

Quacks and quackery unmasked, or, Strictures upon the medical art as now practised by physicians, surgeons, and apothecaries : with some regulations for its complete reform ; and hints upon a "simple method" in connection with the cold water cure / by J.E. Feldmann.

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QUACKS AND QUACKERY
UNMASKED,

OR

STRICTURES UPON THE MEDICAL ART

AS NOW PRACTISED

BY

PHYSICIANS, SURGEONS,

AND

APOTHECARIES,

WITH SOME REGULATIONS FOR ITS COMPLETE REFORM;

AND

HINTS UPON A "SIMPLE METHOD" IN CONNECTION

WITH THE

COLD WATER CURE,

BY

J. E. FELDMANN, M. D.

MEMBER OF SEVERAL MEDICAL UNIVERSITIES.

Veniunt spectentur et ipsi.—

OVIDIUS.

LONDON:

PUBLISHED BY MR. NUTT, 158, FLEET STREET.

MDCCCXLII.

SHACKS AND QUACKERY

UNMASSSED

STRUCTURES UPON THE MENTAL AND

BY JOHN F. KELLY

PHYSICIAN, SURGEON

APOTHECARY

THE NEW YORK OFFICE FOR THE PUBLICATION OF

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PREFACE.

THE desire of being useful to his fellow-creatures, and to the profession of which he is a member, are the sole objects of the author in giving the present tractate to the British public : if, therefore, his remarks should, in some instances, appear severe, the strict impartiality which he maintains, as well as the absence of all personality, will, it is hoped, be received as the surest pledge of the integrity of his intentions.

4, *Bruton Street, Bond Street.*
September, 1842.

PREFACE

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A. BRONSON, Printer, Strand Street,
September, 1812.

CONTENTS.

- I. On the Apothecary Quack.
- II. On Medical Quacks in general.
- III. On the Cold Water Cure, as practised by the
Author.

CONTENTS.

I. On the Apothecary Quack.

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ON
THE APOTHECARY QUACK.

The subject which I have undertaken to treat of, and to present to the literary world, is, or should be, of all others, the most interesting and important to every nation, every society, every family, and every individual. It is nothing less than a review of, and observation upon, the professional education and professional character and practice of the medical man, whether physician, surgeon or apothecary, and the suggestion or recommendation of certain regulations, with the view of advancing the medical science generally, and of raising the character of its professors.

Without entering here into a long historical detail to show the value in which the medical man has been held in all ages, I will only remark—that among the most ancient nations of Egypt and Arabia, the office of priest was combined with that of physician, and that thus the maladies of the body, as well as those of the soul, were cured by the same person. The priest was called in to visit his patient, or the patient was brought from the most remote part of the sacred temple, in order,

that his malady might there be investigated and treated, according to the skill possessed in those days. The remedies which he applied were of two descriptions, physical and moral. The former consisted of the application of a few scruples, &c. the latter, of the consultation and responses of the oracle. The oracle was generally the *dernier resort* of the physician-priest; as, for instance, when he could not discover the illness, or was ignorant of the means of treating it, &c.; under such desperate circumstances, he would invoke this or that goddess to undertake the cure, a measure which was generally attended with the most beneficial effects, from the moral influence it had upon the patient:—or for the purposes of gain, in which case, if the patient were rich, the priest would represent that the deity had afflicted him for his remissness in making the necessary offerings to his shrine, &c.—or lastly, if no other means remained, the oracle was made to save the physician-priest's credit by recommending the patient to go into the country, precisely as is done in the present day by modern doctors, who prescribe country air when it is too late.*

The little medical knowledge possessed by these priests was the basis or foundation of all our science in

* Amongst most of the ancient people of the earth, such as the Phenicians, Egyptians and Hebrews, the priest was a lawyer as well as a medical man. A Jewish Rabbi acts also, even in the present day, as judge or arbiter in cases of dispute, &c.

the art of curing. The priests of every nation continued to exercise the medical art until the middle of the last century ; and it is from them that medical knowledge was propagated and communicated to all classes of people. No sooner, however, did the art cease to be practised by ecclesiastics, than it fell into mercenary hands and became, as it were, a mere matter of trade. One medical man appeared as a magician, mixing up with his curative processes, certain astrological mysteries, astrology being at this time the sister art of chemistry. Another pursued the latter science through all its dark and secret mazes, while a third, the least respectable of all, paraded the public streets and places of resort, and with unblushing effrontery vended medicines for every kind of disease, which were eagerly purchased by the ignorant and deluded multitude. Such a charlatan, when selling his wonder-working quackeries, was frequently considered as a sorcerer, magician, or alchemist ; and certainly, he was entitled to this last appellation, since he transmuted a few insignificant herbs and drugs into the most precious of metals.

These impostors, the better to throw an air of awe and solemnity over their appearance and proceedings, assumed a kind of oriental dress, which is, even in the present day worn by Asiatic barbarian physicians and magicians ; a manœuvre which has been continued, with some modifications, even so late as the last century, when the full powdered wig, the gold headed cane, and

the suit of solemn black, were all indispensable to the character of a physician.

The increased business of an empiric of the above description, and his connection with others abroad of the same stamp, might easily suggest the idea of keeping a store or magazine of such medicines, roots, herbs, oils, &c., as he might have need of, or as were gradually coming into general use, and hence the origin of an apothecary. His other professional brethren, being too much occupied with out-door practice to be able to prepare and sell medicines, or having a superficial knowledge only of them, not indeed superior to that of some old crone, who administers remedies without understanding their real nature and effect, were compelled to procure them from the venders of drugs and other medicaments, whose warehouse or shop was called *Apotheca* (ἀποθήκη) from *Aufbewahren Behälter*, *Repository* or *store*: from which name the master or proprietor of such shops was called *apothecarius*, apothecary. The other medical man, whose occupation, confined to attending patients abroad, did not permit him to prepare and dispense medicines, merely sought to improve and perfect himself in his professional studies; the latter to discharge his medical duties, &c., was then called *doctor*, *Gelähr*t, which term *doctor*, derived from the Latin *doctus*, learned, and that from *doceo*, to teach, was more especially bestowed upon him when, acting as a professor, he undertook to instruct others in the healing art. The old medical doctor was held in much

honour, since, being altogether empirical, he could not have become a doctor, without having acquired great experience, agreeable to the proverb, *senem doctum docte fallere* (an old man who is learned must be very learned.) In this manner it was that the medical business was divided into two parts, viz,—the study of diseases and their mode of cure, and the knowledge and preparation of roots, herbs, &c., and, with the view to sale, which latter is the business of an apothecary, of whom I will speak before I treat upon the doctor or physician.

After the destruction of the Greek empire by the barbarians, many of the learned took refuge in Italy, where the study of medicine was far more advanced than in any other country. In Italy the practice of medicine was followed upon far better principles, and upon a sounder system than elsewhere, so much so, that the poorest man would never think of going to the apothecary before he had consulted the physician; even in the last century, no person would venture to purchase drugs which had not been prescribed by a doctor, being well convinced, that none but a regular physician could form a correct idea of the disease, or of the medicines, which were required to effect a cure.

It is also remarkable that many persons, even of the lowest and most ignorant class, never go for advice to an apothecary, in case of ill health, except he lives in some small village unprovided with a doctor, and consequently is glad to obtain any assistance. Even un-

der such circumstances, he will often travel a great distance in order to consult a doctor or a surgeon, and thus escape applying to an apothecary.

I have had personal proof of this in several countries, as for instance, throughout Italy, Hungary, Bohemia, Poland, Saxony, Croatia, Transylvania, &c., as far as Turkey, where every one who wears a European coat is considered a doctor, and will, in desperate cases, be forced, *nolens volens*, to prescribe, like the late Cook in India. Hence there will be found in the Turkish empire vast numbers of Frenchmen, who, having been in their own country, tailors, hair dressers, &c., have seized the opportunity offered them of attending patients, and have thus been transformed into doctors! I regret, however, to observe, that in this substitution of any one for a doctor, this barbarian people are closely imitated not only by the polite Frenchman, but also by the straight forward Englishman, who never consults a physician before he has been well dosed by the apothecary.

I may say with truth, that I was completely astonished at seeing even genteel and well informed Englishmen enter an apothecary's shop in order to consult the keeper of it upon this or that illness. I could not, for a long time, comprehend how it was possible that Englishmen, who were so well acquainted with the different sciences, who had made such a rapid progress in the arts, and who had discovered, invented, and brought to perfection so many things, could bring themselves to

consult an ignorant apothecary. There are many things which I could not have believed except I had had personal experience of them, and this is one. I now indeed find that, in England, apothecaries are medical practitioners. These gentlemen, like Janus, have two faces, and are tolerated, *eheu nefas!* as such by their countrymen. Just as I have been equally astonished to see in France so many persons purchase hops at the apothecaries as amusing remedies for their children; this is an error, arising, like most others, from sheer ignorance, since, if the parent knew that hops are injurious, nay, poisonous for children, he would have had recourse to some other medicine; it is well known that hops are a narcotic, which, by debilitating the nerves, are very hurtful to infants.

In order to ascertain what are the duties of an apothecary, it is necessary to shew in what degree, or how far, they exercise the true and rational profession of one. The following is my definition of an apothecary:

“ An apothecary is a person, who is licensed or accredited by any lawfully constituted society to keep, prepare and sell all articles of medicine, or remedies for internal and external use, in the case of illness or accident, &c., seizing or supervening to any person: he is supposed and required to possess a complete and thorough knowledge of all drugs and remedies, and to be both theoretically and practically versed in chemistry in its present advanced state;

“ and he must, moreover, be able to read correctly, and
 “ readily comprehend, all the recipes or prescriptions or-
 “ dered by the law in the Pharmacopœia of each country.
 “ A druggist is entirely different, he is the wholesale
 “ dealer in drugs and medicaments and never sells
 “ them by retail: he is the *merchant* of the apothecary,
 “ whom he supplies with herbs, roots, salts, &c. &c.,
 “ he has no right to compound, prepare, and dispense
 “ the prescriptions of the doctor or the surgeon.

This definition clearly points out what the apothecary ought to be; let us now examine if he is really such a one, for which purpose we will analyze (not anatomically) the contents of his shop.

When passing along in the street, it is a physical impossibility to look into any apothecary's shop, except through the open door, the window is so completely blocked up with the most multifarious objects. From the middle of the panes glare huge, round, coloured glasses, yellow, red, and blue, having inscribed upon them certain talismanic characters, to prove, I suppose, that their owner is no conjuror; the lower part of the window is occupied, or rather *dressed out*, as the term is, with numerous small bottles for aromatic liquids, &c., larger ones with lavender water, bottles of eau de Cologne: horse-hair gloves: syringes of every size and material: an infinite variety of soaps, and, lastly, innumerable boxes of pills—such as, liver pills, bilious pills, stomach pills, pills, in short, to meet every case that can be named, or cannot be named

by lips polite: add to these heaps of other preparations

Quorum si nomina quaeras

Promptius expediam

Quot Thenuson ægros autumnno occederit uno.

upon all these boxes, bottles, &c., is to be seen blazoned forth on an elaborately engraved label the name of the apothecary, as Mr. Dosewell—for instance—and their efficacy ascertained beyond a doubt by a printed attestation that they are approved by Dr. Nevercure, &c.

Now, upon beholding such a gallimaufrey exhibited in the window of an apothecary, every one must be convinced of his great learning, knowledge and experience. He must surely have been born pestle and mortar in hand! “*C'est un vrai diable,*” exclaims the Frenchman, “*il sait tout.*” “He must be a magician,” cries the German (*der muss zaubern können*): the simple Slavonian looking at the shop with wonder and fear, crosses himself and takes to his heels: “*Ma!*” ejaculates the Italian, “*Egli vendeno tutti, questi buzzeroni, ma non hanno di macaroni!*”

Upon entering an apothecary's shop thus well stored and provided, there will be found upon the counter a repetition of the same articles as were displayed at the window, and in such great quantities that there is scarcely room to put any thing down without displacing them; it is with difficulty, even, that the apothecary

cary can use his scales. Now every one knows that of all his apparatus, his scales are the most necessary for an apothecary ; so much so, that he should be compelled to have several of them (not less than three) fixed upon his counter ; there are also several other articles with which he should be provided and which will be enumerated hereafter. But, unfortunately, all these objects are considered as secondary ones by this worthy apothecary shop-keeper, who, from dealing in such a variety of articles, is entitled to no better appellation.

His shop is, in fact, a real museum, where may be found every thing, excepting what ought to be met with in a regular establishment of this description. Notwithstanding the highly decorated words over his door, of—CHEMIST and DRUGGIST, he can scarcely be called the latter, who is, properly, a drug merchant, because he has no provision or stock of roots, herbs, &c. But what of that ! Does he not sell soda water and ginger beer—brushes for the teeth and hair—acidulated drops and ju jubes—scouring drops for removing stains from ladies' dresses, &c., carmine powders for adding an additional bloom to their cheeks—not to mention a whole catalogue of perfumes, pomatums, &c., for the exclusive use of our dandies ?—It is really a mystery to me, how the other dealers and shop-keepers, the perfumer, the truss-maker, the glass dealer, the brush-maker, &c., for instance, can allow this magician of an apothecary to vend so many articles which it is, properly, their business alone to sell. Perhaps he pays a

duty to government and has a particular license for so doing, or, it may be, he does it in quality and by virtue of his being a *general practitioner* of the whole medical art. Heaven defend us from such a *practitioner general*! he is a terrific character! *C'est un homme terrible! Ein fürchtertichen Mensch.* But if this *general practitionising* be allowed in one trade, why should it not in another? why is not the shoemaker licensed to sell clothes, glass, and other wares, aye, and medicines too! Properly speaking, the shoemaker is far better entitled to the term *general practitioner*, since he makes not only shoes, but boots and slippers, for ladies as well as gentlemen, and pays his visits in order to measure his customers, who, in some cases, may also be called his *patients*. Now with such a claim and so good an excuse, the son of Crispin must be mad to observe the old proverb "*ne sutor ultra crepidam*," to remain satisfied with his own trade, and to rest contented with the cure of soles, when he might undertake that of bodies.

There is also to be seen in almost every apothecary's shop, a door upon which are displayed, oftentimes in several languages, the words "*Consultation room*," where he receives his patients, either for giving advice, breathing a vein, extracting a tooth, &c. *How* he performs his duty to them in these cases is another matter; it is certain, however, that he never forgets his duty to himself, but pockets the money with all the coolness and

placidity to be expected from so admirable a *general practitioner*.

I would propose that over the door of such a consultation room, there should be the following inscription:—

Venias miser, et tu asinus,

Nam hic tangebitur tibi nasus.

unless indeed, the famous one of Dante, over the gate of hell, might be considered as more appropriate.

Lasciate ogni speranza, voi ch' intrate.

The apothecary practitioner, if not engaged in outdoor practice, has generally only one shopman or apprentice, who must also learn the *all work*, and who is therefore occupied in the kitchen, which serves as a laboratory, in cleaning, &c. At this time arrives a patient, suffering under this or that malady, on whom the apothecary practitioner immediately proceeds to exercise his medical universality.

I have myself been present in an apothecary's shop without his highness, the owner, knowing that I was one of the initiated, or adept, just as a young lady entered the shop and desired to speak with the proprietor in his consultation room. He immediately followed her, after requesting me to wait a little, which I was every way disposed to do, in order to watch a proceeding so new to me. After a very short time, both returned into the shop; the female took a chair, and the

apothecary began making some pills, but not pills *granorum duorum* or *trium*—by no means, they were certainly pills, or rather boluses, *granorum octo* or *novem*: the quantity is not, however, so much the difficulty or objection: the real question is, of what were they composed? what were their ingredients?

This question, it may be said, is not difficult to answer. All he did, it will be replied, was to take some extract, with which he combined a grain or two of calomel, according to the state of his patient, and having mixed up the whole with some innocent ingredient and formed it into a mass, by pressure, and with a machine invented for the purpose, divided it into a certain number of pills; these, after being sprinkled with powder of liquorice or some other one, he then put into a box, with the direction—two or three pills to be taken every morning or evening, &c. This is indeed, what I should have expected he would have done, but no such thing: the *modus operandi* of this apothecary of all work, or this *practitioner general*, is *toto cœlo* different. He takes the common *unguentum cœruleum* or *unguentum Neapolitanum*, and having placed it upon a small board previously strewed with some white powder (if only magnesia or other equally innocent one, so much the better) commences forming it into a mass with his naked fingers, and then into large pills: the whole affair is dispatched in a few minutes, and both parties are equally well satisfied, he with having obtained his money so easily, and his patient, at being

provided with so *valuable* a remedy for her complaint.

This poor confiding creature is not long, however, before she feels the effects of these precious pills, for scarcely has the second day from her taking them elapsed, than she finds herself in a salivation, accompanied by diarrhea, without knowing how she shall stop them, the more especially as not a word of instruction has been given to her by her *medical adviser*, upon the subject of dietical regimen. Surely such quackery as this, scarcely better than that practised a thousand years ago, should excite the disgust, repugnance and abhorrence of every well informed person. Can we be astonished after this, that so many persons lose their teeth prematurely, or that their gums are eaten away? And in the cases of venereal complaints, it is lamentable to think how many young persons of both sexes, anxious to preserve secrecy, have recourse to such practitioners, and thereby ruin their constitution as well as their pocket. Equally deplorable are the effects of their advice to females, who, desirous of concealing their secret amours, take the medicines they recommend with the view of procuring an abortion.

When I prescribe for any patient one-sixth or one-fourth of a grain of calomel, for I never order so much as a whole grain, I very strenuously insist upon a strict attention to the dietic regimen I recommend; since without it the remedy would be not only useless, but even injurious, by producing an effect quite contrary to the one desired. But it appears that the *general*

practitioner is by no means over anxious about the effect of any medicine, provided he gets well paid, "he sleeps well: nothing can touch him further." It is of no consequence whose health he ruins, even if that of a friend, he has no "compunctious visitings of conscience." But to speak the truth, the apothecary is not the sole cause of so many unhappy consequences; two others are to be found in the habits, and in the education, of the people. Why do not patients go to the doctor first? it is his especial and exclusive profession to detect diseases and to prescribe the necessary remedies; how often are even the most experienced doctors mistaken on this or that symptom of an illness? but the apothecary, who pretends to cure disorders, is, ever since the fifteenth century, nothing but a foul dealer in drugs, and a quack. Not over the whole civilized world can such an example be found as that offered in the apothecary or *general practitioner* of the United Kingdom of Great Britain.

But sufficient has not, even yet, been said to prove the dreadful abuses committed by the English and French apothecaries. I shall therefore adduce another case, in which I was, as in the former one, an ocular witness. Being in another apothecary's shop, and having just spoken upon some medical affairs, a young man came in, and asked the apothecary to step with him into the consultation room. In the shop there was, besides myself, a gentleman from Edinburgh, but we had not yet begun to converse together, when the con-

sultation was finished, and both the patient and his *medical friend* re-entered the shop. Thinking that, as in the former case, a few pills would be made up, I was on the point of going away, when I saw the apothecary take down a bottle (of about 10 or 11 oz.); this excited my curiosity, and I resolved to stay and observe the preparation about to be compounded.

After taking two extracts, one from a pot of gentian, (what the other was, I could not distinguish), he put them into a mortar, pouring upon them an *ad libitum* quantity of *aqua Menthæ*—such was the name upon the bottle, but whether it was *aqua menthæ* or *aqua fontis*, I could not distinguish—and then mixed it for some time, during which he conversed with his patient; he next took a powder from a drawer, threw it into the mortar, and continued to pound it with the other substances already therein, after which he poured the whole into a bottle, which became only half full: the young man now telling him that he had not slept for more than five days, he immediately took down another bottle, from which he put into the mixture about half an ounce of what it contained, and, as he replaced the bottle, I perceived that it was laudanum. Being now apparently desirous of filling up the mixture, he took more or less from the contents of several other bottles, speaking all the time with the patient, who, on account of his rapid utterance, I could not well understand; at length the phial was filled to the brim, to do this I saw him take several syrups from different pots, which,

before he replaced, he cleaned with his tongue;* the last ingredient which he put in was Eau de Cologne, and then again some more drops of laudanum!!

Every time he poured any liquid into the phial, he shook it, placing his finger on its mouth; this was nothing extraordinary; but when, proceeding to cork the phial, he looked in a large drawer for a cork of the right size, and, taking one which he upon trial found to be too large, he began to compress it with his teeth; this he did with three or four corks in succession, until he found one which fitted; the other corks, besmeared with his saliva, were then again deposited in the drawer. This was quite enough for me, and I was compelled to leave the shop, for fear of the effects of such an emetic. To witness the filthy proceedings of such a quack any further was utterly impossible.

It is a fact, what I had seen made such an impression upon me, that I felt quite unwell, and when I got into the street I exclaimed, "What an ass have I been to waste 15 years upon the study of medicine! why should not I practice quackery too?"

Although it is far from my custom to take spirituous liquors, I felt at this moment the want of a dram, and determined to try a glass of gin, for the first time. I

* This bad custom of licking the syrup bottles, after a portion has been taken out, is practised by some apothecaries even in those countries where they are under strict regulations and vigilant inspection, as in Prussia, Austria, Italy, &c.

was about to enter a public-house with this intention, when, seeing several females there of the *Vaga Venus* description, I turned back, and, after a stroll till about ten o'clock, got home, my head full of, and my stomach turned with, what I had seen in the shop of the *general practitioner*. But I have yet to mention one or two items in his shop.

The scissors were quite dirty and rusty, which, together with the knife, were not worth a single half-penny ; and instead of a decent towel for cleaning the table, bottles, &c., there was an old red-coloured cotton handkerchief, which appeared to have been completely worn out in the service of man's nasal promontory, long before it was promoted to its present office of general wiper.

Quackery, such as that above described, may, without the least fear of contradiction, be characterised as wholly incompatible with the advance made in general civilization, and if Shakespeare, with whom apothecaries were no favourites, lived in the present day, so ridiculous and dangerous a class of men would not have escaped the severity of his poignant satire.

It is therefore imperatively necessary, that this profession should be immediately remodelled, in order that it should be made to correspond with the progress towards perfection, which the people of England are making in a greater degree than any other nation ; and I have no doubt that the willing alacrity with which they will enter upon this indispensable reform in me-

dicine, will justify the high opinion I expressed of them in my Latin poem, addressed to her Majesty Queen Victoria, and exonerate me from the least imputation of flattery.

It is by no means uncommon to find quacks, such as those I have spoken of, in small towns, as for instance in those where there is no doctor, but only an apothecary, or *vice versa*. I have seen very curious instances of this in Germany, but nothing to equal what I have witnessed in Switzerland. Without noticing here, in a serious manner, the many and oftentimes grave mistakes made in that country by physicians, such as taking one illness for another, misunderstanding the symptoms, &c., I will merely relate a case which I witnessed with my own eyes.

When in Switzerland, in the year 1837, I had established my head-quarters in a small town, near one of the most frequented roads, whence I sallied forth occasionally for making excursions in the interesting and romantic mountains of the neighbourhood. Bad weather coming on, I was confined to the town for several days successively, and took that opportunity to make acquaintance with the doctor (of medicine), who lived not far from me. He was very much occupied with out-door practice, and was consequently almost the whole day visiting his patients. On one occasion I called to see him, and found only his wife in the dining room, near a large cupboard filled with drugs and bottles of medicine; she was occupied in making up a pre-

scription which had been sent her by her husband, with orders, to prepare and send it immediately. I could not help smiling at seeing this female representative of an apothecary, and could not but admire her ability. Not only did she read her husband's Latin prescription with the utmost correctness, and measured with the greatest exactness every liquid ingredient she put into the bottle, which she previously washed and cleansed with a white napkin, but being obliged to take her crying infant in her arms, she arranged everything in its place in the most perfect order. It was not her fault that the bottle of medicine was half full of tartaric acid, for I read the prescription myself, and found that the tartaric acid ordered was not less than two gros (drachms).

This vicious mode of treating medicine, by which it was made to consist of nothing but a speculative system, and a base traffic or monopoly, has naturally been the principal cause, why this science has not kept pace with the other arts, but has remained for a thousand years nearly in *statu quo* until the end of the last century. It was then, as well as in the present day, that so many celebrated men in every country began to make their observations, and, rising superior to the suggestions of self-interest, consulted only the general welfare of their fellow-men. These excellent and venerable personages, such as Hoffman, Van Swieten, Stoll, Hofland, &c., availing themselves of their accidental connexion with the ruling powers, proposed the reform of the traffic carried on by medical practitioners, and the government

immediately acknowledged the importance and value of their advice by adopting their suggestions, enacting a severe law against such traffic or trading, and introducing a series of judicious regulations, applicable to every branch of the medical sciences.

There is, however, still room, unfortunately, for great improvements, and I shall take the opportunity, when speaking a few pages further on, upon the general amendment of medical men, of pointing out the remedy I would propose for the abuses I have exposed. In this place, before I conclude, I would make a friendly appeal to the well-disposed among the apothecaries, and invite them to honour me with a visit. I would communicate to them, with pleasure, without the slightest remuneration, the mode of stocking and arranging their shop in a *rational manner*, in order that the dispensing of the old-fashioned kind may be abolished; that the dirty old shop utensils, rags, &c., may be done away with, that they may occupy themselves in preparing medicines in a master-like manner, that is, according to the regular prescriptions, that they may have a good stock of the necessary medicines, and not be compelled to buy salts and other preparations from the manufactories; that, finally, they may return the bottles, gloves, brushes, machines, &c., to their respective manufacturers and dealers, in order that they may then be able to study the Latin names of every remedy, to know how to prepare a *decoctum-infusum*, as well as many other affairs indispensable to a genuine apothecary.

Yes, in order to increase the sphere of his utility, I will teach the apothecary, gratis, how to compound and make up a variety of preparations and medicines not much used in this country, but which will be, in a very short time, prescribed and ordered by physicians, that is, as soon as medical studies shall be taught and pursued in a more uniform method throughout Europe. The apothecary's shop, thus regulated in the manner I describe, shall be called the *reformed apotheca*, or the *rational apotheca*.

My information is not precisely exact as to the time of the introduction of amendments into the medical science in other countries, but I know that the great Maria Theresa, the Austrian Empress, founded several universities at the recommendation of *Van Swieten*, which kept pace with the progress of science in that day, although the old quackery was not entirely exploded. The same arrangements have also taken place in other countries, but when compared with the remarkable progress daily made by the other sciences, the medical one advances by such slow degrees as for its march to be almost imperceptible; the cause of this is to be found in the shackles which the old quackery has thrown around it, and which it has not yet been able to throw off; I would therefore propose a new system of regulations *for every branch of medical affairs*, being convinced that it is by this means alone that abuses can be reformed, the character of the medical practitioner raised, and the science in general made really useful to humanity at large.

ON
MEDICAL QUACKS IN GENERAL.

If we consider the rapid progress made in the sciences generally, but more especially in those of philosophy, intellectual and natural, it might reasonably be expected that the medical art would not have been behind her sisters, or have remained in that state of stupor to which she has been so long condemned, either by the spirit of exclusive privilege, or of jealous institutions. No sooner, however, has a professional man believed himself justified in proposing some amendment in the Hippocratic art, or in recommending the abolition of useless modes of treatment, or of remedies as worthless; such for instance, as the concoction of a single medicine from twelve different ones—and similar absurdities—than he is immediately assailed with the cry which is ever raised by the heads of establishments and presidents of colleges, when the abuses by which they thrive are the objects of attack—“*Apaga Satanas,*” they cry—“Would you deprive us of our bread?” &c. &c.

This is not the place to indulge in any reflections upon the opposition, which is to be encountered from professional men, as well as from those, who merely pretend to that name; having already noticed it in my Latin medical pamphlet entitled “*Acaromachia,*” which was published in London, in October, 1841, and favourably reviewed in the ‘*Medical Times*’ of the 9th

of April, 1842, and also in other periodicals. In that *opusculum*, I very clearly shewed how extremely difficult it is, to introduce any improvement in the medical sciences, on account of the formidable opposition raised by the privileged professors of medicine, who prefer remaining in a vicious *statu quo*, to allowing a colleague and fellow labourer in the healing art, the merits of having perfected it in any degree.

Having been for some years desirous of effecting important changes in the existing proceedings and regulations of the medical system at Vienna, I, in the year 1835, transmitted a manuscript entitled, "*Ergebnisse einer mehrjährigen medicinischen Praxis, &c.*,"—to the Board of Censors, the chief object of which was, to propound some new views concerning the medical university, and more especially the professorships, and other interesting matters. But my unfortunate manuscript was kept from September, 1835, until January, 1836, when it was returned to me in a most mutilated state, two-thirds of it having fallen a sacrifice to the scissors of the Censor; finding it therefore reduced, by the suppression of the most important part of its contents, from about two hundred to sixty pages, I contented myself with publishing a few practical observations, and abandoned the rest to its fate, considering that, holding, as I did, the appointment of physician to the Court Theatre, at Vienna, I could not, with any propriety, oppose myself to the regulations of the Censorship. Interdicted from proposing useful and obvious

improvements, it was hardly to be expected that I should be allowed to make any strictures upon a pedantic professor.

It is now, however, a subject of self-congratulation, that the *admittitur* was not then granted, since I am now enabled to enlarge my work, not only by the medical experience of seven years' practice, but also by numerous observations collected during a long course of travels, as well, as by the reflections suggested by a close examination of every medical system and method, adopted in each province throughout Austria, Germany, Italy, Switzerland, and France; an examination not confined to hospitals alone, but extended to all public and private institutions connected with medical science. I trust I shall not be deemed presumptuous, if I state it to be my conviction, that my observations in the present work merit all the confidence, which propositions supported by daily experience have a right to command; or, that one medical man in ten thousand has had the opportunity, of accumulating facts so numerous and so necessary to the profession.

The present work containing, as its title indicates, a general review of the whole medical science, or observations upon the different classes of medical practitioners, as *physician*, *surgeon*, and *apothecary*, commences with the physician.* All these subjects will be

* I defer speaking upon hospitals and prisons to another opportunity.

considered both *generally* and in detail, and it must be well observed, that I speak not of any one country in particular, but by comparisons of all those which I have visited, so that my observations will, at least, possess the merit of impartiality. Commencing, therefore, with some remarks upon medical studies, let us examine what should be the proper answer to the simple question—*What is a physician?* in the general acception of the word.

“ A *physician* is, or ought to be, of all men the most
 “ learned, since he has taken upon himself the high
 “ and solemn duty, not only of comprehending the ad-
 “ mirable structure, both moral and physical, of the
 “ human frame ; but also of ascertaining, as far as is in
 “ his power, all the planetary and starry influences to
 “ which the animal economy is obnoxious ; for without
 “ this knowledge he will be unable to discover where
 “ he is to search for the cause which has produced this
 “ or that illness, in order to effect a cure. Hence it
 “ follows, that a *physician*, who, in total ignorance of
 “ the real cause of the malady, applies remedies at ran-
 “ dom and in the dark, merits no other appellation
 “ than that of *Empiric* or *Quack*.”*

Let us now proceed to enquire, if the medical men in every country are formed upon this general model, and this we shall do without stopping to consider what

* In my new *Pathologia* this will be more particularly treated of in a philosophico-medical manner.

share the government of the state, or the principals of Medical Institutions, may have had in producing the result.

Being a Hungarian by birth, I shall commence with the school in which I myself studied, for the purpose of shewing, how the medical studies are pursued in Austria, and then proceed to point out the comparative differences in the Universities of such countries as I have visited in the course of my travels.

The regulations for the studies of medical men in Austria, are as follows:—1st. Before admission into the Gymnasium, the youth is expected to write his own language correctly, to have a competent preliminary knowledge of Latin, and to understand the general principles of arithmetic. These studies are called *preparatory studies*; *preparatory* schools are therefore institutions for youths from 7 to 10 or 11 years of age.

Thus prepared the youth will be admitted, 2nd, into the Gymnasium, where he must remain for six years, for the purpose of studying, in addition to the learned languages, the various branches of the mathematics, history, general and particular, natural history, ethics, and theology. Precisely as, in the higher schools, the student will, every half year pass an examination, and during the last two years, his attention will be more particularly directed to rhetorical and poetical studies.

Having past examinations with credit, in the above sciences, the youth is next admitted, 3rd, to the academical studies, and to the higher branches of philosophy.

Such young men as are deficient in talent remain in the Gymnasium "their abilities having been tested by the professor and found to be wanting." The consequence of this strict discipline is, that the philosophical students are young men of great capacity, who can appear before any of the numerous professors of Germany or France without the slightest apprehension. The philosophical studies consist of logic, the higher physics, and metaphysics, history, universal and particular, philology, &c. I was myself obliged to pass three years in the study of philosophy: but besides the above there were other studies not absolutely necessary for medical men, as, for instance, the numismatics, archæology, architecture, hydrostatics, statistics, book keeping, &c. The studies which I have enumerated formed part of the prescribed course, but there were also others which might be considered as extraordinary ones, such as the French, English, and Italian languages: under the same head may be mentioned the *Pedagogia sublimior*, a study prescribed for those intended for theologians; this also engaged my attention.*

At present the philosophical studies in Austria are reduced from three to two years, it having been found that the preparatory schools are too long; but the same course of studies is prescribed. An instruction of this superior kind certainly renders a young man competent

* I have finished my philosophical studies at the university at Pesth, in Hungary, and the medical ones entirely at Vienna.

to apply himself with effect to the most elevated science, and to undertake, with credit, the highest employments, and consequently no better course of education can possibly be prescribed by a government. Nor is this all, the youth, upon finishing his philosophical studies, *then* enters upon his professional career, and may present himself as a candidate for the honours of the state, the bar, the church, or the Hippocratic art, upon producing the necessary certificates from the president of the university, &c.

Here only commence the real difficulties of the study—we are now speaking merely of the medical duties. The medical studies are strictly divided into purely *theoretical and practical* ones, which division is absolutely necessary ; I speak from experience, for it is not possible that a young man who enters upon his medical studies, could acquire a single idea from the rational medical practice, unless it be intended that he should be wholly ignorant, like an empiric or quack. I shall point out these inconveniences, in a subsequent part of my work, when I come to speak of another celebrated continental university, and the reader will then have an opportunity of judging for himself whether I am correct or not. I shall for the present content myself with giving a superficial view of the course of the medical studies prescribed to be followed at Vienna, this work not being strictly a medical one, or written exclusively for medical men.

To the theoretic medical studies are generally assigned

a period of three years, the practical two ; after which a certain time is allowed to prepare for the two general examinations, which are strict ; the first one being merely theoretical, the second one practical.

The studies of the first theoretical year are: 1. Anatomy, including dissections, natural history, mineralogy, zoology, botany, &c.

2nd year. Physiology (*anatomia applicata*), theoretical and practical chemistry, the veterinary art, and midwifery.

3rd year. General pathology, Therapia, or *materia medica*, the method of writing prescriptions, and surgery in general.

4th year. This is the first year of the practical course, in which the student begins to frequent the hospitals, and to observe pathological cases; this he does in company with the professor, at the bed-side of the patient, thus receiving clinical lectures. He will also have entrusted to him, in the course of the year, one or two cases, which he must treat in the presence of the professor and the other students, giving his reasons for prescribing this or that medicine, and for considering the case as belonging to this or that class of diseases, &c.

5th year. The same clinical course as in the preceding year is continued, but only made more and more practical ; in addition to which the student is required to hear separate lectures upon *ophthalmia*, or diseases of the eyes, as well as to practical surgery ; he still

continues to have pathological cases entrusted to his treatment, and passes two or three examinations in the course of the year. Every professor is further obliged, to notify in each certificate or attestation given by him, if the student has diligently attended the lectures, whether *diligenter* or *diligentissime*.

Having thus gone through all these prescribed studies, the young man* is not yet competent to practise medicine, until he has past the two final examinations, or, as they are called, the *examen rigorosum*†; after which he receives his diploma, and is allowed to enter upon the exercise of his profession, for which he has sacrificed the best part of his time and fortune‡.

In conclusion, I will merely add, and that without the least degree of partiality, that the university of Vienna is, in every respect, the best in Europe, provided that its professors are chosen in consequence of their merits and knowledge, and not by the influence of patronage and favouritism.

* A person can hardly be called young, after having passed the best fifteen years of his life in studies.

† It also often arrives, that at this examination the student is declared incompetent for the degree of doctor, or is sent back in order to repeat several studies.

‡ It frequently happens, that in order to pass this examination, the student has to review all or some portion of his theoretical studies, which review often requires for every two examinations a space of two years.

But, it may be asked, are all these studies absolutely and imperatively necessary for a medical man? are not some of them quite superfluous, in fact altogether useless, as, for instance, several of the philosophical ones? My answer is, that in proportion as a physician has read and studied, so will he, if his reasoning be sound, be better enabled than the mere empiric or pretender, to the art to prescribe the proper mode of treatment, and discover the appropriate remedy, in the infinite number and variety of diseases which may come under his notice! He will not, like the uneducated medical man, prescribe remedies in every malady, when no necessity exists for so doing, nor will he lose a single moment in cases of urgency. A doctor or physician, who can conscientiously account for his method of treatment, must be acquainted with every influence which acts upon the human frame, the construction of which may be truly said to be *divine*; and by these influences, I would be understood to mean, all those effects produced upon the human body by the planets, stars, and the earth itself upon which we live. For these reasons I think, that a physician can never have studied too much, and that consequently the long course of studies required in Austria, so far from being superfluous, are absolutely necessary.

A similar description of study is also prescribed and followed in several of the Italian states, Pavia and Padua for instance, but they are not kept up and insisted upon with the same severity and strictness as in Austria,

many diplomas being there obtained through money, and not by talent and learning. This is the case also in several of the German universities, with the exception of that of Berlin, the medical institutions in Prussia for the education of physicians being most excellent, and keeping pace with the modern advancement of the sciences in general. The Prussian Pharmacopœia may justly be considered as the best in Europe; in several of the preparatory schools, however, there still remain many *desiderata*. Munich follows the regulations of Vienna in some of the studies, but in others the old system is preserved. A person would be greatly disappointed who expected to find in many of the other universities of Germany (I do not allude to Vienna) the same order as reigns at Berlin. The celebrated ancient university of Göttingen, or Heidelberg, has entirely lost its high character; the strictness so admirably observed in it previously to the last century has wholly disappeared; so much so, that, according to the report of a young doctor, who resided at Halle, Jena, and Göttingen, six months, this establishment may be considered only as a manufactory for the mechanical construction of doctors.

The same, if not worse, is the case with all the smaller academies and universities in the other countries of Germany, where, in every petty duchy, doctors are fabricated *ad infinitum*, so that their numbers are truly terrible! It may here be remarked as singular, that the Swiss Canton of Uri, the principal town of

which is the village Altdorf, has not, like its sister Cantons, a university. I would not acknowledge such a doctor, even if his diploma were as large as St. Paul's Cathedral.

In these lyceums or small universities, every body is welcome, and will receive instruction in law, theology, or *medicine*, provided his purse be sufficiently stored to fee the professors: it is, therefore, not to be wondered at if a French or English tailor, should take it into his head to go upon an excursion into Germany, and return thence with the diploma of a doctor: and as this posting student learns the whole circle of sciences simultaneously, the conclusion is irresistible that the *doctor* does not sink the *tailor*, since he still continues his trade of *cutting* up.

"But," exclaims an Englishman, "Dr. Feecrave and Dr. Humcraft, two of the most eminent physicians in London, are of the old school, for they have not studied more than two years in all, and yet they have great experience and a most extensive practice!"—No doubt there are thousands of this kind of practitioners, as the *unfortunate life insurance offices* can testify to their cost, but the old proverb will solve the enigma:

Gutta cavat lapidem, non vi sed sæpe cadendo,

Sic homo fit doctus non vi sed sæpe agendo.

The drop hollows not the stone by its force, but by

Continual falling; and thus man becomes learned,

Not by study, but by long practice.

Thus the empirical professor must, in spite of his ignorance, acquire some experience by dint of long practice, but at the expence of how many lives does he gain his knowledge?

No one can doubt that so much practice is not the effect of long study; it is merely acquired by a long continued empirical treatment of diseases, and it should be the daily prayer of every person in his senses, to preserve him from being the patient of such a manufactured doctor, who exclusively derives his experience from the effects of medicaments and drugs upon individuals, many of whom are unfortunate enough to be numbered among his best friends! It is but true that, after passing twenty or thirty years in this perverse practice, this unstudied and uneducated doctor must necessarily have acquired some experience, but it is an experience which is completely empirical, for he is not able to give any explanation, why such and such a medicine has produced this or that effect; just like an old woman who knows that Epsom salts or that senna acts as a purgative, and that a blister burns the skin, &c., but cannot assign a reason for these effects.

Many of these quacks are still to be met with in Vienna, though not so frequently as formerly. In the year, 1833, I was called in to a consultation, and was met by Professor De Hildenbrandt. Upon arriving at the appointed hour, the family doctor, one of the stupid fraternity already described, not having come, we proceeded to examine the patient, a rich merchant: he

was unable to speak, but his cousins, who were attending upon him, gave us the history of the case, and showed us more than fifty prescriptions, every one of which was composed of not less than twelve different drugs, which the poor patient had not only to pay for, but, what was infinitely worse, to swallow!—At length, the Hippocratic oracle; Dr. Hübl, arrived, and certainly, the explanations which he gave concerning the illness itself and his method of treating it, were the most comical I ever heard before or since. Professor De Hildenbrandt could not resist laughing outright, at the disgust which my features exhibited.

And yet such doctors have sometimes great practice, more especially in particular classes of society, among old maids, &c., who reflect not how many of their friends and relatives have fallen sacrifices to the stupidity, ignorance, conceit, and cupidity of their dear favourite doctor!

I could here relate innumerable instances of the same kind, which have come under my observation, but they are too repugnant to common sense and to the feelings of humanity, I shall, therefore, content myself with denouncing such pretenders to our divine art as deceivers of God and Man.

Quacks of this description are to be found throughout the whole of Germany, where, as I have before observed, doctors are quickly manufactured in almost every duchy or canton. Some of these worthies will occasionally honour foreign universities, such as those

of Berlin, Vienna, and Paris, for instance, with their presence ; but to what purpose ? they merely go to walk the hospitals, being totally indifferent about theoretical studies ; and even as regards practical instruction, they are extremely negligent, their visits to those establishments being “ few and far between.” Having passed six or twelve months in this manner, at Vienna, Munich, and other places, our respectable student applies to each individual professor for a certificate, which he produces to those of his own country, and is then created a doctor in medicine.

The same charlatanism is to be found in France. I do not speak of the provincial universities, among which, Montpellier, the oldest French university, forms no exception ; the same system is pursued as in Germany. Why indeed should any difference be found in France ?—In Paris even, the city or capital, which the French Journalists pompously designate, as “ *la première ville civilisée du monde*,* even in this most celebrated metropolis, studies, like all other business, are very ill attended to. Having pursued the medical studies only in the different hospitals, as well as in the theoretical schools, I have not made any observations upon the other faculties. The regulations for students are the following.

* The Parisians are so advanced in civilization, that they have not even a covered *sedan* to convey patients, or persons suffering from accidents, to the hospitals.

Nothing more is required of a young man desirous of studying medicine, than the production of a certificate that he has attended some classes, which certificate is equally satisfactory, whether it be from the most insignificant school or from a mere professor in a college: so that were the young student to prosecute his studies a little further, he would become a *Bachelier en lettres*. Wonderful! As to philosophical studies, the only ones taught, are those of the lowest form, which are scarcely upon a par with those which form part of the instruction of the gymnasial schools in Prussia.—After this course, if course it can be called, the student presents his certificate, called *trimestrial inscriptions*, and is then metamorphosed into a medical man; for the regulation is, that he shall, even in the *first* year, frequent the clinical hospital, with the other students and the professor, and this without his having acquired one single idea respecting the human constitution, or the least knowledge of human functions!!!

Thus imperfectly prepared, is it possible for a young man, even when endowed with the best capacity, to understand, and digest the medical studies? Furnished only with incomplete ideas gleaned from natural history, how can he follow, in a theoretical manner, the symptoms of diseases in a hospital?—This, however, appears to offer no difficulty in France, where, provided the quarterly fees are regularly paid, all goes on well. Moreover, the French make no distinction between a physician and a surgeon; the physician must always

be a surgeon, and *vice versa*; the terms are convertible: this is quite absurd. All of them are, in fact, mere empirics.

A consequence of this is, that the French physicians are, throughout, *materialists*; and hence the rise of so many systems based upon materialism, in that country, a circumstance by no means astonishing, when it is considered, that the study of the influences exercised upon the human being by metaphysics and ethics, forms no part of the course of the French medical education; the only mode of accounting for this or that disease is, *juxta mentem illorum*, to be found in the material parts of man's frame. Hence also *Dupuis* and others with their system of atheism. The want of universality, and of extended views, so strongly characterise the systems of *Broussais* and others, will obviously be seen to proceed from the incompleteness of the ideas of their authors, and from the wish of these latter, to explain all facts by their favourite doctrine of materialism. (*Cognitiones vitæ partiales, imperfectæ, et unice materiales colent.*)

Admirable anatomists and physiologists, as the French undeniably are, this is the highest praise which they can claim; a Frenchman can never be a sound rational physician, and those who think it possible are egregiously mistaken. Having myself seen and followed many celebrated French professors in their daily practice, and also in their attendance in hospitals, private, clinical, and military; I challenge any one to contra-

dict me, since I speak with the utmost impartiality ; although my learning is but small, *parvo meo sapere*, I am in some degree qualified to give an opinion, from my knowledge of medicine and other sciences, and my acquaintance with eight different languages.

While upon this subject, I must add to my observations upon the French medical men and the medical studies of France, that even among the most celebrated physicians of other countries, there are more or less quacks. It cannot be denied, indeed, that the Læneck method, for instance, of inspecting the breast in phthisical affections, is sometimes productive of good results, in obtaining a true diagnosis, and consequently in enabling the physician to apply a proper therapeia. But as I have often witnessed the daily inspection of the *same patient*, and also his erroneous treatment, in presence of a hundred students, I cannot but consider it as barbarous, notwithstanding that *Paris is the first civilized city in the world !!!* Where, let me ask, is the utility of inspecting the poor patient, but putting the ear to this or that part of the breast ? Admitting, for instance, that you hear any *strepitus* in the right side of the thorax, between the seventh and eighth ribs, will you be able, in consequence, to apply a topical remedy ? How will you do it ? You must remain quiet, and have recourse to blisters or leeches, and in the mean time encourage expectoration.

But I will not here pursue my medical ideas, or investigate any medical methods, but confining my obser-

vations to medical institutions only, will say, that I found those in Paris very different to what I had expected, for it is just with the French medical schools as with French policy, all is chaos. The student begins the medical course at 16 or 17 years of age, and doctors of from 20 to 22 years old are often to be met with, who have completed the whole circle of medicine. "What!" I have often exclaimed, "is this indeed possible?" Yes, indeed it is; and thus goes on the manufactory of doctors in the celestial capital of France!

The studies are prosecuted in the vernacular tongue! Is not this enough? All the little Latin which the young man has had such difficulty in acquiring in the gymnasial schools, is now to be lost at the medical ones, because it is impossible that a young doctor should speak any other language than French. *How pretty?* If I have been rightly informed, this *patriotic* regulation was only introduced at the late French revolution, before which time the medium through which all studies, excepting history, were taught, was the Latin language. I would only ask, how will physicians communicate with each other when in presence of their patient? Will they speak together in his maternal tongue? This would be quite absurd; supposing his disease to be incurable, would you declare it openly to his face? I cannot believe it. Besides, every patient has not two rooms.

I have no hesitation in asserting, that, generally speaking, a person who understands only one language,

and who has studied in that alone, cannot possess much knowledge, for it is well known, that the best treatises upon the sciences have been written in Greek and Latin, and that every language has some expressions peculiar to itself, some characteristic energy or spirit, which cannot possibly be rendered or infused into another one. It is, therefore, truly surprising that so witty a people as the French, should have overlooked so obvious a fact; and it is still more astonishing that any distinguished academicien, such, for instance, as M. Villemain, should, in his capacity of minister of public instruction, and member of the academy, have been permitted to bring in a law, directing every public examination to be made through the medium of *the beloved maternal language*! even the medical examinations, which, together with those of law and theology, had ever before been made in Latin; this is scarcely credible, and can only be accounted for on the supposition, that some cousin or other relation of the minister, was not competent to pass an examination conducted in the classic language of ancient Rome.

My curiosity is certainly raised to know the cause of a regulation so admirably adapted to bring back the middle ages—the *seculum ferreum*, with all its ignorance and barbarity? But, perhaps, the intention of the minister has been to promote and consolidate the French language! In this case his merit will be similar to that of the commissioner from the French convention, who, being in Alsace, in the year 1793—4, ordered

the poor Alsacians, under the pains and penalties of martial law, to speak French, and not German; nay, more, commanded, under the like menace, that all German customs and clothes should be disused. It appears as if the French would be content to sacrifice all, in order to make their language a universal one, *quisque suum*! This is indeed known to every one. Such being the case, it is most unaccountable that so respectable and impartial a German newspaper as the *Augsburg Gazette*, should insert in its columns such absurd articles against the Hungarians, who are naturally desirous of establishing and preserving their vernacular tongue in their native country! How many Slavonian and German *Michels* have opposed this national determination, which ought to be conscientiously carried into effect, provided that the other modern languages, and Latin, be not neglected, as they are in the *celestial* institutions of France.

But this is not the place for speaking upon political topics; suffice it to remark, that the cause of the distorted system of medical studies, both in France and Germany, is certainly not in the respective governments, but only in the heads of universities. Every government does its utmost to promote the welfare of its subjects, and makes all its regulations at the recommendation of the principals of those learned institutions. It would therefore be of the highest importance, to elect as master or principal a person who, to a complete knowledge of the theory and practice of medicine, adds all

the experience acquired by the study of philosophy, and by an acquaintance with foreign countries. Of the professors I shall not speak here.

Is such a principal to be found among those, the heads of the universities, we have mentioned? Very rarely: most of them are indebted for their high situation to favouritism or patronage: this is, unfortunately, the influence which supersedes that of eminent talents and stern integrity, and thus it is that the protégé of a minister frequently ascends the chair of a university. Such a person, although possessed of talents of the most mediocre kind, and ranking in science no higher than a chemist or a surgeon, without the least notion of directing the students of a school, is nevertheless, at times, very arrogant, and even pretends to enforce his own opinions in opposition to those of the professors who are infinitely better informed than himself.

The evil consequences of such a mal-administration and mis-direction of a university, are obvious; the most striking of which is that the members produced by such societies, in whatever country, are necessarily as imperfectly instructed as the principal himself, and thus the old system of quackery becomes perpetuated, and remains precisely the same as it was a century and more ago. As we have before remarked, government has not the time, nor is it part of its functions, to interfere with the scientific departments of such institutions, but it is ever disposed to sanction such improve-

ments as the principal, because they touch not his privileges, is willing to admit, or such ameliorations and reforms as he had capacity enough to propose.

Hence among the young doctors in Germany, France, and other countries, will be found, even at the present time, some who prescribe not less than a dozen medicines, all in one and the same bottle, each symptom being provided with its remedy, as for instance, for the head ache, fever, obstipation, &c. &c. in an infusion of senna, Epsom salts, extract aconiti napelli, opium or laudanum, aetheres sulfurici, syrupi capill. Veneris, rob. samb, a portion of magnesia, &c.

This, with many other solventia, sopientia, corrigentia, stimulantia and alterantia, all ranged together in battle array, must be put into the same bottle bearing the label, (signatura) *cochlearia duo cibaria sumenda*, (two table-spoonfuls to be taken). The poor patient must needs have a very strong stomach to digest such a farrago, a task, which, indeed, is not so easy as may be imagined, it being difficult to drink such a mixture on account of the magnesia, which will not dissolve in this small infusion of five or six ounces. The patient, however, oftentimes thinks himself happy in having such a prescription, I should think it highly probable, that in such a mixture or infusion, the carbonic acid of the magnesia, on account of its large proportion, may make some decomposition with the Epsom salts, upon which the sulfuric acid would assimilate or enter

into affinity with the potassium of the magnesia, which prefers uniting itself with the sulfuric acid, &c.

Sometimes there will be found in one single prescription of a doctor several saline ingredients, as *calomel*, *acidi tartarici*, *jodinum*, or other composition of like nature, and God only knows that precipitation may follow, and what may be its action and effect upon the human body. It is possible, to say the truth, it is possible, that there may arise from such a combination, a new substance unknown to us, and which may produce a salutary effect upon the condition of the patient: but this is scarcely probable, and mournful experience teaches us, that it is much more likely that from so absurd a mixture of opposite salts, &c., something must be produced, which, if not absolutely a poison, is first cousin to it.

As the present work, however, is not written for professional men only, I cannot enter more fully into medical explanations, but shall reserve them for my new method of special pathology and *materia medica*, which it is my intention to publish. I will here merely observe that these my remarks and reflections have had their effect in Austria and Prussia, for a considerable time past, so that the use of the old medical *cuisine*, is never, or very rarely, to be found in those countries; simple prescriptions universally obtaining, except with quacks, who are every where the same.

It was with great satisfaction I saw a similar improvement introduced into England, and the employment of so many simple remedies, as, for instance, Epsom salts, &c., but they should not be used so often as old women would recommend. The frightful use of *pills* should also be entirely abolished: every druggist has his own favorite pills for sale—*liver pills*, *stomach pills*, *antibilious pills*, in short pills of every kind for preserving and *preventing* the life! How often have I been asked by this or by that family or patient, “Doctor, have you not heard of the late Dr. Stockfish’s pills?” “No.” “Well, this is very astonishing!—why? oh, they are wonderful pills—farmer Tomkins, a friend of ours took, last year, only one box of them, and they cured him in a few days, of an inveterate cutaneous disorder!”—“Pray, can I be introduced to your fortunate friend?”—“No, poor man, he died in February last of a brain fever.”—

In this manner you will hear of many equally wonderful cures effected by pills and other patent arcana medicines; for although many of them are innoxious, so that if they do no good, they do no harm, yet by far the greater number are extremely injurious, containing, as they do, such quantities of purgative and drastic drugs: for instance, I know pills which are sold under a most celebrated name, and which contain by far too much *gummi guttæ*, *hellebori nigræ*, *scammoniae*, *rhei*, &c. the effect of which over-doses of purgatives cannot fail to be pernicious, and in this way it is that

infatuated people destroy their health; and especially cause a *prolapsus ani*, which is the immediate effect of such purgatives.*

Among the numerous cases which have fallen under my observation, I saw one which was very singular. A wealthy nobleman, of a fine person, and sound constitution, took the fancy of purging himself for several weeks successively. With what medicines he commenced operations I cannot say; but upon my being called in, the house-keeper shewed me several powders, the ingredients of which, however, I could not discover. She then produced several boxes of pills, among which I remarked those of Dr. ———, pills of great celebrity and very popular.

The patient, who, as if he had been mad, swallowed these purgatives daily, was so extremely ill, exhausted, and reduced, that it was a whole month before I was able to restore him to his physical strength and natural vigour. What was particularly remarkable in this artificially created illness was: 1st, That his legs did not recover their original force till after five weeks' time, though the proper external remedies, as lotions, &c., had been applied. 2nd, That his intellectual fa-

* It is remarkable that just so fond as Germans and Englishmen are of taking purgatives, a Frenchman is averse to them—alleging that such remedies derange his digestion; he takes, in preference, some acid or other, saying that it is cooling, *cela est rafraichissante*.

culties were very much affected, so that he could not remember what, had occurred an hour before, and this symptom was so strong, that I thought he would remain an *imbecile* for ever ; but after several months' residence in a salubrious country air, and the use of a salutary dietetic regimen, he entirely recovered, and then took a solemn oath, that he would never, in future, take drugs or any medicines which might be recommended to him, without first consulting an experienced and enlightened physician.

How many thousand persons are there, who dose themselves with these delectable pills the whole year round, the only results of which folly, are the destruction of their own health, and the enriching the vendors of these nostrums. How often do such persons repent of their error when it is too late ; how many are unable to discover it, and cannot imitate the famous comic actor, who, drawing a phial from his pocket, exclaimed, " My doctor told me that after I had taken this medicine for forty years, I should find out that I had been all that time a stupid fellow ! "

But is this pill mania, this irrational use of drugs confined to the hypochondriacal recluse ? By no means, it is the *rage* even in fashionable life. " O my dear Miss Derwent," says Lady N—— " have you heard of Dr. ——'s excellent pills ? "—" No, my Lady ! "—" Oh, I assure you the cures effected by them are wonderful ! you positively must have some of them by you ; Joseph shall fetch a box or two ! "—and the

unfortunate footman is dispatched *instantly* into the city for that purpose.

Nor is this all; every anxious and feeling mother has a store of these precious pills or drugs, and will write to any son or daughter who may be separated from her, either in the colonies or at boarding school, a most affectionate letter, strongly recommending them never to omit to take them frequently, unconscious, poor woman! all the time, that she cannot adopt a surer plan of ruining the constitutions of her beloved children.

Such a mode of action is quite opposite to the general habits of so cultivated and so reflecting people as the English, and it excites my unqualified surprise, that John Bull, that most learned and experienced personage, who leaves so many people quite behind him in most sciences, and who has had the benefit of travelling all over the globe, should not be indignant at finding this quackery still predominant, to this very day, in his "snug little island," and still more that he should swallow so many heterogeneous compositions without so much as making a wry mouth.

There is no doubt that when a doctor, or vendor, by dint of puffing and other low arts, has succeeded in establishing an extensive sale for his wares, whether drugs or pills, his profits must be very great, which is, undeniably, the only object he proposes to himself. I know pills, so celebrated, that they may be procured all over the world: in every country in which I have

been, for example, Dr. ———'s pills are to be met with. But what description of persons is it who take such compositions, upon the recommendation of some old periwig-pated quack? Certainly not one single individual who is capable of combining two ideas together upon the subject. As to another quackery, still more impudent and audacious than the one we have mentioned,—the universal medicine; it would be insulting my readers to undertake to prove the utter absurdity, of imagining the possibility of discovering medicines adapted to every person: the problem of finding a remedy equally fitted for every *age, constitution, and temperament*, is one which no medical Euclid will ever arise to solve. The simple fact of some persons being obliged to take from six to twelve pills before they can be relieved, while others, on the contrary, can scarcely take one without a thorough disturbance of their animal functions and health, is sufficient of itself to expose so glaring an imposture.

How many and how great are the differences and complications which are to be found among diseases, when taken generally and specially! it is, therefore, in every point of view, ridiculously absurd to say "*this is to be applied as a general remedy for every kind of illness*;" precisely as another description of Charlatans are to be met with, who recommend *bleeding* as a general and specific remedy: to such a person, the nature of your illness is of not the least importance; whatever it may be, he is sure to consider bleeding or fifty leeches

as indispensably necessary—the blood being, in his opinion, the primary mischievous agent of illness, (*primum agens noxium, vel prima et principalis causa morbi*).^{*} The patient who trusts himself in the clutches of such a doctor, may congratulate himself, if his *professional friend* restricts himself to the use of the lancet, and does not, like Dr. Sangrado, in Gil Blas, prescribe, in addition, copious and frequent draughts of warm water. I saw in Paris, a *sanguinary* doctor of this description, who had invented a machine in the form of a boot, so contrived, that it could be opened, and in the inside were several lancets fixed, for the purpose of making incisions in the skin of the foot; when a spring similar to that in a cupping instrument was touched, the lancets shoot forth and a very copious bleeding, amounting to several pounds, takes place: miserable indeed, is the condition of those who submit themselves to this operation, their prostration of strength is such, that it is at least two months before they recover.

A very few rational ideas of the medical science, will suffice to convince any one, that it would be madness to expect that such an unnatural mode of treatment

* The family of such a doctor may be considered as truly unfortunate, for on the slightest symptom of indisposition, recourse is had to his favourite weapon, and wife, sons, daughters, and servants, must all shed their blood in his service, provided he has already left them any to lose.

could produce any salutary effect. Such one-sided empirical doctors are, therefore, very often found among army doctors only, who are seldom physicians, and merely surgeons; and it is those who generally broach such systems. The inventor of the bleeding machine above described, was also an army surgeon, who, in adopting Broussais's system, which affirms "*that the blood is the only cause of disease by originating inflammations in the principal nerves and vessels, &c.*" could not consistently do otherwise, than apply his bleeding machine. Generally speaking, for *ubique detur exceptio*, materialists, the majority of whom have arisen either from empirics or from army surgeons of the old school, have been the inventors of these systems. It is, however, most surprising, that among well instructed physicians, who are well acquainted with the influences which act upon human life, and the infinite number of effects proceeding either from the stars, the planets, and the earth, or from moral causes, a systematizing man can be found. I could here enumerate several medical men of this kind, from the last century up to the present day, but shall content myself with mentioning the purgative system of Dr. Brown, which produced so dreadful a slaughter in the world. Hahnemann's homeopathic Charlatanism*, and Brouss-

* These changeable systems may not unaptly be compared to an epidemic, like the cholera, or any other which acts not publicly, but seizes its victims in secret.

sais's bleeding system, not forgetting so many purgative pills and other quackeries of this description ; now the inventors of all these systems have been all of them army surgeons of the old school, whose information has all been taken in with kitchen spoons (*cochlearibus culinariis*), with which *scientific* means of acquiring knowledge we humble physicians are wholly unacquainted. But to what is to be attributed these partial and one-sided views and ideas in the old medical school ?—Certainly to no other cause than insufficient instruction, and the want of theoretical studies ; for without having gone through the indispensable course of education, which I have before described, in which both theory and practice are combined in due proportions, the physician, like the surgeon, can never become a rationally practical man ; he will be a mere empiric, who gropes about in the dark, but who always finds some hobby-horse, some favourite system, as a substitute for that thorough knowledge of medical science, theoretical as well as practical, in which he is so lamentably deficient. The circumstance most to be deplored is, that so many of these empirics are the favourites of their respective governments, since the necessary consequence is, that the system of the whole country is dependent upon what an empirical president thinks fit to enforce.

Without, however, pursuing still further so ungracious a subject, let it be permitted me to add, that the profession of a medical man is the most elevated of all

others. Consider only the degree and quantum of knowledge he is expected to have acquired: he must have studied, 1st, the elementary sciences; 2nd, natural philosophy, including astronomy, geology, &c., the mathematics, pure and mixed; 3rd, the classical languages of Greece and Rome, with those of modern Europe, and history, general and particular; 4th, the whole of the medical sciences, as hereafter shown; 5th, several portions of jurisprudence, as medical jurisprudence (*policia medica*,) &c. If such be the vast range of knowledge indispensable for him, surely a mind so stored is deserving of high distinction, and the condition of the physician should be made as superior to that of other professions, as the sphere of his utility is larger, and his labours more arduous. Governments would, therefore, perform a high duty, in introducing an effective reform in all the medical institutions of their respective countries.

The necessary consequence of this want of a due regulation of medical studies is, that every one may vend pills and drugs; the apothecary visits patients abroad and receives them at home, and the surgeon, like the doctor, writes his prescriptions. And why should not this be the case, when every druggist and chemist may do the same, and *vice versa*, as I have already adverted upon, when speaking upon the apothecary's privileges and rights. Hence it follows, that the old system of quackery remains precisely the same as it was two centuries ago, and that prescriptions are still written, ordering the composition of ingredients, while the

party prescribing knows not precisely what may be the effect of two or more extracts when combined with other drugs, &c. It was the consideration of this, and similar inconveniences, which suggested to old *Dr. Hahnemann* his new system, founded upon the dogma *similia similibus*; but although he has gone from one extreme to another, without effecting any general improvement in medical science, yet we cannot deny him the merit of having drawn the attention of the reasoning part of the faculty, 1st, to the simplicity of his remedies in general, and, 2nd, to the indispensable necessity of enforcing the strictest dietetical regimen during the treatment of a disease.

These two principles, hitherto wholly neglected, are indubitably the most powerful in medical practice, and, certainly, after having thoroughly studied the Homeopathic system, I should have been a convert to it, were it not for so many disadvantages resulting from the medicines being administered in such minute doses, that upon a body accustomed to stimulating remedies, no effect can possibly be produced, and therefore much valuable time is lost, and the patient remains unbenefitted; the insufficiency, therefore, of this mode of treatment, in so many cases which have come under my own observation, makes me one of its strongest opponents.

As, however, we very often see, in other cases, that persons pass from one extreme to another, and so it may be observed with respect to the subject before us, those who do not adopt homeopathy, embrace a system

which, although decidedly opposite, is equally unreasonable, thus not only will prescriptions, in several countries, be found to order the making up of useless and injurious drugs, but no attention whatever is there paid to the patient's diet. I was astonished to see, in France, many patients taking wine and water, even in the presence of inflammation; and when being called in, I, on several occasions, protested against so improper a proceeding, so frequently the cause of diverting the course of a disease, the doctor would say, "*Ce n'est que de l'eau rouge**," (it is only a red-coloured water;) but the patient, if allowed to take this red-coloured beverage, will, being very thirsty from the fever, drink a considerable quantity, and this quantity will necessarily contain a considerable portion of wine, and who would recommend wine in an inflammation, accompanied by fever. Another custom, equally injudicious, I remember to have observed in France: it is this, that when a blister is put upon a patient, in an inflammation, it is not changed till the next visit of the doctor, that is, not for twelve and even sometimes twenty-four hours. Now this is as contrary to common sense as to the purpose of the application. Why, let me ask, is the blister put on at all, but to raise the temperature of some part, in order to dissipate and accelerate the action of the inflammation; while it is evident that, so long as the blister remains,

* The French say of spirituous liquors, "*cela rafraîchit* cela est rafraîchissant"—it is refreshing, it can't do any harm.

the effect is quite the contrary. What, moreover, can be expected to be the effect of the medicines, of whatever kind they may be, if the patient observes an injudicious and injurious diet? The patient also frequently ceases or discontinues taking his medicine before the complete cure is effected, the result of which is, he either has a relapse, or becomes attacked with a disorder of another kind, all which is to be attributed to the negligence of his professional adviser.

Having practised as a physician ever since the year 1830, I long and anxiously considered and reflected upon the disadvantages, not to say dangers, of all these old forms of cure; I endeavoured to discover, and conscientiously believe I have succeeded in discovering and constructing a rational method of treating patients, who may honour me with their confidence; this method, entitled in every respect to the epithet of *simple*, I have successfully practised ever since the year 1835. It is, however, by no means a new or original system. Far from being an innovator and disturber of the experience of ages, I do but introduce some modifications in the medical science and practice, as existing from the time of Hippocrates. I only propose to apply certain specifics*, which have been recommended for centuries, and

* Many opinions are decidedly opposed to *specifics*, and it is asserted that no intelligent medical man can advocate them. My answer is, that so long as the practice of medicine shall not have discovered specific remedies, so long the study itself will

been tested by myself as remedies for different diseases; and, further, I administer these remedies in the most simple state, without any adjunct; and when, for instance, I find it necessary to give *calomel*, I prescribe very small portions, as the *fourth part of a grain*, and never more than half a one; the effect of several large doses of this drug is so different, that I have been astonished at seeing it given even to the enormous quantity of five grains, and even more, in the case of certain diseases, where the object should be that of assimilation, by bringing it into the circulation of the blood, and not of producing a diarrhœa, &c.

Such being my simple application of known and tried remedies, for the purpose of producing this or that effect, or of combatting this or that symptom, I make very little use of the drugs and medicaments to be found in every apothecary's shop, because I have had as yet no personal experience of their real effect in the case of

remain obscure. But the knowledge of this depends upon the experience and genius of the doctor. I can show to all who are interested in the fact, cures, effected by me, with remedies known to every physician, in the case of diseases which other medical men have entirely failed in treating successfully. For instance, I cure the gout and rheumatism radically, also the dropsy, except the advanced stage of Hydrothorax, without operation, together with many other inveterate diseases, such as urethral strictures, the tape worm, which is removed in eight hours, &c.

any disease, and place not much confidence in the recommendation of others; consequently, although my medical practice has been extensive for not less than twelve or thirteen years, I have not yet had occasion to employ them all.

Opium, camphor, &c., I employ very seldom; the latter, which I was in the habit of prescribing during my first year's practice, I have determined never to employ again, having found it extremely injurious, in several cases producing imposthumes, and other very dangerous effects*; I do not prescribe camphor even in nervous fever, which I have noticed in my work published in 1836, in the article *Cholera*; I have also discarded from my prescriptions Subl. Corrosivi, Belladonna, Quassia, Arsenic, and a very great number of other medicaments, in which I have no confidence; being, in most cases, able to cure my patient with so many other simple remedies, why should I employ poisons!

The same practice I adopt with respect to purgative remedies, never, or, at least very rarely, employing *drastic* or *strong purgatives*, but giving the preference to *gentle aperients*, and even these seldom in conjunction with others, except in the case of the tape worm. I would also remark, that in general, I prefer the giving of solutions or infusions to pills, having well founded reasons for so doing, and that when it is

* In my next medical work I enter fully into the nature of every medicine, as also its effect in this or that illness.

necessary to give two remedies together, or one salt with sugar, &c., I administer it in the form of a powder. I am aware that most physicians prefer giving pills, in order that they may be able to say, "The medicine I shall order you will be a mere trifle." But how often, may the patient be heard to say, "This pill makes me so uneasy, I am determined never to take another;" and it is indeed natural, and to be expected, that a strong drastic medicine taken in a pill should necessarily produce uncomfortable, if not painful sensations at the place where it lies, which is not the case with other solutions, of which the aperient or laxative operation is extended throughout the whole stomach, and is not confined to a single spot. Now, although my application of remedies in connexion with my method of using and applying cold water, is as simple as I have described, I fearlessly proclaim to the faculty generally, that if I do not in every case succeed in radically curing, I can, at least, render supportable the most inveterate diseases, including the much renowned gout, and gradually diminish its exacerbations, in consequence of which the following lines of Ovid will require to be amended :

"Tollere nodosam nescit medicina Podagram,
Interdum docta plus valet arte malum."

The knotty gout oft baffles medicine's skill,
And learned art is conquered by the ill.

Since, as I have before observed, the present work is not written exclusively for medical men, but for other

well informed, though not professional people, I shall not here enter into a particular exposition of my method, but reserve so doing till my next work, in which I shall also give the names of the remedies, which I apply internally in several inveterate and long standing diseases, with the happiest effect; as well as the external application of several medicines, and the method of using cold water; which is quite different to the one-sided method practised in Germany exclusively, which method I shall also strictly review and remark more down.

Quite the contrary, I often give no medicine at all, prescribing, in many cases, nothing more than a comparative dietetical regimen; and whatever remedies approved as specifics in this or that illness, I may prescribe, they will not, I am persuaded, have their desired effect unless accompanied by a suitable dietetical regimen: it is indeed my conviction arising from experience, that dietetical prescriptions are sometimes even more necessary than medicines, and that all remedies applied without being accompanied by a proper diet are altogether useless; even when purgatives and emetics have been taken, the effect produced by them is only partial, and not the one which is required from them.

How often have I had patients, or more properly persons not ill at all, but who only imagine themselves to be so, as for instance, some rich old lady or gentleman, wholly without occupation of any kind. Is it to be expected that I should give them medicine, when

they have no need of it? Certainly not. I very often give them nothing, or prescribe some indifferent harmless object, as fine *white sugar* (*Pulveris Sacheri albi*) powder, either alone or combined with another equally innocent, to be divided into twelve packets, of which the patient is directed to take one daily! This mode of procedure is, in cases of this description, most necessary, in order that it may appear "*ut aliquid fecisse videatur*" that some more active remedy has been prescribed; this powder I have frequently found to give the greatest satisfaction to the *malade imaginaire*.

Nothing can be more clear, therefore, but that, in such cases, the dietetical regimen is the real cause of the state of well-being of such a patient, who generally follows all prescriptions and directions with scrupulous exactness. A patient of this description has often said, "It appears to me, doctor, that I am getting too much accustomed to this medicine; I am not so well as when I first took it; what is the reason?" &c. "Well, my lady," I reply, "I will prescribe you something else, proper for your complaint," &c. I then write for some agreeably scented water, with some delicate syrup in addition, ordering a table-spoonful to be taken every morning at eleven o'clock. Now, in such a case, if the doctor were an empiric, and not competent to distinguish a real from an imaginary illness, he would transform such a person into a patient in reality.

Precisely in the same manner, only with still greater strictness, must the dietetic regimen be observed in

chronic, or long standing diseases: it will, however, often be found to be neglected, either by the doctor himself, or by the patient, who imagines he has duly performed his part, if he takes the prescribed remedies; and hence there is often produced from a slight indisposition, an inveterate, and too often, an incurable disease. The empiric is most generally the cause of the relapse of his patient, or of his being attacked by some other malady, pretending, as he does, that he is too much occupied to explain to the patient, in detail, the diet he should observe, the manner in which he should take his medicine, &c. The greatest inconveniences must necessarily follow from this neglect, when the patient is under a course of strong and active remedies, or when he lives in the country, and the distance prevents him from seeing the doctor as often as he could wish;—and from many other circumstances of a like description.

It results from these disadvantages and inconveniences, that the people are not satisfied with the profession, and that they have recourse to it in cases only of the greatest necessity. Nor is this all. So many self-called doctors, lower their dignity of the profession by the abuses they continually practice, or bring disgrace upon it by their ignorance, or to say the least, by their superficial knowledge of the medical art, that the respect and consideration properly due to the enlightened and instructed physician is much lessened, if not entirely lost.

As I have before observed, there are certainly medical men of the greatest talent and profoundest learning, to be met with in every country, but owing to the great numbers of professional men of a different character, they are but seldom spoken of. In France, for instance, you will find many men adepts in this or that particular branch, or science, while in others he is altogether deficient—to such a man I give the name of one-sided, or partially-instructed, for he who would be considered as really learned, must have a certain degree of acquaintance with other sciences besides the one which he actually professes, without which, he will never be able to form a correct judgment upon any subject, or draw just conclusions from premises. The great misfortune for science is, that such partially-instructed persons, whose scientific acquirements are limited to an acquaintance with botany or chemistry, &c., are placed, through mere favouritism or patronage, at the head of medical institutions, the natural consequence of which is, that the whole institution is badly conducted, and that it sends forth only partially-instructed or one-sided professors.

Were I to enter fully into, and completely expose the lamentable state of the medical science in this respect, in the several countries which I have visited, I might fill volumes; but two considerations prevent me: 1st, I am averse to naming individuals who enjoy some reputation in the scientific world. 2nd, I have no wish to create enemies. I shall, therefore, only speak gene-

rally of the bad consequences of this partial or unilateral instruction, which is the bulwark of the old system of quackery, and which is fatal to the reputation of truly scientific men, as a parasitical plant lives at the expence of the noble elm or the majestic oak*.

For the purpose of providing the whole of Europe with adequately instructed medical men, more especially physicians, surgeons, and apothecaries, that is, with persons who shall possess all the qualities particularly required in each and every of those professions, and with the view of annihilating for ever the long standing system of quackery, I would propose that the following regulations should be taken into consideration:—

First,—It is of the first importance and necessity, that a distinction and difference between the three above-named professions should be introduced, and strictly

* Comparatively is the old quack just the same obstacle to the medical science, as the old usage by the coal chariots to have four horses in the long, even when they are not charged, which is certainly a great obstacle for the several hundred thousand coaches and carriages circulating in London; the same is to observe on the *réglement*, that the omnibusses are paid when the person goes out, and it happens very often that some (*thik*) farmer or other has forgotten the payment, the poor omnibus is then obliged to stop five minutes, and with it also the other waggons and coaches; take now how many omnibusses circulate in town! Could not every person pay being in the omnibus? &c.

enforced: a physician must solely be occupied with the cure of internal diseases, while a surgeon must restrict himself to the treatment and cure of external injuries, neither one must encroach upon the province of the other. Each one must, in cases of necessity, have recourse to the assistance of the other, as, for instance, the doctor or physician, shall, in the most trifling as well as the most complicated surgical cases, call in a surgeon, if it be only for venesection; each one, in fact, must observe his own limits, and not be, a *passe par tout*, like the French, who would know all, but learn nothing—" *Ex omnibus aliquid, ex toto nihil.*"

Second,—No doctor or surgeon should be licensed to make up or dispense medicines: this should be wholly confined to the apothecary, as stated above.

Third,—The apothecary must thoroughly understand chemistry, but never meddle with, or undertake medical practice: after having finished his studies in the preliminary and gymnasium, or latin schools, he must also have served three years as an apprentice in a respectable apothecary's shop, and be thoroughly versed in all apothecary manipulations.*

The studies and duties of an apothecary are the following:—

Two years are to be appropriated to his acquiring the necessary qualification for the lawful exercise of

* I begin first with the course of the apothecary's studies, having before spoken of the apothecary quack.

his art.* In the first year, his studies consist chiefly of zoology, geology, mineralogy, &c. In the second year, of chemistry, theoretical and practical, or experimental, and botany. In each year he must undergo two examinations upon each branch of study, one in the middle and the other at the end of the year; after passing which, he receives a certificate for each year. Having finished the two years' studies, he must again pass another and a general examination upon all the before-mentioned studies, after which he will receive his diploma, and be entitled to the appellation of *apothecary magister*.

None but an *apothecary magister* should be allowed to keep an apothecary's shop, to the exclusion of all the old quacks, who are comparatively but mere shop-keepers and drug vendors, as I have already shewn, when especially speaking about apothecaries.

Any further studies, such, for instance, as those of moral philosophy, &c., would be superfluous for an apothecary or chemist, who will find himself fully occupied in perfecting himself in chemistry, so as thoroughly to understand to make up every preparation, as extracts, salts, syrups, conserves, æthers, pastes, &c., which articles are, up to the present time, to be bought only at the manufactory, and are by no means admissible into medical use, being not only imperfectly

* Each year being divided into two half yearly courses, a summer and a winter one.

purified, but often adulterated, as, for instance, vitriolic salts, tartaric acid, and still more especially, the mercurial salts, &c., which are particularly injurious when they are administered without being duly purified, an operation which the well instructed chemist is fully able to do, there being so many re-agents for testing every remedy.

Thus duly qualified by his studies, the chemist, after having taken a solemn oath to perform the duties required of him: 1st, Never to sell any poisons. 2nd, Never to vend any articles (syrups, oils, and aromatics excepted) without an order or prescription from a doctor or a surgeon, must begin to arrange his shop in such a rational manner, that it shall present an appearance strictly scientific. He must remove all kinds of bottles, boxes, instruments, or other objects which are exhibited in the windows for sale, and should return them to the respective tradesmen of whom he purchased them, and who are the only proper vendors of them.

To enter more into particulars, an apothecary's or chemist's shop, where neither pills, drugs, nor other concoctions are sold, save and except such as are prepared from prescriptions, should be thus arranged. Beginning with the exterior of the shop: nothing, as before observed, should be exhibited in the window, except, if it be required, one or two pots of roots or herbs, but not any of the articles above alluded to: not even the large glasses with coloured water and hieroglyphical inscriptions, which refer to some magical effects, all of which is a quackery and charlatanism,

to which a long *beard and stuffed alligator would be good appendages!* The apothecary of 1842, is not a magician, and should only have to do with the material productions of nature, in order to apply them to the extent of the present progress of medical science; it would be much more rational and appropriate to exhibit a bust or portrait of Hippocrates, or any other symbol of medicine. All the objectionable objects of which I have spoken in the article, "*Apothecary Quack*," must be removed. Three scales should be kept ready, a large one for weighing roots, herbs, drugs, &c., a small one for powders, salts, &c. All articles for sale, which are useless in a medical point of view, must be removed from the counter, in order to make room for medical preparations. The apothecary must be provided with scissors carefully cleaned, two spatula, six mortars, for preparing powders, pills, &c., all of which must be daily cleaned by the servant or apprentice. These articles must be kept at the back of the counter, and a clean cloth must always be ready for wiping them after every time they are used. The apothecary should be further required to keep all the herbs, roots, drugs, salts, and preparations which are indicated in the pharmacopœia of the country, all of which must also be quite fresh. He must never say "I have not such and such an article:" it is his duty to be provided with all known medicaments, since physicians do not always prescribe the same remedies, but oftentimes very different ones.

Every apothecary's or chemist's shop should have a convenient back room or laboratory, where every kind of vessel must be kept ready for making decoctions, plaisters, and other preparations, besides the necessary utensils for distillations, filtrations, and even sublimations, in order that he may be able to purify and prepare the best salts, acids, distilled and aromatic waters, &c., from all which the great advantage will accrue, that the drugs there prepared and made up, will be of the best quality, and consequently more certain of producing their effect when administered either internally or externally.

Thus educated and prepared for his business the *apothecary magister* will be considered in a far more respectable light than before. He will be able to read the Latin prescriptions of the physicians, and conscientiously prepare and dispense them. In order to prevent inconveniences and remedy accidents, the apothecary shall be required to copy every recipe or prescription into a book, kept especially for that purpose: and should the sudden death of a patient unfortunately occur, he can prove by his book the innocence or the culpability of the physician. He must also seal every medicine which is sent out of his shop, and write the necessary directions, how it is to be taken or used, precisely as is expressed in the prescription.

It may occasionally happen, that a physician prescribes strong medicines to be taken internally in much larger quantities than is by law allowed; or it

may be the case, that the physician makes a mistake, and instead of a grain orders a scruple, drachm, or ounce, or that he commits some similar blunder; under these circumstances it is the duty of the apothecary to seek for, and to shew the prescription to the doctor, and inquire, if he really means the medicine to be given in such very large portions? and the doctor will, no doubt, in consequence of the notice so taken, correct the error, which he may have inadvertently made. It must be still further remarked, that should the apothecary make up the medicine so ordered in unusual quantities, without giving due notice of it to the physician, he (the apothecary) will be considered equally guilty with the doctor, of administering poison.

Every apothecary must keep in his shop, for his own use the pharmacopœia, as published every year, so that he may be able to ascertain if the dose or portion, and the price of this or that medicine, be such as is allowed by law (should any law to that effect exist), and he will be required to exhibit the same to the doctor.

Every apothecary shall be obliged to keep his shop open on Sundays and other holidays; why should the tobacconists be more privileged than apothecaries? especially when the latter sell only the articles I have already indicated, as properly forming the stock of their shop.

Every apothecary will also be compelled to have an apprentice or shopman, who must sleep near the shop, for the purpose of being able to prepare medicines in

the night, in cases of sudden and violent illness. The shop door must likewise be provided with a night-bell.

By these regulations the apothecary will not be regarded in the light of a common shop-keeper, but will command a certain degree of respect and consideration. The whole management of the shop will be under the special superintendence of the magister himself, or of some other competent person, during his absence. And certainly, the public will entertain a much higher respect for a chemist, thus trained to his art, than for a mere shop-keeper or vendor of drugs, as above stated. The apothecary who occupies himself in the discharge of the above duties, is worthy the name of a *rational chemist*; more information and knowledge than is required for them is, as before remarked, superfluous and irrational. That an apothecary should go through the whole of the course of medical studies, so as to act both as a physician and an apothecary, is not only fraught with inconveniences, but is highly absurd.

The duties of a Surgeon, and the qualifications he must possess, are as follows :

First,—If we look at the definition of the word *chirurgus*, whence the *surgeon*, we shall find that it proceeds from the Greek χειρουργος, signifying that the occupation of a man of this profession, is to *cure with his hands*; *manibus curare vel sanare*, *ein Arzt der mit den Händen heilt*; or he performs operations on the human body, when it is affected by external injuries, &c.—for the purpose of restoring it to its former condition of health. His business is limited to repair, if possible, the exterior lesions which the body has suffered, but it is no part of his province to act either as the physician, in curing internal diseases, such as fevers, &c., or as an apothecary, in preparing, making up, and dispensing medicines, for the field of his utility is too vast to allow him to combine with his own, both or even one of the two other professions. Operations become necessary in the case of lesions of the human body, as well as very frequently in that of all anomalous excrescences, &c. How great then must be the study, and how unremitting the practice of the rational and conscientious surgeon in order to enable him to operate with celerity, dexterity, and safety! Theory in the case of a surgeon is by no means sufficient, practice alone will make a skilful operator.

As I have myself passed through all the surgical studies, I know precisely how much time is necessary for their acquirement, and am convinced of the impossibility of uniting in one individual the two professions of physician and surgeon: it is from this conviction that I have embraced the former and abandoned the latter. It is therefore equally impossible for the surgeon to undertake, with effect, any other occupation than his own, since, independently of the necessity of his continually keeping his hand in practice, he has to make himself fully acquainted with all the improvements, discoveries, and inventions made in his art, so that, in his operations, he may keep pace with its progress.

But to be more particular, the surgeon is required to make himself master of the following studies :—After the course of six years, already described in the gymnasial school, the student is required to be for two years more an apprentice in an apothecary's shop, (the conditions for his so doing will be explained hereafter), he will then, upon producing the gymnasial certificate, be received as a surgical student.* In the first year his surgical studies will consist of anatomy, theoretical and practical, including anatomical preparations and

* He may be called also medical student, medical man, for he cures, although external maladies, as well as the physician; the word is derived from *medicare*; a woman for midwifery is also a medical person.

dissections ; such as for instance, preparations of the muscles and intestines, the brain, &c. and in short of every organ, so that he may acquire the most intimate knowledge of the different parts; a study which demands no small degree of patience and perseverance: during the first year, also, is taught *surgery in general*, in which the tyro is made acquainted with the pathology of the external part of our bodies, and this study is of such great extent as to require several months' almost undivided attention.

Every well-informed person, even if not medical, must know, or else can readily comprehend, how difficult the study of anatomy must be for a young man who enters upon it for the first time, and what diligence and resolution are necessary to ensure him success in the examinations he must pass through. He must, therefore, during the second year, attend the lectures upon physiology, or what is called the higher anatomy, in which all anatomical preparations are treated of, and the functions of each organ explained, together with all the material moral and physical effects acting upon the what may with justice be called, the *sublime* constructions of the human being ; during the second year the attention of the student must also be directed to the study of the *materia medica*, or the knowledge of all drugs and medicines, together with their application; and he will finish, with learning the art of prescribing, or of drawing up prescriptions, &c.

Physiology presents, indeed, many and formidable difficulties ; but being well grounded in anatomy, the student will soon comprehend and master it. The case is quite otherwise with the *materia medica*, where he has an entirely new nomenclature to learn, and a vast number of terms very difficult to remember, more especially the technical names given to diseases, all of which will require great perseverance and study, in order that he may pass his examinations in physiology, surgery, and the *materia medica*, which will take place in the same year. In the second year of surgical studies, theoretical midwifery will require his diligent attention, the course of which usually lasts three months.

After these two years' theoretical studies, in which the surgical student is required to pass a half-yearly and yearly examination to the satisfaction of the professor, he will be admitted to practical surgery, or *clinica*, as it is termed by surgeons, in which he will have the opportunity of seeing the treatment and cure of every kind of disease in the living subject.

The *clinica* or hospital study for surgeons must be divided into two parts. In the first division will be classed surgical maladies only, or such as are attended with external injuries ; as for instance, fractures of the bones of the legs or arms, and other parts, contusions, and all local lesions, &c.

In the second division will be included every kind of disease, in the treatment of which the student will have an

opportunity of practising himself, so as to be able, in case of necessity, to attend to every kind of disease, in the absence of the physician. It must be observed that each student will have two patients entrusted to his treatment, &c.; that he will be required to draw up a history of each case, which he must read at the bedside of the patient, in presence of the professor and the other students: he will also, after a sufficient practice in dissections, have to perform operations upon the living subject.

In the same practical year, the surgical student must study practical ophthalmia, or diseases of the eye, and have the care of a patient, but is not required to pass an examination. At the end of the three years, before the young man can practise surgery on his own account, he must pass the general examination, or *examen regiosum*, in presence of the dean or chief of the university, the president or vice president, the director of the studies, and the professors, &c.

These are the duties and studies of a surgeon strictly so called, whose province and privilege it is to attend to, and cure every external disorder and disease; it must, however, be particularly noticed, that in case of any great difficulty presenting itself, or of the illness assuming a serious character, he must then call in a physician, to be chosen, either by himself or by the patient, in order to consult upon the treatment to be followed: and should the patient die, without the surgeon having so applied for the advice of a physician, he

shall be fined in the penalty of —, and upon a repetition of the same negligence he shall forfeit his diploma, and be incapacitated from exercising his profession; the physician only will be empowered to give a certificate of the patient's having died from this or that cause, which certificate must be entered in the registers of the parish where the deceased lived.

The surgeon is also allowed to keep a surgical shop, to bleed, cup, put on leeches, &c.; he must always be ready to attend patients at their homes when sent for, and he will, with this and other affairs, be fully occupied. He is, consequently, obliged to keep one or more assistants or apprentices, according to the extent of his practice. It very often happens, that an apprentice has not the means for studying at the university, or he may even have finished his surgical studies without being able to pass his examination, from the want of money wherewith to pay the fees: or although possessed of his diploma, and thereby privileged to exercise his professions, he may not possess funds sufficient for purchasing a surgical shop (the price of which must necessarily be high, on account of their number in each town being limited)—in either of these cases, his resource would be to engage as an assistant surgeon in the army.

Should the student desire to be a doctor in surgery, (or surgical doctor) he will be obliged to pursue his practical surgical studies for another year, and be obliged to perform publicly at the university, a dissection, to

be chosen by the chief of the university or college ; he shall, moreover, be required to give, *viva voce*, an historical statement and description of the said operation, without any previous preparation ; after this he will be an operator, and be entitled to the appellation of doctor of surgery, and may then be a candidate for any surgical professorship.

Every surgeon and doctor in surgery is obliged to take an oath upon the Holy Scriptures, to fulfil the duties of his profession to the utmost of his power, as did also the apothecary : it is after the taking of this oath that he receives his diploma, and not before.

It is well known to every one how greatly an operator is esteemed, when, by unremitting practice and study, he has perfected himself in his profession : there are, however, but few such, and this scarcity of good operators arises from the circumstance, that such professors neglect their own particular branch by undertaking the whole circle of medicine : this has been further spoken of in the chapter upon Surgery.

III.—There remains only for consideration the duties and studies of a physician, which duties have been analyzed in the definition of the word *Physician* (page 30) where are also shewn the studies and regulations which are prescribed in Austria, and which are, according to my experience and opinion, the best that could be framed, provided some changes and modifications were introduced. These changes, which may be recommended with equal advantage to every country, are, 1—That no patronage should be allowed to have weight in the choice or appointment of any professor; personal merit and professional attainments should be the sole recommendation. 2 —The student, who from sickness or other cause, is unable to pursue the required course of studies, should choose some other profession. 3—The professor should not be able to patronise any student.

It is continually said, that the number of medical men increases in an alarming degree, and that every government should adopt the most stringent measures to increase the severity of the studies, &c. But surely, every estate and profession increase in the same ratio as the population does: no surprise or alarm is expressed at the increase of shoemakers, tailors, lawyers, and others; why then should there be at that of medical men? Does not a physician make sacrifice enough, when he devotes the best fifteen years of his life, to the acquirement of the necessary qualification by severe and unremitting

study, and as large a portion of the inheritance of his fathers in the payment of fees and other school charges, as would purchase a whole warehouse full of articles of trade or commerce?*

Admitting, however, that a physician should have a knowledge of all sciences, for the purpose of perfecting his intellectual faculties and facilitating his experience, there must be, consequently, the less necessity for a surgeon's being obliged to study the philosophical sciences, a regulation which has lately been made in Austria. What is the object of such a regulation? Is it with the view of diminishing the number of medical men? If so, the far better way, in my humble opinion, would be to diminish the number of secondary schools; the students would *eo ipso* be fewer: for instance, instead of the two medical universities established at Vienna, one would be sufficient, especially as there are principal universities in every Austrian kingdom, as the ancient university of Prague in Bohemia, that of Pesth in Hungaria, those of Pavia and Padua in Italy; and again, of what utility is the *Josephinum*, or the military university? Europe has now been at peace for more than twenty years, nor is it likely that "grim-visaged war" will soon be again allowed to rear his "wrinkled front." Besides,

* I speak here of the *bonâ fide* physician, one entitled to that honourable appellation by deep and profound investigation and study, and not of such as are manufactured *by the gross* in every petty duchy or canton.

Austria has already many more medical men than are necessary for the population.

Equally bad, if not worse, is, as I have before remarked, the condition and unnecessary number of universities in Germany, France, and England. I would therefore propose that the same regulations should exist for every university in Europe, so that a doctor who has finished his studies at London, or Paris, may have the same privileges at Vienna, and *vice versa* : to which there could be no objection, since the same laws and the same strictness would be enforced in each of them.

Having established throughout learned Europe a certain number of medical universities, in which the three professions of physician, surgeon, and apothecary would be administered, precisely under the same forms, laws, and rigour ; the developement and consolidation of the civil rights and privileges peculiar to each of those three classes of medical men would easily be effected and provided. The number of such universities (independently of the academies for other sciences) might be in proportion to the population ; France, for instance, should have two chief universities for physicians, surgeons, and apothecaries, and three provincial academies, for the education of surgeons exclusively, who must always, and necessarily, be the more numerous body.

The United Kingdom of Great Britain and her colonies may also have, independently of the learned universities already established at Cambridge and Oxford, four chief universities for physicians ; two for England,

one for Scotland, and the fourth for Ireland; and, separately, four academies, or surgical schools.

The whole of Germany, comprehending Prussia, Bavaria, Wurtemberg, Hanover, and all the other duchies, as well as the Hanseatic towns, do not require more than three chief universities for physicians, apothecaries, and surgeons, and four or five academies for surgeons only: for instance, one chief university at Berlin, München, and Göttingen. The other academies for surgeons may be established at Stuttgard, Zürich, Breslaw, Lübeck, and Jena.

Belgium will be amply enough provided, with one chief university and one surgical academy. A like number, and not more, will suffice for Holland and Saxony. Two chief universities are enough for the whole of Italy; one at Florence, and the other at Naples; but at Rome, Venice, Milan, Pavia, Padua, &c. one academy in every city will be sufficient.

Three chief universities are as many as the whole empire of Austria will require: the number of the academies will be determined by the number of provinces. The chief universities will be established, as before observed, at Vienna, Pesth, and Prague, and the academies at Grätz, Lemberg, Agram, Clausenbourg, and Königsberg or Olmütz. The number of the Lyceums or the six years' Latin schools, may be determined by circumstances.*

* By *university*, I would mean an institution where all stu-

I can offer no opinion respecting Russia, never having travelled in that country, nor in Turkey.

When all the above regulations and provisions are strictly enforced and acted upon, the old system of quackery would be gradually abolished. But, as before mentioned, in order to effect this the number of universities must be limited, and all other licensed societies, privileged bodies, and doctor manufactories, must be abolished as absolutely superfluous, it being quite irrational and absurd, that some privileged or chartered institution or hospital, should be empowered to grant the diploma of doctor. This is a privilege to be exclusively exercised by the government which, as already stated, has, in consequence of the proposed regulations, a perfect understanding with the other European governments upon this subject, and cannot therefore delegate to any society whatsoever the monopoly of "doctor making." But if, in some countries, such societies still should retain the power of granting diplomas, such persons, so created doctors, may be considered as *genuine articles* in the country where they reside, or by their *manufacturers*, but neither their diploma nor their personal character will meet with any consideration or command any respect in other countries, or from other governments.

dies, except Latin, are taught; and by *academy*, I mean an establishment where Latin, Philosophy, and the Belles Lettres are taught.

As before observed, every insignificant little duchy in Germany has some old privilege for making doctors ! This is very much to be deplored, and is also contrary to all law ! How can any respect be entertained for such a doctor ? Even in the most ancient times, the *Pharmacopœus* (φαρμακοπειολης,) or quack, has been pursued like an atheist, because he not only robbed the poor of their money, but, by administering mysterious medicines without a competent medical knowledge, of their lives also ! And is it in the present day, in the middle of the nineteenth century, that such quackery will be permitted, at a time when all other professions and arts are so much advanced ? If not, then it becomes the sacred duty of every enlightened medical man, to apply all his faculties and knowledge for the purpose of introducing such a general reform, and such regulations throughout the whole of Europe, as shall effectually destroy every vestige of the old quackery system, and, above all, for ever prevent any societies or privileged persons from monopolizing and arrogating to themselves the right of granting diplomas. This right belongs exclusively to the government of the country ; and a university or academy created by the government, as its organ, representative, and substitute, is alone entitled to confer the degree of doctor upon a medical student ; but it is necessary that a commissioner, specially nominated by the government, should have cognizance of the proceedings of such university or academy.

The right, therefore, of appointing doctors, surgeons, and apothecary magisters, as before observed, belongs exclusively to the universities, or other bodies duly organized and empowered by the government; but no government of the *third order*, that is to say, no duchy or canton, possesses this right or power: much less should it be granted to any private or self-constituted body, even if composed of the first physicians, and the most able surgeons in the world. Societies or associations of this description may be formed for any other object whatsoever, as, for instance, rail-road companies, steam-packet companies, life and fire insurance companies, &c., but not for medical or surgical objects. A government which can allow any hospital, or medical institution, the power of creating and licensing physicians, must be regarded as an *ignorant one*; since it takes not into consideration, that the whole country suffers from such irrational and absurd permission. How can a physician, who is expected to unite within himself all the knowledge and scientific attainments of the surgeon and apothecary, be appointed a doctor by a private society of apothecaries? he constitutes a *whole* (*unum efficit totum et integrum*) how then can he be formed by any portion or parcel of his entirety? This would indeed be a violation of the geometrical axiom: the whole is greater than its part.

Those persons who have formed a correct idea of the duties and qualifications required from a physician, will have no difficulty in admitting the definition I have

before given of one: of his studies I have also spoken, but, on account of their importance, will here briefly recapitulate them. The individual who is intended for a physician, must first study for six years in the primary schools, two years must then be devoted to philosophical studies, and five to medicine; after which, he will pass his general examination; every year, in fact, must have its studies; and the length of time thus passed, is required not only for the due acquirement of the necessary knowledge and attainments, but for gaining a greater experience of the world in general; a physician, therefore, can never graduate before he has attained his twenty-fifth year.

It must be further observed, that the young man whose intention it is to follow the medical studies* must never be an apprentice—why, in fact, should he be one? In order to become a speculative or theoretical doctor?—this is quite absurd. A physician is not formed by speculations of any kind, but by reasoning alone; he must be gradually prepared and formed by the necessary theoretical studies, and will have no idea of practical medical affairs, until he is admitted into the practical school, where his mental acuteness will soon enable him to obtain a competent knowledge of prac-

* The studies of the physician only, are called *medical studies*, he is a *medical* man; the surgeon, is a *surgical* and *medical* man; the apothecary, or chemist, is strictly such, being neither a *medical* nor a *surgical* one.

tical medicine ; and such an acquaintance with the symptoms of diseases, and the diseases themselves, as to be able to explain the cause of this or that symptom with clearness and precision, and not, like the empiric, grope about in the dark, and hazard crude and ill-considered explanations.

But I will here add, in greater detail, some of the regulations laid down for physicians. Independently of the annual studies before mentioned, every year of which is divided into winter and summer courses, of four months and a half each, an examination being to be passed at the end of each course, the student must have not less than three months' vacation,* (August, September, and October,) in order to recruit his physical and intellectual strength, and relax his mind from the dry and laborious studies in which he has been engaged. But even during this vacation, he must not be idle, but perfect himself in several other branches of knowledge, in some of the modern languages for instance, or in the sciences more immediately connected with the belles lettres, or in travelling, frequenting general society,—the theatres, &c., all which is absolutely and indispensably necessary for the physician, since he must be in every respect a perfectly well informed man, (*vir centum artium*) in short, a man of the world. It sometimes happens that the most learned physician, being a mere pedant, from too great an attachment to

* Two months' vacation only are allowed in Austria.

scholastic rules, is unfortunate in his practice, because he fails in inspiring confidence, and is deficient in duly applying the knowledge he has acquired. I am myself acquainted with such a physician, a most respectable, and in every respect learned man, but who lost his practice, and was therefore happy to obtain a professorship. The cause of such an extraordinary case, is frequently found to be the want of pecuniary means, or some other circumstance which prevents the party from acquiring the necessary knowledge of other sciences, from travelling, frequenting the best society, &c.

Moreover, the lectures upon the medical studies, that is the medical studies strictly so called, as, for instance, physiology, pathology, general and special, as also the *materia medica*, must be in the Latin language; the other studies may be in the mother tongue, and the examinations must be made in the same language as that in which the lectures have been delivered. This is most necessary, as I have before shewn, in order that the physician may be able to express himself in Latin at consultations upon serious cases; and that the patient, from his ignorance of that language, may escape the knowledge of his fate. The general examination, or "*examen rigorosum*," and the dissertation, must also be in the same language.

The profession of a dentist, and that also of an accoucheur, or man-midwife, is comprehended in that of the physician or surgeon; but they must not be empirical: both must go through their regular studies in the schools,

but not serve as apprentices. After this preparation they are at liberty to choose either of the two professions for their peculiar practice. With respect to midwives (properly so called) they must study their art first theoretically, under able professors; and secondly, practically, by a due attendance at the lying-in hospitals.

The regulations which I have here proposed, for medical men in general, may be modified and amended, according to the peculiar circumstances of each country, but in no instance must the three professions be confounded together; or rather, it is the duty of the government to enforce the distinct and separate exercise of each profession, as I have before observed; and government having appointed a commissioner, who shall be present at every examination, and who may be a physician but not a professor, will have registered the names of every legally graduated physician, surgeon, and apothecary. In this manner their rights and privileges will be protected; nor can they be conferred upon any other persons, who are unprovided with a diploma granted by such legal university of any government.

As soon as such universities are established, all other old privileged doctor-manufactories must be closed. All colleges, companies, and other societies, shall be united into one single body, which shall be called *university*; and the number of such universities shall, in every country, be in proportion to its population, as already observed.

Notwithstanding this, lectures may still be continued to be delivered in the hospitals, for the advantage of doctors or surgeons who have already finished their studies; for there can be no limit to the teaching and study of the practice of medicine. There can be no objection also to the formation of societies of medical men, in either of the three professions: on the contrary, such associations will be eminently useful, when their object is that of reciprocal communication upon medical affairs: thus, for instance, the physicians, and likewise the doctors of surgery will form an association, and will be styled members of *this or that university or academy*. Every doctor desirous of becoming a member of such society, must be able to produce the legal diploma of some university; in addition to which, he will pay a certain sum for his admission (£20 for instance). From out of these members of any university shall be chosen by vote, the president of the university, the election to be repeated every two or three years, as also a head master and a secretary. The first two will be required to be present at every general examination, even at that of women for *midwifery*: their emoluments for such attendance will be provided out of the examination fees paid by the fellows, and will be upon a graduated *scale*.

Upon any communications or instructions being addressed to the society by the government, the whole of the members must be summoned, and the paper must be then read to them by the secretary: there must also be a full attendance when new members are introduced, &c.

Moreover, each member of such a medical society will be called upon to contribute a small sum, (10s. a year,) to the treasurer of the society, by way of forming a fund for providing life annuities for the widows of deceased members.

The apothecaries may also have their society, but not for the purpose of manufacturing fellows; that will be the work of the university, but to make scientific reports, and communicate all new discoveries, &c. They will have their seniors and presidents, who will be in communication with the society of physicians. They will have a botanical institution, as well as a general laboratory, the expenses of which will be defrayed out of a small contribution made by the members, &c. Some of the members will be appointed by the government, to act as coroners, and to make inquiry, in the presence of physicians, into cases where persons have died under suspicious circumstances, &c.

The proposed regulation of the schools will naturally produce the best effects upon the apothecary and medical man in every country: the young man, having finished the studies which have been already pointed out, will be received in their respective societies abroad, where he will find an opportunity of perfecting himself in his profession and of learning several languages, which cannot fail to

be highly advantageous to him, especially when, from the establishment of rail-roads throughout the civilized world, the communication between nations will be more facilitated, and consequently an acquaintance with various modern languages more requisite.

The apothecary, consequently, will have enough to do in thus improving himself; in selecting herbs and plants in the proper seasons, and in preparing extracts, acids, &c.: but he must never be allowed to become an *apothecary practitioner*. What is meant by the term *apothecary practitioner*? It is one of dubious import, and quite illogical. An apothecary's practice consists in preparing and selling medicines in his shop, as above stated, and not in giving advice to patients. How can he be both physician and apothecary? This is the old quackery, and is not to be tolerated in the present day, when every study is progressing towards perfection. He chooses to be a physician, let him be so by all means, but let him cease to be an apothecary, which profession must be what it purports to be, and no other. He must be careful to keep his shop in good order, and well supplied, for it will be occasionally visited by a commission, consisting of members of the university and two apothecaries, for the purpose of seeing if the medicines and preparations are abundant, fresh, and of the best quality, or the contrary; and instead, therefore, of keeping a room for consultations, the apothecary will have enough on his hands in attending to the above duties; and should any patient

apply to him for advice, even were it his own brother, his duty is to recommend him to some physician. By this means, the apothecary will not be a mere *fac-totum* or *passe-par-tout*, like the French medical man as before mentioned, but an honourable man, duly qualified: but even in France, the apothecary shop-keeper is not allowed to practice. I had myself a patient in Paris, who had been an apothecary; and it is very likely that this man, who had no confidence in his own skill, when his own life was at stake, felt no timidity in giving his advice to others, at the risk of theirs.

The French physician always was, always is, and always will be, a *passe-par-tout*; he continually carries his instruments in his pocket, for the purpose of performing operations; for he says, that it is the popular wish, that both professions should be united in the same individual. This only proves that the French nation (I speak generally, as there are many eminent exceptions) is not far advanced in knowledge, notwithstanding their *cupido rerum novarum*, and their boasted revolutions. In medical affairs, they insist upon the physician representing all the three professions of doctor, surgeon, and apothecary; while in matters of inferior import they have innumerable gradations of the same profession or trade, as if it were solely for the purpose of being ruined by them: thus in law alone they have their *homme de robe*, their *notaire*, their *avocat*, their *avoué*, their *huissier*, &c., all of whom fatten more or less upon the follies or vices of their gay and unreflecting countrymen.

I will close these my observations and propositions, by remarking, that in proportion as it is desirable, that in every European state the schools should, in their general regulations, be subjected to the control and superintendence of the government, so the latter must be particularly careful never to allow the introduction or continuance of a pedantic one-sided or partial mode of instruction, the effect of which cannot fail to be disastrous, as well to the principles of religion and morality as to the most essential branches of human knowledge. The greatest circumspection and judgment must also be exercised in selecting individuals, distinguished by their high moral character, to fill the office of teachers in the primary schools, or in the preliminary or elementary classes. Every master, or proprietor of a day or boarding school must, therefore, be examined, and approved by the university and government commissioners: all other views and regulations regarding schools are inadmissible.

The proposition which has undergone so much discussion and debate in France, viz.: that of introducing and permitting freedom of instruction, *liberté de l'enseignement*, a system in which every one is at liberty to teach children, and to be a director of day and boarding schools, is, in my humble opinion, pre-eminently ridiculous and absurd; it is nothing less than the giving a licence to any ignorant person who chooses to assume the office of teacher, to plunder the parents of their money and the children of their time; not to mention many other grave inconveniences.

I am not competent to give an opinion upon any other than medical schools, and therefore shall be silent with respect to them, and shall merely observe, in conclusion, that as it is the duty and interest of every country or state, to have a rational and well-grounded system of education, so it must have universities, academies, and Lyceums or polytechnical schools; the last, as their name imports, Πολυ (many) and τέχνη (art), being places of instruction for the miscellaneous arts, as painting, architecture, engraving, civil engineering, &c.; not as they are in Paris, mere military schools for the bringing up and education of officers. A state or country cannot indeed do better, than avoid imitating the system of education which now obtains in France, and which is fraught with evils and disadvantages of the most serious description, but of which it is not here the place to speak.

ON
THE COLD WATER CURE,
AS PRACTISED BY ME.

It would be trespassing too much upon the time and attention of the reader, to enter here upon a thorough medical explanation of the effect of cold water, as applied internally and externally to the human body ; more especially as the present work is, as before observed, intended to be popular rather than professional. It is not, therefore, my object here, either to investigate the chemical properties of cold water, or to ascertain the physiological and pathological action of them upon the human body, but to give a *general view* and explanation of the changes and modifications which I have introduced into my method of the "COLD WATER CURE," as compared with the manner in which it is practised at Graefenberg by Dr. Priesnitz.

In order that the difference of my method may be understood and appreciated, it will be necessary to give a rapid sketch of the *water cure* institution at Graefenberg, as well as of the manner in which cold water is used there.

Upon the arrival of a patient at Graefenberg, his

first care is to wait upon the doctor, who, after a due examination of the nature of the disease, gives his opinion and advice upon the party's health generally, together with particular and explicit directions as to the manner in which the cold water is to be used, both internally and externally. The charges for board and lodging, servants, &c., as well as the doctor's fees, are to be paid in advance.

In the morning, between four and five o'clock, the servant enters the patient's sleeping room, which is by no means a very comfortable one. His appearance is a signal that it is time to begin the therapeutical treatment of the day. Upon the patient leaving his bed, it is immediately set to rights by the servant, who spreads over it a large thick woollen counterpane or blanket. The party having hastily swallowed a glass of cold fresh water, puts off his shirt, and lays himself down upon the blanket, stretching out his legs and feet, and keeping his arms close to the sides of his body: he is then completely enveloped or wrapped up in the blanket, so that his head only is exposed to the air, but this also is immediately covered up, as far as the nostrils and mouth, with a linen napkin.

This constrained or artificial position of the patient must be continued until a re-action begins to appear upon the skin; that is, until the caloric of the human body begins gradually to evolve or produce a sweat or moisture, which is required to be abundant, and to extend over the whole body and skin. The time ne-

cessary for producing this effect, is generally that of two hours, but this must, of course, vary according to the constitution of the patient, the temperature of the room, the ability of the attendant, &c. As soon as the perspiration or sweat is found to be equally diffused all over the body, it must be kept up as long as the patient's case requires, who during this time must drink several glasses of *cold water*. Dr. Priesnitz recommends that the sweat should be kept up, in this manner, for several hours; but the majority of patients do not continue in it longer than half an hour.

The patient now rises from his bed, and, still wrapped up in his blanket, proceeds to the large bathing room, followed by the attendant: he then throws off his covering, and enters the cold water bath; here he must keep rubbing himself all over, an operation in which he is assisted by the servant, who is also careful to rub his head perfectly. After a few minutes have elapsed, he leaves the bath, dries his body, puts on his morning gown, returns to his room, dresses himself as quickly as possible, and then goes out to take an airing, for the purpose of promoting a due action upon the skin and the entire body. At the same time he drinks several glasses of cold water, the number of which is generally prescribed by Priesnitz. Every patient, however, is at liberty to drink as much water as his stomach will bear: the usual average is from ten to fifteen glasses a day. The water is taken from a particular spring or fountain, and is, therefore, doubtless the most wholesome, since

it is never known to cause the slightest inconvenience or indigestion, an effect observed after drinking common water in large quantities.

Having thus passed several hours in the fresh air, continually drinking cold water, the patient returns to breakfast, which consists of bread and butter and milk. There is no fixed hour for this meal, as the morning manipulation requires more or less time, depending as it does upon the patient's constitution, some requiring two hours, others only half an hour, before the perspiration is produced, just as some patients can drink only ten, while others can swallow not less than twenty glasses of water. After breakfast is finished, the patients are at liberty to do as they please, many of them, however, only avail themselves of it to take cold water *douches* in the neighbouring wood, or to enjoy the luxury of a hip bath in a separate room.

At one o'clock all the patients assemble for dinner, every one bringing with him a good appetite; the fare consists of the most simple dishes. Dinner being over, walking in the open air is resumed, as in the morning, unless the condition of the patient requires a repetition of the manipulations; every patient is required to drink water during the promenade, although at

longer intervals. At six o'clock the supper bell rings : this meal being precisely the same as the breakfast. On Sundays, supper is followed by various agreeable amusements, as dancing, music, playing at cards, &c.

General baths, and the drinking of cold water, do not constitute the whole of the therapeutical treatment at Graefenberg, there being several other applications of the *cold water cure*, as, for instance, local or partial baths for the feet, legs, hands, back, and head ; all of which are continually made use of. A great number of patients also apply large linen cloths, previously soaked in cold water, to their naked bodies, which cloths, as soon as the cold goes off, are again steeped in water and again applied. Persons afflicted with abdominal complaints have these wet cloths constantly put upon the stomach ; in this case the cloth is dignified with the appellation of the *Neptunian Girdle*, or *Neptune's Waistcoat*, &c. ; and the same care is taken to renew the coldness as in the former instance. Cases also frequently occur in which the Doctor recommends the body of the patient to be completely enveloped in a large sheet saturated with cold fresh water.

Such are the regulations in force at the Graefenberg institution, and such the mode of living there ; the cold water manipulations above described being the only ones in use up to the present time. The practice of making the patient take an entire cold bath, either when still in, or immediately after being in, a state of perspiration, is of recent introduction, not having been pre-

scribed at Graefenberg, until a Russian had tried it with success in his own case.

The cold water method thus practised, is certainly of great advantage in many diseases, particularly in atonic cases, chiefly caused by a derangement of the nervous and muscular systems, as also in many partial affections, but not in all other complaints; and a patient who flatters himself that the Graefenberg water cure is a general specific, is very much mistaken. I have seen many patients return from Graefenberg without any improvement in their health, whilst others, still more unfortunate, have never returned at all.

I have already stated it as my opinion that the *cold water method* is advantageous in several complaints, thus as a stimulant or irritant it will be found highly serviceable in paralysis, and in many cutaneous affections; I have also observed its efficacy in slow nervous fevers, and it may be of use in typhus, &c.; but in all other chronic diseases, unless the patient be previously prepared for and subject to a rational alleopatical treatment, it is wholly insufficient: its claim, therefore, as a general specific, is both physically and morally inadmissible. How, indeed, can it be expected that any affection of the lymphatic or absorbent systems, such as the dropsy for instance, can be cured by the *cold water method* alone, independently of any other remedies? These considerations suggested to me the necessity of introducing into this mode of treatment certain modifications, which, in conjunction with other resources of

the medical art, might render it applicable to the circumstances of every disease whatsoever.

It was early in the year 1833, and before I visited Graefenberg, that I began to use the cold water method ; by its means I cured several patients in Vienna, who all continue, up to the present time, to use cold water in the manner indicated by me. Amongst these, a most distinguished nobleman at the court of Vienna, who had been a martyr to the gout for many years, was radically cured, and will certainly never have reason to fear a relapse, since he continues to follow strictly my dietetical regimen, and to use the cold water in accordance to my directions. Another case was that of a young man twenty-six years of age, who had previously enjoyed the best state of health, but who for the four years before he became my patient, had been labouring under indigestion, and periodical abdominal cholic, accompanied by debility ; this person was likewise completely cured in a few weeks, by first going through a preparative course of medicine adapted to the symptoms of his complaint, and by afterwards applying the *cold water method*. This young gentleman, whose parents were very wealthy, had consulted an immense number of doctors, not only at Vienna, but also in Italy, whither he had been sent for the recovery of his health. I could mention many other similar cases, did my limits permit.

It must, indeed, be considered as a mere matter of chance or hazard, when a patient who has not pre-

viously undergone a preparatory alleopatical treatment, recovers his health at Graefenberg. When such a favourable result does occur, the credit should, in justice, be given to the preceding treatment of the patient by some regular physician, the change of climate, the excellence of the air, or the difference of diet.

How many hundreds of patients have left the institution at Graefenberg, without having derived the least benefit, after having passed several weeks expecting the salutary crisis, which Dr. Priesnitz daily assured them would appear? How many hundreds of other persons have completely destroyed their health, by a blind faith in cold water, adopting no other means of cure than that of drinking immense draughts of it, the inevitable and immediate consequence of such indiscretion, or rather stupidity, being *dropsy*: for it must be obvious to any one who reflects, that, after a person has swallowed twenty glasses of cold water (some will even take thirty), the vascular and absorbent systems will be unable to perform their functions, either on account of their own debility, and that of the whole body, or because of the quantity itself of water; hence, then, arises an infiltration of the cellular tissue,

which terminates in dropsy. I witnessed this melancholy result in the case of a clergyman, whose illness was attended with precisely the same circumstances as those described in the preceding paragraph.

In the opinion which I have formed of the method adopted at the institution of Graefenberg, I have not been influenced in the least degree by popular rumour or hearsay, but my deductions have been fairly formed from the investigation of cases in which the *water cure* of Dr. Priesnitz has been applied with the greatest exactness, and yet has been attended with very bad effects.

I am, notwithstanding, convinced that the cold water treatment is inseparable from the medical science, provided only that its application be adapted to the constitution, age, &c., of the individual. I am equally certain, from my practical experience, that the cold water method can only be applied with safety and effect several days after the body has been in the state of perspiration as prescribed. This is a *conditio sine qua non*, with but very few exceptions; since in some cases, the patients require no previous perspiration at all, but only a judicious and rational use of cold water. My method, however, of applying the cold water is altogether different from that practised at Graefenberg, for, in the first place, I am of opinion that the application of cold water, or the use of the cold bath, should never be allowed during, or immediately after, a state of perspiration, but only a consi-

derable time after. Secondly, although approving the use of the entire cold bath, I object to its being taken at the commencement of the medical treatment; the proper mode of using it being gradually, and at certain intervals. Thirdly, I differ from Dr. Priesnitz, in expecting that every patient should have a morbid crisis; it may, indeed, happen that some individuals, by a long use of the bath, may have an eruption, but this does not occur in every case. With respect to this eruption, or, as it is called at Graefenberg, *crisis*, it may be added that not every one is disposed for a crisis; not perhaps having, as Dr. Priesnitz asserts him to have, any *materia morbida* in his body. I saw, at Graefenberg, patients who, dissatisfied at not having the crisis, have so increased their treatment as to take two or three general baths a day, and drink from thirty to forty glasses of water, and, after all, no crisis has appeared, while their health has been completely destroyed. How often, when inquiring of a patient—"How is your health?" the reply has been, "Oh! it would be excellent, if I could only get a small crisis."

Being desirous, when at Graefenberg, of keeping the strictest incognito, I was often obliged to observe and study patients as well as their treatment, without letting any one suspect that I had the least idea of the medical art: I was, therefore, compelled to become a listener only, and no speaker, or, to hear all and say nothing, a task by no means easy for me, especially when I witnessed the grossest absurdities practised,

such for instance (and *ex uno disce omnes*) as the same regimen prescribed to patients, however much they might differ from each other in age, constitution, &c. and however opposite might be the disorders under which they laboured.

In conclusion, I would still further observe, that my remedies for producing and maintaining, or keeping up a *diaphoretic* state, or state of perspiration, are precisely the same as those of the old school of medicine, but that my method of treatment is solely the result of my long practice, and is entirely original and new; consequently I am happy in being able to effect cures, as stated above, such as no other doctor or medical man is competent to. The *cold water* treatment alone, without any previous preparation by appropriate remedies, is just as unilateral and empirical, as are the homœopethical medicines when used exclusively, and just as inefficient in the majority of complaints.

The cold water treatment can never be practised with such effect as in accordance with my modified method, which offers rules and directions adapted to the circumstances of every individual, such as health, age, constitution, temperament, &c., and which may be applied so as to suit the feelings of every patient. These rules and directions, as contained in my prescriptions, are to be had of me only, at my residence.

FINIS.