

**Cases illustrative of the cure of consumpton and indigestion / by G. Calvert Holland.**

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# CASES

ILLUSTRATIVE OF THE CURE

OF

CONSUMPTION AND INDIGESTION.

BY

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## P R E F A C E.

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IN the relation of the following cases, I have departed in some degree from the practice usually adopted by medical writers. I have frequently entered into a minute description of the symptoms, the general character of the constitution, and the probable causes of its derangement, whether exciting or predisposing; and have endeavoured to explain the physiological action of the remedies employed. These subjects, however, would have been treated in much greater detail, had they not been somewhat elaborately considered in two of my works, recently published.\* To these

\* *THE NATURE and CURE of CONSUMPTION, INDIGESTION, SCROFULA, and NERVOUS AFFECTIONS. 1850. PRACTICAL SUGGESTIONS FOR THE PREVENTION OF CONSUMPTION. London: W. S. Orr & Co., Amen Corner, Paternoster Row. 1850.*



the reader is referred for fuller information, and for views developed at greater length, than are contained in the following pages. The three Treatises are intimately connected: they form parts of one general investigation, and from the principles by which they are pervaded, they reciprocally reflect light on each other.

Several of the cases are not strictly those of consumption nor of indigestion; but this furnishes no well-grounded objection to the propriety of their introduction. They illustrate the beneficial results to be derived from certain methods of treatment, and hence they are neither destitute of interest nor foreign to this inquiry. It is often no easy matter to describe symptoms in concise language, accurately marking the nature and boundaries of the existing morbid actions. In Systems or Outlines of Medicine, this is attempted and executed with various degrees of success. Some diseases admit of a clear and pithy definition: others do not. They



elude the efforts to define them perspicuously in general terms.

I have little to add to the remarks contained in the following pages, illustrating and enforcing modes of treatment which have seldom been carried out to the same extent by any preceding writer; certainly some of the measures which are recommended as peculiarly worthy of attention, *have never been adopted or rigorously applied from the same physiological considerations.* It is these which give them their practical value. They have neither been the suggestions of accident, nor of success arising out of means little understood; but are to be ascribed to the study of the powers of life, and the relations by which they they are associated in all vital operations.

The physiological principles brought forward, or rather the practice founded upon them, may be traced by the scientific inquirer to original experiments and investigations, which were embodied in a work of mine pub-



lished more than twenty years ago.\* True, since then, my views on the source and nature of vital phenomena have undergone an important change ; but this in no degree affects the accuracy of the experiments, or their value in bringing into prominent notice modifications in the powers of life resulting from a variety of circumstances. The error arose in a misconception of the extensive influence exercised by the nervous system. By many I shall probably be charged with a wider deviation from truth in referring to this system the origin of all vital phenomena, whether healthy or morbid. If I am wrong in my views I shall be happy to be corrected.

Some years ago I was led, from a perusal of Bishop Berkeley's celebrated treatise on tar-water—a work unequalled for the strange mixture of learned research which it displays, to test

\* EXPERIMENTAL INQUIRY INTO THE LAWS OF ORGANIC AND ANIMAL LIFE. Edinburgh: Maclachlan & Stewart; and Simpkin & Marshall, London. 1829.



the influence of the remedy in certain forms of disease. I tried it at the time only to a partial extent. Circumstances have since induced me to prosecute the inquiry on a much more extensive scale, and I have no hesitation in stating, that its beneficial effects have frequently surpassed my most sanguine expectations. I have seen distressing local and constitutional disease, manifesting the symptoms of scrofula, phthisis, indigestion, or serious derangement of the abdominal viscera, thoroughly arrested or cured by the steady use of tar-water,—disease which had resisted for months other modes of treatment. One of the most remarkable cures is the last related in this little treatise, which occurred in a member of my own family.

This remedy is not adapted to all cases. It will occasionally fail, as does every other active medicinal agent; but it will often succeed when other measures have not produced the slightest beneficial effect. Its action on the animal eco-



nomy has never yet been studied with the attention it deserves. It appears to possess the properties of a stimulant, a tonic, and an alterative; or at all events it gives rise to those constitutional changes which are supposed to be due to these specific actions. It generally sharpens the appetite, improves the tone of the digestive organs, and facilitates the natural operations of the bowels. The circulation and qualities of the blood are equally affected, as is obvious from the clearer and more healthy expression of the countenance. I have never observed it to produce any unpleasant symptoms,—save, and this in very few instances, headache. I have preferred giving it in small and often repeated doses, to its being taken in large quantities. I have seldom exceeded from two to three ounces twice or three times a day.

It is probable that a difference in the efficacy of the remedy, as tested by others, may arise from a difference in the kind of tar which has been used, and the mode in which the tar-water



has been prepared. There are three kinds of tar, each dissimilar in the proportion of the active principles which it contains. There is the Stockholm, the Archangel, and what is called the Plantation tar. I am indebted to a friend\* for a general analysis of these several kinds, made by a chemist of considerable celebrity in his day, for a company who used it on a large scale for manufacturing purposes. The following are the results of his analysis:—

| STOCKHOLM.<br>From 1748 grs. No. 1. | ARCHANGEL.<br>From 1748 grs. No. 2. | PLANTATION.<br>From 1748 grs. No. 3. |
|-------------------------------------|-------------------------------------|--------------------------------------|
| GRS.                                | GRS.                                | GRS.                                 |
| Pyroligneous acid.. 106             | Pyroligneous acid.. 74              | Pyroligneous acid.. 437              |
| Empyreumatic oil.. 557              | Empyreumatic oil.. 775              | Empyreumatic oil.. 338               |
| Residium or pitch.. 1085            | Residium or pitch.. 899             | Residium or pitch.. 970              |
| —<br>1748                           | —<br>1748                           | —<br>1748                            |

It is evident that there is a wide difference in the composition of these several kinds. I do not, however, profess to know on what active principle, or combination of principles, the efficacy of the remedy depends. The question is

\* Thomas Thornthwaite, Esq., London.



worthy of investigation, and it is not difficult to imagine experiments that might afford a satisfactory answer. I have not time to enter upon this interesting inquiry.

I am aware that tar has been much more minutely analysed by subsequent chemists; but am not in possession of information exhibiting the difference in the composition of the three kinds. Reichenbach, Leroy, and Hess have discovered in tar a variety of principles, in the fluid and solid form, which are as follows:—Paraffine, Eupion, Picamar, Kapnomor, Cedriret, Pittakal, and Kreosote.

The tar which I have used has invariably been the Stockholm. The tar-water was prepared in the following manner: To two pounds of tar, a gallon of water was added, and after being well agitated for five minutes, it was allowed to remain at rest for about a quarter of an hour, and the clear fluid was afterwards decanted, and kept in bottles well corked.

From the time at which Bishop Berkeley

wrote, and the consideration of the commercial relations at that period between this country and the continent of Europe, there scarcely can be a doubt, that the tar-water which he extensively used in the cure of a variety of diseases, was made from Stockholm tar. This may, or may not be a matter of importance; it is, nevertheless, necessary, in studying the efficacy of an active remedy, established by unquestionable facts, that we should be particular in stating the kind of preparation which has been employed with advantage.

I have frequently used cod-liver oil and tar-water in the same cases, alternating the remedies according to the symptoms, or as they seemed to agree with the constitution. Friction, with the flesh-brush, has also been generally employed at the same time, and to this I ascribe no small amount of the good which has been effected.





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CASES ILLUSTRATIVE  
OF THE  
CURE AND TREATMENT OF PHTHISIS.

---

CASE I.

A YOUNG lady, sixteen years of age, the daughter of a medical gentleman, a short time ago came under my care. She was tall and slight in form. The breasts were scarcely at all developed. She had menstruated at fourteen, but only twice afterwards. Her respiration was frequent and much hurried on exertion; the pulse was ninety and small. She had been troubled with a cough for about two years, but which generally left her during the summer months. Of late it had been more than usually distressing, particularly on first awaking, accompanied with scarcely any expectoration. The respiratory murmur was feeble, but heard throughout the chest; the bowels were exceedingly torpid and were rarely moved without medicine; the appetite was very much impaired.

Almost the only remedy,—save anodynes occasionally, that had been employed for months, was the



steel mixture. This had been given for the purpose of re-establishing the menses and keeping up the strength of the system. It is essential to state that two members of the family had died of consumption.

One of the important objects to be attended to in the treatment of all such cases, as explained in a recent work of mine,\* is to relieve the *internal* congestion of the lungs and abdominal viscera, which can often be more effectually accomplished by external measures, perseveringly enforced, than by any others that have yet been brought under the notice of the profession. Not that such measures necessarily exclude the co-operation of medicinal agents.

In consumption, as well as in all internal chronic diseases, the blood gradually leaves the extremities and surface of the body and accumulates in the viscera. This is an inevitable effect. The extent to which it may take place will be modified by various circumstances.

The morbid condition which creates this tendency may be accompanied with so little vital disturbance, that it may fail to excite any re-action, and consequently the local, as well as general congestion, will gradually increase at the expense of the superficial circulation. If, however, the disease, whether existing in the lungs, or in any other organ, arouses through the various channels of sympathy, the circulatory system, the blood will be less immediately withdrawn

\* The Nature and Cure of Consumption, Indigestion, Scrofula, and Nervous Affections, 1850.



from the remote parts of the body. But in the early stages of consumption,—stages in which a curative power may be exercised with great success, the blood gradually retires from the external surface and accumulates within. It must not, however, be imagined *that the internal viscera generally retain the whole of what is determined to them by such altered vital action.* The morbid causes which so influence the motion and distribution of the life-carrying current, disorder equally the functions of digestion, absorption, and nutrition; and hence in a corresponding ratio is the *production* of blood diminished; but this does not affect in any degree the justness of the principles which are here laid down. Whether the mass of blood in circulation be great or small, every step in the march of phthisis is a morbid process which attracts to itself an undue proportion of it at the expense of every part of the animal system.

In the Treatise alluded to, the effects consequent on the excited action of the lungs, as in reading or speaking aloud, and the playing of wind-instruments, are considered at some length in reference to consumption. It is there attempted to be shown, on physiological principles, that such exercise, judiciously used by those predisposed to the disease, or in the earliest stages of it, is calculated to produce highly beneficial results. From the first symptom of the malady to the serious disorganization of the lungs, *the capacity of the thorax gradually becomes contracted.* The ample space essential to free respiration inevitably diminishes



with the structural changes in the pulmonary tissue. It is, therefore, evident that all means which will tend to enlarge the cavity of the chest, or arrest the process of contraction, will unquestionably be among the most important remedial measures to be employed under the circumstances specified.

In the case under consideration, the flesh-brush was ordered to be employed every morning, especially along the spine and over the abdomen and chest, for a quarter of an hour. The patient was also requested to use the dumb-bells daily, of such weight as to be handled with perfect ease. Cod-liver oil was the only medicine prescribed, but active out-door exercise was strictly enjoined. These measures—save the cod-liver oil, which was intermitted after a month, were steadily persevered in for three months. The cough had entirely disappeared, nor was the breathing hurried on moderate exertion. The appetite had become exceedingly good, and the bowels were regular. Her appearance was altogether much improved. Though she was considered no longer an invalid, she was recommended on no account to lay aside the daily use of the flesh-brush and dumb-bells. They were to be regarded as essential to the preservation of her health.

Extensive experience, in the treatment of consumption, convinces me, that these and other simple remedial measures, if judiciously enforced, will, in a vast number of instances, not only correct the early indications of phthisis, but produce such a thorough change in the vital conditions of the lungs, as to counteract the pre-



disposition to the disease. It is as much in our power to enlarge the capacity of the chest, and consequently to invigorate the functions of the pulmonary organs, as it is to develope and strengthen the muscles of any part of the body by exercise.

Medicinal agents have a very limited influence in the prevention of the disease. Alone they are scarcely worth our consideration. Unless we can succeed in giving the lungs freer play,—in removing all tendency to disordered action, our efforts may palliate the incipient symptoms, but will afford no probable guarantee against their future recurrence.

In addition to the means alluded to, exercise on foot or on horseback, is an indispensable condition. It invigorates the functions of the entire body. It accelerates the motion and proportionately improves the qualities of the blood. It sharpens the appetite—gives additional tone to the powers of the stomach, and almost necessarily compels the bowels to act with regularity. These general measures produce another important effect—*they enable the individual to take more substantial food*. This is an invariable consequence, and powerfully co-operates with the measures in question in establishing a sound state of health.

In all cases of consumption, when the symptoms and the weather permit, out-door exercise is an indispensable condition. The value of fresh air, and the healthy stimulus which the action of the body imparts to the powers of life, are inadequately appreciated even by the medical profession. The extraordinary



nursing of patients, in the early stages of phthisis, is often most prejudicial. It enfeebles in place of invigorating the vital energies. It augments the susceptibility to atmospheric influences. It prevents the due elaboration and assimilation of food, without which it is impossible to correct those structural changes, or abnormal vital actions, which constitute the nature of the disease.

Cod-liver oil often disagrees with the patient, or fails to produce its beneficial results, unless accompanied with out-door exercise. The remedy is to be regarded in the light of food. It has to undergo important modifications in the digestive organs before it can exert its salutary influence on the system at large; and such preparatory changes, as a general rule, can be effected only when the body is placed under circumstances favourable to the free and vigorous play of the powers of life. The food, at the same time, should be as substantial or nutritious as can be taken without inconvenience. The appetite, and the ability of the stomach to elaborate what it receives, should regulate the quantity, and, in many instances, the quality of the ingesta. The *fear* that these may be too stimulating, or otherwise injurious to the pulmonary affection, will seldom be found to have any just weight, except when the patient, either from the advanced state of the disease, or the indolent course of life which he leads, is withdrawn from the essential accompanying conditions,—fresh air and exercise. Combine these, and the daily use of friction over the entire



surface of the body, in the early stages of phthisis, with diet more nutritious than is generally allowed, and the results will be found to establish the correctness of the views on which the treatment is based.

Unless we succeed in imparting additional tone to the nervous system, on which all vital action depends, it will be impossible to arrest the progress of consumption; and the object is to be attained only by the co-operation of those means which, either directly or indirectly, tend to invigorate the powers of life.

There is another observation in reference to the treatment of the urgent symptoms of phthisis, not unworthy of attention. To allay the distressing cough, it is not unusual to prescribe opiates either alone or in combination with expectorants. Such measures are almost invariably prejudicial. By arresting or diminishing the expectoration, they greatly aggravate the fever and the disturbed action of the lungs. In an earlier stage of the disease, when the cough is of an irritative character, unaccompanied with expectoration, if judiciously employed, they are sometimes of great advantage.

## CASE II.

A YOUTH, fourteen years of age, came under my care, presenting the following symptoms: he was slight in figure, and of a strumous habit. From birth he had been delicate, and for the previous eighteen months had had several severe attacks of indisposition, characterized by a dry cough and difficulty of breathing on ex-



ertion. His present illness was nearly of six months duration, and had confined him to the house the greater part of the time. He was extremely thin, and from weakness could not hold himself erect. His cough was distressing, particularly at night, accompanied with very little expectoration. The mucous membrane of the eyes and nose was occasionally much inflamed and discharged matter. The appetite at times was keen, but generally fastidious and impaired; the bowels were obstinately constipated, and had been so for a considerable period; the abdomen was tumid and hard, and was slightly painful on pressure. The respiration was heard throughout the lungs, but somewhat imperfectly at the upper part of each lung. The urgent symptoms were extreme emaciation, great debility, a quick small pulse, and a dry hacking cough. The patient had been under the care of two practitioners of eminence for nearly six months. Cod-liver oil was the last remedy which had been tried, and had been persevered in for several weeks without effecting any change in the character of the disease, and was at last discontinued from the severe purging which it produced.

Having in numerous instances observed the extraordinary efficacy of tar-water, I prescribed it in this case. Two ounces were recommended to be taken twice a-day. The spine was ordered to be rubbed every night with a stimulating liniment. In less than a fortnight the cough had entirely disappeared; the inflamed eyes and nose were perfectly cured; the



countenance had become clear and healthy in its expression; the youth had regained his usual appetite and spirits, and was able to resume his scholastic studies, which had been intermitted for several months. It is important to state that the bowels became regular a few days after taking the tar-water.

I have often witnessed the good effects of this remedy in similar cases, but seldom to the same extent in so short a time. The measures were persevered in for four or five weeks, and then were entirely discontinued. He has remained in perfect health ever since.

### CASE III.

A WOMAN, the wife of a baker, thirty-six years of age, of large frame, and somewhat corpulent, but of a decidedly phlegmatic temperament, was, six weeks after her confinement, suddenly attacked with the formidable symptoms of consumption. The cough at first was dry, but in the course of ten days the expectoration of yellow purulent-looking matter was extremely copious. The quantity expectorated exceeded a pint in the twelve hours. The pulse was small and quick, the countenance was flushed, the skin hot, and the night sweats were excessive. She had no pain in the chest or in any part of the body. The bowels were relaxed. The respiration was heard throughout the lungs, but feebly at the upper portion of each, and in this region a somewhat dull sound was emitted on percussion. The



chest was remarkably well formed. She rapidly lost flesh. I prescribed two drops of the tincture of iodine twice a day, and three ounces of tar-water every eight hours. The appetite was moderately good, and she was requested to take bacon once a day which she relished.

The expectoration was considerably diminished under this treatment the first week, and before the end of the second, she was able to leave her bed-room. All the symptoms gradually diminished, and in less than two months her health was thoroughly re-established.

The foregoing treatment was adopted from the following considerations.

The phlegmatic character of her constitution so decidedly indicated a want of vital tone, reduced especially by the recent confinement and the attempt to suckle, that tonics and alteratives, conjoined with somewhat substantial food, were obviously suggested to meet the exigencies of the case. I regard tar-water as an invaluable tonic, if by the term is to be understood that which imparts vital energy to the system—giving additional vigour to the body. In many cases of debility it surpasses all remedies with which I am acquainted. The iodine, in exceedingly minute doses, co-operates powerfully in the correction of disordered vital action.

I have, also, a high opinion of the efficacy of bacon in these and similar cases of pulmonary disease, particularly when this is accompanied, in its earlier stages, with manifest derangement of the abdominal viscera,



*as indicated by the enlarged or tumid abdomen, and a general deficiency of the secretions.* The benefit which it confers, in these instances, is often very decided. Under other circumstances it may be enforced with advantage. The tar-water, according to my experience, acts with the greatest advantage in the strumous habit. It is not, however, to be imagined that it is not efficacious in other conditions of the constitution. Alone, as well as conjoined with other means, it is frequently an invaluable remedy.

#### CASE IV.

A MARRIED lady, twenty-eight years of age, a native of the United States of America, came under my care last year. She was exceedingly fair, of small and delicate frame, and was a remarkable illustration of the nervous temperament. She had had no family, and had not menstruated for four months. The history of the case was as follows:—Nearly two years ago, at the commencement of winter, she was attacked with an irritating cough, accompanied with considerable pain in the chest. The pain was in a great measure removed by the application of leeches and several blisters, but the cough was only slightly relieved. Various remedies were employed, but with only temporary advantage. On the return of spring she was recommended, by her medical attendants, to try the effect of cod-liver oil. She persevered in its use for nearly two months with great advantage. The appetite



improved, the bowels became more regular, and the cough was very much diminished in severity. She gradually regained flesh. The following summer was spent chiefly at the sea-side, and she returned home in all respects much benefited, but had an occasional cough, not so urgent, however, as to excite any uneasiness in her friends. She continued moderately well until the latter end of Autumn, when the cough became aggravated. I may state that menstruation had not from its cessation been perfectly re-established, either as to quantity or time. All the ordinary symptoms of consumption now became well marked.

When I was requested to attend her, the cough was accompanied with the expectoration of yellow tenacious matter, brought up with little difficulty; her pulse ranged from 100 to 110; the tongue had a contracted and polished appearance, the uvula was relaxed and very much elongated, and the tonsils exhibited several small ulcers. She had lost flesh and complained of night-sweats. Her appetite was much impaired, and anything warm had a tendency to cause the bowels to act. On examining the chest, the respiration was slightly cavernous under the right clavicle, and pectoriloquy was evident in this region; the respiration was feeble over two-thirds of the right lung. It was heard distinctly over the whole of the left, but was a little louder than natural.

As she had previously derived so much benefit from cod-liver oil, I advised her to give it a fair trial again. She stated she had done so, but it disordered the



stomach and bowels so much that she was forced to discontinue its use. I prescribed two drops of the tincture of iodine three times a day, and two ounces of tar-water every eight hours. These were the only remedies employed. There was little alteration in the symptoms the first ten days, except that the appetite was improved, and the bowels were less frequently acted upon. The expectoration afterwards was modified both in quantity and character. It was much less abundant and less purulent in appearance. It floated, and readily separated in water if allowed to stand a few hours. At the end of two months the night sweats had entirely disappeared, the cough was very greatly relieved, and there was little or no expectoration; the pulse was ninety, the appetite good, and the patient was so far recovered as to be able to discharge some of her domestic duties.

At this time the tar-water and the iodine were discontinued, and she was requested to return to cod-liver oil. It now produced no unpleasant effects. Its use was persevered in for nearly five weeks, with out-door exercise, when she considered herself sufficiently well to lay aside all medicine. She had only an occasional cough and slight in degree. On examining the chest, the respiration was heard more distinctly over the right lung, but pectoriloquy was still slightly evident in the infra-scapular region.

Great as the improvement was in the structural conditions of the right lung, and in the constitutional symptoms generally, it was evident that a perfect cure



had not been effected. The disease had been arrested in its progress, nevertheless it might readily be re-excited on the occurrence of any unfavourable circumstance: to lessen this susceptibility, and to invigorate still further the powers of life, the flesh-brush was recommended to be used regularly every morning, along the spine, and over the whole surface of the body, particularly over the anterior and posterior parts of the chest. She was also requested to take cod-liver oil occasionally. By the steady perseverance in these measures she ultimately regained her usual health and spirits, and entirely lost the cough, and is at this time free from all complaints, except that the breathing is at times slightly oppressed in cold damp weather, and on more than ordinary bodily exertion.

#### CASE V.

I WAS requested a short time ago to see a young lady, twenty-two years of age, presenting the well-marked symptoms of consumption. The history of the case (and it is not, on several considerations, uninteresting) is as follows: The patient, until about the age of fourteen, was a lively, healthy child, but at this time suffered much from headache and constipation; and purgatives, at last of an exceedingly active kind, were employed once or twice a week. She became dull, listless and disinclined to all sorts of bodily exertion. Tonics,—and especially the steel mixture, were taken for several months, with occasional benefit,



but no permanent improvement. After a little while the glands on the left side of the neck became slightly enlarged, and were very painful. The pain was considerably relieved by leeches and poultices, but the glands gradually increased in size. At the end of several months, the existence of matter being evident, this was judiciously evacuated, by puncturing two of the tumours, but it afterwards collected and made a passage for itself. The glands, on the right side of the neck, became similarly affected, and passed through the same process of disease. Concerning the constitutional treatment employed I could gain no exact information. The patient was recommended to the sea-side, and after a sojourn of several months, returned home much improved in health. The scrofulous swellings were healed, and were slightly diminished in size. The iodine ointment was used steadily for several weeks, but with a decided aggravation of the local symptoms. The glands were again much enlarged, and at length suppurated.

It is not necessary here to trace the occasional relapse and improvement, in regard to the constitutional and local symptoms, which characterized the case for a series of years. The young lady, when in the best state of health, was never sufficiently well to enter into the amusements and pleasures of society. She menstruated at seventeen, imperfectly, and afterwards often very irregularly.

She was an only child, and whose parents were in affluent circumstances. They had been unduly



anxious, in her early youth, to instruct her in a variety of accomplishments. They had forced the brain beyond its natural powers, and to their injudicious conduct the whole train of evils was largely to be ascribed. They forgot the body while they were absorbed with the cultivation of the mind. Much has been written, and well, by high authorities on this subject; yet the desire to obtain intellectual superiority in the young too frequently leads parents to overstep those limits, which must ever be respected, if a sound and vigorous constitution is to be secured.

When the patient had nearly attained her twenty-first year, being still exceedingly delicate, but sufficiently well to go occasionally into society, the parents were advised by their friend and medical attendant, as the likeliest chance of cure, to place her under the influence of new circumstances, such as flow from matrimony. Though obviously diseased, this was a matter of no difficult accomplishment. An only child, and a large fortune, will command suitors. Previous, however, to the consummation of the marriage, she was supposed to have taken cold, and suffered for some time from an irritating cough, which for several weeks was regarded as nervous. Menstruation had ceased previous to the occurrence of this symptom. Between three and four months from the commencement of the attack, she was suddenly seized, after a severe fit of coughing, with hemoptysis, and the spitting of blood continued several days. The cough afterwards was less severe, but more frequent, and was



accompanied with the expectoration of thick, ropy matter. The case was then stated by the medical attendants to be consumption. On the return of the genial days of spring, she was advised to try change of air, and went into Devonshire. After remaining several months, with no marked improvement, she returned home, and at this time I was requested to visit her. For the accuracy of the foregoing account I depend on others.

The patient was fair, the hair light-coloured, the temperament phlegmatic. She was less emaciated than I was prepared to expect. The cough was troublesome, the expectoration purulent in appearance, but rather less in quantity than it was previous to leaving home. She could rest with difficulty on the right side. She had occasional night-sweats; the pulse, except when the system was under febrile excitement, was seldom above eighty, and somewhat full; the flesh was soft and flabby, and in a remarkable degree exsanguineous in its aspect; the gums were swollen, red, and painful; the tongue pointed and contracted, presenting an exceedingly smooth surface; the appetite was moderately good; the bowels were obstinately constipated, unless acted upon by medicine; the urine scanty, and deposited a thick sediment; the abdomen generally, but especially in the region of the liver, was painful on pressure. On examining the chest, the respiratory murmur was scarcely in the slightest degree detected in the upper third of the left lung, and it was almost equally faint



in the corresponding part of the right, but not over the same extent of surface ; bronchophony was distinct in both lungs, but more strikingly in the left ; in other portions of the pulmonary tissue the respiratory murmur was audible, but in many points did not present its ordinary vesicular character. The glands on both sides of the neck had perceptibly enlarged, and had become painful during the last six months ; but they remained perfectly hard to the touch.

The patient took carriage exercise daily. I may state that both parents, though past the prime of life, were healthy, and that none of their immediate relatives had died of phthisis, or had suffered from consumptive symptoms.

There was one symptom connected with this case, which, if not always, is generally exceedingly favourable, and that was *the comparatively tranquil state of the pulse*. Whether it is to be taken as an indication that the nervous system at large is little disturbed by the existing local disease, or that the structural conditions in which it originates are prone to remain somewhat stationary, is a question on which we shall not at present enter.

The patient took two drops of the tincture of iodine, in a wine-glass of water, three times a day, and the tar-water twice. Bacon was also ordered to form the chief part of one meal. The abdomen and the spine were rubbed night and morning with a stimulating liniment for a quarter of an hour. The carpets and bed-curtains were, at my recommendation, removed,



and, as the patient was not confined to her bedroom, chloride of lime, in the proportion of one part to four of water, was sprinkled on the floor twice a day, and a hair mattress was substituted for the feather bed. No aperient remedies were allowed on any account to be used.

Three weeks after the commencement of this treatment, the cough was less frequent, and the expectoration was obviously diminished; the bowels had become perfectly regular, and for the previous ten days there had been no return of the night-sweats; there was no tenderness in any part of the abdomen; the urine was clear, and abundantly secreted; the countenance was fuller, less bloodless in its appearance, and more animated in expression. The glands of the neck were not at all tender to the touch, but in other respects were unaltered. The patient had suffered for some days from a severe headache, which the steady use of tar-water will occasionally produce, and consequently it was discontinued, as was, at the same time, the iodine.

Cod-liver oil was now prescribed, and during the following two months there was a remarkable improvement in the patient. The cough was only occasional, and the expectoration had almost entirely disappeared; she could lie with ease on the right side; the appetite was good, and the bowels continued regular. The cod-liver oil was now ordered to be taken only every other day, and one drop of iodine twice a day. The flesh-brush, in place of the hand, was used every morning, for ten minutes, over the whole surface of



the body. The patient had acquired flesh, and was equal to moderate exercise on foot.

In five months from the commencement of the treatment, she was in better health and spirits than she had been for many years. She had no cough nor difficulty of breathing. The friction was recommended to be steadily persevered in, and its importance, as essential to the well-being of the system, was fully explained to the patient.

On examining the chest, at this time, the respiratory murmur was heard throughout the right lung, but only feebly immediately under the left clavicle, but over a greatly diminished extent of surface; and in this situation only was there any dulness on percussion.

The glands of the neck were obviously improved by the treatment. They were still large and exceedingly unsightly. To disperse the tumours I prescribed a mode of treatment which I have rarely seen fail. A linen cloth, folded two or three times, was directed to be dipped in a weak solution of common table-salt, and after a portion of the water was pressed out, it was to be wrapped round the neck every night, oil-silk being placed over it, and properly secured, to prevent the escape of vapour. The glands to be rubbed gently with the hand, for ten minutes or a quarter of an hour, morning and night. There are few scrofulous enlargements of the kind that this treatment will not remove, and it will very frequently promote the absorption of pus in its early stage of formation.

These measures were strictly followed for three months,



at the end of which time there was scarcely anything unnatural to be detected, except the cicatrization of previous ulcers. Though the patient required no further medical superintendence, as a protection against the return of the pulmonary disease, she was advised to take cod-liver oil occasionally, and to persevere in the use of the flesh-brush.

Many practitioners will probably regard the changes effected in the bedroom of the patient as matters of very little importance in reference to the treatment of disease. In this they are greatly mistaken. In the higher or affluent classes of society, and even in the middle ranks of life, the love of display or luxurious ease, from the accumulation of furniture and ornaments, often renders the bedroom the least healthy apartment in the house. The free circulation of air, and its frequent interchange, are very much limited by the study of what is designated comforts. I have often seen an almost immediate improvement take place in the character of a malady, from such changes, or from removing the patient into another room less contaminated with the effluvia arising from the diseased body. A sick person renders everything unhealthy immediately around him. When a pupil of Laennec, in Paris, in 1824-5, this distinguished pathologist endeavoured to give the consumptive patient the benefit of an artificial sea-air, by strewing the floor of the wards with sea-weed. If it be not convenient to adopt such plan, it is always in our power to materially improve the atmosphere to which the patient is largely



or altogether confined, and the importance of it, in its co-operation with remedial efforts, should never be lost sight of.\*

### CASE VI.

RATHER more than a year ago I was consulted by a young lady, eighteen years of age, who had become exceedingly anxious about her health. The year preceding she had lost an elder sister from consumption, and her mother died of the same disease at the age of thirty-two. The young lady was slight in figure, delicate in appearance, had dark hair, and was of a sallow complexion. Her temperament was decidedly nervous. She stated that she had not much to complain of, but was apprehensive of disease. She had had an occasional cough for the last two years, which always left her during the warm weather. For several months past she had had slight pains in her chest, not constant nor fixed to any particular spot, and often felt the necessity of taking a deep breath, as if there was not space enough in the chest for breathing. There was also a sense of oppression or weight, which was mostly relieved on assuming the erect position. The appetite was good, the bowels irregular, generally, however, very much constipated; the pulse eighty-five, rather small. Menstruation natural. She was capable of walking several

\* See note A.



miles without much inconvenience. The tongue was clean, the tonsils exhibited several minute points of ulceration, and the uvula was relaxed. On examining the chest, the respiration was heard in both lungs, but imperfectly under the left clavicle, and was somewhat feeble throughout the left lung. There was no dullness on percussion in any part of the lungs. The chest anteriorly was exceedingly flat, and the mammæ were very little developed. Her impression was that the chest had been more prominent than at present.

It is in such cases that art, judiciously applied, can effect much. The measures advised to be carried steadily out were simple, but of unquestionable efficacy. She was recommended to exercise herself with dumb-bells daily, at first of very light weight; to have the flesh-brush used, especially along the spine, and over the chest, but likewise over the whole surface of the body, for about a quarter of an hour every morning; cod-liver oil was also prescribed. There being nothing urgent in the case, and the patient residing at a considerable distance, she was requested to visit me again in a month or six weeks. I saw her a little after the latter period. She was in high spirits, and said she was in excellent health. She had no cough—no uneasiness in the chest—the tonsils were quite healthy, the bowels regular, and the complexion had become much clearer. The cod-liver oil was discontinued; but the dumb-bells and the friction were recommended to be steadily used for several months. I saw her again



nearly two months after first consulting me, when I had the pleasure to observe an obvious improvement in the form of the chest. There was by no means the same degree of flatness anteriorly as when she first came under my care. Since this time I have not seen her, but have heard from her. She continued in all respects perfectly well.

This case belongs to an interesting and instructive class of chest affections, in the treatment of which no just or enlarged physiological principles have hitherto been laid down to guide the practitioner. It must be admitted that he is not always consulted in the early stage of consumption, but when he is, his views rarely embrace those measures which are alone capable of affording anything like a permanent protection against the progress of the disease. His efforts are almost entirely limited to the use of internal remedies, which are generally only palliative in their nature. The first and all important object in such cases, *is to give more space to the action of the lungs*, or in other words, to increase the capacity of the chest. Unless this be accomplished, the imagined cure will often lead to disappointments. In a work recently published,\* I have entered at length into the consideration of those causes predisposing to and producing the structural changes of the lungs characterising phthisis; and have endeavoured to show that the first step in the morbid process is a gradual obliteration of the air-cells—a *diminution* of the

\* The Nature and Cure of Consumption, Indigestion, Scrofula, and Nervous Affections.



capacity of the lungs, and hence the importance, both in a curative and preventive point of view, of guarding against or correcting such diminution by measures which act directly on the physical and vital conditions of the chest and its contents. Friction, and the steady use of the dumb-bells, are the measures best calculated to effect the object in view. Friction, employed in the manner indicated, is one of the most powerful remedies that the physician can bring into play, whether the intention be to remove internal congestion, internal incipient disease of any kind, or to give additional tone to the functions of life generally; and the application of it is never fraught with danger, nor can it possibly be injurious. The dumb-bells act more immediately on the physical conditions of the chest.

No language will convey to the non-professional reader the extraordinary value of such remedial agents. To estimate them justly, it is necessary to understand thoroughly the structure, functions, and actions of the different organs of the body,—their relations to each other, and the general laws by which they are governed. Without such knowledge they will be inadequately appreciated.

#### CASE VII.

I WAS requested by a gentleman to see his daughter, who had a few weeks before returned from the boarding-school very much indisposed. Her age was seventeen.



Her figure was remarkably good ; the body well developed, and rather inclined to corpulency. Her complexion was fair, and to superficial observation she seemed in perfect health. The flesh, however, was soft and flabby, and had a somewhat diaphanous aspect, showing a great defect in the circulation ; and the skin exhibited a sickly, yellow tinge.

The history of the case was as follows : Twelve months ago she took cold at the time she should have menstruated, and had a cough, with slight difficulty of breathing, which continued for several weeks, but were removed by medical treatment, with only a few days' confinement to bed. Though naturally lively, she was observed to be listless, and to take little interest in out-door amusements. Her appetite was impaired, and the bowels became extremely torpid. She made no complaints, and when interrogated stated that she had no pains, save occasional headaches, to which she had never been subject. At the end of three months, menstruation being still interrupted, she was suddenly, at night, seized with acute pain in the right knee, which afterwards became inflamed and was slightly swollen. The means employed removed the external inflammation, and very much diminished the pain, but this was readily excited by motion. The swelling was scarcely perceptibly affected. She was ultimately cured, and resumed her studies. Menstruation was still arrested. A short time after this she had a slight cough on awaking in the morning, which gradually became more aggravated, in consequence of



which she returned home, and it was soon after this that I was requested to see her.

The chest was well formed, the *mammæ* considerably developed, nor did she appear to have lost much flesh. The pulse was ninety, small, and occasionally intermittent; the abdomen was large, tympanitic, and rather painful on pressure; the urine was scanty, the appetite very much impaired, and the bowels were excessively torpid. On examining the chest, there was dulness on percussion over the upper third of the right lung, and the respiratory murmur was heard imperfectly in this situation; and there were dry crackling râles heard occasionally on inspiration; bronchophony was also evident. The left lung seemed healthy.

From the unfavourable character of the constitution, the interruption of the menses, and the condition of the lungs, the case was not without serious apprehensions as to the ultimate results. The immediate relatives, both on the paternal and maternal side, were healthy, and none of the members of her family had died of consumption. The analysis of the various circumstances connected with the case strengthened the conviction that the pulmonary disease was in all probability to be ascribed to the cessation of menstruation, and not to any predisposition to the malady. In accordance with this view, it was clear that the treatment, to be efficient, must be of such a character as would tend to arouse and invigorate the constitution generally, and at the same time exert a powerful influ-



ence on the functions of the uterus. The only remedies in the first instance employed were, tar-water, and friction used as follows: a stimulating liniment was ordered to be rubbed along the spine and over the abdomen, morning and evening, for ten minutes or a quarter of an hour. Tar-water was prescribed twice a day.

These means were steadily pursued for three weeks, and with a marked improvement in several respects. The unnatural distension of the abdomen was removed, nor was there the slightest tenderness on pressure; the bowels had become regular, and the appetite was decidedly keener; the cough was still occasionally distressing, but the expectoration was less in quantity, and much more favourable in its character. The skin presented the greatest alteration. It had lost in a great measure its exsanguineous and unhealthy aspect. It was now clear, and the expression of the countenance was more lively.

The tar-water and the liniment were ordered to be continued as usual. Two drops of the tincture of iodine were prescribed twice a day, and the flesh-brush was recommended to be used for a quarter of an hour, every morning, over the whole surface of the body. To save unnecessary details, I may state, that after these additional means had been employed for a month, the patient was rapidly approaching convalescence. The expectoration had ceased; the cough, though not entirely removed,



was only occasional, and comparatively slight in degree. The iodine was ordered to be discontinued, and the tar-water to be intermitted for a fortnight, the other measures were to be persevered in. The patient at the end of rather more than three months from the commencement of the treatment was considered well ; but there was no evidence of the return of menstruation, the re-establishment of which I regarded as an essential condition. To stimulate the uterus to its periodical action, I ordered part of a sheet, folded two or three times, after being immersed in a weak solution of common table-salt, the water being pressed out, to be wrapped round the loins every other night, a dry flannel being placed over it. In less than a fortnight from the employment of this measure the menses returned, and continued regular afterwards. The lady is now married.

On the foregoing case I shall offer a few remarks. The tar-water, in many instances, seems to possess the properties of a stimulant, a tonic, and an alterative. Its beneficial effects have appeared to be the most decided in the phlegmatic and leuco-phlegmatic habit, where there is a manifest deficiency of vital tone. It generally improves the appetite, and increases the different secretions. It exercises a marked influence on the whole of the abdominal viscera. No effect is more obvious from its use than the altered character of the complexion. This alone is evidence of the thorough change which it produces in the vital functions. It shows that the various organs are acting



with greater vigour and completeness ; that the blood is circulating with greater freedom, and is proportionately more vitalized in its properties.

In regard to the efficacy of the means applied every other night to the lower part of the abdomen, I can speak from extensive observation. In many conditions of the uterus, the treatment is the most valuable and powerful that can possibly be brought into play. It is always safe, and generally prompt in its action. There is no other remedy capable of exercising a tithe of its beneficial influence. It was suggested to my mind by physiological considerations—considerations which I contemplated some time ago of bringing under the notice of the medical profession. The first part of the introductory paper to the proposed investigation appeared in the *Medical Times* of last year, but circumstances prevented the prosecution of the subject. I shall not, on this occasion, by any observations, anticipate the views which I purpose, the first opportunity of developing concerning the functions of the uterus and the action of the external measures in question. The inquiry presents a large and interesting field to the physiologist, and one which is deeply worthy of cultivation.

#### CASE VIII.

THREE years ago I was consulted concerning a youth, sixteen years of age, regarded as labouring under consumption, and who had been treated accordingly. He had scarlet-fever at twelve years of age. The attack



was comparatively mild, and he seemed to recover perfectly in the course of ten days ; but venturing out in one of the bleak days of spring, only thinly clothed, he took cold, and suffered from a troublesome cough for several months. He was ultimately cured, but the cough occasionally returned on any unfavourable change in the weather. It was also observed that his breathing, on active exertion, was slightly oppressed. His general health was good, except during these attacks. The winter before he came under my care, the cough had been much more severe than usual, at first accompanied with the expectoration of a transparent ropy fluid, which afterwards became of a thick yellow consistency. His appetite continued good, the bowels regular, and he complained of no pain, except, at times, a sense of tightness or oppression at the upper part of the chest. The cough was chiefly troublesome on awaking in the morning, and about an hour after taking food.

When I saw him the expression of the countenance was anxious ; the face was pale and appeared puffed ; his breathing was quick and short, the pulse was ninety-five and small ; the bowels relaxed, and had been so for several weeks ; he was naturally spare, but was stated to be thinner than usual ; the abdomen was larger than ordinary ; the tongue was furred, and he complained of thirst ; he was very susceptible of cold, and his hands and feet were seldom comfortably warm when removed from the fire ; he stooped as if from weakness. There was evidence of scrofula



in the family. The chest anteriorly was flat, but not deficient in capacity. The respiration was heard throughout the lungs, save over a very limited portion under the left clavicle, but even here it was not altogether absent. The respiratory murmur was not, however, uniform in its character throughout. In certain points of the lungs it was softer and more subdued than natural; and in others, more particularly at the upper part of the chest, there were sonorous râles. Percussion elicited no striking inequalities of sound, except over a circumscribed space beneath the left clavicle.

According to the views which I have developed in the recent work alluded to, one, and an important object to be attained in the treatment of such cases, *is to modify the distribution of the blood*. The superficial circulation was exceedingly feeble. The blood was not maintained in its due proportion in the extremities and on the surface of the body, and hence from its *internal* determination, was one great cause of the morbid condition of the respiratory organs characterized by cough and expectoration. In the above-mentioned treatise I have endeavoured to trace the origin of phthisis—to define the particular structural conditions with which it is associated before it becomes obvious by unequivocal manifestations; and I have further laboured to show the vast influence which art is capable of exercising, by acting upon the circulatory system, on the character and progress of pulmonary disease.

No previous writer has hitherto studied consumption



in its comprehensive relations to the moving powers of the blood, and consequently have failed to perceive how far, and in what way it may be modified by changes judiciously induced in the distribution of the vital fluid. This neglect in the investigation of the circulatory powers, in connexion not only with the structural alterations of the lungs, but with disease generally, is not at all extraordinary. The physiologist, as yet, has directed little of his attention to the examination of these powers under ordinary circumstances, and hence it was impossible to point out their relations to the abnormal conditions of the body. It must not, however, be supposed that the means employed act directly on the vital current. The impression is first made on the nervous system, and the effects produced upon it immediately influence the various organs, as the heart, the arteries, the capillaries, and the veins, whose office it is to maintain the equable balance of the blood.

In the case in question, as in all the cases which are here brought under the notice of the reader, the object to be attained, at times difficult, and often impossible, is the re-establishment of this balance. When it is within the power of art, it is to be accomplished in two modes: *by acting upon the surface of the body, and by remedies which invigorate the internal organs.* Agreeably to this view, I prescribed tar-water, and one drop of the tincture of iodine twice a day, and ordered the flesh-brush to be used morning and evening for the first week along the



spine and on the abdomen and chest, and afterwards on every part of the body. The only animal food allowed was bacon once a day, and eggs lightly boiled. Oatmeal gruel, with one-third of milk added to it when prepared, and coffee, formed the principal part of the diet.

In three weeks from the commencement of this treatment, there was an improvement in several of the symptoms. The cough was still troublesome, but the expectoration was diminished, and it had now more the appearance of ordinary saliva. The abdomen was nearly natural in size, and the bowels were no longer relaxed, but perfectly regular. No alteration was made in the treatment, except that he was allowed fish and roast fowl occasionally. Living at some distance from my residence, I did not see him again for rather more than a fortnight from this time. There was then a still more marked amendment. The cough now occurred at much longer intervals, and with less severity, the expectoration was very trifling, and he was capable of undergoing greater bodily exertion without much inconvenience. The tar-water was intermitted for ten days, after which time it was to be resumed, and the iodine to be discontinued.

In three months from the commencement of this treatment, the health of the patient was thoroughly re-established. His friends admitted that he had not been so well since the attack of scarlatina. I could relate several cases of this kind that had been equally benefited by the same or similar treatment. Two



cases of spasmodic asthma, occurring in the young, at the respective ages of thirteen and fifteen, supposed to be consequent on the sudden disappearance of the eruption in scarlet fever, were completely cured by a perseverance in these measures.

I am satisfied, from extensive observation, that the good effects of both tar-water and cod-liver oil are obtained to a greater degree by their occasional intermission, than by their long-continued use; and the same remark applies equally to all internal remedies.

#### CASE IX.

A YOUNG gentleman, nineteen years of age, of fair complexion, tall, but slight in figure, came under my care presenting the following symptoms: He had suffered for two months from a dry cough, as if arising from irritation in the larynx, particularly in the morning and on any exertion; of late it had become more frequent, and was accompanied with the expectoration of a tenacious, ropy fluid, mixed with portions of yellow matter; there was slight perspiration in the morning, and the cheeks were occasionally suffused with a hectic flush; the expression of the countenance was anxious; the pulse was ninety-five, moderately full; the bowels were relaxed, the appetite rather voracious. He had evidently lost flesh. He was suddenly seized four months before this time with hemoptysis, imagined to have been produced by violent bodily exertions; but he had lost a brother two years before of consump-



tion. From rest, and the treatment employed, he seemed to recover his usual health, and had resumed his professional pursuits. About two months after his recovery, he was attacked with a severe cough, supposed to have arisen from taking cold. The chest was narrow, but not deficient in depth, and on percussion emitted a dull sound over the upper and posterior part of the right lung; and on applying the stethoscope, a mucous râle was distinctly detected in this situation; the respiratory murmur was natural in the left lung, but was puerile throughout the greater portion of the right.

The same treatment was pursued in this as in the preceding case in regard to medicine, the flesh-brush, and diet; and the same changes were requested to be made in his sleeping apartment, and the same means to be employed to secure a thoroughly healthy atmosphere, as were recommended in Case V. In a month, from a steady perseverance in these measures, we had the satisfaction of seeing an evident improvement. The cough was less frequent and less severe; the expectoration was less copious; the expression of the countenance was more natural; the bowels were regular. For ten days he had had no morning perspirations. The remedies were now discontinued, and he was ordered to take cod-liver oil once a day, conjoined with out-door exercise. In seven weeks from this time he had recovered almost his usual appearance and strength. He had seldom any cough, except on awaking in the morning, and without expectoration.



He was now requested to resume the iodine and tar-water. Under this treatment he recovered his ordinary health, and felt no inconvenience in taking exercise. On examining the chest, at this time, the respiratory murmur was detected in the right lung, but was feebler than natural immediately beneath the right clavicle, and in this situation there was greater dulness on percussion, when compared with the corresponding space in the other lung.

It is scarcely necessary to observe that the existence of such a condition in any portion of the lungs, especially in persons predisposed to consumption, is always to be regarded with serious apprehensions. Experience too frequently proves that it is a morbid state which readily becomes aggravated, and gives rise to an intractable train of evils from a variety of causes, such as sensual excesses, immoderate exertion inducing fatigue, inadequate clothing, and the sudden vicissitudes of the seasons. To guard against prejudicial consequences, though the health of the individual may appear to require no particular attention, I always recommend the constant employment of the flesh-brush, and the occasional use of the iodine and tar-water.

I am convinced, from considerable experience, that where there is a tendency to phthisis, or where the symptoms of the disease have unequivocally manifested themselves, but by judicious treatment have been subdued or controlled, that these are among the most powerful preventive measures in the wide range of medical science. Of the value of friction



none can entertain any doubt, who are acquainted with or have studied its physiological effects; and the efficacy of tar-water, in numerous cases, is as little to be questioned. It is not introduced to the profession as an unfailing remedy, but one which, in conjunction with other means, will often agreeably surprise by its salutary influence.

### CASE X.

THE following case is not introduced as one strictly of pulmonary consumption, but as illustrating the beneficial effects of the treatment adopted in a class of symptoms by no means rare and often difficult to cure. A youth, fourteen years of age, had gradually been wasting away for the preceding six months. He had no pain, nor complained of any uneasy sensation in any part of the body. His appetite was exceedingly impaired, the bowels were confined, and had been so from the commencement of his illness: he was not at all disposed to indulge in out-door exercises; his sleep was more than ordinarily sound; his flesh had lost its usual firmness, and the skin had become unusually fair and delicate in appearance. His hair had become thin and soft. He had no cough nor difficulty of breathing. His tongue was clean. Pulse seventy-five, soft and small. I examined the spine and could discover nothing abnormal; nor could I learn from his parents anything calculated to throw light upon the disease, except that it was preceded by a distressing headache of several



weeks' duration. He had been under medical treatment the whole of this time, but had gradually declined in health, strength, and spirits.

I prescribed two drops of the tincture of iodine once a day, and two ounces of tar-water twice a day—ordered the spine to be rubbed with a stimulating liniment every night, and the flesh-brush to be used gently over the whole surface of the body every morning. His diet was chiefly milk, milk and oatmeal gruel in equal proportions, eggs lightly boiled, and coffee to which he was partial.

This treatment was carried out for a fortnight, when I saw him again. A slight improvement was obvious. His appetite was a little better, and the bowels acted generally every other day. The countenance was less exsanguineous in its aspect. The same measures were recommended to be steadily persevered in. He visited me three weeks from this time, when a remarkable change was evident. The appetite had become good and the bowels perfectly regular; the expression of the countenance was more animated, and the complexion was much more healthy; he had gained flesh, and his strength was considerably increased. He now took pleasure in out-door pursuits. The iodine and tar-water were intermitted, but the latter was to be resumed after an interval of a fortnight. The friction was to be continued. I requested to see him again in a month or six weeks. He visited me a little before the expiration of the latter period, when I had the pleasure to see him in perfect health.



Cases of this kind are not of unfrequent occurrence, and are always fraught with considerable interest and anxiety. *The difficulty is to define the nature of the disease.* There is generally little to direct and regulate the treatment. Worms had, at one time, been suspected as the cause of the emaciation, but the means employed on this supposition had been attended with no beneficial results.

Tonics, which appear to be indicated, to invigorate the energies of life, are often of very little service.

The disease seemed to me to depend on a deficiency of nervous power. The nervous system, from some unknown cause, probably arising from that condition which produced the severe headache, had, from the first, been unequal to the performance of its ordinary duties, and hence the whole train of symptoms which followed. It was on this view that the treatment was adopted. When such is the nature of the existing disease, there are no remedies better calculated to arouse the functions of the nervous system than the flesh-brush, iodine and tar-water. The first is an invaluable remedy. Its grateful influence is felt by every fibre of the body. Every molecule of organic matter is placed under new circumstances by its action. The blood is facilitated in its motion, is improved in its properties, and as a necessary consequence, is more equally distributed; and hence a more vitalized stream is transmitted to every part of the animal economy.



## CASE XI.

THE following is the last case which it is my intention to publish, at this time, in reference to the treatment of consumption, and it is one which possesses considerable interest. It shows that art, even in the last stages of the disease, when it is scarcely possible to expect any advantage from it, will sometimes agreeably disappoint us. A young woman, aged twenty-two, a dressmaker, was recommended to me by a medical friend, under whose care she had been for many months. The history of the case is as follows: About eighteen months ago, after the sudden suppression of the menses, from getting wet, she was seized with severe pain in the chest and great difficulty of breathing. The symptoms became aggravated, and she was at last found to suffer from acute inflammation of the left lung. She was bled generally and locally, and blisters were also applied during the course of the disease, and the ordinary internal remedies were employed. The acute symptoms were subdued, but even when she was able to leave the house, there was scarcely the slightest respiratory murmur to be detected in the left lung, except feebly at the upper portion of it. When her health appeared to be re-established, there was still the absence of the respiratory murmur. The left side of the chest was exceedingly dull on percussion. She was afterwards free from all pain, and there was no cough nor difficulty



of breathing, except on more than ordinary bodily exertion. Menstruation subsequently returned, and she was able to resume her usual avocations.

She continued in moderate health until the following winter, when she took cold, and had a severe cough, which at first was dry and frequent, without expectoration, but afterwards this became copious, and is stated to have been thick and of a greenish colour. The pulmonary symptoms gradually became aggravated. She lost flesh, had hectic fever and profuse perspirations in the morning. At this time she came under my care, and the following is a general outline of the case. She was much emaciated; the expectoration abundant, and brought up with ease; the pulse was 110, feeble. The abdomen was unnaturally large and tympanitic, and so sensitive to the touch that she could not bear the slightest pressure. The bowels were much relaxed; the urine scanty. The tongue was pointed, contracted, and had a smooth polished appearance, and there was a slightly aphthous condition of the mouth. There was no respiratory murmur to be detected at the lower two-thirds of the left lung. In the upper third there were mucous and sonorous râles.

I need not state that, from the character of these symptoms, I did not expect to be more successful in the treatment of the case than my friend had been, who had devoted much attention to it. But as we are taught by daily experience the advantage of hoping, even against all probable grounds of hope, endeavour-



ing to do our best under the most adverse circumstances, I cheerfully undertook the case, certainly not tempted by the possibility of any remuneration.

With me it is an invariable rule to secure the co-operation of the feelings of the patient, by placing before the mind encouraging prospects, which may with a little ingenuity be accomplished without any sacrifice of truth. The value of it can be appreciated only by the acute and enlightened practitioner. An attention to the feelings is not a matter of trifling moment in the treatment of disease. To a strong conviction of its importance, in all curative efforts, I am indebted for a portion of my success.

To the condition of the abdomen, enlarged, tympanitic and acutely painful on pressure, I was disposed to ascribe many of the urgent symptoms of the lungs. It is not necessary to expatiate on the reciprocal influence which these organs and the abdominal viscera, both suffering from disease, exert on each other. The fact is one of daily observation. And in many instances, in which the attention is wholly absorbed by the chest affection, this is often to be more immediately relieved by endeavouring to correct the structural and functional derangements of the abdominal viscera, than by any other mode of treatment. In the case under consideration, it was clear that a large amount of blood, which ought to be in general circulation, was accumulated in these viscera to the detriment of every part of the animal economy. They became extensive foci of disease and irritation.



In accordance with these views I ordered a stimulating liniment to be rubbed along the spine and over the abdomen, morning and evening, and two ounces of tar-water were prescribed three times a-day. The patient was allowed milk, milk and gruel in equal proportions, eggs, and almost whatever she could relish.

The treatment was steadily followed out. In a fortnight a slight improvement was evident. The abdomen was diminished in size, and was by no means so acutely sensitive to the touch. There was little alteration in the cough or the character of the expectoration. The morning perspirations still continued. The appetite was a degree better, and the bowels, though still relaxed, were less frequently moved. Two drops of the tincture of iodine were ordered to be taken in half an ounce of water twice a day. No alteration was made in the rest of the treatment. In five weeks from the commencement of the several measures, the abdomen was soft, and nearly of its natural size, and was no longer painful on pressure; the cough was greatly relieved, and the expectoration was no longer purulent in appearance, and in quantity was greatly diminished. The appetite was good, and the bowels were perfectly regular. The perspirations had entirely ceased. The pulse was still frequent, but fuller and stronger.

The flesh-brush was recommended to be used as in the foregoing cases every morning. In place of the tar-water and iodine, cod-liver oil was prescribed,



and substantial diet was allowed. The case gradually improved, and in little more than three months from the first employment of the remedies, the patient was free from cough and expectoration, had gained her usual flesh, and was able to resume her business.

On examining the chest at this time, there was still the absence of the respiratory murmur throughout almost the entire of the left lung, as well as dulness on percussion.

The only case which has fallen under my observation strictly analogous to the foregoing, occurred in my practice about six years ago. The case was that of a young man, twenty-three years of age, of dissipated habits, possessing a peculiarly robust constitution. After one of his occasional excesses, he was attacked with acute inflammation of the lungs, from which he recovered, but the right lung, which had been the chief seat of the disease, remained altogether impervious to the inspired air. No respiratory murmur could be detected in it. He recovered his usual health and was well for more than twelve months, at which time, after a debauch, consumptive symptoms manifested themselves, and rapidly progressed. After the case was regarded as incurable, from the great emaciation of the body, the profuse perspirations, and the copious expectoration of purulent-like matter, he recovered, and was able to follow his business, which was most laborious. The right lung, however, was still impervious to air.



CASES ILLUSTRATIVE  
OF THE  
CURE OF INDIGESTION, &c.

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CASE I.

A GENTLEMAN, thirty-four years of age, tall, well proportioned, but rather slight in figure, had suffered many months from indigestion, and during the whole period had been treated by a physician of distinguished reputation. His temperament was nervous, and manifested a high degree of excitability. The symptoms of which he complained, when he first sought advice, were loss of appetite, occasional pain in the stomach, especially after taking food, lassitude, and an inability to pursue with ease his ordinary avocations. His bowels were torpid, the urine deposited a copious sediment, and his slumbers were frequently broken. From his account the medical treatment had been variously modified. Tonics and alteratives were first employed, and afterwards tonics combined with aperients. Leeches and occasional blisters had been applied to the region of the liver and the pit of the stomach. He



had been salivated, and had been requested to abstain from animal food in a solid form. None of these measures had afforded any permanent relief; on the contrary, the disease was decidedly aggravated.

When he came under my care (he had some years before been a patient of mine) the case presented the following symptoms: the body was slightly emaciated, the expression of the countenance was exceedingly anxious; the face was disfigured by a scaly eruption, to which he had formerly been subject; the tongue was moderately clean, save towards the posterior part, which was furred; the pulse was small, weak and rather accelerated; he had little desire for food, and what he took was either rejected or occasioned acute pain in the stomach; the bowels were extremely torpid, and were seldom moved except from the action of aperients, to which he had frequent recourse. The urine was limpid and secreted in greater quantity than natural; the pit of the stomach was exquisitely sensitive to the touch: he shrunk instinctively from the attempt to examine it; pain was also experienced in using slight pressure over the region of the liver: he was wakeful and restless at night.

It is important to observe, as it throws additional light on the history of the case, that the disease had unquestionably been produced by undue mental application to business, and from anxieties inseparably connected with an extensive concern the management of which rested mainly on himself.



I have now put the reader in possession of the leading symptoms of this interesting, though not unusual case ; and I shall endeavour briefly to state the considerations which the contemplation of it suggested in reference to the treatment. Such details, as already remarked, are comparatively of little value, unless the writer explains clearly the grounds on which he bases his practice. It is not sufficient to enumerate the remedies that may have been used. *We must know the reason for their selection and employment.*

In reviewing the history of this case there were two circumstances which obviously presented themselves to the mind, the understanding of which is indispensably necessary to regulate the treatment. The first is, that the disease was the consequence of a debilitated state of the vital powers induced by confinement and over-mental exertion. Nature, on such occasions, gives many premonitory intimations of weakness, which are unheeded, and she goes on embarrassed, and struggling in her efforts to maintain the due balance of the energies of life, but at last breaks down. The disease, which issues out of this general derangement, will vary with the conditions and innate susceptibilities of the system. It may be consumption, indigestion, rheumatism, fever, scrofulous or nervous affections.

The next point for our consideration, were the effects produced by the treatment which had been pursued. This had been more or less active during



the whole course of the malady, and had unquestionably tended to prolong and aggravate the symptoms.

Keeping these facts prominently before the mind, it was easy to arrive at a general idea of the nature of the difficulties which had to be overcome in the successful treatment of the case. The stomach and the liver were the organs principally affected. The former was in an irritable state exhibiting acute sensibility, or according to prevailing pathological views was the seat of *inflammation*. The liver was, also, in a similar condition. The bowels were torpid and their secretions defective, partly from the withdrawal of their ordinary stimulus—food, as well as from their implication in the disease of the neighbouring viscera. These symptoms will probably be regarded as indicating the presence of inflammation. We will not dispute about the propriety of the term, but attempt to explain the *nature* of the morbid conditions which we conceived to exist when the case fell under our care. The nerves both of the stomach and liver were in a morbid state. Those of the former had acquired extraordinary sensibility. This implies not only an extensive derangement of the nervous system, *but the undue concentration in these particular nerves of that animating principle in virtue of which they are enabled to act*. Such symptoms are evidence of the broken balance of this system. The circulation in these organs would also be equally disturbed. The capillaries would be congested—the blood partially



stagnant and deficient in its ordinary life-imparting properties.

The consideration of these phenomena suggested that the important object to be attained, WAS THE RE-ESTABLISHMENT OF THE BALANCE OF THE NERVOUS AND CIRCULATORY SYSTEMS, at the least possible expense of the powers of the animal economy, which was accomplished in the following manner. The patient, as he was unable to attend to business, was confined to bed, and part of a sheet folded several times steeped in a weak solution of common table-salt, after being well wrung out, was wrapped round the body, and over it a *dry* blanket. The wet-sheet was renewed twice during the day. It was dispensed with at night. On the second day the pain, which was previously acutely felt on pressure, was materially diminished, the pulse was fuller and less frequent, and the expression of the countenance was less anxious. On the fourth day the pain had almost entirely disappeared, and he was then allowed to get up, and the next morning he resumed his ordinary avocations. The only other *external* measure which was employed for the following ten days, was friction with the flesh-brush, morning and evening, for a quarter of an hour, along the spine and over the abdomen. The only *internal* treatment which was used, was a wine-glass of lime-water and milk, in the proportion of one of the former to two of the latter three times a day.

The diet to which he was restricted the first two



days, was dry toast, and a combination of equal parts of milk and *well* boiled oatmeal gruel. The latter must be made separately, and after boiling several hours should be passed through a fine sieve or linen cloth. He took this several times a day, but in quantity never exceeding a small teacupful. He was allowed to drink freely of cold water. Beef-tea the two following days replaced the milk and gruel. The change in the diet subsequently was, first, roast fowl, and afterwards mutton chops with bread only. Cocoa, made from cocoa-nibs, he took for breakfast. These different articles constituted the chief diet for the first week, after which no particular rules were observed.

There are other facts which it is necessary to state. The bowels, on the third day (the first time since he had been confined to bed), were slightly moved; more freely two days afterwards, and ultimately became perfectly regular. There is one remarkable effect which always follows the application of the wet-sheet, and the friction, when judiciously enforced, viz., the improved *colour* and expression of the countenance. The face becomes clear and appears much fuller. The phenomena are evidence not only of an increased amount of blood being put in circulation, but blood greatly improved in its qualities,—results which must unquestionably be produced by a steady perseverance in the measures laid down. The re-establishment of the natural action of the bowels, and of the strong and equable pulse, are the effects of such induced alterations in the nervous and circulatory systems.



We have been somewhat minute in the relation of this case, in part from the acknowledged fact that it is typical of a common and an embarrassing class of diseases. Such cases, when unsuccessfully treated, frequently terminate in typhus or typhoid forms of fever. When the symptoms occur in an irritable system, they are generally, on the plan usually pursued by the profession, tedious and difficult of cure. On this point we speak from extensive observation and experience. Juster views on the origin and nature of indigestion have enlarged the remedial resources at our command, and have proportionately added to the pleasure which should ever accompany the exercise of the medical art.

There is one further remark which bears on the judicious treatment of such cases. Though the patient may be able to attend to his business, it is of great advantage to withdraw him from it, if only for a few days; and especially if it is deemed desirable to put in practice important measures which are calculated to relieve the disease under which he labours. This condition we usually exact and it is one which should often be insisted upon. It removes the patient from the influence of many sources of irritation,—it interrupts the demands upon his mental powers,—it gives comparative repose to the body, and, moreover, protects it from sudden or extreme alternations of temperature. The patient by such a sacrifice is richly repaid.

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## CASE II.

A GENTLEMAN, forty-five years of age, of sanguine temperament, of a restless and active turn of mind, possessing considerable physical powers, and who for nearly twenty years—save occasionally slight derangement of the stomach from excesses at the table,—had enjoyed almost uninterrupted good health, came under my care offering the following symptoms: his appearance indicated loss of flesh, and there was a haggard expression of countenance; the skin generally, but particularly the face, was deeply tinged with bile; the appetite was impaired and fastidious; there was no uneasiness or sense of oppression after taking food; the tongue was moderately clean; the bowels irregular, and at times extremely torpid; the urine high coloured, and frequently deposited a copious sediment; the pulse was intermittent,—there was a pause at every second or third beat, and this symptom had existed for nearly four months; there was no pain when the hand was applied to the pit of the stomach, but was felt when a moderate degree of pressure was employed over the region of the liver, and this organ was evidently enlarged. There was no pain at the region of the heart, nor had its irregular action been characterised by palpitation. He complained of weakness and lassitude, and his temper had become extremely irritable. He occasionally walked out in his grounds and often took carriage exercise.



The history of the case, derived from himself and his medical attendant, was as follows: He had, for the twelve months preceding this attack, been frequently subject to what he called his sick headaches, to an unpleasant taste in the mouth, and to eructations; and had been necessitated to take various aperients to act on the bowels. He was a free liver, but seldom to a degree to be designated intemperate. He was particularly fond of field sports, and had until lately always taken active exercise in the open air.

From a change in his position he had to devote his energies to the management of a large commercial concern, and consequently, save occasional travelling on business, was closely confined to the office. It was on returning from a harassing journey, during which he had had little sleep for two nights, that he felt extremely unwell on reaching home. He complained of nausea, but did not vomit; he was heavy, listless, and sleepy, and had no appetite. After trying for several days, unsuccessfully, to correct these symptoms, he called in his regular medical attendant, from whom the following general statement is derived. He said he found his patient sitting close to the fire, complaining of frequent chills, and of a difficulty of keeping himself warm; the pulse was slow and languid, the tongue white and furred, the skin dry, and there was occasional nausea. Under these circumstances he prescribed an emetic, which operated well, and the bowels were freely acted upon by calomel and saline aperients. The



symptoms generally, however, were not much relieved by the treatment.

After a few days partial jaundice appeared, the pulse at the same time becoming intermittent, accompanied with a dull, throbbing sensation in the region of the liver, in consequence of which leeches and a blister were applied ; salivation was gradually induced, and the gums were kept tender for several weeks. A variety of remedies were prescribed during the following three months, but without effecting any important change in the character of the disease. It may be mentioned, that leeches and blisters were several times employed, and that the mercurial, as well as the iodine ointment, had also been used.

Such is the brief history of the case. We come now to the consideration of the origin and nature of the different symptoms. It is evident from all the facts stated, that the disease, at its commencement, was indigestion, especially marked by derangement of the stomach and liver, which for the twelve months preceding had been neglected, or improperly treated by the patient himself. It is important to keep the antecedent phenomena of the malady steadily in view, for they are necessary to explain the subsequent morbid effects, and the inefficiency of the treatment which, under other circumstances, would have produced beneficial results. The liver and the stomach had gradually become disordered, the former suffering from congestion. The change in the circumstances of the individual,—withdrawn in a



great measure from his ordinary active pursuits,—subject to greater mental exertion, conjoined with increased anxieties and responsibilities, had aggravated the existing morbid effects, and had given rise to the intractable symptoms of the disease. Had these been of recent origin, the measures employed would probably have subdued them.

I will now state what I conceive to have been the nature of the vital conditions when the case fell under my care. There was *chronic* congestion of the liver,—congestion which had existed for a considerable time, and the whole of the abdominal viscera were similarly affected. The blood was not only thus disturbed in its distribution, but proportionately disordered in its properties, and hence the jaundiced appearance and the remarkable intermittence in the pulse. The liver, during the course of the malady, was never particularly painful on examination; pain was, however, experienced when more than ordinary pressure was used. It was in consequence of the disease being so thoroughly chronic in its character, that the treatment had been unequal to the correction of the symptoms. The abstraction of blood, the stimulating application of blisters, the frequent purgatives and alteratives, and various other remedies, *had failed in rousing and re-establishing the normal circulation of the vital fluid*, without which it was impossible to effect a cure.

The patient, at my request, was confined to bed one week, in order that the sheet steeped in salt and water



might be effectually employed, as in the preceding case ; and friction with the hand was to be used twice a day, for a quarter of an hour, along the spine and over the abdomen. At the end of the week, the bilious tinge of the skin was considerably diminished, and the intermittence of the pulse, in place of being every second or third beat, was only every tenth or twelfth pulsation. The bowels, without medicine, acted twice during the week, the second time freely. On the first occasion the motion was light coloured ; on the second, of a much deeper brown. At the end of the week, the wet-sheet was employed morning and evening only, for an hour, and the friction afterwards for a quarter of an hour. He took gentle exercise on foot, in the open air, twice a day. The diet of the first week was beef-tea, cocoa, prepared as stated in the foregoing case, and dry toast. He was requested to drink rather abundantly of cold water. His diet for the following few weeks was roast fowl, fish, mutton chops, and lastly beefsteaks ; but no vegetables were allowed. At the end of the month, from the commencement of my attendance, the complexion had become natural, the pulse regular, the secretions of the bowels healthy, the appetite good, and the slumbers sound and refreshing. At this time I discontinued my visits ; but recommended that friction with the flesh-brush should be used for several weeks, and that the patient should take two or three glasses of sherry or madeira daily.

This is a much rarer case than the one previously described, and it offers several points for consideration



not void of instruction. The first is its decidedly chronic character, which was somewhat masked to the ordinary observer by the more formidable symptoms that suddenly appeared, which were imagined, by the medical attendant to arise from a recent inflammatory affection of the liver. The next point is the thorough derangement of the circulatory system, the blood being disordered both in its distribution and properties. The third important matter for reflection, was, in what manner, with the least injury to the powers of life, could the disturbed and unhealthy mass of blood be put in vigorous motion,—the invariable effect of which is the correction of its morbid condition. *Experience has taught me, that there are no measures, at once so potent, safe, and prompt in their operation, as those which have been brought under notice.* Many cases, like the one related, become incurable from the inefficiency or the prejudicial influence of the treatment adopted. The disease is uninterrupted in its course until extensive structural changes take place frequently followed by dropsy. Many instances of this kind have fallen under my own observation, and some occurred in my own practice, until juster and far more comprehensive views of the laws of the vital functions than I had previously entertained, suggested a very different line of conduct.

### CASE III.

THIS case is not one strictly of indigestion, but is related as furnishing a striking illustration of the effi-



cacy of the treatment to which we have already alluded. I was requested to see a gentleman, fifty years of age, of large frame, possessing naturally great muscular power, of a leuco-phlegmatic temperament. He had led an active life, but had for years been a steady drinker of spirits, but rarely to the degree of intoxication. When I saw him he had been ill nine months, but not confined to the house, though for some time unequal to the duties of his ordinary occupations. He was affected with jaundice, and had laboured under the disease seven months. He had lost nearly three stone in weight. His tongue was white, flabby, and very slightly furred. He had not for months had any appetite; he was frequently troubled with nausea, and occasionally vomited a glairy fluid; the bowels were obstinately torpid, and were never moved, except by glysters or purgatives. The former had latterly been employed daily; his urine was exceedingly small in quantity, and very high coloured; the pulse was extremely weak, and was usually from fifty-five to sixty beats in the minute; the patient was low and desponding. A variety of remedies had been employed, but with no obvious advantage, and when seen by me he had refused for several weeks to take any more physic, asserting, and apparently with justice, that it had been of no benefit to him. The mercurial ointment had repeatedly been rubbed over the region of the liver, and blisters and leeches had occasionally been applied. He had swallowed large doses of calomel for weeks in succession, and had been thoroughly salivated twice;



draughts and mixtures of various compounds he had taken in no stinted quantity. Warm-water baths and iodine baths had been frequently used during the course of the disease. When I saw him he was taking soda-water dashed with a little brandy several times a day, on the ground that it allayed the sickness. The liver was slightly enlarged, but there was no acute pain on pressure.

The opinion I formed, as to the probable issue of the case, was not favourable, but it was not pointedly expressed. When there is much to be accomplished, it is indispensably necessary to have the hearty co-operation of the patient and his friends. It is no small matter to enlist their feelings, buoyed up with the anticipation of success, in our favour. It is pleasant to go with the tide, but in the treatment of difficult and tedious cases, we should always endeavour to secure the aid of both wind and tide. It is marvellous the good effects which sometimes follow from inspiring hope or confidence in the patient and in those deeply interested in his welfare. He who leaves behind him, in the sick room, the largest amount of sunshine, is not only the most welcome but the most successful practitioner.

The treatment, in this case, was similar to that related in the foregoing pages. It was, however, modified from several considerations. As the disease under the most propitious circumstances was certain to be of long continuance, it was deemed judicious not so to enforce the measures as to confine the patient un-



necessarily to bed. Gentle exercise on foot, in the open air, was too important an adjunct to be dispensed with. The wet-sheet\* was ordered to be applied the first thing in the morning, and early in the evening, for two hours, and friction with the flesh-brush afterwards to be used for quarter of an hour. These measures were perseveringly employed. As the bowels on the fourth day had not been moved, a simple enema was administered, and it was satisfactory to find that the evacuation was much greater in quantity than it had been for a considerable time, but was exceedingly light coloured. It was again repeated three days afterwards, and with a slight improvement in the character of the evacuation. Ten days after the commencement of these measures, the deep bilious tinge of the countenance was evidently diminished, and the spirits of the patient were less depressed. At the end of the third week the bowels acted without assistance, the fæces being solid and approaching to a brown colour. The glysters were afterwards altogether discontinued. The urine had become more abundant and natural. The pulse had increased in frequency; it was seventy, and decidedly stronger; and there was no nausea or tendency to vomit. The patient slept soundly, and generally during the whole time that the sheets were applied. They almost invariably induce sleep. At the end of two months the

\* Whenever this is mentioned it is implied to have been steeped in salt and water. About one handful of salt to three gallons of water is the strength of the solution which I have generally used.



colour of the skin was nearly as in health, and the patient was able to walk several miles with ease. The measures, with very little alteration, were persevered in to the end of the third month from their first application, at which time every trace of the disease had disappeared. The patient had regained nearly his ordinary strength and spirits.

It would scarcely be right to dismiss this case without a few comments in reference to the nature of the disease, and the treatment which was successfully pursued. It is scarcely necessary to observe that the disease was an enlargement of the liver,—indurated and congested from its long interrupted activity,—conditions which were probably produced from the immoderate use of spirits. These conditions appeared to be *entirely* corrected, but subsequent events showed that such was probably not the case. Two years after, from a partial return to his previous habits of intemperance, he had another attack, though very slight in degree, and was readily cured by the employment of the same measures; and occasionally since then, his skin has exhibited the incipient indications of jaundice. He is now in sound and robust health, and busily engaged in commercial pursuits.

The soda-water, with brandy, was continued for the first few weeks. I did not think it prudent to withdraw a stimulus which was grateful to him, and especially considering his previous habits. Beef-tea, in small quantities, he took several times



a day; and as soon as the nausea was altogether removed, he had milk and gruel, prepared as stated in the first case. After the first month he was allowed roast fowl, and occasionally fish. When the symptoms of jaundice had nearly disappeared, he was allowed two glasses of madeira twice a day, daily exercise on foot and on horseback being enjoined as an imperative condition. It may, also, be observed, that the patient was requested to drink plentifully of cold water during the whole course of the treatment, but particularly during the early weeks of my attendance. Experience has convinced me, that the value of this practice is by no means justly appreciated by the profession. It is fraught, in many diseases, as in fevers, inflammations, and whenever the mass of blood is disordered in its circulation by extensive local congestions, whether chronic or recent, with extraordinary advantages. It co-operates powerfully in re-establishing the normal balance of the sanguineous system, and consequently of the powers of life. When the blood is too stimulating, as in acute inflammation, it lowers its too vitalized properties;—when it is deficient in the required elements, from a large amount being temporarily withdrawn from circulation, from the congestion of various important organs, the water tends by its absorption to arouse the blood into motion. And especially is it beneficial in its influence, when the whole animal economy is awakened to a wide range of vital actions by the employment of these external measures.



The capillaries on the surface of the body, as well as throughout the abdominal viscera, from the stimulus imparted to them, carry an increased quantity of blood, and they cannot possibly do this without drawing some portion of the living stream from the congested and disordered organs, and in such ratio will they relieve the morbid conditions of the latter.

It is comparatively a matter of indifference what part of the lengthened chain of the circulatory system is energetically roused into action. The chain is one connected and uninterrupted whole ; and to act on any series of links, in any situation, is to produce an effect that is equivalent to an impulse conveyed to the entire system. The effect may not always be immediate, but it is an influence that must necessarily be felt.

The contemplation of these unquestionable facts in all their comprehensive bearings on the functions of life, led to the development of the practical views which are here detailed. These were not the offspring of accident or chance, but of severe study and deep research. They took their rise in a knowledge of principles, which had been evolved and elaborated during a long period of years, and with a devotion to physiological investigations, and a sacrifice to immediate pecuniary profit, which give me some claim to the attention of my professional brethren.

#### CASE IV.

A LADY, in affluent circumstances, single, thirty-five years of age, of a nervous temperament, consulted



me, complaining of indigestion and extreme nervous irritability. She stated that about twelve months ago, she was very much troubled with flatulence, eructations, distension of the bowels, constipation, a distressing sensation at the pit of the stomach after eating, with occasional nausea and efforts to vomit; pain and a sense of weight at the fore part of the head; and at times a sense of great fulness, frequently succeeded by a strong pulsation at the temples; violent palpitation of the heart at night, on awaking from a broken sleep, and on any little surprise, or the unexpected visit of a friend: her slumbers were short and disturbed. She was subject to frightful dreams, nightmare, and cramps affecting the toes and the calves of the legs; the catamenia were regular, but had for several months been occasionally more abundant than usual, and accompanied with severe suffering which continued several days. Her appetite had been variable, but rarely good. She had been under the care of a practitioner of reputation for many months, and had taken a variety of medicines, but with no permanent or general improvement in her health; and, at his suggestion, she had been induced to visit Harrogate, and took the waters daily for nearly a month, but not deriving any decided advantage from them, she returned home.

It is important to state, in illustration of the history of this case, that the lady had led a fashionable life, had kept irregular and late hours, and sometimes for weeks in succession scarcely walked a mile in the open air. Carriage exercise she in general took daily.



When she came under my care the following were the leading symptoms: the countenance had an anxious and restless expression; the tongue had a slightly polished appearance, and was in a trifling degree furred at the posterior part; she complained of no unpleasant taste in the mouth, but said that the tongue at times felt sore; the gums were swollen and tender; she had little or no appetite; had an uneasy sensation in the stomach after taking food, but no nausea or vomiting; the bowels were rarely ever moved, save from the effects of medicine; and in order to promote their action, she had for some time been in the daily habit of taking dinner pills; occasionally she used glysters; the pulse was small, weak, and averaged from eighty to ninety; there was no flatulence or distension of the bowels; palpitation of the heart occurred several times a day, and especially on any little excitement. On examining the abdomen, it was found less full or prominent than natural; acute pain was felt on pressing the pit of the stomach and the liver; the urine was colourless and abundant in quantity; there were no spasms or nightmare, nor frightful dreams, but wakefulness at night; the catamenia had ceased for the last three months. She had no fixed pain, but was excessively nervous and irritable, and morbidly anxious about herself; her hands and her feet were alternately hot and cold, and the face was frequently flushed.

The foregoing were the prominent symptoms of



the case,—a class of symptoms which are by no means uncommon. I will now endeavour to give the pathological and physiological views which the analysis of the symptoms suggested.

It was evident that the system was in an exhausted and debilitated condition; all the vital functions were more or less disordered; the secretions generally deficient in quantity and vitiated in quality; the organs particularly diseased were the stomach and liver, *which were suffering from chronic congestion and sub-acute inflammation*; the nerves of these organs had also acquired an undue degree of sensibility, hence these viscera became sources of irritability implicating in their derangement the whole nervous system. These conditions accounted for the extraordinary anxiety, restlessness, and wakefulness of the patient. The direct sympathy between the stomach and the brain is often exhibited, as in this instance, to a degree that can be appreciated only by the observant practitioner. The cessation of the menses, arising from the weakened powers of life, and the prejudicial influence of the chronic inflammatory state of the stomach and liver, became additional and potent circumstances, tending to aggravate and prolong the symptoms; and without the re-establishment of the arrested functions of the uterus, it would scarcely be possible to restore the patient to health. I conceived that the application of leeches or blisters would increase rather than diminish the existing evils; and that neither altera-



tives, tonics, nor aperients were at all applicable to the case. The system had already been sufficiently drugged and with no permanent advantage.

There were three principal objects which had strong claims on my consideration: the first was, that the measures employed should be of such a character, that while they effected the desired change in the system, *they should not waste but economise the powers of life*; the second, that their action should have a tendency to re-establish the natural distribution and properties of the blood, and at the same time the normal balance of the nervous system; the third, that the treatment should be equally well calculated to excite the uterus to the performance of its usual functions.

The measures which experience had taught to be exceedingly efficacious were enforced as follows. Previous, however, to entering upon the explanation of them, it may be remarked, that in the successful treatment of such cases, it is an imperative condition that the bowels shall not be disturbed by the employment of any internal remedies. As a general rule, it is a baneful practice, and one that cannot be too strongly condemned. The bowels must be stimulated from *without* and not from *within*. They must, within liberal limits, be allowed to take their own time, so as to collect together their embarrassed and struggling energies. The action of the bowels which results from their independent co-operation is alone natural and beneficial to the system at large.



The wet-sheet, prepared as before stated, was ordered to be applied morning and evening, for two hours; and afterwards the spine and the abdomen to be gently rubbed with a stimulating liniment for twenty minutes; carriage exercise was to be taken daily. The diet was as follows: tea, with two-thirds milk to breakfast, and dry toast, and an egg lightly boiled; at dinner, fowl-broth; and in the evening, milk and oatmeal gruel. This was the diet for the first week. The wet-sheet applied in the evening composed the patient to rest, and she had five hours of uninterrupted and sound sleep, which she had not had for many weeks; the bowels were moved on the third day, but not freely. In ten days the patient was greatly improved in many respects. She had little or no pain after taking food; there was much less tenderness over the region of the liver and stomach; the extremities were permanently warmer, the expression of the countenance less anxious, and the tongue had lost a portion of its glossy appearance. The patient was now requested to take daily exercise on foot in the open air. At dinner she was allowed to have roast fowl and fish, but no vegetables.

These measures were steadily persevered in for a month, at which time the bowels had become regular, the appetite good, and she had no uneasiness whatever after taking food; her sleep was generally sound and refreshing, and her spirits were considerably improved. The wet-sheet was now discontinued, but friction with the liniment was requested to be used as usual. I



now ceased my attendance, but was frequently informed of her progress by letter. In rather more than three months from the application of this treatment the menses returned, and she was in excellent health.

Were it necessary, I could adduce other cases of the same kind, that were similarly benefited by this simple but most efficient treatment. As observed, in my remarks in the preceding pages, there is no other class of measures which is equally capable of exercising the same powerful influence over the vital powers either in health or disease. And it must be remembered, that this influence is *conservative* in its character. It arouses and regulates the distribution both of the blood and nervous energy, on the sound conditions of which the normal actions of the animal economy depend.

#### CASE V.

A MEDICAL student, twenty-two years of age, of sanguine temperament, and possessing a vigorous constitution, recently consulted me. He had a haggard and bilious expression of countenance; the tongue was flabby and much furred; the pulse was languid and hesitating, but in other respects regular; the bowels were excessively torpid, and when in robust health were seldom freely moved except from medicine. He had little or no appetite, but had no uneasiness after taking food, nor had he any fixed pain in any part of



the body. He was excessively restless at night, and fancied that he got no sleep at all. What he particularly complained of, was a sense of weight about the heart, *and a strong pulsation in the region of the dorsal vertebræ*, which he described, when in the recumbent posture, as like the strong beatings of a second heart. He was thoroughly satisfied in his own mind that he was suffering from aneurism of the aorta. He had, for several months, been closely pursuing his studies, and for days together had scarcely taken any exercise.

Previous to consulting me he had prescribed for himself several doses of calomel and scammony, as well as other purgatives, which had always acted most freely, but without affording any relief to the distressing pulsation along the course of the aorta.

I explained to him that this symptom was by no means uncommon, having met with several remarkable instances of the kind; and that it was evidence of functional derangement of the bowels, and as frequently existed independently of, as in connexion with accumulated fæcal matters.

I mentioned to him the beneficial effects which I had repeatedly witnessed from the application of the wet-sheet. I requested him to confine himself to bed for two or three days, so that it might be employed with advantage. My directions were that it should be used twice a day, and allowed to remain for two hours each time. The advice was followed. When I saw him the day after its application, he remarked,



smiling, that the sheet was decidedly a soporific. Sleep, he said, overpowered him in less than half an hour when it was used in the morning, and in the evening so sound was the slumber induced that he did not awake until the middle of the night.

He was unquestionably improved in several respects. His depression of spirits had materially diminished, and the pulsation, though still annoying, was somewhat diminished; his pulse was stronger and fuller. He had drank, at my request, freely of cold water. After these measures had been enforced three days, the pulsation had almost entirely disappeared, his complexion had become clearer, and his feelings were much more lively and buoyant. As the bowels had not been acted upon during the three days, I requested the abdomen to be well rubbed with the hand, morning and evening, and at the close of the fourth day they were freely moved, and afterwards generally every other day. In a fortnight from the time I first saw him, he considered himself perfectly well.

There is nothing in any degree unusual in this case, save the very strong pulsation along the course of the aorta. It is certainly a symptom not very uncommon in dyspeptic patients, and is always exceedingly distressing. I have occasionally found it much aggravated by severe purging, which is often had recourse to on the supposition that it arises from some obstruction or accumulated matters in the bowels. It is evidence of an irregular distribution



of the blood. It is, also, invariably conjoined with great nervous excitement and irritability. It is this state of the nerves,—their exquisite susceptibility of impressions,—the brain being necessarily in a corresponding condition, that in part accounts for the disagreeable sensation which is created.

### CASE VI.

THIS case illustrates the extensive structural changes which occur from the early symptoms of disease being neglected or injudiciously treated; and, also, the extraordinary efficacy of simple remedial measures, if perseveringly enforced. I was requested recently to visit a lady, who had been confined to bed nearly two months, and whose case was regarded as hopeless. The patient was forty years of age, unmarried, of a highly nervous temperament, naturally delicate, and of slight frame. The history of the case was as follows: The patient was a thorough dyspeptic, but by attention to diet and other circumstances, and occasional advice, she had for several years enjoyed a moderate share of health. For twelve months preceding the present attack she had been more than usually ailing, and had suffered much from flatulence, pain in the stomach, and especially from frequent purging, for which and other symptoms she had long been under medical treatment. When I saw her, the cheeks were flushed, the tongue excessively red, contracted, and pointed; the pulse was 110, small, feeble, and at times scarcely



to be felt. The abdomen was distended, and acutely painful to the touch. There was no nausea or vomiting, nor any uneasiness after taking food, but this almost invariably occasioned purging. The body was exceedingly emaciated, and the patient seldom got any sound sleep, except from anodynes, which had, in a great measure, lost their effect. It would be a waste of time to relate what had been done. Few things that skill or ingenuity could suggest had been left untried.

We will now endeavour to explain what we conceived to be the nature of the disease. It was evident that the prominent and distressing symptoms *were to be traced to peritoneal inflammation*; but the case was not one of simple peritonitis. The acute symptoms originated in a chronic and neglected condition of the peritoneum, which had been gradually induced by the previous derangement of the stomach and bowels. The irritation, of which these organs had long been the seat, and the constitutional weakness which followed, had, as an inevitable consequence, disturbed the balance of the circulatory and nervous systems. The blood had gradually retired from the extremities and surface of the body, and had been thrown upon the internal viscera, and hence the urgent inflammatory symptoms which ultimately resulted.

There are further important considerations. The difficulties, which had to be overcome in the successful treatment of the case, were various. We had not simply to combat the acute symptoms of peritonitis,



but symptoms springing out of a chronic inflammatory condition of the peritoneum, as well as a morbid state of the mucous membrane of the stomach and bowels, and of the secretory organs in general. In addition to this wide range of disordered vital action, which under the most favourable circumstances is sufficiently appalling, the powers of life were greatly exhausted by long-continued suffering. There was little to work upon. Leeches or blisters were altogether inapplicable in this stage of the disease. The season for their employment was past.

In the employment of remedial measures, the object to be attained was the re-establishment of the balance of the sanguineous system. The equable distribution of the blood was the important consideration, not merely to relieve the congested organs, *but to throw into circulation a larger amount of the vital stream*, and thereby to facilitate and invigorate the various processes of life. There was only one mode in which this could be attempted with a probable chance of success; and that was by the application of measures which would stimulate the capillaries of the abdominal viscera to increased action.

A linen cloth, folded several times, steeped in water as warm as could be comfortably borne, was ordered to be placed over the whole of the abdomen, and afterwards a piece of oil-silk for the purpose of retaining the heat, and to be renewed every four hours. The plan was steadily persevered in for an entire month. No internal remedies whatever were employed, save



that four drops of laudanum in eight ounces of water were prescribed, of which the patient took one table-spoonful three times a day. Those who imagine that there is no potency in such a dose have much to learn.

The acute sensibility and distension of the abdomen gradually diminished. The tendency to purging entirely disappeared after the third week. The pulse gained strength, and became less frequent. The diet, for the first month, was equal parts of milk and oatmeal gruel, boiled milk, and weak beef-tea. At this time, the patient being able to leave her bed and partially to dress, the external application was used only morning and evening for two hours, followed by friction with the hand over the abdomen and along the spine. The recovery was complete in three months.

This case is full of instruction to the reflecting mind. It shows what may be done by simple measures when judiciously employed, and under circumstances of peculiar difficulty. It would be easy to adduce numerous other instances in illustration of the same treatment, modified according to the nature and urgency of the symptoms, but it is scarcely necessary. Sufficient has been stated to enable others to judge of the morbid conditions to which the measures are applicable. They are not to be used indiscriminately, but with sound discretion.

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## CASE VII.

A GENTLEMAN, forty years of age, of the sanguineous temperament, rather inclined to be stout, of florid complexion, of regular and sober habits, possessing an excellent constitution, and leading an active life, consulted me presenting these symptoms: The mind was in a peculiarly excitable state, the expression of the eyes wild and restless; he was uneasy and agitated in his movements, and at intervals his spirits were exceedingly depressed, so much so that during the time I was engaged in investigating the case, the tears flowed abundantly; the tongue was white, but otherwise clean and natural in its appearance; the pulse eighty, rather full and strong; the bowels constipated; *the pit of the stomach was acutely painful on pressure*; no tenderness over the region of the liver, or in any part of the abdomen; the appetite was impaired, and he had a sense of weight in the stomach after taking food; he was wakeful and restless at night.

The case made an impression on my mind, that the patient was bordering on insanity, for, save the acute pain experienced on pressure at the pit of the stomach, I could discover no particular disease. There were no domestic or other circumstances to account for his mental condition. He possessed large landed property, and had never been engaged in any speculative or hazardous undertakings.



He had several times been treated by me, suffering from derangement of the stomach, and on those occasions there was more nervous excitement than is usually observed in connexion with the ordinary symptoms of dyspepsia. In consequence of my absence from home, he had, previous to applying to me at this time, been under the care of another physician for nearly five weeks. He had had leeches and blisters applied twice to the pit of the stomach, and the mercurial ointment had been rubbed over the region of the liver; and further, he had taken small doses of calomel until the gums had become tender. The rest of the treatment, according to the prescriptions, had been aperients, tonics, and stimulants.

It was evident that the whole train of symptoms was attributable to the irritation of the semilunar ganglion and the nerves at the pit of the stomach. The vast influence which such irritation is capable of exerting, is familiar to every enlightened practitioner; and unless it can be traced in association with considerable congestion or derangement of the abdominal viscera, leeches, blisters, purgatives, and stimulants are generally injurious. Whatever, in fact, tends to exhaust the system is prejudicial. Tonics, which under other circumstances, are prescribed with great advantage, frequently fail in producing much benefit in cases of this kind. A variety of remedies have been employed in the treatment of them.

Considering that the object in view was to remove



such irritation, and in such a manner as not to disturb the vital functions generally, I recommended the following measures: A cloth steeped in warm water was ordered to be applied, on retiring to rest, over the region of the stomach, and afterwards a piece of oil-silk sufficiently large to prevent the escape of vapour, the whole to remain until morning. A mixture was, also, prescribed, viz., eight ounces of water and six drops of laudanum, a wine-glassful to be taken three times a day. I saw the patient on the third day, and was delighted to find that the tenderness was materially relieved; his expression was more lively and natural, and he considered himself much improved. As the bowels had not been acted upon, a common glyster was ordered to be given, which operated satisfactorily. The same measures were continued for the following three days, at the end of which time all the symptoms had entirely disappeared. As the bowels were still somewhat torpid, he was requested to take three grains of rhubarb twice a day. He was perfectly well in all respects in ten days from the commencement of the treatment.

The case suggests a few remarks. Mercury is almost invariably prejudicial in such cases. In very minute doses it frequently produces extraordinary nervous irritation; and the system is a considerable time before it thoroughly recovers from its effects. The evils consequent on its employment are numerous and grave; and experience has long convinced me, that



other measures, properly enforced, are equal to the correction of the existing morbid actions for which this powerful remedy is prescribed.

It will not be doubted that it is desirable, in the treatment of disease, to produce the required effect with the least possible amount of physic. At best it is an evil. It is a mistake to conceive that the power of a medicinal agent,—*the virtue which it ordinarily exerts*,—increases in the ratio of its dose. One or two drops of laudanum we have repeatedly found to cause sound and refreshing sleep, while a much larger quantity was followed by perfect wakefulness. In the one instance, the nervous system is gradually brought under the soothing influence of the remedy; in the other, the same remedy, in augmented quantity, *stimulates* the nervous system,—creates general excitement. The one allays the existing vital actions,—the other excites them. The same reasoning might be extended to a variety of medicinal substances.

#### CASE VIII.

THE following case possesses no interest, except from the prevalence of the symptoms which it presents. A gentleman, the head clerk in a large establishment, thirty-five years of age, of bilious temperament, of a naturally sound constitution, and of sober habits, consulted me. He suffered severely from headache and a sense of oppression over his eyes; the bowels were always torpid, the appetite usually good, but after



taking food he became excessively drowsy, and, at times, sleep was irresistible. He had taken aperient medicine regularly for years, otherwise the bowels, he contended, would never have performed their office with any degree of efficiency.

His close application to business, and the very limited exercise which he took, were the causes of the different symptoms of which he complained. As these were circumstances which he could not modify to any great extent, it was our duty to endeavour to correct their injurious effects by a simple and systematic line of treatment. The first condition which was strictly enjoined, was, that the bowels should in no degree be disturbed by aperient remedies of any kind: the second, that he should use the flesh-brush every morning: the third, that he should drink, on rising in the morning, a tumbler of cold water. He was requested to take bacon, at breakfast, and weak black tea, in place of coffee or cocoa, and to confine himself to roast meats, with a small quantity of vegetables. These, and other simple regulations, were faithfully followed. The bowels were three days without having been acted upon, but nature, at last, was equal to the existing necessities, and they ultimately became perfectly regular. After persevering six weeks in these measures, the countenance became clear and lively in its expression, and he acknowledged that he was in better health than he had been for many years.

This case is suggestive of a few remarks. The practice of constantly teasing the bowels cannot be



too strongly condemned; and yet a large portion of mankind are constantly drugging them. The dinner pill, or the pill at night, or the draught in the morning, is imagined to be as indispensable as the food they swallow. If they knew a little more of the structure and functions of the bowels, they would let these alone. They meddle with what they do not understand.

A tumbler of cold water, the first thing in the morning, followed by friction and gentle exercise, is an admirable aperient; and when the bowels are habitually torpid, it may be repeated with advantage twice or three times a day.

#### CASE IX.

A LADY, forty-five years of age, married, and the mother of five children, of a nervous and irritable disposition, and of sedentary habits, came under my care. The history of the case was as follows: She had ceased to menstruate at forty, at which time she had excruciating pains across the loins, and extending to the thighs, which from their severity incapacitated her from walking, and she was under the necessity of resting almost altogether in the recumbent posture for several weeks; she was also troubled with heartburn, and occasional vomiting; the appetite was very much impaired, and the bowels were extremely inactive. She was under medical treatment six months before she was able to resume her domestic



duties, but had never recovered her usual health. She had frequently been afflicted with cramps in her hands, and the lower extremities; but only occasionally for the last twelve months. She was in the habit of taking aperient remedies almost daily. The symptoms of which she complained now, were want of appetite, distressing eructations, flatulence at times to an extraordinary degree; the stomach and the bowels seemed constantly distended, and particularly a short while after taking food. She had been under the care of several practitioners without deriving any permanent benefit.

From these, and other symptoms, it was evident that the whole of the digestive organs had lost their natural tone, the restoration of which would clearly be a work of time. I requested her to discontinue the use of purgatives. The following were the measures prescribed, and steadily persevered in. A wet cloth, prepared as in the foregoing cases, was to be applied to the abdomen, morning and evening, for two hours. The abdomen and spine were afterwards to be gently rubbed with a stimulating liniment for nearly half an hour. A glyster of turpentine and oil, half an ounce of each, in half a pint of gruel, was to be given every third day: At the end of three weeks the abdomen and the stomach had nearly resumed their natural size; she no longer complained of eructations or flatulence; the appetite was improved, and the bowels occasionally acted independently of the glyster. These measures were ordered to be continued for another



fortnight. At the expiration of this period, she considered herself well. Her general appearance was in all respects altered for the better. The bowels became regular. She was now allowed generous and substantial diet, and two glasses of sherry daily.

Cases like the foregoing are among the most tedious and difficult we are called upon to treat. When the symptoms are of long continuance, and exceedingly aggravated in their character, internal remedies are often of very little avail. The stomach and the bowels, from their permanent distension, lose the power of secretion, absorption, and of contractility. The external remedies which were enforced, in conjunction with the stimulating glyster, were peculiarly calculated to infuse fresh life and energy throughout the whole of the abdominal viscera, and consequently to impart a grateful influence to the entire animal economy. These measures in combination affect directly a large mass of blood, rouse it into circulation, and proportionately improve its properties, re-establishing at the same time the normal balance of the nervous system. It is to these changes that the gradual correction of the morbid conditions is to be ascribed. How inefficient would any *internal* remedies be, compared with the *external*, in producing these important effects! And mark the difference between the two in another point of view. The medicinal agents may leave traces of their prejudicial action which time may never altogether remove. The measures which were here employed, are safe, prompt, and salutary in their operation.



## CASE X.

THE following case will be admitted to be one possessing great interest to myself, being an account of the successful treatment of my own son. He is a youth nearly thirteen years of age, tall, and slight in figure, of the nervous temperament, with a well-developed head, especially of those regions which are imagined to be the seat of the moral and intellectual faculties; he is particularly active both in mind and body, and though he has always been considered delicate, and has frequently had slight attacks of indisposition, such as headache and want of appetite, invariably accompanied with a torpid state of the bowels, he has seldom suffered from any severe disease, except once from inflammation of the lungs. The constitution, though far from being strong, has always appeared to be characterised by a moderate amount of tone and wiriness, and capable of considerable bodily exertion.

He is passionately fond of cricket, which is much practised by his schoolfellows. During the vacation of last summer, this was a daily and almost constant exercise, and from the spirit and energy with which he pursued it, it caused excessive perspiration,—an expenditure of nervous power to which his system was unequal. After the termination of the vacation, he resumed his school duties, but was immediately afterwards frequently indisposed. His appetite was variable, generally very much impaired, occasionally,



however, it was unnatural, from its keenness; his complexion was unhealthy; his tongue slightly furred, and he had often distressing headaches. The bowels were extremely torpid. These, and other symptoms, during the following four or five months, gradually became more aggravated, interrupting his attendance at school, sometimes for several days in succession, and occasionally for ten days or a fortnight.

It is scarcely necessary to remark that various remedies were employed during this protracted period of illness, but apparently without the slightest advantage. He lost flesh; he leaned forward,—incapable of holding himself erect; he became irritable in temper, wakeful at night, had little desire for food, and the bowels would rarely act without medicine. He now was too ill to attend school.

Few medical practitioners like to treat their own family; and, indeed, whatever may be their talent, they are seldom well qualified to do justice to an urgent or anxious case. Their feelings being too deeply interested to allow them to appreciate justly the morbid symptoms, or to employ the necessary remedial measures for their correction. A medical friend, in whose skill and experience I had great confidence, kindly undertook the treatment of the case, and had the entire management of it. In addition to the foregoing symptoms, most of which became aggravated, he had to contend with others. The eyelids and the mucous membrane of both nostrils, but especially one, became inflamed, afterwards ulcerated and discharged



matter ; the youth had a short, dry, and troublesome cough. Caustic was regularly applied to the diseased mucous membrane of the nose, and with benefit, and the internal remedies, for a short time, appeared to be of great service ; many of the symptoms were much relieved, but were not thoroughly removed.

On the partial cessation of the treatment, the symptoms returned in their previously distressing form, and my friend then recommended the steady use of cod-liver oil. This was taken for weeks in succession, at first, with an obvious improvement of the local and general symptoms, but afterwards it seemed to produce no good effect. The eyelids and the nose presented the same diseased condition—the appetite was greatly impaired—the short hacking cough was troublesome—the bowels were excessively torpid—he got little sound or refreshing sleep, and from emaciation and weakness, he was altogether incapable of out-door exercise. He had now been kept from school for about two months. I need not say I had serious apprehensions as to the ultimate issue of the case. No kind of treatment had been of any permanent advantage. The respiratory murmur was heard throughout both lungs ; the abdomen was hard and much fuller than natural. I then treated the case in the following manner : a cloth steeped in a weak solution of salt and water, as warm as could be comfortably borne, dry flannel being placed over it, was applied to the abdomen at night and remained until morning. On its removal, the spine, the



abdomen especially, and the whole body, were well rubbed with the hand; and he took two wine-glasses of tar-water three times a day. No other treatment was employed. *In six days from the commencement of these measures*, the eyes and nose were perfectly well; he had entirely lost the distressing cough; his appetite became good; the bowels regular; his spirits were excellent; the countenance was clear and healthy in its expression, and he was, in all respects, sufficiently recovered to resume, at once, his attendance at school, and has not since had the slightest relapse.

The variety of symptoms which are here detailed, *originated in the debilitated state of the constitution*, induced by over bodily exertion. No organ was in a healthy condition. The object was clearly to give greater tone and vigour to the system generally. The previous treatment had failed in the accomplishment of this object. The measures, which were at last employed, were equal to its attainment. In the foregoing pages we have briefly endeavoured to explain their mode of operation, and hence it is unnecessary to make any remarks thereon in reference to the present case.

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NOTE A, PAGE 38.

I had intended, in this place, to have made some remarks on an improved method of ventilating apartments, but beg to refer the reader, if he feel any interest in the matter, to my "Practical Suggestions for the Prevention of Consumption," published by W. S. Orr & Co., Amen Corner, Paternoster Row, London. 1850.







