

A treatise on the stomach and its trials : showing how a newly-discovered diet ... helps to digest the food more perfectly in the stomach ... / [Eno].

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THE STOMACH AND ITS TRIALS.

‘A good digestion turneth all to health.’—WORDSWORTH.

‘What an excellent thing did God bestow on man, when He did give him a good stomach!’—BEAUMONT.

ONE of the most uncomfortable beings on earth is a *Dyspeptic*. To most other invalids there is some hope of a change, some prospect of a termination to their complaints, or, at least, some occasional intervals of freedom from affliction. To Fevers there is a speedy close, either in health, or in that final issue which puts an end to all troubles. The Small-pox and Measles come but once; and then Gout allows intervals. Even Consumption, wasting and cureless, does not deprive the patient of hope; but for Dyspepsia, hitherto, there has been little hope; it is generally dark, discouraging, and cheerless in its progress, and affords slight reasonable hope of a termination. It will neither kill the patient nor depart from him. Hitherto, it has been more hopeless than a sentence of imprisonment for life, for here there is hope of a pardon.

It seems to ask a ‘little wine for its infirmities;’ and yet it dreads that the strength produced by wine to-day will be followed by increased debility on the morrow. It takes in food to satisfy a morbid craving; but shudders while it does so, for the oppression which will inevitably follow.

Among all the afflictions of a Dyspeptic, one depressing effects of a rainy, misty, or cloudy day are not the least. On such a day lowness of spirits (what is termed ‘the blues’), a disposition to hate the world, and all that is in it, seizes him. He looks upon the dark side of everything. He feels unhappy now, and doubts if ever he shall be happy again. The world appears a wretched world, and containing nothing that one should wish for, whether of power, riches, friendship, or fame. But the clouds

disperse, and with them vanish, for a while, the Dyspeptic's gloom; he is a slave to the caprices of the weather, and cloud and sunshine vary at will, the scanty measure of his enjoyments.

It is curious to mark the effects of Dyspepsia in the countenance, motions, and demeanour of the patient. Observe that man, walking by himself, with feeble gait and inelastic step; pressing his hands on the region of his stomach, stooping in his attitude, and regarding nobody—in all probability he is a Dyspeptic. Cast your eye upon that man in the corner of the room, sitting apart from the rest of the company, seldom speaking unless spoken to, and satirical or morose when he does speak—there is strong reason to conclude he is a Dyspeptic. Look at that slender-built man, with long, lean fingers, slender legs, a countenance between pale and sallow, a slight tinge of yellow in his eyes, a dry skin, and hair moistureless—there can hardly be a doubt but that he suffers from *Indigestion*.

Nothing can be more wayward than a *Dyspeptic's stomach*. It is almost as difficult to please as a spoilt child, or a monarch ruined by indulgence. It is faint, without being actually hungry; and craves the stimulus of food, without feeling the demands of a genuine appetite. And yet all this is caused simply by an imperfect dissolution of the food in the stomach, which may be prevented by the use of a remedy, of which we shall speak by and by.

THE IMPORTANCE OF NUTRITION.

The Lamp of Life. Supply. Waste. Breathing, without proper Nutriment, the cause of DEATH. The best way to assist Nature to do her own work without the use of Medicine. RAW MEAT JELLY the most efficient kind of Nutriment, with least inconvenience from bulk or other quality.

‘Keep up the power of nutrition, and the body will resist and eject disease.’

Nutrition is nothing more or less than a continued healthy transformation of the food in the Stomach, an uninterrupted decay and restoration of the body, the ceaseless operation of supply to waste, of building up and depositing new materials, and removing the old. Nutrition is the nourishment of the *pabulum vitæ*, the restorer of the *vis vitæ*, the power that enables the system to throw off diseased action. Of how great moment, therefore, must be a plan of treatment that re-

stores nutritive action, before indigestion becomes chronic and confirmed! How all important is the remedy that improves the condition of the blood by inducing the highest activity of the digestive organs, gives the greatest amount of nutrition, and thereby tends to arrest local diseases, and to eradicate constitutional taint!

All exhaustion, temporary or permanent, physical or mental, consists in a deficient supply of Nutrition. Want of nutritive power means violation of the law of proportion, and occasions nearly *all* diseases. Nutrition, on the contrary, being the grandest gift of Nature, resists disease in proportion to its abundance.

As an active skin neutralises the effect of exposure to colds, which overcome a feeble skin, so does a person with the nutritive faculty in full play withstand diseases and complaints which break down the indigestive. The remedy of which I shall speak further on claims specially to promote Nutrition, and, by this promotion, eradicate all tendency to cachexia (a bad state or habit of the body), or that habit of body which inevitably ends in Consumption.

On the function of Nutrition all the other functions of the body are more or less dependent. The object of Nutrition is to maintain in force, and repair the loss of, all our organs. This alone shows sufficiently how important and necessary the function is.

The food we take is really not nourishing until it has been elaborated in the digestive apparatus.

This apparatus is composed of the mouth and teeth, for the process of mastication; the tongue, the pharynx, and œsophagus, for that of deglutition; the stomach and the bowels for the digestion so called, that is to say, the operation which renders the aliment capable of being mixed and assimilated. These last organs must be regarded as among the most essential of animal life, since it is through their tissue that the nutritive part of the aliment passes, in order to diffuse life and strength through the animal economy, while also, by their means, the inert or useless portions are voided by the process of defecation.

The stomach, then, may be considered as the organ which has the greatest connection with all other organs of the human economy. When it performs its functions with ease we experience comfort and feel enjoyment, whereas a bad digestion predisposes us to all the evils already referred to. As the physician Thouvenel says: 'Without good digestion, you can hope neither for pleasure nor happiness.'

As the beautiful development and healthy vigour of the whole system, animal and organic, depend upon the proper performance of the function of nutrition, especially in its earlier processes of digestion and assimilation, it is evident that any disease of the digestive organs, or any dis-

turbance of this function, must be of the first importance; and so we find it to be.

Bear in mind that life, without any metaphor, is a flame. The body is the furnace; the blood is the fuel, or should be, *when the food is properly digested*; the carbon thus supplied, with the oxygen absorbed by respiration, are the supporters of combustion, and the source of animal heat. There is a precise analogy between the process of combustion in and out of the body. The body is consumed, burned, wasted away, precisely as a candle or lamp, coal or fagot. The air we breathe enters the circulation by the lungs, and is carried by the blood globules to every part of the structure, uniting with its wasted materials. Part of the carbon of the food is converted into carbonic acid, which is expelled in breathing; this is emitted just as is the smoke of a lamp, candle, or fire. The unassimilated food, or the undigested matters, constitute the ash of the furnace, and fall through its gratings—that is, are removed as excrement. Such is animal life—such are the means by which its functions are maintained. The proper performance and balance of this function, that is, the due proportion between supply and waste, according to the state of the body, constitutes health. Disease, such as Dyspepsia, consists in the undue action of the balance of the animal life; the want of balance between waste and supply, either in a part or in the whole of the organism; a defect in the quantity or quality of the transformations I have alluded to.

The cause of death, in chronic diseases, is the want of the proper substances whose function is to support vitality. When the digestive organs have lost the power of transforming food into the shape necessary to combine with the air we breathe, and thus protect the system, then the substance of the organs themselves—fat, muscles, nerves, brain, membranes—is unavoidably consumed.

Breathing, without proper nutriment, is the cause of death. The flame is extinguished because the fuel is exhausted or not forthcoming; that is, the stomach is incapable of assimilation.

The problem to be solved is, that the remedial agents in such diseases as the one I am now describing should stimulate deficient nutrition. This is the true art and science of healing. The aim and object of the physician should be to assist, not obstruct, nature, by stimulating languid action.

The grand desideratum, hitherto, has been to produce a permanent exaltation of the vital energies, without fear of a collapse. Beyond all controversy, I maintain that the proper food, accordingly as the body is adolescent, adult, debilitated, or aged, with the means of digesting it, makes good its pretensions in this respect.

Allow me to give an instance. Dr. Druitt, speaking on the use of raw meat in cases of Dyspepsia and Diarrhœa, says : 'I learned the use of raw meat as a remedy for Diarrhœa from the late estimable Professor Trousseau, during a visit paid to his clinique, in Paris, in 1851. Since that time I have had abundant opportunities of proving its efficacy; and, although I know it is largely used by some physicians, it may not be unreasonable at the present time to call attention to it, and encourage its more general use.'

Farther on, the Doctor gives his reasons why 'raw meat,' peculiarly prepared, becomes so powerful in assisting Nature to do her own work. The reasons may be summed up in this—that it furnishes the most efficient kind of nutriment, with the least inconvenience to the stomach from bulk, and is of speedy digestion.

In the Appendix to this pamphlet, I give the form in which this food is prepared, along with others on 'Invalid Cookery'—

'How best the fickle fabric to support
Of mortal man.'

—and beg the reader to remember that the first condition of health is that nutritious matter be introduced into the system, and properly assimilated.

In the animal body, the food, when proper, is the fuel by which, with a proper supply of oxygen, we obtain the heat given out during combustion—the muscular fibre, cellular tissue, nervous matter, bones, and our blood, from which all parts of the system are developed.

I conclude this section or chapter by repeating that our bodies exist, grow, and attain their plenitude under the natural law, that when the body is supplied with properly selected food, it returns to, or maintains, the normal condition and the fullest vital force—that, in cases of weakness or Dyspepsia, *Raw Meat Jelly*, milk, eggs, and similar light, nourishing food, supply a good material, and which, *if perfectly digested*, will result in vigorous health.

DYSPEPSIA

—a word derived from the Greek, meaning to digest with difficulty—may be considered as of two kinds. First, that which arises from derangements, more or less severe, of the Mucous Structure, and which may involve any portion of that Structure, and so may be called Mucous Dyspepsia; or, second, that kind which, originating in brain exhaustion and spinal irritation, results in the inflammation of the nerves of the stomach, and so may be called Nervous Dyspepsia. The symptoms

which the two exhibit are widely different, and the diseases which they induce in other organs are marked by distinct lines.

A close discrimination will distinguish a man labouring under one form, from one labouring under the other, instantly. *Mucous Dyspepsia* gives the following symptoms: great suffering at the pit of the stomach at times, congestion of the mucous membrane of the nostrils and throat, tongue covered with whitish or greenish furze, breath offensive, occasionally a dry hacking cough, absence of soreness over the pit of the stomach, but tenderness usually on pressure over the liver, costiveness, scalding sensation on passing urine, coldness of feet with clammy sweat, and coldness of the hands. There is also an aching over the eyes, acidity of the stomach, or flatulence or oppression of the stomach, with sleepiness when sitting by the fire, general inability for active exertion, indisposition to activity or thought, great excitability at times, and general doggedness of temper.

Nervous Dyspepsia shows the following symptoms: heat on the top of the head, causing baldness; pain in the cerebellum or little brain, located in the back of the head; tenderness in some of the joints of the neck and back; ringing sensation in the ears; tongue pale and clean in the centre, but cracked and furred in the middle and edges. The subject will also be very costive, have pale urine, cold feet, be affected by atmospheric changes owing to bloodless state of the skin, and at all times easily and excessively angry without cause, proving the truth of Dr. Moor's saying, 'That the study of the stomach is the study of morality.'

'Who would pique himself on mind, whose use
Depends so much upon the gastric juice?'

There are two classes of persons from whose ranks Dyspepsia selects its victims. They are the labouring classes whose members do not *think* much, men and women who rise early, eat hastily and to the full, consulting their appetites and capabilities, rather than judgment, as to *what* they eat and the times of eating, and so at length find themselves weak in the *stomach*, with a brood of ailments hovering about, ready, on the slightest indisposition, to fasten on them. These constitute *Mucous Dyspeptics*.

It is owing to their life in the open air and their daily activity that they resist disease as long as they do; but these cannot successfully countervail their general bad habits, and so at last they have had to succumb.

The second class are thinking men and women who do not work hard. From these ranks come Nervous Dyspeptics. They are lawyers, ministers, men of letters, teachers, students, merchants' clerks, &c.

They exercise their brains excessively, and their muscles too little; they live in badly ventilated rooms, over-heated; they retire late at night and rise late in the morning, and eat highly-seasoned and indigestible food, and are sometimes foolishly indulgent in the use of beverages and tobacco.

Too many of them stimulate and narcotise their nervous systems. From this class of Dyspeptics come out suicides. An east wind or a rain-storm spoils their temper, and makes their voices harsh and disagreeable.

Were I to speak of all maladies which are caused or aggravated by Dyspepsia or Indigestion, I should never have done; for what is the organ which is not subjected to its influences? And, consequently, what organ is there which would not return to its normal state or be benefited by a *Remedy for Dyspepsia*? How many advantages should we not derive from the employment of a *Remedy for Dyspepsia* in almost all the maladies which afflict humanity? Ought not mankind to expect to cure a great many disorders of different kinds when they are able to maintain *Healthy Stomachs*? The reader will find that this great desideratum is at length obtained; may it soon be in use everywhere for the benefit of suffering humanity!

ON THE CAUSES OF DYSPEPSIA.

Some of the causes of Indigestion are already referred to. We do not use our *teeth* sufficiently. All food requires to be *properly* chewed before it is swallowed—that is the main purpose in having teeth. As a general thing, people eat ill-prepared food. Few understand the art of cooking well. The stomach being overloaded with *improperly* cooked food, nausea, oppression, eructation, heartburn, and fermentation are produced. I think we take a greater quantity at meals than is absolutely necessary. Dyspeptics, *as a rule*, eat more than is proper. Some people eat a little of everything at table. This is absurd. All food difficult of solution is difficult of digestion; some food remains for days in the stomach and keeps up Dyspepsia, such as ham, tongue, salmon, and fat oily things. Every one after a debauch is dyspeptic.

Again, there are *Idiosyncrasies of Indigestion*. Some will not digest milk, although a very mild food. Some cannot take coffee without it operating like jalap. Others cannot bear fish or shell fish, although, in general, they are easy of digestion. Some cannot take honey, strawberries, new bread, coarse or brown bread, &c. People digest the food to which they are accustomed, as sailors. Some lose their appetite by waiting beyond their usual meal-time. Fear, grief, anxiety, joy, love,

cause Dyspepsia. Cold, with moisture, is another cause; it checks perspiration, impairs the appetite. Narcotics, such as green tea, opium, and tobacco, weaken the constitution, and, of course, the stomach.

Eating between meals is a main cause of Dyspepsia, because introducing a fresh mass of food into the mass already partly dissolved arrests the healthy action of the stomach, and causes the food first received to lie until incipient fermentation takes place. No food should be eaten within two hours before retiring to rest.

‘After *dinner* sit awhile,
After *supper* walk a mile.’

A judicious Rule.—‘1st, Restrain your appetite, and get always up from table with a desire to eat more; 2d, Do not touch anything that does not agree with your stomach, be it most agreeable to the palate.’ These rules have been adopted in principle by all dieticians of eminence, and I recommend their use to my readers. I would add, the plainer the food the better, until the stomach gets strong; and drink as little of hot fluids as possible, for all liquids in excess, especially when hot, weaken the tone of the stomach, and flood the gastric juice. As Burton says, ‘Excess of meat breedeth sickness, and gluttony causeth cholerick diseases; by surfeiting many perish, but he that dieteth himself prolongeth his life.’

PAINFUL DYSPEPSIA (OR PAIN AFTER EATING).

Dyspepsia indicates its existence in such variety of ways, and such anomalous symptoms are occasionally the results of a disordered condition of the digestive canal, that a farther description may be serviceable to those who suffer from it.

No kind of Dyspepsia is more marked than what is termed *Gastritis*, which means inflammation of the stomach, and *Gastralgia*, which means pain of the stomach. The pain is generally felt after meals, with extreme soreness at the pit of the stomach. There is often, also, a burning sensation, attended by nausea, vomiting, and headache. Dr. Leared describes a typical case, which I extract, and which is representative of many similar cases within my experience.

A young gentleman of delicate conformation, and of luxurious habits, makes the following complaint: ‘From ten minutes to a quarter of an hour after each meal, but especially after dinner, a dull pain of the stomach is felt; sometimes the pain has a twisting or rotary character, which is particularly distressing. When the pain is severe, it is plainly indicated in the countenance, and, worse, an eruption of small vesicles

around the lips is liable to appear in a few hours after a bad attack. The appetite is strangely capricious. Forgetful of consequences, he indulges it freely at times, while at other times he can scarcely be induced to take the needful nourishment. Farinaceous substances agree better than animal food; and certain meats, as veal, are particularly injurious. During hours of pleasurable excitement, he often remains long without eating or feeling any want of food, but at other times suffers from sudden fits of exhaustion. A sinking sensation, accompanied by spasmodic pain of the stomach, coldness of feet, and general chilliness, succeeds; a noisy rumbling of gas in the intestines is also a source of great annoyance. There is constant soreness at the pit of the stomach, felt from the slightest pressure, or any sudden movement. The appearance of the tip of the tongue is so peculiar as to have arrested the patient's attention. The bowels are habitually constipated.'

In such cases, the causes are apparent, and so also is the insufficiency of the medical treatment used. Dyspepsia, I repeat, in whatever form it appears, means non-conversion, or imperfect conversion, of food into good chyme, and the remedy is in the use of 'ENO'S DIGESTIVE GRANULES,' until Dyspepsia is totally extirpated root and branch. This natural alimentary remedy followed up, never fails to work a radical cure.

WEAKNESS OF THE STOMACH

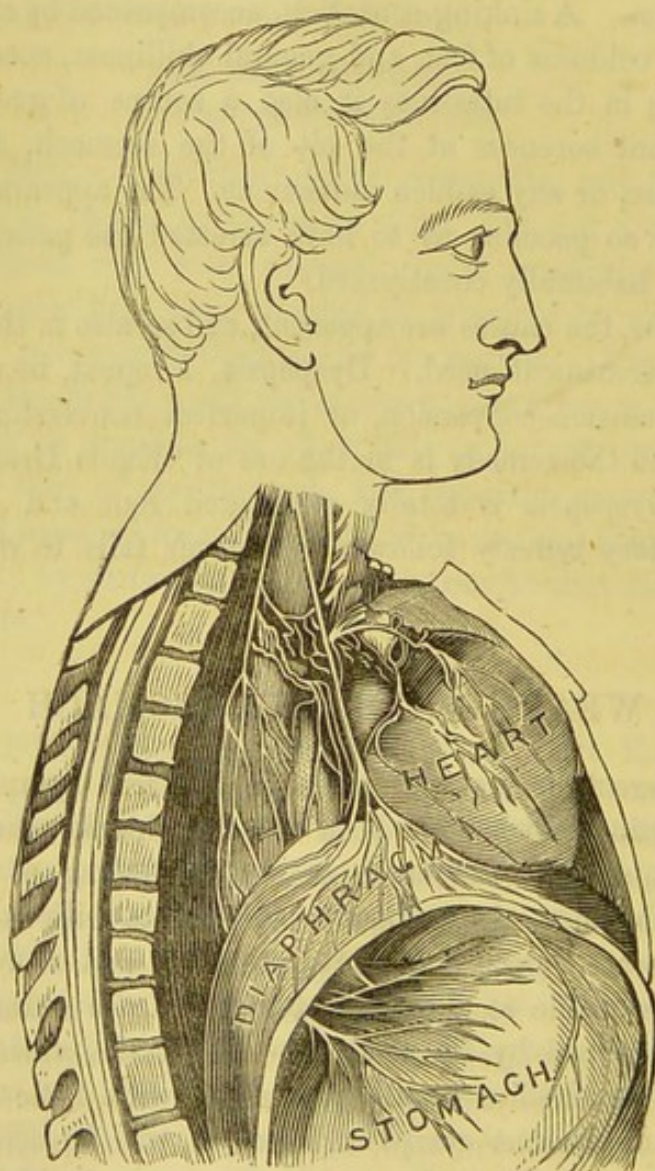
appears in different forms and presents different symptoms, such as bringing up portions of what has been eaten or drunk, eructations, belchings, vomitings, acidity of stomach, cramps, a feeling of weight in the region of the abdomen, &c. Persons subject to bilious humours frequently expectorate a good deal in the morning, and as Nature unaided is seldom or never able to clear the stomach of the redundant bile, the digestion is disturbed by its presence. Magnesia, various acids, and alkalies, are the remedies usually prescribed, with little effect in most cases. Every unpleasant symptom, however, will be speedily removed by having recourse to 'ENO'S DIGESTIVE GRANULES,' which, in cases like these just described, should be taken before meals, but, if the slightest oppression is felt after eating, then immediately afterwards.

[Those persons who are troubled with a foul tongue on rising in the morning may cleanse it most readily by first scraping with a 'tongue scraper,' then rubbing with a little common salt, and rinsing the mouth with warm water.]

AS As a general rule, dyspeptics and bilious people *ought not* to eat animal food oftener than once a day (and then thoroughly masticated); where more nutriment is required, take a *light-boiled* egg once or twice a day. Those who indulge in a good dinner every day ought to abstain from animal food one or two days in the week.

HOW WIND ON THE STOMACH CAUSES PALPITATION,
INTERMITTENT PULSE, PAIN, AND FAINTNESS, AND
MISTAKEN HEART-DISEASE.

The following Cut shows the near proximity of the stomach to the heart.



The above woodcut shows the dividing lining, or diaphragm, which separates the chest from the abdomen; it also shows the size of the stomach when ordinarily filled with food, and the heart is shown immediately above. Now when the stomach is filled with food, and, from want of vitality in the nerves of the stomach, the contents become acid, fermentation takes place, and gas is frequently generated in large quantity. This distends the stomach, and interferes with the action of the heart, causing palpitation, intermittent pulse, pain, and faintness.

This is not unfrequently treated as disease of the heart, when, in fact, there is not the *least* disease or *derangement* of that organ. A difficulty of breathing is another unpleasant result of this weak condition of the stomach. The remedy is obvious—care in diet, with the use of ‘*ENO’S DIGESTIVE GRANULES*,’ to get up the natural vitality of the stomach, and not by means of stimulants and physic.

Hitherto, I have spoken more of the symptoms which a merely disordered state of the digestive system originates, but which point apparently to other causes. I will now turn the reader’s attention to one or two other forms of indigestion, referable to, and associated with, other maladies, which owe their existence to imperfect blood-generating power.

Flatulence, with eructation, or belching of wind, is one consequence, and a most unpleasant one, of defective nutrition. In many instances, as already intimated, this is produced by the evolution of gases generated by the fermentation of food in the stomach, which, by being detained there, undergoes much the same changes which a similar mass would do if placed in any bag, and kept moist, at the same temperature. Especially is this the case where the stomach is much distended. When the eructations, or belchings of wind, are produced by the decomposition of food in a distended stomach, they will often be most offensive to the patient himself, suggesting to him the idea of a foul drain, from the amount of hydrosulphuric acid evolved. In this case, too, the gas often brings with it a fluid, or a portion of the solid matters in the stomach, as though the patient were ruminating. These matters which are thus belched up are often *intensely* acid, partly from the acetic acid generated by the fermentation, and partly by the irritable stomach secreting more than the usual amount of hydrochloric acid.

There can therefore no longer remain a reasonable doubt of the therapeutic value of the ‘*DIGESTIVE GRANULES*’ in the treatment of flatulence, or wind on the stomach, and cognate complaints, as their whole and sole purpose is to act with a prompt and radical energy upon the debilitated digestive functions, and compel every atom of food to produce flesh, strength, and health.

Then, again, we have *Palpitation of the Heart*. This consists of a violent beating or irregularity of the action of the heart. Some of the attendants of palpitation of the heart are chronic liver affections, spinal irritation, a morbid enlargement of the heart or of the vessels, a diminution of the cavities of its ventricles, ossification of the aorta or other vessels, and various complaints caused by dissipation, or perhaps a want of control over the passions. During the attacks of this malady, the motion of the heart is performed with increased rapidity, and generally with greater force than usual. There is frequently a purplish line

on the lips and cheeks, and a great variety of anxious and painful sensations. Persons of both sexes, especially of a nervous temperament, who are subject to hysteria, hypochondria, melancholy, epilepsy (*fits*),* and similar disorders, are predisposed to this form of complaint. Epilepsy and fits are simply the result of indigestion, and the best means of cure we point out below. If we give way to passion, we over-excite the action of the heart, and no one who is intemperate, and does not learn to control his temper, can expect health and longevity.

Spasm of the Heart is also not unfrequent. It is a most distressing symptom, generally occurring after a full meal, and the patient possesses a feeling as if he were about to die, and if not ultimately relieved, sooner or later one of these spasms terminates his existence. Now, there is very seldom in any of these cases any actual disease, either in the heart or the stomach; the symptoms are merely sympathetic of imperfect digestion. The true cause arises from the ordinary unphysiological *habits of living*, which deprive the system of nutrition, shatter the nerves, contract the heart, and render the circulation laborious.

Much mischief is caused to the heart by indulgence in unnatural excitements, by the use of stimulating drinks, and by a want of control over the passions. If the reader will pause for a moment, I will endeavour to bring this fact more forcibly home to him. As I have elsewhere observed, the human heart acts as a force pump, and at seventy years of age, the valves of the heart have moved some three thousand millions of times without once stopping. If you saw a man at an ordinary pump over a well, and instead of pumping regularly and smoothly, he was working it in jerks and roughly, you would say, That man will do that pump no good, he is not doing fair by it, it will not last near so long as if he was working it properly, that is regularly; the pump was not made to be used in that manner. It is just so with the heart; the great majority of men nowadays don't live a *real, true* life, they don't live in accordance with natural laws, they don't live the life their Maker intended they should live, and consequently they wear out prematurely, or they live a living death. Of course the heart is diseased in other ways, as we have remarked in other parts of this treatise, but we have given the above few lines, because we believe it to be a cause that is too much overlooked. As you sow, so will you reap. See the quotation from Professor Huxley, on Natural Laws, p. 66.

It has been remarked 'that the table kills more than the sword.' People indulge *too much* in full suppers, retiring afterwards to bed.

How does this operate? The whole system, from the fatigues of the

* Take the DIGESTIVE GRANULES regularly with meals, and use the Bromide of Potassium mixture, given on page 65, twice a day.

day, becomes exhausted, as also the nervous energy by which digestion is materially assisted. A full meal being taken, the whole system sinks to repose, excepting the stomach, in consequence of the supper; for, having been assigned certain work to perform, it is unable to accomplish it without producing the sensation of nightmare, palpitation, epilepsy, and belchings. Those who know the frailty of the tenure on which they hold their existence will avoid heavy suppers. *I have little fear in asserting that persons are frequently found dead in their beds from this cause alone*; and I have seen many such instances among children, from convulsions, frequently arising from overloading their little stomachs, and then placing them to sleep, without the power of digesting the food.

Let it be carefully borne in mind, that in disturbance of the digestive organs, the proximate, as well as the ultimate causes, are DEFECTIVE NUTRITION, and that the ordinary medicines and the ordinary prescriptions are generally at fault and useless. *Sympathetic Dyspepsia*, together with all other disturbance of the functions of digestion, demand different treatment from mere medicine; indeed, it is seldom necessary to take medicine (if you obey natural laws), for a man's stomach was not intended to be converted into an apothecary's shop.

'ENO'S DIGESTIVE GRANULES' are not a medicine, but *Dietary*—a means of restoring tone and power to the stomach, and hence to the exhausted frame. Whenever used, in such cases as I have pointed out, *I can, with every confidence*, say that a large amount of human suffering would be prevented, and sufferings long continued would be speedily mitigated, and entirely removed.

INSUFFICIENCY IN THE ORDINARY MEANS FOR THE CURE OF DYSPEPSIA.

The most evident proof that the means commonly employed for the cure of Indigestion are insufficient is, that a very large number of persons have been long afflicted with this malady, notwithstanding they have submitted to *all* the modes of treatment pointed out by their medical advisers.

Amongst the means employed, the most usual, and almost only ones, are alkalies and antacids, that is to say, soda, bi-carbonate of potash, magnesia, gentian, calumba, strychnia, nux vomica, cod-liver oil, bismuth, zinc, and various compounds of mercury. Every one of these has been employed against *Dyspepsia*, and all have deserved the same reproaches, viz. that if they ever afford relief, it is, in general, but *momentary*; that in all cases of habitual *Dyspepsia*, they most commonly aggravate the evil.

The influence of nearly all articles ordinarily used in the treatment of Dyspepsia is to sap the energies of the stomach, creating diseases impossible to cure, and laying the foundation of general infirmity, suffering, and premature decay. The insufficiency of these remedies will be easily understood, if we reflect on the immediate causes of Dyspepsia.

When a healthy stomach receives its food, the mucous membrane empties into it a clear tasteless fluid, resembling saliva in appearance, called the *gastric juice*, previously secreted, so as to be in readiness. This fluid is a solvent power, capable of reducing to a milky homogeneous mass, called *chyme*, all those heterogeneous substances taken as food. It sets free or extracts from food the carbon, fibrine, caseine, nitrogen, hydrogen, and other substances in food required to support life. Its solvent power, when the stomach is healthy, is astonishing. But abuse, by bad dietary and the incautious use of *drugs*, weakens this solvent power. This allows the food to lie so long in the stomach, that its heat induces sourness or fermentation. Now, this fermentation is nothing more nor less than incipient decomposition: in other words, the commencement of the rotting process. Fermentation is the beginning of putrefaction. Food cannot ferment in the stomach without engendering corruption. Is it any wonder that Dyspepsia, which consists simply in food rotting in the stomach, should cause its victims to feel so wretchedly. Reader, think of it; food putrefying in the centre of the system, to be sent all through it! Man cannot guard too carefully against all injury to the stomach. Starvation, by withholding nutrition, soon destroys life; so, also, imperfect digestion proportionately impairs it. Dyspepsia is *partial starvation* on the one hand, by withholding the materials of life, and death on the other, by engendering corruption. Hence, whatever Dyspeptics do, they should first endeavour to *restore the flagging energies of their stomach*.

But what is the error of the present treatment? The medicines in use irritate the tender mucous membrane, or lining, and the sensitive abdominal nervous system, and depress the natural action of the stomach. Large doses and strong medicines are then given to stimulate the deficient action. All this merely attacks the symptoms, merely palliates the suffering, leaving the real disease untouched, and failing to cure when cure is attainable.

THE ALIMENTARY MODE OF CURING DYSPEPSIA.

Medical science having been found to be at fault in the cure of inveterate Dyspepsia, the Author has had his mind occupied with this very important subject for many years. He has, through the aid of

philosophical reasoning in physiology and pathology, been led to seek some certain method of *preventing Dyspepsia*, or destroying it when already in existence, and of hindering its return. He has not spared himself in watching, determined study, pecuniary sacrifices, and experiments without number. He has, at length, succeeded in preparing a substance, which, being free from every noxious particle, *perfectly resembles the gastric juice in operation*. It radically cures the most obstinate Indigestion, which before has resisted the most varied medical methods. This remedy does not mortgage the powers of the constitution, nor leave behind vitiated habits, nor induce after maladies, nor entail morbid tendencies, as when the old methods are adopted. It is a remedy the result of scientific investigation, whose aim is to put the organism into the best condition to rectify its own error of functions, by the gradual return of healthy action, and to give free scope to the play of the vital functions. The Author calls his system the cure by

ALIMENTATION,

instead of improper drugs, which fret the stomach, aggravate the original malady, and establish new centres of morbid action. This remedy is called 'ENO'S DIGESTIVE GRANULES,' which are not, properly speaking, medicines, but aliment, whose object is to second Nature, to remove the obstructions in her way, to control her powers when excessive, to stimulate them when depressed, and to recall her deviating steps into the right path.

'ENO'S DIGESTIVE GRANULES,' or alimentary remedy for Dyspepsia, are, beyond all other means ever before discovered, the coöperators with the efforts of Nature towards the restoration of healthy stomachs, freeing those organs by means that do not lower, but contrariwise, exalt the organic powers. No exhausting depletions are needed; no internal irritation by drugs divert the sanitary efforts of the system. They act as *gastric juice*—a *vis Medicatrix Naturæ*, which exert, without the least impediments from injurious agents, the healthy process of digestion, and repair the ravages which Dyspepsia has made.

THE PRINCIPAL PROPERTIES OF 'ENO'S DIGESTIVE GRANULES.'

These Granules must be placed in the first rank among aliments of easy digestion. The weakest stomach, as well as that one whose health is impaired, will recover elasticity and strength by their use. The youngest children, the most delicate women, the most decrepit old

men, by using them can digest their food. It is a remedy which suits all temperaments and all constitutions.

The superiority of 'ENO'S DIGESTIVE GRANULES' over all other remedies may be thus summarised: The preparation *acts* as gastric juice, and aids the natural gastric juice to digest and clear away the food from the stomach, and at night allows that organ to rest before renewing its labours. The stomach, like the general muscular system, needs periods of repose.

It insures complete assimilation of food and more perfect or better blood; for the quality of one's blood depends materially on the *thorough* working into pabulum of all the substances taken into the stomach. As a sequence, it takes so much less food, as the process of digestion is much more complete. And this view is borne out by two facts, that, other things being equal, persons accustomed to eat four meals a day have gained flesh after changing from four to three, by the use of 'ENO'S DIGESTIVE GRANULES.' Others, by the use of the *Granules*, have found two meals a superfluity.

The author is satisfied that at least one-third of the food usually eaten by persons is *not* made into blood, and that Diarrhœa, Fluxes, Dysentery, and many other intestinal affections, are induced under the failure of the assimilative system to dispose of the nutriment which Dyspeptics have passed into their stomachs.

'ENO'S DIGESTIVE GRANULES' establish reciprocal action between brain and stomach if the person is a *thinker*, or between the muscular system and the stomach if the person is a *worker*, and the stomach of each class is allowed a full measure of digestive power, without antagonism.

'ENO'S DIGESTIVE GRANULES' are a mild elementary medicine, prepared in accordance with the science of organic chemistry; their purpose is to supply vitality to the enfeebled system. They restore the digestion, and develop a healthy appetite. Being articles eminently suited in every way as restoratives, they establish and increase the vital energy. So marvellous is their power, that they can digest food without the aid of a stomach at all.

The 'DIGESTIVE GRANULES' do not conceal any deleterious substances, they are perfectly innocuous in their nature, and are directed to be taken with food in the same way as you would take salt; their action is as simple as salt, but more powerful, and can *never* do harm in any case. As life resembles an oil lamp, and digestion gives the oil, which comes from food, so do the 'GRANULES' induce and support the healthy action of the stomach, and summon all its energies to supply the fuel of vitality.

'ENO'S DIGESTIVE GRANULES' are, in truth, the long sought and best devised constitutional remedy for all local diseases that spring from Indigestion. This remedy suspends the predisposition to, and eradicates the taint of, hereditary Dyspepsia. It removes the *cachexia*, or vitiated habit of body, induced by want of nutriment, by mercury, iodine, arsenic, and other drugs. It will improve the human constitution daily; and it assists in the moral elevation of man, for it not only makes practical, but easy, the abandonment of *bad temper*, and supersedes, by healthy appetite, the fictitious stimulation of drams or drugs.

TO THE DYSPEPTIC READER.

This little pamphlet in your hands performs the office of a true friend. Read it, remember it, act upon it. Mental and moral complaints depend much upon the state of the body—in reality upon the stomach; a reciprocal influence exists between the stomach and peevishness, moroseness, grief, despair, hypochondria, and melancholy. A due attention to the digestive function is the all-important means for enabling a man or a woman to discharge his or her duties, and enjoy existence. I repeat, the digestive function is the *pivot* of life; every one feels it; science confirms it; and everybody's experience agrees with it. 'ENO'S DIGESTIVE GRANULES' are propounded in accordance with this idea, and in harmony with Nature. A healthy stomach humanises and sublimates all the passions. It prevents a person from becoming either stupid or desponding. There are no difficulties to him who thoroughly digests his food and turns it into rich blood. 'ENO'S DIGESTIVE GRANULES' possess the power of reparation when good digestion is lost, and places the invalid on the high road to health by giving fresh vigour and imparting a new lease of life. With health, reader, you can keep on the highest step of fortune's ladder; without it you must be content to sit at the bottom. Experience proves this fact, that health of body is the one thing needful for worldly success or happiness, and that, without the imputation of exaggeration or quackery, is easily attainable by using, according to directions, 'ENO'S DIGESTIVE GRANULES.'

Those who keep this never-failing remedy, and 'ENO'S VEGETABLE PILLS,'* need never fear any disease of stomach or bowels, because they have the means of cleansing and strengthening them, and thus bid defiance to all formidable and dangerous complaints, that weary and worry other persons. A world of woes are avoided by those who retain and use these remedies.

Therefore no family should *ever* be without them.

* See p. 76.

RULES FOR LIFE.

Life is a battle; every one must acknowledge birth, and every one must acknowledge death. We must be on our guard against the enemy, disease, who is ever ready to take advantage of a false move. The laws of our well-being are simple and easily understood, and it should be one of our first great objects to ever keep in view and practise them, for the plea of ignorance will not free us from the consequences of disobedience. In proportion as our vital powers are great, so much the longer may the laws of health be disregarded with impunity, but the penalty WILL be paid. Disobey, ye who will, but ye who disobey MUST suffer; this law is as certain in its operation as the law of gravitation.

Endeavour to qualify yourself to become your own doctor, and take care of your own health.

First.—Keep your stomach in as healthy a state as possible by being particular in the quantity as well as quality of your food.

Second.—Eat slowly, and chew the food thoroughly before swallowing it, or in other words, cut your meat thoroughly with a knife before putting it into your mouth. *Always add salt.*

[We may mention here that there are what are known as ‘Masticating Machines,’ in the form of a knife; and also a small machine about the size of the hand to place upon the table. They must be used warm; one of the kinds is kept warm by hot water. Any of the forms of the machine answer the purpose well, of finely dividing the meat, and to those especially who are minus teeth they will be very valuable. For farther particulars regarding these machines, apply to Messrs. R. H. and J. Pearson, 141 and 143 High Street, Notting Hill, London, W.]

Third.—Take as much open-air exercise as your circumstances and constitution will allow.

Fourth.—If suffering from costiveness, keep the bowels open by taking ‘ENO’S VEGETABLE PILLS,’ which act as a safe and gentle aperient. In many cases the bowels may be kept regular by taking from one to two tumblers of cold water, from three-quarters of an hour to one hour before breakfast. When suffering from weak digestion, the water should be taken new-milk warm. The same temperature to apply to every description of food or drink. Distinctly understand, it is equally *injurious* to take food or drink *above* this temperature. If the stomach will not tolerate warm water, consult page 76. When more than one tumbler is necessary, let from ten minutes to a quarter of an hour

NOTE. No form of electricity or galvanism is equal to a daily friction of the skin patiently continued, in the manner we have laid down in these pages.

elapse before taking the second. Take a little gentle exercise between. It should not be taken nearer breakfast time than three-quarters of an hour, and should be followed by a few minutes' gentle exercise. *Never drink cold water when the body is heated or fatigued from exercise, but take instead a cup of warm tea.*

Fifth.—Cold Sponging. It is best not to lie long after the time of rising has arrived, but as soon as you awake get out of bed, and LOSE NO TIME in using cold sponging, or a wet towel, to the whole surface of the body. If the system is weak, then it is better to use *tepid* water to begin with; afterwards, when the body becomes accustomed to its use, and the system stronger *cold* water may be substituted with advantage.

It is important to do this while the body retains the heat of the bed and the night's rest, because the greater the amount of warmth you retain, the more rapid and efficient will be the reaction. It is this reaction which stimulates the circulating system, and gives that glow and comfort felt after cold sponging; without this reaction and feeling of vigour and warmth, it should be discontinued. The whole of the body should be rubbed briskly with a coarse towel; any weak part should have a larger portion of time than other stronger parts, the reason for this being, that the irritation is thereby drawn from the internal parts to the surface. It is advisable to use soap once a week, especially in rheumatic conditions of the blood.

The benefit derived is not limited to the skin, but the exercise that ought to be used is beneficial to the whole body. It increases that glow of warmth and feeling of strength which the cold sponging has induced. About a quarter of an hour, AT LEAST, should be devoted to friction of the SKIN. After the cold sponging has been used for some time, a hip bath may be employed, but always observe to wet the head *first* before getting into the bath. (For method of using the cold sponging, see p. 53.)

Sixth.—Never sit down to a meal when fatigued, nor directly after taking exercise. Always allow from ten minutes to half an hour to elapse before commencing to eat; and after eating, it is better to rest for the same length of time.

In a good number of cases of weak digestion, a glass of good wine or Burton ale, taken with meals, will create a gentle stimulus to the stomach, and enable it more easily to convert food into rich blood, but in the intervals of meals is *highly injurious to digestion*. When digestion is good, wine or beer is quite unnecessary.

Spirit-drinking as a beverage is a very bad habit, and should *never* be used but under the advice of a medical man.

NOTE. No better preservative can be employed against colds than the daily practice of the rules given above. Some who have practised the sponging and rubbing for twenty years have never had a cold during that period.

Seventh.—When the stomach is sour, subject to nausea, vomiting, flatulence (or wind), weak or painful indigestion, debility or cramps, or the like, use, according to the directions, as you would take salt,

ENO'S DIGESTIVE GRANULES,*

PREPARED ONLY BY J. C. ENO, GROAT MARKET, NEWCASTLE-UPON-TYNE.

PRICE 2s. 9d., 4s. 6d., 11s., 22s.

Sent post-free on receipt of Post-Office Order to the amount.

Postage-Stamps cannot be received in payment.

See that the words—J. C. ENO'S DIGESTIVE GRANULES—are engraved in white letters on a red ground on the Government Stamp affixed to each box. Without these words on the Stamp as here stated, the remedy is not genuine.

Many Testimonials might be presented, but the following one we consider sufficient, from the Venerable BLYTHE HURST (than whom there is no Clergyman better known or more respected in the Diocese of Durham, on account of his urbanity and eminence as a scholar):

St. Thomas's Vicarage, Annfield Plain,
November 24th, 1870.

DEAR SIR,—I have carefully read over your Treatise on the sufferings of the unhappy Dyspeptic, and can, from sad experience, indorse every word of it; and I have proved, by happy experience, during the last three weeks, that your newly discovered Remedy, viz. the 'DIGESTIVE GRANULES,' which you recommend as a specific to remove the evil, is a most potent one. During the last month, my stomach retained very little food, so that I was really starving for want of nourishment in the midst of plenty. The treatment of the best medical men availed me nothing, but I have no hesitation in affirming that your remedy has saved my life. On the 2d instant, my attention was directed to your 'DIGESTIVE GRANULES,' which I took as prescribed, and since that period I am happy to inform you that my stomach has retained the food, and I feel a gradual improvement both in appetite and strength.

Thanking you for your very kind attention,

I remain yours truly,

BLYTHE HURST,
Vicar of Collierly.

To Mr. J. C. ENO.

Later on, he writes as follows:

February 13th, 1871.

I feel greatly improved, and still continue the Granules. I owe you a debt of gratitude I shall never be able to discharge.

B. HURST.

The Rev. Mr. Hurst has tried Pepsine and other popular remedies without the least benefit; in fact, he was rapidly sinking when he commenced with the Digestive Granules.

* Wholesale Dépôt in London for Digestive Granules, Vegetable Pills, and Treatise—F. Newbery and Sons, 37 Newgate Street, E.C. Paris: 104 Rue de Maubeuge. New York: 8 College Place.

NATURE OF PILES.

The Author takes his ground on the principle that nearly all complaints resolve themselves into mal-nutrition, consequently mal-organisation of the solids and fluids, and a violation of the hygienic or physiological system.

In consequence of these causes, the portal system, that is, the veins, the abdominal viscera, and all the minute blood-vessels which ramify through the mucous surface of the internal system become clogged and unable to discharge, in a normal manner, their important functions. There is then a determination, or flow of blood, to the lower part of the bowels and fundament, which, at first, does not produce what can be called actual pain, but a kind of fulness, weight, and distention, about the small of the back, and the lower intestines, which often affects the bladder and adjacent parts, with increase of sensibility, or rather irritability. These feelings of weight and fulness continue for a few days, but are often so slight as to attract little notice; though, in many cases, a little blood is discharged with the stools, *not mixed* with them, but tinging the surface, of a bright red colour. In many cases, however, there is no discharge, and the affection soon goes off, but returns at longer or shorter intervals, according to the causes. If blood, however, is discharged, even in a small quantity, it gives speedier relief than when it is not.

By the recurrence of such symptoms at intervals, the disease increases, seeming to acquire strength by repetition. The feelings of weight and fulness become more evident, blood is discharged in greater quantities, and small tumours, which are, for the most part, painful, begin to appear on the inside of the fundament, or around its termination. Previous to the appearance of the tumours, the patient usually feels a stinging or pricking pain, which is much increased by going to stool, at which, also, blood is squeezed from their surface, or jotted out through holes, so very small, that the surgeon cannot afterwards detect them, even with the aid of a magnifying glass. In other cases, there is no discharge of blood, but the tumours are moistened with a whitish fluid, which is produced on the surface.

The discharge, either of this fluid or of blood, soon causes the tumours to decrease in size, till at length nothing remains but empty flaps of skin around the margin of the fundament. Such is the early local appearance of piles.

That piles, however, are not merely a local affection is admitted by our most experienced surgeons; for along with the symptoms of weight, &c., just enumerated, there is generally a slight shivering and sensation

of cold in the back and loins, occasional numbness of the lower extremities, hardness and contraction of the pulse, dulness of expression in the eyes, dryness of the mouth, scantiness and high colour of the urine, sense of bearing down about the lower parts, and occasional discharge of mucous by stool. The countenance, also, is paler than usual, the eye appears sunk, and a dark circle beneath it, and the abdomen and the feet swell, all of which symptoms testify to an *enfeebled circulation, impoverished blood, and digestive disorder.*

CLASSES OF PILES.

There are two classes or sorts of piles, which differ considerably in structure and appearance. One sort is in the form of small fleshy tubercles, usually of a brownish or pale red colour, and situated within the fundament. When examined by the finger, these tubercles feel solid and spongy, and when cut into, they present a surface more or less compact and bloody, from which blood oozes out, leaving the texture relaxed and pale. When they are situated more external, they are paler, and, for the most part, more elastic and transparent. This kind is more rapid in appearing and disappearing than the former. They often contain a central cavity, filled with coagulated blood; at other times there is no regular cavity, but the whole substance of the tumour is soaked with blood, which in time becomes dark and coagulated. In all cases, however, they indicate *irregularity of the bowels and imperfect digestion.*

SWELLED VEINS

are rare, compared with piles, and form more slowly and gradually, without any of the feelings of weight and other symptoms which I have mentioned as attendant on the former; nor have they that tendency to enlarge and decrease periodically, and they seldom inflame from external injury. They are of a dark or bluish colour, soft and elastic to the touch, and very much in this respect resembling a ripe grape. They are elastic, and when compressed by the finger, become sensibly less, but return to their former size when the pressure is removed. They are broader also than true piles, but show no disposition to bleed unless ruptured or cut into.

CAUSES OF PILES.

I have already stated that the general causes of piles are *digestive ailments*, functional irregularities, personal neglect, and general debility. There are secondary causes, such as luxurious and sedentary habits, habitual costiveness, plethoric state of the blood-vessels, hard riding, excesses of various kinds, suppression of some long-accustomed evacua-

tion, the habitual use of drastic purgatives, pressure of the abdominal viscera on the hæmorrhoidal veins, and, with women, during pregnancy.

It is an entire mistake to suppose that piles are natural means of getting rid of superfluous matters. Nature never intended to become in a state of varicose, and weakness at the rectum, to accomplish a natural discharge. Piles are a disease—a distressing, a troublesome, and dangerous disease, especially when the hæmorrhage is excessive.

The Author has no desire to trump up nostrums, useless or hurtful. His advice is earnest, sincere, and faithful. It is based on a thorough anatomical, physiological, and pathological knowledge of the human body. My investigations have been chiefly directed to hygienics, that is, the preservation of health, but also towards prophylactics, or the prevention of disease. My attention has been more particularly directed to piles and their treatment, through observing the very little relief to be obtained from the ordinary prescriptions and methods of treatment. There is too much of working at the effect, and too little attention directed to the cause. In this instance, I consider 'Prevention better than cure.' I can confidently say that those who use 'ENO'S DIGESTIVE GRANULES,' which promote digestion, nourish the constitution, enrich the blood, and throw off viscid and unhealthy humours, and who will drink what we call *Bitter Water* (the prescription for which, together with others, we give below), will rid themselves of all the troublesome symptoms of this most distressing disease, and enable the system to put forth the conservative energies placed within it by the Creator. My whole efforts of cure are addressed to the organs of waste and supply,

THE SKIN, THE STOMACH, AND BOWELS.

In other words, *perfect* blood purification, equable blood distribution, and healthy blood-making. Whoever will carefully carry out the directions given below, on piles, will free themselves, as far as it is possible to do so, from that truly painful disease. Again, whoever wishes to enjoy the greatest earthly blessing—Health—let them carry out the Rules for Life given on page 20, and they will accomplish their purpose.

TREATMENT OF PILES.

In the treatment of internal, as of external, piles, it is of great importance to remove and prevent congestion of the abdominal viscera, to insure a healthy action of the bowels, and to look carefully to the general health. First, by regulating the bowels, taking care that a daily evacuation is produced, without any straining or irritation, by the use of the *Bitter Water*. In *very* rare cases an enema of soap and lukewarm

water may be required, in addition to the use of the Bitter Water, for this object. Put from one to two drachms of soap to the pint of water. We give this soap-and-water enema in case it should be required, though we have never, as yet, found it necessary. If the lower bowel is very much loaded by constipation, it is better to use the enema at once, until the Bitter Water acts. Then the anus should be thoroughly sponged with cold water every night and morning, as well as after *each action* of the bowels. Continue this until the piles are removed, then use it first thing every morning. We enjoin a strict attention to the Rules for Life, which are given on page 20. The diet must be regulated, plain nourishing food being allowed; but alcoholic stimulants, coffee, and highly-seasoned dishes, had better be interdicted. Plenty of walking exercise is also important. Supposing that the piles are inflamed, the morbid action may be controlled by a hot hip bath (keep adding hot water as the bath cools, so that you may come out hot) and the use of poultices, and perfect rest. Where the piles are inflamed, take an occasional dose of castor oil to relieve the bowels. Internal piles may be single or multiply. They protrude during defecation, but in time, as the sphincter becomes dilated from their pressure, and relaxed by the attacks of hæmorrhage, they are found to be constantly down, save when the patient is in the recumbent posture. When they only appear externally at the time the bowels are moved, they especially require to be replaced directly after the stool, *since*, if this precaution be neglected, they are apt to become congested.

BITTER WATER.

Diluted Sulphuric Acid	10 drachms	40 minims.
Sulphate of Magnesia	5 „	20 grains.
Quinine	48 grains.	
Tincture of Orange	$\frac{1}{2}$ ounce.	

Water up to 8 ounces.

The dose of Bitter Water is two *tea-spoonfuls* two or three times a day, with two wine-glassfuls of water. Should this dose cause the bowels to be too much relaxed, then take only one *tea-spoonful* with the water. As you feel the piles removed, one dose in the day will be sufficient. It should be taken one hour before breakfast, in a tumbler of water. The morning dose should be continued for some length of time, always with the tumbler of water. The great object is to regulate the dose in proportion to the effect produced on the stools. Care must be taken not to produce purging, only a regular motion. Should you like to take only one dose in the day to begin with, then let the dose be taken in the morning as directed; but we find it better to take it two or three times a day for the first few days, and then in the mornings only. It is so simple, that you

may take it for any length of time, without any ill effect. In taking it in the mornings, if you find *two tea-spoonfuls* to be too strong, then take only one; but it will not have the proper effect unless you take it in a tumbler of water. As soon as the piles are well, gradually lessen the dose, until you take nothing but a tumbler of pure water, and continue it the remainder of your life. Always take the 'DIGESTIVE GRANULES' with your meals. As piles spring directly from indigestion, it is important to keep a supply of the GRANULES always at hand, to correct and give tone to the digestive powers, for this will in a great measure prevent piles.

If the bowels are in a relaxed state, then the Bitter Water *must not* be taken, but use a suppository of Tannin every night, and take, as sole diet, Dr. Ridge's Patent Food, prepared with milk. Perfect rest is absolutely necessary. In whatever condition the bowels may be, use a Tannin suppository. For BLEEDING PILES, take a *tea-spoonful* of Ward's Paste, night and morning, and regulate the action of the bowels by the Bitter Water, as above directed. Ward's Paste can be had of any druggist. It can be taken dissolved in sugar and water, or get your druggist to mix syrup of orange with it, in proportion to the dose ordered. The suppositories should each contain 5 grains of Tannin, rubbed fine, and well mixed with cacao butter, lard, and white wax. They also can be had of any druggist, or we will forward a box, on application, free for twelve penny stamps. The great point to be observed in piles is, never let purging be present, nor constipation, but always maintain a regular action of the bowels, in the manner we have pointed out.

Space will not allow, nor do we consider it necessary, to give more than one testimonial in proof of the efficacy of the treatment here recommended. It is from W. Stowell, Esq., B.A. (London University).

6 Hall Terrace, Gateshead,

To J. C. ENO, Esq.

16th November 1871.

DEAR SIR,—It would be something short of justice were I to refrain from testifying that, by following your prescription, I have experienced speedy relief, and that after trying a great variety of treatment with little or no benefit; and I have not the least doubt, that any person who will conscientiously follow the advice contained in your able pamphlet, will be thoroughly delivered from hæmorrhoidal affections, as well as from many other prevalent forms of indigestion.

Yours gratefully,

W. STOWELL.

P.S.—I may add that my wife has received very great benefit from your 'DIGESTIVE GRANULES.'—W. S.

GOUT AND RHEUMATISM, THEIR CAUSES AND CURE.

There are few diseases, the exciting causes of which are to be found in a disordered condition of the portal system, which are more tedious and painful, and which are frequently attended with greater danger, than that Protean malady called Rheumatism. This disease is located in the tissue denominated *fibrous*: such as the membrane covering the bones, the ligaments about the different joints, the pericardium or heart case, one of the membranes enclosing the brain, the sclerotic coat of the eye, the sheaths of the muscles, and often the muscles themselves. All those different parts are liable—though not equally so—to attacks of this disease; and as some are more important to the well-being of the system than others, so of course the danger is greater in proportion as the organ affected is more essential to vitality. While, for instance, the disease attacks, and continues in, the joints alone, the pain may be as acute, and the sufferings as great, as when the disease is located in the heart, although the danger in the former case would be comparatively trifling.

Rheumatism has been divided by writers into acute, or inflammatory, and chronic. The first form of the disease is characterised by those symptoms that indicate other inflammatory complaints, while at the same time it possesses some traits of character peculiar to itself. The division into acute and chronic is, in fact, arbitrary and artificial, for they are both but different degrees of the same disease, and yet they are so distinctive in their features that they seem to be two forms of the complaint.

Any one who has experienced Rheumatism in his own person, or seen it in others, has felt or seen the skin covering the joints, in the acute form, red, hot, and the whole joint swollen, exquisitely tender and painful. In the chronic form of the disease, on the other hand, instead of the joint being red and hot, it is pale and cold; and instead of the fever that is met with in the acute form, in this it may be entirely absent.

Dr. Elliotson, and Professor Bennett, and others, avow that Rheumatism and Gout are nearly allied—the etymology of Gout coming from the idea of the dropping fluid, and Rheumatism from a Greek word meaning poison in the blood. They are both connected with an increase of lithic acid in the blood. In Rheumatism, this is dependent on excess of the secondary, and in Gout on excess of the primary digestion. In short, Rheumatism is *caused* by an undue balance between the excess of lithic acid and the power of excretion—either by the bowels or by the skin; it is a certain *constitutional state*, dependent on deranged digestion, during which exciting causes occasion local effects, such as already described. These exciting causes are bad and improper diet, repletion,

hard work, exposure to wet and cold, especially if the individual be weak or debilitated. Indeed, the predisposing causes are those that operate in any way to deteriorate the general health: anything that renders the body less hardy and vigorous, and more liable to cold. Gout is said to be a just pain for trampling on the laws of health. The first step is to reform the manner of living. Dr. Abernethy told a gouty patient his only cure was 'to live on sixpence a day, and earn it.' A hard truth, but nevertheless good in its way. Gout and Rheumatism cannot be *cured* unless you first *remove the original cause*.

There is one peculiarity in Rheumatism which, fortunately for our race, does not belong to many diseases, and that is a tendency to change its location—to wander from one part of the body to another. It will alternately ramble from one joint to another, till each in its turn has been visited. But it sometimes rambles from one of the joints to the eye, the brain, or the heart. When Rheumatism is thus transferred, it becomes one of the most formidable and obstinate of all maladies in the catalogue of human ills. When it attacks the membrane covering the brain, mental derangement is not an unfrequent consequence; but the disease assumes the worst appearance when it affects the membrane lining the cavities of the heart. This is called

HEART-DISEASE,

and it produces violent palpitations, difficult respiration, ossification of the heart's valves, enlargement of the heart, and finally, either general dropsy, or dropsy of the chest, which terminates the

'Sad eventful history.'

The above fearful consequences can be avoided if strict attention be paid to the truths here given. We could, if necessary, place before the reader a score of pages, to prove that by far the great majority of cases of heart-disease are the result of a rheumatic condition of the blood; but the sum of it all would be this: To prevent heart-disease you must *prevent* and cure Rheumatism, in the manner we have presented below; for a rheumatic deposit from the blood, if it attack the heart, will result in heart-disease. There are some cases of heart-disease that are not caused in this manner, but the primary cause of such is defective nutrition and mal-assimilation. To the thoughtful reader, the remedy in all cases, and the method of prevention, must be obvious.

When a disease possesses such fondness for wandering—when its very nature is that of a vagrant, here to-day and in another place to-morrow—the greatest danger is to be apprehended from any improper application. Death has been known to result only too frequently from the sudden transition of Rheumatism from the limbs to the heart, in spite of the most active repulsive remedies that could be employed. It

follows, therefore, that to prescribe judiciously in the disease, an intimate knowledge of its nature, in all its phases, is not only important, but indispensable.


It would be easy to present here a long array of the means renowned in the cure of Rheumatism, and used now and again with partial success.

The principal of these are blood-letting, hot baths, emetics, diuretics, and diaphoretics, in all possible varieties and combinations. Now, the only virtue that any of these methods possess is in their effects on the bowels or skin. But by what random pell-mell methods do they reach that goal? Think what a costly process, upon the stomach and the pocket, doses of calomel, opium, colchicum, ipecac, antimony, &c. &c. will be!

The true method of cure is, always adopt means the least costly to the constitution. I have stated the pathology of the disease to be deranged state of the digestion, producing weakness and debility, inducing *an excess of lithic acid, or blood-poison, in the system*. Granting these premises, cannot the common-sense reader understand that the best plan of cure is to take a course that will oppose these causes and their effects? Perspiration, which has been confined by shutting up the pores of the skin, must be restored to its healthy state, and allow the excess of lithic acid to pass away by that grand purifier of the blood, also to take draughts of potash and lemon juice (see prescription below), to neutralise the blood-poison, and lastly, when removed, to regulate the nutritive functions, correct the nutriment material, *alias* food, by the use of 'ENO'S DIGESTIVE GRANULES;' for it is by keeping the stomach above par that you will most successfully prevent the formation of the poison before referred to. Let those of a rheumatic or gouty tendency ever bear in mind that, after all their pains have vanished (by the means we here put within their reach), if they wish to prolong and enjoy life, not only must they keep their stomach in order, but a *sine quâ non* is—a sponging of the whole surface of the body every morning, with tepid or cold water, with brisk rubbing afterwards, and an avoidance of malt or spirituous liquors.


What activity of the excretions can any drugs in the *Materia Medica* effect, that is not more promptly, certainly, and safely effected by adopting my 'Rules for Life,' as given on page 20? What excitement of the circulation will not *obedience* to these 'Rules' allay? What morbid elements will not these 'Rules' eliminate? Then necessary exercise, the fresh air, the diet, the use of the 'DIGESTIVE GRANULES,' and the drinking of the potash and lemon juice (according to directions given below), are more potent means for destroying the blood-poison and diathesis, reëstablishing DIGESTIVE VIGOUR, and consolidating the constitution, than all the drug medication, or all the mineral waters, ever did, or ever could.

TREATMENT OF GOUT AND RHEUMATISM.

For this affection, we can with confidence recommend the following simple, but most effective, treatment: Let the patient take, three times a day, thirty grains of bicarbonate of potass, dissolved in a wine-glassful or two of water, to which is to be added one tablespoonful of lemon juice.* Drink while effervescing. If this should produce much purging, the quantity must be reduced, for it should be remembered that the rheumatic poison often passes off by purging, but it is well to be guarded against an excess, though it is an effort of nature to get rid of the poison, which might, if kept in the system, result in a dangerous attack of rheumatism. Where the purging continues, the patient must live on Ridge's Patent Food, made with milk, and have perfect rest, until the purging passes off. It is a good plan to sponge the body with warm water night and morning, and rub well with dry flannel, afterwards shampoo well with the hand, especially the parts affected. Continue the potass and lemon juice until the urine is only very slightly acid; this may be easily known by any person by the aid of a little blue litmus paper, which, on being dipped in the urine, will be turned of a bright red colour, if an excess of acid be present. Litmus paper can be obtained from almost any druggist, and we strongly urge the rheumatic patient to have  ALWAYS A LITTLE AT HAND, and keep testing his urine occasionally, and if an excess of acid is present, let him take a few doses of the above mixture—in fact, a draught occasionally, after he is quite well, will be beneficial. *Few are aware of the serious consequences to which inattention to this simple practice may give rise.* If the urine is alkaline, it will change red litmus paper to a blue colour, in which case take lemon juice without the potass. Live well while using the potass and lemon juice; take a sufficiency of nutritious food, beef-tea, eggs, new milk, &c.

The vapour bath is an important agent in rheumatism, *where there is not already free perspiration.* In all cases, therefore, where there is not a free determination to the skin, the vapour bath ought to be employed conjointly with the mixture given above. Any person may have one at his own home in the following manner: Sit on a cane-bottomed chair, place a dish of hot water below with a hot brick in it, then envelop yourself, all but the head, in a blanket, in such a manner that none of the steam can escape. Drink freely of warm tea. Keep in the bath for fifteen minutes, then immediately wash the body with warm water and soap, and rub well with dry flannel, more especially the part affected. Use the bath once a day, or suit it to your own discretion. It is well to keep a supply of the 'GRANULES' constantly by you, so that at the first unpleasant symptom the remedy may be at hand.

* In Gout, take with each dose from ten to twenty drops of colchicum wine.

 Portable Vapour Baths may be had at a low rate from Messrs. Pearson, 141 and 143 High Street, Notting Hill, London, W.; they are much more effective than the above-mentioned contrivance.

Where there is any tendency to rheumatism, keep also some potass and lemon juice ready. Press the juice from the lemons yourself when wanted, or in case this is not convenient, order the best juice, through your druggist. In the chronic form of rheumatism, the following mixture we have found very useful :

Compound Tincture of Guaiacum	1½ ounce.
Iodide of Potassium	1 drachm.
Mucilage of Acacia	1 ounce.
Water	½ ounce.

Mix, and take two *tea-spoonfuls* three times a day, in a wine-glassful of milk.*

As an outward application for rheumatism, use oil of salt (the residue of salt manufacture). If your druggist has none in stock, ask him to obtain it for you. This is to be freely rubbed on the affected parts night and morning; or keep a damp cloth, covered with gutta-percha sheeting, constantly applied, the cloth to be washed clean night and morning. If an eruption should appear, discontinue for a short time.

Bear in mind that no merely external application, such as a liniment, will *cure* rheumatism; they may, and often do, afford relief for a time, but, as already shown, rheumatism is a result of a poisoned state of the blood, with a disordered condition of the digestive functions, and it is manifest that no outward application alone will eradicate the disorder.

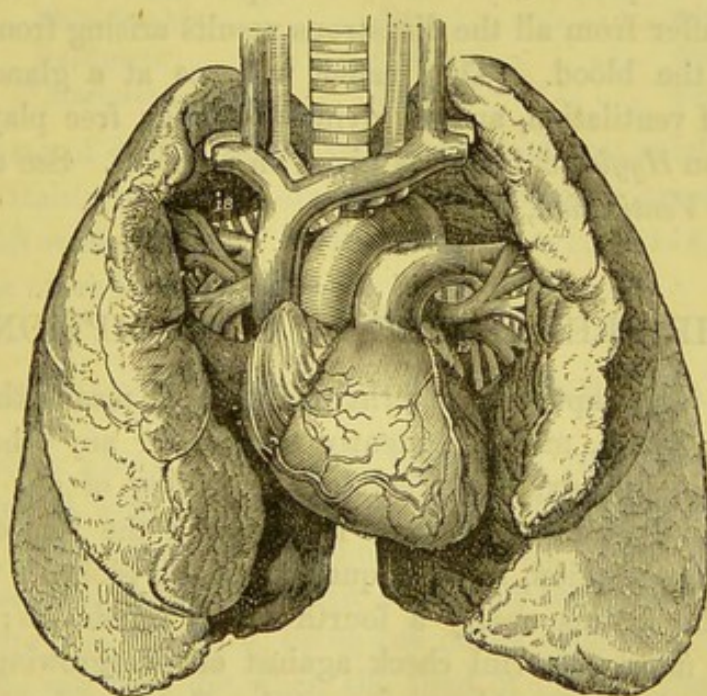
It is important to know that whenever the linen is stained red, or there is a red deposit from the urine, then at once the bicarbonate of potass and lemon juice ought to be taken. Don't wait till the acid accumulates in the system, and more distressing symptoms manifest themselves. The potass and lemon juice have both been used *singly*, and with a large amount of success, in rheumatism, but their effect is very much enhanced by the combination.

The above method of cure avoids all violent local action, but exalts the healthful action of the system at large. It subdues internal disease by securing intense action of the skin and bowels, thereby taking out of the body that which deranges it, by summoning up its *own* energies to rescue the organism. The minute and delicate structure of the vital organs is not tampered with by hazardous experimentation or poisonous drugs, by the use of 'ENO'S DIGESTIVE GRANULES,' and the potash and lemon juice, as given above, and a strict obedience to the Rules of Life. *After the body* has recovered from the effects of rheumatism, a clean healthy skin is secured, the pores are opened, the eliminating functions augmented, the morbid elements thrown off, and, simultaneously, there takes place an improvement in the tone of the digestive, muscular, and nervous system, and life becomes once more a great BLESSING.

* When the stools are of a light colour, take a small dose of castor oil every morning an hour before breakfast, and continue for a short time.

CONSUMPTION.

ANATOMY OF THE HEART AND LUNGS.



THE above shows the organs of circulation and respiration, in their natural position. Space will not allow us to say more than that the heart acts as a force pump, which passes through its flaps, or valves, above three-quarters of a ton of blood in the day. To purify that large quantity, it is calculated that there are *no* fewer than seventeen millions of air-cells in the two adult human lungs. 'In about two and a half minutes all the blood contained in the human system, amounting in the adult to nearly three gallons, traverses the respiratory surface. Every one, then, who breathes an impure atmosphere two and a half minutes has *every particle* of his blood acted on by the vitiating air. Every particle has become less vital—less capable of repairing structures, or of carrying on functions; and the longer such air is respired, the *more impure* it becomes and the *more corrupted* grows the blood. Permit me to repeat that, after breathing for two and a half minutes an atmosphere incapable of properly oxygenating the fluids which are traversing the

lungs, every drop of blood in the human being *is more or less poisoned*; and in two and a half minutes more, even the minutest part of all man's fine-wrought organs has been visited and acted upon by this poisoned fluid—the tender delicate eye, the wakeful ear, the sensitive nerves, the heart, the brain, together with the skin, the muscles, the bones throughout their structure—in short, the entire being. *There is not a point in the human frame but has been traversed by vitiated blood—not a point but must have suffered injury.*—Hopley's *Lectures*. In proportion as respiration and ventilation are imperfectly performed, the standard of health will be lowered, and disease must result; or, in other words, unless proper attention be paid to the laws of respiration and ventilation, the person will suffer from all the disastrous results arising from a poisoned condition of the blood. The reader will see at a glance the great importance of ventilation, and of giving the lungs free play.—See our observations on *Hygienic Laws*, as given on page 50. See also *A Practical Hint on Ventilation*, page 80.

THE PREVALENCE OF CONSUMPTION.

The word consumption is a term of fear. It means the form of a disease under which, more frequently than under any other, after the period of early infancy, the premature mortality of our day occurs. This is especially true throughout Europe and the United States of America. Consumption, in these quarters of the globe, is the destroying angel who claims nearly a fourth of its population; and it has proved a far more powerful check against an overgrowing population than anything that has yet been suggested. So extensive have been its abstractions from the sum of human life, that 'hope withering' flees when its presence is announced. And there are few families which have not lost, or who do not dread to lose, some loved member by its ruthless visit. Unlike other diseases which attend probable causes of decay, this scourge attacks the young of either sex, as well as the middle aged. Its insidious attacks slowly undermine the vital organs, while all the external appearances of health may remain, like good-looking fruit, which, when bitten, is found to contain an internal destructive worm.

Says Professor Green: 'Consumption is the angel of death, that breathes the breath of pestilence alike in the chamber of the great and the cabins of the wretched. The good, the beautiful, the young, the dissolute, and the aged, all bow down alike before it. The inmates of the palace and the prison, the idle, the laborious, the needy, and the rich, are all liable to the swoop of this destroyer in its relentless visitations.'

The following table, drawn from a recent health report, gives the

ratio of the deaths by pulmonary consumption to those arising from all other causes, in various countries and cities :

In London	One in every	6.97
„ England	ditto	6.20
„ Paris	ditto	5.55
„ Geneva	ditto	9.91
„ Berlin	ditto	5.71
„ Boston, U.S. . . .	ditto	6.00
„ Massachusetts . .	ditto	5.00
„ New York State . .	ditto	4.29
„ New York City . .	ditto	5.13
„ Providence	ditto	4.22
„ Philadelphia . . .	ditto	6.81
„ Baltimore	ditto	5.97
„ Charleston	ditto	6.60

The increase of deaths, in the past year, is almost solely ascribed to the greater fatality attending diseases of respiratory organs, including phthisis, which caused 132,687 deaths in 1869, against 114,526 in 1868, or an increase of no less than 18,161.

THE PHYSIOLOGY OF LIFE AND DEATH.

The position which I assume at the outset is this—every human being is endowed with a certain amount of constitutional stamina, or vital energy, which may be called the fund of life. When it is expended, the vital operations must, of course, stop, and the individual die. He may die before it is expended, being cut off by disease; but if there be no disease, he will only die when the fund of life is exhausted. This is what we call *dying of old age*.

As I have, in another part of this treatise, observed, but which *cannot* be too often repeated, this fund of life may be compared to a tallow candle, or the oil of a lamp—when the oil is expended, the lamp must go out. The flame of the lamp may be extinguished before the oil is all consumed, or it may not; but, at any rate, it must expire as soon as the oil is consumed. So, when the fund of human vitality has been expended, if not replenished, the lamp of life must cease to burn. Every moment that the lamp burns, a portion of its oil is consumed; every particle of flame produced is at the expense of a certain amount of oil—the more the flame is increased in volume and intensity, the faster is the oil consumed. So of human existence, every moment of it consumes a portion of the fund of life, every vital function is performed at the expense of a certain amount of vitality; the greater the intensity of vital action, the faster is it consumed. Hence, as we may increase the flame of the lamp, and cause it to burn out its oil twice as fast as necessary, so may we, by increasing the intensity of vital action, squander

our fund of life twice or thrice as fast as it needs be expended. Anything in our habits, which increases the intensity of vital action beyond the proper limit, causes a wasting of this fund, and death is hastened.

The above doctrine needs only to be stated to be admitted as true. Who does not know that excessive labour will wear out the labourer prematurely! Muscular labour, or action, is vital action, and, of course, exhausts vitality in proportion to its intensity. When labour is excessive, or when it is injurious, it causes a waste of the oil, and wears out the person prematurely. Observation teaches us that it is the same with horses and animals.

The influence is the same with the oil in the lamp. Animal life is nothing more or less than a continued transformation of matter, an uninterrupted decay and restoration of the body; the ceaseless operations of two opposing processes of supply and waste, of building up and taking down, of depositing new materials and removing old. This perpetual change of matter is the primary law of life; it is this which keeps all the tissues and structures of the body in a constant state of repair—ever renewing the materials of the organisation, and counteracting its wear and tear. The food taken is changed into blood, and blood becomes solid tissue. This solid fabric, having served its purpose in the economy, becomes, in its turn, dead and effete, is decomposed into its organic elements, and removed from the system in the shape of excretions. This worn-out material, conveyed away in the returning circuit of the blood, imparts to it a black colour and poisonous properties. The lungs, kidneys, liver, and skin, serve as emunctories, or drains, by which the noxious compounds are evacuated from the system. In the same backward current of the blood, the new materials of growth, repair, or strength, are poured in by the lacteals; and in the lungs a fresh supply of oxygen is momentarily received. The blood is thus continually recruited, renovated, purified, and made fit for the purposes of life; that is, these two processes of supply and waste comprise the functions of digestion, absorption, circulation, assimilation, respiration, and excretion.

‘Without due regard to nourishment, disease must take place.’ To prove it, I give the following: A healthy person, at rest, breathes about 480,000 cubic inches of air per day, which, in round numbers, will give about 20,000 cubic inches for the amount of carbonic acid expired, or nearly 10,000 by weight, which contains eight ounces of solid *carbon*. This weight *must be supplied* per day to a healthy person, to maintain the ordinary weight. No account has been taken of the nitrogen, of the hydrogen, or of the salts.

Liebig says that the body of a man who daily takes into the system thirty-two and a half ounces of oxygen *must receive* daily, in the shape

of nourishment, as much carbon and hydrogen as would suffice to supply twenty-four pounds of blood with these elements, it being presumed that the weight of the body remains unchanged, and that it retains its normal condition in health. This supply is furnished in the food.

IS THE BLOOD THE LIFE?

Physiology, Chemistry, Bible truth, and human reason, combine together to teach us that the *blood*, assisted by air, food, light, warmth, and exercise, is the source and fountain of animal and human life. By the blood are the functions maintained; it is the conservative power of the system, or, in other words, the blood is life itself.

Says Dr. Combe: 'The quantity and quality of the blood have a most direct and material influence upon the condition of every part of the body. If the *quantity* sent to the arm, for example, be diminished by tying the artery through which it is conveyed, the arm being then imperfectly nourished, wastes away, and does not regain its plumpness till the full supply of blood be restored. In like manner, when the *quality* of that fluid is impaired by deficiency of food, or *bad digestion*, impure air, the body, and all its functions, becomes more or less disordered.'

The theory of Dr. Combe then is, that 'the blood is the life;' that by a diseased and poisonous, or poor condition of this fluid, from whatever cause, the seeds of consumption, fever, pain, and death, are conveyed to all parts of the system; that no medicine which does not renovate, purify, and enrich the blood, can expel disease; and finally, that this desirable object can always be attained by the use of proper food and remedies, when correctly and understandingly administered and prepared.

Dr. Childs, on 'Rational Medicine,' says truly: 'We are not sufficiently impressed with the importance of the *Constitution of the Blood*. We are too much wedded to the old idea of treating the symptoms of consumption, and its complications; have too little faith in the grand fact, that it is by a *better nutrition*, and a *richer blood*, and by this alone, that it is to be cured.' It is a grand idea, that the pathological chemistry of the blood is to be carefully studied, with the view to supply what is lacking, as we do through the soil to the sap, the blood of the plant.

THE GENERAL CHARACTER OF CONSUMPTION AND TUBERCULAR DEPOSIT.

Consumption, Scrofula, and their kindred complaints, are diseases of the constitution of the blood, but demonstrating their existence by at length settling in some part of the body in preference to others, such as the lungs, stomach, heart, ankles, knees, joints, or brain.

Pulmonary tubercle may be described as the exudation, into the air-cells and intimate textures of the lungs, of the degenerate nutrient element of the blood, occurring in aggravated degrees of the poverty of the blood. Any low vitality, or poor blood, retains this degenerate matter, as it has not the power to throw it off. The matter of a scrofulous abscess is a fair type and example of tubercle. This tubercle presents great varieties of colour, form, consistence, &c., and occurs in all degrees of accumulation, from minute points and masses like sago grains, to clusters like a bunch of grapes, and even infiltrations of an entire lobe or entire lung. The chemical constituents of tubercle are animal matter and earthy salts, composed of phosphate and carbonate of lime.

The effect of such matter filling up the lung substance, obstructing its air-tubes and blood-vessels, impeding circulation, and marring respiration, most readers are familiar with. One fact—the average weight of the healthy adult lung is 46 oz.; that of the tuberculated lung, about 72 oz.

If not absorbed *at an early period*, or allowed to lie dormant, tubercle sooner or later softens, suppurates, and is thrown off by expectoration, carrying with it the textures in which it is imbedded, creating thus greater or less loss of substance, and leaving its traces in the form of cavities of various sizes and number. In this way an entire lobe, half a lung, and in many instances a whole lung, is hollowed out. Inflammatory complications hasten this breaking-up process of the lungs. At this stage the detached tubercle comes away piecemeal in the expectoration, in purulent masses of various sizes, resembling wet cheese. The expectoration of these small clots is indicative of an ulcerated state of the lungs. The more the constitutional powers sink, the more rapid is the progress of the local disease. Between the reactions of the one upon the other, the strongest as well as the weakest frames are gradually loosened, and finally dissolve in death.

Although this description of consumption of the lungs is the main feature of the complaint, yet tubercular deposits are frequently found in the small intestines, liver, spleen, and in the glands of the neck and bowels. But wherever the disorder resides, it must always be considered as a mere fragment of a great malady—the representative of impoverished and impure blood, and from an unwholesome fountain, can aught but corrupt streams flow? A vitiated quality of the fluids must necessarily be associated with defective organisation of the living solids. Hence the radical constitutional debility, which is the leading physical attribute of the consumptive patient. This debility lies at the foundation of all scrofulous and consumptive tendencies.

CAUSES OF CONSUMPTION.

Everything which operates on the living body, and more especially in infancy and early life, either directly or indirectly to disturb, depress, or exhaust the vital powers, is inimical to the due development of the animal constitution, and may tend to originate a tuberculous habit.

But I maintain that the main cause is a *deficiency* of pure, rich, healthy blood. Let us note the effect blood has upon the bones. As one condition of health and strength, they require pure blood. If it be not supplied to them, they will become soft or brittle; their vitality will be impaired; disease will be the ultimate result. The four hundred muscles receive another portion of the blood. These organs are attached to, and act upon, the bones. Upon the health and contractive energy of the muscles depends the ability to labour. Give these organs of motion impure or impoverished blood, which is an unhealthy stimulus, and they will become enfeebled, the step will lose its elasticity, the movement of the arm will be inefficient, and every muscle will be incapacitated to perform its usual amount of labour. The stomach, liver, and other organs subservient to the digestion of food, are supplied with this impoverished blood.

Indigestion may have caused this impoverishment, but this very condition still farther impairs the digestive process, causing faintness of the stomach, loss of appetite, a deranged state of the intestines, and, in general, all the symptoms of the liver complaint. This impoverished blood goes also to the lungs in nutrient arteries. The delicate structure of these organs, in which the blood is, or should be, purified, needs the requisite amount of pure rich blood to give them vigour and health. The blood not becoming of that character, the lungs themselves lose their tone, and even if permitted to expand freely, have not power fully to change, in inspiration, the poor quality of the blood. This dark, watery, sluggish fluid also passes to the skin, the health and beauty of which require well-nourished and purified blood. This not existing, the skin becomes covered with pimples and blotches, and the individual suffers from humours, such as scurvy, leprosy, and the like. This impoverished blood is also sent to the brain. If this important organ be stimulated only by poor blood, the nervous headache, bilious headache, and all kinds of aches, confusion of ideas, loss of memory, impaired intellect, dimness of vision, and dulness of hearing, will be experienced. Often, in process of time, the brain becomes disorganised, and the brittle thread of life is broken at last.

Dr. Andrew Combe, speaking on this subject, says: 'When, from defective food or impaired digestion, the blood becomes *impoverished in*

quality, and rendered unfit for adequate nutrition, the lungs speedily suffer, and that often to a fatal extent; so certain is this fact,' continues the doctor, 'that in the lower animals tubercles can be produced in the lungs to almost any extent, by withholding a sufficiency of nourishing food.' The same circumstances operate, to a lamentable extent, among the poorly-fed population of our manufacturing towns; whereas it is *proverbial* that butchers, a class of men who eat animal food twice a-day, and live much in the open air, are almost exempt from pulmonary consumption. Some writers on this disease have indeed said, consumption cannot be the result of a deficient supply of nourishment, or it would not so frequently occur in wealthy families; but such writers must be unaware of the fact, that starvation may result as well from inability to *digest* food, as from a defective supply.

Among the higher classes, the blood is impoverished and the lungs are injured, not from want of food, but from *want of the power of adequately digesting it*; and hence we find, in most treatises on consumption, a section devoted especially to *dyspeptic phthisis*, or consumption from bad digestion. The late hours, improper and heavy meals, and deficient exercise, which are so generally complained of, but still regularly adhered to in society, are the chief sources of the evil to which I am now alluding. And when we take a survey of the nature and structure of the human system, and of the blood which imparts to it its life-giving principle, we cease to wonder that impoverishment in this crimson tide should produce all these sad and deplorable evils to life and health which have been enumerated. It would be naturally impossible that such disastrous results should *not* be produced by such a state of the blood, inasmuch as impoverishment is neither more nor less than general debility. Another main cause of consumption is inattention to the skin, for which see page 53.

Persons who are very particular about the ventilation of their rooms during the day time, often take no heed of it during the hours of sleep. They forget that eight or nine hours spent in *small*, ill-ventilated, and confined rooms, or in beds surrounded by curtains, must produce a serious or prejudicial effect on health, in many instances when the system is below par; scrofula and consumption is excited in this way, or at least it is preparing the ground. Always keep the fire-place open. See Ventilation, p. 55.

SYMPTOMS OF CONSUMPTION.

There are no universal or infallible characteristics of physiognomy of feature, marking out the destined victims of consumption. The mode of attack and progress vary in different cases. In some instances, it shows

itself by pulmonary catarrh, by lung fever, by irritation of the larynx or windpipe, pains in the chest, shortness of temper, alteration of voice, burning of the feet and hands, alternating with coldness, hectic fever, wheezing or rattling in the air passages, and diarrhoea. Generally speaking, consumptive subjects are deficient in muscular vigour, the pulse is feeble, but becomes extremely rapid under any excitement, the countenance exhibits a shrunk, contracted, sharpened appearance, and death-like paleness is often seen alternating with a glowing hectic flush, the eye appears enlarged, owing to the dilation of the pupil, and its expression gives a very glassy, unnatural, and painful glaring.

A WORD TO PARENTS ON THE TRANSMISSION OF CONSUMPTION.

The true blood-taint, or deterioration of blood, which is the common parent of scrofula and consumption, is either hereditary or acquired—either derived from birth, or induced by causes operating after birth.

One third of the cases of scrofula and consumption derive their origin from hereditary transmission.

In half the cases of scrofula and consumption, one or other of the parents has been consumptive. The milk of a nurse affected with poor blood will give seeds of scrofula to a healthy child, if both are placed under unfavourable hygienic conditions. Whatever impoverishes the blood and debilitates the constitution in parents will most certainly injure the offspring. Parents, therefore, even if not tuberculous, but labouring under a feeble state of health, as from *defective diet*, air, or exercise, or from any cause that will reduce the normal powers of the body, from mercurial medicines, from excessive bleeding, or residence in malarious countries; in short, parents whose condition of body is *below par*, will produce children of a tuberculous habit, or, at least, with a predisposition to it.

Within the last half century, great improvement in horses and cattle has taken place in England and other countries, but no corresponding progress has taken place in the people of these countries. It is difficult to account for this state of things, except by the fact that no recognition by man has been given of his subjection to the laws of reproduction, such as is acknowledged in respect to animals, plants, flowers &c. &c.; as a consequence, no attention has been paid to these laws.

How can an enfeebled parent do otherwise than communicate to his offspring a low degree of vitality, which forms a fitting soil for future disease to take root and germinate in? Let all parents beware of *anaemia*—that is, a general thinness of blood, if not for themselves, at least for their offspring's sake. This *anaemia*, or exhaustion, so fatal to

health, so prolific of disease, is not generally occasioned so much by too great an expenditure of vitality, as by an insufficient supply of vital materials, in the form of good food and good digestion. Invalids might expend much more than they now do with impunity, either mentally or muscularly, provided they *kept* the maintenance of the *due* relative proportion between supply and waste, according as the body is adolescent, adult, or aged. The proper performance and balance of these functions constitutes *Health*. It is the equilibrium of the conservative and destructive powers—of the vital power or affinity, on the one hand, which is perpetually depositing, in the solid organism, the new materials of growth and strength, the nutritious elements of the blood; and of the destructive power of oxygen, on the other hand, its chemical affinity for the same tissues, which tend to break them down, and to carry them out of the system. There is an alternate predominance of the vital and chemical affinities; the vital affinity tending to retain the elements of the body, and the chemical affinity to decompose and remove them.

MODES OF TREATING CONSUMPTION.

When the disease has taken up its abode in the lungs, a favourite remedy of late years with physicians has been a change of clime; sea voyages and warm sea-air are also recommended. But the statistics of several States show that the ratio of deaths by consumption is about the same in the inland and hilly parts of the country as on the sea-board. Dr. Hall has examined into this matter, and he affirms that ‘all expatriation is vain,’ that ‘our own island contains every various advantage of air, from Devon (where the roses bloom in winter), to parts of Scotland, which, for bracing air, rival the Pole.’ Residence in Italy is a perfectly futile resource for the consumptive. The bills of mortality show how fatal decline is in that climate. In no part of France is the disease more prevalent than among the natives of Montpellier. Of Nice, M. Vallery says: ‘It hastens the end of persons attacked by pulmonary consumption.’ Sir James Clark says: ‘That a warm climate is not in itself beneficial, is shown from the fact that the disease exists in all latitudes. In India and Africa, tropical climates, it is as frequent as in Europe and North America.’

The effect of sending patients from the comforts of home to a foreign land is thus forcibly depicted by Dr. Renton: ‘As regards the influence of clime, much diversity of opinion exists. Consumptive patients seldom endure longer than three or four months in Italy. Out of forty-seven patients sent to the isle of Madeira, thirty-two died within six months after their arrival, six after the second winter’s trial, and six after their return to England. It has even become a remark among the

boatmen, who say, on landing one of these unfortunates on the island, *Là vais mais hum Inglez à lararyeira*,—There goes another Englishman to the Orange Tree (or Protestant burial-ground). In the island itself, it appears that whole families are occasionally swept away by pulmonary consumption.'

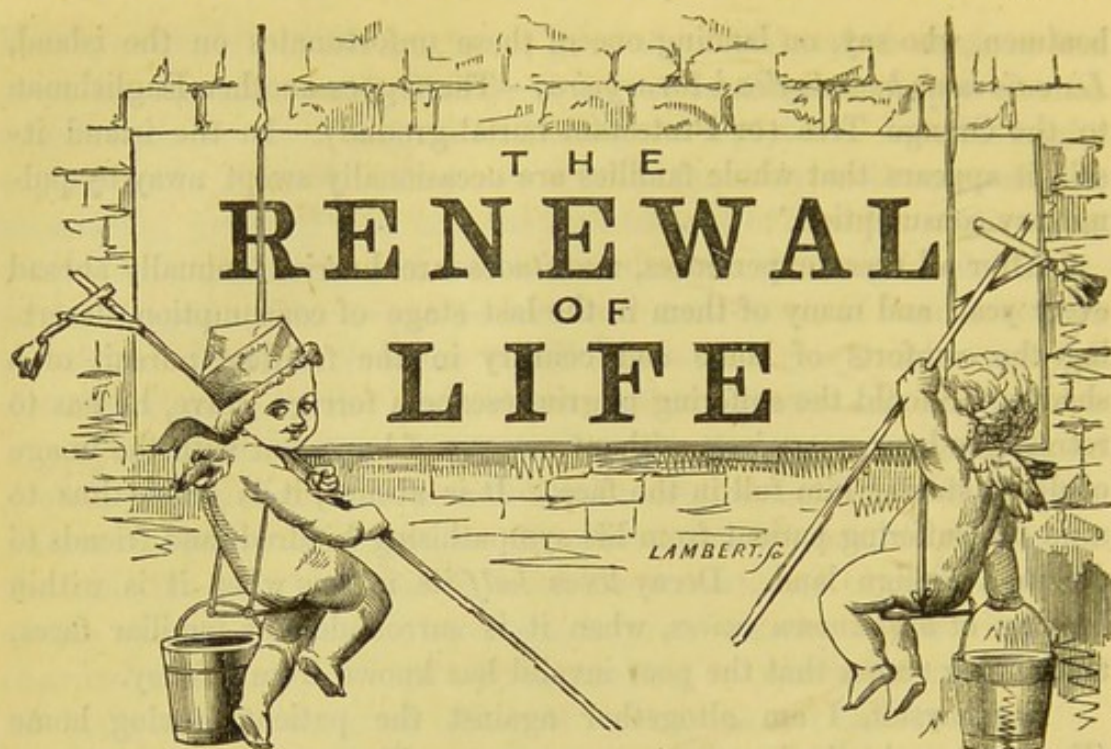
After all these experiences, *multitudes* are hurried annually abroad every year, and many of them in the last stage of consumption, deserting the comforts of home and country in the fruitless pursuit of a shadow. Should the suffering pilgrim escape a foreign grave, he has to retrace his long weary way, without one ray of hope, but with the image of death staring him full in the face. It is absurd, it is cruel, thus to send the suffering patient from his sympathising kindred and friends to die in a foreign land. Decay loses *half* its misery when it is within hearing of *well-known voices*, when it is surrounded by familiar faces, and among scenes that the poor invalid has known from infancy.

For myself, I am altogether against the patient leaving home (England). At the best it is unnecessary. If consumption originates in poverty and impurity of the blood, as *I maintain and prove*, then every object can be gained in our own country; for it is not change of climate that is needed so much as *change in diet—a better digestion is the remedy*. And, in support of this statement, I quote W. B. Carpenter, M.A., F.R.S., F.G.S., and Professor in University College: 'The treatment must be directed to the invigoration of the system by good food, moderate and careful exercise, pure air, warm clothing, and cheerful occupations; and by the due employment of those means at a sufficiently early period many valuable lives may be saved, which would otherwise fall a sacrifice to tubercular disease in the lungs, or other important organs.'

'Much reason has lately presented itself for the belief, that a deficiency of appropriate *oleaginous* constituents in the food exerts a direct influence in the production of the tubercular diathesis. This would appear to be indicated by the very marked benefit which has been derived, in the treatment of pulmonary consumption, and other tubercular diseases, from the use of Cod-Liver Oil, or of other easily-assimilated fish oils.'

A moderately warm and dry atmosphere is, doubtless, conducive to recovery in cases of consumption. That the climatic condition, however, is of *secondary importance*, is powerfully illustrated by the fact, that in Madeira, a warm climate, whole families are swept away by consumption, while in Iceland, well known to be an extremely cold country, and the general habits of the inhabitants of which would seem to favour the production of the disease, *but where the food* of the people consists, in a *very large measure*, of oil, consumption is almost unknown.

THE TRUE TREATMENT OF CONSUMPTION; OR



‘ON the Restoration of Health,’ Dr. Inman, of Liverpool, says: ‘The first observation we have to make will to many appear paradoxical, but we assert as a fact, of the certainty of which we have long convinced ourselves, that *consumption is not a disease of the lungs*, although it is generally supposed to be so. So long as phthisis was considered to be a *pulmonary disease*, it was treated by remedies intended to act primarily and mainly upon the lung substance.’ That sentence hits the nail upon the head.

In the section headed ‘The General Character of Consumption,’ I gave a brief description of tubercular deposits. Now I contend that even when the disease has reached its first and second stages, the absorption of tubercle is reasonable. Absorption of a similar kind is witnessed every day in scrofulous enlargements on the exterior of the body. A similar disappearance of the disease from the lungs is also possible, that is, provided the patient’s *health can be kept by an enriched blood*. In that case, the morbid deposit will *rarely* suppurate, and will become absorbed. Bear in mind, that the securing healthy reaction of the *whole system* is the exclusive condition of remedying the local injuries or lesions, and therefore of obtaining a perfect recovery from consumption.

According to a law of animal life, all morbid actions fall upon the weakest part of the system, and imperfect digestion, improper diet, and impure air, will all tend to render the lungs weak. If, then, the digestive powers are disordered, the blood impoverished, whereby the whole vital energy is impaired, why should we wonder if diseased action fall upon the lungs, already impaired by this general diminution of vital energy?

And here it is that ‘Eno’s DIGESTIVE GRANULES’ prove a suitable

article of medical diet, for it renews the particles of the blood, and becomes a preventative as well as an antidote to all the disagreeable misery-producing consequences of consumption.

At the risk of repetition, I must continue to lay great stress upon this subject of food and blood. Good and sufficient food is an indispensable purifier and strengthener of the blood. As this life-giving fluid is generated out of the nutritious substances taken into the system, and in the lungs oxygenated and rendered suitable to convey its power to and through every channel of the entire system, it is manifest that whatever substances are taken into the system as food, that are not adapted to make good blood, or if the digestion fail to convert them into the same, and through it to nourish and strengthen the system, must inevitably, sooner or later, undermine the system, and in some form of disease destroy it.

Hence animals, by a very low and imperfect feeding, may have tubercles in the *lungs in a few weeks*, as I have elsewhere stated, and they will die with all the symptoms of pulmonary consumption.

As men are governed, nourished, and sustained, by the same general laws that govern other organised beings, why should not improper, insufficient, or *undigested* diet produce a like effect on them? It does. The blood, in this case, becomes thin and impure, and consequently inadequate to afford the requisite nourishment. Feebleness, scrofula, and death soon follow.

Persons poorly fed, no matter whether from want, or from indigestion, cannot withstand the cold nearly so well as those whose food and digestion are in good order. The reason is obvious. A low diet and a poor digestion are not calculated to make rich blood, to warm and strengthen the whole system. Hence, many perish with the cold annually, while others, equally exposed to the cold, experience very little inconvenience therefrom.

This view of the subject will be readily conceded, when it is understood that the nourishing properties of the blood are wholly dependent upon a due supply of well-formed chyle, and that if this be withheld, through scanty, innutritious, or undigested food, all animal heat vanishes, and death speedily follows. No proposition, then, can be plainer, or embrace more certain and immutable truth, than that a proper diet and a good digestion are the main instrumentality of a prolonged life.

‘Leave the respiratory organs alone, and direct your thoughts to the organs of nutrition, the stomach and bowels, which will receive, with open arms, any care you bestow on them.

‘It is truly by aid of the digestive viscera *alone* that consumption can be curable. Medicines addressed to other parts may be indirectly useful sometimes, but they more commonly *impede* the recovery, whereas aid judiciously given in this quarter is *always* beneficial, and usually

successful. THE CHEST IS THE BATTLE-FIELD OF PAST CONFLICT, THE STOMACH THE RIPENING GROUND FOR NEW SERIES OF LIFE.

‘The object at which you should aim is to get the *greatest possible amount* of albuminous food *fully* digested, and applied to the purpose of the renewal of the body, at the same time that the renewing agencies are brought to the highest state of efficiency. In this way, a healthy cell-renewal takes the place of that morbid, imperfect cell-renewal which appears in the shape of tubercular matter. With this view I avoid, as far as possible, all those drugs which may be classed together as COUGH MEDICINES.

‘When the disgust to food is extreme, adopt the plan you so often see adopted in these wards with success, of giving milk in small and very frequently-repeated doses. Food has an illogical habit of arguing in a circle—it creates the desire for food—of course, by strengthening the digestive organs; and thus, after a few days of milk diet, the patients will voluntarily ask for meat, and enjoy as a luxury that which, a short time before, excited the greatest disgust.’—*T. K. Chambers, M.A., Fellow of the College of Physicians.*

Dr. Armstrong speaks truly on food, when he says, ‘Diet, and the *Regulation of the Digestive Functions*, is my constitutional treatment of consumption.’ I publish the fact, not for profit merely, but because *I honestly* believe it interests the life and health of mankind—‘ENO’S DIGESTIVE GRANULES’ are a food-medicine, elaborated and prepared in consonance with this theory.

They perform the double part of an eminently digestive stimulant, and, at the same time, enter into molecular combination with the other elements of the body, in such a way as to become a healthful integral part of it. No medicine in existence can fulfil this double indication. As an enricher of the blood it is without a compeer. The quantity and quality of the blood increases so rapidly, if partaken according to directions, that I do not hesitate to say that the GRANULES are the most valuable *blood-creating agents known*. Every case shows, within a very brief time after commencement of treatment, well-characterised symptoms of recovery. ‘ENO’S DIGESTIVE GRANULES,’ beyond all other remedies promulgated, coöperate with the efforts of nature towards the restoration of health, freeing the blood from impurities, counteracting its poverty, and expediting its functions, by means that do not lower, but, on the contrary, exalt the organic powers. These GRANULES fulfil in the living system every indication of practical medicine. Herein lies the general applicability of this preparation to the treatment of every phase of consumption.

In speaking thus decidedly (as we have done in the previous chapter) against the removal of consumptive patients to southern climes, it must be distinctly understood that we do not undervalue the importance of

pure and moderately warm air in the treatment of this disease, and as a means of guarding against it, but, on the contrary, it is of great importance, and we especially caution the patient against the close, smoky atmosphere of our large towns. Go to some part of the country where easterly winds are not found, and where the air is pure.

In choosing a winter residence, do not mind the average height of the thermometer, or its mean variations; do not trouble yourself about the mean rainfall; do not be scientific *at all*—but find out, from somebody's journal, *how many days* were fine enough to go out, forenoon and afternoon—that is the test you require, and by that you may be confidently guided.


The food that is most conducive to health should be partaken of with moderation, and at regular intervals; leaving it after an agreeable repletion, without sense of fulness, oppression, or fatigue, and the bodily and mental energies equally recruited.

The cardinal rule for weak or dyspeptic subjects is to use 'ENO'S DIGESTIVE GRANULES' immediately after meals, as directed. This will prevent the evils of repletion, and afford due digestion to whatever is partaken.

Few articles have enjoyed a more sudden and prominent reputation in consumption than milk. It holds a rank intermediate between vegetable and solid animal food. It is very nutritious, in most constitutions easily assimilated; and if good, occasions less vascular excitement than meat. Milk and cream mixed, or suet and milk, is peculiarly adapted to the consumptive, because often there is want of power in the stomach to convert good food into blood. Milk and cream, and light-boiled or raw eggs with tea (see Appendix), and cod-liver oil, are admirably adapted to replenish the blood, and invigorate the system. Should milk, cream, or cod-liver oil not agree with some stomachs, a week's use of the 'DIGESTIVE GRANULES' would overcome *that* difficulty. When the circumstances of the case allow, the milk and cream and eggs may be used in combination, stale light bread, or biscuit, oatmeal, &c., may also be added, to prevent any constipating effects therefrom. On rum and milk, see page 48.

All complicated combinations of food should be avoided, as at once unwholesome in themselves, a sophistive to the palate, and a temptation to excess.

Uniform regularity in the times of taking food is as important as its quality or quantity. Due attention to these points is an indispensable condition of the recovery of health.

 I have given a prescription, on page 49, especially for the consumptive, in the form of a Cough Elixir, to allay local irritation, and to alleviate the cough by soothing the irritation of the windpipe. One trial will prove it to be a great blessing. I believe that where a mix-

ture of the kind is required, the form I have given is one of the least objectionable; but observe, that it is merely to relieve the distressing cough, and not to cure a disease, that I give it. It is a gross misrepresentation, a complete farce, for any person to say that any form of cough medicine can cure consumption. Don't be deceived by any such statements.

While the DIGESTIVE GRANULES are most necessary for the wasting of flesh, the Cough Elixir is eminently adapted to sooth and allay irritation of the throat and bronchial organs. In the various incipient stages of consumption, it is everything that could be desired for giving immediate relief. So strongly can I speak of it, that I say, never be without it.

In proportion as mankind becomes acquainted with the laws that govern life and health, they will abandon many of our remedial agents for the cure of consumption, as they have now abandoned the use of the lancet and mineral poisons as remedial agents. When nutrition, digestion, ventilation, and exercise, are understood by the masses, public health will be immensely improved, and the general aggregate of human longevity and happiness be vastly augmented, and, with one voice, they will say, it is from want of proper regard to nutrition that consumption is caused, and by an attention to these matters it only can be cured.

DIET FOR THE RESTORATION OF HEALTH IN GENERAL DEBILITY, EMACIATION, CONSUMPTION.

I give the following for the consumptive or debilitated patient, and I must leave it to the common sense of the reader to make a selection from it, of what will suit his own case and circumstances. It was the treatment pursued by a consumptive patient, who had tried everything within his reach, had visited Maderia, and used all other restorative means, but found nothing give him so much strength and renewed life as the food taken as below, and the DIGESTIVE GRANULES, which he took as directed. His improvement was marvellous, and astonished many of his friends, for he gained nine pounds in weight in three weeks. Before using the GRANULES, he could not take a very ordinary quantity of food without being distended with flatus, and otherwise inconvenienced.

7.0 a.m.—One tumbler of new milk, mixed with one table-spoonful and a half of rum.

9.0 a.m.—Breakfast. Tea, with plenty of cream—egg, with broiled fat bacon or fat ham (*not lean*). Immediately after, one desert spoonful of cod-liver oil.

10.0 a.m.—The whole surface of the body to be sponged with lukewarm water, and immediately rubbed well with a dry flannel.

11.0 a.m.—Beef-tea, or glass of milk with rum, as before.

12.15 p.m.—A large glass of good port wine. (The same at 5.0 p.m.)

1.0 p.m.—Table-d'hôte, with a glass of claret. Immediately after, one dessert-spoonful of cod-liver oil.

4.0 p.m.—Glass of milk and rum, as before.

6.30 p.m.—Tea, with egg, &c. Cod-liver oil, one desert-spoonful.

9.0 p.m.—Milk and rum, as before.

The milk and rum can be taken three times a day, for a few days, then take it four times a day. Take only half the quantity at first, if the stomach is weak. Cod-liver oil can be taken with vinegar, pepper, and salt, as an oyster. The above is ONLY given to show the extraordinary effect of the DIGESTIVE GRANULES in enabling the stomach to digest nutritious food, but where such an amount of nutriment is introduced into the system, a judicious amount of exercise ought to be taken. To mitigate the cough, he took a mixture of equal parts of rum, lemon juice, and honey, occasionally during the day. At bedtime, he took a dose of the following

INVALUABLE COUGH ELIXIR OR SOOTHING MIXTURE.

Muriate of Morphia 2 grains.

Diluted Sulphuric Acid 80 minims.

Spirit of Chloroform, B.P. 2 drachms 40 minims.

Hydrocyanic Acid, B.P. 16 minims.

Simple Syrup, a sufficient quantity to make a 2-ounce mixture.

It must be kept well corked, and in a *dark place*, or in a *green-coloured* bottle, and shook previous to using.

This mixture is a very superior preparation for cough and a difficulty of breathing, inasmuch as it does not, as a rule (when taken in moderate doses, as here directed), produce the headache and disordered condition of stomach, that is characteristic of nearly all cough remedies. One *tea-spoonful* to be taken in water, at bedtime, when necessary. As a soothing draught, in doses of one *tea-spoonful* (gradually increased to two after a time), it is equally valuable.

In some cases, this Cough Mixture may cause sickness when it is first taken; if this should occur, the dose must be reduced till the stomach gets stronger. It may be taken once or twice during the day, in doses of half a *tea-spoonful* to one *tea-spoonful*, mixed with the rum, honey, and lemon juice, but if it can be avoided during the day it is better, for fear of deranging digestion.

Many patients have pronounced the above mixture invaluable; but OBSERVE, it must not be given to children. For children's coughs of any kind, see p. 78. Follow the directions there given for Hooping Cough.

AS A DOMESTIC REMEDY FOR A COUGH, THE RUM, LEMON JUICE, AND HONEY MIXTURE, according to the form given above, will be found exceedingly useful, and cannot be too widely known.

In Consumption, Languor, and Debility, great benefit will be derived by the use of the Quinine Mixture, as given in the chapter on Nervousness.

IMPORTANT TO PARENTS.

HOW TO PREVENT THE SEEDS OF CONSUMPTION FROM FORMING ;
 OR
 HINTS TO MOTHERS ON THE BEST MEANS OF SECURING THE HEALTH OF
 THEIR CHILDREN, SHOWING
 HOW TO CONVERT A DELICATE CHILD INTO A STRONG ONE.

The seeds of CONSUMPTION and similar diseases are frequently sown in childhood, and it is with a knowledge of this fact that we give a chapter on INFANCY. Few will deny that a vigorous and healthy constitution is the best inheritance that parents can leave to their children. So strongly are we convinced of the *value* of what is stated in this and the following chapter, that we believe vaccine virus is not a more powerful means for preventing small-pox than the treatment we give is for the prevention of CONSUMPTION and SCROFULA with all their attendant disasters, the only difference being that the one is an instantaneous preventive, and the other requires the facts stated to be acted on for a quarter of an hour every day during the whole of a lifetime.

THIS MUST BE DISTINCTLY UNDERSTOOD: no permanent good can be attained by carrying out a few rules for a few weeks or months; *in all diseases* of slow growth the means of cure must be slow, and a constant undeviating attention to every known condition of sound health is *absolutely imperative*.

Many of the disorders which return upon us at intervals all through life have their foundation in mismanagement of childhood, in the profound ignorance of parents on all subjects connected with the important duties they find themselves called upon to perform. The majority of people give themselves no thought about the matter; it has never crossed their minds that they have anything to learn on the subject; most children may really be said to take their chance, and an unhappy chance it is too often. The wisest, the best, the happiest, and the healthiest of the human race, owe all distinctions in their future career to the early directions of a sensible mother. A milk diet for children, with cod-liver oil, we strongly recommend where there is the least symptom of weakness. Not less than a pint of good new milk to be taken, in divided portions, during the day, and a small dose of cod-liver oil, or cream, every night; the oil to be taken during the winter months, at least, and the milk winter and summer. The oil may be taken in green ginger wine, but it, at least, must be taken *regularly, and continued*. The great art is to get the child to like the cod-liver oil; and, for that purpose, commence with a drop, and gradually increase the dose, drop by drop, until one or two *tea-spoonfuls* be taken. Lessen the dose, or give cream, should there be the slightest disgust. It must be distinctly understood that the oil is not a medicine, but should be looked

upon as rich food. The oil, taken regularly, has saved the life of many a delicate child; but don't force it upon children; get them to like it. If you wish to save a weakly child, you *must* get it to take cod-liver oil. Where the symptoms point to consumption, an oleaginous food is *imperative*, and cod-liver oil is the most easily assimilated, and is the kind of fatty food that passes most quickly into the pulmonary circulation. We almost owe an apology to the reader for the repetition on this point, but the subject is of such *vast* importance, and is so much overlooked, that we must be excused for harping upon it. What we wish to impress upon the reader is this, cod-liver oil ought to be regularly taken *before any symptoms of tubercular deposit manifest themselves. When emaciation is observed, or a loss of strength, or any symptom of debility, THEN is the time for destroying the lurking monster, and preventing it gaining any ascendancy.* Milk is the most perfect food we have, and with most persons easily assimilated, and we would strongly urge its extensive use.* If this treatment were followed up, and children brought up to practise through life the rules we have given, we cannot but repeat our statement, that consumption, scrofula, and many other diseases, would soon cease to cast their blighting influence over this world of ours; and it is with the object of getting more attention directed to the importance of early training in this respect, that we give this chapter on Infancy; for it is in infancy that such diseases have their *starting* point, and are transmitted from generation to generation. The *secret* of it all is, that consumption is of such *slow* growth, that its origin and progress are unobserved by the majority of mankind. To use an old saw, 'It is the drop of water that wears away the stone.' Men understand and attend if they see the block chipped away by the chisel of the mason, but no heed is given to the dropping water.

INFANCY.

'Home is our realm; our throne, a mother's knee;
Our crown, her smiles bent o'er us lovingly.'

When ushered into life, man enters on an independent existence in a far more helpless state than other animals, many of them being able to walk and look for their food immediately on entering the world, while a child would die if left to itself. On first entering on the stage of life, a child requires to be carefully preserved from all shocks, and gradually accustomed to the stimulus of the external agents by which it is surrounded. Its food should be simple and nourishing. In the early weeks of the infant's life, it should, as soon as taken from its bed in the morning, be washed in warm water from 96° to 98°, and be put into a

Where milk or cod-liver oil is rejected, 'Price's Pure Glycerine' is a good substitute, either for children or adults.

bath of the same temperature for a few minutes every evening before it is put to rest. To bathe a delicate infant of a few days' or even weeks' old in cold water with a view 'to harden' the constitution (as it is called), is the most effectual way to undermine its health and entail future disease. By *degrees, however*, the water with which it is sponged in the morning should be made tepid, the evening bath being continued warm enough to be grateful to the feelings. A few months having passed by, the temperature of the water may be *gradually* lowered until cold is employed, with which it may be either sponged, or even plunged into it every morning during summer. If plunged into cold water the immersions *must* be given in rapid succession; for, at this period especially, the impression of cold continued for any considerable time depresses the vital energies, and prevents that healthy glow on the surface which usually follows the momentary and brief action of cold, upon which its usefulness depends. With some children, indeed, there is such extreme delicacy and deficient reaction as to render the cold bath hazardous; *no warm glow* over the surface takes place, when its use inevitably does *harm*; its effects therefore must be carefully watched. In that case use tepid sponging, and the skin well dried and rubbed for *ten minutes* with a dry flannel, then shampoo well with the hand every morning.

There are few children who will not be benefited by a cold bath; but it should be a rule to do it as soon as they leave their beds while the body is very warm. If allowed to run about in their night-dress, they do not get half as much good, because the rapidity and power of reaction is not so great; the glow, as commonly understood, is more certain and decisive when the body still retains the warmth of the bed. Mere sponging with cold water is not so beneficial as actual immersion, head foremost, but it is a good substitute where a real bath is impracticable; two or three or four immersions should be given *in quick succession*, and the skin then well dried and rubbed *for ten minutes* with a rough towel, and the hands. Perseverance in this process will sensibly improve the health, and in a few months will often convert a delicate child into a strong one. Commence with tepid water as previously directed, *not cold*, so as to accustom the child to the application of water without fear.

A good nurse will wash an infant with great patience and care, and *it requires much of both to do the office well*, especially to an irritable and crying child; and this may be one reason why quiet children generally do so much better than irritable ones; they have more time bestowed upon them. The general health so much depends *on health* of the skin, that too much time *cannot well* be expended in washing, cleansing, and rubbing the skin of children, and for that purpose there is nothing so suitable as the human hand.

A sensible woman will at once see the wisdom of the above remarks,

and will do everything to promote the welfare of one that is as dear to her as her own life.

When a child's skin is hot and dry, a blanket bath is of the greatest service. Dip a blanket in warm water, wring it out, then wrap around the child, and put a dry one on the top. Place the child in bed. Let it remain in this bath for fifteen or twenty minutes, then rub the skin well with warm dry flannel. *Before* using the bath, see that the bowels are not confined; if they are, give a small dose of castor-oil or sweet senna. *Many fevers and other inflammatory diseases would be thrown off or greatly modified, if this simple treatment were adopted at the outset, both in the case of children and adults.* (In the case of adults, they may remain in the bath for hours, if necessary.) When the skin is acting freely, *then sponging well*, with warm water, is sufficient. Few persons are aware of the *great value* of getting the skin to act freely at the *commencement* of a feverish cold.

THE TRUE CHEST PROTECTOR;

OR

THE PREVENTION OF CONSUMPTION.

On a level with imperfect nutrition and imperfectly oxygenated blood must be placed, as a main cause of consumption, a want of attention to the proper cleansing of the skin. *I cannot lay too much stress upon this point.* The majority of people seem to be either unaware, or careless of the fact, that the skin is an excreting organ. Many persons think that nothing but water passes off by the skin, and yet what are the facts? The skin is a collection of minute tubes (there are some thousands on every square inch of surface), through which, when kept in order, a great deal of the waste and worn-out matter of the system is continually passing. Not only water, but saline substances and animal matter pass off in this way. From 20 to 40 oz. of liquid, containing this poisonous matter, ought to pass away by the skin daily. Now what is the effect when the skin is not kept properly cleansed? After a certain time the pores or small tubes get more or less blocked up, and the waste matter is then thrown back upon the system, poisoning the blood, and debilitating the entire frame. The lungs suffer in this process, for not only have they their own work to perform, but, to a large extent, that of the skin also. Depend upon it, reader, that this subject of *daily* cleansing the skin in connection with the prevention and treatment of consumption is sadly overlooked. When will mankind come to see this, and act accordingly? Apart from consumption, it is a prime necessity, if a person wishes to enjoy the highest state of health of which his frame is capable. Some that have a glimmering of its importance plead want of convenience and time as an excuse, and yet a basin of water, a sponge, and coarse towel,

with ten or fifteen minutes of time every morning, is all that is necessary to secure the incalculable benefits that accrue from the practice.

Even at an advanced age this should be continued, with some such modification as using tepid water instead of cold, and by wetting a towel with the water, and rubbing it vigorously over the body *immediately* on rising in the morning. See page 21. (The addition of a little bay salt to the water with which the body is sponged is beneficial.) The best method in all cases is to sponge the head with cold water, and dry it; and then sponge the body with tepid or cold water as the person can bear it, the neck and back first, then the shoulders, chest, armpits, and bowels, and thus over the whole surface of the body, followed by brisk friction for a quarter of an hour *at least*, and any *weak* part should have more time devoted to it than other stronger parts. Those who cannot use the sponging, should *never* neglect the rubbing already described, which of itself is a very powerful element in establishing and keeping up a vigorous state of health. It is advisable to rub the skin well with hair gloves, *before commencing* the sponging, as well as after. Where the sponging is used, it is a good plan to encase the feet in flannel while rubbing the skin after the sponging.

A man may be guilty of many things contrary to his physical well-being, but if he will take great care of his skin he will not suffer so much. Mr. Wilson says that '2800 is the average number of pores in the square inch, the tubes themselves are each a quarter of an inch long, this gives 700 inches of tube to every square inch of body. The number of square inches of surface in a man of ordinary stature is about 2500, the number of pores therefore 7,000,000; that is, 145,833 feet, or 48,600 yards, nearly 28 miles.' A glance at these facts must be sufficient to convince any one, that disease and debility go hand in hand with neglect of the skin. It may be a silent process, this choking of 28 miles of drain-pipes, but it is none the less sure, and no one can calculate the number of thousands of human beings that are destroyed annually by such *wilful neglect*.

It is not merely the skin and lungs that are benefited by constant attention to the skin in the manner we have directed, but the cold sponging and friction have a most powerful and direct influence for good on the organs of digestion and assimilation; in fact, there is no part of the system but what participates in the good effects, for *no more powerful tonic can be used*. Were attention given to this and nutrition (we cannot help repeating our faith in a milk diet, with a liberal supply of cream, when it can be had, and cod-liver oil, and in all cases where this or any other kind of food does not agree, take the DIGESTIVE GRANULES), together with a sufficient amount of exercise in the open air, our conviction is that consumption would soon be almost unknown. It is the disregard of Nature's laws that has induced, and

that perpetuates, the disease. Whether in weakness or in perfect health, you cannot commence the above rules too early. See 'Important to Parents,' page 50.

Over-heated rooms, and sudden transitions from hot to cold air, or anything that relaxes the mucuous membranes, should be carefully avoided. There is a popular belief that consumption is frequently the result of a cold. This common affection consists in a slight inflammation of the membrane of the nose and windpipe, produced by the sudden stopping of perspiration. Of itself, it is unable to produce consumption, but if the vital powers are low, and there is consequently a tendency to tubercular disease, an ordinary cold may rouse the dormant lion. In such cases it will be found, that for some weeks or months before the appearance of the more pressing symptoms, morning cough and general weakness have existed. This all points to the fact, that consumption is the result of low vital power. The cold is merely the spark to the powder.

We are more apt to catch cold in the back than the chest, because the air-tubes are nearer the surface there.

Always wear flannel underclothing; in winter new flannel, in summer old. Wear thick boots in summer and winter; have the courage to disregard fashion, and think more of your health. Read the advice to would-be suicides given on another page. Is it necessary to say, avoid it? Exercise in the open air should be taken whenever the state of the health will permit; those who are in average good health ought to accustom themselves to the open air in almost all weathers. No one can spend too much time in the open air *when properly clothed*: a neglect of this is a *powerful agent* in producing disease.

Avoid close rooms; wherever you are, have the place well ventilated. There is no more oxygen in the country than in a town, but it is the impurities present in close confined places that render the air more unwholesome. Country places are sometimes more unhealthy than towns from defective drainage and bad ventilation. It is possible to live in the healthiest place, and yet, by disregard of ventilation, to convert it into the unhealthiest. (See bottom of page 80.)

Do not waste more than your digestive powers can supply.

Remember how much the passions waste the nervous power.

Abstain from late hours, strong drink, and all sensual indulgences.

When you find a want of vigour and activity of the body or mind, *try to discover the cause*; when discovered, keep your eye on the weak point. Mothers who have borne a large family, or are delicate, ought to be careful not to let the system get low. Wean as early as possible, and as a substitute for the mother's milk, use Dr. Ridge's Patent Food prepared with milk; it is an excellent diet for children. In many cases the milk of the mother is very inferior to the above food. Where a com-

plete weaning cannot be carried out, let it at least be partial. Inattention to the above often sows the seeds of tubercular deposit, and we have seen many a mother snatched away by the same inattention, or the want of this knowledge. Use broiled fat bacon for breakfast, and a light-boiled or raw egg when obtainable; take as much cream in tea as possible, half cream if you can; when good milk cannot be had, use 'condensed milk,' which can now be had from almost any chemist or grocer; it will be found to be a good substitute for the fresh milk. We cannot say too much in favour of an oleaginous diet. Where any kind of food disagrees, or, to insure the digestion of any food, use the DIGESTIVE GRANULES.

Expose the body to as much sunshine as possible.

Never sit down with damp clothes on, but walk briskly until you can change. Never make a clothes-horse of yourself by standing before the fire in your wet clothes. If you do, death may be the result of your incaution.

Should a cold be contracted, use warm sponging and free rubbing night and morning, more especially between the shoulders and chest; if you can make the chest the colour of a boiled lobster, do so. Have a fire in your bedroom. Put a bottle of hot water, wrapped in flannel, to the feet, in bed. To relieve the cough, use the lemon-juice mixture, as given on page 49, with a dose of the cough elixir at bedtime, or during the day if necessary. If there is any tightness or soreness of the chest or between the shoulders, apply croton-oil liniment night and morning until an eruption appears. After the eruption has gone, the chest must be kept red for some time after the cold has disappeared, by rubbing with towel or hair gloves, as in many instances it takes months before the lung membrane recovers its normal tone. In all cases after the feverish symptoms of the cold have subsided, take a few glasses of sound port wine daily, and the quinine mixture, given in the chapter on Nervousness and Debility.* In all cases where the bowels are confined, consult page 75. In most cases, where the cough does not soon leave the patient, much benefit will be derived from change of air. Avoid night air until the chest has resumed its healthy vigour. At any time when there is too free perspiration, use the quinine and dilute phosphoric acid, two or three grains of quinine and ten to twenty drops of the acid, in a wineglassful of water. It may be asked, how is it that some persons live to a good old age, with comparative good health, who have disregarded such rules as we have laid down? The answer is, such persons have had a good banking account to commence with, that is, they were blest with strong vital powers; and probably, in many such cases, a great deal of their time was spent in the open air. How long would they have lived had they attended to such rules!

* It is impossible to lay too much stress on the advantage of the Quinine Mixture in strengthening the membrane, and effectually removing the cough.

THE BEST MEANS OF DEVELOPING THE CHEST AND LUNGS.

‘ Few bodies are there of that happy mould,
But that some part is weaker than the rest;
The legs, perhaps, or arms, refuse their load,
Or the chest labours.’

In considering the Prevention of Consumption, as well as a thorough digestion and assimilation of food, and attention to the skin, there must be a due attention to the proper expansion of the chest by exercise, and the best time for this is early youth, before the ribs lose the greater part of their elasticity. Parents and all who have the charge of children should see that this power of enlarging the capacity of the chest is made the most of. The importance of it will be manifest if we remember that food, after passing the stomach and being digested, must, before perfect blood results, be placed under the action of oxygen; this is accomplished in the lungs, and it is obvious that the greater the volume of oxygen in the lungs, the more perfect will be the oxygenation of the blood.

THE CHEST EXPANDER.



The accompanying figure represents a lady exercising with a *Chest Expander*, that is, a very inexpensive instrument composed of vulcanised India rubber, with wooden handles at the ends. The exercise

consists in assuming various postures, and stretching the rubber to an extent adapted to the strength of the performer. Passed over the head and exercised across the back it expands the chest, accelerating full inspirations of air, and calling into action the muscles of the shoulders and trunk. Its elasticity renders it pleasing to the touch, as it offers a kind of life-like resistance to every effort for its expansion. We have known a month's use of it have a surprising effect in expanding the chest, throwing back the shoulders, and giving a more erect carriage.

Those in easy circumstances, or who pursue sedentary occupations within doors, generally use their lungs very little, breathe very little pure air into the chest, and thus, independently of bad positions, contract a wretchedly narrow small chest, and lay the foundation for the loss of both health and beauty. All this can be perfectly obviated by a little attention to the manner of breathing. Recollect the lungs are like a bladder in their construction, and can be stretched open to nearly double their ordinary size with perfect impunity. The agent required is merely the common air we breathe—that is, supposing that no obstacle exists external to the chest, such as tight-lacing, or tying it around with stays or tight dresses, such as is *too* frequent.

' While thousands fall by clashing swords,
Ten thousands fall by corset boards ;
Yet giddy females—thoughtless train !—
For sake of fashion yield to pain !'

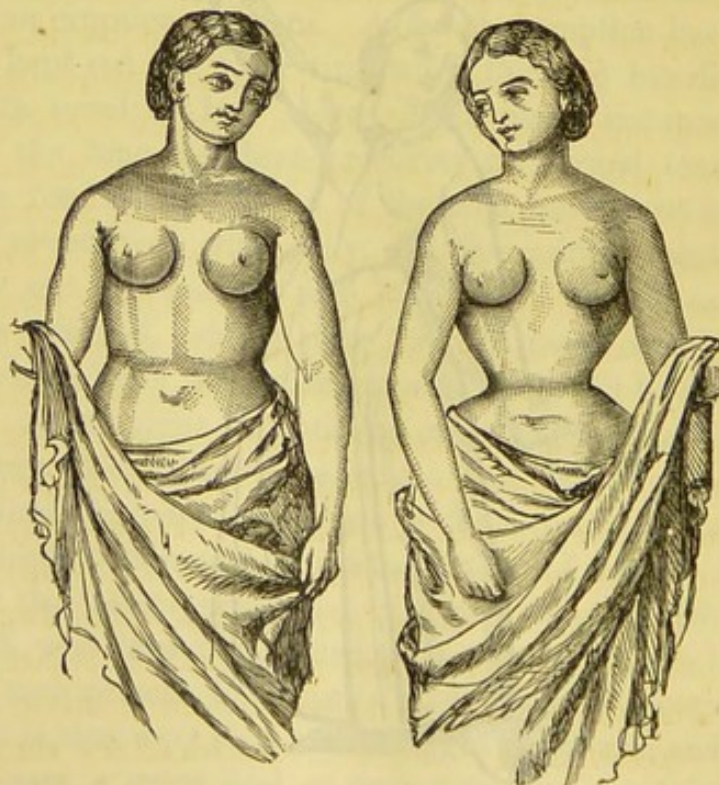


Fig. 1.

Fig. 2.

We give the above engraving to illustrate the great evils that arise from tight-lacing or tight dresses. English ladies treat with ridicule

the way in which the Chinese ladies deform their feet by compression, thereby causing permanent deformity, though in their case no vital part is injured; would that we could say as little against the English fashion of compression of the waist! No girl should wear what has been properly called 'horrid inventions'—stays—while she is growing; for they hinder the chest from expanding, and the ribs are actually forced over each other by their use. The best figures of ancient and modern times have never worn stays.

To show the importance of giving the lungs free play, we give the following facts. The lungs when they have free play will contain about one gallon of air at their usual degree of inflation. We breathe on an average 1200 times per hour, and inhale 600 gallons of air, or 24,000 gallons per day. No. 1, who has no ligatures round the waist, will do this; but No. 2, the tight lacer, probably does not take in much more than half the quantity that ought to be taken in, and consequently the blood is only very imperfectly purified, and hence result many of the evils of imperfect respiration and impure blood.

On rising from bed in the morning, place yourself in an erect position, your chest thrown back, and shoulders entirely off the chest; now inhale or suck in all the air you can slowly, so as to fill the chest to the very bottom of it, so that no more air can be got in; now hold your breath, and throw your arms behind, holding in your breath as long as you can; now make an expiration as slowly as you made the inspiration; again fill your chest and walk about, holding in your breath as long as possible. Repeat these long breaths as many times as you please. You will only be able to do this a very few times at first, but you will be able with constant practice every day to increase. Done in a cold room is much better, because the air is heavier and denser, and will act more powerfully in expanding the chest. Always when stretching open the chest with air, throw the head back, so as to lift up the breast-bone. You may, in this way, expand the chest a hundred times a-day indoors, out of doors, and even while lying in bed. Always breathe through the nose and keep the mouth closed when in a *cold atmosphere; the nose is nature's respirator*. If ever obliged to breathe through the mouth, use a Jeffrey's respirator. We are now alluding to cases where the bronchial tubes are irritable, and the patient breathing cold fresh air. The above directions are simple, but the benefit derived by those who put them in practice and persevere is immense.

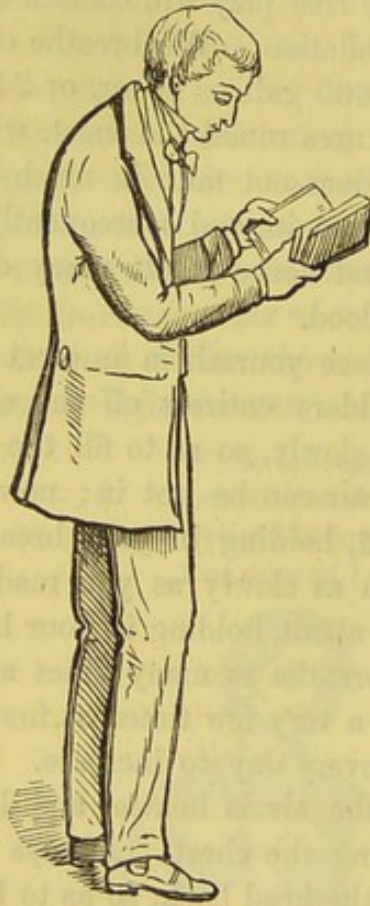
Speaking, singing, reading aloud, are beneficial means of working the lungs and exercising the voice and muscles of the throat. Wind instruments, if commenced to be played upon in early life by those of *good* constitution, are capital developers of the lungs. The following is good advice:

'Go lave ye the sparkling rill,
Sip of the crystal fountain;
To-day *ascend* a gentle *hill*,
To-morrow *climb* a *mountain*.'

FALSE ATTITUDES IN SITTING AND LYING.

'In every scene some moral let us teach,
And if we can, both please and preach.'

UNNATURAL AND NATURAL POSITIONS FOR READING OR STANDING.



False Position.



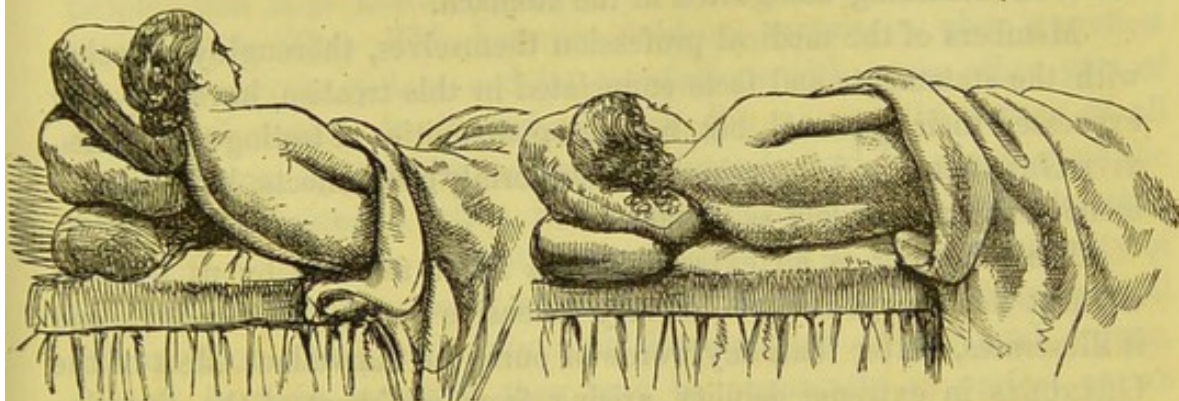
Natural Position.

The small of the back is made flexible, but the hip-joints are the points from which to stoop either backward or forward. The joints are ball-and-socket joints, like a swivel in some degree. The trunk of the body may bend forward as much as you please, for all useful purposes, and the chest and the whole spine and neck be kept perfectly straight. Hence no man or woman should ever make a table of their lap, either for sewing, reading, or writing, or any occupation whatever. Let all these, and all work you do, be arranged on a table before you, raised to the armpits, or as high as possible, so as to keep the chest straight.

A little practice will make this infinitely more agreeable than to stoop, whilst very little fatigue will be experienced at your occupations, compared to what is experienced whilst stooping, or from habitually

stooping. The weight of the shoulders will thus be KEPT OFF THE CHEST, which is one of the grand causes of fatigue from manual labour. A mark of servitude is thus prevented being impressed upon the person; for what else is a pair of stooping shoulders and a *flat chest*?

IMPROPER AND PROPER POSITIONS IN BED.



Curvatures of the spine also may be caused by too many pillows upon which the head rests, especially with young persons. How distressing, yet how common it is, to see curved or deformed spines, through bad habits allowed to children in bed, at school-desks, or at meal-tables!

If the reader values his health, whether he is naturally either robust or delicate, he will put in practice the suggestions we have just given on the development of the chest, and also practise the Rules of Life given on page 20 (in using friction to the whole of the body, pay particular attention to the chest), but to obtain the full benefit you must not 'weary in well-doing,' but keep these suggestions and rules in view, and practise them every day of your life, and your reward will be great indeed.

We could give chapter upon chapter additional, and add argument to argument, if by that means conviction of the great truths that we have advanced in this treatise, could be more powerfully driven home to the mind of the reader. More, however, we consider unnecessary. It seems marvellous to think that mankind should have gone on and on, so blindly and so long, ignoring almost completely some of Nature's grandest and plainest laws. With all our pretended advancement, consumption has, hitherto, had to be pronounced incurable! Incurable it has been too often, after the patient has lingered on until the stomach has become quite intolerant of nourishment (and helped to this state, in many cases, by the drugs taken to relieve the symptoms), and the vital power so low, that there was nothing else for it but a snapping of the brittle thread. I trust I have in these pages shown that the disease is curable if taken early, and, more than that, I have shown how; and last, but not least, how it may be prevented. Within the last few years, many medical men have come to believe in the vast importance of a perfect nutrition in the treatment of consumption and kindred

diseases of debility, but, until the Author perfected and brought under notice his DIGESTIVE GRANULES, there was no remedy, or combination of remedies, known that would insure the perfect digestion and assimilation of the food taken; consequently, little or no benefit was derived, and, in many instances, loathing and loss of appetite was the result of the food remaining undigested in the stomach.

Members of the medical profession themselves, thoroughly agreeing with the statements and facts enunciated in this treatise, have not only expressed their approval, but, having opportunities of testing the DIGESTIVE GRANULES, and observing their uniformly good effects, have recommended them as widely as possible.

The following is an extract from a letter received by us from an eminent medical gentleman, of very extensive practice in London; and it illustrates, better than any words of ours, the marvellous effect of the GRANULES in extreme debility, arising from weakness of the digestive organs, and it also shows the power of the GRANULES in enabling the stomach to tolerate tonics like quinine and steel, which, without the GRANULES, it would be unable to do.

‘Regarding the effects of your valuable DIGESTIVE GRANULES, I beg to assure you that one case in particular has impressed me very much. For nearly two months, I urged the lady to persevere daily and diligently in the use of the GRANULES, and I witnessed the most marked improvement, from week to week, in her digestive powers. From being almost *confined to the sofa all day long for four years*, she gradually gained flesh and strength, and was soon able to walk half a mile two or three times each day, and was able to go to church every Sunday when it was fine. She did not recover at all *from any medicine given to her* by a variety of surgeons and physicians (the first men of the day), until I prompted her to take the DIGESTIVE GRANULES, which she has done most perseveringly for months. She, her family, and myself, were all witnesses of her marvellous improvement. Strange to say, she could never take quinine or steel more than two or three days until her improvement by the GRANULES, and then she could take full doses of either, for weeks together. I do not hesitate to speak of this case, and I will distribute for you, with my best commendations, your treatise.’

WHAT ARE NERVOUS COMPLAINTS? AND SOME OF THE EVILS OF DISEASED NERVES:

NERVOUSNESS AND NERVOUS DEPRESSION, IRRITABILITY AND RESTLESSNESS.

‘Scarce half I seemed to live, dead more than half;
Myself a sepulchre, a moving grave.’—*Milton*.

It is scarcely necessary to say that nervous complaints are *very general*, and spoken of as something which all people are supposed to be

acquainted with, but still which no one can well define or describe. The individual suffering from nervousness may be compared to a spring which has lost its elasticity, or to a harp the strings of which are lax and in discord; but the term nervous is applied to such a variety of bodily and mental derangements, combined so differently in different people, that it is scarcely possible to find two nervous people whose experience is alike. This, however, need not surprise us when we reflect upon the nervous system, and its associations with every other part of the organisation. Itself derived from the BLOOD, the *source* of all organic power, upon which every part depends, and by which alone the whole is maintained in action, it cannot experience the *slightest* derangement without affecting all that is dependent upon it. If the integrity of the brain and spinal marrow be impaired, we not only experience mental infirmity, or moral perversity, but derangement of the vital organs, though in their structure they may be apparently as perfect as we could wish.

Even a slight affection of the great nervous centres causes sympathetic derangement of everything else, which is the reason why nervous people suffer from such a complication of symptoms; without perhaps having a single disease they suffer the peculiar effects of almost every disease known. Once correct the low condition of the *nervous system* in these cases, through the blood, by *good digestion*, and the Rules of Life, as given on page 20, also strict attention to the advice given below, and all the symptoms rapidly vanish, so that the patient passes in a short time from the extremest misery to well-being and happiness. Uninformed people either ridicule such cases, or else attribute them to mere deception or wilfulness, but I know too well that such cases are eminently deserving of true and great sympathy.

By nervous complaints I mean that general weakness and derangement of the nerves, the symptoms of which are well known to delicate persons in all classes of society in a greater or lesser degree, especially those of an easily excited system. They are depression of spirits, timidity, and irresolution; acute sensibility, confusion of ideas, great irritability, and restlessness, accompanied with an uncomfortable feeling *not easily described*; often a heavy headache, and shooting pains in various parts of the body, restless nights, and general languor and debility. The breathing is very irregular, and occasionally death-like faintness occurs. The appetite of the nervous is capricious, irregular, and depraved; and the stomach and bowels often distended with flatulence.

‘Tis with these causes as our watches—none
Go just alike, yet each picks out his own.’

The principal causes of nervousness are costiveness, insufficient exercise, *wear and tear of mind*, late hours, violent excitement, excess in

fermented liquors, improper food, too much fluid, and too strong and hot drinks. But the original cause—the *fundamental cause*—is loss of vitality in the blood FROM WEAK DIGESTION, the stomach not having the power to digest good food in proportion to the demand on the nervous fluid. Consequently you produce bloodlessness, and the patient is weak, pale, blanched, or in a few words, the blood is deficient in quality, if not in quantity, and there is great debility, skin soft and of a deathly or waxen hue, lips blanched, pulse and respiration a little accelerated, *but feeble* and oppressed, and both readily increased upon the slightest exertion or mental emotion; swelling of the feet and ankles in the evening, and puffiness of countenance in the morning. Or I might be better understood when I say the patient is nearly bankrupt of vitality, and his system is too feeble to resist the attack of any epidemic which may be raging.

‘How poor, how rich, how abject, how august,
How complicate, how wonderful, is man!’

Death may have removed some one who was as dear to us as our own life, and we may be left to pass the remainder of our days deprived of that cordial and *genuine sympathy* so essential to our well-being. Under such circumstances a patient may well ask his physician:

‘Canst thou not minister to a mind diseased,
Pluck from the memory a rooted sorrow,
Raze out the written troubles of the brain,
And with some sweet oblivious antidote
Cleanse the foul bosom of that perilous stuff
Which weighs upon the heart?’

Whenever the mental powers are unduly strained, by a shock or any sudden calamity, the best advice I can offer here, is the practice of the faith and fervour of true Christianity, and as an additional aid to restoration, the bodily power must be sustained by an abundant supply of nutriment, some of the best forms of which are eggs, light-boiled or raw (see form in Appendix); a few raw oysters (*chewed*), two or three times in the day, without the beard; beef-tea, and new milk or plenty of cream in your tea and coffee. There should be likewise as much outdoor exercise taken *as possible*. One of the most misery-producing consequences I know of is the *pernicious effects of stimulants*. However simple it may appear, I say *beware of strong tea*, it acts as a sedative on the assimilating powers of the stomach, and thus increases the debility already existing. Like Tannin, it has the effect of hardening the finer and more delicate tissues of the stomach, in a similar way that Tannin (the principle of Bark) acts upon leather in a tan-pit, shrivelling it up, and transforming its fine coating into an inactive organ; hence the sedative and indolent feeling engendered by strong tea when taken to *excess in quantity and strength*.

My theory is that 'the Blood is the Life,' as is stated in Leviticus; that by an impoverished or weak condition of this fluid, *the seeds* of death are conveyed to *all parts* of the system; that no medicine which does not renovate, purify, and enrich *the blood* can expel disease; and finally, that this desirable object can be attained by the advice here given, and strict attention to the Rules of Life, as given on page 20. The following mixture will give tone to the lax fibres of the body, and assist in enriching the blood:

Pure Sulphate of Quinine, 48 grains.
 Concentrated Infusion of Calumba, 6 ozs.
 Simple Syrup, 5 ozs.
 Dilute Phosphoric Acid, 1 oz. *Mix.*

Of this mixture take two *teaspoonfuls* in water three times a day. After a week or ten days increase the dose to three *teaspoonfuls*, and then after a week or two to one *tablespoonful*. While taking this mixture see that the bowels are not confined, and for this consult my 'Hints on Constipation,' given on page 75. The above mixture is very valuable in any debilitated state of the system; consumption for instance. Use also the cold sponging every morning, as directed on another page, and take as much milk and nutritious food as possible. In nervousness, or in any debilitated condition of the system, it is better to eschew tea as a beverage, and take instead cocoa prepared with milk. The cocoa and condensed milk, now to be had from most chemists and grocers, is very convenient. After twenty years' experience in nervous cases we can only say, that we have more confidence in the above method of treatment than in any other. Observe, while taking the above quinine mixture, to take at the same time the DIGESTIVE GRANULES, as many stomachs cannot tolerate quinine or iron without the GRANULES.

In nervous depression, irritability, and restlessness from any cause the following mixture is a specific:

Spt. Ammonia, 5½ drachms.
 Bromide of Potassium, 5 drachms 1 scruple.
 Tincture of Calumba, 3 oz. Water, 1 oz. *Mix.*

Take one *teaspoonful*, increased to three *teaspoonfuls*, in a wineglassful of water twice a day. We have used the above mixture with great success in cases where the ages varied from twenty years to eighty. Let this mixture be taken first, when it is required, and the quinine mixture afterwards. In nervousness arising from sudden calamity, grief, or mental anxiety, great relief will be obtained from the bromide of potassium mixture.

☞ There is in some persons an idiosyncrasy of constitution that will not allow of their taking quinine under any circumstances; in such cases take the following mixture instead of the quinine mixture given above:

Concentrated infusion of Calumba, 11 oz.
 Aromatic Spirit of Ammonia, 1 oz.
 Bicarbonate of Soda, 1 drachm. *Mix.*
 Dose, the same as the quinine mixture.

ADVICE TO WOULD-BE SUICIDES.

Much has been said in these pages to enable all to be healthy, strong, and long-lived; there are, nevertheless, many who hold their lives so cheap, as to commit the terrible crime of suicide. Instead, however, of recklessly attaining that end by poison, the rope, pistol, or knife, we recommend the following modes, as being more natural, and *quite as effectual* :

Wear thin shoes on damp nights, and keep every apartment air-tight. Keep the mind in a round of unnatural excitement, by politics, trashy novels, and gambling speculations, either on cards, races, or stock. Go to operas, minstrel concerts, theatres, in all sorts of weather, and when steaming hot with perspiration, rush into the cold air with your coat or shawl hanging over your arm. In balls, dance till exhausted, and then go home in your pumps, through the damp streets and air. Sleep on feather-beds, in the smallest and closest room in the house. Eat immoderately of hot and stimulating diet. Never drink anything weaker than strong tea, nor anything stronger than neat whisky or brandy. Teach your children early to drink strong coffee, chew or smoke tobacco. Marry in a hurry, and growl and repent for the rest of your life. Never masticate food, but bolt it like a serpent. Follow any exciting or unhealthy business, if money can be made at it, so that your friends may console themselves for your early death. Never go to bed before midnight, and then with a full stomach. Eat little niceties, such as pastries, fruit, lunch, wine, &c., between meals. Be always in a passion, either of anger or love. When ailing, pay no attention to the regulation of your diet, exercise, or occupation. Attempt no conformity to the laws of life, but gormandise to your uttermost bent; and you will be surprised to learn of the body, what

‘A frail and fickle tenement it is,
Which, like the brittle glass that measures time,
Is often broke, ere half its sands are run.’

NATURE'S LAWS.

‘Nor love thy life, nor hate; but what thou livest
Live well.’—*Milton*.

‘Suppose it were perfectly certain that the life and fortune of every one of us would, one day or other, depend upon us winning or losing a game at chess. Don't you think that we should all consider it to be a primary duty to *learn at least* the names and moves of the pieces; to have a notion of a gambit, and a keen eye for all the means of giving and getting out of check? Do you not think we should look

with a disapprobation amounting to scorn upon the father who allowed his sons, or the state which allowed its members, to grow up without knowing a pawn from a knight? Yet it is a very plain and elementary truth, that the life, the fortune, and the happiness of every one of us—and, more or less, of those who are connected with us—do depend upon our knowing something of the rules of a game infinitely more difficult and complicated than chess. It is a game which has been played for untold ages, every man and woman of us being one of the two players in a game of his or her own. The chess-board is the world, the pieces are the phenomena of the universe, the rules of the game are *what we call the laws of Nature*. The player on the other side is hidden from us. We know that his play is always fair, just, and patient. But also we know, *to our cost, that he never overlooks a mistake, or makes the smallest allowance for ignorance*. To the man who plays well the highest stakes are paid, with that sort of overflowing generosity with which the strong shows delight in strength. And who plays ill is checkmated—*without haste, but without remorse*.

‘My metaphor will remind some of you of the famous picture in which Retzsch has depicted Satan playing at chess with man for his soul. Substitute, for the mocking fiend in that picture, a calm strong angel, who is playing for love, as we say, and would rather *lose than win*. And *I should accept it as an image of human life*.

‘The great mass of mankind are the “Poll,” who pick up just enough to get through without much discredit. *Those who won't learn at all are plucked; and then you can't come up again*. Nature's pluck means *extermination*.

‘Ignorance is visited as sharply as *wilful* disobedience—incapacity meets with the same punishment as crime. Nature's discipline is not even a word and a blow, and the blow first; but the *blow without the word*. *It is left to you to find out why your ears are boxed*.’—Huxley.

We quote the above from Professor Huxley, because we think it fully indorses what we have in this treatise been endeavouring to press with great earnestness, in the cause of truth and health, upon the mind of the reader: that obedience to natural laws is health and happiness and long life, while disobedience or ignorance entails disease, and hands it down from one generation to another.

THE DIGNITY OF LABOUR.

Nature lives by it, all things are full of it, the mainspring of all that is *noble* in this life depends on it, the active only have a true relish of life; it is exertion that renders rest delightful, and sleep sweet and sound. Man was born to work, and must work while it is day. ‘Have I not,’ said a great worker, ‘an eternity to rest in?’

THE FALL OF THE CURTAIN.

‘To smell a turf of fresh earth is wholesome for the body; no less are the thoughts of mortality cordial to the soul.’

‘Is life a perpetual struggle, a vale of woe, a place of disappointment and trial? Should it not be looked upon as a condition for continued hope and continual mental development, by reflection on our thoughts and those of others? Surely the gift of life should of itself be regarded as the greatest of blessings—that the gift is coupled with means of great enjoyment—that, in fact, enjoyment is the rule, disappointment and vexation the exceptions, and, most frequently, the result of *our own want of judgment*. Evil appears necessary to induce us to reflect on our present condition as one, not of unmixed happiness, but rather a transitional state—an educational preparatory stage to some more advanced condition of existence. Our present life must have constant reference to a future. Is it not intuition, given us by our Maker, to desire and expect a future state of existence? and is not this fact a sufficient proof of its truth? For how could the human mind aspire to future existence, unless it had been so constructed as to make this subject one of its most frequent contemplations? To attain longevity, and to enjoy it, we must not be afraid of calamity; *we must habituate ourselves to contemplate death itself as an event which must occur in the ordinary course of things*. The love of life is not inconsistent with a constant view of the possibility of death. Fear is said to be a base passion, *beneath the dignity of man*. There is nothing of which a wise and consistent man need be afraid, death itself being looked upon as a mere change—a *necessary passage* from one condition to another, under the laws of a Being of *perfect goodness and justice*. Were we consistent in our belief of the Supreme—had we such perfect reliance on the absolute wisdom and benevolence of His government as a proper and attainable knowledge would give us—we should hardly know what fear was; for however apparently malevolent was our fortune in this world, however lamentable the separation of our dearest attachments, however lonely and desolate we may be left by the death of those who, for a series of years, may have made existence continuous enjoyment, be our calamities what they may, if our faith be steadfast, we must conclude that our suffering can only be temporary, *and, in comparison with the future, a mere point in time, unworthy of the sacrifice of our equanimity.*’

‘Why fear we death, the parent of repose,
Who numbs the sense of penury and pain?
He comes but once, nor ever throws,
Triumphant once, his painful shaft again.’

Dr. Monroe, in his anatomical lectures, has said, ‘The human frame,

as a machine, is perfect. It contains within itself no marks by which we can possibly predict its decay—it is apparently intended to go on for ever !’ And whether Dr. Monroe’s statement was literally meant or not, there is no doubt it was uttered in the unfeigned belief that a long life was within reach of all who had a good constitution at the start. The words of the Deity are, ‘I will show mercy unto thousands of them that will *keep my commandments*.’ This little work gives a summary of them ; they are few and easily regarded. If these rules are strictly adhered to, even by those of dilapidated constitutions, they will be raised from ill-health to vigour and comparative robustness.

‘So might thou live, till like ripe fruit thou drop
Into thy mother’s lap, or be with ease
Gather’d, not harshly pluck’d for death.’

This is old age. But few die a natural death, because few live a natural life, and the one must be a result of the other

When the uses of the bodily organism have been fully answered, then comes the inevitable death. The stock of vitality is finally expended. The heart cannot beat for ever.

‘Life is short, and time is fleeting,
And our hearts, though strong and brave,
Still like muffled drums are beating
Funeral marches to the grave.’

In the process of death, we have the reverse of the process of development. First fail the generative functions, then the animal, lastly, the organic ; and, finally, in the act of death, the system of animal life—of passion, thought, and sensation—dies before the organic system. Then the senses have lost their power to feel when the brain has no longer its consciousness, the chest expands, the heart beats, and the muscles quiver. What we call the agonies of death are the unconscious and painless struggles of the organic system, in the midst of which the triumphant soul is serene and happy, rejoicing in its change to a higher and brighter sphere of existence.

Natural death, which is the gradual decay of the system in old age, is as painless as any other healthy and natural function. It is not a proper cause of regret to the individual nor to his survivors. *The calm death which follows at the close of a long and well-spent life is the most beautiful thing in our whole existence.* We may weep over the dying couch of infancy ; we may sorrow for those who are cut off in youth or manhood, because this earthly life to them has been a failure. It has not answered its purpose. Even after a long life we may regret that it has been less useful or less happy than it should be.

Amid the discordances of this world there are infinite causes for regret, but even now death is welcome to the aged.

'When one by one our ties are torn,
And friend from friend is snatch'd forlorn
When man is left alone to mourn,
O, then, how sweet it is to die !

When trembling limbs refuse their weight,
And films slow-gathering dim the sight ;
When clouds obscure the mental light,
'Tis nature's kindest boon to die.'

Longevity, or a life complete in all its stages, is, on the whole, desirable, but extremely rare. But a wise observance of the simple laws of nature will redeem the observers from the hell of many ailments to the paradise of a pleasurable existence, and conduct them through life silently, gently, and serenely, to its far-off termination.



And is this Death ? Dreaded thing,
If such thy visiting, how beautiful thou art !

APPENDIX.

‘REGULARITY in the hours of meals cannot be too strongly insisted upon. The stomach should not be disappointed when it expects to be replenished. If disappointed, either from the action of its own secretions, or from a want of sustainment in its muscular action, even a diminished amount of food will be taken without appetite, and will be sure to cause bad symptoms. Any changes in the time of meals should be gradually made. In the case of the confirmed invalid, all whose meals are of a light nature, two o'clock in the afternoon is the best hour for dinner, supposing him to have breakfasted at nine in the morning.

‘The diet generally suitable to the dyspeptic is that which combines most nutriment with least bulk.

‘In a state of health, and especially when much exercise is taken, a certain bulkiness of food is necessary; but in proportion to the degree of dyspepsia, concentrated nutriment answers best, the object being to nourish the body without oppressing the digestive organs.

‘Hot meat is more digestible than cold.

‘The flesh of young animals is less easily digested than that of full-grown animals.

‘White-fleshed fish are more digestible than the red-fleshed. Fish containing much oil, as the eel, mackerel, &c., are difficult of digestion; and so are shell-fish in general.

‘Fat is in general obnoxious to the dyspeptic; but while the lean of meat is rendered less digestible by salting, the reverse is true of the fat; hence the fat of bacon broiled is not only easy of digestion, but has obtained a reputation in the treatment of dyspepsia.

‘Olive and vegetable oils in general are difficult of digestion.

‘Oily fish is very injurious on account of the empyreuma and other changes effected in the oil by cooking. For the same reason, butter or lard used in frying is often objectionable; uncooked is better than melted butter.

‘Hashes, stews, and rich-made dishes are especially productive of foul dyspepsia.

‘Vegetables are generally less easy of digestion than animal food; many vegetables, as peas, beans, cabbage, are very frequently productive of gas, owing to their tendency to ferment—a circumstance taken advantage of by the Germans in the production of sauerkraut. Although salads are seldom admissible in dyspepsia, raw vegetables are not so injurious as is generally supposed; they are frequently blamed for what is really the effect of the oil used with them.

‘The dyspeptic should carefully avoid swallowing the skin, core, and kernels of all fruit.

‘The bread taken by the invalid should always *be two days old*, and toasting diminishes its liability to become sour in the stomach.

'If there is one thing which disorders more than any other with all dyspeptics, it is pastry, with which may be classed sweetmeats of all kinds.

'In all cases of weak digestion, simplicity of diet should be especially studied.'—*Dr. Leared.*

Dr. Ridge's food is an excellent article of diet for the dyspeptic, it is so very easy of digestion, and the stomach *will retain it when all other food is rejected.*

INVALID COOKERY.

The following formulæ are mostly selected from a manual of diet for the invalid and dyspeptic, by Dr. Turner.

BEEF TEA—LIEBIG'S RECEIPT.

Mince very small a pound of good, juicy, lean beef. Pour upon it one pint of cold water. Place in an oven, or by the fire, covered, for three or four hours. It must not be boiled, and the heat should not exceed 150°. Add salt and pepper to the taste.

Weak beef tea may be made with cold water. Infuse the minced beef in cold water for six or eight hours, then press the juice out of the meat. Heat the liquor when wanted, and add salt and pepper.

ANOTHER FORM.

The beef must be very fresh. Take four pounds of the upper side of the round, cut it into small pieces (leave out every bit of fat), put it into a jar, with a salt-spoonful of salt, and three pints of cold water; tie it closely down, place it in a saucepan of water, and let it boil gently for five hours. Strain, and serve with fresh-made toast cut in fingers. The precaution of passing a piece of stale bread over the surface, lest there be any particle of fat, will be well observed.

NOTE.—Boiled rice or tapioca may be added, if liked.

MUTTON BROTH.

Neck of mutton (fat removed as far as possible), one pound; cold water, two pints; gently boil for six hours to yield one pint of broth, from which all fat is to be removed on cooling.

CHICKEN BROTH.

Cut up a fowl, and break the leg bones; put it into a stewpan, with a quart of cold water, and a teaspoonful of salt. Boil gently, skimming very *carefully*, for four hours. Strain into a basin. When cold, take off the fat. Make a cupful hot when required.

NOTE.—With this broth a little tender macaroni may be served for a change. Boil the macaroni in plenty of water, with half a teaspoonful of salt in it, till tender, drain on a sieve, and cut into half-inch lengths.

VEAL TEA.

Cut up into small pieces three pounds of lean veal, put it into an enamelled saucepan, with three pints of cold water, and a salt-spoonful of salt. When it boils, skim very carefully. Simmer for three hours. Strain into a basin. When cold take off the fat. When required, pour half a pint, while boiling, on to a teaspoonful of arrow-root mixed with a dessert-spoonful of the cold veal tea.

MINCED CHICKEN.

Cut the meat off a small chicken, free it from skin and sinews, and crack the bones. Put the bones and trimmings into an enamelled saucepan with

a pint of water and a salt-spoonful of salt, and simmer, skimming frequently, for two hours and a half, then strain and skim off the fat. Mince the meat, and dredge over it a teaspoonful of Oswego flour, pour into the gravy, and simmer (stirring often) for twenty-five minutes, then serve with toasted bread sippets. Cooked chicken may be used; in that case omit the Oswego, and add the well-beaten yolk of a new-laid egg, stirred in for one minute before serving, and simmer only for ten minutes.

BROILED MUTTON CHOP.

The chops should be off the middle of the loin, three-quarters of an inch thick, and not too fat. The gridiron must be quite clean, the fire quick and bright, the chops turned two or three times with tongs, or by placing a fork in the fat. For those who like them underdone, ten minutes will be sufficient; well done, fifteen minutes. Serve between two hot plates the moment they are done, and without any addition.

NOTE.—In giving orders to the butcher for mutton chops, be particular in saying three-quarters of an inch thick, off the middle of the loin, and well-kept old mutton.

LIQUID MEAT.

Take the inside of a loin of mutton, or a part of a sirloin of beef; pound it till it will pass through a sieve when mixed with hot water or broth, as it is required to be more or less rich. Add salt to taste. To be kept in an earthen vessel in a cool place. When a little of it is required, it should be warmed up, and served with thin slices of bread.

TO BOIL TRIPE.

This excellent food is *not* appreciated, at least by the wealthier classes, as it deserves to be. It is the *most* easily digestible of all meats (time required for digestion only one hour). See that the tripe has been well cleaned, boil it in water until quite soft, then pour off the water, and boil for a few minutes in milk.

SUET-AND-MILK.

Put a table-spoonful of shredded beef-suet into half a pint of fresh milk, warm it sufficiently to completely melt the suet, then skim it, pour it into a warm glass or cup, and drink it before it cools.

MILK, WITH RUM, BRANDY, OR WHISKY.

Put one table-spoonful of rum, brandy, or whisky, into half a pint of new milk, and mix well by pouring several times from one vessel to another.

Milk is highly nutritious, and, in common with eggs, is the only perfect food presented to us by the hand of Nature. It contains all the elements necessary for the nutrition of the body. When milk cannot be retained on the stomach, it ought to be mixed with one-half lime-water for a few days, until the stomach can take it alone. Cream is the oil of milk, consequently more nutritious than milk; but it is more difficult of digestion. It is easier to digest than most animal fats, and should be taken by consumptive invalids.

Eggs resemble milk in being a complete food in themselves, containing all the elements necessary for the nutrition of the body. When boiled for *two* minutes they are easy of digestion.

TOAST-AND-WATER.

Take a slice of stale bread cut rather thick; toast it thoroughly on both

sides till it is quite hard and brown, but do not blacken it. Then put it into a jug, pour boiling water over it, and let it stand till cold.

TEA OR COFFEE, WITH EGG.

Beat up a fresh egg well in a breakfast cup, till it is quite frothy. Then fill up the cup with either tea or coffee, adding milk and sugar to your taste. To a delicate person, there is much more support given in a cup of tea or coffee made in this way than if taken plain. Where a boiled egg is preferred, it must be very lightly done, not boiled longer than two minutes.

SICKNESS AND VOMITING.

Milk and lime-water, as sole diet, will often alone stop chronic vomiting. Complete rest and absence from excitement must accompany it.

The following mixture I have never found fail in cases of vomiting, and any one subject to vomiting ought to keep it at hand: No. 1. Take of bicarbonate of potass, 2 drs. 1 scr.; hydrocyanic acid (Scheele's), 16 minims; water, 8 ozs. In another bottle put—No. 2. Of tartaric acid, 2 drachms; water, 8 ozs. Take of each mixture two table-spoonfuls, mix them, and drink while effervescing. To be taken every three or four hours until the vomiting ceases. Bottle No. 1 to be well shaken previous to use, and to be kept well corked, and in a dark place.

DIET DIVIDED INTO GROUPS.

'Most of the common alimentary substances are arranged below, in three groups. The first contains the articles *most suitable* for the dyspeptic; the second, those only admissible in less-severe cases; and the third may be considered a dietetic index of difficult digestion, since few of the articles comprised in it should *ever* be taken by the invalid or dyspeptic; while those to which an asterisk (*) is attached should be regarded by him more in the light of Poison than food.

'First Group. Articles easy of Digestion.

'Mutton, venison, hare, tripe, sweetbread, chicken, young pigeon, partridge, pheasant, grouse, beef tea, mutton broth, milk, whiting, turbot, flounder, sole, stale bread, biscuit, rice, tapioca, sago, arrow-root, Dr. Ridge's food, asparagus, sea-kale, French beans, cauliflower, baked apples, oranges, grapes, strawberries, toast-and-water, black tea, claret, sherry.

'Second Group. Articles moderately easy of Digestion.

'Beef, lamb, rabbit, turkey, duck, wild waterfowl in general, eggs *not* hard boiled, butter, cod, haddock, pike, trout, raw oysters, potatoes, turnips, cabbage, spinach, artichoke, raw vegetables (especially lettuce), apples, peaches, apricots, pineapple, gooseberries, currants, raspberries, mulberries, bread and other farinaceous puddings, jelly, marmalade, rhubarb, and cooked fruits in general, cocoa, coffee, malt drinks, port wine.

'Third Group. Articles difficult of Digestion.

'*Pork, *veal, goose; the liver, heart, kidney, and brains of animals; salt meat, sausage, *hashed or stewed meats, *mackerel, eels, salmon, herring, sprat, skate, sturgeon, salted fish in general, lobster, crab, prawns, shrimps, cray fish, *mussels, cockles, scallops, oysters cooked, salad oil, melted butter, hard-boiled eggs, cheese, new bread, *muffins, buttered toast, pastry in general, *suet puddings, pancakes, custards, *nuts of all kinds,

pears, plums, cherries, dried fruits, *raw cucumbers, beetroot, Jerusalem artichoke, onion, carrot, parsnep, peas, beans, mushrooms, pickles, chocolate, champagne, liqueurs.'—*Dr. Leared.*

Distilled Spirits.—The habitual use is baneful to the healthy as well as the invalid, and ought to be avoided by all classes. In disease they are occasionally useful in small quantities (especially when mixed with milk), but their use is always better to be directed by medical advice.

RAW MEAT

in Dyspepsia, Mal-nutrition, and Chronic Diarrhœa of children, arising from scanty food, or what comes to the same thing, food which cannot be digested, and which consequently passes the bowels as a foreign substance. Here the raw meat acts as food and medicine.

Take a juicy piece of the loin of mutton, or of the fillet or other tender part of beef; submit it to a process either of pounding or of scraping, so as to get out the red, soft, muscular substance, as *free as possible from fat and fibre.* The muscular substance, so prepared, forms a soft pink pulp. A good-sized piece of raw meat will yield very little in comparison to what is rejected. It *must be* a pulp, giving no feeling of resistance when squeezed between the fingers.

The modes of administration are many. It may be given by itself, and this way is best in the case of young children. Very young infants may suck it from the end of their nurse's finger, and most of them take it greedily enough in this way. Children who are older, say from two to five, may swallow it if crusted over with white sugar. Older persons may take it conveniently if diffused through a little strong beef-tea, or the pulp can be mixed in a warm strong meat jelly, and allowed to cool in a shape. This can be eaten like bread-and-butter. Salt and other condiments may be added at discretion.

The cases in which raw meat has a peculiar efficacy are those in which the system is very low, or the stomach very weak; also when other food passes undigested, and adds to the irritation of the bowels in a state of Diarrhœa. In such cases of irritation of the bowels, the raw-meat jelly ought to be taken alone. It seems to furnish the most efficient kind of nutriment with least inconvenience from bulk or other quality, and to be digested and absorbed with as little fecal residuum as possible. Still, there must be something more about it than this; for the liquid essence of beef or cooked meat cannot take its place.

SPECIAL DIRECTIONS.

TO MANY PERSONS THE FOLLOWING SUGGESTIONS AND RECIPES WILL BE VALUABLE.

Never lose sight of the two following rules: 1st, the diet should be light, and of easy digestion. 2d, depend upon your judgment rather than your appetite.

USEFUL HINTS ON CONSTIPATION.

A constipated state of the bowels is of frequent occurrence with Dyspeptics and others, and many so situated will be glad to avail themselves of the simple but effectual means indicated below. To begin with, then, those who are constipated ought to make a visit twice a-day, at a stated hour, *whether there is a desire or not.* Never deviate from this rule, but keep it going as regular as clock-work. Use as food such substances as

oatmeal, brown bread, rye bread, and sound ripe fruit. Scotch oatmeal porridge, taken with milk, for breakfast, is excellent. Steep the oatmeal in cold water for not less than twenty-four hours, then boil for half an hour. We have found German rye bread very good in constipated cases. Many that we know have tried it, and they all speak highly of its effect. It may be obtained by ordering it through any regular trading vessel between this country and a German port. When the diet alone does not produce the desired effect, then take the following mixture first thing on rising in the morning: A small *tea-spoonful* of Epsom salts, a *tea-spoonful* of orange marmalade, and three drops of essence of ginger, with half a breakfast-cupful of water, to be followed immediately by another half cupful of water. Or, get prepared the following

CHALYBEATE WATER

Pure Sulphate of Iron	80 grains.
Diluted Sulphuric Acid	4 drachms.
Sulphate of Magnesia	4 ounces.
Quinine	2 grains.

Water, a sufficient quantity to make an 8-ounce mixture.

Of this take two *tea-spoonfuls* first thing in the morning, with a tumbler of water. As soon as the desired effect is produced, the dose must be *gradually reduced* (this applies to the marmalade mixture as well), until nothing is taken except the tumbler of pure water. If either the quinine or iron disagree, they may be omitted. The Chalybeate Water is rather more active than the mixture of salts, marmalade, and essence of ginger given above. These aperients may be taken for *any length of time, without producing any bad effect whatsoever*. For those who suffer from biliousness or sick headache, one or two of Eno's Vegetable Antibilious Pills, taken occasionally, will afford most speedy relief. Where a pill is necessary, as in biliousness, we recommend the use of the Vegetable Pills prepared by us, as they are perfectly safe, and mild in their action. [Where required, we will forward a box on receipt of fifteen penny stamps.] An Enema of warm water, used once a day, has been used with great success in Constipation. In some cases of constipation there is pain in the colon or lower bowel. This is most effectually remedied by taking (provided the stomach can bear it) a *tea-spoonful* of castor-oil, with two or three *tea-spoonfuls* of brandy, three-quarters of an hour before breakfast every morning, and continued for some length of time.

A tumbler of cold water, taken on rising in the morning, as directed on page 20, will facilitate the action of the bowels. Where the stomach revolts from drinking the water, the application of cold sponging to the bowels, and hard rubbing afterwards, as pointed out by the late Dr. Hamilton of Edinburgh, will often produce the same effect.

The following may be of service to some who are the subjects of

CHRONIC CONSTIPATION.

Watery Extract of Aloes	24 grains
Sulphate of Iron	48 grains
Extract of Gentian	sufficient to form a mass with the addition of a little Powdered Gum.			

Make 24 pills. Take one pill three times a day immediately after meals. At first there will be as a rule no apparent effect, and even two or three

days may elapse before any effect is produced. But in a few days after this, the bowels will probably act with comfort and ease; be careful to *avoid the least purgation*; when that occurs, or the *least tendency* to it, take only one pill night and morning; in the course of ten to sixteen days, or before, one pill in the day may be found sufficient. In twenty-six to thirty days, when the bowels are acting regularly and with ease, take one pill once or twice a week, and finally, one as occasion may require. Should the above fail, then use the following:

Compound Extract of Colocynth, B.P	48 grains.
Sulphate of Iron	48 grains.

Make into 48 pills, and take two, three times a day, immediately after meals. Observe the same rules as with the former pills. It *may* require a few months before the proper effect is produced. Should the bowels not act well yet, and at the same time mild aperient medicine causes looseness, followed by constipation, then use only a quarter of a grain of Watery Extract of Aloes (instead of one grain), with two of the Iron; in each dose the same directions to be observed as in the former case.

We present the above remarks on Chronic Constipation, and must leave the reader to form his own judgment as to the necessity for the use of the formula given in his own case. Some persons cannot drink any quantity of water, and in such cases the above will be very useful, though in biliousness or sick headache neither of the above pills should be taken, but take instead the Vegetable Pills, as previously recommended.

IMPORTANT TO PROPRIETORS OF SCHOOLS AND HEADS OF FAMILIES.

A SAFE AND CERTAIN CURE FOR RINGWORM.

In presenting a few lines on Ringworm, we are, in a measure, departing from the original design of this treatise, and we should not have referred to the subject here at all, but that a most melancholy case has occurred recently, of the child of a Member of Parliament being poisoned by the application of a lotion of bichloride of mercury to its head for the cure of this disease; this most powerful poison being recommended by one of our greatest authorities on skin diseases. Our attention being directed to this sad case, we considered it quite pertinent here to place before the reader a perfectly safe and at the same time effective application, and the more because it is evidently not known, for we have inquired and searched medical works almost without number, and no mention is made of it. It is a remedy for ringworm that ought to be universally known; under these circumstances, to families and schools in particular, where the disease often causes great annoyance by spreading from one to another, such a remedy must be of more value than ten times the cost of this treatise. There are few families that have not been attacked by this disease, and those who have not, we would advise to make a note of the following prescription, in case it should be required, for we have never found it fail.

OINTMENT: Dilute Citrin Ointment, $\frac{1}{2}$ oz.

Creosote, 8 drops. *Mix.*

LOTION: Pure Sulphate of Zinc, 1 drachm.

Water to 1 oz. *Mix.*

First soak the part with the lotion and allow it to dry on, then rub in a little of the ointment. This to be done night and morning. Wash the part frequently with soap and warm water, and if the disease be on the head, keep the hair cut close round the part. Anything that has come in contact with the part must be either well washed or hot-ironed, as the disease is very contagious. Be particular in this respect. It is a good general rule to keep separate hair-brushes, combs, towels, and caps for the child who is subject to any suspicious eruption about the head.

HOOPING COUGH.

This complaint as a general rule may be said to commence with the symptoms of a common cold. These symptoms continue from five to fifteen days; at the end of that time the cough usually changes its character, and assumes the convulsive form which distinguishes this troublesome disorder. The cough is always most severe at night, and the first sign of improvement is manifested by a decrease in these nocturnal paroxysms. Then the paroxysms become altogether less severe and less frequent, until at the end of three weeks, or perhaps even earlier, no symptom remains of the disease. Under the influence of *exposure to cold* or of *improper food*, however, the cough may return with all its symptoms, so that for some weeks after apparent recovery *great care will be needed*. Hooping cough is very contagious, and from all we know, appears to depend upon some peculiar poison communicated through the atmosphere. It is a disease which usually occurs once during childhood, and rarely affects the same individual twice. In reference to the probable result of the disease, when it occurs in its mild and simple form, in a *healthy* child, the termination is usually favourable. When complications arise, the case should always be placed under the care of a qualified medical man. In mild cases very little management is required. The patient should be warmly clothed, and kept indoors, the room to be kept at an even temperature night and day, from 65° to 70° Fahrenheit (have a thermometer in the room), and fed with light nourishing food, such as new-laid eggs *lightly boiled*, milk, or *light* suet puddings. The *greatest care* should be taken to prevent the child *taking cold*, and he should be encouraged to drink freely of some sweet mucilaginous fluid, such as black-currant cordial. Apple, currant, raspberry, and tamarind cordial is made by pouring boiling water over the pulp of the fruit or jelly, letting it stand for about half an hour, and then straining and sweetening, if necessary, to taste. No physic to be given unless the bowels are confined, when a dose of castor oil will be useful. The spine and chest must be well rubbed with the Antispasmodic Liniment as given below, but previous to using the Liniment sponge the chest and spine with cold salt water. Where the secretion from the bronchial tubes is excessive, and the child is strong, an emetic may be given in the shape of Ipecacuanha Wine in sweetened water, and repeated until vomiting is produced. When the disease becomes chronic, a cure may be effected by change of air, particularly sea air, *if the weather is warm*. Should the child be weakly, give cod-liver oil. See page 50. In all cases watch the skin; should it be *dry and hot*, give a blanket bath. See directions, page 53. To describe this peculiar disease fully, with all the remedies that have been prescribed for its cure, would require a book not far short of fifty pages, and in the end

the general reader would only be left in a mist; for I have found that the majority of the so-called specifics, such as nitric acid, bromide of ammonium, belladonna, &c. &c., frequently disorder the digestive organs, and create a spoon horror never to be forgotten.

ANTISPASMODIC LINIMENT.

FOR THE CURE OF THE HOOPING COUGH, OR FOR ANY DESCRIPTION OF COUGH
IN CHILDHOOD.

Oil of Cloves and Rectified Oil of Amber, of each 1 oz.
Soap Liniment, 2 oz. *Mix.*

FOR EXTERNAL USE ONLY.

This efficacious preparation subdues the distressing hoop, loosens the phlegm, and will be found to give speedy relief in any kind of cough.

DIRECTIONS.—One quarter of a tea-spoonful of the Liniment is sufficient to be used at once for infants under six months, one-third of a tea-spoonful for infants under twelve months, and one tea-spoonful for children between one and two years of age, an extra half for children above that age, and two tea-spoonfuls for grown persons. Pour a few drops at a time out of a tea-spoon into the palm of your hand, and freely rub the child's chest and spine with it before the fire. This must be done the last thing going to bed, also in the morning, and in severe cases it may be used once during the day as well.

Wash the child with lukewarm water night and morning, and immediately after rub with warm flannel for a quarter of an hour, then shampoo well with the hand. This will have a most invigorating effect, and it should be continued after the child is quite well, though cold water may then be substituted for lukewarm with advantage.

When the cough passes into the chronic state, use beef-tea and cream with discretion. In all cases where the child is lean or below par, in the *chronic condition*, the beef-tea, cream, and new milk are highly essential; for as the lining of the air tubes remains weak for some time after the cough has left, the above after-treatment is highly necessary.

UNSIGHTLY BLEMISHES, PIMPLES ON THE FACE, &c.

These annoying and unsightly blemishes, which indicate a vitiated condition of the vital fluid, are generally a secondary affection, one out of the many results of an imperfect digestion and assimilation of the food taken. From a want of tone in the digestive organs, improper materials are taken into the blood, and the excretory organs are unable entirely to throw off the impurities; hence the eruptions. Though popularly considered as 'healthy,' and being an extra effort of nature to throw off impure morbid matter, and thus far performing a useful function, it must not be forgotten that if allowed to continue unchecked, serious consequences may be the result. The treatment adopted must have for its object the destruction and elimination of the morbid matter, and the restoration of the lost tone of the digestive organs, which will prevent its formation. The first end is gained by the use of the Alterative Mixture given below, and the second

by the use of 'ENO'S DIGESTIVE GRANULES,' which restores the process of nutrition to a healthy state, and this must be accompanied by care in diet; sugar and sweet foods should be avoided, also malt and spirituous liquors; refrain also from salt meats, tea and coffee, especially the latter. The diet may always be nourishing, and in sufficient quantity to satisfy the demands of the patient's appetite. Cocoa or chocolate, milk, sherry and soda water, or claret, white fish, mutton, beef, chicken, and game, together with fresh vegetables, light-boiled eggs, bread and butter, and light suet puddings, these are all unobjectionable articles of diet. A strict attention to cleanliness should be observed; the patient ought to wash with warm soft water, night and morning, the whole of the body, using a thick downy towel; the face to be washed with bran water (soft water in which bran has been boiled). If any soap be used, let it be the transparent glycerine soap to be had at most druggists'. We have used the following Mixture for upwards of twenty years as an alterative with great success, in fact it is *very* much superior to Harrogate and similar water, for it has been successful in many instances where the other has failed.

ALTERATIVE MIXTURE.

Dilute Nitro Muriatic Acid, B.P. 1 oz.

Concentrated Infusion of Gentian, $1\frac{1}{2}$ oz.

Water, $\frac{1}{2}$ oz. *Mix.*

Take one half *tea*-spoonful, gradually increased to one, in a wine-glassful of water three times a day, and drink a few wine-glassfuls of water after it. The DIGESTIVE GRANULES to be taken with meals as directed, and the Mixture between meals.

The following Ointment should be used to allay the local irritation:

Hypochlorite of Sulphur, $\frac{1}{2}$ drachm.

Pure Lard, *free from Salt*, $\frac{1}{2}$ oz. *Mix.*

Apply a little twice a day.

A simple contrivance for producing a constant supply of fresh air in an apartment, without causing an objectionable draught.—Take a narrow board, three or four inches in width, and as long as the breadth of the window, place it on edge under the lower sash. A space is thus provided between the window-sashes, through which a current of air passes into the room upward. It is *impossible* to over-estimate the *value* of such a simple contrivance in small or ill-ventilated rooms. *No fumigation or disinfectant can be a substitute for ventilation.*

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