's eyes every night, and not only every night, but every day. As Eugene Sue has said, in depicting Parisian life, to illustrate something of the same figure and features of human life in Paris, remove the roofs from the house-tops, and



look down for one hour, unobserved by them, and see what is going on within. We need not go to Paris to witness this distortion of human life and perversion of human nature, and the cause for the frailty of human existence, and the shortcomings, and the short-livedness of man. In the United States, man lives but to pander to his passions and his appetites. If the moral faculties are cultivated, they are not harmoniously so, only in isolated instances; so that the balance of the faculties is unharmonized and thrown from its equilibrium, and calm reason, judicious judgment, and self-control, the possession of the full, godlike principles in a dignified, harmonious relation one to the other, are wanting, and only possessed in rare instances.

But to return, after this brief digression, to the more conspicuous causes for uterine disease and diseases of the sexual organs in females. Let us dwell a little longer on the effect of sexual intercourse in developing them. We have now under treatment a female patient suffering from a cancer of the uterus. She is but a little over forty years of age. She is living with her third husband. To use her own language, she says she married at the age of sixteen, and that her husband (she says nothing of herself, by the way) was of a very amorous temperament, devoted almost exclusively to his passions at night, if not through the day; so much so, that he had regularly as high as *seven* sexual intercourses with her a night, until, in a few years, he used himself up; and she, in relation to him, stood like the two lovers in romance, who clung to each other with the fondest devotion, from the impulse of this passion, until their errors caused them to be both cast into prison together, when, in a little time, their appetites became so satiated, their vital forces so exhausted, that their excessive love for each other was turned into hatred. So with this patient of ours; for she and her first husband separated; and at that period of life when, in justice to herself, she should be marrying for the first time, she married again, to use her own words, for a home; not being actuated by the correct motives that should govern every one, male or female, who enters that solemn institution—matrimony; but she married for a home. Of course, she became alike the second time the subject of most inordinate passions; so that her second husband, in a little time, used himself up, and was buried. Our patient was not satisfied with her experience thus far. At some thirty-three or four years of age she married again, and, to use her own words, she married—*for a home*, but found that her third husband was equally as amorous as the two preceding ones, only that his own abuses in earlier life before marriage had rendered him too incompetent to use her to that extent of physical exhaustion. Be it understood clearly and plainly,



in addition to the bearing of several children, she voluntarily confessed to us, that she had produced between thirty and forty abortions upon herself instrumentally, by running a tortuous instrument, blindly, herself, (not understanding the anatomical, physiological structure of the organs,) into her own womb, to break up the commencing process and development of the germs of future offspring. Well, to make the point that we are laboring to convey clear, and to account for the causes of so many diseases in the female sexual organs, the awfully excessive amount of sexual intercourse, and producing between thirty and forty abortions on herself instrumentally, torturing and wounding the uterus so much, she has developed a cancer, which, when located in any other organ of the body, is sufficiently fatal and disgusting, but when developed in the uterus, this important organ that we have labored so hard to give you some little idea of in the forepart of this section, becomes a thousand-fold more disgusting and direful, inasmuch as science thus far affords no remedy to extirpate it, as has been done in other parts of the body, as instant death would attend the cutting off of so many important blood-vessels, nerves, and ligaments connecting it with the main body. Then, to remain here, united with the morbid secretions that take place from the progress of its ulceration, becomes too horrid for the endurance of the patient, and too insupportable to those around, and can be only conceived by the actual perception of the physical senses. So she is left to drag out the little remnant of her short life in this melancholy way, and finally to suffer the most torturing of all deaths.

It has been said, and truly, too, that man, of all others, is the most lecherous animal on the face of the globe. This, however beastly and uneuphonious it may sound to the human ear, is strictly true. Why have you lost sight of this great point and this question which we have once before answered in the preceding sections, which is this—namely, that God has made the lower animals subject to the unerring law of instinct in this appetite and passion; whereas, in the beneficence of his wisdom, he has left it in man to be governed by reason, that godlike principle of our nature, which elevates us, or should elevate us above the brutes of the field, in that we have caused the vast number and classes of diseases which we are dwelling upon, and for which science does not afford a name, and rarely affords a balm of relief.

It is not our design in this book to go into detail, or explain the why and the wherefore of the errors to remove the causes; *that* comes in our special province, when consulted in regard to their cure, as the special



messenger who is endeavoring to fathom their cause as far as science and the progressive age will allow, to divine a cure.

But for one moment we will stop and notice what we consider some of the fundamental errors of society—in conjugal life, we mean—so far as they pertain to the cause of developing sexual diseases of females. I refer now to the almost universal custom, in the United States at least, of the husband and wife sleeping in one bed. Do you ask what I mean by this? You are competent to answer the question, if you stop to reflect and realize what are the conditions, or what the effects, before you ask me the question. Be the question answered in the anticipation; I will answer it again. What are the general consequences and attendant evils that surround the *circumstance* of their continually sleeping together, especially when in the early ardor of incipient conjugal life? Are they not directly to pander to the excitement of the animal propensities and passions? It follows to a moral certainty, then, that so long as the conditions are such as to influence, excite, and unduly develop these passions, there will be an undue or inordinate indulgence to a most excessive degree; so much so, that the vitality of both male and female is exhausted through the function of the sexual organs. The nervo-vital forces are thrown off faster than they are generated by the evolution of the digestive organs, or recuperated by rest of the brain and nervous system. The secretions made directly from the blood and other parts are carried off that way to a draining, exhausting extent. Again, this constant excitement to such an intensified extent of the sexual nerves and passions, carries off with the vital forces the fluids of the blood, secreted by the glands of the organs under this intensified orgasm, produced by the act of coition and the brain, which are both involved together.

The exhaustion of the nervo-vital forces and the vital fluids of the body weakens, debilitates, exhausts, and relaxes the sexual organs of the female as well as the male to an untold extent of perception to the observing eye of the experienced physician who is called upon to treat this class of diseases to that wonderful extent that we do, and we have had opportunities of witnessing their effects in hundreds of instances after death, under the scalpel and microscope, and in every form. When we have mentioned this, we named and explained, in the same paragraph, the vast difference between the women of the United States and the aborigines, the Germans, or the negresses of the South, who work in open fields.

The difference is this, (and this difference explains the intellectual and moral condition of the various races likewise,) the law, I say, is this — by law, I mean an emphatic, omnipotent law which emanates



from God, and pervades every thing—where the physical system is kept in healthy employment or exercise in the open air, the propensities will be kept in a harmonious balance, and thereby prevent that inordinate preponderance or ascendancy which obtains in the cerebellum, the organ and seat of amateness, in more refined, luxuriant life, as with us, in which the animal passions are made to be developed just in proportion to the inordinate preponderance of the mind acting through the sexual organs. This is a law, I say. Every one can see in his reflection, that where the mind is made to concentrate upon one organ or faculty, that organ or faculty must, of necessity, be inordinately excited, and become diseased thereby, and the whole system be thrown out of its harmonious balance. This holds good both mentally and physically, and explains why neither the mind nor the body, as a general thing, has a harmonious relation to each other, and a harmonious balance in the United States.

But what are some of these mysterious diseases which now are so universally prevalent among females?

We will enumerate among them prolapsus, or falling of the womb, from its normal position in the body; chronic inflammation both of the vagina and the womb; chronic inflammation and ulceration of the neck and mouth of the womb; dysmenorrhœa, or painful menstruation, which implies, in many circumstances, different and opposite diseases or conditions of the body and the uterus. In many it implies an impoverished state of the blood and rheumatic condition, and is, in fact, a rheumatism of the muscles of the womb, just precisely in the same manner that you have rheumatism at the heart-case, or in other parts of the body. It seizes the womb because that is the weakest organ, and takes its rise, as we have just related, in the morbid condition of the blood, and in physical and nervous debility. Coincident with this, we have, in the large majority of females, leucorrhœa, that excessive discharge of white fluid or matter which to the female is equally as debilitating as the corresponding glairy, mucous discharge is in the male, known as spermatorrhœa, or that excessive secretion which takes place in many from the seminal vessels or reservoirs, and is secreted therein, or at the prostate gland of the male, from the blood, by this morbid condition of excitability, irritability, and debility of the parts.

The philosophy of their cause in both is the same, only, we think, the virgin female, and females generally, by the way, are subject to more chronic inflammation and congestion in the mucous membranes and glands that line their organs, for the very reason of their errors of dress, of their being subject more to cold extremities and exposures



of the surface of the body, repelling the blood, and consequently the temperature from it—driving the blood from it in a chilled condition to these organs, thereby causing them to take on these morbid discharges as well as diseased, morbid condition. Before we leave this part of the subject, we repeat, for your instruction, that this leucorrhœa in the female, found as an every-day disease in nine cases out of ten, after she has passed her tenth year, is excessively debilitating and exhausting to the whole system, inasmuch as it is secreted directly from the blood, and is in fact, the albumen of the blood, which would otherwise, in a healthy condition of the system, go to form fibrine to nourish and build up the tissues of the body and nervous system, which are now wasting and decaying and going to—what? Into that associate disease of Tubercular Consumption—Marasmus. But the old lady at my left who has listened to my arguments in relation to her daughter who sits on my right, who wears a pallid cast of countenance, whose lip has faded, the lilies and roses of whose cheeks are gone, and already giving place to care; the ivory of her teeth has turned to ebony; and yet she is but sixteen years of age!—I say, she lifts her “specs” as I narrate that her daughter has these diseases and prolapsus to a wonderful extent, in so far as the uterus lies now pendent against the pelvic bones, and it is only because she has never had sexual intercourse with a man, to spread the vagina much, that it is kept from coming into the world, and forming what is termed in medical language, a *proidentia*, or protrusion through the pelvis. I say, again, when I explain this to her, she lifts her “specs” in wonderment, and says: “Why, doctor, it can not be; she is not married; she is only a girl; she can not have falling of the womb, for only married women have falling of the womb.” But, my dear lady, we would gladly respect your gray hairs and your age; though age does not always imply knowledge, especially when the knowledge is based upon anatomy and the intricate structure of those delicate and highly organized parts that lie out of your sight, which you have never investigated as we have. With all deference, then, to your gray hairs, we must tell you, you are mistaken, and that virgins, girls by the way, are subject, to a greater extent, to prolapsus, or falling of the womb, than married women generally. We remember that this was a great wonderment some twenty years ago, when I was yet young in my profession, and yet my experience then led me every day to discover that falling of the womb in virgins, this great relaxation and debility of the sexual organs, which was none other than the inherent scrofula that I have before explained, combined with an abuse of their passions in earlier life to give rise to them. I say, it was a great wonderment when I men-



tioned it frequently and I have often offended many a mother, and many an elderly lady. When I told them that their daughters had those diseases, they went away mad, incensed, because they were incapacitated to perceive the correctness of my discrimination, and instead of feeling grateful and thankful, they tried to, and in many instances did, do me an irreparable injury, because they could not appreciate the truth of my remarks. Ah! truly may it be said that the science of medicine, when unshackled by creeds and prejudices, divested of bigotry and ignorance, left to reason and industry to be developed according as mankind change their habits, and thereby pull upon themselves swift destruction by the errors of their ways, or their own hands, and develop these new diseases; so it becomes a noble science, when left untrammelled and unshackled, to fathom their cause and show to the mass of mankind that will sit down inertly and hold themselves in ignorance of the laws of life, health, and hygiene, as to their consequences.

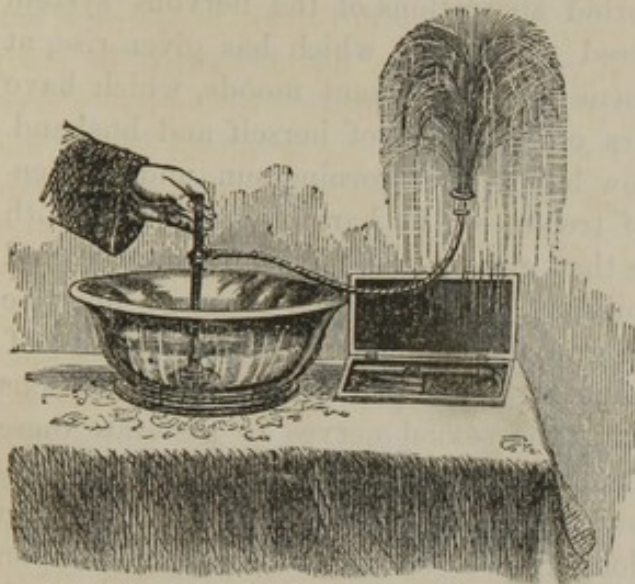
What can be said in relation to the cure of these numerous diseases of the female sexual organs, with which the unfortunate subjects suffer so much, and often without any sympathy? We can not do justice either to the subject or ourself, without dwelling here upon the unfortunate situation which thousands of females are placed in, that suffer from diseases in the sexual organs, for this very reason—namely, that just in proportion to the highly-organized and complicated structure of these organs, which we have briefly endeavored to show—so highly supplied with nerves and blood-vessels, provided and endowed by the Creator for the wonderful function of developing the germ of human life, and sustaining the perpetuity of the race—just in proportion to the importance of these organs, are they made capable of sympathizing mysteriously through the nervous system with the seat of life, the mind, the soul, the emotions, and the brain. Now, as the uterus is so highly supplied with nerves, it is therefore supplied with those wonderful resources to develop or give rise to the most incomprehensible and inscrutable suffering; for the brain and nerve system of the matrix are united by the third and great sympathetic system of nerves which unites the two with the heart, the lungs, the spinal cord, the stomach, the alimentary canal, the liver, the spleen, and every other organ of the body. If you will stop for one moment, then, and comprehend the wonderful, complex nature of the system, and all the organs that are united, you will see why the uterus and the female sexual organs are in a morbid condition, and the nerves thereto excited to such an exalted sensibility, why she must suffer at times, especially if the stomach and digestive organs are seriously deranged, the



most inexpressible sensations of suffering, anguish, and pain, both physically and mentally. Man, not comprehending this, not feeling it keenly in his own person and his own peculiar organism, is not capable in many instances — ah! in the large majority of cases—of appreciating, to any extent, her suffering. Hence, the unfortunate victim receives but little sympathy, and instead thereof, in a great many instances, receives the most cruel neglect and ill-treatment. We are consulted daily, and in the course of a year, in hundreds of cases, embodying these diseases on the part of the female, where in many instances they had applied to their old-fogy doctors in country places, who are no more capable, in their acquirements of investigating and fathoming the cause and extent of these diseases, than their ignorant husbands themselves. They had been dosed through the stomach with some allopathic, debilitating remedies, intended, perhaps, to reach a disease that is strictly local—on the mucous surface of the vagina, the neck and mouth of the womb; or, in other instances, embodies a great debility and relaxation in the round ligaments and cords that support the womb to the body, producing prolapsus; and the whole medication has been given through the stomach, and that with poisons and debilitating medicines, to reach these diseases local in their nature, and almost isolated, as it were, from the main body. The merest school-boy, if left to reason, could perceive that medicines, when put into the stomach, as a general thing, could not reach these local maladies. Hence, these patients have gone the rounds of a number of old-fogy, ignorant physicians, until their husbands have been taxed to pay considerable bills, and the wife, instead of being better, has been made worse, in so far that the stomach and digestive organs have been deranged in their healthy functions by the allopathic drugs which have been given them, and the nervous system in turn has become more debilitated and perverted in its healthy function, thereby embodying the mind of the patient in a thousand vagaries approaching to hypochondriasis, despondency, gloom, and forebodings of the most horrified and intensified kind. The more she is made to dwell upon her feelings or diseases, the more perverted and morbid becomes her mind and the state of the feeling. Hence, not unfrequently, the home which once was love and harmony has now been turned into an abode of wretchedness, discord, and unhappiness. These patients come to us, then, second and third-handed, and in many instances they have been tampered with by six, eight, and ten physicians, and made worse in every instance. Their case now for the first time is scientifically investigated, each symptom carefully discriminated, the causes for these many ills and her long suffering are at length determined, demonstrated, and ex-



plained to her in such a manner that she is now convinced there is a chance for her restoration and a cure. We explain how vague and inconsistent has been all her treatment, what mischief she has sustained therefrom; how her nerve-forces have been paralyzed and depressed by the debilitating remedies and the derangement of the function of digestion, and that her treatment must be made local by the ASCENDING MEDICATED DOUCHE, which she will have in her own hands, and



by the use of which she can apply the remedies locally in water adapted to suit the disease, and changed to suit the progress of the cure, and combat the different stages and conditions that shall take place; that it will all be in her own hands, and can be used silently, unobservedly, and, as a general thing, without the aid or knowledge of a second person; that the remedies so given and otherwise applied by herself locally to the diseased and relaxed organs are calculated to arouse and equalize the nervous forces, to produce contractility and tone in the relaxed ligaments of the womb, to give energy and power to the debilitated mucous membranes and glands of the vagina and the womb, to give vital force to the various secretions, and establish thereby a healthy monthly function; that it embodies, in the same mode of treatment, relief from the painful menstruation; that it raises the prolapsed organ to its normal position, giving contractility to the vagina, to sustain it in its proper place; that these remedies are combined and applied with such wonderful facility by herself; that it does not involve drugging or derangement of the healthy secretions of the stomach and digestive organs; that it does not constipate the bowels; that it does not sicken, nor prevent her from attending to the functions of her family or her home; and instead of depriving her of exercise in the open air, she is enjoined, as a necessary part of the cure, to take a due amount of exercise daily, when the weather is suitable, in the open air, either passively or actively; that she is instructed, in regard to the electro-chemical or medicated bath, to equalize the nerve-forces throughout all the vital organs of the system, and to arouse a healthy function of the



skin, and draw off the preponderance of congestion and morbid excitement from the internal organs in this wonderful nervous structure—that is, to restore its lost equilibrium of forces; and that our whole plan of treatment is in strict accordance and harmony with the laws of life and hygiene, and that the medical treatment is made subordinate to the very rigid laws of hygiene, which the patient is enjoined to observe, and that this induces a return of health, spirits, and buoyancy of mind, and banishes the morbid aberrations of the nervous system which she has so long suffered under, and which has given rise, at times, to her sour temperament and unpleasant moods, which have caused so many unhappy hours on the part of herself and husband. These are all scattered like dew before the morning sun, under scientific, enlightened methods of treatment, in harmony, we said, with what? With the laws of life that govern the physical economy, and a discovery by us that the harmony of this diseased economy must be restored, in forbidding, as the grand stepping-stone to the success of our treatment, the further tampering of and pandering to these passions that have excited so exorbitantly the sexual nerves to generate these diseases; and we put a severe embargo, and enjoin a moral and intellectual injunction upon the husband, to make him know his place in relation to his wife, that he may not longer look upon her as a machine upon which to satiate his sexual appetite, but hereafter view her as a handmaid created by an omnipotent God, and furnished with those organs, not for the gratification of his appetite alone, but to nurture and develop intelligences for the higher sphere of future angelic, seraphic life, and not as mere animals, groveling here through a few years, pandering to money and gold for the selfish purposes of pride and lust.

But when she goes home and tells her husband what wonderful discoveries science has made in her case, and that there is yet a perfect chance for her restoration to health by the means above narrated, at a moderate tax, in nine cases out of every ten, she is snapped up, and told that he has paid money enough already, and there are plenty of doctors at home just as good as Dr. Stone—he is not going to pay money for his new-fangled modes of treatment. We give this in plain, common, every-day parlance, as it transpires between the parties, and which we are put in possession of; hence we give it in its plain, homely style, to enforce the lesson of human nature. What is that? The want of charity—the want of harmony between not only man and man, but between a man and his wife; and it depicts and conveys the most humiliating lesson that can be taught to mankind—namely, the want of charity, of sympathy and kindness from man to a female, from the husband to the wife, after he has used her, satiated his passions upon her, and converted her into a sepulcher of disease.



We have given but a faint illustration in the above of the want of sympathy on the part of the husband for the wife. But there is another class of suffering invalids who endure all the untold horrors from these diseases, that are not married, which are brought upon them frequently by causes and habits which we need not here name; so that when they find themselves prostrated and suffering in the inscrutable, undefinable manner that is depicted in the several letters that we have published in this volume, they have none to unbosom themselves to, for mortification, self-condemnation, pride, or shame, forbids them resorting to their parents, and unbosoming their suffering to them, for the very reason given in some of those letters. They are ashamed to confess to their parents the causes for these untold horrors and physical miseries in their own pandering to their passions. They will confess to their physician, as the priest of the holy flame of life, what they will not confess to father or mother. To such an extent does this feeling of shame, mortification, and self-condemnation pervade most of this class of sufferers, that we have known many of them carry the cause to their death-beds, and into eternity—even on the bed of death denying, time and again, that such was the cause of their suffering. We say emphatically that we have known many and many such. We have known many other instances where we have been made the confident in regard to the cause of their premature decay and early dissolution, so mournful that we have carried the secret confided to our bosom and trust, until circumstances called it forth by the melancholy importunity on the part of the parents and friends in many instances; and then even when death had shrouded the cold form of the victim in the sepulcher, we were impugned for conveying that trust to them, for the very reason that they had not humility of soul to acknowledge when they had conceived that their children could be made the recipient or subject to the same great law of the passions and human frailties that they themselves were subject to in common with all others. My God! we wish the great book of human conduct could for a few hours be unfolded to human eyes, and they could be made to read it and the lessons of perverted human nature as we have been made to read them, and are called to witness the sad spectacles of every day of our professional life, they would stand aghast—ah! they would tremble and reel under the awful shock, and, in more than one instance, the mind would totter on its throne, and the heart cease its wonted throbbing, at the awful recitals.

But before we close, let us divulge, for the benefit of the present and future generations, the great stumbling-block in the way of possessing that light and knowledge of the innumerable causes for the many



diseases which consign thousands and thousands annually in the United States not only to an untimely, but to an ignominious grave. What is it? It is expressed in a few brief words: want of humility of soul. When man arises in the dignity of his nature, and develops that godlike principle within him, which is now *latent*, and as impenetrable as a mass of lead—when he shall develop that which, by the grace of God, was conveyed two thousand years ago by Jesus Christ himself, and taught in those few words that it was the grace of God and humility of soul that made us like him—it will put us meekly, calmly, and silently in possession of that key which shall unlock the gates of knowledge, and let the prisoner go free, and lead to the fountain of salvation which shall save both body and soul.

*From Miss Nancy A. Wallace, Millbridge, Me.*

March 2d, 1862.

DEAR SIR: I offer you my most heartfelt thanks for the restoration of my sister, Elvira, who came under your care in August, 1861. She was then a great sufferer. She could not have lived over a month longer. We had several doctors; but they could not help her any. We had given up all hopes of her recovery. Whilst reading the *Machias Republican*, I saw your card, which gave me new courage. I wrote you at once, stating the symptoms and their *melancholy* cause—namely, that her mind was wandering and almost gone; she frequently expressed herself tired of life; had great aversion of society, and was very retiring; got but little rest, and would walk the room most of the time; was extremely restless; had dyspepsia of the worst kind, her bowels being so constipated that she had no action without using purgatives. The secretion of her urine was extremely scanty, and thick and sedimentary. Her feet and ankles were very badly swollen; and that she was a mere skeleton; that she had groaned steadily for about six months, walking the floor all that time, and would neither see nor take notice of any one. After I received your encouraging letter, saying that you thought you could benefit her, we immediately forwarded the means and had her placed under your care; and it was but a little time afterward that her symptoms began to improve, so much so, that the more aggravated ones disappeared in four months' time; and now she is in perfect health.

My father and mother, though we have none of us ever seen you, think there is no physician like you. We have recommended to you many of our neighbors, some of whom are under your treatment, with very encouraging success. I can recommend you conscientiously to all similarly afflicted and troubled with disease. With the utmost confidence in your skill,

I remain most truly yours,

To DR. A. STONE.

NANCY A. WALLACE.

PRACTICAL REMARKS.—We treat many hundreds, if not some thousands of patients annually, by letter and express, and as a general thing, with perfect success and satisfaction.



The case of Miss Wallace, just narrated by her sister, who corresponded with us and gave us her history and symptoms, shows that it was one of a most aggravated and seemingly hopeless character, in so far as her whole constitution and nervous system were sadly shattered and debilitated; so much so, that the brain, the seat of reason, had become invaded, and she was a monomaniac. To encourage others similarly situated at a great distance from our Institution, that they have a great chance of restoration by our system of treatment, which is rendered so perfect, even when they are very distant from us, by our methods of interrogation, analysis, etc., which elicit every latent and obscure feature of their case so scientifically that we can send the treatment to all parts of the world, as it were, and cure our patients, comparatively with the same facility and success as though they were with us at the Institution. We mean this with qualifications—that is, where there is a decision and determination adopted on the part of the patient or the friends of the patient to carry into rigid observance our very explicit and thorough system of hygiene, along with our scientifically discriminating methods of medical treatment. Be it understood, further, for the encouragement of those depressed and desponding invalids who may read the history of this case, situated hundreds of miles from us, that there may be as great a chance to restore them to the sweets of life and the integrity of reason, as in the case of Miss Wallace. We say to you then, conscientiously, actuated by the inherent desire of our nature to do good, and carry the balm of health and consolation to every afflicted heart, make up your minds, therefore, to write us at once; state your case—it matters not in how homely, or plain, or disconnected style; and if not able to do it yourself, get some neighbor or friend to do so, and we will give you our conscientious opinion, for we disclaim any mercenary motives, under such circumstances, of holding out any encouragement to such for the sake of simply getting their money, when our judgment is convinced that they can not realize a cure.

We permit all our patients to hold constant and unremitted correspondence with us; in fact, we desire them to do so while under treatment, so that we may be enabled to prosecute our plans to the best results.

Since the recovery of Miss Elvira Wallace, we have received the following voluntary letter and testimonial from her:

MILLBRIDGE, Me., January 9th, 1862.

DEAR SIR: It is with pleasure that I now address you, to inform you that your medicines and treatment have had the desired effect, and that I am now in good health, which, had it not been for your kindness and skillful treatment, I have reason to believe I should never have enjoyed, but would have been in my



grave ere this, and, therefore, I can not feel easy until I endeavor to return thanks to you for your benevolence.

I wish you all good success—please accept from your patient,  
To A. STONE, M.D.

ELVIRA WALLACE.

CAMBRIDGE, Wash. Co., N. Y., November 18th, 1862.

DR. STONE: DEAR SIR: I shall ever hold you in grateful remembrance for the great cure you have done for me, in my restoration to health after suffering many years from a most aggravated internal malady, which threatened my life, and prostrated my health and energies. After many unsuccessful efforts to be cured by others, you were the only one found sufficiently skillful to restore me. I have been written to by many ladies, similarly affected, inquiring after the success of your treatment, and I have replied to them recommending your treatment to them. I hope you may be as successful in treating them as you have been me. You are at liberty to refer any female suffering with diseases peculiar to our sex which you treat, to me.

Yours truly,

JANE M. SKELLIE.

NOTE.—The case of Mrs. Skellie was one of extensive ulceration of the neck and mouth of the womb, of some ten or twelve years' standing. The ulceration had extended into the cavity of the uterus and the ovaries, in its morbid irritation. She had been treated many times by several allopathic physicians in a most uncertain manner, by giving medicines into the stomach, making their prescriptions without any ocular inspection or true diagnosis of the local diseased condition; hence their practice was as empirical as it was unsuccessful. But when she consulted us at our Institution, some four years since, a very discriminating examination was made, and the ulcerated and diseased parts properly and judiciously brought to view, to know the extent of the disease and its mischief. The treatment adopted by us was entirely local, mainly by the *Ascending Medicated Douche*, partial electro-medicated baths, together with electricity, for the purpose of rousing the vital forces and overcoming the local congestion. It was but a few weeks before a rapid improvement commenced, which progressed onward, without interruption, to a perfect cure in three months from the time she commenced.

The following letter from Mrs. J. Goodrich, Meriden, Ct., was written to Miss Burnham, a lady who afterward became our patient, but who, before putting herself under our care, was solicitous of having some testimony from a patient that we had cured; hence the letter is so addressed. We take the liberty of here publishing it for the benefit of suffering females. It was handed to us by Miss Burnham.

WEST-MERIDEN, August 30th, 1855.

MISS BURNHAM: I received a note from you last evening, and take the earliest opportunity to answer it. As regards the treatment of Dr. Stone in cases similar to my own, I think he understands the disease better than any one that I have ever employed. He has certainly done more for me, in the short time that I have used his remedies, than had been done for me the past two years. When Dr. Stone first commenced the treatment of my case, I was unable to sit up but a short time; now I am able to attend to my domestic duties, and think I should have been almost well if I had not a very heavy babe to take care of.

I think I can recommend him to you. Hoping that you may be much benefited by his course of treatment, is the wish of

J. GOODRICH.



## CASE.

*Case of Amanda E. Green, Danby, Vermont; showing the most striking results of our system of medicated inhalation, combined with our invigorating remedies, in restoring her to good health, when in the last stages of Tubercular Consumption.*

IN November 1860, we were consulted, by letter, by the friends of Miss Green, respecting the probability of being benefited by our treatment. They gave a lengthy description of her case. Her age was twenty-seven; inherited on the part of both father and mother a predisposition to Tubercular Consumption, with which her father had died some years previous, and at this time, her mother was also prostrated with bleeding of the lungs.

Miss Green was confined to her bed, and under the care of an Allopathic physician, who continued to prescribe his remedies, although he considered her case incurable. Query: What can be the motive of these old-fogy Allopathic doctors, in continuing to visit, and feed the false hopes of such patients, when they secretly to their friends pronounce their cases perfectly incurable? This was the case with Miss Green's physician, at any rate, at the time they wrote me.

She being confined to her bed from extreme exhaustion and frequent raising of blood, of course duty compelled me to give a very cautious opinion; for it was after she had been in the third stage of both Tubercular as well as Bronchial Consumption. She had hectic fever, night-sweats, cold chills, loss of appetite, constant cough, and many of the other alarming features which accompany its progress in females: hence the necessity of great caution in offering much encouragement. We, however, advised that they had better try a month's course of our treatment, at any rate, and we would guarantee that it would certainly do her no harm, if the case had advanced so far that it could do her no good.

Upon this cautious prognosis, they were induced to put her under our care, by letter, as they were anxious to do every thing for her that money and kind efforts of friends could do.

We forwarded her inhaling vapors, and also restorative tonics, with ample written and printed directions for their use, together with general hygiene—recommending a generous, nutritious diet, frequent bathing in alcohol and water, the great necessity of pure air, frequent ventilation of her room, and other very definite methods to restore her strength. So rapid did she improve under our treatment, that in less than four weeks she was able to write herself to us. But the improvement did not stop here; it went on rapidly beyond all expectation of ours or her friends, until she was able to ride out in six or seven weeks, and in nine weeks from the time that she came under our treatment, she was able to ride seventy miles in the cars, on a cold winter's day, and see us personally. She remained under our personal treatment for a week only, and returned home that winter. She has been, more or less, under the influence of some of our remedies ever since.

The succeeding summer she was able to be about, and do considerable work, though she was prostrated from the warm weather, as invalids generally are,



and lost her appetite for a while, yet she writes that, on obtaining and using our "Oxygenated Tonic Bitters," they acted like a charm to restore her appetite and give new vigor and energy to her constitution, so that she is, not only comfortable, but able to do much labor, and be about continually. It is but a few days since we received this last letter from her.

Here, then, is another practical illustration that Tubercular Consumption—even when complicated with bleeding from the lungs, and other derangements in the various vital functions of the body—may be cured, the patient's life prolonged for many years, and also be enabled to enjoy, to a degree at least, the comforts and blessings of health, as well as the social blessings of society. If tubercularization is so great, that it could not be dispersed before the patient comes under our care, as in this case, they may be arrested in their progress, and kept from softening or ulcerating by the treatment, and the patient's life prolonged for many years. This certainly is a desirable object, if every patient looks to the real motive of human health and life, as we do, to be nourished and sustained in the physical body as God intended, a certain length of time, for developing the higher purposes of the mind, and fitting it for immortality.

NOTE.—Miss Amanda E. Green resides in Danby, Vt., where she can be written to and the above facts corroborated, by any person who feels interested to inquire.

### CASE.

DR. ANDREW STONE:

SCHENECTADY, April 1st, 1862.

DEAR SIR: I have for a number of years been engaged in study, but my constitution, originally extremely strong, did not seem to be much affected by a sedentary and intellectual life until last year, when my digestive organs began to show signs of being impaired. I had indeed heard much of the tendency to indigestion among men confined to mental employments, on account of the draft made by the brain on the nervous energies at the expense of the stomach, and the nutritive organs, and of late I have been surprised to find how few men of sedentary life are free from difficulties of this character. But, as I said before, I experienced but little trouble in this respect until last year. I began then to be troubled with weakness and languor, and a gnawing sensation in my stomach. I was troubled greatly with dizziness and irregularity in the action of the heart. My breathing became short and hurried, and only the ascent of a hill or a flight of stairs almost put me out of breath. Moreover, my circulation became imperfect and much reduced, and by consequence my extremities were cold very nearly the whole time. You will conclude, of course, that I was low-spirited and full of all manner of dreadful forebodings, and that I found it almost impossible to continue my studies. I tried various experiments in diet and medicine, but still I accomplished nothing practically. At last I was recommended to try your treatment. I visited you, and you unfolded your system, and I examined it carefully and subjected myself to it. I need not detail to you the history of the case, other than to say that I found myself gradually gaining strength and spirits and my food more thoroughly digested, and by consequence my blood better and my whole system thoroughly renovated. Nearly all my uncomfortable expe-



riences passed away, and I feel like another man. All I have to say is, that I think your system of treatment very simple and extremely philosophical, founded upon common-sense and hygienic laws. So far as I can judge, your superiority seems to consist in subordinating the action of medicine to exercise and diet, and thus establish a sure foundation and a thorough cure.

Hoping that you will be greatly prospered in all your efforts in this direction,  
I remain yours etc.,

WILLIAM C. MACEY,

Professor of Greek Language, Union College, Schenectady, N. Y.

*Copy of a Letter from Mr. Charles Martin, Esq., Professor of Vocal Music, and now a successful Teacher at the Hudson River Institute, Claverack, N. Y.*

FRELIGHTSBURGH, C. E.

MY DEAR DOCTOR: Your very acceptable letter of September twenty-seventh came duly at hand several days since, but limited time has prevented my answering it sooner, and even now I can not express the many thoughts which its interesting contents suggest to my mind. But, first of all, allow me, sir, to express my most hearty thanks for the interest you have manifested in the restoration of my health, and last, but not least, your kind offer to send me more inhaling vapors and medicines if I should need them. At present I am so nearly cured that I do not seem to be in need of any other, though I should like another bottle of your *Pulmonary Tonic*, which I think was very beneficial to me, and of which I am out.

My health has not been so good for three or four years as at present; I have an excellent appetite, and inhaling your medicated vapors has done wonders for my throat, which, at present, scarcely troubles me at all in comparison with the past. I am very much stronger, and am laboring quite hard, having some twelve or thirteen music-pupils who require two lessons a week, (five of them vocal students,) and they being scattered, oblige me to ride six or eight miles a day, so I think you may safely conclude that one of your patients at least is on the gain. I intend to follow up your treatment as faithfully as possible. I am endeavoring now to influence two other invalids of my acquaintance to adopt your system.

Respectfully,

CHARLES MARTIN.

ANDREW STONE, M.D.

### PRACTICAL REMARKS.

Mr. Martin, since the above time, from unremitting labor and excessive taxation of his vocal organs, together with taking colds, has had three or four renewed attacks of acute bronchitis, two of which seriously involved the lungs in congestion. He has put himself under our treatment each time, with the same happy results and relief by inhaling our medicated vapors. The last attack, about two months since, (the winter of 1862,) was so severe that it confined him to his room, and his suffering was so great that he was induced to telegraph to us for a prescription to relieve him of the excruciating suffering that he



was laboring under. Since then he has written us further, expressing the same confidence from the continued relief derived from the use of our system of medicated inhalation. In the same letter, Mr. Martin requests us to refer any inquiry to him, as to the beneficial effects of our system of treatment for diseases of the throat and lungs.

DR. ANDREW STONE :

BURTON, Ohio, Dec. 21, 1861.

DEAR SIR: It is with pleasure that I again say that I am enjoying the best health that I have had, and think it is through your skillful treatment and advice, and I know that no other system of medication but your very rational mode of administering medicated inhalation, combined with your invigorating oxygenated tonics, could have done for me what yours has done, and I recommend it most heartily, which I have done already to many invalids that I am acquainted with. I am anxious that you may use this for the benefit of suffering invalids.

Yours truly,

C. A. HAWTHORNE.

SANDUSKY CITY, Ohio, May 5th, 1861.

MY DEAR DOCTOR: I have been greatly benefited by the use of your inhaling vapors and your *oxygenated tonics*. I am slowly but gradually recovering my health, for which if I did not thank you and express my heartfelt gratitude toward you I would do disrespect to my feelings.

E. W. ALEXANDER.

To DR. A. STONE.

### PRACTICAL REMARKS.

The case of Mr. Alexander embodies one of a most aggravated and complicated nature of Marasmus, or wasting away of the whole muscular tissues and nerves of the body, involving the throat, bronchial tubes, and the lungs in severe chronic inflammation and much ulceration, and was attended with severe irritation in the spinal nerves, occasioning great fatigue in sitting long in one position, or on taking much active exercise. He was greatly debilitated; his digestive organs were seriously deranged, so much so, when he first visited us in October, the preceding year, that but little of the food taken into his stomach was assimilated into blood or nourishment. His diseases had far advanced and threatened a fatal issue. But our patient, using much reflection, being of an intellectual turn of mind and tenaciously desirous of life and health, was rigid in adopting our advice and carrying out our principles of treatment and hygiene, which has been crowned with success in restoring him to health.

DR. STONE: DEAR SIR: I hereby inclose you the amount that is due you. Permit me to say that I am highly gratified at the benefit your treatment by medication has had upon me. When coming under your care, some year ago and upwards, I had a constant cough, soreness in the throat and throughout the respiratory organs, my breath was bad, and I was troubled, more or less, with



pains in the chest. These symptoms have all left on prosecuting your treatment, and I now consider myself well. The *Balm Vapor* has been remarkably beneficial to my lungs and removed the severe cough. So, also, have the *Tonic Vapors* been of great benefit. I recommend your system of cold medicated inhalation for affections of the chest and lungs to all who are similarly afflicted.

With many thanks for your kindness, I am, sir,

Yours, very respectfully,  
 THOS. H. CLARK,  
 Overseer of the House of Refuge, Randall's Island, Harlem, N. Y.

*Case of Tubercular Consumption and Bleeding from the Lungs cured by the inhaling of Dr. Stone's Cool Medicated Vapors.*

From Mrs. Harriet Coolidge.

MY DEAR DOCTOR: Having received the greatest benefit and the most satisfactory results in my own person from your treatment, I am quite anxious to make it known for the benefit of others.

In the month of June, 1858, I was attacked with a hemorrhage from the left lung, which weakened my voice and prostrated me very much for the time. I had another attack in June following. During this time I had no other treatment than what I could obtain here, and so remained in a very delicate condition until in April, 1860, when I was again taken down with a hemorrhage from the lungs. I then tried the remedies that I had formerly used, recommended by those whom I consulted in the place where I resided, but without benefit. At this time I was very much reduced; my lungs were very sore, and I experienced more pain through them than I had ever done before. I was troubled with a hacking cough; my symptoms were all bad, and of a consumptive character; my extremities were constantly cold, and were so bloodless that no amount of friction would get up any warmth. I had suffered, however, from cold extremities from my childhood up, indicating a negative condition of my nervous system and want of healthy circulation.

Perceiving now that my condition was a very critical and dangerous one, I was aware that if I could not obtain some skillful aid, that I should in all probability run through a rapid decline. Mr. Walker, of our town, and several others, I learned, who had been similarly situated, had consulted Dr. Stone, of the Troy Lung and Hygienic Institute, and had recovered their health; I was induced, therefore, first to write to the Doctor and state my case. The reply was so encouraging that I undertook a journey with my brother to Troy, to consult him personally. The Doctor examined my chest and my case very critically, tested my vital capacity on his Pulmometer, and conscientiously told me that my lungs in part were filled with tubercles, but that ulceration had not taken place to any great extent, and that if I would adopt his system of medicated inhalation, use his vital tonics, and live rigidly to the *Hygienic Rules* that he should put me under, there would be a fair chance of my recovery. I adopted his plan of treatment, put myself under his care for three months, and, at the end of that time, I was almost a new person; my bleeding had entirely stopped, my cough was gone; I improved greatly in strength and appetite.

HARRIET COOLIDGE,  
 Sherburne, Vt.

March 1, 1862.



NEW-ORLEANS, July 24, 1860.

DR. ANDREW STONE: DEAR SIR: My object is to obtain your medical treatment and advice for my wife. Her case is this: some three years ago, she got a very bad cold, which terminated in a pleurisy. She then raised some blood. From that attack she recovered, under the treatment of our family physician. Perhaps five or six months afterwards, she was taken with a kind of irritation in the lower part of the throat, which caused a sharp and sudden cough. I applied again to our family physician, who pronounced it laryngitis, and afterwards, with counsel, pronounced her case to be one of bronchitis and laryngitis too. Her cough has not subsided under their treatment, but has increased, and terminated in hoarseness. She is very delicate, and takes cold very easy on exposure to the air. Lately her difficulty has increased very much, so that her throat is so sore that it troubles her about eating or drinking, and she has again expectorated blood. She is thirty-five years of age, was born in the West-Indies, from whence we came to this place. Her mother died with inflammation of the lungs. All treatment that she has received thus far has been unavailing. Having heard of the remarkable cures effected by you, I determined to apply to you for assistance in her case, and hope that you will prescribe for her. Had my business been of another nature, I should have gone with her to Troy to see you personally; but I can not, for I am a bookkeeper in a large house in this city, and am obliged to be on the spot.

I beg to refer you to the following houses in New-York City, who know both me well and the firm I am with.

Please answer as soon as you possibly can, with prescription as to treatment and diet. Do not be afraid of being lengthy. Particularize every thing to observe—exercise, etc. Send by express, and draw upon me accordingly.

Yours, etc., H. LAUZINGHAM.

NEW-ORLEANS, August 20, 1860.

DR. ANDREW STONE: DEAR SIR: On the afternoon of Sunday, the seventeenth instant, your box, containing the medical treatment for my wife, was brought to my house. She commenced the treatment, as per prescription, on the nineteenth, and has felt well after inhaling the tonic vapor. Several times, when she has been troubled with cough and irritation of the throat, she has united the Balm Vapor, and taken the *Bronchial Emulsion*, which have relieved her cough and subdued the irritation in her throat measurably.

I have given your cards and circulars to many of my acquaintances who are sick, and they intend to write you for medicines. I assured them I had the greatest faith in your system, which was the only one that reason approved of. I have given some of your cards also to Dr. Boulein, of this city, who told me he would write you and get some of your medicines for one of his patients—a gentleman of this city, who is badly troubled with asthma.

Thus far, my wife is doing well. I was much afraid of the influence of the first cold weather of this season; but I am happy to say that it has had no bad effect upon her. I shall write you at the end of this month.

Yours respectfully, H. LAUZINGHAM.



NEW-ORLEANS, September 17, 1860.

DR. ANDREW STONE: DEAR SIR: Will you be pleased to send me by the safest conveyance, the express, two bottles of your *Bronchial Syrup*? My wife derives the greatest benefit from your Syrup.

H. LAUZINGHAM.

NEW-ORLEANS, February 6, 1861.

DR. ANDREW STONE: DEAR SIR: Will you be pleased to send me by express two bottles more of your *Bronchial Syrup*?

My wife has had a slight cold, which caused a little return of her cough, but is again improving. She wants me to get two bottles of your *Syrup*, which has done her a great deal of good, in connection with your inhaling remedies.

Pray cause them to be packed in such a manner as will secure safety and prevent breakage on the way.

Yours, etc.,

H. LAUZINGHAM.

### Practical Remarks.

We introduce this correspondence and statement of this patient's case here, together with a method of our treatment, and it is arranged with such a system, the facilities of its administration are so complete and so ready under all circumstances, even in the most aggravated forms of disease pertaining to the throat and lungs, that it can be forwarded to all parts of the world, and adopted at the home of the patient with the most happy and gratifying results, as the above case will show. Six months after Mrs. Lauzingham came under our treatment, we had advices from her husband that she was so far restored from her cough and inflammation, (laryngitis,) that she could bear any changes of the weather in the winter, without being unfavorably affected; whereas, in the summer in New-Orleans, when she first came under our treatment, she was unable to go to the door without being threatened with a serious cold, and aggravating her cough alarmingly. It will be well to again say here that accompanying all our medical prescriptions, we make every provision for the diet and hygienic management and treatment of each patient, enjoining the absolute laws of life and health to be observed and carried out in full harmony; and it is our strict requirement on the part of our patients to rigidly enforce the laws of hygiene which causes our treatment to become so efficient.

**A striking Cure of a most aggravated case of Loss of Voice, (Aphonia,) Laryngitis, Bronchitis, and Hoarseness, complicated with great Derangement of the Digestive Functions.**

*From W. S. Aumock, A.M., Principal of the Amsterdam Academy, Amsterdam, Montgomery County, N. Y.:*

DR. STONE: DEAR SIR: About a year ago, I took a severe cold one day, and awoke the next morning to find myself literally speechless—not being able to utter an audible word. Thinking it to be a temporary hoarseness, to which I had been occasionally subject from over-taxation, or protracted use of the voice,



I neglected it for some days, trusting to the recuperative energies of nature. Aphonia still continuing, however, I began the use of domestic remedies recommended by various friends ; then applied to a regular physician, who prescribed gargles and used the probang, with slight relief ; then tried a few of the infinitesimal doses of the homeopathist ; but all would not do. They did not reach the *seat* of the disease, which was chiefly in the larynx, and apparently extending toward the lungs.

In the mean time, I was obliged to resume my school-duties, which, of course, were performed chiefly by proxy, under my personal supervision, but with great inconvenience both to myself and the school.

At last, when I began to despair of a cure, after repeated trials of six or eight weeks, and a change of vocation seemed almost imperative, I was referred to Dr. Stone, of the *Troy Lung and Hygienic Institution*, as most likely to restore my health and speech. Like a drowning man, I caught at what, I frankly confess, I then considered as a *mere straw*, and paid him a visit.

He pronounced it at once a serious case of "*disease of the larynx, throat, and bronchia, with complications of derangement of the digestive functions,*" to which I had been for years more or less subject, but was confident of effecting a cure by general and local treatment. So ready and clear was his diagnosis of the case, and so confident was he of success, that I gladly and trustingly placed myself under his care and directions.

The inhalation acted almost by *magic* on the vocal organs, and in three days I was able to resume my official duties in the school-room, conducting all my recitations personally ; while the use of the general remedies, with the dietetic and other sanitary observances prescribed, gradually restored all the functions to their normal activity, and in less than a month I was in better condition of health than I had been for years before.

I make this statement as an act of justice to Dr. Stone, and with the hope that I may, through him and the Institution he represents, be of some benefit to suffering humanity.

W. S. AUMOCK.

AMSTERDAM, New-York, July 10, 1862.



## Section Twenty-First.

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Marasmus, or a Consumption of the Tissues and Vital Fluids of the Body.  
Self-Immolation, or Sacrifice on the Altar of Passion, the Cause for the Early  
Physical Degeneracy of the American People.

THUS far we have been engaged in describing a class of diseases which have a peculiar tendency to affect the lungs and respiratory organs—the seat of life and vitality—and to terminate fatally, but too often, in that melancholy manner so long and so generally known as Pulmonary Consumption. We come now to consider Consumption under another, and it may be said with truth, a new form of disease, known as Marasmus.

What, then, is Marasmus? As Tubercular Consumption is, generally speaking, at first a local disease, a consumption of the lungs, so Marasmus is a consumption gradually, and comparatively speaking, of the whole, entire body, both nerve and muscular tissue, the juices and blood of the system—in fact, the vital fluids. The attentive and interested reader can not fail to have noticed, in the statistics given, the great fatality heretofore of Pulmonary Consumption. It is equal to one fourth or one fifth of the entire bills of mortality throughout the United States. But as all-pervading and as fatal as Tubercular Consumption is, Marasmus is equally as fatal and as generally prevalent. It, in fact, constitutes that great characteristic national malady known as Nervous Debility, which leads to early *physical*, and it is greatly to be feared too often, *moral* degeneracy and *premature* decay.

Go where we will, look about us on every side, in nearly every family, on the street, and in the social circles of life, wherever we resort, we find depicted before us in the emaciated and withered forms, sickly, sallow, or pale countenances, a race of people whose shapeless, withered, and ill-formed organisms indicate but too strikingly and truthfully to the reflecting mind, the physiologist or the philosopher, that some great fundamental law has been seriously violated. The ruddy hue of health, the florid countenance, the lustrous, sparkling eye, the ruby lip, the well-developed limb and rotundity of muscle that carried strength and vigor in each succeeding step, that characterized our ancestors of some fifty or sixty years since, are fast giving



place to a succession of offspring of diminished stature and depreciated form, marked by pallid countenance, pale and bloodless lip, an eye of dimmed lustre and vigor, ill-formed and shapeless limbs, a trembling, tottering gait—the whole forming a representative of decrepitude and decay.

In view of the fearful mortality of these two great classes of maladies, namely, Marasmus and Pulmonary Consumption; and when we take into consideration, at the same time, the great waste of mankind by Scrofula, and a thousand other diseases of an acute and chronic nature, are we not led to ask the question: How many deaths occur naturally—that is, by the natural wearing out of the body, the casket that contains the immortal gem, in the manner that Omnipotent Wisdom designed, independent of any organic disease? In view of these facts, the law of statistics, are we not forced to the melancholy conclusion, that nearly all deaths now occur unnaturally and prematurely? Do we take into consideration, that just in proportion to the physical depreciation of the vital stamina of the body, come the shortness and uncertainty of human life? A whole generation is born, and passes from the stage of existence within the period of thirty-three years, in the United States! There can not be, then, but one natural death in five hundred, if there is in five thousand! The awful conclusion forces itself upon our reason and comprehension, whether we will heed it, whether we will realize it, or not, that nearly all the deaths that now occur are, in a word, and in fact, suicidal in some form or other.

It was no part in the design of Omnipotent Wisdom, in the creation of man, that he should be continually suffering with disease, with pain and physical disability, and pass from the stage of human action so early and so prematurely. It will be vivid in the recollection of many of my readers, that this was not the case with our immediate ancestors—even our own parents or grandparents. We can recollect the time when our race lived to reach a ripe old age; that people in advanced life, both male and female, were met with in society almost as common as to meet with the young. They stood up before us in the majesty and dignity of full and well-developed physical forms, uncomplaining and unaffected with the innumerable pains and aches and symptoms of decrepitude and decay that mark the present race on every side. Their exit from the sphere of existence was not marked, as now, by the frightful ravages of disease. They laid off the physical body, when it had fulfilled its purposes, as we deliberately lay off a garment, and life took its exit from the earthly tabernacle as calmly and as sweetly as the gentle flickerings of an expiring taper. The noble casket had fulfilled and accomplished its work in the earthly



sphere of developing that immortality which it contained, and preparing it for a new and sublimer mission beyond the portals of the grave, which it was prepared rightly and naturally to occupy. No ardent tie of parental, of filial earthly affection was suddenly, rudely ruptured; no keen poignance of grief like that which attends the too often sudden, unexpected exit of life that is met with now in childhood and in youth, where the happiness of homes, of firesides and domestic circles, of nearly every family, is almost daily blighted, and a gloom cast over the prospects of life, and the mother's heart lacerated with anguish and appalled by the unexpected invasions of the "Fell Destroyer," which takes from her a beloved daughter just blooming into adolescence and womanhood, and which is removing the rosy hue of health and paling the cheeks of surviving sisters. Or the energies of some fond and doting father are crushed by the sudden removal of a beloved son, in whom were centered the hopes of future promise of greatness, of genius, and talent—blighted by the mildews of life, mysteriously, while yet on the threshold of human existence, by *causes* by *him* unthought of, that had insidiously invaded the physical constitution, as the serpent which winds its coils silently and certainly around his victim, and crushes his vitals before any danger to life was anticipated. Occasionally we see some aged person—some revered father or mother—a type and fair representative of what our race *once was* in physical, vital stamina, and in the enjoyment of the blessings of health. Such a person has seen three whole, entire generations born and pass from the stage of being, and yet he has remained in this mundane sphere.

Do we take into consideration and profound reflection, as we ought to, the *causes* and the *consequences* combined in this one great truth? *And what are they?* Does it not become our solemn duty to inquire into the causes for such awful effects—for such an awful devastation of human health, destruction of human life, and physical degeneracy? The cause can not be attributed to any change in our climate, for that has improved in healthfulness as the forests have been leveled and the soil cultivated, and the malaria or miasm that affected the early settlers has disappeared from among us. *Our climate, therefore, is as healthy, proved to be so, as that of any other civilized country on the face of the globe.* The sin, therefore, lies at our own door. The responsibility then belongs to every individual.

The truth is, we have come to place too low an estimate upon human life, and consequently upon human health. In our rage and thirst for wealth, God's greatest blessing to man has been overlooked and disregarded; and in seeking for wealth, we have embodied the very ele-



ments of our own destruction—the luxuries of life. Gold, though a good, is not the greatest good; yet it is so esteemed, and worshiped more profoundly than all the attributes of the supreme Creator; and by a conventional law of society, man is estimated by his fellow-men just in proportion to his earthly possessions of dollars and fading, evanescent riches, instead of true worth and the genuine principles of humanity. Does it not become, then, a source of great humiliation that man, created in the image of his Maker, and embodying to a certain extent all his attributes, shall so traffic and sacrifice his moral principle and decision of character, which alone can make him a man, for the merest dross, which, when possessed, only allures him, like so many floating baubles, upon the ocean of life, and in the end make shipwreck of his highest happiness and his eternal enjoyment?

Let us pause here for one moment, and reflect upon the momentous truth embodied and expressed in this short sentence just narrated. How few among the great mass of mankind who daily live have any higher motive in life than the acquirement of money and the commodities of life which that will buy, which, when obtained, prove the very destruction of their health and the true enjoyments of life! In a word, it defeats the very purposes of Omnipotence, in curtailing our earthly sphere of existence. Such is the appalling fact, that the evanescent fashions of society, purchased by gold, bear a most tyrannical sway over the souls and bodies of men, to that extent to demoralize the highest principles of their nature; for knowing as they do the deleterious influences of habits, their modes of dress and manners of living from day to day, in the devastation of health, and its evil tendencies to their life, that they will sacrifice the latter rather than to cultivate the moral decision to give up the former.

There are no arts that we possess, no material principles of science, no lessons in education, moral ethics or political economy, or the science of human life, that have not had their precedents in the histories of other nations and other empires of the world—even republics, if you please—that have preceded us. Go to Greece and to Rome. Read the *Decline and Fall of the Roman Empire*, by Gibbon. Go even to Sparta and Athens, Carthage and Thebes, and you will learn that centuries ago those states possessed and wielded power and greatness just in proportion to the possession of sound physical and vital stamina. The same history will tell you, at the same time, that when they accomplished their purposes of controlling the empires of the world by the authority of might, they became relax and negligent of the natural and rational means and agencies that had given them the stamina of greatness; they became devotees to the luxuries that



their wealth and earthly possessions bought them, and consequently their luxurious and indolent habits of life sapped the springs of sustenance, demoralized and degenerated in their nature, and each nation in turn became subjugated by the stronger, and they again in turn, by the power of wealth or earthly possession, became degenerated. It is the very possession of money or wealth that induces the very artificial habits of life that in turn sap the very physical and moral stamina of our nature. Though, in the language of the poet, "happiness may be all our being's end and aim," still that happiness can not be realized in the pleasures of acquirement of the refinements of life which the luxuries of money produce.

Pause and reflect, then, and behold the inevitable law of Omnipotence which underlies the human action and penetrates through all human motives. See the awful end of divine justice and divine compensation keeping pace with the progress of society, and holding in check, as in the majesty of *divine equity*, the *meted penalty for every violation, whether physical or moral*. Behold, then, in our awful physical suffering, in the sacrifice of our health by the innumerable diseases that we have of *modern origin, the offspring of civilized society and our fashionable habits of life*. Thus the modern diseases which come to mortify our nature, and bring us back to reflection to know what are the designs of Omnipotence in the creation of our bodies. Will you not perceive, then, the awful, appalling truth that comes to you to teach you, in your effeminacy, in your physical debility and *impotence* of your *physical, vital stamina*? *Your failing health; the early decline and sacrifice of your children; the pains, anguish, and physical tortures and lacerations of disease; the melancholy decline of childhood and the early sacrifice of youth; the blighted hopes of ambition; the disappointments of life, and the mortifications so often felt when called to yield up the possessions and the goods of this world that you have coveted so tenaciously, by an early, unlooked-for death; all conspire to show you that you have calculated your hopes of happiness upon fading, fleeting, and erroneous principles*. The truth is, the motives of mankind imply in their daily life and conduct that they look to the *sensual pleasures* of this world for their happiness and enjoyment, as though this was the design of Omnipotence in their nature and their being. So much so has this become the feeling, ah! the education of childhood, youth, and of advanced years, and so much is it acted upon and carried out in the practical details of life every day, almost universally so, that the motto is, though a painful one to reflect upon: "A short life and a merry one."



How true it is that life in the United States of America, at least, notwithstanding the fact that its present inhabitants are the boasted descendants of the Anglo-Saxon and the hardy pilgrim fathers that early peopled this continent but a little time ago, has come to be most melancholy short—but a span! “Know you not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own.” Your life, then—the Holy Ghost it should be—your immortality, which the tabernacle, your body, possesses, and which you hold with such an uncertain tenure, is but a trust from Omnipotent Wisdom, a loan from God, your Father. What right, then, have you, what right have mankind to thus recklessly sacrifice their health, and “pull upon themselves swift destruction by the work of their hands,” and precipitate themselves uncalled for on the shores of an unknown world years in advance of the designs of Omnipotent Wisdom?

In the present unnatural manner of living, the artificial, forced habit, as it were, of developing childhood and youth, the mysterious and conflicting passions of their nature, which should have lain dormant yet for years, are brought into play and into conflict. It is then amid the giddy mazes of this world, the allurements of fashion, the stimulus of ambition to pride and vain show, that the intrinsic value of health is forgotten; it is not inculcated.

A bed of sickness is the greatest of all levelers on this side of the grave. It is when health is sacrificed, pain and anguish seize the body, the system becomes enervated, strength has failed, the appetite is gone, the brow becomes fevered, and nights are made weary from sleeplessness and restlessness, and the grave yawns so unexpectedly to receive them—it is then that reason and reflection for the first time assume their throne, and the contemplation of a life which is so *early to be laid down* is brought into serious reflection, and the momentous value of health begins to be realized. *It is then, for the first time, on the brink of the tomb*, that life to the possessor becomes of value, and the consideration that he is now to be *precipitated so prematurely*, so early beyond that “bourne from whence no traveler can return,” becomes *direful and appalling*, and in the language of the poet Young: “Ah! what thoughts shall hover there!” Yes, better, far more consoling would it be for every one who is so recklessly and prematurely sacrificing himself, were he to take and *ponder upon these reflections*, in anticipation of the inevitable result of a *reckless disregard* of the *supreme laws of life*, and, by so doing, prevent such direful consequences.

These truthful preliminary observations respecting the certain ten-



dency of our race to early physical degeneracy open the way to the consideration of the subject of Marasmus and its causes. We have already alluded in explicit and, we think, striking language to the not only *apparent* but *real* condition of a general physical depreciation. For such an *effect*, the reader will understand, there must be an adequate *cause*. Laws inexorable in their condition govern our physical, mental, and moral nature; and when these laws are violated, the penalties belong to us, and not to the supreme Law-Giver. To convey to the reader a full comprehension of the nature and meaning of Marasmus, we conceive that it can be done in a series of personal narratives better than in a general history. And here it is necessary for us to suggest that we have for many years been actively engaged in an extensive practice of medicine, filling a department that has brought to us for advice and treatment vast numbers of those in the early stages of existence in childhood, in youth, adolescence, and more advanced life. As we have before mentioned, circumstances in the early part of the author's life induced him to devote great attention to a *special* department of practice in Pulmonary Consumption. This opened the way many years since to the discovery of a great mortality in the early periods of life, in childhood and youth, from wasting forms of disease that in reality implicated the *whole system*, and did *not* locate at the lungs, as had been supposed, although the impression was to the patient, or to the parents of the child, or the immediate guardians of the patient, that such was Pulmonary Consumption. But as science had developed such new light, aided by new and certain discoveries, the pulmometer and double stethoscope, the author was enabled to determine whether the lungs and vital organs were diseased or not. Finding to a moral certainty that such general *wasting diseases*, in the large majority of instances, did *not* implicate the lungs in consumption, he was led into profound thought and reflection and consequent investigation to know the cause for those maladies so generally prevalent in the early periods of life, and often proved most melancholy fatal, bidding defiance to every proffered aid that art and science then seemingly possessed.

This class of more *modern maladies* which in time came to receive the name of nervous debility, assumed a diversity of shapes and features, taking on almost, in many instances, indescribable external symptoms and manifestations. A personal history of one, two, or more cases in each different class — as some one or more of the vital organs appeared to share more extensively in the sympathy of the morbid effect of the primary action — will be necessary for a full comprehension of them.



## CASE No. 1.

A CONSULTATION brought to our notice a young man, accompanied by his brother, as an aid and protector, from a distance, whose age was fifteen or sixteen years. Naturally he had a remarkable and superior phrenological and mental development. He was precocious, and nature had given him early marks of intellectuality and capacities for future greatness. He presented to us a body that was but a frame and a skeleton, which once had possessed muscles, doubtless well developed, unquestionably limbs that had been well formed and rounded, and which had exercised vigor and strength; but now he was emaciated and but a shadow of what he once was — a living skeleton of bones, with some withered, dried, as it were, integument covering them; his countenance filled with wrinkles, wearing the aspect of decrepitude and decay, and apparent old age, while yet but little past the period of puberty.

In conducting our investigations to ascertain the true physical condition of the lungs, a necessary removal of his apparel exposed his body, which almost struck us, even in our professional capacity, with the gravity that years of experience had brought us, with a shudder and awe. He was attenuated to such an extent that his stomach and abdomen were inverted, and almost approximated the spinal column; the *liver* had become shrunken and withered from that once large and spacious gland, which is the largest in the human system, to a state of atrophy; the *mesentery* and glands of the bowels had decayed; he hardly seemed to possess a pound of blood; the fluids and juices of the body were dried up and gone; his heart beat feebly; his pulse was but a thread; the lungs were organically sound, but their function was carried on very feebly, the breathing being very slow instead of accelerated as in tubercular consumption; the prime function of the bowels was so arrested by torpor and inaction that there was scarce a movement once a week. Other functions of the body were quite abnormal. His eyes, which had once been full, were now sunken in their sockets; the sense of hearing and seeing both were much impaired. Yet he had *no cough, nor ulceration of the lungs*; neither was there any organic disease of the heart or the stomach; but yet all these organs were deranged in their function, without any structural disorganization; his voice was sepulchral, and he appeared like a mournful spectacle of some unfortunate youth whom chance or misfortune had left on some deserted, depopulated island, where sustenance had been out of his reach for months.

Marasmus, certainly, is a correct appellation for such a disease — for such a wasting of the tissues of the body. *What could have been its cause?*

## CASE No. 2.

J. W., aged twenty, accompanied by his father, came from a distant part of the country to consult me. His health had been failing gradually for some four or five years, though he had been able to do some light work until about one year, when he had abandoned, from failing health and strength, all attempts at labor. His appetite was good, even to craving—*it was vitiated or morbid—and food was taken in large quantities, prompted by this voracious appetite, and,*



*though rarely attended with oppression or uneasiness after eating, yet he did not feel nourished or strengthened by what he ate.* This was surprising both to him and his friends. He had *no cough*; his breathing, as in the other case, was not accelerated, but feeble and rather languid. He was not so emaciated as in the preceding case, yet was extremely debilitated, and troubled with *intense palpitation of the heart* on making any undue exertion, like attempts at much exercise, walking, or ascending a hill or flight of stairs quickly. Indeed, this palpitation troubled him frequently, he told me, at the latter part of the night, when he would awake out of some frightful or startling dream, when he would discover himself under a kind of shock or shudder that produced great apprehension, which would be succeeded by a feeling of great lassitude, despondency, or dejectedness the day after. These paroxysms occurred from once to twice a week. He had lost all disposition or feeling to go into society, feeling a strong disposition to solitude and retirement, though he had been sprightly, and cheerful, and fond of society and the company of the young and his companions. He had great languor of spirits and prostration of physical strength. He was troubled with cold feet and an irregular determination of blood to the head, though the countenance and lips were pallid. His articulation had become affected to hesitancy, and, by strict observation, we discovered that it was not from any paralysis of the organs of speech, but from a failing memory in the use of words in particular, which troubled him exceedingly to express even his own wants. He had become petulant and childish.

### CASE No. 3.

D. J., a young man, aged twenty-three years, came all the way from Monongalia county, in Western Virginia, last summer, to consult us in regard to his condition, which was a deplorable one indeed. The instant that he entered our office we perceived at once, from the downcast look, retiring eye, and inexpressible cast of countenance, the nature of his pitiable condition. His gait was feeble and tottering, and he trembled at every step, conveying the impression of intoxication and decrepitude combined, though he was not a victim of intemperate habits. He was a counterpart in every respect of case Number One, with many additional features of an almost anomalous character. His voice was already weak and tremulous, and he conversed with great hesitancy and slowness, lacking command of words or ideas to make known his wants readily. An instantaneous view of his phrenological organization satisfied me that he was not naturally idiotic or imbecile, for his organization was one of superior cast, possessing large perceptive and reflective, with a fair balance of the moral faculties. Naturally his organ of language had been large, but, as in the first case, those once full orbs were low in their sunken sockets. The expression of the eye evidently carried the impression of self-degradation and self-condemnation that both his mental and physical suffering were from a self-induced cause. His countenance was extremely sallow, resembling that of a corpse more than of a living person. His body was extremely emaciated, and the skin wore a most unhealthy aspect in every part, and to the touch presented a clammy, cold, and almost repulsive sensation, with an odor extremely disgusting and



sickening, so much so that for several days after being under treatment by medicated baths he sickened his attendant, who was a stout, healthy man. His body, in every part, as well as every vital organ, seemed to be withered and wasted to the greatest extreme. His pulse was small and thready, indicating a feeble action of the heart and a prostrated condition of the nerve-forces—in fact, a complete marasmus or consumption of the spinal nerves, known as *tubes dorsalis*, combined with a consumption of the mesenteric glands of the bowels, as in the first case narrated. The function of the bowels was almost suspended. The secretions of the kidneys were of that peculiar character known to urinary pathologists as phosphatic, being pale and thin or white and milky, indicating extreme loss of the phosphates, which elements compose the brain and nerve-tissue, showing in this, as in all similar cases, generally a wasting of the nerve-tissues exceeding all supply by nutrition and assimilation.

He expressed himself of having the most curious and unpleasant sensations down the spinal column, a sense of crawling and creeping, as though insects were burrowing in his spine. His sleep was disturbed by dreams of a most unpleasant character, with the impression that some miniature beings, like fairies of an evil nature, came to him and whispered evil thoughts in his ear, which excited his imagination, that would induce a physical or pathological effect upon his body, that caused him to awake with a shudder to think of the deplorable condition that he was in, presenting the awful truth to him, that not only health and physical stamina were sapped, but that the dignity of soul which once animated a sound body was wrecked also never to be recovered here.

What a great field of instruction is presented here in this class of cases to the philanthropic and the conscientious physician who sees mind, immortality, and the dignity of power, that should go to constitute manly greatness, which is beyond the simple scope of the ordinary physician, who can see nothing in disease apart from the simple study of prescribing medicines! But it furnishes to the philosophic metaphysician a key to unlock and a clue to unravel and fathom the mysteries of the great number of multiform complex diseases which are becoming daily extensively developed by artificial habits of life and society of more modern origin. It demonstrates this great philosophic fact, namely, that those numerous mysterious modern maladies, developing such fearful melancholy ravages of health and of life among the young in childhood, in youth, and in middle age, often have their origin in the mind in a mental cause of a passionate, emotional nature; and it teaches also convictions which, alas! come too late to thousands to be profited by—that for these physical ills their source of reliance for a cure is impotent indeed.

We have striking instruction conveyed in the above case which is only a counterpart of hundreds and thousands that we, in our professional capacity, are annually called to witness, who find no skill among the medical ranks, where they are situated and live, competent to meet their emergencies, because their cause has been of the most silent nature; it has run in a hidden and obscure current, and, for the most part, has been unsuspected and unthought of by the parents, friends, or immediate guardians of the youthful sufferers; hence, when the evidence of disease and physical prostration is manifested, external symp-



toms only are prescribed for by the old-school, drug-giving physician, who sees nothing and consequently prescribes for nothing but the present outward symptom or manifestation, instead of tracing effects to their causes in order to remove them. Hence, as we above suggested, we are annually consulted by hundreds and thousands, perchance like the case immediately detailed above, if not personally, by letter and otherwise, by victims just similarly situated, imploring our aid for their relief and restoration to health, mentally, morally, and physically, with the urgent qualification and consideration that their situation shall be kept perfectly secret, perfectly confidential, in our bosom, fearing that their nearest and dearest friends on earth shall apprehend, by the awful suspicion of the inward monitor, generated by the very nature of their disease, the nature of their malady and its humiliating cause.

The way that our claims were brought to the notice of the above-mentioned patient, who traveled alone in his sick and forlorn condition nearly thirteen hundred miles into a strange land to consult us, by the tender regards of an elder brother, who, after reading of the publication of our brief treatise on the "Causes of Premature Decay of American Youth," some three or four years ago, which suggested to him the cause for his brother's declining health, he sent to us and ordered this little volume and placed it in his hands, with the hope and solicitude that it would be to him an angel-messenger of relief.

In giving the history of the above cases, our endeavor has been to state simply the true condition and symptoms of each patient, as they existed, in as truthful and correct style as possible, without any desire to exaggerate or magnify. Whatever much of misery, wretchedness, or woe may seem to be depicted in the forlorn condition of each one, we do not believe it to be sufficiently expressive of their inward mental suffering and anguish, which usually seems to challenge words or human ingenuity in vain. Neither have we ventured, in describing those cases, to hint at the cause which was embosomed to us. Our motive in writing this section is to impart light which has long been needed respecting this hitherto hidden and intricate class of modern maladies, and for the want of which parents in thousands of instances have been entirely ignorant of the cause that consigned so many of their children and beloved offspring to a premature grave.

In all sciences, the study of causes is the most difficult. This is true of medicine, and especially the malady or class of affections forming the subject of this section. Says the late Dr. Marshall Hall: "Medicine without the most accurate diagnosis (discrimination) and the most careful adoption of means to a cure, is mere empiricism; and a criticism neglecting this is futile and unworthy of our possession and discreditable to its author."

Availing myself, then, of the preëminent testimony of such a distinguished physician as the late Dr. Marshall Hall, of London, I shall at



once proceed to impart that light which will show *the cause for such frightful cases of Marasmus*, given in the language of the *victims themselves*.

#### CASE No. 4.

DR. STONE: Your circular described my case so accurately that I can not refrain from consulting you immediately. I feel as though it were a matter of future happiness or a life of misery hereafter, if I did not receive proper medical aid now.

In regard to my symptoms, I will merely say that I have been an invalid for five years, caused by the loss of much semen about that time, and when I became aware of this fact, ignorance and modesty prevented me from seeking proper medical aid. The principal symptoms are, a determination of blood to the head, cold hands and feet, debility and irritability of the nervous system, dyspepsia and liver complaint. But the most unpleasant feeling of all is the derangement of the mind, which unfits me for business or pleasure, rendering me misanthropical and hypochondriacal. I am also troubled with nervous deafness, and a continued noise in the ears, like the puffing of an exhaust-pipe, at every pulsation of the heart; floating specks before the eyes, dislike for society, deprivation of that cheerfulness and buoyancy of spirits which accompany vigorous manhood; seminal emissions, also a dead feeling in the private parts, being seldom or never troubled with erections of the penis; urine pale, with sediment at the bottom resembling brick-dust.

L. R.

#### CASE No. 5.

DR. STONE: Being awakened to a sense of my condition by reading your pamphlet, I wish to seek relief from you. I fear, sir, judging by the symptoms therein named, that I am a victim of this degrading vice, which is carrying many to an untimely grave, namely, masturbation.

About two years ago I was taught how to excite pleasurable feelings by an older shopmate, and from that time until I read your book, some three months ago, I have practiced this vile habit. Would to God that I had seen your book sooner—if I had, I would not this day be what I am. No one knows the agonies of my mind to think that I was so ignorantly led into that debasing vice, which I greatly fear has ruined my health for life. Self-pollution is what I never heard of until I saw it in your little book, and then little did I think I was one of its victims. O Doctor! this is the first time I have made known my fault to any human being, and I sincerely hope you will not expose me, for I need pity more than reproach, as I was blindly led into practicing it. Since practicing this evil habit, I have not had much peace of mind—life has been a burden to me.

I am now in my nineteenth year, and have just begun to work for myself. To think that my own ignorance has so impaired my health at the verge of manhood is enough to break my heart. I make known my state to you because I think you are ordained of God to save much of the youth of the present age from an untimely grave. I am not living with my parents at present, nor do I want them to know my proceedings.

Yours truly,

W. C.



## CASE No. 6.

DR. STONE: I sent to you some four or five weeks ago and obtained your valuable treatise on the causes of the "Premature Decay of American Youth," and I have read the same with intense interest, for it narrates the very cause which has led to the development of my own deplorable condition; therefore I am induced to write you to ask your advice respecting the cure and restoration of my health from those numerous diseases which I am now suffering under. I am now about sixteen years of age, and have almost constantly followed the evil habit of *self-abuse* ever since I was ten years of age until about nine months ago, when I became convinced of its effects upon my health, and left it off. I have noticed when at school, after I had been studying a little while, that I would have a severe headache, accompanied sometimes with emissions through the day. My system now seems entirely prostrated; my spirits are greatly depressed, so much so that I have wished for death a great many times; my back is also very weak; and after eating my meals, however small the portion I eat, my appetite being very limited, I have an uncomfortable feeling as if there were a great weight lying upon my stomach; during the day also I have severe pains in my stomach. I have a great aversion to study and to going into society; fretfulness of temper and an utter feeling of loneliness in the world; upon running a few rods, great hurriedness of breathing and distress for breath overtakes me. I am greatly troubled with emissions of semen at night, after one of which my back will be very lame and have a sort of numb feeling. These are my main symptoms.

Respectfully yours,

A. A.

## CASE No. 7.

DR. STONE: My mind is, if possible, in a worse condition than my body. I sometimes feel as though I should be insane. My grief is so great that I can not keep back all appearance of it, and my boarding-master and mistress have lately discovered it.

When I think of what I was, and might have been, and what I *am*, and when I reflect that I have one of the strongest of American minds, (I say this not boastingly, for Nature gave it to me,) and when I realize what I might have done, and still continue to do for God and humanity, and then when I think again that I am surely going to a premature grave, and that all these gifts that God has given me, so valuable to myself and might be to others—to be wrecked upon the fearful rock of indulgence—it causes a grief which none but those who have experienced it *can* know.

My dear sir, oh! help me if you can—one of earth's sufferers in body and mind—and I will not only give you pecuniary reward, but will also weary heaven with my prayers for your welfare.

Doubtless I deserve censure, but what I need now is warm sympathy. God only knows my anguish of spirit. I have an appointment to preach this evening, and I feel much better fitted to make my bed in hell than to attempt it. I tell you, sir, I am almost driven to despair, even while I write. I fear, with Paul, that after having preached to others, I shall myself become a cast-away.



I often think it can not be that one so guilty as myself has the least ground for hope, here or hereafter.

As I said, I can not study as I wish. Lately when trying to sermonize from the text, "To obey is better than to sacrifice," the truth came upon me with such overwhelming power, that I was obliged to abandon it until the mind was calmer.

Yours truly,

J. T.

### CASE No. 8.

SHELBYVILLE, April 10, 1862.

DR. STONE: I received your book a few days ago; it is indeed a grand book, such a book, I believe, was never known before in this country.

I am twenty-four years of age. I have never exposed myself to any one. I have not been well for three years, and have spent more than one hundred dollars to get well, but it is all the same. I never thought that self-abuse would entail such direful maladies upon a man. I have an everlasting beating (fluttering) about my heart; back, head, legs, and breast are very sore—all brought about by self-abuse. I would like to be cured, etc.

### CASE No. 9.

ST. PAUL, Minn., April 11, 1861.

DR. STONE: DEAR SIR: I received your pamphlet on the causes of premature decay this morning, and have perused it carefully. I think it the best work I ever read on the subject. I have received many of the kind of late, but none to compare with it.

I would be glad to put myself under your treatment immediately—had I the money, I would do so. I have delayed treatment from time to time, hoping that I could conquer and stop the practice, but never have been able to do so for a longer space of time than seven to ten days. The greatest torment I suffer from is a breaking out of eruptions on my face, which is at present literally covered with them, so much so that I am ashamed to show my face.

### CASE No. 10.

DR. STONE: SIR: I am a boy, eighteen years of age, with very little education, a good home and indulgent parents.

Four years ago I began to practice a habit vile and disgusting as it is ruinous to the body and soul. But vile as it was, I indulged myself in it more than a year, before I found that it was hurting me; but when I did find this out, I stopped it. All the symptoms of hurt then were weakness of the knees, and a bad humor on my face. This was in the spring. But the next fall, I do not know what it was induced me to commence again what I knew at the time would almost surely be my ruin. Then, and before that, I believed as I had been taught, that there was a merciful God; but now it is impossible for me to believe that there is any overruling Power that would permit the misery and perfect hell upon earth that has been my portion this last three years. Once or twice since then, I have been almost well; but after I commenced having seminal emissions,



I have grown worse and worse, till I have got so low that I have cursed heaven and earth and the day I was born into this life that others seem to enjoy, but which to me has been so lonely and drear that I care but little for its continuance. I don't know now that I am any worse than I was last year at this time, but I am surely no better.

I have had to work, so that I am strong; but having seminal emissions, I am subject to spells that are horrible. After having an emission, for a couple of weeks my knees will be weak and trembling, my energy all gone, my ears very badly affected, my back almost breaking, and my humor will get worse, and I will suffer misery and anguish which I could not have the heart to inflict on my own father's murderer. After the two weeks are up, I may have a couple of natural days; and oh! the joy and life I then experience are not to be valued in dollars.

I have obtained your little book, and if it should be the means of my cure, I shall value it above and hold it more sacred than all the Bibles ever written; for it would not only save my body, but my soul. I can not continue in my right mind in this condition much longer. For many months I have thought it over, and have about come to the conclusion that if ere long there is not some improvement, I will put myself where I can be *no worse*.

As I said before, I am strong, and have very good lungs. Legs, back and face seem to be most affected. But what seems worse than all is the loss of energy—an emission making me feel so lazy and dull; and laziness and dullness are what I can't endure.

I have been a store-boy some, farmed it some, and have been to sea considerable. I have a good, kind father, who thinks a great deal of me; and I would not for the world have him know what a brute I have made of myself, for much as he now thinks of me, he must then despise me. Sometimes when I complain of feeling dull and lazy, he will lay it all to the bad humor I have in my blood, (all the outward humor I have is on my face,) and press me to go to the doctor and get some medicine. But I know that medicine for humor is not the kind needed for spermatorrhea. Humbly yours, W. T.

### CASE No. 11.

#### Copy of Letters from Miss A. C.

*Case of extreme Marasmus, complicating the Brain and involving the Mind.*

LAFARGEVILLE, February, 1859.

DR. STONE: DEAR SIR: After suffering for six months the most excruciating torture, I think, that ever was endured, I applied to physicians for aid; but all to no purpose. I made up my mind to drag through, feeling rather delicate, still not knowing what my feelings might lead me to do, if not relieved soon. I have worked this length of time, without any energy or ambition.

I suppose you require me to give full particulars. My health for a long time has been very poor. According to the course of nature, I rather gave way to my feelings. The trouble seemed to proceed from the womb, and I was attacked with a disgust towards myself and every thing that was earthly; and



this feeling near the abdomen was so intense that I would tear the hair from my head. I was determined to commit suicide. I have always been troubled with a feeling of this kind.

I am twenty-three years of age; I am very poor, and have to work very hard for my living. I have paid nearly forty dollars for medicines.

I must confess to you that I have been given to self-abuse. Thus far, I have lost all the energies of life. My memory is gone; and I have such a weariness of society and business that I feel deprived of all earthly happiness. My mind runs on to evil, and I feel like taking to all that is evil—to that which would blast my character forever. I have no affection for the opposite sex. When I wake in the night, such a frightful sensation all through my whole system! It seems to have almost destroyed my reason. Can you relieve me of this awful state? It seems to affect my lungs dreadfully. I have tubercles in my lungs. I feel very sick at the pit of my stomach the most of the time, and such a tremor all through my whole system. I am very spare in flesh.

It seems as though I could never wait to get medicine or advice from you. If you will please send the medicines to me, send, and let me know what the charges are, and I will send the money without fail; for I fear that if I should remain in this state of mind, I may be led to do that which would cause my friends to grieve forever. I am constantly imagining evil. A. C.

LAFARGEVILLE, February, 1859.

DR. STONE: SIR: I received your answer to my letter yesterday very promptly indeed.

I felt at first rather delicate in sending, but I began to reflect, and came to the conclusion that my stay on this earth was short; and it was with a sad heart that I contemplated the vice of self-abuse and its direful consequences, and to think that I must be classed among the misguided. Yet I thank God that though he saw fit to give me a very passionate nature, he gave me power to control it thus far, under all circumstances, and to carry me virtuously through. But, Doctor, should I remain in this state much longer, the course that I shall be led to take causes me to shed many a silent tear. As I have a very proud spirit, I have tried to conceal it from my friends, as far as I could conveniently.

When I was first attacked with these awful spasms, I applied to a physician as my only resource; but all to no purpose. He told me that I must not try to control my mind, but do and go wherever my mind craved. I had a perfect passion for telling over my thoughts and feelings, and when occasionally deprived of all reason, and in such a confused state of mind, I would think that I should die were I to conceal it within my own bosom, and I would relieve myself by telling it. The doctor told me that there was danger of my running into a state where I should always remain, or be deranged. Therefore, it was quite a relief when I read your letter to find that you could treat my case successfully. Please excuse me for requiring you to send the medicines before receiving your fee.

Doctor, I desire to give you a brief history of my case; and if you think you can restore my mind back to its proper locality, it will seem to me that money could not repay the debt that I should owe to such a friend. The first painful



idea I had was to commit suicide. This would meet me wherever I went. Finally, my feelings became so intense as to cause low-spiritedness to prevail to the greatest extent. At last the feeling of debility came upon me, and I claimed all to be enemies to me. When people would speak kindly to me, perhaps I would answer them, perhaps not, which was rather strange for me; for it was my custom to treat all affectionately and with respect. The worst feeling of my mind, which is so detestable to all intelligent minds, was, that if I did not commit suicide, I should find myself in a place of prostitution; and those are the awful contemplations of my mind. I feel as though I had lost sight of all earthly happiness—such a loathing and disgust towards every thing, and such a tiresome feeling, that even my food looks disgusting. What most discourages me is that nothing attracts my mind.

Doctor, please tell me the cause of such a numbness passing over my head after writing—almost like a cramp. I frequently have cramps in my limbs, and such a thrilling sensation passing through my whole system almost momentarily, as if I could not stay on earth. That deranged feeling in my head now is assuaged in a great measure. The most of my distress is in the lower extremities of my body. Doctor, you do not think my mind will always run in this way—that friends nor home shall ever attract my mind again? Every thing looks alike to me. I feel just as well in one place as another.

I will now close, lest I weary your patience. Still, I would say that I have had during the past six months a great deal of colorless discharges between each menstruating period, which have seemed to weaken me both in body and mind. All the energies of life seem to be gone. But I will not dwell farther, as it only excites my nerves by so doing.

Yours truly,

A. C.

*Case of extreme Marasmus in a Virgin Female.*

OLD FORGE, 1859.

DR. STONE: DEAR SIR: I have just read your advertisement in a Schenectady paper, and I thought I would state my case to you, hoping that you will try to relieve my great suffering. I would like this to be strictly private, as I intend to open my heart fully to you.

About seven years ago I commenced the practice of self-abuse, which I kept up for a year, (it was a sin of ignorance,) and which brought on dyspepsia and all its attendant evils. About that time I began to have pains in my shoulders. I think as early as that, I had a slight prolapsus. I used to indulge *six or seven* times a day, and afterward it would seem as if my head would burst. I failed dreadfully, was poor and pale. I taught school that summer. Thoughtlessly (it fills me with sorrow inexpressible to think of these things, and I would gladly spare myself if it were possible) I brought on prolapsus and ulceration of the uterus. I also suffered from painful menstruation. My pains began to spread all over my shoulders, and from the commencement of my sickness my nerves were very irritable. I could not sew five minutes before my shoulders would pain me so that I would have to lay it aside. I was wholly unfit for labor, and from that time until the present did not do any thing for myself. At length I grew worse in every respect. My pains spread to every part, and my bones



were so cold in winter, before storms, and pained me dreadfully, especially in my shoulders and knees. I feel dreadfully depressed in spirits, and suffer every thing in that respect. My bones would feel like ice, and pain me beyond endurance. I became very costive.

A year ago I put myself under the care of a lady physician, who treated me for ulceration of the uterus. The treatment seemed to irritate my nerves. I took a bad cold when the uterus was in a congested state, and painful menstruation commenced. After a month's treatment, I had a rash break out all over me, that was like fire in my skin. My skin seemed puffed up; my arms looked a third larger than common. I took some cold while the rash was out, and ague set in, and then I suffered agonies worse than death—such pain and coldness in my bones. I was in bed, perfectly prostrated, six weeks with it. It seemed to be in my bones the worst. My appetite was poor. I got on my feet again, but had more pain than ever in my system. When I would have my periods, I would sweat almost to death, and had to change my clothes the first days several times on this account. When I was around the house I perspired so that if I would lay one hand on the other a moment, it would be all wet. I went by this lady's advice more than a year without any benefit, but I did not tell her, though, what I have told you; I could not bring my mind to it. In six months I had the rash again. All this time I suffered the most dreadful agony. Sometimes the pain was sharp, then dull and heavy all over my shoulders, elbows, and every joint of the body. I suffered such dreadful depression of spirits that I would think I must kill myself. This was last winter. I have thought of suicide, as a relief from suffering, a great many times; I hardly know how I have escaped it.

Now I want to tell you my present sufferings, and then, in the name of God, if it is possible for you to relieve me, do so. I feel like death; I can not endure as much as an infant; I can not sew without its putting me in agony, (less pain when I try to labor;) I can not be on my feet nor walk but very little; the least exertion tires me out; I have dreadful pains all up and down my back before storms; my appetite is capricious; the pains are *bearing-down* ones, (like the pains of child-birth,) and they go to the extreme end of the spine; I have neuralgic pains in the uterus and in my ears; I sometimes dream amorous dreams; I have itching in the uterus; my back is dreadfully weak, especially between my shoulders; my knees are very weak; my nervous system is a complete wreck. Do you think these aches could be the effect of calomel? I have such dreadful pains this minute in my shoulders and breast, right at the nipple. My bowels are regular.

Now, tell me what you can do for my case, and if you help me, God reward you. I am a dreadful sufferer; I could scream in agony this moment from writing, and if you knew how heavy the time hangs! I wish you could feel for five minutes what I do, because then you could feel for me. Whatever you send me I will try to pay for.

I am twenty-seven years of age, have dark hair. Sometimes I have very scanty secretions of urine; at one time the quantity did not exceed a tablespoonful for a day and night, and I had scalding of urine. My mouth feels



dreadful in the morning; for more than a year I had an irritation in my throat when I would take cold, (it is now so all the time,) and a hacking cough.

I must close now. I shall expect to hear from you soon. H. S.

OLD FORGE, 1859.

DR. STONE: DEAR SIR: I have just received your letter, and it told me what I feared it would. Oh! how inexpressibly sad I feel this moment, and how I wish I had never been born!

I thought when I wrote you that, if I got any thing from you that would do me any good, my folks might care nothing about paying it; but my father has paid out so much money, without any benefit to me, that he thinks it is useless; besides, he is not in circumstances to do as he otherwise might do if it was the first time. You see there is none of my folks realize my *true* condition as I do—I have to bear the burden alone. I have no mother to go to in my distress.

I wish it was possible for me to see you for a while, but it is impossible, as it would take more than twenty dollars; if I had it, it would go for that freely. If it was in 'the summer-time I could manage it better, as far as traveling was concerned. Do you wish to make a uterine examination? What is it you want to see me particularly for? If there is any way under heaven whereby I could do in your stead, I will do so—be it ever so distasteful to me—if you will only tell me how.

I do not mean to take any more of that lady's medicine; she used caustic for the ulceration, and it was that, perhaps, that caused the increased irritability of the uterus, for I never had painful menstruation before, except when I was first sick, and then not bad. Do you think my pain is of a rheumatic character, or is it caused by nervous debility? I did not have so much pain until my nerves became so bad. I can remember that after I had indulged in that *vice* the pain would go right to my knees, ankles, and between my shoulders; that was four years or more. Since I wrote you I have had some pain around my heart, and any little excitement increases its action; for instance, when I received your book it set my heart a beating, and when the letter came I felt excited, and perspired some. Do you think it would be advisable to marry under these circumstances? Could you understand my case any better by my sending you some urine? For the sake of humanity, do try and do something for me. If you could know my condition! What will become of me, God only knows. If you can devise any means to treat me without seeing me, for heaven's sake do so.

I will close with many well wishes for your prosperity. H. S.

OLD FORGE, 1859.

DR. STONE: DEAR SIR: I have just received your letter; I am obliged to you for it. I will send you ten dollars in this, and I hope you will do your best for me. I have not been as well since I wrote you as before, owing to the storms we have had. I have just passed a menstrual period. A few days before it, I had pains about the heart, (like neuralgic pains;) I was sewing some when they came on. During the period I began to have pains in the chest, (after eating I first noticed them;) they commenced in the left side and spread all over the



chest; they seemed to get worse every day, and at night my heart beat so that I could not rest easy lying down; I felt a hysterical sort of a suffocated feeling; I did not sleep good for several nights; I suffered those dreadful *bearing-down* pains in the lower part of my back, and the same kind of pains in my joints, and had pains all over. I coughed a great deal just previous to that period, and during the time my throat did not feel sore, yet the air seemed to hurt it; I certainly must have inflammation of the windpipe, or something is wrong there. I am over menstruating and sleep as well as usual. During the day-time I have suffered pain in my heart at the right side, also just at the side of the breast, but it changes and will be all over the chest and in both breasts to the nipple—that is a dull aching pain, but the one at the heart is rather sharp. My mind has been so much exercised at the thought of doing something for myself that it has made me hysterical. My appetite is very poor now, and I belch a great deal of wind. I never had pain in the digestive organs to speak of until now. I feel the changes of temperature very much. I do not go out to walk at all when the weather is very cold, for we have no sidewalks, and it is so cold, and I have to wear so many clothes that it tires me out. I feel the cold very much; warm weather makes me feel much better. I sweat considerably during the menstruation, and now if I exert myself very quick; when I go up-stairs my breath is hurried and my heart beats. I can walk a half a mile when the weather is dry. The secretion of urine is scanty now. Please tell me how many of the chemical baths I would have to take and how long. I have written for some money; if I get it, I will come and see you.

Please write by return of mail.

H. S.

OLD FORGE.

I was disappointed in getting the money I wrote for, but do not give up hopes of coming to see you.

My symptoms are about the same. I am more convinced every day I live that the accursed calomel and mercury in my system is one great cause of my present dreadful suffering. I believe it to be the worst thing I shall have to contend with; I have no faith in any thing removing it but the chemical baths. You know, and I know from sad experience, that I can never have relief, nor can my system ever be invigorated, while I have this dead weight hanging upon me. When the pain in my back gets some easier, I feel as if there was a heavy load taken off of it. Please give me some light on the subject of those baths; do you think it *very* necessary that I should take them? Also mention if they reduce a person much. Does calomel affect the bones? or does it cause acid to collect under the skin and affect the nerves? I want to know all those things; every day seems a week, I am so anxious to have something done for me. I am almost crazy about money.

H. S.

DEAR SIR: Your medicines have arrived. When I commenced to take them the weather was thawing, and I had great pain in my head, also in my eyes, and a buzzing noise in my head. Just before my last monthly I had pains in my uterus, like those in other parts; my skin is dry and hot. The other day I rode a short distance in a wagon without a back, and I suffered dreadful pains in my back and all through the pelvis. There has been a snapping noise in my heart



when it beats. After I have pains in my joints, they are followed by a kind of itching.

I am so perplexed and sad that I would gladly lay me down to rest in the grave, for I have no rest here, no happiness, and this may not be the worst. My heart sinks in despair, and when I reflect on myself I exclaim in sorrow: "When will this weary body find rest?" I will do my best to help myself; may the good Father aid me.

H. S.

OLD FORGE.

DEAR SIR: I received yours and would have replied sooner, but did not feel like writing.

My menses were accompanied with much pain and *weakness* in my *back*—that dreadful *bearing-down pain*. Just as I was getting over them I had a discharge from my bowels as black as tar for four days. My right ear has been sore inside and out, and pained me much; there was also a noise like the puffing of steam in that ear. The pains I suffer in my joints resemble those that follow when the arm is violently twisted, and usually occur on a change of weather. This no doubt proceeds from the mercury in my system; I wish the unprincipled persons who gave it to me could suffer them; this pain nearly torments the soul out of my body. I have great depression of spirits; I feel that death would be a sweet release; I feel that I have nothing to live for, and only do live because I can not die; there is no rest for me on this side of the grave. I can not express the great sorrow of my heart—I have sorrow upon sorrow.

Please write soon.

H. S.

### CASE No. 12.

*Case of Extreme Marasmus and Early Decline. From Miss E. W.*

DR. STONE: DEAR SIR: If, after a knowledge of my case, you can prescribe any thing to benefit me, I shall be glad to have you do so. I think my lungs must be affected, they feel so badly. They feel very sore, both inwardly and outwardly, all around my breast. It hurts me to blow my nose or take a long breath, or talk very loud. They feel worse on the outside, at the side of my breasts, and partly on them—almost under the arm. Sometimes my chest feels as if it were tightened up inside. There is a fullness in my breasts that I can not describe. It is not pain or soreness or burning; yet that is the nearest to it. It generally seems to be in the center of them.

I have spit blood for more than a year. My lungs feel bad when I raise it. When I raise phlegm lately, blood is mixed with it. My throat troubles me, and has an oppressed, full feeling. I keep hawking and hemming, and trying to clear my throat. A yellowish matter, streaked with blood, seems to be in my throat, ready to come up. When I hawk to get up matter, it will hurt my lungs. I raise a whitish mucous matter.

Monthly periods have been regular, but latterly more scanty. I perspire very freely on walking a little briskly.

My limbs are very tired, and my back feels very lame, and my sides feel sore. I have not a consumptive form, (had no relatives die of it.) My breasts are full;



one of them, the right one, is a little sunken in. My voice is not very strong; can not sing.

If you can do me any good, shall be glad to have you prescribe for me.

E. W.

*Second Letter from Miss E. W.*

Your communication is received. I am much worse than when I wrote you before. Things look dubious to me now. I am in such a bad condition, I never expect to be cured; but if you can benefit me enough to be of some comfort and assistance to myself and friends, I desire your treatment. I am losing flesh and strength. My whole system seems to be exhausted. There is a very disagreeable feeling in the lower part of my abdomen—a *bearing-down* pain which prevents my walking very well.

You judge correctly that the sexual organs are diseased. I have an itching of the genital organs, and a burning after urinating, and a sharp pain directly over the urinating orifice. There is a *drawing* and pain about the navel. My monthly is attended with this *drawing* pain about the navel. I have a creeping or fluttering sensation about the genitals.

You doubtless will not wonder as to the cause of all these feelings and disorders. I am convinced that they proceed from self-abuse, commenced eleven years ago, and kept up more or less of the time until a year ago, when I became convinced of the great cause of these diseases and my great suffering. Why it was I can not tell, only that nature implanted it there. Since I have realized the vice and the sin of it, there is no failing that I have which I have tried more to reform. Sometimes I think if I had married young, it would have been better for me; but I have no desire to marry for the sake of the gratification alone. I believe that higher, holier feeling should govern this bond than sensuality.

My urine varies in color—sometimes very highly colored, depositing brick-dust sediment. Simply turning over in my bed, the other night, produced a violent palpitation of the heart. I am restless and wakeful nights; some nights I can not sleep more than an hour. I have cold chills at nights. My hands and feet sweat a cold, slimy perspiration. I have a burning flush on my cheeks. After urinating, a whitish, slimy matter passes off. The reason I can not sleep well is owing to an uneasy fluttering feeling in the abdomen. I am generally costive. I have neuralgic pains in my shoulders, limbs, and points of the elbows.

Now, Doctor, here is a truthful description of my melancholy case, which I unbosom to you, and what I believe to be its cause. Now in making up your prescription, do not write any thing in any way to lead my parents to suspect what has been the cause of my follies; for I sinned through ignorance, and now that I see and feel its effects, it grieves me bitterly to think that one possessing my intelligence and endowments, should have lived to have prostrated herself so low by giving up to passion. *Try and do your best for me. I have the greatest confidence in your skill and ability.*

E. W.

MRS. DOCTRRESS STONE: All my life has been one continued struggle against that insidious, wily destroyer that is paling so many cheeks, and laying prematurely in the grave our fairest forms.

In my childhood, I was unfortunately placed, being obliged daily to be in the



company of men whose outward lives of holiness effectually screened their hearts of corruption and their vileness from the eyes of the world. I was associated with such from my earliest recollections, and ignorant of their evil consequences, contracted those habits which are gradually but surely undermining my constitution. I was not aware of the just retribution which follows the violation of nature's laws until I had attained my full stature. I have long striven hard against these excesses, but it seems that habit is stronger than will or resolution, for I am not able to obtain the mastery over the impulses of a disordered system. I write to you, hoping, etc.

S. P. L.

## CASE No. 13.

*Case of Nervous Prostration and Mental Despondency and Marasmus, from the same cause.*

DR. STONE: It is with shame that I inflict on your notice these lines; yet it must be done, for I am dying, perhaps, slowly but surely. Please bear with me, while I give you a brief sketch of myself as I *now* am; and then, sir, if it is within your power to give me relief, I pray you do it.

One year ago, I was a strong healthy, fleshy girl; now I am poor. To all appearance, I am almost old enough to enter the "old maids'" circle, though my age is twenty. I do not care for society, except it be that of my intimate friends; but I love solitude, getting alone where I can think and dream undisturbed. Still, it does me no good, as my thoughts are always of my condition and what it will be; and I sometimes think I will put an end to myself. But I have one to live for who is as pure as the heavens above him, and I shall exert myself to keep him so; for I think that however low a woman may be, she can use her influence over others, either for good or evil.

I suffer hourly from a pain in the back, finding relief only when lying down. My back also is quite weak, and it is sometimes covered with little pimples, from the shoulder to the waist. I suffer also from a loss of memory, dizziness of the head, palpitation of the heart, hurried breathing on ascending a hill or flight of stairs, etc., all of which will lead you to surmise before this the cause of my misery. Therefore it will be useless for me to say that it is caused by "self-abuse." O God! would that such things were never known!

In your reply, please state which would be the safest and cheapest way to have my medicines come—by mail or express.

I have read a number of advertisements, but something told me that yours was one of truth; hence my determination to write you for advice.

Miss J. A.

## CASE No. 14.

DR. STONE: DEAR SIR: From reading your advertisement a few days since, being one of suffering mankind, I am prompted to consult you for relief, if such can be given. I have been complaining two years last spring, and had taken several colds the winter before. About the time I first experienced that I was not healthy, I was taken with a heavy, dragging sensation, much heat, and



transparent coagulated discharges from the vagina. Although I complained much, my friends did not consider me sick. They little knew what I suffered, or I might perchance have now been well.

I took medicines for the first year to no effect. I have felt a heavy sensation only after exercising, together with a feeling as if there were ten thousand strings drawing in so many directions through the lower part of my body and hips. At the menstrual period, the discharge was clotted, muddy, and much mucous, ropy mixture. My bowels are constipated, and at the rectum I have a painful sensation, as if there was a string tied as close as it could be drawn—(a primitive expression, but gives the best idea;) and I have cold chills always after retiring. My eyes are weak; I have neuralgic pains in my head and face.

You will perceive readily what has been the cause of all my painful suffering. I have been the victim of a pernicious habit, little thinking of the consequences, until my sufferings and the reading of your valuable treatise on "Premature Decay," have caused my eyes to be opened to its direful effects. I am desirous of being cured, if there is any help for me. I am anxious to know what you think of my case, and if you can perfectly cure me, and what is the expense. My means are limited; but I would sacrifice all, if health, through your efforts and the mercy of God, could be granted me.

Please let me hear from you soon.

E. W.

The above authenticated letters describe, in the vernacular of each patient, what are some of the causes for Marasmus and the early physical degeneracy and decay so extensive among the young, in language more potent than we can describe or command; for it comes from the very heart of each one under the stimulus of pain and anguish, and inspired and dictated under a deep moral or mental emotion which the vice had produced. In transcribing these to our volume, we have done it in good faith, maintaining the fidelity which we assure our patients and our patrons that we will ever keep most sacredly locked up in our breast. We make them public because they convey in language better than we can do, (even from our great experience in this department,) and the state of the community and its needs—language coming from the inner consciousness of their natures—the convictions of their own feelings amid pain and suffering and death; and when thus expressed, it will reach others in a similar situation more effectually than we could hope or presume to do; hence we feel it to be a moral duty which we conscientiously owe to suffering humanity and to mankind in all coming future, to publish them.

We did, indeed, intend to go into a full and explicit detail of the history of the vice which those letters portray, taking it in all its bearings from infantile life upward to manhood, and give our views for the many exciting causes for its development in earlier life, as it so generally prevails beyond all thought and expectation of parents or



guardians; but we find that it is swelling this book too largely, and we have had to deny ourself the long-contemplated anticipation of publishing such here; but shall go on as diligently as our numerous professional labors will permit, to prepare as perfectly as we have ability to do such a work in a very complete form, embodying and transcribing all the feelings and sufferings from many, many patients. In that work we shall go into the moral and social cause for the extension of this bitter vice. We shall dwell at full length upon the evils of premature development and firing of that passion which should, as we have before expressed, have lain dormant in the constitution for years, until the physical system was matured; and it should have been brought into action by a healthy stamina and vigor of the physical constitution itself; and not forced by a hot-bed system of artistic culture and lashed into fury and tempestuous storm, which not only threatens, but actually does submerge the mass.

Desiring not to take upon ourself an undue amount of odium or unjust censure—we might more truthfully call it persecution—that our other little work subjected us to some years ago, which we at the time published as an earnest of the same conscientious endeavor towards a discharge of moral duty, to impart light in this dark department of the professional field; fearing the same now that we met with then, if we conveyed too much light on our own responsibility, more than some are prepared, from its frightful nature, to receive without producing a degree of moral blindness, we prefer to corroborate our own opinions, therefore, by making the following quotations from others in the same field with us, and whose opportunities, from their great experience, have enabled them to come to the same conclusions:

“A too great loss of semen weakens all the solid parts; hence arise weakness, idleness, phthisis, tabes-dorsalis, stupidity, affections of the senses, faintings and convulsions.”

Hoffman had already remarked, “that those young people who practice the infamous habit of masturbation lose gradually all the faculties of the mind, particularly the memory, and become entirely unfit for study.” Lewis describes all these symptoms: we shall translate from his work only what relates to the mind: “All the symptoms that arise from excesses with females follow still more promptly, and it is difficult to paint them, in colors, as frightful as they deserve. Young persons addict themselves to this habit without knowing the enormity of the crime, or the physical consequences resulting from it. The mind is affected by all the diseases of the body; but particularly by those arising from this cause. The most dismal melancholy, and



aversion to all pleasures, the inability to take part in conversation, the sense of their own misery, and the consciousness of having brought it upon themselves, the necessity of renouncing the happiness of marriage—*all* affect them so much that they forsake the world—blessed if they escape suicide.”

The symptoms mentioned in the foregoing are a perfect type of many of those seen in cases of masturbation, but there are others, more deplorable, which have been but recently discovered, as arising directly from it—I mean idiocy and insanity, with a total prostration of physical and mental power, which affect not only the unhappy victim himself, but his offspring, and lead invariably to the extinction of the family name.

It is very recently that these terrible evils have been found to be under our control. They have hitherto been considered as mysterious dispensations of Divine Providence, to be met and endured with patience and resignation.

Several eminent writers have already, though but recently, acknowledged the influence of self-abuse in producing insanity and idiocy, with consequent constitutional degeneracy, and have urged the necessity of searching for their cause, in treating these evils. So convincing has this become, that it has been recognized recently in a legislative document, which tells more wholesome truth, accompanied with—I was about to say—more sound reasoning than all the medical treatises heretofore published upon the subject put together. I refer to the “Report on the subject of Idiocy,” presented to the Massachusetts Legislature, in February 1848, by Dr. Howe, in compliance with a resolution of that intelligent body, directing a report upon the subject.

I hope that the publication of that valuable document will be the means of eliciting like truths from other legislatures forthwith; for the influence of such documents, from such sources, will do more good, by preventing the unsuspecting from falling into so deplorable a vice, than all the asylums and medical treatment can ever do by way of cure.

I feel convinced that the time will speedily arrive, when this and similar reports will be eagerly sought for, and their inestimable value freely and generally admitted. My quotations from the report will not only serve to corroborate all I have said and will say in these pages, but also to further and more fully enlighten the public. Dr. Howe’s able, forcible, and convincing remarks, on boldly approaching this subject, should forever silence and put to shame all affected modesty in speaking upon this subject; for many persons aware of its ex-



istence heretofore have been prevented from speaking out respecting it by this false modesty.

“There is another vice, a monster so hideous in mien, so disgusting in feature, altogether so beastly and loathsome, that in very shame and cowardice, it hides its head by day, and, vampire-like, sucks the very life-blood from its victims by night; and it may, perhaps, commit more direct ravages upon the strength and reason of its victims than even intemperance; and that vice is

### SELF-ABUSE.

“One would fain be spared the sickening task of dealing with this disgusting subject; but, as he who would exterminate the wild beasts that ravage his fields, must not fear to enter their dark and noisome dens, and drag them from their lair, so he who would rid humanity of such a pest as this, must not shrink from dragging it from its hiding-places, to perish in the light of open day.

“If men deified him who rid Lerna from its hydra, and canonized him who rid Ireland of its serpents, what should they do for him who should extirpate this monster vice? What is the ravage of fields, the slaughter of flocks, or even the poison of serpents, compared with that pollution of body and soul, that utter extinction of reason, and that degradation of beings made in God’s image, to a condition which it would be an insult to the animals to call beastly, and which is so often the consequence of an excessive indulgence in this vice?

“It can not be that such loathsome wrecks of humanity as men and women reduced to driveling idiocy by this cause, should be permitted to float upon the tide of life without some useful purpose; and the only one we can conceive is, that of awful beacons to make others avoid—as they would eschew moral pollution and death—the cause which leads to such ruin. This may seem extravagant language, but there can be no exaggeration—for there can be no adequate description even—of the horrible condition to which men and women are reduced by this practice. There are, among those enumerated in this report, some who not long ago were considered young gentlemen and ladies, but who are *now* moping idiots, idiots of the lowest kind, lost to all reason, to all moral sense, to all shame, idiots who have but one thought, one wish, one passion, and that is, the further indulgence in the habit which has already loosed the silver cord, even in their early youth, which has already wasted, and, as it were, dissolved the fibrous part of their bodies, and utterly extinguished their minds.

“In such extreme cases there is nothing left to appeal to—absolutely less than there is in dogs and horses—for *they* may be acted upon by fear of punishment, but these poor creatures are beyond all fear, all hope, and they cumber the earth awhile, living masses of corruption. If only such lost and helpless wretches existed, it would be a duty to cover them charitably with the veil of concealment, and hide them from the public eye, as things too hideous to be seen; but, alas! they are only the *most* unfortunate members of a large class.

“*They* have sunk down into the abyss towards which thousands are tending. The vice which has shorn these creatures of the fairest attributes of humanity



is acting upon others — in a less degree indeed, but still *most injuriously*— enervating the body, weakening the mind, and polluting the soul.

“A knowledge of the extent to which this vice prevails would astonish and shock many. It is indeed a pestilence that walketh in darkness, because while it saps and weakens all the higher qualities of the mind, it so strengthens low cunning and deceit, that the victim goes on unsuspected in his habit, until he is arrested by some one whose practiced eye reads his sin in the means he takes to conceal it, or until all sense of shame is forever lost in the night of idiocy, with which his day so early closes.

“Many a child who confides every thing else to a loving parent, conceals this practice in its innermost heart. The sons and daughters who dutifully, conscientiously, and religiously confess themselves to father, mother, or priest, on every other subject, never allude to this; nay, they strive to cheat and deceive by false appearances; for, as against this darling sin, duty, conscience, and religion are all nothing. They even think to cheat God, or to cheat themselves into the belief that He who is of purer eyes than to behold iniquity, can still regard their sin with favor. Many a fond parent looks with wondering anxiety upon the puny frame, the feeble purpose, the fitful humors of a dear child, and after trying all other remedies to restore him to vigor of body and vigor of mind, goes journeying about from place to place, hoping to leave the offending cause behind, while the victim hugs the disgusting serpent closely to his bosom, and carefully conceals it in his vestment.

“The evils which this sinful habit works in a direct and positive manner are not so appreciable, perhaps, as those effected by it in an indirect and negative way.

“For one victim whom it sinks into the depths of idiocy, there are scores and hundreds whom it makes languid and shame-faced, irresolute and inefficient for any of the higher purposes of life. In this way the evils to individuals and the community are very great.

“It behooves every parent, especially those whose children (of either sex) are obliged to board and sleep with other children, whether in boarding-schools, boarding-houses, or elsewhere, to have a constant and watchful eye over them, with a view to this pernicious and insidious habit.

“The signs and symptoms of it are easily learned; and if once seen, should be immediately noticed. Nothing is more false than the common doctrine of delicacy and reserve in the treatment of this habit. All hints, all indirect advice, all attempts to cure it by creating diversion, will generally do nothing more than increase the cunning with which it is concealed. The way is to throw aside all reserve, to charge the offense directly home; to show up its disgusting nature and hideous consequences, in glowing colors; to apply the cautery seething hot, and press it into the very quick, unsparingly and unceasingly.

“Much good has been done of late years by the publication of cheap books upon the subject; they should be put into the hands of all youth suspected of this vice. They should be *forced* to attend to the subject. There should be no squeamishness about it.

“There need be no fear of weakening virtue by letting it look upon such hide-



ous deformity as this vice presents. Virtue is not salt or sugar, to be softened by such exposure; but the crystal or diamond that repels all foulness from its surface.

“Acquaintance with such a vice as this—such acquaintance, that is, as is gained by having it held up before the eyes in all its ugliness—can only serve to make it detested and avoided.

“Were this the place to show the utter fallacy of the notion that harm is done by talking or writing to the young about this vice, it could perhaps be done by argument, certainly by the relation of a pretty extensive experience. This experience has shown that in ninety-nine cases in a hundred, the existence of the vice was known to the young, but not known in its true deformity; and that in the hundredth, the repulsive character in which it was first presented, made it certain that no further acquaintance with it would be sought.

“There are cases recorded where servant-women who had charge of little girls, deliberately taught them the habit of self-abuse, in order that they might exhaust themselves, and go to sleep quietly. This has happened in private houses as well as in the alms-houses; and such little girls have become idiotic. The mind instinctively recoils from giving credit to such atrocious guilt; nevertheless it is there with all its hideous consequences; and no hiding of our eyes, no wearing of rose-colored spectacles—nothing but looking at it in its naked deformity, will ever enable men to cure it.

“There is no *cordon sanitaire* for vice; we can not put it into quarantine nor shut it up in a hospital; if we follow its existence in our neighborhood, it poisons the very air which our children breathe.”

The above remarks forcibly apply to all our public schools, for I have become too well acquainted, I was about to say, with the alarming extent with which it prevails, often even in the most open manner. The extent of it is amazing, for it exists both among the teachers and the students, and what can be more absurd than the partial even shunning of the subject? By so doing, it leads not only to the continuance in some but the production of it in the yet uninitiated.

“From this may be inferred that it is a pest, generally engendered by too intimate association of persons of the same sex, that it is handed from one to another like contagion, and that those who are not exposed to the contagion are not likely to contract the dreadful habit of it. Hence we see that not only propriety and decency, but motives of prudence, requires us to train up all children to habits of modesty and reserve. Children, as they approach adolescence, should never be permitted to sleep together. Indeed the rule should be—not with a view only to preventing this vice, but in view of many other considerations—that, after the infant has left its mother’s arms, and becomes a child, it should ever after sleep in a bed by itself. The older children grow and the nearer they approach to youth, the more important does this become. Boys even should be taught to shrink sensitively from any unnecessary exposure of person before each other; they should be trained to habits of delicacy and self-



respect; and the capacity which nature has given to all for becoming truly modest and refined, should be cultivated to the utmost. Habits of self-respect, delicacy, and refinement, with regard to the person, are powerful adjuncts to moral virtues. They need not be confined to the wealthy and favored classes; they cost nothing; on the contrary, they are the seeds which may be had without price, but which ripen into fruits of enjoyment that no money can buy."

There is no tyranny more complete than *the* one absorbing passion. For wise and benign purposes the great Author of our being has seen fit to implant in the human breast, and more deeply in the organism of man, the sexual passion than all others, for the wise purpose solely of perpetuating the species. When properly used and rightly cherished, it is the source of all social enjoyment. It entwines in sacred compact the domestic circle, and weaves around the hearthstone of every true-hearted, intelligent individual the tie and sublimity of virtue. It gives a true zest to life, and sets before us at the dawn, as it were, of our existence, on a prominent pinnacle, the mainspring to all true human action here; for when thus laudably prized it becomes a noble stimulus to industry; for it embodies at once, in the thought and magnitude of its name, the inducements and acquirements that will confer on us the comforts and possession of a home.

But, on the other hand, when perverted and unguided by reason and moral control, it becomes the very rock on which thousands make shipwreck, both of life and of happiness here. It is the morbid indulgence of this passion, and its untimely and undue development, that at length engender a diseased influence on the organism of the victim, which subject his mind, his reason, and moral control, to its tyrannical sway, that he has thoughtlessly and unguardedly cultivated and developed in himself, fired by the allurements of false ideas of pleasure. The indulgence of the passion was commenced in the thoughtless and inconsiderate years of childhood, for want of having had impressed upon the tender mind the most important of all principles of a true moral and physical culture, which parents are too prone to neglect to impart to their children, from false notions and conceptions of pride alone; and, for want of true humility of soul, allow their offspring to be thrown into the vortex of life, unguarded by any chart or compass to guide them securely through the conflicts of the passions lying in wait to ensnare them. Silently and insidiously, then, in many an unthought-of moment, and many an unsuspected hour, and many an unguarded day, on the part of the parent and the guardian, is the child and the youth firing his nature by the one diseased passion, until, at length, he begins to feel its direful effects in his constitution like some poignant sting. He then attempts an effort at extrication, but finds that he has









"WHEN I saw this, I admired the wonderful skill of the painter. But when I went away, I wept, because I thought of my own condition. Behold me, then, in the robust period of life, reduced to imbecility and decay."—See page 259.



bound himself with a cord too strong to be severed. The genius of Correggio has embodied in a masterpiece of art this very idea, that shall endure for all coming time—portraying the victim of temptation, of lust, and of sensuality, in which three female figures are represented ministering to a man who sits fast bound to a root of a tree. Sensuality is soothing him; Evil Habit is nailing him to a branch; and Repugnance, at the same instant of time, is applying a snake to his side. In his face is feeble delight, the recollection of *past*, rather than the perception of *present* pleasure; languid enjoyment of evil with utter inability to good—a Sybaritic effeminacy—a submission to bondage—the springs of the will gone down like a broken clock; the sin and suffering coinstantaneous, or the latter forerunning the former—remorse preceding action—this represented in one period of time. For its beautiful moral effect, some time since we had a copy made of this admirable painting and engraved for our books, believing that it would be useful in awakening reflection, and inducing a reform; and we are highly gratified on learning from many sources of this anticipated benign result. Many victims who have found themselves deprived of health, with their shattered, broken-down constitutions, while yet in early life, with enfeebled minds and dejected spirits, have written us with the conviction of being bound to “this tree,” imploring our aid in doleful language.

We would say, then, to those that shall read this section, while yet on the threshold of life, in the language of Doctor Johnson: “Let us therefore stop, while to stop is in our power; let us live as men who have some time to grow old, when it will be the most dreadful of all evils to correct our past years by follies, and to be reminded of our former luxuriance of health only by the maladies which riot has produced.”

It may be truly said, the disasters consequent upon the imprudencies and the intemperance of youth, become useful monitors only when indulgence has blunted the keen edge of passion, or satiety has incapacitated us for enjoyment.

Our professional situation, and the nature and extent of our practice in this modern field of humiliating maladies, impart to us the important light of the magnitude of this confession. Such also appeared the cases of those that called forth the following replies:

#### REPLY TO MR. D. D. R.

TROY, N. Y., January 11th, 1862.

DEAR SIR: I am in receipt of yours of the sixth inst., which I have carefully read with great care and profound interest.



You call upon me to prescribe for and cure you of Seminal Emissions, which I prescribed for some year and a half ago. You say my *remedies* helped you at the time. You ask us to spare no pains, and that you regard no expense to have them cured. We like this noble indication on your part to pay for our labors, for there is none that labor more *arduously*, or strive more *determinedly*, than we do to cure our patients.

Under this proposition we will make one exertion, and will commence by repeating what you say—"that our *remedies* helped you for the time." Now, here is your great mistake—like all those, with some very few exceptions, that we have occasion to prescribe for, (and their numbers are not small, we assure you)—that is, you lay *all* the stress of cure upon so much medicine. But we begin rightly with every patient that we prescribe for, and conscientiously endeavor to disabuse their minds from the very start, that there neither is omnipotence nor health in medicine; that medicine, discriminately given and judiciously applied, is all very well to *assist* the constitution to overcome the irritation and derangement in some of the organic functions, but medicine can do no more, especially in this very intricate and mysterious class of maladies that emanate from affections of the sexual organs.

We know, from more than thirty years' experience in the healing art, that there are no class of maladies that have such direful and prostrating effects upon the souls and bodies of mankind than those that have their seat in the sexual organs. Especially so is this the case with males, for none but those who have been victims to and felt the awful prostration, the despondency and depression of spirits, the blasted hopes and prospects of life, which follow their phenomena, can realize it. The effects of this disease upon its victim can neither be told by tongue nor described by pen, hence we do not wonder that you, setting out as it were from the threshold of human life, with so many flattering prospects before you, are desirous of being cured of such an appalling malady.

But, let me tell you, my friend, if you look to medicines *alone* for a cure, you will look in vain. This has been your great fault. What, then, do you ask me, will cure seminal emissions? You will understand that all this secretion, exhalation, or emission from the male sexual organs, denominated seminal emissions, are secreted in this wonderful apparatus, and in order to cure the emissions we must *stop the secretion* or the generation of this inordinate effusion. But how, I ask, is this inordinate secretion brought about? In the first place, all the fluids that are secreted in the body are secreted through *their proper glands*—it matters not in what organ or membrane the fluids may be secreted, they *are* secreted through their appropriate glands. Hence, the male sperm and the fluids secreted by the sexual organs take place in the testicles and glands that line the seminal vessels. Now, these seminal vessels are wonderful in extent, amounting to one hundred feet and more, and serve not only to convey the spermatazoa on from the testicles, but also secrete in themselves a *wonderful amount of fluid*, when in a *morbid* condition, which *causes their great debility and prostration*.

Now, it will be understood, that no gland in the body, when in a state of health, and not unduly stimulated by artificial stimuli, secretes more fluid than is



essential for the performance of its own legitimate function. To illustrate this, look at the tobacco-chewer, who keeps the salivary glands in a continued state of artificial excitement by tobacco. They are stimulated to an inordinate secretion between meals, which is neither healthy, necessary, nor designed by nature, and which he continually has to spit away, keeping up a constant drain upon the blood and juices of the body back of these glands, weakening him and the powers of the digestive organs by denying the stomach of this healthy fluid, which, under other circumstances, would be secreted for its healthy and legitimate use. Can you not see, then, its applicability to the testicles and sexual organs? God, in designing the sexual organs of the male, designed them for one of the noblest purposes of our being. What was that? He designed that their function, in infancy and early life, should lie dormant, grow, and gain strength, and be developed proportionately with a good, sound, physical body or organism, and that when they arrived at years of maturity these sexual organs should be used prudently, occasionally. For what purpose? For that specific purpose of propagating our species, our immortality, to untold generations yet unborn and for ages yet to come.

But here let me stop to ask you, my friend, are the sexual organs of mankind generally, and the American race in particular, used for this end? Were they only used for this end, and for this purpose which God designed, would there be an inordinate secretion? Would the secretion of the testicles and their appurtenances run into that morbid condition that now, alas! drains off their very existence and life-blood daily? Why, then, this morbid or inordinate secretion? For the very reason, my friend, that this glandular, secreting apparatus has been brought into action prematurely, a continued, morbid excitement artificially has been kept up upon them from our infancy, and long years before they should have been excited or brought into action at all, and then, when excited, should only have been so by the natural orgasm or strength of the body. Can you not see, then, that this inordinate secretion by the testicles and glandular male apparatus, which secretes so inordinately, is stimulated unduly to this *secretion by the passions?* which serve to these organs what tobacco does to the salivary glands of the mouth and throat. What consistency would there be in the inveterate chewer of tobacco, who has got dyspepsia or indigestion, to all the untold horrors of the *blue devils*, by the inordinate secretion of the salivary glands, and the spitting away of the juices of the body, if he should call upon me to prescribe medicines to cure dyspepsia and check the inordinate secretion of the salivary glands, instead of stopping the use of tobacco, which is constantly keeping it up? Or what consistency, on the other hand, would there be in my attempting to cure him without first telling him that dyspepsia and its consequent horrors have been caused by tobacco, and that my medicines and treatment will be entirely unavailing unless he cuts off the cause, (tobacco;) then, perchance, if he does so at once and forever, thus stopping this artificial excitement and irritation of the glands, which are now draining off the juices of the body, provided there be vital stamina sufficiently remaining in his system, and the functional diseases which have been caused thereby have not resulted in organic or structural diseases, as is too often the case from the use of tobacco, there



may be a chance of curing him by medical aid. Can you not see, then, that it would be very inconsistent to attempt to cure this long train of physical ills in the tobacco-chewer if he did not break off the exciting cause? Is it not equally as absurd to look to medicines for aid to check an inordinate secretion of the sexual organs, and that is kept up by the passions of the mind, back of the physical organism, without a firm control over these passions to prevent the inordinate or artificial excitement of these organs? Now, were the sexual organs kept in a *healthy condition*, without any inordinate stimulation or artificial excitement of the passions, there never would be any more secretion than the seminal vessels would be able to contain and dispose of in the natural, legitimate manner above alluded to.

But we admit that we find now, as we find with all cases of this class, that your sexual organs are in that very morbidly excitable condition as we find the nerves and mucous membranes of the stomach and the salivary glands of the inveterate chewer of tobacco. The organs, then, being in this morbidly excitable condition, the reservoirs for containing these fluids, which have been secreted by the continued artificial excitement of the passions, have not strength, tonicity, power, or contractability sufficient to contain it after it is secreted, hence the seminal vessels being in this very weak or debilitated state, and the nerves and sexual organs being in this exaltedly irritable and excitable condition, can you not see that they are continually acted upon by this constant excitement to this inordinate action, to pour out this undue secretion that you call Seminal Emissions?

Is it not plain, then, that before this debility or want of contractility and tonicity in the seminal vessels or reservoirs can be strengthened, the inordinate excitability of the sexual nerves must be overcome and allayed? How can this condition be obtained by simply applying medicines, locally or constitutionally, if the inordinate excitement or artificial stimuli is continually kept up behind this in the mind and in the passions, and continually inflaming those passions? How inflaming the passions? Through the medium of your brain and nervous system. Therefore, my friend, it is evident that, before I or any medical man can cure you, that you have got to control your passions as I have directed you before; you have got to be chaste in thought, word, and deed, in order to give rest and quietude to the organs, before they can be strengthened or this morbid condition removed. The passions must be quelled and governed—how?—by reason, judgment, and the moral will. For, let me tell you plainly, that the passions of the human mind or body do not exist in the reasoning faculties, which should constitute our guide and be our helmsman, and sit as our umpire. Where do they exist then? I answer this important question thus: That they are not always under the influence or control of reason; that they have their function instinctively in the cerebellum—in the back brain—and not in the cerebrum or upright brain, not in the anterior lobes, where lie perception, reflection, reason, and the moral faculties, which, when all combined, and equalized, and properly used, form the umpire, the helm as it were, to guide us aright through this “vale of tears.”

Let me give you a wonderful lesson in the science of man, human life, and



existence here. There are certain functions carried on in this physical organism that are not under the control of the voluntary nerves, that are controlled and governed by a set of nerves that are not under the guidance of our will. God has been too gracious, too bountiful in his mercies to his offspring to leave this physical life in the hands or under the control of us short-sighted mortals. Had he done so, my friend, how soon would this organism become deranged, its machinery be thrown out of its gearing, and our physical existence be wound up! All the great organs of the body that carry on the great vital forces and functions are not left to be governed by our short-sighted reason. If they were so, in our slumbers the heart would cease to beat, the lungs would cease to respire and perform their wonderful function, and, instead of waking up next morning and finding ourselves tenants of this little tabernacle, we should, perchance, wake up *outside* of the body, and, looking down upon it, wonder how all this came about; or, when we were enraged at our adversary, in a fit of passion, those organs that carry on their great vital functions would *stop* in one moment, and we would be thrown out of physical existence by the indulgence of this passion. Ah! my friend, it would be well if you and the rest of mankind could see this as I do.

The sexual function is an instinct of our nature. It belongs to the animal part of our nature, just as it does in the lower animals precisely; and man, with all his boasted intelligence, with all his reason and the sublimity of his flights in the aspiration of his hopes, embodies in this faculty no more than the brute of the field. If it is not governed by the loftier, nobler principles of his nature, (reason,) what is he? is he any thing more than the brute of the field? No, he is not so much, I answer; for the Lord God has been merciful to the brute, and, where he has not given reason for his umpire over those passions to hold them in check, he has provided the unerring laws of instinct for his guidance. But he has been more merciful to man, and, in place of the unerring law of instinct, he has given him the more ennobling faculty of reason to guide him aright in regard to this propensity, and to keep it from being his self-destruction. But how does man use it? Let me ask you if the Anglo-Saxon race, if the American race now, (generally speaking,) use it as consistently as the brutes do? You may answer that question. You are but an individual and know the feelings and impulses of your nature; you know the sufferings, prostration, and despondency that you feel individually; but I, as a physician, "appointed by God a priest of the holy flame of life, a curator and dispenser of his highest gifts—life and health—and of the powers which he has laid up in nature for the welfare of man," know this much from experience, that they do not!

Well, let me come to the point, then, after this lengthy and scientific digression. You ask me to give you medicines to cure you. I honestly confess that I can do so *only conditionally*. I have admitted that medicines are all right enough in *their place*—that they serve, when judiciously given under a right discrimination, to fulfill certain intentions, namely, to aid the constitution to overcome the inflammation and irritation of the sexual nerves, and to bring the sexual passions more easily under your control. Further than this they can not do; but they will do this when the conditions are right. How shall the



conditions be right to overcome this morbid irritation, and to have this undue excitability and secretion of the sexual organs corrected, and cause them to perform their natural function? I answer that with the lucidness that I have explained to you—the sexual passion being in part an animal instinct, given to man to be controlled entirely by reason, and not by an unerring law, as in the brute creation. I contend, then, that you, and all this class of patients, are so situated that before they can be cured by medicines, they have got to first bring to bear the exercise of reason, judgment and self-control over those passions, which are but a fire that fans the flame to burn them up. How? By inordinate sexual excitement and drain upon the whole constitution, through their sexual organs. Then, before I can cure you, you have got to control the sexual passion; to subdue it in your mind, so that the body, or the sexual organs, shall not feel the direful effects of this over-indulgence and over-stimulation. When you do this, and do it long enough to give the medical agents, and the absolute laws of hygiene, time to act upon and recuperate the vital forces, then you *will be cured, and not till then.*

But I must make this more clear to you. You ask me, like thousands of others, to give you something powerful enough to stop this inordinate secretion. I answer, that before the secretion is stopped, the stimulation to the nerves, which governs the function of the gland, must be stopped. Well, you ask in the same voice, give me something to do that. To do this I must give you something that will act upon your immortality—your mind—which is back of your body or physical organism—which keeps up this inordinate stimulation and excitement upon the secretory glands and testicles. Through what? Through the medium of the nervous system and the brain; and that is the battery that you have set in motion by the passions, which passions exist in the mind—the *immortality*; and you instituted them by your will, by allowing the instinct of your nature to govern the sexual organs, and get the upper-hand of your reason and moral faculties. If I should give you a potion so quieting, so narcotic, so stupefying in its nature, as to quiet all this excitement, that you call upon me to do, then it would be so powerful in its effects that it would wind up the machinery of this wonderful mechanism that constitutes your animal existence. The mind in which these passions exist would have to sever itself from the physical organism. Why? Because your will has been suspended by the stupefying influence of this dose, which you have implored me to give you so strong that it would kill the passions themselves, as far as their effect upon the sexual organs is concerned. But have I killed your passions by this quieting dose of medicine or opiate, that you ask me to give you, which I admit allays the excitement for the time? I doubt it very much; because the passions, as I have already said, exist outside of the body; they are part of your immortality, and they will follow you into the future state of existence. You will wake up outside of the body, and find that you possess the same passions that you did while in it. Then you and every one will see yourselves in your nakedness, as it were, standing upon a sea of glass, and find, when too late, I fear, that these passions, which so deranged your body and destroyed your health, produced so much despondency and depression of spirits, such blasted



hopes, such fears, anxieties and forebodings while in the body, have followed you into the spirit-world, outside of the body. You will then learn why your health was destroyed, and all the suffering entailed while in the body was but an abuse of the wonderful and mysterious faculties of your nature that God gave you for a wise and noble purpose. Ah! but the fault is with this class of victims that implore our aid. The quieting agents that nature affords and art possesses, are not sufficient in their nature to do all this without *your aid*—without the *aid of reason and moral control*; but require a dose so strong, so potent, as to cause their physical body to slumber in that inertness so sound that nothing but the voice of the Creator, when he calls on the morning of the resurrection, will be powerful enough to awake them from their slumbers. The passions of this class of victims are all-potent, from the want of self-government; their thirst is so intense that nothing but a river can quench it. Ah! it has filled their earthly temple with diseases so dire, so morbid, so corrupt, that nothing but Lethe can wash them away.

Yours very truly,

ANDREW STONE, M.D.

TROY, N. Y. Feb. 9, 1862.

REPLY TO MR. C. A. B.

DEAR SIR: I am in receipt of your favor of the sixth instant, which I have carefully read. You say you have had six nocturnal emissions since you commenced my treatment, and, from the dates given, they seem to occur perfectly periodical and regular; that your bowels are prone to be confined, so that you have had to increase the dose of "Oxygenated Bitters" to twice the quantity in order to move them daily; that you have also had to increase the dose of "Selenium Pills" to keep down the sexual passion; that your appetite is so extensive that were you to satisfy it, you would overload your stomach and bowels to your great injury, and to the excitement of the passions, and to the producing of emissions, as you must know; that you have a great desire for eggs, oysters, high living and luxuries, and you wish to know if you must use them, when, as you ought to know, in your condition, having nocturnal emissions from excess of vitality and want of *physical exhaustion* sufficient to equalize the fluids of the body, and draw off their preponderance from the sexual organs—which principle is clearly laid down in the *Hygienic Rules*—you must know, if you reasoned at all, that such a diet would do great mischief to you; for it would keep up the *cause* continually while you were looking to medicines to relieve the effects which you are continually causing.

Now, I must say to you that you, like every other patient that comes to us for treatment, can neither see God Almighty, his laws of life and health in any thing else but medicines, pills, and potions. Now, just so long as you do this, my young friend—just so long as you will not reason, or study the laws that govern the sexual passion, and that also govern health, and observe them—if you will not study to equalize the forces of the body by continually doing nothing in the way of physical occupation—then you will look in vain to medicines for a cure of seminal emissions.



When we prescribed for you, we only gave you the Tonics, as a slight corrective and laxative, to aid the functions of the stomach and bowels gently; likewise the "Drops" to blunt the excitability of the sexual organs; also the printed "Hygienic Rules and Conditions of Cure" as clear as the English language could express them in every particular. In the first place, we explained to you that the causes of these emissions that you have, and that nearly every person has, is in the *mind*—in giving up to indulgence and excessive action of the passions which exist in the mind—in the immortality—and so long as they are indulged, and not brought under the control of the moral will, they will have these pernicious effects upon the sexual organs. Mind you here that those emissions are but the consequence of this burning fire of passion in the immortal part of your structure—behind the body. If you can not control your passion by reason and the moral will, you will look in vain to medicines for a cure. You may go on and take quarts of tonics, drops and narcotics, stupefying the brain and nervous system—and all will be in vain if you do not use some control morally over the passions and endeavor to draw off the preponderance of this excitement to the sexual organs. You will ask how? Why, I have told you in print as plain as plain language could express it.

Furthermore, in the rules we gave you we dwelt upon constipation, over-eating, late suppers, hearty eating, late drinking at night, and all the other concomitant causes and excitements that keep up the effects thereby pointed out in print to you, and in writing also. By carrying out these injunctions, you will avoid those concomitant causes, and when you do this, you will recover, and our medicines will do all that medicines can do.

Will you not understand that when a morbid condition is instituted in the system, be it in the sexual organs and their functions, or any other organ of the body, from one primary prominent cause, though that first cause may be removed or overcome yet—when this condition or effect is produced, it becomes a law secondary in the constitution, and may be kept up by a thousand other causes very different from the first primary cause, namely, self-pollution, or inordinate development and excitement of the passions, which passions, as you will understand, exist in the mind—in the immortality—and have produced this effect on the physical organism.

Now you must study your own case, and trace these effects, namely, nocturnal emissions, to their immediate exciting causes, as has been pointed out to you, and always avoid those approximate or sustaining causes in order to break off these effects, or, in other words, to remove the instituted or artificial law or habit of the system; when this is done the cure is certain, but can not be obtained until this morbid habit or condition is overcome by a rigid observance of the hygienic rules or absolute laws of health which govern your being and which we have sought to point out to you in the printed rules and the rules that we gave you.

Just so long as you think that health is a haphazard, a chance commodity, and you live as the Apostle expresses it, "as you list"—eating every thing, drinking every thing, at unseasonable hours or in improper quantities, and in an improper manner, pandering to your propensities and passions, allowing your



mind to dwell on the lower plains of our animal nature, instead of developing the superior God-like faculties of the mind, and elevating the divinity of your nature above the animal, and abrogate and repudiate all law, then you will have no health; for be it understood that health is the result of obeying the supreme law, to which you should bow with homage and reverence.

But just so long as you do not look to the removal of the causes—the first exciting cause of the passions, and then the concomitant causes and physical abuses, which have been enumerated—then medicines will not produce the desired effect. For what do you gain, my friend, by taking medicines simply, from day to day, to relieve certain effects, if you do not remove the *causes* of these effects? That is the question. You can take an indefinite quantity of tonics, drops, and narcotics, and you will never get well until you strike at the root of the evil. You will ask how are you to do this? Why do you want this over and over again, when you have it in a plainer manner in print? Read the first chapter on the moral causes, where I tell you that there are three great counter-balancing antagonizing principles in the human system; and when a person has seminal emissions, they result from a preponderance of these principles, and that you must allay and draw off these excitants from the sexual organs—then the medicines will be effectual.

Again, before you will ever get cured, you will have to keep the mind and body engaged in some occupation that will give not only exercise to all the muscles, organs, and functions of the body, but divert your mind also from your passions, and, at the same time, daily fatigue your body sufficiently to get good, sound, refreshing sleep.

You are also to observe the modes of going to bed, of sleeping, of getting up, and of living—then you will get over your emissions. But so long as any young man like yourself, who has nothing to do, no occupation for the mind or body, but living, as it were, while yet on the threshold of human existence, a life of inactivity better suited to its close—rusting prematurely for the want of healthy exercise or employment—he will murmur to his God in vain, and curse *himself* for his existence instead of Him.

You may think I talk plain—I mean to talk plain—for the only way to reach people to open their eyes is, by appealing to their sensibilities and their reason, if they have got any; and when we can not reach folks by mild means, then we must beat it into them with a sledge-hammer. If you understood it as I do, from years of physical suffering and experience, gained by gray hairs, that every pain you feel in your physical body is a benign monition from Almighty God that you have violated his laws, that govern your being morally and physically, then, my friend, you would study those laws and revere them, and if you do so, life, health, and happiness shall be yours.

Yours truly,

ANDREW STONE, M.D.

NOTE.—The anxious parent will have, doubtless, a prudent degree of solicitude to know what are the more prominent marks or symptoms which denote unmistakably upon the constitution those direful results which we have thus far labored to illustrate, that they may discover



the timely preventive or remedy: Lassitude, languor, indication of failing strength or debility; flabby state of the muscles, and a wasting of the same and all the tissues of the body; sallow or pallid countenance and pale lips; sunken eyes which have dark circles around them, and the lustre of which has given place to a dullness or deadness; downcast, retiring or desponding look, and want of confidence to look you in the face; disposition to solitude or retirement, and expressions of despondency and discouragement; peevishness and fretfulness; great restlessness, inability to remain long in one place; great inability to fix the attention upon one subject or to commit to memory; failing memory, especially for facts or dates; aversion to society, and a melancholy and despair on the part of the invalid, and, if quite sick, no hope of recovery; spots before the eyes; ringing and buzzing of the ears; eyelids and eyes watery; blur before the eyes in the morning, with gumming up of the eyelids; weak eyes, especially before candle or gas-light; dryness of the nose, or running, watery matter from the nose; often a wildness of the eyes, and a wandering look, or else fixed or vacant stare which is noticed by every one; pimples and blotches on the face of an unsightly character; constant collection of phlegm in the throat; shortness of breath; wandering pains in the chest; sometimes loss of appetite, but oftener a very voracious and aggravating morbid appetite, and sense of burning and gnawing at the stomach; sense of sinking or fainting at the stomach before, and distress and oppression after eating meals; costive state of the bowels, perhaps alternating with diarrhea; dull pain in the small of the back; great weakness, after walking or labor, in the region of the left kidney; constant desire to pass water, but little passing at a time, with difficulty in expelling the last drops—or else free flow of urine like water; sometimes, however, the urine is very highly colored and of an offensive odor, depositing a brick-colored sediment, or sediment full of mucous, muddy, or milky color, especially the last indications when the digestive organs are much deranged. As the evils progress, great shortness of breath becomes manifested on the slightest exertion, on ascending a hill or flight of stairs; more or less palpitation of the heart, often to an alarming extent; great nervous weakness and prostration, and irritability of the nervous system, and disposition to start or be frightened at the least jar, the sudden opening of a door, or entrance of a person upon the victim. As the effects upon the constitution progress further, coldness of the hands and feet with cold chills or rigors, alternated with feverish excitement and flushed state of the countenance, and a determination of blood to the head becomes manifested. Fetid breath and disgusting exhalations from the skin are among the more



prominent features attending the evil effects of the vice spoken of. Other cases will manifest great chagrin and anxiety, with desire to weep; afraid of being left alone; extreme sensitiveness; difficulty of thinking and attending to mental labor; headache, as from a deranged stomach; sadness even to loathing of life; full pulse, and heat in the face and head, or icy coldness of the whole body; sleeplessness, with restlessness; excessive flow of ideas; extreme sensitiveness of the ear to noise; excitement of the passions intense, generally of short duration, but approach even to insanity; involuntary discharge of urine day and night; tottering gait in walking, and weakness even unto trembling; imaginary fears, and exaltation of all the mental and moral faculties, suddenly followed by a deep depression and relaxation of the whole system, dullness of the mind, stoppage of one's thoughts at once when endeavoring to communicate an idea; weak memory; light and unrefreshing sleep, full of frightful dreams, causing the invalid to awaken with a start, and anxious beating of the heart at night; constant uneasiness about one's health; disgust of life, and disposition to commit suicide, and, at length, a great emaciation of the whole body.

The above are only a small enumeration of the anomalous symptoms which are the result of self-abuse or violation of the laws of life in some generally obscure though dangerous and fatal tendency. The symptoms are so variable in nearly every case, so we have suggested in our little work, that the late learned Dr. Marshall Hall, of London, wrote some years since a volume on these symptoms, entitled *Mimosi*, which is a correct word, meaning imitator, because they imitate every other form of disease.

But we have enumerated enough to cause every thoughtful person subject to such symptoms, or every thoughtful parent having a child characterized by them, to feel under the deepest anxiety for judicious counsel and proper medical aid, which can only be found with those who make this a department of their study and practice.

We treat many hundreds of children, and many in youth and middle age even given to this class of maladies, annually, and generally with extraordinary satisfactory results; for the treatment adopted by our Institution is based upon correct principles, evolved by a thorough investigation into the physiology, pathology, and history of each case. Furthermore, the treatment is such that it is not necessary to see the patient in but very few instances, eliciting by printed interrogations the peculiar nature and requirements of each case; so that we can send them remedies by mail or express, and treat them with perfect success at their own homes.



## Twenty-Second Section.

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### Of the Treatment and Cure of Consumption.

THE interested reader of our brief volume will approach this section, especially if he be an invalid or a consumptive, with much hope, and probably with much fear. Hope, in the first place, because he has already been inspired to anticipate in the preceding chapters an evidence of thus realizing something more substantial in the way of relief and restoration from this direful malady than the medical profession generally has been wont to afford. With fear and trembling, lest the promise of relief and cure that science and art now proffer, in their new discoveries in cold medicated inhalation for the cure of this direful malady, which has ever conveyed a sickening and heart-rending sound to every ear connected with its melancholy issues, may *not* prove as real and substantial as promised.

Truly, it is a melancholy reflection that a class of diseases which spreads its ravages in every country and in every clime, and that has hitherto consigned to the tomb one third of mankind, should have been so imperfectly understood, so little investigated, and so unskillfully and unscientifically treated. We do not intend to pour any unjust anathemas or unmerited insinuations or condemnations against the profession, which embodies in its annals literature most learned and most scientific, so far as it pertains to the origin, the etiology, symptoms, prevalence, and fatality of many epidemic and contagious diseases. But we act upon this principle, that medicine, like theology and her kindred or sister sciences, should be subjected to criticism of the most rigid character, and whatever is found to be erroneous and attended with dangerous consequences, as now published or proclaimed to the world, deserves condign exposure and condemnation, and should at once and forever be discarded. It is a wise maxim that every thing that will not stand the highest test of reason should not be received, but should be rejected.

We live in an age in which the community generally and every individual, to a certain extent, thinks for himself; heretofore, (and we regret to say it is too much so at the present time, with certain classes or in certain communities) a few only have done the thinking for the



mass. It has been so in the church. It has been so in medicine, until within a very few years. So much so in medicine, that the power wielded by the faculty assuming to themselves dogmas, creeds, and enactments of an arbitrary nature,—banding themselves under stringent canons to protect each other, in their arrogant and bigoted notions, that they really carried their tyrannical influence to a most alarming and dangerous extent.

These dangerous principles and doctrines in medical practice obtained their popularity or influence, like religion, in the darker ages of the world; and like the Church at one period, certain creeds or notions only could be published, believed, and spoken of, without danger of persecution—the stake and the fagot; so at that period the grossest notions in medicine were found in the hands of the priest. As the science made a little more progress, it assumed to itself the power, under its then present popularity, of being protected by statute enactment and law, as did the Church, to prescribe quicksilver, arsenic, and deadly poisons to mankind by law, so also to bleed and to blister, and to adopt many other crude and barbarous notions of practice respecting the cure of disease, which were they to now practice to the extent that they formerly did, the physician would be arrested and tried for manslaughter daily. Such has been the arbitrary influence wielded by the old school of medicine, that one who does not adhere to these notions or belong to their creed, at the present day is spurned, and pronounced to be an empiric. To this class (the old school) belongs the melancholy, withering, and blighting notion of the incurability of pulmonary consumption.

To read through all the treatises on Pulmonary Consumption that have been written by the old-school system of medicine, and the treatment that has been adopted for the same, it leaves us without wonder to know why pulmonary consumption has ever been considered incurable in their hands. What would any good common-sense person, outside of the ranks of medicine, think of a physician that would now undertake to cure a delicate and consumptive female, or male even, by bleeding them? But small and frequently repeated bleedings were advised, together with blistering extensively over the chest. If general bleeding was not directed, which was the usual course, leeching or scarification or cupping was adopted as its substitute; and as a substitute for the old painful process of blistering with Spanish flies, sores were made with tartar emetic ointment or croton oil, or both; or setons, or perpetual issues, were kept open, draining the patient's life-blood away. In addition to this prostrating, devitalizing, painful, and barbarous system of practice for Consumption, we have recom-



mended in the books frequent emetics, with the idea of causing the tubercular deposit from the lungs to be thrown out in some mysterious manner which the books do not explain, by giving emetics by the stomach. The reader will bear in mind that the lungs are breathing or respiratory organs only, and that nothing can reach them directly only by respiration or breathing. But the emetics were given by the stomach, as they generally give every thing in that department of practice. In addition to the emetics, frequent laxatives and powerful purgatives were also combined. Salivation by mercury, blue pill, or the different preparations of mercury, calomel, corrosive sublimate, oxymuriate of mercury, have been extensively recommended and adopted. The body has been saturated by small and repeated doses of Fowler's solution of arsenic, or some other preparation.

At length this most barbarous system gave way, under its lack of success; and the great fatality of the disease, its continued increase, stimulated other minds to new inquiries. Colchicum, digitalis, and iodine, each in turn, was then recommended at different times by the old school as a specific for Consumption. But after these remedies had received an extensive and thorough trial in every part of the world, without ever being the means of arresting the progress or curing even one case, the faculty at length, as the reader and the community well know, pronounced pulmonary consumption to be perfectly incurable.

As the reader has already been advised, it is only within about thirty years since the days of Laennec, who, with a few other generous and noble minds, was stimulated to a new investigation and new inquiries into the cause and nature of Tubercular Consumption, that new light dawned upon this seemingly fatal disease, and new hope was proclaimed through them to the world. Laennec, Louis, and Andrall in France; Bailey, Monroe, Mills, Scuddemore, Corrigan, Flood, Forbes, Hastings, Watson, Clark, and Carswell in England; Stokes in Dublin; Parish, Morton, Girard, Sweet, and others in our own country, were all stimulated by a most laudable zeal to new investigations, as we have before said, into the nature and cause of Pulmonary Consumption. Laennec and most of the other men above named witnessed at the dissection-table numerous instances of evidence in the lungs of patients that had died of some other disease, by accidental death, old eschars and wounds that had healed in the lungs; and they at once drew the natural inference that nature, when not thwarted by those deadly and prostrating medicines, and when sustained in her own resources, and the patient adopted a rational course of hygiene, living consistently with the absolute laws of health, was all-sufficient, in many



instances, for the healing of the ulcers or abscesses in the lungs which had hitherto been deemed incurable or out of the course of nature.

At this period the great researches of Liebig, a German chemist, brought to bear, in harmony with the enlightened physicians before mentioned, his new discoveries in animal chemistry, proving the cause for tubercular deposit in the lungs. The reader will bear in mind, that up to this time, the learned medical fraternity of the old-school system of practice for centuries, had never studied what was the cause for the condition of the blood that put the deposition of these granular bodies into the air-cells of the lungs. They never had thought, nor given any investigation, that these granular bodies found in the lungs, which at length ulcerate and thereby consume the lungs, were the result of a defective process in digestion and assimilation, and a defect on the part of each individual patient in his diet and modes of living, that gave rise to the morbid condition of the blood, which eventually carried this morbid deposition to the delicate structure of the lungs by a combination of vitiated and confined air, which Liebig's doctrine, in coincidence with the intelligent observation of those men, proved it to be. Liebig's investigations proved this, that in order to have good health and strength, and to sustain the body, two great classes or forms of diet were absolutely necessary. First, the plastic, or that kind of food which builds up the tissues of the body. Second, that which was necessary to keep up the combustion in the system, called non-nitrogenous or combustible elements, which are composed of starch, sugar, butter, cream, and animal oils, which are carbon. Liebig proved that it was a neglect of the use of the non-nitrogenous, carbonaceous, or fatty substances, necessary to unite with the oxygen of the atmosphere which we breathe to keep up the requisite combustion in the system, that caused this morbid or effete accumulation in the circulation to be left unburnt or unconsumed, hence its deposition in the shape of tubercles in the lungs.

Reasoning upon these observations and these scientific discoveries, it was easy to perceive that whatever was adopted in the form of medication to relieve the diseased condition of the lungs, must be *inhaled*, must be *breathed*; that it should be brought in immediate contact with the diseased matter and the diseased condition, and that only could be done by breathing or inhaling, for the lungs are respiratory organs alone, and that nothing to reach the lungs directly could be administered by the stomach; hence, this led to the discovery of the new system of medicated inhalation.

But before we go further in illustration and explanation of the importance of this benign discovery for the curability of Consumption,



we will ask the question for the benefit of the intelligent reader: What are tubercles? Tubercles are only impure, unburnt carbon, formed in the lungs from an unhealthy or abnormal condition of the blood, the blood being surcharged with incombustible or impure carbonaceous compounds, which are made to form in the blood by defective nutrition.

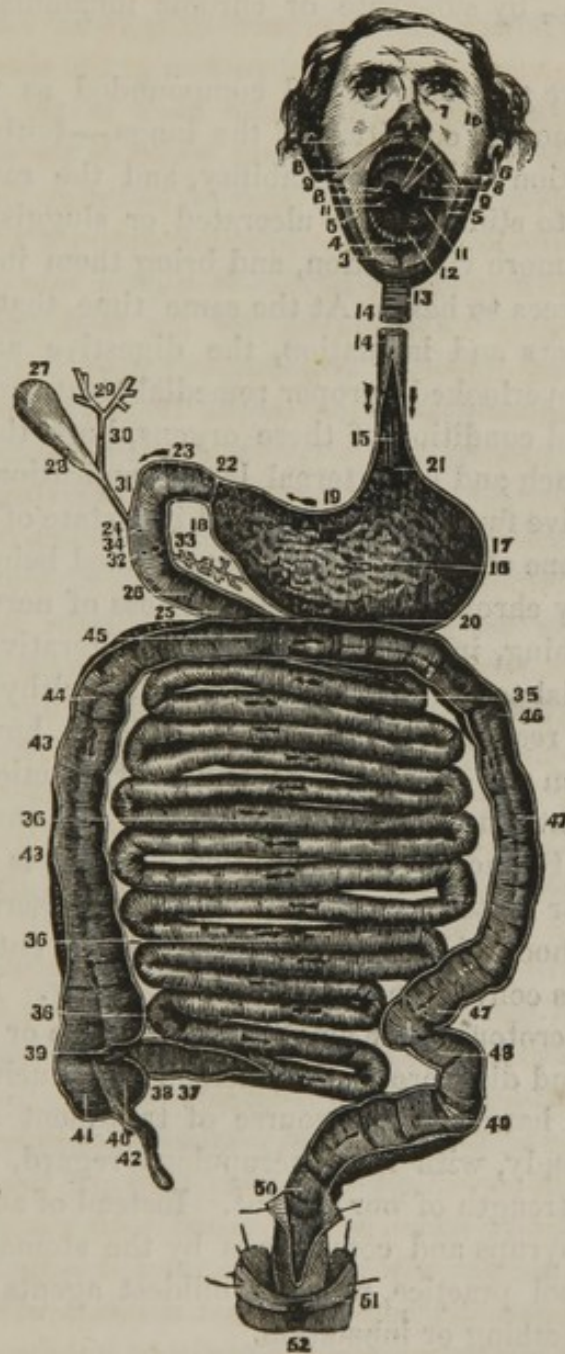
The intelligent reader will perceive, then, that two great principles of cure must be adopted — both by the lungs, by breathing or inhaling oxygen in its purity, and such medicines as have a strong affinity for oxygen, to consume the unburnt carbon in the shape of tubercular deposit now in the lungs, and that also back in the circulation, constantly disposed to further deposition; while, in the second place, due regard must be given to the correction of bad digestion and assimilation — to the correction of every derangement met with in the digestive apparatus. It may not be in the stomach in one case in ten. The stomach, we know, is the receptacle for the food, and where, mainly, the first process of digestion commences, excepting deglutition and the consequent salivary secretion in the fauces, which, in fact, is the first commencing process, and a very necessary one.

The appetite may be healthy, and the patient's stomach capacitated to receive a due amount of food without oppression, or any immediate indication of functional derangement; but there may be aside from this an organic or functional derangement in the liver also, in the pancreas, two glands which aid vastly in the process of healthy digestion and assimilation. Again, the morbid defect may be in the duodenum, or little stomach, where the chyme is carried from the great stomach to form into chyle — the last process of sanguification, or blood-making, before it enters the blood-vessels. Here it receives both the pancreatic secretion and the biliary secretion from the liver, as well as the gastric secretions from the stomach, with the chyme that has been prepared by it. The duodenum is also furnished with glands for the purpose of carrying on a healthy secretion to aid in the further process of chylification and sanguification. Often the impaired nutritive function is situated in the duodenum.

But the process of digestion and assimilation does not end here — it but barely commences. It is carried through the duodenum into the smaller intestines, which are furnished with glands to pour out an appropriate fluid to mix with the chyle; and it is in the course of its march through the smaller intestines that it meets with the chyloferous ducts and vessels with open mouths ready to imbibe it, or absorb it up, and carry it into the circulative system to nourish and build up the tissues of the body.



But what is the condition when chyle finds its way into the smaller intestines? It is just this — as has been proved by Flood, Bennett, and many other learned physiologists who have had the practical opportunity of witnessing hundreds of cases after death by dissection — that the morbid derangement was situated in the duodenum and smaller intestines, and the mesenteric glands of the bowels, which was the primary cause for Tubercular Consumption.



Our aim being to make our work intelligible, and, at the same time, convey to the reader correct notions of physiology, we insert here a cut illustrative of the digestive organs above spoken of. In our prac-



tice, therefore, we do not rely exclusively, by any means, upon medicated inhalation, however valuable and curative it has proved in our hands. We give medicated inhalation for the specific purpose of dissolving the tubercular deposit in the lungs, and causing it to be absorbed or expectorated. In the next place, we give such remedies, in the shape of vapors, as serve to soothe and quiet the irritable condition of the nerves, made so by the diseased action that has been going on in the lungs — first, by sub-acute or chronic inflammation, and then the ulceration.

These vapors are so prepared and compounded as to meet every want, and every morbid condition of the lungs — both to soothe and to quiet the irritation and the irritability, and the raw and inflamed parts; and again to stimulate the ulcerated or sluggish parts of the lungs to put on a more vital action, and bring them into a condition for nature's resources to heal. At the same time that we administer medicines by vapors and inhalation, the digestive and assimilative functions are not overlooked; proper remedial treatment is adopted to remove the morbid condition of these organs, both through the medium of the stomach and by external local applications. The digestive and assimilative functions being found in a state of debility or irritability, or some one of these organs above named being more or less diseased, either by chronic inflammation or loss of nervous force, such gentle, mild, soothing, invigorating tonic or alterative treatment is adopted as essential to the restoration of their healthy integrity.

The intelligent reader can not help perceiving how opposite and how different from the old-school doctrines of practice is the treatment that we have used with such success in curing vast numbers of cases of Pulmonary Consumption. There is nothing either of a debilitating or irritating nature found in our prescriptions. Every one of the old-school mineral poisonous agents are entirely discarded, from conscientious convictions of their great injury. Even blistering and irritation by croton oil, or any other poisonous or acrid agent, we entirely discard and disapprove of. Instead of reducing the patient's strength, as ever has been the course of treatment adopted by the old school, we study, with most scrupulous regard, to support and maintain all the strength of our patient. Instead of administering the most nauseating syrups and compounds by the stomach, as ever has been the old-school practice, now the mildest agents are simply administered by breathing or inhalation.

You will bear in mind what constitutes tubercles in the lungs, namely, carbon. And what is the only agent that can consume carbon? It is oxygen; and that we administer not only by medicated



inhalation, but by the most rigid instructions to the patient how to breathe it in its utmost purity, both out of doors and in-doors, having a due regard to ventilation for the purpose of causing the tubercular carbonized deposition to be consumed or dispersed, either by expectoration or by absorption.

The invalid and the consumptive will pause and read the statement again and again, and reflect upon the opposite modes of the two systems of practice; bearing in mind that all curative agents for that disease in the lungs are given by inhalation.

In the second place, when we do give medicines by the stomach, which we frequently do, they are not of the old-school class of remedies, combining mineral poisons and other sickening, debilitating agents; but they are such remedies as are indigenous to our own country, of the vegetable kingdom, selected with great care, and concentrated with the nicest art by the pharmacist, in a minute and untainted form, so that the smallest quantity becomes a requisite dose, with all proper regard to a nice discrimination and adaptation of the right remedy to each case, for the purpose of restoring the prostrate nervous energies; for in all cases of Consumption, we not only find extreme nervous debility, but we find this condition also — a loss of balance between the circulating system and the function of the lungs, and between the circulative system and the nutritive functions of the digestive organs. The most scientific, discriminative, and vigorous treatment is adopted, therefore, to remedy each and all of these conditions of the patient.

#### The Manner of Administering Medicines by Inhalation.

The cool system of medicated vapors, in the first place, we wish our readers, and the invalid who may be much interested in knowing, to understand that the system of medicated inhalation that we make use of at our Institution is a discovery and combination peculiarly our own. It is true that the first suggestion was made some years ago, by the late learned Dr. Marshall Hall, of London, namely, to administer the vapors in a cool manner at the ordinary temperature of the patient's room, instead of administering them in hot or boiling water, known as the *Warm System of Medicated Inhalation*.

It is very true that there are many cases where vapors should be administered in the shape of steam in hot water, or near boiling. These cases are only such as combine acute inflammation, and acute catarrhs that affect the lining membranes of the throat, the fauces, the



larynx, trachea or windpipe, the bronchia, and also the air-cells of the lungs, known as pneumonia, or pleuro-pneumonia.

When we are called to treat a case of acute inflammation of the respiratory organs and the lungs, we always give vapors warm in the shape of steam, for then they are more soothing, and act as a greater emollient to calm the excited or inflamed condition of the parts, and, to use a medical term, produce a cure by resolution or the reduction of the inflammation. It is, we repeat, in this class of cases, namely, acute or sub-acute inflammations, that the warm medicated vapors alone are suitable, and only suited to such cases as are confined indoors, for the most part; for the very reason that, if they are given in chronic cases, after the acute inflammation has passed into a chronic stage, and the excited condition of the parts has become allayed, they constantly dispose the patient to take on colds, and to the renewal of his disease by an acute attack. We found these to be their attendant contingencies daily for more than ten years, that we used them in our extensive practice. The complaint, in innumerable instances, from our patients was, that though the vapors helped them for the time being, yet the subsequent mischief from taking colds on going out after inhaling, was attended with greater disadvantage than the benefit derived from their use, until we were compelled to lay them aside, under such circumstances, and to adopt the cold system of medicated inhalation that we now make use of.

The cool system of medicated inhalation is entirely devoid of all liability or danger to take cold after inhaling the vapors.

In the next place, the advantages of inhaling the cold vapors are fifty-fold greater than the hot vapors. The cool vapor is always ready, and is evaporated by the ordinary temperature of the room, and the volatility of the substances we make use of, which are readily diffused and carried into the lungs, and every part of the respiratory apparatus, the bronchial tubes, and the most minute air-cell, by breathing them with the atmospheric air in its utmost purity, either indoors or out.

#### Mode of Inhalation of the Cool Medicated Vapors.

The Inhaler that we make use of is a small globe, open at one end, which contains a small piece of nice soft sponge. Upon this sponge in the globe is poured two tea-spoonsful of the vapor. This is sufficient for a dose to be inhaled all through the day — say four times a day. At the other end of the globe is attached a piece of tubing about fourteen inches in length, and at the other end a glass or ivory mouth-



piece. The patient holds the globe-inhaler horizontally in his hand; while the mouth-piece is placed in the lips, he inhales or breathes the vapor in with the natural inspiration, carrying the vapors along with the oxygenated atmospheric air into the lungs; he breathes the vapors naturally, as we have before said, as he breathes for the purpose of inhaling the atmosphere. We direct the patient, at the first commencement of inhaling, to use the inhaler about fifteen or twenty minutes only, taking that many inspirations or a few more, taking care to breathe gently and easily, but deeply, into the lungs, not too ruggedly at first, for fear of producing too great a mechanical distension of the air-cells, and causing soreness thereby. But after the patient has practiced inhaling in a gentle manner a week or a little more, he should increase the time up to thirty minutes for each spell of inhaling. The proper time for inhaling the vapors is in the morning, half an hour or so before eating, on an empty stomach, before dinner, and before tea, or just before retiring at night. In aggravated cases, however, where there is much irritation and irritability of the throat or respiratory organs to be overcome, we direct to inhale six or eight times a day, at intervals of an hour or two, but only to take five or ten inhalations at each time. This is done for the purpose of more gradually and gently soothing the irritable condition of the lungs and air-passages. We direct the patient, when not using the globe-inhaler, to set it in a tumbler, as it will always fit in one of an ordinary size; it will be safe in such a position, while it saves the vapor. About once a week or so, the sponge should be taken out of the globe, and all the old vapor it contains should be squeezed out of it, so that it may more readily take fresh vapor, and the vapor be more sensibly felt in the lungs to produce the desired results.

For the most part, the same sponge will do for each vapor. But in aggravated cases, where there are different results to be obtained—namely, first to quiet the cough; again, to cause free expectoration, in case of great confinement of the mucous secretions in the air-passages; or, in case of too free expectoration, and we wish to give an astringent vapor, one entirely opposite from the expectorant or soothing vapor—then a separate sponge, or globe-inhaler and sponge, should be kept purposely for the expectorant and for the astringent vapors. Due caution should be had to these points.

Our system of cool medicated inhalation affords other very strong and permanent advantages; namely, most subjects of laryngitis, bronchitis, and, in fact, Tubercular Consumption, are among those who wish to travel, who should be in the open air as much as possible. Many of them are able to do light work, and follow some moderate



employment; yet they should carry on the inhalation at the same time, and this affords such, therefore, the great advantage of taking their inhaler in their pocket, well charged with vapor, which will last them the entire day or more. The patient is not troubled with the boiling of water, or the necessity of being furnished with a large warm-water globe-inhaler, and an alcohol-lamp to keep up the temperature underneath it, as in the warm system of medicated inhalation.

In the next place, the cool system of medicated inhalation used by our Institution possesses far greater advantages in a curative point of view over the warm system, inasmuch as it affords us the opportunity of giving such medical agents as have a greater affinity for oxygen, and embody greater solvent properties for dissolving the tuberculization in the air-cells of the lungs, and on the mucous surfaces of the air-passages, thereby causing free expectoration of that morbid material which is filling up the air-tubes and the air-cells of the lungs, excluding oxygenated atmospheric air, and keeping up, so long as this condition of things exists, the tubercular formation back in the circulation, for want of oxygen to carry on the process of combustion that we have above explained, according to the indications of each case, or stage of each case.

First, the *Expectorant Vapor*; second, the *Balm*, or *Soothing Vapor*, for the cough; third, the *Tonic*, or *Alterative Vapor*; fourth, the *Astringent Vapor*; fifth, the *Anti-Spasmodic*, or *Asthmatic Vapor*.

If the lungs and respiratory organs, or the bronchial tubes, seem to be choked up and confined, and the patient is troubled with difficulty of breathing, the *Expectorant Vapor* is made use of, for the purpose of dissolving the tough mucous secretion which lodges upon the lining membranes of the air-passages or air-tubes, and, as it were, closes them up from its viscosity or toughness. The *Expectorant Vapor* has the power of dissolving this viscid secretion, and causing it to be freely expectorated from the lungs. Patients speak in the most unqualified approbation of the striking beneficial results received under such circumstances from inhaling the *Expectorant Vapor*.

In the next place, where the patient is troubled with an obstinate cough, the *Balm*, or quieting vapor, is given at bed-time at night, or at such times in the day as the cough is troublesome. The *Balm*, or *Soothing Vapor*, is compounded, as the name implies, from such anodyne and nervine agents as are calculated to soothe and quiet the irritable condition of the nerves of the bronchia and the lungs. One of the most striking benefits is seen here in administering medicines in the shape of inhalation. The most obstinate cough which may harass



the patient, and deprive him of sleep, can be mitigated or quieted in a little time by inhaling this vapor, and save the stomach from being sickened by nauseous syrups of squills, ipecac, opium, paregoric, and such like materials that have been hitherto relied upon.

The Tonic and Alterative Vapors are given to introduce into the blood such elementary materials, by breathing or inhaling them, that possess power to change the morbid condition of the blood and vital fluids, by introducing into the circulation those nutritive principles which the system has suffered so much for, which, were they given entirely by the stomach, would frequently be repulsed or rejected, from the already irritable condition which the stomach is found to be in. The *Tonic Vapor* is given to strengthen the lungs—it invigorates their nerve-forces. In these vapors we introduce many *new discovered* balsamic preparations, which have a wonderful effect in stimulating the sluggish and ulcerated surfaces and caverns, rousing the absorbents, and bringing the parts into healthy condition for the vital forces to heal.

The *Astringent Vapors* are given in those cases where the secretions from the lungs or the bronchial mucous surfaces are very profuse, attended with a thin, glairy mucous, which serves to drain off the albumen of the blood, reduce the patient's strength, and prostrate his vital energies. These profuse secretions can be kept in check, or suppressed, just as may be desired for sanitary purposes.

The *Anti-Spasmodic*, or Asthmatic Vapors, are especially given for Asthma, and that difficulty of breathing denoted by a great irritation and irritability in the nerves of the lungs, and the nerves distributed to the bronchial mucous surfaces. It is well known that Asthma is a spasm of the muscles of the bronchia. Some morbid condition of the digestive organs, the liver, the diaphragm, or the blood, exists in all such cases, as to cause great irritation in the nerves leading to the wind-pipe and respiratory organs. The most inveterate case of Asthma can be relieved by inhaling these Anti-Spasmodic Vapors. The author has himself, as he has before named, twice been subject to the most severe attacks of spasmodic Asthma. So intense was his suffering, for a little time, that he nearly suffocated for want of air; but he was almost instantly relieved after inhaling these vapors. He has given them in hundreds of instances in his practice, with the same instantaneous effects, to relieve the phenomena.

Before leaving this subject of medicated inhalation for the cure of diseases of the respiratory organs and the lungs of every name and nature, we should say something in regard to a change of climate for the cure of Consumption, so generally recommended by practitioners



of the old school, who have ever looked upon Consumption as being incurable under any system of treatment known to them; they have, accordingly, on being consulted by patients far advanced—to save themselves from the stigma or the censure of not being able to do any thing—indiscriminately recommended such consumptive invalids to abandon their homes, and resort to some foreign clime, with the idea of finding a cure in a change of atmosphere, which they themselves, in their limited knowledge of the healing art, are not able to give, feeling themselves entirely incompetent to meet the emergency of the case in which they were consulted by any remedial means known to them.

#### Change of Climate unnecessary and highly injudicious.

We have already alluded to this inhuman custom on the part of such physicians in the opening sections of the book, therefore we shall have but little to say in regard to the change of climate, which we condemn. We never advised it; for Tubercular Consumption is a disease which prevails in every country and in every clime. Even under the balmy and clear skies of Italy, Consumption is almost as prevalent as in the United States; so in France; and so in most all other civilized countries of the globe. To expatriate one's self from his country, to leave his home and encounter all the privations attending such a sacrifice, often leaving behind his dearest friends, is highly injudicious, and in doing so, instead of realizing a cure, generally his disease is so far advanced that he never returns, but dies in a foreign land, unattended by a friend or a relative, to smooth his passage to the tomb, and render those consolations which, under such circumstances, he so keenly feels the need of.

It is sufficient for us to say that the most skillful and experienced physicians, who have been brought up, and had experience in their own persons—Sir John Forbes, Sir James Clarke, and other eminent medical men—now entirely condemn it.

All the benefit that can be obtained by a change of climate is produced by the effect of travel—the journey, the excitement attending it, the change of scene which appeals directly to excite hope and inspire courage in the patient—and not from the climate itself. Our experience, which has been great in regard to a change of climate in our own person, and in our own practice, leads us to maintain that all the benefit that can be derived from going abroad in regard to a change of climate, the breathing of a softer and more balmy atmosphere, can be obtained at home in one's own residence, by medicat-



ing the atmosphere, as we have before explained, where we have illustrated the Medicated Air-Chamber with the appropriate cut.

The atmosphere of the patient's room can not only be made as soft, but more balmy and congenial to the diseased condition of his lungs and respiratory organs, to saturate them with medicated vapors, than can be found in any tropical or foreign clime. Aside from this, he possesses all the immunities and social privileges of his own home and fireside, which are sacrificed on leaving; saying nothing about the severe pecuniary tax and great expense which only a few invalids are able to defray. We contend, further, that, with due regard to the hygiene of clothing and dress, in suitable flannels and furs, the consumptive can exercise in the open air nearly every day throughout the winter, with entire impunity from liability to the rigors of our climate, or of colds, provided he always goes out with a Respirator over his mouth — which he should never fail to wear. By adopting this precaution against liability of breathing the cold air, which otherwise would obtain, the atmosphere is tempered and warmed to the natural standard of the blood before it enters the lungs; thereby all liability to congestion, irritation, and inflammation and colds is removed.

It will not be out of place here to refer to many of our own patients that have been cured amid the rigors of our Northern winters, continually exposing themselves daily, and passing through an entire winter without a cold or relapse, when they were so far advanced in the last stages of Tubercular Consumption that caverns had formed in their lungs. When we first saw them, we apprehended every liability from their remaining at home during the winter. We refer to the case of Mr. Otis Walker, of Sherburne, Vt., for one; and we could mention many others, but it will be more satisfactory to the general reader for us to name some distinguished individual who has received some benefit by adopting these prescriptions, remaining at home, and exercising in the open air during the entire winter. The distinguished literary writer, N. P. Willis, has cured and restored himself from the last stages of Tubercular Consumption, in which he had bled at the lungs severely several times. It is not necessary, therefore, for any one under the improved methods of treatment that medical science and art now afford, to abandon home, and resort to a foreign clime.



Exercise in the Open Air becomes highly Essential to the Cure of Tubercular Consumption.

The neglect to obtain fresh air is the rock on which invalids and consumptives make shipwreck. We have endeavored throughout this work, in the preceding sections, to show that the cause for Tubercular Consumption is the depriving one's self of pure air; in-door confinement, sedentary occupation, to the great neglect of proper ventilation, so much so, that the large mass of the American people are perfectly poisoned by breathing vitiated and confined air. As Tubercular Consumption is caused, therefore, by excluding the pure air (oxygen) from the lungs, to deprive one's self of it becomes certain death. We do not object, therefore, to our patients going out in the coldest day of winter, when the atmosphere is not damp and the weather is not inclement; but he must go out well guarded and prepared against the liability to cold; but go he must in the open air, in order to breathe the pure oxygen, to expand the lungs, and cause a perfect combustion of the carbon. This carries on and promotes the process of cure, at the same time that it generates the heat or temperature of the body; for, be it understood, that animal heat is generated by the consumption of the carbon of the blood, through the medium of the lungs, in the same way that heat is radiated from coal or wood when consumed by the atmosphere.

But it makes a material difference *how* the consumptive takes his exercises in the open air. Above all other modes, horseback exercise in the open air stands preëminent; for it arouses the circulation of the blood more thoroughly and perfectly than can be done in any other way consistent with his strength, and throws the blood to the surface with increased impetus; the heart is made to act with more force, the circulation is carried on more perfectly, and internal congestions and obstructions are overcome and relieved. The circulation being aroused so perfectly, the blood is carried through the lungs oftener, so that an increased amount of oxygen is inhaled. The lungs, therefore, receive strength and vitality, and are nourished by the new vital principle received from the blood, and caverns are made to heal.

We have found in our vast experience in directing our patients, who are harassed with an irritable cough, to exercise in the afternoon and evening in the open air, and breathe deeply into the lungs, that it would act better than any anodyne to quiet the cough and produce a refreshing, sound night's rest, which would not otherwise have been obtained. Mr. Willis mentions the same coincidence of effect in his



own person — of being able to relieve a severe irritable cough that would return every evening, were it not for his daily ride. We, therefore, recommend horseback exercise beyond all other methods. Of course, where the patient is so situated that he can not command the advantages of a horse, gestation, or exercise in an open carriage will be of benefit, but the exercise is passive compared with that on horseback. He should take gentle exercise on foot, as far as he is able, daily, leaving off inside of fatigue, when not able to command it on horseback.

The eminent Sydenham extolled horseback exercise in language of enthusiasm: "In fine, how desperate soever a consumptive may or is esteemed to be, yet I solemnly affirm that riding is as effectual a remedy in this disorder as bark in the intermittents; provided the patient be careful to have his sheets well aired, and to take sufficiently long journeys."

#### The Treatment of Consumption by External Application to the Skin.

We have mentioned that the practice consisted much in blistering the chest, making an extensive counter-irritation over the lungs with irritating ointments, croton oil, or by issues. This practice, for the most part, is barbarous, because it causes unnecessary pain and suffering, prostrates the energies of the patient, irritates his delicate and sensitive nerves, and causes him to lose much rest and sleep thereby. It is a practice that we condemn; for the improvements in the medical science furnish us with newly-discovered means that afford ready relief to pleuritic and neuralgic pains, which frequently attend the consumptive, especially when tubercles are ulcerated without causing any pain, suffering, or soreness.

We furnish our patients with a CHEST EMBROCATION for the purpose of relieving the pains, which affords instantaneous relief to the pleuritic and neuralgic pains.

#### The Chest-Expander.

As valuable and as curative as the newly-discovered remedies for the cure of Consumption by inhalation have become, in our hands, and our improved system of constitutional treatment for correcting the impaired nutritive functions, and altering the morbid conditions of the blood and vital fluids, we are in possession of other aids which are brought to bear with those valuable agents, which we furnish the patient, or direct him to prepare a Chest-Expander of our own inven-



tion, something after the plan of the celebrated Dupuytren, which allows him gentle and valuable exercise in his own room, or in the yard in the open air, as the season may allow, and at the same time increase his vital capacity to a wonderful extent, by expanding the chest, at the same time giving great strength to the pectoral muscles. This Chest-Expander becomes a most admirable adjuvant to a cure.

#### The Cure of Pulmonary Consumption by the Medium of the Stomach.

It is well known that within a few years a new remedy, thought to have been such, has come into great vogue, and been extensively used by the old-school practice, as well as the new, for Consumption, in the shape of cod-liver oil. This, like every other new thing in the United States which has been adopted under the stimulus of excitement, goes with a rush for the time being, while the excitement lasts; the consequence of which is invariably to impart to the thing itself a popularity undeserved, and that which can not be sustained. Such has been the case with cod-liver oil. Some few years ago the demand was so great for this article, that barrels of the oil of other fish—whale-oil, and even neat's-foot oil—were put into market, and sold in bottles as being of the "pure cod."

The reasoning of medical men in regard to the therapeutic or curative principles of the oil, was about as it has been with mercury, arsenic, digitalis, colchicum, and all the other remedies which, in turn, were offered as specifics for this melancholy disease.

First it was alleged that its virtues consisted in the minute principle of iodine that was found in it.

Again, it was asserted that it was owing to the bromine, because it was alleged that just a trace or a minute particle of that material had been discovered by analyzing the oil. It turned out eventually, in reference to the cod-liver oil, as it has of every other medicine of the old-school system of practice, that whatever beneficial results were derived from the use of the oil, were not from any medical agent that it contained. Science and experience have demonstrated this fact. That it has produced wonderful curative effects in many instances of Tubercular Consumption, there is not one particle of doubt; for we have witnessed these results in our own practice.

Upon what principle, then, depend these facts? Upon this, namely, that pure cod-liver oil affords one of the best specimens of carbon that can be obtained for the purpose of keeping up a perfect combustion in the system of the delicate invalid or consumptive.

Its great drawback is, that it is too "fishy," too apt to offend the



stomach, too prone to be belched up in the stomach a long time after it has been received; hence it sickens many, and causes a disgust for food and healthy nutrition that otherwise would have been taken. This is its great drawback; hence it has fallen almost into entire disuse.

Following this same law that we have referred to in the United States—that where there is an excess of action or excess of excitement in regard to a thing or a topic, however worthy of interest—there ever will be a corresponding reaction and depression. The oil, in fact, has fallen too much into disuse with those particular invalids who have a stomach or a capacity to take it with impunity, and without exciting disgust.

Though we have made extensive and satisfactory use of cod-liver oil in our own practice in years gone by, we have now entirely discarded it; for the very reason, that we seek to introduce a due amount of carbon in another shape — another material aliment that can be taken with a relish with the patient's daily food; in the shape of fat beef, mutton, or lamb, fowl, and animal food that afford a due amount of fat or good carbon. We, therefore, encourage our patients to cultivate an appetite, in the colder season of the year, for animal fats, which are essential to the maintenance of the temperature of the body, and of that pure combustion in the system that shall counteract all liability to tubercular deposition, and maintain an equable and healthy balance between the nerve function and circulative system, the nutritive functions and the lungs at the same time.

Upon this point hangs the fulfillment of the second grand principle in the cure of Tubercular Consumption that we have laid down. The patient, then, or consumptive invalid, if he is not our patient, will bear its importance in mind, namely, the consumption of a due amount of carbon.

#### The Dietary of the Consumptive.

The two principal meals of the day, namely, breakfast and dinner, should consist, for the most part of the time, say eight months in the year or more, during all the colder weather, of fresh animal food. Of this, beef stands foremost; for the red meats are most nutritious, and, when of a proper age, are most easily assimilated into good blood. Next to beef come mutton and lamb, or venison and other wild game form a good substitute. Tender fowl, as chicken or turkey, or wild fowl, may be used, if they agree with the stomach of the invalid.

The cooking of such meats forms no small consideration. Roasted,



or broiled in the form of steaks, is far superior to any other method of cooking. It should never be dry nor over-done, but rather under-done, which renders it much easier of digestion. In the place of meat, where they agree with the consumptive, he may eat two or three fresh eggs, boiled for three minutes only. A change from eggs to fresh fish may be made occasionally, but only to suit the fastidiousness of the patient's appetite, or for convenience rather than nutrition; for fish is hard of digestion, and affords but very little nutritive principle, when compared with animal food. To those patients subject to fever, fish and oysters may be preferable to so much meat, as they do not excite fever.

We recommend the consumptive invalid to use sweet cream freely, and to make it form a part of two if not three meals a day. It may be used freely on his bread, or united with eggs, made in the form of a custard or omelet, provided it agrees with the stomach. Sweet cream may be united with flour in the form of a light sponge-cake; or if light, digestible pies are required for a change, and to suit the fastidiousness of the patient's appetite, we have no objection, if the crust is made entirely of sweet cream. Sweet cream may be used with fruits, when the fruit is not too acid to change its nature to curd, and render it thereby indigestible. So also should good fresh butter be made free use of, spread upon cold stale bread; for both butter and cream afford the respiratory aliment that is necessary to generate heat, and keep up a due temperature of the system, as well as afford other aliments which are necessary to build up the tissues of the body. Meat and animal food of course should be eaten with well-cooked vegetables, as potatoes, and with bread; likewise fruits, especially in their season, such as are digestible and well cooked, may be made free use of. The bread of the consumptive invalid should be that made of yeast well fermented, but free from acidity, and never should be used fresh, but should be a day or two old — stale.

It would be improper to prescribe a set system of diet for the consumptive invalid, for frequently the appetite is capricious, and one thing would not be relished more than once or twice consecutively; hence, a change under such circumstances should be made; bearing in mind that the diet should be generous and nutritious, but of easy digestion. It should not be highly seasoned nor pickled. Pastries and rich food of every kind should be scrupulously abstained from. Warm bread, freshly cooked bread, fried cakes, griddle-cakes, hot biscuits, buckwheat cakes, and cookery into which lard or butter enters, should be abstained from, as being very pernicious and oppressive to the stomach, disordering healthy digestion and assimilation; in fact, it is im-



possible that good blood can be assimilated from such food. Mince-pie, rich cake, cheese, and all articles that are pickled, like cucumbers or lobster, salmon, and every thing that is heavy and indigestible, must be scrupulously avoided. The suppers should be light and made to consist of something easily digested. The beverage may consist in the morning of a cup of weak coffee, with sweet cream or boiled milk and sugar, provided it does not disagree with the stomach of the patient; if so, it should not be used. A weak cup of black or oolong tea may be used in its stead. Coffee made from burnt rye or barley, or a toasted crust of bread, is nutritious and forms a healthy drink, as it softens the water. We object to the use of much cold water being drank at meal-times, as it would lower the temperature of the stomach, and arrest a healthy process of digestion. If the invalid is thirsty, pure, soft, cool water may be rather sipped than drank between meals; but never in large quantities, as it would impede digestion.

#### Manner of Eating.

The consumptive invalid should take all due time to eat. The mind should be undistracted by cares and anxieties, and free from perturbation. In fact, no one should attempt to eat but in a buoyant and cheerful state of mind. The food should be well masticated, for the purpose of giving the salivary glands which line the fauces due chance to secrete that appropriate material which aids so extensively as a solvent to the food, and the furthering of a healthy process of digestion. He should therefore eat slow and take due time.

#### Number of Meals and Times of Eating.

With most invalids, three well-cooked meals a day, at equal divisions of time, are quite sufficient. It is far better than the habit, so much in use by some, of eating little and often; for, in the latter case, the stomach is all the time kept teased, and does not get sufficient rest to recuperate its energies, and carry on a healthy process of digestion and assimilation. The consumptive invalid should have his breakfast very early, especially if he goes through with the tedious process of bathing and dressing in the morning on an entire empty stomach, which would in many instances be entirely prostrating; hence, we advise those who are debilitated to take a cup of boiled milk and water, or weak coffee, and scalded milk or cream, before attempting bathing and dressing, to sustain the strength.

Exceptional cases there will be to this general rule of eating. Where the patient is very much debilitated, and his powers of stom-



ach will bear but a small quantity of food, some will require to take nutrition in the night, and not go too long without sustenance, when a sensation of faintness and debility would be induced thereby.

#### The Clothing of the Consumptive Invalid.

The consumptive invalid should pay the greatest attention to his clothing and dress, for the purpose of maintaining an equable temperature of the system, and guarding against all possible liabilities to cold, and the frequent vicissitudes of our climate. The under-garments should be flannel, or all wool, both waistcoat and drawers; woolen stockings also should be worn. In the colder season of the year, two pairs of stockings should be used; likewise, should the boots or shoes be lined with flannel or false woolen soles. The under-garments worn through the day should be left off at night to ventilate, and frequently washed. The night-garments may or may not be all wool, as the patient needs. Those who are not troubled with chills, or a disposition to be cold, will find the cotton night-dress sufficient; whereas, on the other hand, those whose temperature is low, and who are troubled with chills and cold feet, should sleep in woolen night-garments, as well as in woolen sheets. In the colder season of the year, a sufficient number of garments should be worn externally to keep up a uniform warmth, especially when going into the open air. This will afford the advantage of having the under-garments light and porous; and also will afford the advantage of a better non-conducting power, as well as maintaining more equable heat or warmth of the air retained between the garments.

The consumptive invalid should not dispense with woolen under-garments throughout the year; but in the warm months of summer those of less thickness and lighter kinds may be made use of, but great caution should be observed in changing too suddenly. Hundreds of patients take severe cold, which results in internal congestions, often in pleurisy and pneumonia, and many instances terminate fatally by leaving off garments too early in the spring. In fact, the change should be made very gradually and cautiously. In the winter months, external garments made of chamois form a great protection against the liability to cold in going out. A chester also of two thicknesses of flannel should be worn in the winter. This can be suspended with tape about the neck and taken off at night; having changes which should be frequently washed with the other garments. Scrupulous regard must be paid to cleanliness in the clothing as well as of the body.



### The Sleeping Apartments of the Consumptive Invalid: Air and Ventilation.

The consumptive invalid, as well as all others in fact, should sleep in a large room—never less than fourteen or fifteen feet square. This should be arranged so that perfect ventilation can be maintained constantly all through the night, by lowering a window from the top, which should open with one in an opposite direction, or a door in an opposite direction, so that a current of pure air can be kept up continually. If not convenient to obtain the ingress of fresh air by lowering the window, a ventilator should be made in the place of a pane of glass by perforating a piece of zinc or tin. In the winter season the latter method would be very judicious, having the holes made so small and with a sufficient number, that the current of air can be divided, so that there will be no risk of exposure by too free an ingress of cold air.

The room of the patient should not be entirely closed nor shut up from the external atmosphere. Thousands of people are sacrificed by breathing close and confined air—the poisonous exhalations of their own breath over and over again—until the blood is perfectly contaminated, the brain and nervous system depressed in their vital energies, and the lungs made to ulcerate.

The consumptive should sleep alone by himself, and also, for the most part, room by himself, unless the ventilation is so perfect that it will preclude all liability of infecting the atmosphere of the room and thereby endangering another; for a healthy person may be infected by a consumptive. We have known many instances, in our experience, where Consumption has been contracted in this manner.

The consumptive should discard the use of a feather-bed and make use of a mattress; one of hair or cotton will answer, but we prefer a mattress or bed of fresh oat-straw, which can frequently be thrown away and replenished anew.

Both the bed and bedding of the consumptive should be exposed the instant that he arises, to ventilate, and left exposed through the entire day, and should not be made up until evening. Most people are in the habit of making their beds soon after leaving them in the morning, thus confining entirely the noxious exhalations of the preceding night, which become a source of noxious effluvia to be inhaled into the lungs. Such a practice is filthy, to say the least of it, aside from its dangerous effects upon the lungs and the blood. He should not forget the great necessity of duly ventilating his night-garments through the day also.



### The Ablution and Bathing of the Consumptive Invalid.

It is highly important that regular bathing should be maintained daily of the whole surface of the body. The proper time to do this, if done but once, is on awaking and before dressing in the morning. Nothing arouses the vital and nerve forces of the system equal to a sponge-bath in the morning. If the invalid is weak, and it would be too fatiguing for him to go through an ablution and rubbing alone, it should be done by an assistant. If he is liable to chill easily, the bathing should be done in a warm room, and the whole body should not be exposed at one time; but the upper part, one arm, or the chest, may be washed and rubbed dry while the other parts of the body are kept covered, and each part in turn bathed without exposure to being chilled. In the winter the water should be warm, and salt should be dissolved in it at the rate of four table-spoonsful of fine salt to two gallons of water. Once a week, or oftener if necessary, Castile soap should be used in place of the salt, for the purpose of cleansing the skin sufficiently for health, but otherwise salt is the most tonic. This bathing or sponging of the body must be done expeditiously, though faithfully, and the invalid should be as expeditiously wiped dry with one towel; then another rough dry towel should be made use of, and that so forcibly and dexterously as to cause a thorough reëction to take place, denoted by a sensation of warmth, or glow over the entire system. In the summer months the invalid should be again sponged with equal parts of spirits or alcohol and water on retiring to bed at night, for the purpose not only of cleansing the body from the impurities of the exhalations of the day, but of relieving the feverish exacerbation so liable to take place; at the same time it insures refreshing sleep, that would not often otherwise be had. For the night-sweats of the consumptive this sponging of the body, with equal parts of alcohol and water, in most instances, will be found a perfect preventive. Besides, this evening bathing acts as a tonic; the spirit is absorbed into the circulation, which becomes invigorated thereby without any liability to a reëction, as is the case when given by the stomach.

### The Cure of Consumption in Infants and Children by the Inhalation of Medicated Vapors.

The interested reader may suppose, because we have narrated in the preliminary sections of this work so many diversified forms of the



great tubercular deposit, as being manifested in the shape of scrofula, by swelling of the glands of the neck, tumid eyelids, spinal and hip-joint disease, enlargement and swelling of the mesenteric glands of the bowels, great proneness to be infested with intestinal worms, marasmus, or general wasting of the tissues of the body, etc., that infants and children may not be much subject to tubercular formation in the lungs. But such is not the case; for it is found by accurate statistical observation, based upon a large number of cases, that infants and children, in addition to their liability to the diversified forms of this tubercular disposition, are equally as liable to tubercles in the lungs as those of adult age, and even more so. The erroneous opinions so prevalent and generally held, in respect to this, have obtained from an erroneous diagnosis of the true nature and cause of death in infancy and childhood, on the part of their physicians. It is well known that the mortality among children, especially at certain seasons of the year in populous towns and cities, is very large. In the city of New-York, for instance, for many weeks during the summer season the bills of mortality announce five hundred deaths and upwards per week of children; and out of these five hundred deaths it would be hard to find one attributed to Tubercular Consumption. Why is this? For the very reason that general practitioners who devote their attention almost exclusively to acute diseases are but little posted in the science of auscultation and percussion, as applied by the specialist in this department to elicit the true condition of the lungs, by listening to the sounds of respiration by the stethoscope, and otherwise; hence the causes of deaths in children are announced to be from the effects of complications of the diseases in their final action or termination in some other organ or function of the body; hence the deaths in childhood are announced to be, for instance, hydro-cephalus, or dropsy of the brain, more frequently diarrhea or cholera-morbus; for in the last stages in infantile consumption nothing is more common to be met with than the disturbance of the stomach and of the alimentary canal, hence the vomiting and purging which are of a tubercular character. Occasionally you will see announced as the cause of death for children, marasmus which, as we have before named, is a wasting of the tissues of the whole body; always involving the lungs as the primary seat of causes.

We will make our position good, namely, in proving the great mortality in infancy and childhood from Tubercular Consumption, by quoting from the statistics of N. Gurcent, *Physician to the Hospital for Infantile Diseases in Paris*—an institution, by the way, which never receives children above the age of sixteen nor below one—who



tells us that tubercles are found in two thirds of all the children that die in the hospital. MM. Lombard and Pappovine, two other experienced physicians, having the care of institutions devoted exclusively to their treatment, corroborate the same statistical facts.

Another reason why physicians generally, or those who are devoted to general practice, and treat almost exclusively acute diseases, overlook the tubercular deposit, or consumption in the lungs of children, as being among the general causes for so much fatality, is this, namely, the symptoms of Tubercular Consumption in children are quite differently manifested from what they are in adult life. You will not meet but rarely with the same regular periodical hectic fever, or return of the hectic flush. You will meet in the evening a parched skin, perhaps on the face a slight flush occasionally, and a moisture may appear about the forehead. Rarely will any regular attacks of chills be induced, as in the adult. The cough, if any, occurs in spasmodic fits or paroxysms. It is not attended with that frequent and prolonged hacking cough met with in grown people. You will not notice any expectoration, as in the adult patient. The child is too young to use reason and judgment to expectorate and eject it, by spitting it out, which is an act of volition in the adult. It is by them coughed up into the mouth, and swallowed into the stomach. No spitting of blood attends the tubercular process of children, like the adult. From these and numerous other peculiar circumstances attending Tubercular Consumption in children, are physicians led to commit errors in diagnosis. Diarrhea occurs as a last termination, and this is attributed by the physician to indigestion or a weak stomach, instead of the tuberculization. Marasmus, or a general wasting of the whole system, takes place; hence the death is so announced.

Be it understood, therefore, by the reader, and those who shall be interested, that the general practitioner is incompetent, as a general thing, to determine whether tubercles have been deposited in the lungs of children or not. This can only be determined by the aid of a stethoscope brought to bear by a well-disciplined ear.

We have mentioned what constitutes the tubercular indications and dispositions in children in the former section. Among them may be enumerated swollen eyelids, a puffed or tumid lip, or the lips may be dry and chapped; and a humor or pustular eruption will appear about the eyelids, or pustules may appear upon the body, especially behind the ears; the nose may be tumid in instances; the septum or *alænazie* and membranous lining of the nostrils may be much swollen or thickened. In many children the bowels become swollen, and often knotty and indurated. When these symptoms appear, we may strong-



ly suspect the tubercular deposition, and also that the tubercles have already commenced to be deposited in the lungs.

Let the fond mother or tender parent, having a child manifesting any such symptoms, be not deceived nor misled that these are simple external symptoms of no moment; for should she flatter herself with *that* idea, and procrastinate seeking a correct opinion in regard to the absolute cause for these external manifestations, however slight and harmless they may appear to her, the pang of self-reproof and regret will come too late to afford any relief or succor to her offspring.

Perhaps it will be thought that it is a needless digression on our part that we have made towards the close of our little volume to step aside from what we have assigned to be our present and last duty, namely, to point out the true curative method for the treatment of Consumption, to narrate here symptoms and the cause of their indication. We do it for this reason, namely, to impart to others the knowledge which science and investigation have found, in making the treatment by medicated inhalation as certainly successful, when timely adopted, for children, as much so as in cases of maturer years. To all children, from four years of age and upwards, we direct the application of the vapors to the lungs by the inhaler. To them it becomes measurably the means of medication, and instead of exciting disgust or antipathy, is a matter of amusement and frequently sought for. To them is it doubly and trebly inviting and cheering, because the stomach is relieved of taking nauseous drugs and potions. To those under four years of age, as a general thing, the vapors must be administered by diffusing them in the nursery of the child, by evaporation, as explained under the head of the Medicated Air-Chamber; or evaporating the medical vapors by an alcohol-lamp in the room and by the bedside of the patient, when necessity requires it, as advised in other more aggravated and appalling instances of a kindred nature, as explained under the head of Diphtheria and Croup. They all follow in the same category of treatment and cure, if cured at all; for they appeal alike to the disease and treatment, namely, the respiratory organs.

Let me appeal, then, alike to every feeling mother, to every thoughtful father, if it is not their duty, under the present light that art and science now proffer them, that these rational methods explained for investigating and discovering the true condition of a child when ailing or sick, and of combining also, when seasonably discovered, such striking curative means—if it would not be sacrilege and a great dereliction of moral duty on their part to neglect these advantages, and allow the process of diseased action to gain insidiously, though it may be, it has a foothold upon the constitution of their beloved off-



spring, and allow such a mortality to continue, in the now general manner that characterize the bills of mortality in childhood. I ask you further—in view of the attainments of science and learning, and the general diffusion of physiology, and a knowledge pertaining to the laws of life—if it is reasonable to suppose that God designed such an early sacrifice of the innocents? Oh! no. Does it not more become your duty to study and to understand the defect in your system of living, the physical management and education that should so prematurely and in so melancholy a manner cause such an early sacrifice?

“In the first glow of beauty, the first flush of light,  
Should the day-dawn be swathed in the shadows of night?  
Should the star of the morning pass fruitless away,  
And break to the fair earth the promise of day?  
Ah! no. Then why fade thus the loveliest of flowers?  
Why do the young and the beautiful die,  
Ere they drink of the rapture of summer's sweet hours—  
Ere the brow hath a cloud or the bosom a sigh?”



## Section Twenty-Third.

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### Closing Address to Invalids and Consumptives.

THE interested reader will not lose sight of our motives, announced in the preliminary section which induced us to write this little volume. Perhaps it would be a matter of supererogation to repeat them here, for he can refer to that section and ponder them at his leisure. He will, however, not lose sight of this fact, that we wish to have stand out in bold relief at the close, namely, that the author inherited by parentage, on both sides, a strong predisposition to two of the most fatal and deadly forms of Pulmonary Consumption. It was the circumstances attending his early life in physical prostration and suffering, and his ultimate recovery, that gave birth to the longing desire to become a physician and messenger of health to mankind. The desire seemed to be spiritually diffused in his breast in early life, under the feeling of untoward suffering brought upon him from erroneous notions on the part of those called to administer to him, and which he subsequently discovered proceeded from their great ignorance, in regard to the true principles of the healing art, which the old school to which they belonged seemed destitute of possessing. Their prominent dogma, as we have frequently mentioned, ever before and subsequent to this period of his life was, that Tubercular Consumption was incurable; yet, when called to administer, in his case, instead of aiding nature, or the resources of the physical constitution, the vital stamina of the body, to throw off the inroads of disease by giving proper support in the way of nutrition, and giving to the patient a correct knowledge in regard to the laws of life, and nature's remedies—which are, by the way, the breathing of pure air, the maintaining of the natural temperature, the equalization of the circulation, and the support of the nerve-forces, the regulation and maintenance of the healthy functions of the body, the correct knowledge of the hygiene of clothing or dress, in combination with food, the ingesta and egesta—this most important knowledge of nature's remedies they did not understand nor seek to impart to the suffering consumptive; but they absolutely blocked her wheels of motion and progression, by pouring



into the stomach not only nauseous, sickening, and depressing remedies, but deadly poisons, in the shape of mercury, combined with the other barbarous, irritating, and prostrating system of blistering, bleeding, etc., which we have already narrated. The author was most forcibly impressed with the absurdity of the allopathic system of treatment while in his youth, and was led then by the circumstances above named, to make the healing art his profession in life. This opened the way to an extensive inquiry and investigation into the general history and literature of Consumption. The result of these investigations was to discover the dawning of a new light, in regard to this hitherto considered universally fatal disease. He discovered that the other eminent men whom he has referred to, and whom we need not repeat, had made the same discoveries in their practice, by numerous observations of cases which came to their view, namely, that after the patients had died of other diseases, they discovered that these patients, at some period of their life, had been subject to tubercular deposition in the lungs, which had run through the process of softening and ulceration, and that the caverns formed thereby, previous to their death, had healed. These facts, observed by Laennec, and Louis, Andral, Murray, Bennett, and many others, opened to their minds the rational conclusion, that nature herself cures Consumption, when not thwarted or interfered with by the prostrating and poisonous effects of allopathic treatment—the same conclusion the author had come to by the circumstances of his early suffering in his youth.

These facts, then, stood up as a matter of demonstration, adduced by the best medical men of the world, to prove that Consumption was curable. Then the question arose in the author's mind, that if Consumption was curable by nature, could it not be much more curable and brought into the daily application, when aided by the judicious assistance of art? His investigations in this department for many years resulted in the discovery of the important facts in regard to the true cause of Tubercular Consumption in the lungs. Be it understood here, then, by the reader, that the notions or doctrines of the school before this, respecting the cause or causes of tuberculization, were as vague and as inconsistent as their practice itself. It becomes, then, a true axiom in medicine, that "the discovery of the cause is half of the cure."

We have repeated this so often in the preceding sections, that it will be entirely unnecessary to repeat it here, other than to say, that the cause of the tuberculization in the lungs is unburnt, unconsumed carbon, and that this carbon obtains in the process of sanguification or blood-making, by two defects generally. Sometimes there may be



but one cause or defect, in the main, that may be morbid derangement in the process of assimilation or digestion, or both, as explained in the preceding section, and illustrated by a cut. In the second place, the cause of this imperfect, carbonaceous material circulating in the blood, and not being duly consumed, and carried out and eliminated from the blood by its proper function or emunctory, namely, the lungs, is because the patient breathes confined or contaminated air, destitute of oxygen, which is the only agent for keeping up this combustion in the lungs to cause it to be eliminated. The scientific fact, then, became substantiated—that in order to cure and remove the tubercular condition, it must be done mainly through the medium of the lungs, by introducing an extra amount of oxygen, in combination with the proper essential medicaments to put the diseased parts in a condition for the vital forces to heal. I can hardly make this work complete without alluding here to another principle discovered by those eminent medical men referred to, that nature possesses of curing tubercles herself, other than of healing the ulcerated caverns in the lungs—it is this, namely, that often it is found that this tubercular matter has taken on a transformation or change into what is termed a state of concretion—transforming into a limy or calculous concretion. Again, it has been discovered that tubercles in their miliary stage of deposition are dispersed by arousing the absorbents of the system—in other words, have been taken up by the absorbents of the lungs.

This most important fact was universally disputed for years by what had been deemed, up to this present time, the most learned physiologists of the world. It was denied that the lungs possessed any absorbent vessels for the purpose of carrying off such extraneous deposition. But other investigators who have devoted themselves to the treatment of pulmonary diseases, as great specialists, having a field for observation to pursue their inquiries in, have demonstrated the fact beyond a doubt, that tubercles may be absorbed. Dr. John Hughes Bennett, the most eminent professor of the Institute of Medicine in the University at Edinburgh, announces this fact in his valuable work on tuberculosis. So also does Dr. Turnbull, of the Hospital for Consumptives in Liverpool. Likewise Professor Ansell, Dr. Theophilus Thompson, and Dr. Cotton, of the Hospital for Consumptives at Brompton, in England. We will quote the language of Dr. Cotton, whose opinions are the same as those of the preceding men. Says Dr. Cotton: "The possibility of tubercles becoming absorbed has been much questioned; but I have witnessed so many instances in which the recovery was complete, and all evidence of pulmonary disease was en-



tirely dissipated, after every general and physical symptom of tubercular deposition had been unmistakably manifested, that I can not for a moment doubt its occasional occurrence—less often it is true than we could desire, but still sufficiently frequent to encourage hope, and to lead to a steady perseverance in those measures which are likely to promote it.”

The present author, in his newly-discovered system of *Cold Medicated Inhalation*, endeavored not only to aid the dissolving and combustion of tubercular deposit in the lungs, and to stimulate also the diseased, inflamed, and ulcerated or sluggish surfaces, which obtain in the ulcerated condition, to aid them to heal, but, profiting by this discovery, so combines his vapors as to arouse the energies of the absorbents, to cause the deposition to be taken up, and dispersed from the lungs. Such is the important discovery in the new mode of administering cold medicated inhalation.

In view of this light, and these important discoveries in the healing art, the consumptive invalid who finds himself in the situation to consult a physician, certainly can not and should not go to one of the old school, who continues to this day and to this hour to not only diffuse the idea, as it were, that Consumption is incurable, but always holds himself in readiness to prescribe — to prescribe what? A treatment that is deadly, and, in itself, prostrating and devitalizing; while his doctrine is a contradiction of the dictates of reason and experience, or the established rules of the healing art; for physicians of the old school discover themselves to be behind the age, and it is dangerous to allow them to prescribe for or to manage any such a case. One thing, then, you will reflect upon. What is the nature of your disease? Where is its seat? Is it not in the lungs? Then, if it is in the lungs, it is a local disease, situated in an organ whose function is respiration, or the breathing of air. You can see, then, the preposterous nature of putting medicines or drugs into the stomach to remove a disease, granulation, or tuberculization of matter which is in your lungs.

Flee, then, I implore you, from allopathy, from that dangerous and deadly doctrine and practice. Furthermore, you do not wish to go and intrust your life into the hands of a physician who does not believe in the curability of Consumption. What consistency would there be in his administering to you medicines, when he does not believe that you can be cured? This alone will deter you from putting yourself in the hands of an allopathic physician. Have they ever cured one case by their system of treatment? It is not found in all the medical books that have been written from the days of Hippocrates down to the present time. Every author who has written



on Consumption for two thousand years has pronounced the disease incurable by their system of practice. Cases almost without number modern physiologists and pathologists do find that have recovered. But how? Not by medication—no one case do they adduce as having been cured or recovered by medication. Not until the newly-discovered system of medicated inhalation, or breathing of medicines by vapors into the lungs, scientifically administered under judicious discrimination and advice, had a case ever been cured.

Now, under our system of treatment, instances of Tubercular Consumption are cured daily, and as frequently as ordinary diseases are cured by proper medication—in fact, more so. The reader will call to mind the cases that we have adduced in this book, which were cured by our system of medicated inhalation even after they had advanced into the third, suppurative, or ulcerative stage of Consumption, when caverns had formed in the lungs. Such patients so affected for five and six years together, are permanently cured and now living. Such is the case of Mr. Otis Walker, who now is an honorable member of the Assembly, at Montpelier, Vermont, 1863. Such is the case of Miss Amanda E. Green, Danby, Vermont. Such is the case of Mrs. Harriet Coolidge, Sherburne, Vermont. Such is the case of Dr. John Smith, Trenton, Clinton county, Illinois. Aside from these cases of Tubercular Consumption, a large number of others, complicating Tubercular and Bronchial Consumption, have been permanently cured, as well as obstinate laryngitis that had terminated in aphonia, or loss of voice, complicated with ulcerated throat.

But, further, the consumptive invalid will reflect that nearly all these patients who have been cured by our system of treatment involved great derangement in the nutritive functions, where is situated the primary cause, in many instances, for the tubercular deposit. He will be encouraged with the understanding that there is nothing embodied in our system of practice to irritate or to nauseate, or to depress or to debilitate, as is embodied in the old-school practice. The most of our patients have been so far gone, that they were in many instances unable to work or to pursue any employment. Some of them were entirely bed-ridden; yet they all became energized in a little time under our system of treatment; so much so, that they were able to pursue their vocations, and, in many instances, engage in arduous, laborious business. Such is the case of Mr. Abram O'Donnell, who, when he first came under our treatment, was not able to work two hours in the day; for the last four years he has worked constantly ten hours in the day, pursuing an unhealthy and laborious business at the press.



In further illustration of the curative and invigorating system of our medication, given to correct the morbid derangement in the digestive and assimilative functions, is the case of Miss Amanda E. Green. Her letter shows that she had been confined to her bed, and under allopathic treatment for upwards of three months; when, in less than six weeks after coming under our treatment, she was freed from her bed, and able to walk; and in nine weeks from the time that we prescribed for her, she took a long journey of seventy miles by rail, on a cold winter's day, which she stood with impunity, and to her benefit.

The invalid will recollect, therefore, that in addition to our treatment of cold, medicated inhalation, given to correct the disease in the lungs, the system of practice that we adopt for the enervation and defective nutrition, so often complicated with the tubercular deposit, is congenial and consistent with the laws of nutrition and the laws of hygiene. It embodies the most restorative principles in the shape of food, advised by a judicious discrimination to suit the peculiar needs of each patient, as they are ascertained by a minute investigation into their respective cases, as pointed out in the directions in this work, by analysis, if necessary, and by replies to the interrogatories which we furnish them. It is from the great ignorance of the laws of life and health, and their disregard of the same, as far as they have understood them in the old-school profession, that Consumption has defied their prescriptions, and death laughed at the impotency of their art.

The mischief that has been done by the old-school physicians, from the absurdity and the disparaging influence of their doctrine, in regard to the incurability of Pulmonary Consumption, is beyond all human calculation to estimate. It has caused the untimely death of thousands. From the impression that has been conveyed to those in families that knew they had an inherited predisposition or tendency to it, where there were ailments and indications of failing health, from other causes even, this one impression being ever uppermost in their mind, has paralyzed their energies, depressed their hope, engendered a spirit of listlessness, and been the very means of causing Consumption to become developed where it would not otherwise have taken place. So in this point of view, if they have not interfered in certain instances of families, or had the opportunity of doing so, with their depressing and barbarous system of allopathic practice, the all-prevailing influences of the fatality of Consumption, which have ever emanated from them, have been as disastrous to cause Consumption to be developed, and to fix its fatality in these particular instances of



family inheritance, as though they had been prematurely sent out of the world by their debilitating and deadly system of practice.

Again, the absurdity of the doctrine has proved equally disastrous and fatal in another way, namely, in conveying the universal impression and notion that Tubercular Consumption could only be inherited, causing others who thought they were not liable to it by hereditary predisposition to live more reckless in regard to the laws of health, subjecting themselves to unwise and imprudent exposures, colds, and dampness, and the sudden vicissitudes of the weather, which terminated by the acquirement, in thousands of such instances, in Consumption; whereas, could the correct impression and knowledge have prevailed in place of it, namely, that Tubercular Consumption is acquired and taken on, in the larger majority of instances, than it is inherited, by improper modes of living, imprudent exposures, the inhalation of vitiated air, etc., its fatality, in this point of view, would have been lessened to a remarkable extent.

The medical profession, from the days of Hippocrates to Galen, and from Galen to the present time, have endeavored to keep the people in consummate ignorance in regard to the cause or causes of disease, ignoring, as it were, in their practice, in their habits, and manner of intercourse with their patients, all idea that health was the result of fixed and absolute laws; ever conveying the impression thereby, that sickness, pain, and suffering were the results of some mysterious, hidden, and to them (the people) unfathomable cause, only to be known and understood by those that were bred in the schools, and instructed in their peculiar theories. Hence, the almost universal impression among the people to the present hour is, that a remedy for sickness, pain, and physical suffering must be found in some mysterious medicine or compound; and the more secret the nostrum is kept, the greater the faith in its virtue. The legitimate effect of this general belief has appealed, therefore, to one faculty of the mind alone, namely, marvelousness, instead of reason and judgment. Hence, absurd and as ridiculous as it may appear, it is, notwithstanding, a fact, that the efficacy of doctoring, to use the common phrase, or the use of medicines, is the result of a faith in their mysterious potency. The old-school physicians are well aware of this, hence their endeavor and their delight is to keep the people in ignorance in regard to the laws of life and hygiene; and mankind generally have been too prone to keep themselves in ignorance, and to maintain an implicit confidence in the physician, and not to think and investigate for themselves, as they should do, to understand that sickness and premature death are the legitimate and inevitable results, the penalty for violat-



ing the absolute and inexorable laws that govern life and health. They have ever been disposed to think or to believe, when sickness and suffering overtook them, that there was some royal road, some short cut to relief, and again to their restoration to health, by taking the pills and potions that the doctor carried in his saddle-bags, or gave a prescription to obtain at the apothecary's.

Such is the desire for drug-taking, and the gratification of the faith in this mysterious power of medicine, that it requires a physician to be extremely developed, or possessed in conscientiousness or the principles of moral honesty, with great decision of character, to attempt to disabuse his patients of it; fearing to sacrifice his vocation, and a fair chance for a livelihood. In many instances, we have seriously sacrificed our temporal and pecuniary interest by the offense produced from conscientious motives, in telling our patients, when consulted, to prescribe for their maladies and physical ills, that it was not medicines nor physic that they needed, but a more rigid observance of the laws of their constitution, to regulate and establish some of the functions of the body which they had deranged.

Let my readers reflect, then, upon the importance of the truth that I here narrate; seeing the disastrous consequences of enlightening the people, they refuse to be honest rather than sacrifice their bread and butter, by breaking light where they are well aware still greater blindness would be the result of the too sudden glare of its refulgence.

In respect to this moral, willful blindness and a desire to be led into or kept in error, how forcible the truth of Savage Landor's observation, when he says: "In the intellectual as in the physical, men grasp you firmly and tenaciously by the hand, creep close by your side, step by step, while you lead them into darkness; but when you lead them into light, they start and quit you."

To be the pioneer of publishing and bringing to light any great discovery or lasting improvement in the healing art, requires great moral courage and much fortitude of mind, on the part of the physician; for such has been the tyranny or conservatism among the faculty, that he who has had the temerity to make such an announcement has ever shared the bitter consequence of their persecution and envy.

The annals of medicine have ever proved this fact, namely, that every new discovery possessing any tendency to the mitigation of the suffering and amelioration of the condition of mankind, has met with these results. Harvey, the discoverer of the circulation of the blood, lost his business on publishing it. The introduction of inoculation for mitigating the ravages of the small pox, by Lady Mary Montague, proved disastrous to her reputation. Before the times of Francis I.,



surgeons staunched the blood by the application of boiling pitch to the surface of the stump ; but when Ambrose Par tied the arteries and introduced the ligature, he was howled down by the faculty of physic, who ridiculed the idea of hanging human life on a thread, when boiling pitch had stood the test of centuries. Similar instances of persecution followed the introduction of Peruvian Bark by the Jesuits. And in another instance of the discovery and introduction of a valuable medicine by one of the faculty, he was arrested by an order from the president of the college of physicians, and imprisoned in Newgate. The same spirit of envy and persecution has ever pervaded the faculty from that time to this, respecting the introduction of every new system of practice having a direct tendency to ameliorate the sufferings of mankind. Says Dr. Flood : "There exists in our profession — to the lasting shame and disgrace of its members be it spoken — a spirit of opposition so determined, and of jealousy so bitter, that no sooner does some original mind propound some great project for the amelioration of human suffering, or the advancement of science, than whole hordes are ready to pounce upon the possessor, and, with true littleness of mind, assail him with abuse, which not unfrequently sinks into the lowest vulgarity."

This same spirit of envy and persecution is now manifested, for the most part, (with some very few honorable exceptions,) by the old-school physicians toward the discovery and introduction of cold medicated inhalation for the cure of Bronchial and Tubercular Consumption ; the disease being in the lungs, and the lungs being breathing or respiratory organs, if reached at all by medicines, can only be done so by breathing ; and not by sending medicines, as is practiced by the old school, on a blind and uncertain mission by the stomach. They pronounced this system of medicated inhalation a humbug and species of quackery, in the face and eyes of anatomy and physiology ; because the improvements in the more rational system of modern practice, attending *enlightened specialists*, who have studied with wonderful assiduity and intense application, the scientific principles in the animal economy, and made the discovery in opposition to their old theories, that the system requires to be supported, nourished, and sustained by nutrition, and the requisite primary aliments of the blood, instead of being debilitated and prostrated—for this rational treatment, he is called by them a quack, an impostor.

But we will not dwell here. We live in an age in which people are beginning to think for themselves. To all such the source of this envy and the motives for their persecution, will be easily understood. A doctrine or a problem that can be easily refuted and exposed—a dog-



ma that can be easily overthrown—institutes or inculcates neither envy nor persecution. So in regard to the merits of the benign system of cold medicated inhalation for the curability of Pulmonary Consumption. Were its merits not proved by so many living witnesses as we have adduced, neither envy nor persecution would ever obtain from our professional brethren. The improved and newly discovered system of practice for Consumption and diseases of the throat and respiratory organs, stands supported and braced by columns of living witnesses, and testimonials from among the people in all ranks of life. Its pathway is not marked by tombstones and monuments erected to the memory of the departed, who have fallen on every hand, as the results of a barbarous and mortal system of medication, which have ever attended the ranks of allopathy. In this world there is no envy so bitter, so writhing, as that which results from professional rivalry. The problem, then, will be easily solved by every one of my intelligent readers, and every inquiring invalid and consumptive possessing the dignity of character to reason and reflect for himself upon the merits of my system of medical treatment—that the envy and persecution it meets with, spring from its success. No medical man, however humble his position, or aspiring his station in life, envies his professional brother, when that brother does not excel him. We trust, therefore, that it will not be thought egotism in us when we say that we feel an unbounded share of gratitude for possessing sufficient moral courage and dignity of character to endure any amount of persecution that shall emanate from the professional ranks, in regard to our treatment and the discoveries that we have made for the curability of Consumption, that hitherto dreaded malady, the very name of which has struck awe and disconsolation to so many hearts. To the conscientious and benevolent physician who contemplates the good of his fellow-men in the welfare of posterity, pecuniary sacrifice should be a trifling consideration. On this point, therefore, so far as my treatment is concerned, I may quote the remarks of Scuddemore: “It is not on selfish ground that I advocate the practice. What concerns my reputation is personal and transient, and of little moment. What relates to science and the interests of mankind is for all ages, and of inestimable importance.”

Every true and enlightened physician will not adopt the healing art for the purpose of subjugating it to mercenary ends. But we are reminded that we must bring both this section and our book to a close. The field is so vast, the demands are so great, the wants of the suffering invalid and consumptive are so numerous, that we have been compelled thereby to prolong this work beyond our intentions; but we



must find our apology for its prolixity in the merits of the subject. Before we close, therefore, there is one important point of consideration on the part of the consumptive invalid, which demands a word of passing impressive caution. Consumption is a disease of a most wily and insidious nature. It flatters the wisest and the most cautious. It challenges alike the timid and the daring. There is not another disease perhaps to be found in the whole annals of medicine, to which the human system is liable, that leads its victim to such hopeful and yet erroneous conclusions, respecting its fatality.

As I have above hinted, the large majority of cases are not inherited. It is the result of a "slight cold." I beg, therefore, to caution every one who has a fixed or settled cold, or a tendency to irritation or inflammation of the throat, the bronchia, and respiratory organs, marked with a frequent desire to clear the throat, who become fatigued and out of breath on every slight exertion, that they are on the road to all those changes and symptoms which constitute Consumption. I beg to notify you—you who are complaining of colds and their consequences, that you are nurturing in your bosom a viper or a serpent, which, if not crushed in the egg, is destined to take your life. Do not, therefore, be allured by the commonplace every-day remark and appellation that you have nothing more than a common cold, a catarrh, or a slight sore throat. Thousands and tens of thousands have been deluded by the same words; they have been led, step by step, until the cold had become seated permanently upon the lungs, and developed tubercular deposit, when it was not thought of. Many when applying to their physicians, receive their very trivial decision that such was all that ailed them. Delusive words! Had they understood what they were about, and possessed the requisite qualifications, and been imbued with the spirit of being the benign messenger of the holy flame of life and health to man, and called it by its right name, Consumption, it would have awakened them from their apathy to a consciousness of their condition, and they might have been saved.

I therefore, in conclusion, advise all those with such tendencies to consult and secure the best aid and requisite treatment *in season* to arrest its progress, which is surely onward to develop fatal Consumption in the end, as sure as he who leaves on a journey, by a safe and expeditious conveyance, is to reach *his* destination.

Though we believe that Consumption is curable in the ulcerative or last stage, when caverns form in the lungs, yet those instances are rare, and not of every-day occurrence. We would not be the willing instruments of promising or affording hope where there is but little



expectation of its being realized. Consumption is practicably curable in the incipient stages—almost uniformly so, where the derangements are simply functional; where the irritations are catarrhal and affecting the mucous membranes, and are now on the road to the lungs; when the cough is yet slight, and the difficulty of respiration is being sensibly noticed; and when an impaired appetite and process of digestion and blood-making have not been seriously interfered with. These symptoms mark the commencement of a process to a stage that will become thoroughly and deeply seated in the lungs, and if not arrested at this period, will certainly terminate in a destructive process of ulceration, and final dissolution of the seat of all vitality. But even in this last stage much, very much can be done to mitigate the patient's suffering; to appease the harassing cough, and to cool the fevered brow; to render his nights less restless, and to shorten their tedious hours; to support his failing strength, and perchance to effect a final cure and restoration again to health. But far wiser would it be for the consumptive invalid to seek that aid which science and art now so certainly proffer in season, and be relieved of those harassing reflections that will come to every prudent, reflecting mind, that he otherwise must look upon a future unrolling in gloom and in darkness.

May this little volume, which we have labored so hard to write, amid the fatiguing labor of an active professional life—written when we were worn down by fatigue at the late hours of the night, when we should have been recuperating our energies by nature's "sweet restorer, balmy sleep," but our solicitude was so intense for suffering humanity that we knew were scattered all over the land, who needed to be informed where the source and fountain of relief could be found, we felt under a heavy debt—a weight of duty—that would give us no rest until it was discharged—may it go forth on its angelic mission, and find access, alike to the cot of the humblest peasant and the mansion or palace of the millionaire. Pain and sickness are equally the lot of the rich and the poor. It would have been an unwise dispensation of Providence if gold had been permitted to purchase that which is the poor man's chief wealth, and the want of which reduces the affluent to worse than "indigence." We feel it our humble but yet solemn duty to afford the same encouraging hope—that the gift of healing and the restorative agencies come alike to the poor as well as the rich. Though the possessor of gold and wealth will find and obtain the facilities more conveniently, yet let the depressed and desponding child of poverty, though he may be found in some log-cabin on some broad, bleak prairie of the West, or just discovered in

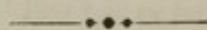


the distant borders approaching the Rocky Mountains, be encouraged with the assurance that God, in his merciful providence, never has left his cause without a witness. He keeps it untarnished and untrameled from mercenary design. Some benevolent agent will be impressed to provide in the scope of his lot the healing balm for that suffering humble patient.

“ Oh ! while along the stream of time thy name  
Expanded flies, and gathers all its fame,  
Say, shall my little bark attendant sail,  
Pursue the triumph, and partake the gale ?”



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