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THE STOMACH

AND

ITS DIFFICULTIES.

VITA BREVIS, ARS LONGA,
OCCASIO PRÆCEPS, EXPERIENTIA FALLAX.
JUDICIUM DIFFICILE.

HIPPOCR., *Aphor.* 1.

THE STOMACH

AND

ITS DIFFICULTIES.

BY

SIR JAMES EYRE, M.D. EDIN.

LICENTIATE OF THE ROYAL COLLEGE OF PHYSICIANS OF LONDON;
CONSULTING PHYSICIAN TO THE ST. GEORGE'S AND ST. JAMES'S DISPENSARY;
AUTHOR OF "PRACTICAL REMARKS ON SOME EXHAUSTING
DISEASES."

"In primis valeas benè; nam variæ res
Ut noceant homini, credas, memor illius escæ,
Quæ, simplex, olim tibi sederit: at simul assis
Miscueris elixa, simul conchylia turdis,
Dulcia se in bilem vertent, *stomachoque tumultum*
Lenta feret pituita."

HORAT. *Sat. L. ii. 2, 71—75.*



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In affectionate Remembrance
OF
JOHN ABERNETHY,
THE PROFOUND PHILOSOPHER,
THE HIGHLY-GIFTED INSTRUCTOR,
THE REVERED AND BELOVED OF HIS PUPILS
IN LIFE. AS IN DEATH,
THE FOLLOWING CURSORY REMARKS
ON HIS FAVOURITE SUBJECT,
FOUNDED ON HIS ENLIGHTENED PRINCIPLES,
AND CONFIRMED
BY THE RESULTS OF EXTENSIVE EXPERIENCE,
Are dutifully Enscribed
BY A MEMBER OF HIS* CLASS OF
1812—13.

* See Appendix.

in English Literature

or

JOHN ASBURNHILL

THE TWO VOLUMES

THE HISTORY OF THE

REIGN OF THE

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1811

P R E F A C E.

IT is long since I promised to give to the public the result of my long continued observations on the Digestive Organs; the study of which has been always, to me, replete with interest; and now that I have renounced nocturnal professional avocations, I am the more qualified, by calm reflection and undisturbed consideration, to watch the ever-varying phases of that most important viscus, the *Stomach*; which, when it duly furnishes its pure functional secretions, is, like the fire, invaluable,—as a Slave, but otherwise becomes a mischievous and dangerous, because powerful Despot! It is either, like the “vernal airs” which move the teeming clouds that usher “gentle Spring,” mildly, but munificently, by the soft-stealing showers, refreshing and vivifying the earth; or, on the contrary, it resembles the rude and turbulent violence of elemental strife,—disrob-

ing and devastating, by its impetuous fury, all that arrests its violent course. Be it, then, henceforth, my daily study to minister to "The Difficulties of the Stomach"—that Pandora's Box—the *fons et origo*—the source of so many of our corporeal and some of our mental susceptibilities! Understand me not, however, as meaning to herald these Practical Remarks in deprecation of severe criticism—by declarations of modest, but unfelt, unfitness for the task I have undertaken. On the contrary, I come forward, with all due but not superfluous humility, to offer some of the results of a long life of diligent inquiry to the consideration of the Profession to which I have the honour to belong, totally free from any anxious misgivings as to the *result*; for I anticipate a *third* kind and cordial welcome from my brethren,—founding my expectation on the full assurance that they love Truth for its own sake; and will be pleased to see, in this undertaking, not merely the lucubrations of others, dapperly arranged and paraded for display, but those which have been seized, digested, and carefully hoarded up for *use*—being the fruits

of my own occasional gleanings at the bed-side or in the consulting-room—following therein, though *passibus non æquis*, the example of the Surgical Instructor of my very earliest years, Sir Benjamin Brodie; to whom, on my having expressed (in a note, two or three years ago) my opinion that his Lectures were greatly prized by my fellow-pupils so long back as forty years ago, says (and this I have his full permission here to publish), “I have *myself wondered* that, with so little experience as I then had, my Lectures should have been popular with the students. I believe that the explanation is, that, although I had not much information to give, what I did give was drawn chiefly from my own written notes of cases, so that I communicated my own knowledge, and not that copied from books.” Some may think that the *style* of my work is not sufficiently *grave*; and that the introduction occasionally of a lively anecdote is hardly defensible when treating on the serious subject of Disease. Others, again, may say that the *rules* which are here laid down for the preservation of health are so stringent, that it is impossible to carry them out

in *practice*. To the first objectors I would reply, that a man's nature must be changed, if he who is daily and hourly "thankful that he is, physically, not as some other men are," should not only think, but speak and write from the impulse of a contented, nay, cheerful, mind. Let it be remembered, also, that in medicine, happily, the age of wigs and canes (gold-headed) is past; and, well I wot, if there be not something of no ordinary calibre in the head of the Physician, he will eventually be distanced in the race, in this stirring, go-ahead age; and that although tricks and traps for the unwary never were so successful, and quackery and shameless pretension never so rife as in this generation, these can only prevail for a season; for, so sure as Holy Writ is true, honesty, plain dealing, and consistency will come forth triumphant at the last. To those persons who talk of *impossibilities*, I would say that the sooner the word is expunged from the Medical vocabulary, the better for their real happiness. For I hesitate not to affirm, that all which I enjoin may, though not without conflict, be attained, more or less, by *all*, and is entirely and unmis-

takably in the possession of *many*. ONE great fact, at least, have I ascertained, (which of itself might constitute the reward of a life)—namely, that Stomach Complaints are, for the most part, curable; and that, while treating on many of their ever-varying phases, permanent deliverance from *misery* may be promised, and the engagement punctiliously kept. To say that the present work did not originate, in part, from a desire to “agitate” again that *vexata questio*, the surpassing qualities of the oxide of silver—a medicine that I myself have in reality introduced to the Profession—would be to keep back the entire truth; but I still maintain that a safer and more efficient remedy than this does not exist; which opinion, in this my eleventh year of widely extended experience of its merits, I still continue to unflinchingly maintain, utterly regardless, *now*, of any counter-statement *from any quarter whatever*. This preparation has done far more good, even *alone*, in many disorders, than, with my most sanguine expectations, I had at one time anticipated; but yet not so much as I have since found it capable of effecting, when *combined* with some suitable *adju-*

vant, such as the nature of each particular case may seem, occasionally, to require. That the Oxide of Silver will ere very long be in *general* use, I am as sure as that I am writing these words. That I shall *see* this happy result of my exertions, is more than I can expect in the few years of usefulness which may yet be granted to me. Medical men, those of England even, are a class of persons among the slowest to take advice from any but their paid and privileged Teachers during and after their state of pupilage. This may, with most, be owing to their timidity and conscientious carefulness; but with *some* it may be imputed to conceit and jealousy, and from a repugnance to be taught, even when taking the dose from mature age, and from the hands of undoubted experience. That this disinclination to *stir*—this ten years' preparation to take courage for a fresh *move* on their parts—arises from apathy I will not do my zealous brethren the injustice to imagine. Happily, however, there already exists—as will be seen in the following pages—a phalanx, not a small one, and that daily increasing, of *my own especial* Friends, who *do* believe a profes-

sional Associate, when he declares that he has travelled and laboured, sought and *found* for them an inexhaustible *mine*,—desiring nothing whatever in return, but that he may retain their continued confidence and affectionate regard ; which, next to his own self-approbation, is worth more to him than all the mines of California ! Whether this shall be the last time of the author's appearance in print, will mainly depend on the public's reception of the present performance. But if, as on two previous occasions, he should be again so fortunate as to satisfy the just claims of his medical brethren, and also to obtain, once more, the cherished approval of those candid Critics, whose encouragement was at one period to him, as an Author, the very breath of life,—he shall have nought left to desire. To all such *fautores existimationis suæ benigni* he tenders his grateful thanks, and desires, for the present, to conclude, with addressing them, most cordially, in the words of the Venusine Bard,

VIVITE (*sodales*) VALETEQUE!

Lower Brook Street,

January, 1852.

THE STOMACH,

AND ITS DIFFICULTIES.

IT may be considered by superficial observers, that the subject of Dyspepsia, or Indigestion,—according to Dr. Armstrong, a most fruitful source of Consumption,—has been exhausted, and that little, if anything, more remains to be said, so many books having been written by able men on Stomach complaints, from which the generality of persons suffer, at some period or other of their lives. The opinions of those who may do me the honour to read these remarks will be, I trust, of an approving and encouraging character. I hope, however, that they will agree with me, that it is the bounden duty of every Physician, whether of the rich or of the poor, or of both, to keep a faithful record of

his experience, especially if considerable, from day to day, and from year to year, since it is impossible for any one, with however excellent a memory, to recollect, as one of our ancient authors has observed, more than two or three years of his practice, a few especially interesting cases excepted. It would be well if each member of the medical profession would keep a journal (as I have done during forty years) of any practical points which he may notice, either in his more studious readings, or in glancing over the contributions to the valuable periodicals of the day; and then, at a time, which occasionally occurs to all of us, when the anxiety of the medical friend to relieve is only exceeded by the desire of the afflicted patient for succour, how intensely gratifying will be the feeling of him who brings the cup of health, to reflect that he has taken it from a repository of his own, which, in a happy moment, and inspired by a sense of sacred duty, he had been induced to preserve and treasure up. This has been, this must have been, the lot of him, who has thus husbanded his experience, his hoarded strength, for the hour of

need! He will feel, too, as I have often done, a craving desire to add, if possible, something to the constantly accumulating mass of medical facts, sincerely wishing to benefit the great family of man, before entering the dark valley, which to all, but especially to a Sexagenarian, cannot be very far distant.

The importance of the Stomach in the animal economy can hardly be exaggerated: it was called at one time the seat of the Soul, and perhaps may still be so by some!—by Haller, poetically, “the conscience of the body”—of all the organs belonging to us, the most ill used! It shall be the object of this, my agreeable office, first, briefly to describe (or a link in the chain would otherwise be wanting) the structure, situation, and qualifications of the Stomach, although this part of my duty will be almost a work of supererogation, these things being so well known to all medical men. My principal object is to excite some attention to a careful and truthful arrangement of not only much that is old, but of something that will be seen to be new, in relation to the treatment of the organ in question,

both in health and in disease. A "great book" being justly considered as a "great evil," the main difficulty will be in condensing that which is to be said to acceptable dimensions, paring off all the angular points which present themselves, while viewing inquisitorially the wide and important subject of human digestion. The Stomach is placed on the left side, or hypochondrium, and, as anatomists are fond of comparison, is very like in shape to the Caledonian bagpipe, having its larger end to the left, and its smaller to the right, of the body. It varies much in its size in different individuals; it is a continuation of the œsophagus or gullet, that tube which passes down in front of the spine, and behind the windpipe, and it ends at the duodenum, or pit of the stomach as it is commonly called, the commencement of the first or small intestines, into which it transfers its contents. The Stomach has three coats or coverings, the mucous or innermost, which begins at the mouth, lining the whole of the alimentary tube, between thirty and forty feet in extent, the highway of the body. The second tunic is the muscular, which, by the contraction of

its fibres, is constantly moving the various matters while under process of digestion. The third, or outer one, is the peritoneal covering, which envelopes and protects, not only the stomach, but the other important parts which are tributary to, or connected directly or indirectly with, that organ. Its nerves are cerebral, ganglionic, and spinal. It is plentifully supplied with blood; and hence endowed with a high degree of vitality.

Man is an omnivorous animal, as is shown by his teeth and the structure of his digestive apparatus. It is true, that many instances have occurred of individuals who have lived to old age without ever tasting meat—the late Sir Richard Phillips, Sheriff of London, Dr. Lamb,* and others. John Hunter, it is recorded, fed an eagle entirely on vegetable, and a sheep on animal food; and yet life and apparent health were sustained. Rabbits, if kept fasting a long time, will eat meat greedily. The teeth, however, were no doubt

* The doctor died, prematurely, *as I must believe*, at eighty-three.

intended by our Creator to be our main guide on this point. Animals which are destined to be supported by aliment of a mixed character have teeth adapted to the minute division of flesh ; and possess also such as belong exclusively to the vegetable-eating tribe. It would seem best, therefore, to adopt the evident design of our being, and take with humility the course pointed out by nature and common sense. The food, whether animal or vegetable, or both, requiring much admixture for its due digestion, there are salival manufactories established, one on each side of the face and under the jaw, which abundantly liquefy the mass as it passes down the œsophagus into the stomach ; that organ which is prepared, and more than prepared, for its reception, the grand alembic of health and of good spirits, the curator, the mainstay of our bodily comfort and of our happiest mental perceptions. On the instant that the admixture arrives at its destination, a second fluid is simultaneously secreted from the mucous membrane, which is called gastric, (the word juice having been formerly employed,) and which is so

well adapted to break up and prepare the heterogeneous abominations with which it has to do that it rarely fails to pass on in an improved condition, the product for further treatment; but, if unusual matters be presented,—as a hat,* for instance,—the muscular power, the Special Constable, is called upon, and moves on the intruder into that tube which ends finally in the cloaca—the *omnium gatherum* of all clean and unclean bodily things! This gastric fluid, abundant in quantity and pure in quality, if not drawn or secreted from a vitiated source, contains an acid, the hydrochloric, or that which was heretofore known as the muriatic, partly derived from the food and partly from the blood, and is essential to the production of that nascent fluid which is eventually to nourish us during the wear and tear of our lives.

After this commingling of food and gastric fluid the mass passes through the pyloric or lower end of the stomach into the duodenum, the first

* See page 105.

portion of the small intestines, which is comparatively very short, but both long and broad enough to receive the all-important contribution of the liver to a second process of digestion, in the shape of an alkaline fluid, the bile, which is destined to neutralize the acid proceeds of the Stomach.

The pancreas, also an important glandular body, which occupies a position near to this laboratory, lying across the spine, transmits by a tube to the duodenum a copious bland secretion, similar in quality to the saliva, as its quota to the important process in question.*

The two next portions of the intestinal tube, the small intestines, (called jejunum and ileum) furnished, as has been said, with an inner delicate secreting membrane, and, like the stomach, with another of a muscular texture, pass on the prepared fluid through their long tubulated structure, which is supplied by another description of vessels which permeate the canal ; and these marvellously,

* Dr. Baillie said that the pancreas was the least liable to disease of any of the internal organs.

where all is marvellous! by a selective property, absorb from the stream as it flows its nutrient and valuable portion. They then convey this to a receptacle by the side of the spine, and, finally, this new purified product is distilled drop by drop into a vein which is passing to the heart and lungs, that it may be perfected by the action of the oxygen of the atmosphere into blood, the grand vital fluid of the body, from which all the various secretions are formed!

This description, condensed as much as possible, is necessary in a work which treats on Indigestion; since the normal or legitimate process must be first detailed in order that variations therefrom may be presented, regulated, and removed. Brevity, however, is due to the professional reader, who so well knows our functional qualifications; yet there are others who laudably seek to understand, so far as they are able, some of the wonders of the animal machine; and to comprehend, though necessarily imperfectly, the striking succession of changes which occur in their bodies, where chance has no place, and where, as in all

things, design is the *Alpha* and the *Omega* of the beautiful whole.

It is my object in these pages, firstly, to point out how we may best prevent Indigestion ; secondly, to indicate some of the powerful means which will assuredly remove its annoyances, such evidence being adduced as will satisfy those whose confidence alone one would wish to possess ; and lastly, it is my intention to conclude the subject by recording a few opinions and facts thereunto relating, the result of the inquiries of a truth-seeking mind, assisted by a memory naturally good, but infinitely improved by constant use and daily education.

A dissertation on the suitable qualities of food for all would occupy volumes, and I can only, therefore, give a conditional share of consideration to this subject. The sources of nourishment are infinite, and the organs of assimilation, though usually accommodating to a marvel, are sometimes, as it were, inherently wayward and capricious. The first part of the process—namely, mastication—demands attention at the threshold

of our inquiry, for on its due performance, or by an operation analogous to it, the health of man and woman, and especially of children—the future men and women—depends; and of these latter a few words must, *in limine*, be said. None but foolish incapable nurses ever give solid animal food to infants who have not the child's number of twenty teeth, after which legitimate eating really begins; and the most watchful care is necessary, on the part of parents and guardians, to see that these said teeth are employed, or that the substitute—namely, ample artificial comminution—be insisted upon. For how can we expect habitual obedience from a wayward, inexperienced, ignorant offshoot of humanity, acting on impulse, and unsafe to be trusted,* when those who are ripe in

* And in this place let me solemnly caution parents and guardians (having so often seen the direful effects of forcing the minds of children by excessive early pressure) to abstain, and not work the brain of the sensitive infant prematurely, defeating thereby the intention in view. Shakspeare, Walter Scott, and Sheridan, are said not to have been clever as boys, and

age, endued with good sense and much resolution, perpetually take those things which they know to be unfit, if not unsafe, and who require a keeper much more than the mannikin alluded to; he who may really sometimes obey, if obedience be made a point of honour, as I have occasionally happily seen. And here, while on this part of the subject, let it be made a strict injunction to children to take salt* with their food, so necessary for digestion, as helping to supply that

lived to a good age; whereas, Tasso, Pascal, Kirke White, and some others, ripened precociously, were urged onwards, and died young. That the mother supplies the mental faculties, and the father the corporeal, I am quite satisfied: almost every clever man, living or dead, has had *an intellectual* FEMALE parent. Of great men who had clever mothers, I may name, Lord Bacon, Sheridan, Schiller, Sir William Jones, Sir Walter Scott, Napoleon, Marmontel, Curran, and the Kembles.

* Some silly, misguided persons rail insanely against the use of salt, which has been recommended strongly by physicians in every age: even the lower animals greedily eat it, instinctively, whenever they have the good fortune to obtain it.

wholesome acid, the hydrochloric, without which the process *cannot* efficiently be carried on and perfected. Sugar in abundance is an abomination to the stomachs of young people. Water as a beverage, or very light beer, is, in all cases, the fittest for young persons under the age of fourteen or fifteen, unless other fluids are medically ordered; and so is one substantial meal of animal food in the twenty-four hours. The lithic, another acid, but of a hurtful character, is secreted by the digestive organs which are either naturally weak, or made so by bad management (stuffing in particular), and is a source of great trouble to young people under puberty, by day and *sometimes by night*; and also to adults, who have passed the middle age of life,* and without great caution continues to injure and annoy and render miserable those whose constitutions are disposed to secrete in abundance

* A great change takes place between forty and fifty, in the constitutions *both of men and women*, not of a dangerous character, but requiring, at that period, a little extra care.

this acid. Nor is this the only production of an irritated and outraged organ, since even the oxalic acid is eliminated ; and how damaging to the constitution its absorption must be can easily be imagined. The liver, as is well known, is situated under the ribs, chiefly on the right side of the body ; its office is to furnish an alkaline fluid, the bile, which is in a manner solicited for commixture in the duodenum by the pure, healthy, mild aid of the stomach ; but when this becomes rank, and strong, and overproof, and poisonous, then the liver is overtasked, and excited to produce an overflow of bile, and that often not of good quality, and then the evil begins ; Pandora's box is opened ; impure blood is formed (from heterogeneous, hostile, incongruous elements) ; in children especially. Diarrhœa, Eruptions, Hydrocephalus, and Convulsions, arise ; but even escaping these, Scrofulous affections and Calculous disorders, more slow, but more dangerous, because creeping insidiously, are in the Camp, without warning : and though these evils do not occur to adult man by his mismanagement of himself, other evils of a dire and refractory cha-

racter present themselves—such as miserable, spirit-breaking Dyspepsia, forbidding the rare enjoyment of a single comfortable meal — Gout, Gravel, and premature old age. The allotted time of man is easily attainable by us, if we would not follow the blind guidance of our own wilful nature, but use that resolution which is at the command of all who are wise enough to call it forth ; but indolence and self-indulgence are the bane of man ; of him who might really enjoy fully most of his Creator's gifts, both mentally and corporeally, under defined and reasonable restrictions. But, no : suction and stuffing have changed places ; drinking is out and gluttony is in ; man rushes on heedlessly to the goal, indemnifies himself with his plentiful platter, far more perilous than the heart-cheering, laughter-loving, temperate cup, and as surely commits self-destruction, as the poor coward who accomplishes it by the razor, the river, or the rope ! But, if he will be persuaded, though by a stranger friend, let him gain hope in abundance from one who has been long, very long, gleaning in the field of observation, and who, if it be not

too late, will drop into his ear much useful counsel, and teach him how to remove many of the thorns and brambles which impede his present weak and hazardous course.

But eating in excess is the vice of the present day, and is so well managed, that religious persons even will not see the sinfulness* of it—sinful, no doubt, as absorbing and wasting so much more than the body requires, which so many absolutely need; and unwise, regarding it in that low point of view, as dulling the enjoyments of appetite by too frequent use. Thus these sensualists dig their graves with their teeth, and surely march thereto by the slow but certain steps of premature decay. But our constitutions will not bear bold sudden changes; the snaffle-rein of common sense must be added to the bridle just ordered, and the victory over too-abundant eating gradually acquired; and this great caution must especially be observed at the

* Is drunkenness a sin, and gluttony not? Is it not a sin to make but one meal a day?—namely, to eat all day long.

period of convalescence from an illness, many having been killed by gastronomic errors, not only as to quality, but quantity also, at the juncture alluded to.

These are hard words, and they are meant to be such ; they are used especially to warn those who are yet able to listen and obey, and not to those who have all their lives been outraging that most patient of all our bodily organs, and who will find it so much more difficult to submit to medical authority, than that part of the community who have not at present habitually indulged in determined unmistakable insubordination.

But nothing can be conceived more difficult than the practice of the medical art, because each case which is presented to our notice, as Physicians, must be studied on its own merits, so entirely does each vary in its aspect, as does the same complaint in the self-same patient at different times. Hence the necessity for the first inquiries being minute, abundantly careful, and not of a hurried character ; and the invalid must remember that he or she is with his or her medical director and friend, and that there must be no

mental reservation, otherwise the doctor is cheated of his best reward, and, what is far worse, the patient cheats himself! "His best reward!"—what is that? I answer, it is the pleasure of feeling that, as humble instruments merely, our skill has been permitted to prevail; and to see, in such cases, the parent restored to the family, the wife to the husband, the husband to the wife, the child to the parent, the friend to the friend. We see the eye brighten again, though overflowing with the tear of happiness. It is then that the heart of the honest physician (and of such there are many) beats blithely at the joyful consummation resulting mainly from the patience and skill of him, the undoubted, self-confessed, though secondary cause.*

* Much twaddle has been talked and offensively written, from time to time, on "the religio medici." I, for one, indignantly deny that any imputation can be justly made against the Profession, in the present day, on that head. We can only judge of a tree by its fruit, (we also have heard that the best fruit is the most pecked at!) I have freely mixed, during nearly half a century, with medical men of every grade, from the lowest to the highest, in France and in Italy, in Scot-

Patients, particularly those afflicted with Stomach complaints, must be told, that though stuffing, from the cradle to the grave, is the chief cause of Dyspepsia,* yet neglect and inattention are very fre-

land and in Ireland, and, above all, in dear old England, in town and country; and I hesitate not to declare that I know no such disinterested philanthropists as medical men. We do not make comparisons, but we claim equal companionship, as Samaritans, (as a privilege only, not as a ground for boasting,) with the Clergy of each and every denomination. We are lavish of our time, our money, and our pity; for, "having the poor always with us," we must not, and we do not, as a body, heap up riches for ourselves: we are *their* acknowledged protectors—at least, in sickness—and never refuse to them our advice. Witness the thousands and tens of thousands who are yearly assisted gratuitously by the medical practitioners of this great city, and also by the poor law and other medical officers in the provinces, who work without a thought of obtaining what would be called, in any other grade of life, just remuneration! *If the conduct of medical practitioners be not universally Christian-like, it has always appeared to me to partake so much of that character, that I never could see the difference.*

* For, as the French say, "l'appetit vient en mangeant," the same as to thirst.

quent ones also. Persons who have much misery to contend with, who nurse their troubles, *and who will not forgive their Maker for afflicting them*,—for how few will see the beautiful resplendent blue sky so closely touching the dark cloud of their distress!—these often shun their meals, or take inefficient *liquid* nourishment, and thus add bodily infirmity to mental disquietude; but such persons should not consult medical men until their grief shall have somewhat subsided. That talented Physician, the late Dr. Baillie, always avoided prescribing for those who were in deep affliction, full well knowing that his medicine at that time would be entirely inefficacious. But there is another and a large class of individuals, who are free from mental anxiety, who will not inquire, and who do not use that common sense which many of them possess; and these will take no sustenance whatever, not even a cup of milk or of coffee, before a long walk, on first rising from bed in the morning. Others, again, who are sane on all other points, will take an early breakfast, dine at a very late hour, and eat nothing in the interim. To such

I would say, particularly if condemned to close mental application, take a biscuit, a crust of bread, or some light article of diet, at least, or you will assuredly suffer as age advances, from the Stomach being kept too long empty during several hours daily, and this, perhaps, during many years. The Liver invariably suffers, often pain, and generally derangement of its functions, when mental uneasiness oppresses, which sometimes originates, and always aggravates, Dyspeptic disorders. But the patient having no real trouble may be duly directed as to his daily habits, his selection of food as to quality and quantity, and, having received imperative injunctions on the subject, will find a reward in the cure of his Indigestion, more or less perfect, according to the extent of his obedience. And here I would venture to interpose a word of advice to the Physician, who, especially if he be tolerably independent in circumstances, as he ought always to be in mind, *will withdraw his services as a duty which he owes to the patient as well as to himself*, whenever he sees, on the part of his patient, *the slightest*

want of confidence; for there must be as total a feeling of trustfulness on one side; as a hearty desire to relieve on the other, otherwise the ill-assorted association cannot be too soon dissolved; and it is more dignified for the Medical Guardian, seeing that his authority is not absolute, himself to make the first move.

As a general rule, for none other can be broadly stated, every man, particularly if there be much wear of mind and body, ought to have seven hours' sleep in the twenty-four, or as much of this allowance as possible. A woman requires an extra hour, and a child still more. I quite agree with Dr. Baillie that so long as sufficient sleep be obtained during the night, it matters not which of the five, six, or seven hours are selected for the purpose; there is no harm in *talking* about "beauty sleep" before twelve. Good sleepers are good workers, but light sleepers, as they are called, may always be permitted to dose during half an hour or so after their great meal, as may those who have weak digestion; but more on this subject anon. That vexatious tendency to sleepiness so torment-

ing to active-minded persons, which especially occurs in men, for the first time, between forty and fifty, can only be obviated by temperance in eating and drinking, refraining from malt liquor (except bitter beer), using much walking exercise, *and not allowing the excretions* to remain long in the body.* An invalid should never be out of bed after ten o'clock, at any period of the year; he should never go to rest with cold feet; he must rise as early as he comfortably can, from the middle of May till September or October, particu-

* The bowels and the bladder, *as receiving the most hurtful excretions of our bodies*, ought not only to be emptied when they crave relief, but a wise man waits not for this; and I would implore all of either sex to remember, through life, to *anticipate*, whenever they may be able, the call to evacuate the intestinal canal, and especially to get rid of the *last-named* poisonous product; for this, of all others, is the most dangerous to our health to retain, even when composed of its legitimate qualities; and how much more ruinous must its retention be when loaded with albumen, or with one or other of the various acids which so often oppress and harass its containing receptacle! It will be well, at any

larly in a large city, while the consumers of oxygen are shut up in their bed-rooms for their ten or twelve hours! breathing, over and over again, the same vitiated and pestilent atmosphere! (for these a ventilator is their refuge, or an inch of open window in the summer months, at least, for those who will not rise early, but who have abundance of courage for all other things.) Daily walking exercise, in the case of dyspeptics, must be insisted on as a *sine quâ non*. I have myself often removed a beloved friend, by gentle violence, from the retreat of a bed, and insisted on a walk

rate, for us to be able to satisfy ourselves, which we can do by the following test of Dr. Bence Jones—namely, that the excretion under consideration is natural, in order that, *if not*, medical assistance may be sought:—“The renal excretion, when of a healthy character,” the Doctor says, “never gives a precipitate, after having been boiled, that is not soluble in a drop or two of nitric acid.” Those who chiefly live on vegetable diet make much water; and those who will eat inordinately of meat should indulge largely in weak potations, to diminish, as much as may be, the substantiality of their over-nutritious diet.

being instituted instead, with the happiest results. Every one, whether afflicted with Indigestion or not, should walk in as pure an air as he can find, till he begins to experience a sense of fatigue, *every day*.* A long room or passage may be used as a substitute, however sorry, in bad weather ; but the latter will rarely, for a whole day together, prove obstructive to a health-seeking individual, of common energy of character. Horse exercise is next in value ; and where these can both be obtained, medical men's services will be at a discount. Carriages change the air and the scene, and, so far, are not to be despised, especially by those who have the inclination, but not the power, to accomplish all that they would ; but driving is not deserving of the name of Exercise.

The want of a covered well-ventilated place for delicate invalids to resort to in winter, is a serious evil in this otherwise greatly-improving Metropolis.

* Liebig remarks, " One great objection to excessive exercise is, that it causes us to take too much food."

As the *number of times* in the day that we should eat is of great importance, and the most *fitting hours* for taking them of no less, that subject shall come next in order. And first, in regard to number. This must depend, as well as the quantity and quality of the aliment, on the labour that is about to be performed ; for all who study health ought diligently to employ both body and mind, whether they live by their own wits or by those of their deceased friends. This is the rule that I would write in letters of gold : *According to our mental and bodily employment so should we eat.* But there is a large number of persons in the world who do nothing, who never did do anything, and who never will exert their faculties, such as they are, unless frightened at the thought of death, before seventy at least; who will not believe that they are stewards* of their time and

* The Rev. Robert Montgomery once, while preaching a sermon in order to raise a fund whereby to build a church, startled some of his congregation by saying to them, in conclusion, " Put the money on the plate : *it is not yours !*"

property, and act upon that belief; mere locusts and cumberers of the ground. Yet these eat and drink to the full as much as those who know and feel hourly that by the steady use of all our faculties we have the *mens sana in corpore sano*, which offers the best guarantee for a lengthened and healthy life.

And here it occurs to me to give a serious caution to those of either sex who are small in stature, constantly to remember, not to take so much food as they may be able to do, or, in other words, so much as one of much larger corporeal dimensions. These individuals, however, whom I would thus restrict at table, may be comforted by the certain conviction, that if long life be desired by them, they will have a much better prospect of it than a tall person would have. The stomach may *receive*, but the body must *entertain* it. The same rule applies to those who have had the misfortune to lose a limb. These especially should consider—though they do not—that there is the same quantity of blood formed as heretofore, but *not* the same *space* for its circulation; hence such indi-

viduals are usually plethoric, gross, over-nourished, and in an unsafe state, and always travelling on the brink of a precipice ! In inflammatory disorders the judicious Physician always orders the abstraction of blood according to the bulky or the diminutive stature of his (adult) patient. The same precaution is observed by the practitioners of legitimate medicine on corresponding occasions, in recollecting the ages of their sick children. Neglect of bleeding has killed many, but rash, violent, opposite treatment has destroyed more, at every stage of life, either by a *coup de main*—as in attacks of palsy, for instance—or by a slow and gradual, but not less certain, result. Those again who scarcely ever perceptibly perspire are the most difficult, when sick, that we have to treat; they are found, I think, chiefly among the gentler sex:*

* To such I have found warm bathing and the flesh-brush of great use; and if they wear flannel, as every one in this changeable climate should (next to the skin, if they can bear it), it must not, *in their case*, be taken off at night, even in the summer; the stomach and skin sympathize so much with each other.

and these, the great safety-valve of the skin being all but closed, *should eat little*. Lastly, young persons, on account of growth, require much food as well as much sleep, and the question of *amount* need not be considered here, as exhaustion will seek reparation, and the young, having the key to the hearts of their parents, will always eat and drink and sleep as much as they require.

The *time of day* for eating is of more importance than is generally supposed. Of this I entertain no doubt at all: the earlier in the day that the great meal of the whole can, by possibility, be taken, the better. The Stomach, and all the other important organs which are concerned in digestion, are most vigorous after sleep, and therefore most able then to encounter and master the repast, *par excellence*, of the day; but the artificial state of society in which we live absolutely mocks the sanative steps of the Physician, and even his own endeavours to help himself; for how is it possible for those who are engaged in anxiously important pursuits to possess clear heads, as those only eat

(medical persons not excepted) whose minds and bodies are wearing away by incessant over-exertion, always by day, and often, in addition, by night. Much, very much, may still be done by those who will be persuaded by reason; for, although the breakfast cannot and ought not to change places with dinner, a two o'clock luncheon, particularly in the case of ladies, often may, and it is always quite easy to do, as many of my fair friends are in the habit of doing, namely, to dine in reality at two, and *make believe* at seven or eight. Thus those who will listen to the voice of experience, and will accept friendly counsel, will go as far as they can in the right way; and in proportion to their conformity reap that *practical benefit*, which, having fairly earned, they may reasonably expect to receive. I advise, then, that the breakfast, as a meal, be not eaten till the appetite for the day shall have arrived; all who do not feel hungry (though most lively, active-minded persons do so on rising) should, however, if able to walk, first take a cup of milk, coffee, or cocoa, and then promenade for an hour, at

this the best portion of the day. Those who have the great privilege of being able to dine at two, and not later than three, will at six or seven in the evening seek that refreshing beverage “which cheers, but not inebriates,” after which a very slight repast—suppers being abolished—will suffice, (a biscuit or some almost nominal *placebo* to amuse the stomach till “balmy sleep” shall come;) and this is the code of the health-seeking sensible man, for he will treat his Stomach exactly as he would a pet Animal, which ever makes a grateful return for kindness, not a two-legged one, for, as they say in the country, *so few of these can bear Corn*. Diet is a large subject, and demands the lion’s share of our task; embracing the important question as to what substances, whether solid or fluid, we shall furnish to that insatiable applicant, *the mouth*, which seems never to be tired of saying “give.” But be it my province, and that of my fellows, to say, *withhold*; for to give, as is ordinarily given, is to destroy; to furnish half rations, is to insure the perfect zest for those creature-comforts which

are so abundantly supplied, in such vast variety, for our legitimate use, as well as the prolongation of life, in which many have undoubtedly much enjoyment after seventy, or even eighty, years of age.

Although other and far different maladies arise from the prandial pranks of the present day, they are not so soon developed as the effects of post-prandial debaucheries of not very distant times, now, thank Heaven, gone by, let us hope, for ever!—times when free agency for a soberly disposed man was almost out of the question; when vinous potations were indulged in, in quick succession, from glasses without pedestals, often with locked doors (that a certain fixed quantity might be consumed); till, at length, these two and even three bottle men would, one by one, fall under the table, to be swept away with the rest of the refuse, by the domestics of these habitual sots. The toasts and the conversation after dinner among these so-called gentlemen of that day, is frightful to look back upon. Early escape from such pollution

could generally, by decision, be accomplished. But how often have I heard with grief of a young man being first introduced, as a manly privilege, to the society of these drunken debauchees, endued with all that delightful purity of mind which we often see in the early part of life ; and then, ere long, the trail of the serpent has passed over him ! And there have been, and still are, many such, who as yet have had no contact with vice, and appear to be hardly of this world. Some of these insensibly give up one virtue after another, till they become at length lost in the common herd, looking wistfully back on the state of paradisaical enjoyment which they once possessed, but which, alas ! only in rare and ephemeral moments can they ever expect to experience more ! But now, happily, an intoxicated man is rarely seen ; *a drunken gentleman, never.*

In consequence of the present cautious shyness of the bottle, Gout and Gravel, both of which arise from the same cause, are of comparatively rare occurrence among men ; while women—perhaps from

not drinking to excess—are almost exempt from these two disorders, which men really need not have. Another compensation, too, the gentle sex enjoy for their numerous miseries, mental and bodily, in being less liable than men to consumption. But if men *will be sick*, the miserably painful maladies of stone and gravel seem to absorb, like Aaron's rod, all others, and enable their possessors, who have duly graduated in brandy and port, to hobble out painfully pre-eminent as Grand Compounders of their Year. And here let me say, in regard to Port Wine, that where my patients have had the resolution to renounce it as a habit, and drink good full-bodied claret, with Scotch or Irish whisky-and-water occasionally, their old enemy has invariably left them. Sherry agrees with the majority of persons better than Madeira, and assimilates better with that seducing tempter—Champagne; which formerly, never having been seen excepting at the tables of the rich and the great, is now found everywhere. The dietetic Physician cannot say much in its commendation. A single glass even

would cause the cheeks of Napoleon to become red ; * but, then, though a great sufferer in other respects, his stomach was *his* weakest organ. An “outside barbarian,” a remnant of the olden time, will be seen occasionally to venture upon a jorum of John Barleycorn, or even a glass of port, with his cheese, an article of diet which, being only eatable with the aforementioned liquids, is rapidly losing caste. Ale and porter with the middle and higher classes are now rarely introduced at table, their use with wine, excepting with sherry, being incompatible. Malt liquor is now prescribed by Physicians, in certain suitable cases only. The lower grades of society prescribe it for themselves empirically, and without consideration. Breakfast, in this country, consists of tea and coffee, with eggs, meat, and sometimes fish : in Scotland, of all these, and, in addition, an abundance of mar-

* Whenever the cheeks become rouged after dinner, it is a sure sign of feebleness of the digestive powers, and is a hint for the employment of reparative means.

malade and other preserves. In France and Italy, the cup of coffee* (the best in the world, inasmuch as, in the former country especially, the coffee is not left out, as in England) is taken immediately on rising, and a *dejeuner à la fourchette*, in other words, the *first* dinner, at eleven o'clock. Monsieur, after the large stock which at this time he lays in, can very well wait till five, when he eats as much as he can ; and this usually concludes (as he generally retires to rest early, that he may rise in good time) his gastronomic feats of the day ; so that, in fact, he takes but two meals in the twenty-four hours, whereas those persons in England who are unwisely advised to take "little and often," make but one, for they carry out the idea faithfully, and eat all the day long. The Sto-

* The way that I was taught to make coffee for myself during a twelvemonth's residence for purposes of study (in Paris, twenty years ago) was as follows : ' Use it fresh roasted, immediately after being ground, allow half an ounce of the berry to each person ; and, instead of water, pour over the mass of coffee a boiling decoction of the coffee of the preceding day.

mach does not know what to do with such people. In ordinary statutable cases that wonderful receptacle* always disposes of the previous meal before it engages with the next; but those who make feeding their study, and who are, therefore, fit for little else, ungratefully give their best bodily benefactor no quarter at all; which, as well as the too long abstinence, which has been already touched upon, will be equally resented later in life. Persons will not, but they ought to, consider what is the character of their constitution, of their habits, in fact. A man or woman who is plethoric, and makes

* Who has not heard of the experimental philosopher, who fed a rabbit first on oats, and, after a certain time, gave the animal a meal of parsley, and, suffering a proper interval to elapse, killed it. The stomach had nearly digested the oats, but had not attacked the parsley. The same experimenter fed another rabbit, reversing the order of these two articles of food, and destroying the animal, as in the preceding case, found that the digestive organs had been employed with the parsley (the first meal), but the oats were as yet unacted upon; their turn had not arrived! Would that we would deal as justly by the *stomach* as that abused friend does by us!

blood fast, should not eat meat for breakfast;* an egg, or two, would be the extent of my allowance to them; or, perhaps, should there be mental or bodily employment in prospect, some dried fish. Corpulent persons, again, who have already taken too much sustenance, in whom the accumulation of years is hoarded up in the shape of fat, may well perform quarantine, and rest a little from their toil.

It is a great mistake to suppose that stout people do not eat as much as those who are thin; their puffing and panting, one would think, might give them warning, and their profuse perspirations,

* Persons who are full of blood, and are above the average size, secrete much lithic acid. Fat in them, too, is stored up, and nourishes them when ill, and when food cannot be taken. Haller mentions a man, who weighed eight hundred and twenty-five pounds. Daniel Lambert and Bright could only boast each of a load of seven or eight hundred. It is a wise plan, and adopted by many who make blood fast, and who resort frequently to feasts, to dine on fish *alone*, when at home, with a very sparing allowance of butter on the subsequent day.

particularly by night. Let such avoid the sugar-basin and the butter-boat as much as they have hitherto sought them, and eschew oily food and malt liquor, unless it be of the pale and bitter kind; but when individuals say—as I once heard a corpulent gentleman declare—that “he would drink ale, if it cost him his life,” what can medical authority avail with a madman of this kind? Although patients who have a weak digestion do not get rid of aqueous fluids well, I have yet found that black tea for breakfast, as well as in the evening (never hot, but strong, and in moderate quantity), is the best beverage for all. Toasted bread is the most wholesome solid for either the first or last meal of the day, either with rye or without, as it may agree. Bakers’ bread is objected to, on the ground of its containing alum:* the recent researches of the *Lancet* have shown that this is the

* Dr. Ager (who lectured with Dr. Hooper, my early teacher, in Cork-street in 1811) was accustomed to tell us a story relating to a friend of his—a Physician, who, suspecting (forty years ago) that his baker took the liberty of putting alum into his bread, had

fact ; but how few can have bread baked at home ? Hot cakes, rolls, muffins, new bread, &c., must never be introduced into weak stomachs. Bacon need not be refused, it rarely disagrees ; its constituent parts are so different to those of other meats. When sea-bathing is desirable, after breakfast is the best time for it ; but with those whose circulation is feeble, the water should be tepid at first, that the shock may not be too great. I do not recommend the shower-bath to persons who have weak nerves, for the same reason ; sponging is better for them. This is the fittest period of the day for eating fruit, which, when thoroughly ripe, especially raspberries, strawberries, and gooseberries, suit marvellously well most Stomachs, as do some other products of the garden or hothouse ; but this kind of additional indulgence must be attained by the patient's own careful experience. No luncheon is

some powdered, cut a slice from a loaf, sprinkled the alum upon it, and then sent for the offender, and showed it to him, who, taken by surprise, said, " Why, good dear me, sir, there is enough there for a whole batch !"

required, excepting the dinner be late, and then let *meat* be avoided, unless sanctioned by medical authority.

And now, sitting down, at length, to discuss the great repast of the day, I would address, and—if possible, *influence*, those who wish to be directed ; and who, I really believe, from the care which I have seen some exercise, desire not to be guilty of prandial excess. Such will accept as a guide one who has well considered the subject in all its bearings, and who has not burthened his book with irrelevant or gratuitous observations.

Quantity is of much more importance than quality ; for although every man is *not* a fool or a Physician at forty, he has found out, at that period of his life, what articles of food may be taken, and those which may not, for there are few—those who live in towns, at least—who can eat everything that is to be found in the culinary list. These will, therefore, take care and be somewhat cautious as to quality, but will probably indemnify themselves in the other respect ; it being perfectly true, what Mr. Abernethy was accustomed

to say, that eating four times as much as we ought, a quarter supported *us*, and the remainder we had to keep, at our own risk!—and this is now the more to be reprehended, because, in these halcyon days, in more respects than one, there is such perfect liberty conceded, both in eating and drinking. It may be remembered by some of my readers how commonly pressing to take more was practised formerly, not only on those that needed it, but on those who needed it not—on myself,* for example. Let this be an axiom never to be forgotten, that the Stomach must have, at least once a day, a certain portion of animal food, which, if it cannot digest, assistance must be sought to ascertain the

* I once escaped, at table, the well-meant persecutions of the kind-hearted wife of a medical friend, from whom, ever and anon, came the inquiry of what I would take next. This had been so often repeated, that I had begun to look round, fearing that my character, *as a teacher by example*, might suffer, and replied that, "If she pleased, *I would take breath*." It was saucy and ungrateful, but it was good-naturedly received and understood.

cause, and enable it to do this. The taking of soup or broth (*potage*) is by no means of the same value as meat, an ounce of which is more valuable than a pint of liquid nourishment. Fluids, as we have said, are absorbed almost as soon as taken, but solids require the action of the muscular tunic, or coat of the stomach; and all know that by use all muscular fibre becomes stronger—witness the legs of pedestrians, and the boy-blacksmith's arm. If the inherent properties of our nature be not kept up by habit, they languish, and, languishing, die! Soups are not forbidden, but are not to supersede the taking of solid substantial nutriment—Man's *character* is much influenced by the aliment which sustains him.* Of fish, the *white*

* The effect of different modes of life on the human frame and human character is strikingly instanced in the cases of the hunting Indians of the Prairies, and those of the piscatory tribe on the Sea Coast: the former, continually on horseback scouring the plains, gaining their food by hardy exercise, and subsisting chiefly on flesh, are tall, sinewy, but well-formed, and have a bold and fierce deportment. The latter, lounging about the river banks, or curved up in their canoes, are generally low

kind is the best, and, if boiled, agrees with most invalids; those who can digest salmon and fried fish may encounter all other dishes without fear.

Our next question is concerning meat, which, as the French say, is the *point d'appui*, not after, but before all! Beef* takes the lead for first-rate digestion, beginning with the fillet, or the inside of the sirloin. Venison, game, and mutton are far more acceptable to the invalid than chicken, &c. Pork is not desirable, unless when long fasting is anticipated.†

in stature, ill-shaped, with crooked legs, thick ankles, and broad flat feet. They are inferior also in muscular power and activity, and in *game* qualities.—*Washington Irving*, vol. i. p. 135.

Again, good teeth are seldom to be seen among tribes west of the Rocky Mountains, who live chiefly on fish.—*Ibid.* vol. viii. p. 281.

* Roasted meat is more nutritious than boiled.

† The veal in Paris and on the continent being the only kind of meat which in general is superior to that of this country, I was induced to make an inquiry of a London butcher (selecting a young one), “if the atrocity of bleeding poor calves to death, *gradually*, is still practised in this metropolis?” He said, “Yes, by many

Veal is always at the bottom of the list; but not even mutton, any more than any other food, can be taken continuously without the occasional intervention of some other viand, of which I had a striking proof very recently. A young man was fed by his employer on mutton five days in seven; he was ill in consequence, and could get no relief till a change was made. Another patient (a young lady) was always sick after eating animal food. Another striking instance of idiosyncrasy occurred at the Hôtel Dieu in Paris: a woman was uniformly made ill by eating crabs when under the age of fourteen. A great change in her constitution took place (prematurely) at thirty-two; and

butchers, but not by all." (The custom is more universal in the country.) On being asked "how the torture was inflicted?" (which that admirable Act of Mr. Humanity Martin has not reached,) he said, "We bleed 'em every day for about four days, take a little out of them the first day, and more every day afterwards, when on the last of all they are made to faint, and then, some hours after this, killed!" And we who know of this plan of whitening veal, eat it so whitened, and call ourselves Christians!

again the inability to eat this kind of shell-fish returned. Dr. Stark, of Vienna, lost his life by restricting himself partially, if not entirely, to cheese. Dr. Prout records the case of a patient who could not take mutton in any way without being ill, though introduced into the stomach surreptitiously in pills.* I have a patient who has during the last nine months been relaxed in her bowels whenever she has taken a cup of black tea: another, who drinks a glass of cold water every morning fasting. And while on this subject, I may mention a fact, to show that green tea, though so agreeable, may not be so harmless as it is supposed to be by some. "A medical man of my acquaintance can drink it made strong, and in almost any quantity, unless in a morning, after he has been out of bed all night professionally; and then, on taking it, his hands always shake violently, as if he had palsy. These peculiarities prove stum-

* This patient should have lived in Rome, where they have no mutton at all during several months in the year; and on my inquiring the cause, was told that it was then *out of season*.

bling blocks (both in regard to food and medicine) to the course of the physician. Meat being so much more easily digested than vegetables, is another reason why the stomach should be accustomed to its moderate use, even in preference to other diet. In addition to the practical experience of us all, that of Dr. Beaumont, the American Surgeon, must always occupy a place in a professed work on Indigestion, who, in the case of his young patient, Alexis, who had been wounded in the side, and an aperture, or window, being left two and a half inches in diameter, all the arcana of digestion were exposed to the prying eyes of the Doctor, even for years, so that the order in which the food passed the Pylorus (which we know means janitor or door-keeper) was recorded, and by the curious may be seen in print. Suffice it to say, that rice, trout, venison, eggs, &c., took the lead, while pork, salted meat, veal, &c., were always "stopping the way."

If Valetudinarians would confine themselves, while under medical care, to one kind of meat on each day (ringing the changes occasionally), with wholesome stale bread, taking brandy-and-water, or

sherry-and-water, as beverage therewith, how greatly would their cure and their ability to indulge in other things be expedited; but they must clamour for unwholesome puddings and vegetables, and even (to them) poisonous Pastry.* Of some of these two former, a selection can always be made, but one of the greatest annoyances which medical men meet with, is the cuckoo cry from the friends, (?) not the patient, of "What may we give him to eat, Doctor?" not knowing, and therefore not considering, that where hundreds have died from starvation, millions have perished from stuffing.

Rice, vermicelli, tapioca, sago, and prepared barley† puddings, may be allowed to dyspeptics. Oysters are very nutritious, and easy of digestion, but they should be stewed. The best vegetables are mealy potatoes *roasted*, young pease, asparagus,

* What a blessing a cook would be—always the most dangerous person in the house—*who could not make pies and tarts!*

† Excellent; and to be had at all the seed-shops, with directions for its use.

Sea-Kale, Spinach, Brocoli, Cauliflower: and when a salad can be digested—which the Stomach ever delights in, on account of the acid—the cure may be said to have been effected. Sufficient bread is not eaten by the English at dinner; we may take a lesson from our French neighbours in this respect, as we may a warning against their habit of mixing so much water with their *vin ordinaire*, thereby diluting the gastric fluid, and rendering it less able to subdue the mass of aliment with which twice daily they overgorge their stomachs, and weaken their power. Less bad effects, however, arise than might be expected, from their being so much an out-of-door nation; for it is impossible to state too often, or rate too highly, the value of abundance of pure air in promoting digestion.

For one case of *Dyspepsia* occurring in the country, there are twenty in London—a *fact* which only those who have lived much in both localities can well account for. Who ever hears of this miserable malady while travelling in their holidays,—while viewing beautiful Scenery,—scaling Mountains,—and when every muscle of the body is performing

the office for which it was originally created? An extract from a most interesting work (the best) on California, which has just been published by the Rev. Walter Colton, of Philadelphia, well exemplifies our subject. He says, "The Californians eat meat, and that beef, generally three times a day—at breakfast, dinner, not at tea, and again at supper. A pig is quite a rarity; and as for chickens, they are reserved for the sick. The constant* exercise of the people of this country, on horseback, gives them the digestion of the ostrich." In speaking of the management of children, a caution has been already given that, especially till they have effective teeth, their food should be comminuted for them. But what shall we say of our transatlantic American brother, who, eating animal food three or four times daily, positively *bolts* it,† and as

* Gentle exercise assists digestion; if violent, it retards it.

† On my admonishing a patient on one occasion (who winced under it), for his supposed habit of eating too fast, and telling him that *bolting* the food was a *bar* to digestion, he said, "You speak *ironically*, doctor!"

notoriously is grievously afflicted with indigestion ? It is the curse of that country, and the more lamentable, because self-imposed. But patients are not docile, generally, when able to leave the house, and are not *watched*. Those, however, who have once experienced the horrors incident to Indigestion—the pain of the Stomach after a meal—the headache—the lowness of spirits—and all the other miseries arising therefrom, will gladly live as has been indicated, and will consent to follow—some other rules which have yet to be laid down. They may then anticipate, from the consciousness of having vanquished an enemy, an endurable, and even an enjoyable, state of existence. But before proceeding further, I would in this place implore those of my medical friends who are teachable, and will hearken to the words of experience, not to treat lightly, as if unreal, the sufferings of their Hypochondriacal patients. Their miseries are distressing and real *to them*, and are greatly alleviated by commiseration and sympathy, combined with hygienic and other curative means; but to him who has once been afflicted himself, this advice will be

superfluous, as those who are one degree removed from poverty are ever seen to most promptly bestow relief, because they themselves practically know where the pressure is most grievous. The same rule, too, applies to *Insane* persons, the best mode of treating whom—next to isolating them from all their present associations—being to affect, at least to enter into, their megrims and prejudices, and thereby obtain their confidence, which ensures half the victory over their Malady.

It is easy to say and to feel that no sorrows are really deserving of the name, excepting those which rise from loss of character, loss of health, or loss of friends; but there are in this Babylon those who worship no other God but Plutus, to whom filthy lucre is everything, and all things else nothing;* whose hearts are in their banker's

* One of these devotees to mammon once received a lesson from a humble follower, who did not seem to pay to him, the possessor of the purse, sufficient homage, and said, "Do you know, sir, that I am worth a hundred thousand pounds?" "Yes," said the irritated, but not broken-spirited, respondent, "I do; and I know that *it is all you are worth.*"

cheque-book. These—especially if they shall have neglected or abused their digestive organs—will, on a wrong turn of the scale, become at once prostrate, though all the blessings of this world, to a rightly-regulated mind, are still attainable by them in all perfection. They claim, too, our pity and our aid. Our *advice* they must have—not Hygienic alone, to that they are by right entitled—for the Physician who acts on the golden rule of ‘doing to others as he would they should do unto him,’ has *other* means and appliances at hand of a more elevated character, far more potent than the pill or the potion. The kind and encouraging word is ever ready from a commiserating and feeling heart. Occasionally we meet with persons whose appetites, though good, are very soon satisfied. In them, perhaps the Stomach may be itself small, our several organs* varying so much naturally in

* Dr. Beattie tells us that Lord Nelson had one of the smallest hearts ever known, and I myself knew an instance of a distinguished lady, one of great notoriety, whose liver, not unhealthy, weighed five pounds, the usual weight of that organ, in a man, being between three and four.

different individuals—some there are with whom Madeira agrees better than Sherry, in which case it must be allowed; others again, who have all their lives fared generously, appear to be unable to leave off Port. It would be better that such persons should be *restricted*—should they be docile—rather than forbidden; for it is a dangerous thing rudely to break off the habits of perhaps half a life.

Water, or barley water, acidulated a little with lemon juice, and flavoured with the peel, is the best beverage at dinner, but not to be indulged in to any extent. Ice I never allow at dessert to Valetudinarians, for the Stomach when weak, is for the time paralyzed, as it were, by the frozen liquid; reaction does not take place readily with them, and digestion, for which warmth is needed, is thus partially or wholly impeded. A small tumbler of warm weak brandy-and-water is allowable instead.* Some

* But the great promoter of digestion is a contented mind; this is the *spirit* that is required to help on the great meal, exciting the joyous joke, and all the hearty

can take a cup of Coffee after their principal meal with advantage: and it is the only time when I should be inclined to permit the use of it to one who is really an invalid. Let those who love to indulge in lengthened post-prandial potations remember the observation of that experienced Physician the late Dr. Babington, namely, "that a pint of Wine daily was hard drinking." After a late dinner, anything of a solid kind is rarely required. I am acquainted with an excellent cheerful old Scotch lady, who has abundance of common sense, and is nearer eighty than seventy, who has never taken anything, during many years, in the place of tea and supper, but a glass of cold water every evening, and is in perfect health. Her son, a well-known and respected London Physician, with dutiful consideration, follows the example of his parent, and is equally healthy. If Ice must be taken, the

amiable feelings. Those who are wealthy should keep a jester for after-dinner use, as formerly; he would be well worth his keep, and his salary too, if he were a clever fool! A toady does not do—he is always *in harness*! he never gambols, or kicks up!

latter part of the day is the best time for its enjoyment. But, although the Intestinal Tube is the grand *cloaca* for the trash which, either twice or twenty times a day, we turn into our stomachs, the skin and the kidneys constantly come to the rescue. Hence the necessity of wearing flannel next to the body by all persons, and also of taking abundance of tea, or some other diluent, to keep the renal functions in action. Many of the directions of medical authorities are irksome to follow by headstrong man—as disagreeable as the potations which we inflict upon him. And this may account for that which, if not ingratitude, is so like it, that the difference is not perceptible, which he so generally shows after he has, through medical agency, been restored to health. Hence the favour which the *Homœopath* obtains : he who, not having succeeded in his career of legitimate medicine, takes up the Lilliputian system as a *pis aller*. *He* gives no disgusting draughts ; *he* never bleeds in inflammatory ailments, without which death must inevitably ensue ; *he* kills no one ; *he* only stands by, and suffers the disease to do it, which Mr. Abernethy was accustomed to vow HE never would.

said "that she could not wait." It is an overwhelming fact, that of all the Physicians of this great Metropolis, men second to none in the world for their judgment, or for their honesty—because both are founded on their religious conviction—men quite independent of their profession in their worldly circumstances, not one leading medical man of any note has yet thought fit to entertain and adopt homœopathy. But, to return from this long digression : pure air, abundance of oxygen, by day and by night, is absolutely necessary for good digestion ; but those three thieves—the Candle, the Lamp, and the Fire—rob us of it during half the year ; Ventilators, one of the blessings of the present age, will compensate much for these thefts. Variety, too, in food, must be sought

stance where (being medical director, that is, Physician, for there was no other examiner, during eight years, at an Insurance office) I refused the life of a nobleman of high rank, *because* his medical man was an Homœopathist, and my brother Directors concurred with me unanimously.

in all allowable measure, man, as we have said, being an omniferous animal. The more *various* the description of aliment that the stomach *can* be induced to tolerate, the better; and as that organ, when healthy, *enjoys* vegetable acids, the citric and acetic, especially the latter, the patient may *train* it by degrees, as convalescence advances, to return to the moderate use of acescent drinks. Again, though to live one day as another is in the main most desirable, yet an occasional outbreak, always keeping within statutable limits, is recommended, as has been before said, by both ancient and modern authority. This I consider to be the legitimate reading of the *toujours perdrix* story of the licentious monarch of France and his spiritual Director, on a totally different subject. The reason why women* live so much longer than men, as Insurance

* I knew a lady most intimately, who sunk a sum of money on her life, at eighty, at an Insurance office. She enjoyed, during nearly fourteen years, eighteen and a half per cent.; and on expressing her satisfaction at her good fortune, was told, that had she been of the other sex she would have had twenty-two per cent.

I myself have been repeatedly called in by a Physician, now no more, of no small note in the small-dose department of medicine, to various patients, to his own family, and even to himself—but a *consultation* with him, on my part, was never thought of. I gave him credit for seeking information when he could not see his way to a knowledge of the nature of the disease, and thus to forget himself and his system in his desire to do his duty to his patient.

My reply, on being asked by this gentleman why *I* did not become an Homœopathist, was, that I could not afford to throw away the experience of forty years, and begin again *de novo*. But there are some who, it is said, will treat their sick *either way*. Now, as *both* systems cannot be right, a designation for such a practitioner one should not be long in finding in Johnson's, or any other Dictionary. Allopathic, or legitimate medicine, is become altogether different to what it was a very short time ago. Much less physic is now prescribed than heretofore by Physicians, diet and management being more considered than it used to be; and the general

practitioner is allowed to charge a moderate sum for his *visits*, so that he is not driven to look for compensation for his services by the justly offensive method of huxtering in a daily cargo of *drugs*. That able practitioner, Dr. Armstrong, said that he could judge of a man's abilities by the simplicity of his prescriptions, for as the science of medicine improves,—and what magnificent strides has it not made in the last half century!—he who sees his way will not multiply* his curative means. I once saw a formula for a mixture, by the late Sir W. Farquhar, with thirteen articles in it.†

A lady, who was very ill, on being asked why she did not seek relief from Homœopathy?‡

* I have often taken my *honorarium* when I have contented myself with laying down rules for diet, &c., and not written a prescription at all; and the patient, a sensible person, has been well pleased thereat.

† Like a soldier going into action armed with every known weapon, instead of the musket and bayonet, the old well-accustomed settlers of strife!

‡ I look back with much satisfaction upon an in-

persons will be of those who probably *require* eight hours' sleep in the twenty-four—a third of their existence ! Sleep must be had, like food, in corresponding degree to the amount of wear and tear ; and nature, in this respect, will assert her rights. Six hours' rest, as a general rule, to an idle person, are sufficient—seven to one who has fair employment.

I am acquainted with a Sexagenarian who rises uniformly at five (in London), as long as it is twilight at that hour ; after this, the whole of the remainder of the year, at six. He takes an hour more only when on the previous night, being much in society, he cannot retire before twelve. This Gentleman is very rarely unoccupied, mentally or bodily ; lives in all respects as here directed, and is in rude health ; but this, to one who is contented to exist, and not to live, who has the outside frame, but not the spirit, of Man—the husk without the kernel—would be to die daily. Any efforts may be made by the steady exercise of the will, *de die in diem*. The plodders, who rise early, will beat the flashy members of the community. This was the opinion

of Lord Eldon,* and has been, and is, that of many other thinking men, living and dead. But though more disorders arise, as has been said, from eating than from drinking, still they do not destroy so quickly as those which arise from daily tippling up to the *verge* of intoxication, to a point which habitual indulgence renders it most difficult to avoid. At length, the resolution (good at first) is sapped, and disorganization of the delicate mucous membrane of the stomach takes place, and then decay of the liver, especially if spirits shall have been the poison imbibed. In this case, *Delirium Tremens*,† or the drunkard's madness,

* Lord Eldon asked a medical friend of mine how many sons he had? The reply was, two—one very sharp and quick, the other slow, but sure. “What do you mean to make of them?” “I purpose making a lawyer of the sharp one, and a doctor of the other.” “Do no such thing,” rejoined his lordship; “make the clever one the doctor, the other the lawyer—I *was never anything but a plodder*.”

† I attended a lady of rank, many years ago, who, though possessed of the purest and most delicate feelings, had imperceptibly become a slave to the glass.

Offices show, by allowing the latter more interest on money sunk, is on account of their temperance, and their not eating and drinking like the rougher sex, and also from their greater freedom from turbulent excitement, and from their in-door habits in bad weather. Sufficient importance, as it seems to me, is not attached to the living one day as another, especially as to dining at the same hour, going to rest, &c. We are all creatures of habit, natural, or acquired; and the power of *living long*—by secondary causes—seems very much within the grasp of mankind. Of one fact I am quite certain,—and am anxious to give it in the shape of advice to elderly persons,—namely, that by living very temperately—nay, at times abstemiously—and by never, on any pretence, frequenting feasts, they will prolong their days, should they wish to do so, for years. The Greatest Man in the World owes his good health, next to his belonging to an exceedingly long-lived Family, to his notorious Temperance in eating and drinking, and early rising, thus adding virtue to virtue—thus crowning a long and glorious public career by setting fresh example in

private life to ill-judging *boys and girls* (in mind) of 60 and 70, and upwards! Who could have perused the preceding paragraph without seeing the exceeding desirableness of early rising—the secret of secrets—*la crème de la crème* of our subject—in seizing larger snatches of life (for what is Sleep but mimic Death?)—not to say that we insure an almost certain prolongation of our existence, when the sand of others shall have run out! But in advocating this inestimable habit, it is right and fitting to be *just*. All are not alike in these wakeful moods, any more than in any other. The power to leave the nocturnal retreat with ease, is partly a gift; but the mind, being masculine, and the body not absolutely sickly, can be in a great degree disciplined to the task, but the earlier in life the better, so that there may be fixed upon the act the force of *habit*. There are, however, some to whom the desire for sleep seems to be almost a disease—who, if awoke in the night suddenly are totally bewildered, have no presence of mind, and appear to be intoxicated; and if this state arise not from over-feeding, such

presents itself; in which, as all medical men know, if sleep be not procured, a certain and often most tragical death is the result. In such cases, though by the aid of powerful medicine a state of somnolency is induced, an eventual recovery most rarely occurs. I have never known but one con-

I found her one day raving mad, *Delirium Tremens* (not common with women) having presented itself. Sleep, without assistance, was quite out of the question; but, remembering my old Teacher's axiom, namely, not to let the disease kill, and knowing the cause, I gave her a large dose of Hydrochloride of morphia every hour, so, anxiously watching its effects (as none but medical men can understand), *ten hours* had elapsed before the state of unconsciousness occurred. I allowed her to sleep ten hours, and then had her awakened, gave her some nourishment, and permitted her to sleep again, when she at length arose of her own accord, perfectly sane in mind, and so remained for several months, very grateful, as those of her sex always are, for the benefit that she had received while unconscious of her precarious and distressing condition. My own Solicitor cut his throat (a gentleman in every sense of the word, and under thirty years of age), while afflicted by this dreadful Malady.

firmed male Drunkard who, by management and gradual steps, retired victoriously, with his face to the Enemy. I never knew an instance of a Woman's leaving off really drunken habits when once thoroughly established. What a warning, then, should this be to those who, in morals, and, above all, religious conduct, no doubt are so superior to the rougher sex, though it must be allowed they are not so frequently exposed to temptation. I knew a man who was wearing out his mind and body by intense excitement, who would take a tumbler of brandy at once — and, not seldom, send a second after it; but he died at forty-eight, and there was no inquest held. This poor fellow once lived most correctly, guided by high principle, but at length gave way to the tempter. If such persons break down, how can we wonder at the intemperate habits of those who, not internally feeling that they are Stewards of that time of which they will have to give an account, tittle on from day to day, and finally yield up their useless lives victims to solitary sensual abasement—the hopeless finality of drivelling drunken man! Ex-

cess in eating is rarely seen, for any length of time, combined with the reckless desire for liquor ; but the two vices will occasionally run in couples for a season, till the desire for food is no longer felt by the outraged Stomach, and then the “beginning of the end” is soon set up—the period of nausea, repulsion, and disgust. But it is marvellous how much fluid of a vinous, or even spirituous nature, can not only be taken, but is really needed, in making inordinate bodily exertion, as in climbing Mountains, &c., or when the exhausted body is enfeebled by low or adynamic Fever,—where in the cases of habitually sober men, ay, and sober women too, the brandy which they consume comes to be reckoned by glasses, and the wine by bottles, without which—such is then the craving of the constitution for support—that death would inevitably occur, but by the bold administration of which at the critical juncture, as all experienced practitioners know, multitudes of invaluable lives have been saved. If the Liver be disordered or diseased, no kind of food can pass into the system to become his life, which his blood is, without this organ furnishing its large car-

bonaceous* complement of alkaline fluid ; and I am inclined to attach more importance to the Liver than even the Stomach. We have great power over its ailments, however—Mercury in some mild form having specific influence, as much as Opium and Chloroform† have on the nervous system, as Rhubarb is said to have on the Duodenum, Aloes

* Eighty per cent.

† It is impossible to mention Chloroform without being deeply impressed with its immense value as one of the greatest discoveries of this marvellous age ; great in a point of view which has not been noticed, as I am aware, for it not only arrests pain, one of Nature's most formidable evils, but it also tends to *equalize talent*. A Surgeon's judgment was often nullified, when about to perform an important operation, by his nervousness and over-anxiety ; through which many, who would have been, from their anatomical knowledge, first-rate Operators, have broken down, owing to an excessive desire to do their work well, but who were inordinately distressed by the cries of the patient, happily now no longer heard. Over-anxiety to do at least as well as other men, and no blue sky then to be seen, was the real reason why I myself abandoned the practice of surgery, in 1831, and went to school again, in middle age, during three years, for another Qualification.

on the Rectum, and as much as Ergot of Rye *and Oxide of Silver certainly possess over the Uterus*. The unmistakable signs of acute Hepatitis, unremitting pain in the right hypochondriac region, often extending to the shoulder, increased by inspiration and by pressure, must be first met by general and local bleeding, which, in such cases, will speedily relieve. But in the slow or chronic form, a more cautious abstraction of blood is demanded, according to the age and strength of the patient, and then Mercury, either as a purgative or as an alterative, on alternate nights, or administered so as to affect the mouth, must be our sheet-anchor. But general observations only can be made on this section of our subject. This however I believe, that, from the great proportion of recoveries, under judicious treatment, in those who return invalided from India, absolute *disease* of the *Liver* is not so common a complaint as it was once supposed to be, and that, like its neighbour the *Stomach*, its disorders are generally curable. When really disorganized (of which emaciation is one of the diagnostic signs, more than in gastric

ailments), there is cause indeed for alarm. I am one of those in whom early impressions are indelibly imprinted on the mind, and I cannot, therefore, forget how much importance Mr. Abernethy was wont to attach to the colour* of the motions, which is also my own invariable guide; although my late esteemed friend, Dr. James Johnson, mentions *one* instance where they were healthy-looking, and yet the liver was found to be totally worn out by disease. Mr. Tytler also, in the "Calcutta Transactions," and other trustworthy writers, have made the same remark as to the uncertainty of this sign. Their being almost scalding hot in their passage from the body is a sure indication of the acrimony of the Bile.

How much, too, as is the case with the Stomach, is the Liver affected by emotions of the mind. How surely have some persons a pain in the right side on the occurrence of mental distress! Should

* He was so comically critical that he even had coloured slips of turmeric-looking paper on his study-table, to assist his patients in their reports as to the appearance of their alvine evacuations.

the motions be light in colour we must discipline the organ in question by the careful administration of the gentle grey powder, or the equally mild blue pill, in small doses, up to the Chloride, or even the Bichloride itself. But no wise patient would venture to take Mineral Medicine without their effects being regulated by medical care. Nothing then, let it be remembered, damages the Liver so much as the daily inhibition of spirituous* potations beyond a certain limited extent. The evil results of this habit do not appear till some trouble comes, and then the mine explodes. It is my opinion that disease of the Heart is not more prevalent than formerly, though nothing is so likely to induce it as excess in eating; and irregularity in this respect does induce intermission of the pulse, which occurs in stomach complaints, arising not from real damage which the Heart has sustained, but is merely a functional disturbance of that organ from the influx of impure blood. This is very

* Stimulants in excess hinder digestion, as the blood is thereby diverted to the head.

often an inroad of Gout, and will be easily removed by Colchicum, &c. When the Bile is unable to neutralize the impure acid of Indigestion, the mass passes on into the bowels, causing griping, tormina, flatulence, &c., in the first instance, and secondly, as has been said, foul blood, &c. ; *persons, however, need not have the gout if they will obey in all things their medical adviser.* But then a gouty man must, while suffering his torture, have a kind and tender nurse ; and if he should have neglected at the proper time to have provided himself with a wife, a companion in health, and a sure refuge in sickness, how grievously does remorse tear him when he finds himself with a hireling substitute of the *Gamp* breed for a guardian Angel ! Pseudo-selfishness prevents men often from marrying ; they *will have* certain enjoyments (to them), and distrust Providence, and so do not marry, which any man may do ; for he cannot fail to know that the sexes are born in nearly equal proportions, and having prudently selected a Mate, and obtained her consent to enter into partnership, a small stock of love will suffice to

begin with,—but this will grow into strong affection,—as I have often seen,—those cases always excepted where a wife, mistaking her *rôle* in life, and forgetting her marriage-vow, madly mars her happiness by striving to be *master*, which the veriest nincompoop of a husband that ever lived will never suffer. Diseases of the contents of the chest being thoroughly understood by the physician of the present day, Changes of action, and Aberration of structure, are soon detected. Heart diseases, we often hear, are greatly on the increase; but those who make this remark overlook one fact—namely, the rapid increase of our population. Knowledge, too, is now so universal, and the veil, with which medical gravity has so long covered itself, is so often lifted up by prying hands, that it behoves all the followers of Galen and Hippocrates to obtain an insight into the important discoveries of modern times relating to the heart and lungs, and which medical men are now *expected* to understand; otherwise, as Mr. Abernethy observed, when imploring his pupils (young and

old) to learn thoroughly the anatomy of the eye,—non-professional persons studying optics, as part and parcel of a liberal education, should they find their Doctor ignorant on a point upon which they could judge, would give him credit for nothing else, though he might really have an intimate knowledge of his profession in other respects. I agree with Dr. James Johnson in thinking, that far more disease of the heart originates from the liver than from the stomach.

The Kidneys perform a much more important part in the animal economy than is generally imagined. They are employed, from the cradle to the grave, in removing poison from our bodies. The researches of Dr. Bright, the late Dr. Prout, Dr. Bence Jones, and other eminent men, have now effectually cleared our course, while formerly we were laboriously groping for aid in the dark,—studying, as well as we could, the various phases of renal disorder and disease. The lithic-acid deposit (gravel, in fact) which most commonly excites our attention, appearing in excess, as has been already observed, before fourteen, and after forty—the

gormandizing periods of life, the intervening portion is engrossed by other pursuits, — children ought to be controlled in their eating, as should middle-aged and old men, whose Stomachs are the masters of them. The stuffing and bolting common at those periods of life are most injurious. If gravel be the only result, abundance of sand will come away ; and if not, it will settle into a calculus, and this, when large, will necessarily require an operation of a cutting nature for its removal from the bladder, the horrors of which I have often witnessed (both in England and in France), in the cases even of infants and up to octogenarians, before the introduction of Chloroform—that blessing above all price ! Diet and Medicine will usually check the formation of gravel. When, however, a calculus *has* formed, there is no remedy but Lithotrity, when it is of a moderate size, or Lithotomy if large. Red sand is induced by too generous living—the white by the reverse. Much pain is caused by it in micturition, but great relief is obtainable by the aid of the Physician. It is not, however, from starving or stuffing merely

that calculi come. He who would take a large and comprehensive view of the subject, cannot generalize in this manner. No one knows better than myself how remarkably free the inhabitants of Herefordshire are from stone and gravel. Many have thought, while searching for a cause for the comparative immunity of that county from the scourge of Norfolk and Suffolk, and some other parts of the country, that it was to be attributed to the drinking of cider and perry; but it is quite impossible that such should be the case, as in some years they have scarcely any, or "a Hit," as it is there called. Malic acid is then scarce, and beer is the ordinary beverage, as elsewhere; and this has been the case during several consecutive years. My opinion is, that the purity or peculiarity of the water is the main cause of the almost entire exemption of these Silurians from calculous complaints. The following extract from a letter written by Mr. Waudby, the house-surgeon of the Herefordshire Infirmary to myself, dated August 30th, 1851, bears strikingly on our subject:—"My predecessor, Mr. Tully, does not remember a case of stone during the long period of

his residence in the hospital.* I have only seen two during the many years† of *my* official career. One of the patients was not even suspected to have had stone during life ; the other, a child, had a lithic-acid calculus, which was removed by Mr. Cam. Stone cases, therefore, are exceedingly rare in this county." During my own residence in Hereford as a Surgeon, from 1813 to 1831, I never saw a case of stone, or heard of but one, which was that of a physician, formerly M.P. for our city (father of the talented author of *The Diary of an Invalid*); but I have had patients who, having been afflicted with gravel previously to their residence among us, in a short time passed no more lithic acid or other calculi ; so that although Indigestion is undoubtedly the main cause of these formations, and their frightful consequences, that cause alone is not sufficient to *originate* the evil, any more than in other complaints ; and the same may be said of remedies tending to its relief.

* Thirty-seven years !

† Elected June 9th, 1842.

Specifics are rare indeed, but medical power is great, and he who ignorantly despises it, and doubts the wonders that it works, may just as reasonably dispute the life-preserving qualities of meat and drink, as the great Sydenham beautifully says—"Ars medica, si revera ars fuerit, et non solum nomine tenus, maximum est donorum omnium; quæ hanc vitam respiciunt tantoque omnibus, præferendum, quanto ipsa vita iis, quibus in illa gaudemus, præcellit." It is an art which is only to be acquired by patient endurance and indomitable industry, by not allowing one's own experience and opinions to be disparaged, yet gladly receiving instruction from any quarter which may strengthen us in our endeavours to mitigate the miseries of man. And then, how gratifying to us is it to be able to promise a cure, and having so promised, to perform it. Those who are martyrs to Indigestion do not, as may well be imagined, all present the same symptoms. Some suffer only after eating animal food, others at every meal; some bring up a tasteless fluid, several times a day have pain in the

stomach, and a sensation of heat in that organ ;* occasionally the fluid is slightly acid,—this is denominated Heartburn, and is easily curable. Another form is where that which rises into the mouth is so intensely acid as to “set the teeth on edge,” so to say, in which case the constant pain, especially as there is Headache in addition, renders life a burthen. A confined state of the bowels is found in almost every case of Indigestion. Some persons experience eructation† with scarcely any pain ; others, again, have pain, but without headache, while a third class struggle with all the annoyances which have been enumerated—with, in addition, great sensitiveness on pressing the pit of the stomach. There will, too, be more or less of lowness of spirits, according to the strength of mind possessed by the patient, and the ability to endure—in which the softer sex so much excel creation’s lords ! so much so, that I have frequently said to the latter, when deserv-

* Water-brash, (Pyrosis,) or more descriptively, in Devonshire, “the water-pang.”

† An individual who is really healthy neither eructates nor expectorates.

ing such commendation, "that if he had been a *woman*, he could not have shown more fortitude!" The fact is, man has active, and woman passive courage—and how admirably, how heroically, she meets sickness in herself and others, none can tell so well as those who, like myself, in early life, have witnessed hundreds of times the surpassing, the marvellous patience, of the not, in this respect, feebler sex!* Lowness of spirits is sometimes morbid, and assumes the character of Hypochondriasis, as we call it, in which case the patient is truly to be pitied; and really, when we are angry with persons for being waspish and irritable, the sensitive stomach is probably the cause, and great allowance should be made for them. Not only day by day, but night by night, their enemy pursues them;

* Well may the male member of the Jewish religion thank God in his daily prayer, as he does, that he is not a woman. But what is the humble submissive theme of her, his spouse? She resignedly bends the knee, and says, "I thank thee, O Almighty Father, in that Thou hast made me as it seemed best to Thy good pleasure."

they generally have horrible dreams ; and if they should have undisturbed sleep, the morning,—when, as Mrs. Ward* beautifully says, “the churchyard of our memories gives up her dead,”—brings no blessing to them, so that their lives are really a hell upon earth! If they, however, have not indulged to excess in wine or spirits, they will assuredly get relief from all their miseries ; but should they have gone as far as they could in the daily indulgence of tippling, without being absolutely intoxicated, they must do much in obedience to their physician, and in habitual self-denial, or else they will fail to obtain aid from medical skill.

Neither sex is exempt from this terrible affliction, but men, from living more unrestrainedly, suffer most. Our main point is to study the peculiarity of each constitution, every one having one or more weak points, the successful search after which having been accomplished, all afterwards will become easy ; but this diversity must necessarily call

* The authoress of ‘Travels in Kaffre Land.’

for proportionably different modes of treatment. For instance, the Indigestion may be caused by improper food—that is to say, unfit for that particular patient's habits; and, on that account, even a little of it would be too much; or he may have been in the habit of fasting too long,* or have eaten too frequently; or the air which he breathes may be unsuitable; or a woman may suckle a child when she ought not to do so—a fruitful cause of Consumption!†

* Who can doubt that Lord Byron seriously injured his health from his great dread of corpulency. His physician, Dr. Polidori, has told us, that he would abstain from food for days together, and then, to appease his hunger, would take a wafer, and a glass of brandy.

† I have seen many young mothers become consumptive from suckling beyond the time suitable for their constitutions. My rule always is, when I am satisfied that weaning is necessary, and the patient inclined to be rebellious, to refuse to prescribe, and thus starve them out. While on the subject of phthisis, I may say, that long experience has fully convinced me of its being communicable from one to another: I have seen husbands follow wives, and wives husbands, who were, apparently, quite well previously; brothers brothers, sisters sisters, particularly if they have slept in

Again, either sex may be overworked, mentally or bodily ; or may have some great trouble, causing them either to neglect food altogether, or inducing Indigestion of that which they do take ; or, lastly, the appetite may be too keen, and restraint of it not considered necessary. Hence all the dangers arising from fulness of blood at a period when the stomach and its tributary organs have been damaged by over use ; and thus disease, real disease.

the same bed together ; so that under pretence—not to alarm the invalid—of too much heat being created, I make it a point of duty, *invariably*, to separate the sound from the sick, knowing that otherwise death will unite them indissolubly. Mr. Roskilly, the eminent English surgeon of Naples, whom I saw in consultation at that city, in September, 1851, expressed his opinion to be the same as my own on this question, and added, that the Italians were so satisfied of it, that they even burned the bed-clothes, and garments of the dead. In Rome they put all the consumptive hospital patients into one ward, through fear of contagion. One cannot think upon this scourge of our country without being thankful for the discovery of the value of cod-liver oil, than which nothing in my remembrance has been so useful in arresting at least, and often for a

is established, which cannot with safety be disregarded. Assuming, then, that there is no organic disease,—for I write only on *curable* Indigestion,—the first point to be insisted on is a daily evacuation of the bowels ; which can always be accomplished ; the means at our command, dietetic and medicinal, being abundant: *and from this dictum no appeal whatever can be allowed.* The best form for habitual daily use is a mild pill taken about twelve o'clock, either Dr. Hamilton's, ℥ij. ext. coloc. co. to ℥j. ext. hyoscyami in xij pills, to take one or two for a dose ; or pilul. rhei. comp., or pilul. cambogiæ comp. ʒj. in xij., two a dose ; or if these should not be active enough, a dessert spoonful of conf. Sennæ

long period too, the most fatal malady with which the inhabitants of Great Britain have to contend. The same opinion as to the communicableness of consumption equally prevails in France. It is a remarkable fact, that in Russia and the East Indies, having the two extremes of temperature, consumption is very uncommon ; and, in the former country, extreme longevity is rather the rule than the exception. The reason why young women are so unwilling to wean their children is, from the reasonable fear of hav-

with or without gr. v. pul. rad. jalapæ.. Liquid laxatives *for purging are not allowed in dyspepsia*;* these may sometimes be necessary, but only as exceptions to the rule. I object not to a lavement every morning; many of my patients not having omitted to use assistance of this kind during many consecutive years, with great benefit; but then it should be remembered, that aperients are also occasionally required.

Napoleon, who was a martyr to another complaint, when lavements would not relieve, always found laxative effects from taking a composition of milk and yolk of egg, sweetened with sugar. The whole passage relating to the subject, and to so celebrated

ing a family too fast. But too long suckling is far more injurious than the not supporting their offspring in the usual manner, which some really cannot do. While alluding to pregnancy, I may also state, as my positive opinion, founded upon much experience, that it is not at all an uncommon occurrence for the term of gestation in woman to extend beyond the customary assigned period of nine months.

* Broussais said, 'Fuge purgantiâ tanquam pestem.'

a man, is worth the perusal :—" Dans son etat naturel de santé la constipation lui était habituelle ; c'était chez lui une incommodité de l'enfance qui ne l'avait jamais quitté. Quand elle devenait trop pénible, il avait recours aux bains et aux lavements ; parfois il était obligé d'y joindre des boissons adoucissantes, la diète et le bouillon aux herbes. Quelquefois même tout ce régime ne suffisait pas ; il était forcé de recourir à son remède héroïque. Cette preparation de lait, de jaune d'œuf et de sucre, produisait sur lui l'effet d'un purgatif doux qui le soulageait constamment. *C'était le seul remède dont il eût fait usage en sa vie.*"*

The lower intestines only are emptied by the lavement, which should be composed of soap-and-water only, and that as warm as can comfortably be borne, the quantity from a pint and a half to a quart. When it is considered that, quite irrespective of the mass of food which we introduce to the system, the delicate mucous membrane which lines the long intestinal canal is constantly secret-

* Examen des Doctrines Medicales de M. Broussais, tome iii. p. 304.

ing a fluid to shield it from harm; that the liver and the pancreas contribute their share of the accumulation; and that the secretion of the first of these is always of an irritating (particularly if long retained) and often of a rank and offensive character; this alone is sufficient to indicate to those who have common sense, that this, the legitimate *débris* of the constitution, must, each twenty-four hours at least, before absorption of it to any extent can take place, be duly and habitually expelled, or bad breath, offensive perspirations, drowsiness, and still worse evils, will arise. Happy are those who require not "peristaltic persuaders," as Dr. Kitchener* was accustomed to call them; and these are usually persons having light-coloured hair, dark-haired people being usually of a costive habit.† If, however, where little food is taken, the bowels will,

* No one can regret more than myself the comparatively early death of Dr. Kitchener. He was bound to me, indirectly, by the ties of consanguinity; and though an eccentric, was a truly amiable man: he was only forty-eight when cut off.

† To show the necessity of a daily persevering empty-

of necessity, become oppressed, how much more must injury to the body arise, unless systematically and frequently rescued by nature, or by art, when three or four meals a day are superadded? Early rising should be practised by *all* dyspeptics; the bed should be left in the summer at six, and in the winter at break of day, by those who desire a healthy old age; an hour after which, when some appetite shall have come, (as it will always do when once the good habit has been established,) the first meal should be taken, and that substantial or otherwise, according

ing of the intestinal canal, I may mention a case, related to me by my old friend, the late Dr. Blount, of Hereford, brother-in-law to Dr. Lamb, who feeling sure (though the bowels of a patient of his were seemingly open enough) that there was some lodgment causing irritation, at last expelled the lodger, to wit, a piece of stringy ham, which the man had eaten six weeks before, and which had got entangled in one of the many folds of the alimentary canal. Friction of the abdomen, and that long-continued, in these obstructions of the bowels, should never be neglected; though it is, I fear, little

to the time allotted for dinner or luncheon, and according also to the work, if any, to be done. If much mental or bodily labour be in prospect, the large meal of the day should not be taken till this shall have been accomplished; in which case a third of the principal daily repast may be had in the shape of a portion of meat at breakfast; and the stomach may in consequence be spared later in the day, *when unable to do much, the nervous and circulating powers having been by that time nearly exhausted.* Those pitiable individuals who rise day by day, and year by year, without occupation, or the prospect of any,

practised. It is good for medical gentlemen (and this I say expressly) carefully to consult in concert over a case; for as Dr. Merriman, one of the brightest ornaments of our profession, once said to me, "I like to call in Dr. —; he has too pure a mind to damage a medical brother by word or deed; and he always brings me help in the shape of practical knowledge." In ordinary cases, a physician's treatment of his patients takes its tone from his own constitutional character, feeble and undecided, or rash and inconsiderate; or, what is far better, decided and considerate.

will, if wise, take the chief of their nourishment at or before three o'clock. But let me implore those who are condemned, as millions are, to a strictly sedentary life, not only to seek, but to MAKE, opportunities for walking: this would be the best kind of exercise, even if it were not the cheapest. They must remember, however, that if they can only walk immediately before dinner, and have become heated much thereby, they must not take this, the principal meal, till they shall have become cool. Dancing for all of suitable age would be better, but the great good which this is calculated to accomplish, is nullified by these saltatory movements being performed in foul air, and at unreasonable hours; but ventilation* is at last asserting her rights in the cabin, the cottage, and the palace, and the life-

* The public are greatly indebted to Mr. Toynbee, the eminent aurist, for his incessant exertions, philanthropically exercised, especially for the benefit of the poor of this metropolis, in introducing among them a *habit* of ventilating their close and confined dwelling-rooms; a fertile source of dyspepsia, consumption, ady-

giving oxygen will, in this glorious age, be employed as the Giver of all good things destined that it should be, namely, for the absolutely needful daily and nightly revivification of man. But where shall we find a poet who could compose and chaunt an ode of a sufficiently laudatory character for an entire change of air—that is, the moving from one place to another for a time, as prolonged as possible, once at least annually ! The poet-laureate himself could not satisfy me ; and, of course, no one else could : so, in plain humble prose, I say, let all those having the power, who are obliged to live in large cities, take a tour, by land, or by water, or by both, annually, for as long a time, if men of business, as they can justifiably spare, *to as great a distance from home as they have courage to undertake*, and accompanied by those whose lives are

namic fever, and other serious maladies, as London physicians well know. None but consumptive, asthmatic persons, and those who have weak lungs, should have a fire in their bed-rooms, at night, *but these should always* have this, if possible.

dearer to them than their own. Let them escape from a locality where the work of a week elsewhere is often done in a day, thereby defying the doctor, and laying in a stock of health for the remainder of the year. Travelling *alone* is of little use. But alas! there are those who cannot command even a single week in twelve months; and of these the great proportion are medical men, that unappreciated class, who daily run greater risks, a hundred times told, than he who once or so in his life may seek reputation at the cannon's mouth. Dr. Bence Jones well said, in his admirable lecture, Oct. 1st, 1849, at St. George's Hospital, on the opening day, we are angels while our patients are ill, and something else when they become well—we, who are conscientious, and honest, and just, and considerate, and Samaritan-like, through the whole of our lives, and dying, rarely, very rarely, leave anything deserving of the name of substance for our widows or our children.*

* It will be conceded, that members of the medical profession succeed *best* in this great Babylon. I have

It is a rule, too, with some, to talk wildly and at random about the inordinate gains of the Curators of the sick ; this, too, is idle gossip. In London, the appearance to be kept up (not required of the other learned professions, *to the members of which I have not yet been able to see in what single respect we are inferior*) swallows up the extra gains obtained through there being more people *here* congregated together. In the country, medical men never, or very rarely, receive anything worthy to be called remuneration for the slavery of body and harass of mind that they undergo. Having myself lived long in each locality, I can testify fully, truly, and undeniably, of

been, during many years, a Director of the Society for the Benefit of the Widows and Orphans of the medical men of London and its vicinity, an institution which almost all the first physicians and surgeons in the metropolis support. Now will it be believed, that the widow of *one in four* of such leading men, with her children (it is found on the experience of years), comes for help to the Institution, not having 50*l.* a year, the *minimum* sum, which would disqualify her. *Many are entirely destitute!*

these things. Below will be found an example of the old adage, that "all is not gold that glitters."*

Before quitting the subjects of air without, and

* I called one morning on the then first Physician in London, some three years ago, and congratulated him, unfeignedly, on his being in the act of making a very rapid fortune; and on his inquiring what I meant, I replied that I had *seen* many patients go to his house that morning. He said, "Listen. You have seen, it is true, nine this morning; eight of them begged my advice on some pretext or another; the ninth gave me a fee, which I presented to the gentleman who has just preceded you, who is an honest doctor in distress." I know another London physician, who, during sixteen years, opened his doors every morning, the Sabbath included, to all who might desire his advice; he made a free hospital, as it were, of his house; but at length, having prescribed for many thousand persons gratuitously, and seeing how much his charity was abused, by persons sneaking in whom he knew were able to compensate him, he laughingly said, that he had made up his mind at last (metaphorically, of course) "to carry the hat round," when, as happens after street-performances, all but the really poor and distressed, the maimed, and the cripples—fled!

air with, exercise, I desire to give one word of friendly advice to those, and they are many, who can devote but one day in seven to the enjoyment of both of these combined, namely, to be especially moderate* in the use of such privilege, or they will injure rather than benefit their health, since the constitution will not endure extremes, particularly in this respect.

Having obeyed his Physician in all preliminary respects, the patient takes the first in order, but the second most substantial meal of the day. Would that it could be the first in reality! Whether milk, tea, cocoa, or weak chocolate, be the liquid preferred, it will never be swallowed by sane persons scalding hot in temperature, reminding one of

* I have had often, as patients, those who, having only one day in seven for recreation, have been made ill by greatly over-taxing their strength on that day, and doing far too much at once; not considering that, being all creatures of habit, the free use of their limbs in the open air, *with them*, was the exception, and not the daily rule, and therefore, to be only temperately, *because rarely, enjoyed*.

the ridiculous custom, once the fashion—for, alas ! there is fashion in physic, as in other things—to drink after dinner a pint or more of water, as hot as it could be borne, by way of strengthening the stomach ! If meat be necessary, brother Jonathan's plan of bolting it, for which he suffers grievously in his attacks of Dyspepsia, will not be adopted ; but mastication, or minute comminution,* which will answer the same purpose. Do but *separate well* animal food, and the saliva and the gastric fluid will do the rest ; the peristaltic persuader, then, (should there not have previously been a call to the temple of Cloacina,) within the next two or three hours, is to be dispatched on its special mission. If more exercise can now be obtained, by which walking is always meant, so much the better. If a late dinner should make a luncheon necessary, meat is then

* I am acquainted with a gentleman who lost all his teeth soon after fifty years of age, after which, not troubling himself to masticate with his purchased grinders, he has invariably divided minutely his meat ; and during ten years, has neither had indigestion nor any other inconvenience, being in rude health, and full of strength.

never required, be it remembered, at this, which should be merely an apology for a meal, mental and perhaps bodily work having afterwards to be done. Whether the dinner be taken at three, or at seven or eight, all the inconsiderate portion of man and woman kind will eat till they can eat no longer ; and some will unblushingly say that they have done so, and in good society, too. Let such, if ever dyspeptic, eschew Champagne, at least, and indemnify themselves with Sherry instead: bread will supply the place of a superabundance of animal food ; a moderate quantity of water will supersede beer ; and if ice be at last presented, the unhappy wight who labours under weak digestion will do well to pass it on to his or her neighbour.

The food, when the Stomach is treated fairly, and due rest is given to it between each meal, begins, as I believe, to be digested in some strong persons immediately: but, even allowing it a brief period for preparation, *two hours, whenever possible, must be spent by every one in perfect repose.* Even the Newspaper is not to be read, unless a short

nap be desirable, and cannot otherwise be induced. These *two* hours, I repeat, *belong to the stomach*. I have also said, that, especially for those who cannot sleep at night, a doze of half an hour is not only allowable, but even necessary. No description of nutriment whatever ought to enter the mouth after a late dinner, excepting perhaps black tea, a small portion of stale bread or biscuit. But to invalids, to amuse the digestive organs till sleep should come, either gruel, or sago, or arrow-root, or tapioca (with or without the flavour of brandy as a placebo), for the night, may be taken. Of the *medical* treatment of Dyspepsia *this* may be said, that without it the observance of every rule that has been laid down as to diet, &c., will be of no use; but by attention to it, and that to no great extent, Indigestion, however severe and harassing, unless there be real disease, is generally curable—perhaps more certainly than almost any disorder that flesh is heir to. And next to the gratification of seeing a valuable life restored, by what we believe to have been our well-directed exertions, is the pleasure of comforting a timid Valetudinarian by the

assurance of the probability of his or her recovery. It is the Physician's best fee—his truest *honorarium*: and, although he does not, like the Empirics, promise a cure of all complaints to everybody, (for this is the line of demarcation between the legitimate sons of Æsculapius and the irregular Guerrillas of Medicine,) he yet by his experience can so exactly estimate his power, as generally to foretell that which may by the sick be confidently relied upon. There is even *a look* in disease, which is recognised by a medical man of experience, (often very early, and when invisible to the non-professional eye,) and which tells him unmistakeably that there is no hope of a cure for his patient. This is indeed the greatest trial which humane practitioners of medicine experience, to know that the smoothing the way to the tomb is all the privilege which they are likely to possess. In a case of this kind two things appear to me to be incumbent upon us ; the first, to tell* the whole

* I am aware that the propriety of our interfering in any but medical matters is questioned by some. To such I say, that it is not for us to decide whether

truth to the most sensible (supposed) friend of the invalid ; and next, I hold it to be a rule no less sacred, not to torment, and distress, and harass our patient by tentative subjections, when we are *sure* that we cannot cure him. I say, tell the truth to a friend. Why so ? Because the inability to bear the knowledge of his hopeless state is all but universal,

a death-bed repentance will avail, or, to use the words of the late Rev. Rowland Hill, 'whether the Almighty will accept Satan's leavings;' but I hold it to be the bounden duty of a Physician, should he see unmistakable symptoms of approaching dissolution, to tell some one his opinion on this point, that, not interfering further, an opportunity be afforded for introducing a minister of religion : and those who may consider this extra-professional and intrusive, must look for help elsewhere than from me. In Consumption, for instance, one of the *symptoms* of the malady being the expectation of recovery at a period when the medical adviser knows it to be impossible ; then it is that the relations of the patient at least must not be dealt unfairly by, but be told the real truth. In the cases of Catholics at Rome, (as I was informed from high authority in that city,) after the attendance of a physician upon a patient has been necessary three consecutive times, he is *obliged* to demand spiritual aid. Such is the decree.

either with Christians or others, such and so close is the clinging of the Soul to her earthly Tenement. And those of our Profession who have lived long and seen much, know that it is so, however much one would wish that the case should be otherwise. I had the most distressing Instance in proof of this two or three Years ago, which I will shortly mention. A tradesman, living in the Edgeware-road, whom I had been prescribing for occasionally, came one morning, and said, "Sir, I am very ill, and believe that I am in danger ; you know whether I am, or not; and I am come to ask the favour of you to tell me if my disorder is likely to kill me, for I have a good wife and a bad son, and I wish to settle my affairs. You may tell me the truth, for I can bear to hear it." Distressing though it was, (for I had never been asked the question so pointedly before,) I replied, that my opinion was decidedly that he would not recover. (He had Cancer of the Stomach, not to be mistaken.) "I thank you, sir," he said. "And now, once more, how long do you think I may continue?" This question, as harassing as the other, I answered, by saying, "Some Weeks, or even Months." I found, however, that

though he said he could bear it, he could not ; for he lived but a very short time afterwards.

Sick persons are generally not so straightforward and open when detailing their symptoms as they ought to be. They should then consider themselves as in the witness-box with a friendly Barrister, and wait to be asked questions ; and when the Physician *appears* to have finished his inquiry, the patient may add any information which may not have been elicited, and which may be thought to be important. But how preferable is a taciturn to a loquacious invalid ! Nothing annoyed Mr. Abernethy so much as this, which led to his method, in one particular case, of spiking the cannon :* he was facetious, and

* A very talkative Lady who had wearied the temper of Mr. Abernethy, which was at all times impatient of gabble, was told by him, the first moment that he could get a chance of speaking, to be good enough to put out her tongue. "Now, pray, Madam," said he, playfully, "*keep* it out." The hint was taken. He rarely met with his match ; but on one occasion he fairly owned that he had. He was sent for to an Innkeeper, who had had a quarrel with his wife, and who had scored his face with her nails, so that the poor man was bleeding, and much disfigured. Mr. Abernethy considered this an opportunity not to be lost for admonishing the offender,

humorous, and loved a joke; but he had too generous a heart,—as those who knew him best well knew,—to make personally offensive speeches to women, however angry with them. The late Mr. Heaviside* on one occasion lamentably forgot

and said, “Madam, are you not ashamed of yourself to treat your husband thus—the husband, who is the head of all—*your* head, madam, in fact?” “Well, doctor,” fiercely retorted the Virago, “and may I not scratch my own head?” Upon this, her friendly Adviser, after giving directions for the benefit of the patient, turned upon his heel, and confessed himself beaten for once.

* Mr. H. had a patient, a very stout Lady, who was everlastingly sending for him, and often unnecessarily. One morning the message came, “he was to go immediately.” He regarded it not, finished the business in which he was engaged, went to visit some persons who were really ill, and then obeyed the summons of the morning. The Lady was in a towering rage, and said so much in the way of reproach, that the Doctor lost *his* temper, and *insisted* upon knowing, without more delay, what was the matter; and upon her saying that she had a bad pain in the small of her back, he asked her where that might be? and was thereupon immediately desired to leave the house, into which he never went again!

himself, and was punished accordingly. But who so enduringly patient as the pitying Physician, when real danger is present? and who sees the dark cloud in the sky so soon as he? If he has a sympathizing heart, his feelings are tried every day; if he has not, he possesses not the magnet which belongs to his Glorious Vocation. But let him carefully avoid that Patient whose chosen subject is the abuse and vituperation of him by whom he had been previously attended; for it is useless to say to one of this description, that *all* medical men do their best, and that if they fail to relieve, they themselves suffer next only in degree to him whom they would gladly, because it was their interest, have succoured? But no, says the vituperant; "He could have relieved me; but would not." But, above all, let the Physician avoid, as he would a pestilence, the *brother*—and the race is not extinct—who has ever been known to say to the once patient of another—"It was well for you that you came for relief when you did; a few days more, under that man's care would have proved your destruction!" Medical men, medical friends, ye who

are gentlemen, eat bread and drink water all your lives before you condescend to meet a fellow like this in consultation, no matter what may be his station; having first satisfied yourselves that he had thus spoken of any legally qualified man,* whether Physician or Surgeon; for one who is fit for *your* society would not, knowingly, rise on the downfall of another; for he would feel that, to die happily, he must live honestly, and that that, and that alone, will bring him peace at the last.

Although the Boa Constrictors of the human race do not usually eat Hats,† Needles, or, as the

* My dear Master, whom I can never be tired of quoting, was accustomed to say that "if dirt, in any quantity, were thrown upon an Angel, *some of it would stick;*" like a vile lie published on the eve of an Election, (known to be a falsehood by the utterer,) *specified early enough to do incalculable mischief, but purposely circulated too late to be contradicted.*

† My old friend, Mr. Judd, Surgeon-Major of the Scotch Fusilier Guards, was once sent for to relieve a man who was said to have eaten a hat; on his arrival, he found a young man, a Soldier, exceedingly ill, and in great pain. Mr. J., not believing the hat-story, sent

veritable boa did, a Blanket,* for a change, there is quite enough of voracity chargeable to intellectual, intelligent man, whereby his Stomach is everlastingly in trouble.

for the landlord of the public-house, where the fact was confirmed by the whole staff of the establishment, that the patient had really eaten a hat (of course cut into pieces) for gold! Under suitable treatment this Cormorant recovered; but not immediately.—In the Museum, at the College of Surgeons, is a large bottle-full of needles, weighing many ounces, nay, more than a pound, which were swallowed by a woman, who could not have been in her senses; she lived many months afterwards, however, and instead of being emaciated, got fat! Needles are, nevertheless, not recommended as an article of diet, for this was a case of *post hoc* and not *propter hoc*.

* See an amusing account in Dickens's "Household Words," giving a history of the Boa Constrictor in the Regent's Park, which, instead of eating two young rabbits, which had been put into the cage for his supper, (downright murder!) had, while poking about in the dark, as is supposed, got hold of his blanket, the end of which in the morning (proof positive) was hanging out of his mouth! and the intended "Supper" alive, and well. It is believed, however, that this Patient did not die, but that *his* Patients did!

The Pulse must be watched in Dyspepsia, so that it be not too full, and hard, or too rapid; when near to or above a hundred beats in the minute, all our care is required. It is the Storm at Sea, and there are breakers ahead. Tonics *then*, as all know, are out of the question: the commotion must first be allayed. When pain exists, as it usually does in severe Dyspepsia, and must be our main guide, eight or ten leeches, and these, perhaps, repeated once or twice at the Scrobiculus Cordis, will almost always give relief, whether the cause be congestion or inflammation. The leeches may be followed, should the patient not be able to bear the loss of much blood, by a Sinapism the following day, that excellent comparatively modern remedy, which, in the cases of children especially, so often supersedes blisters. When harassing annoying acidity prevails, the tongue being covered with a white coating, no means are so efficacious as some mild mercurial, pilul. hydrarg. for instance, in combination with pilul. rhei. co., every alternate night, followed the next morning by a seidlitz powder or a dose of ol. ricini, or a (*gentle*)

old-fashioned black draught; this to be repeated three or four times, interdicting animal food, and giving Liquor Potassæ, or Bicarbonate of Potash, with lemon juice, thrice daily. But what are we to prescribe, says my reader, when Mercury cannot be taken, which we know to be the case with some very few persons, who are quite aware of this Idiosyncrasy themselves, often to their sorrow; for the medical man (a stranger) who has been called in, has forgotten the golden rule which every one who writes for the sick should have in his mind, and the patient has thereby suffered, namely, *invariably* to ask, "Is there any drug which has been found to be hurtful to your constitution, the introduction of which your stomach has resented?" The answer will sometimes be, mercury* in any shape

* One of the most annoying cases which ever occurred to me was the following. I was sent for to an hotel, to an American lady, the wife of a barrister, who was ill, from having neglected her Bowels. While writing my Prescription, I ascertained that she could not take even one grain of Calomel, and I therefore promised that no mercury should enter into the composition of my remedy. The lady was *enceinte*:

or degree, or opium, or rhubarb, or aloes, &c. I know of no medicine, when it is desired to act upon the Liver, and where mercury cannot be tolerated, so efficacious as a combination of nitric and muriatic acid with Taraxacum, in large doses, but the following mixture of M. Lugol is also good :—Iodinii, gr. $\frac{3}{4}$; hydriod. potassæ, gr. iss.; Decocti Taraxici, Oss. Fiat mist. One-fourth part of this Mixture may be taken at first daily, in divided doses, increasing it to three-fourths; at the same time eight or ten grs. of

In the night, I was roused from my slumber, to go to the assistance of this patient, who had been afflicted by violent tormina, sickness, &c. An anodyne gave relief; and upon calling upon the chemist to order something more, he said, "Sir, when I made up the medicine, yesterday, the gentleman waited; and when I took down the blue pill, he started! And so did I! and requested to see my Prescription, (in order to take it away,) which contained ℞ij. of ext. coloc. co. and ℞j. ext. hyoscyami *only*, written sufficiently well—it was just a stupid mistake. It behoved me, however, to clear myself with the husband; but the Chemist never forgave me for not screening him at my own cost; though I made the Lawyer hold his tongue, (no easy matter;) for this careless compounder of medicine had seven children.

pilul. rhei. comp. in pilulas, xij., two on alternate nights, to be assisted off the next day or not, as may be required. I do not venture, where Opium cannot be borne,—a most unfortunate peculiarity, for it is the second-best medicine, next to Mercury, if not the best of all, that we have,—to prescribe morphia, but find Hyoscyamus or Conium tolerable substitutes. Rhubarb and Aloes will not be badly represented by Jalap, Senna, or Castor Oil.

Till acidity be removed, tonics and sedatives will not furnish their large share in the cure of indigestion. The following mixture is an excellent one :—*Potassæ bicarb.*, $\mathfrak{z}$ iss. ; *potassæ nitratis*, $\mathfrak{z}$ ij. ; *infusi diosmæ*, $\mathfrak{z}$ xv. ; *tinct. hyoscyami*, $\mathfrak{z}$ ijj. *Fiat mist.* *Quarum capiat cyath. vinarius ter quotidie.* Some cannot take potash who will be benefited by soda, or magnesia, or sesquicarbonate of Ammonia. When the tongue (the sure index of the condition of the Stomach—for even, when dumb, it speaketh!) is white, flabby, and the impressions of the teeth remain on it, saline food, porter, and wine, and Iron, are indicated ; and of the preparations of this metal, I prefer the *Tinct. Ferri Sesquichloridi*,

especially when one of the gentle sex is my patient, (from $\mathfrak{m}\text{xv}$. to xxx ., thrice daily, in a wine-glass of weak cinnamon water;) or the following mixture : —Acidi sulph. dil., $\mathfrak{z}\text{j}$.; Infusi Chirayitæ vel gentianæ comp., $\mathfrak{z}\text{vi}\mathfrak{j}$.; tinct. aurantii, $\mathfrak{z}\text{ss}$. M. Sumat coch. tria ampla ter quotidie; or, if the Stomach be irritable, and has undergone much ill usage, and constant sickness prevails, the hydrocyanic acid of Scheele may be tried three or four times a day;* from three to five minims, in mint or other distilled water, for a dose; but till I had had more experience with a better medicine than any of these, *in certain suitable cases*,—for each, differing so much as we do in constitution, must be treated on its own merits,—I was accustomed to add to every dose of the above acid from one-sixth to one-eighth

* In a case of incessant vomiting, the stomach refusing everything, Dr. Alison entirely nourished a patient by lavements of broth, yolk of eggs, port wine, &c., during forty days, who then recovered. I had myself a successful case so treated, where, during sixteen days, nothing could be retained in the shape of nourishment, *per vias naturales*.

of a grain of Hydrochloride of Morphia. The preparation which I have alluded to is the Oxide of Silver,* the best and the safest, because the most sure, medicine that we have in most, I do not say in all, cases of Dyspepsia. Having prescribed it more frequently than any other living Physician, once daily, generally much oftener, in various ailments during the last ten years, since July 1841, and watched its effects with entire fidelity, aided by very many enthusiastic Friends, any objection to its use, from any quarter whatever, passes by me as wind and vapour, against the deep conviction of positive indubitable experience. *Time will settle*

* The mode of its preparation, which contains one atom of our second-best metal, with one atom of our most noble gas (oxygen), will be found in the "Dublin Pharmacopœia," inserted by the just and generous editor of the "Medical Cookery Book" of the Emerald Isle! This oxide is incompatible with calomel or conserve of any kind. I have invariably prescribed it, as I have said in my "Practical Remarks," in a fluid form, with a diluted mixture of acacia: if in powder, in combination with pulv. acacia, and a small quantity of pulv. glycyrrhizæ; or, if in pills, *cum micâ panis*.

*the question, and I desire no other arbitrator.**

Every observing medical man must have valuable information to communicate, which, neglecting to record, is lost to his brethren for ever; for myself, not writing for pelf, though loving employment, it is my intention, so long as I may live, to treasure up, and publish from time to time, any practical points that I may have the good fortune to discern. Not to overload this work,—which has a general, and not a particular object,—I purpose recording the written reports of my professional friends upon the oxide of silver on Dyspepsia, in an Appendix, but shall, *at the risk of being considered an empiric by those who know me not*, allow a few of my grateful patients—and I promise that they shall not be so numerous as to tire—to speak for themselves as to the good which they have

* If I am asked, which I have been many, many times, and a very fair question it is—What are the bad effects, if any, arising from the employment of this medicine? I reply, really none, *if prescribed properly*. I never had but one case among thousands where I had any doubt of its agreeing, and I NEVER SAW THE SKIN AFFECTED.

derived from this medicine in their respective cases. Six only will be given as an epitome of the rest ; for whether six be presented or sixty, the fact remains the same. The Oxide of Silver is tonic, and a sedative of the first class, in Dyspepsia and Diarrhœa, especially with children ; it is, moreover, the best astringent that I know in every kind of slow or chronic hæmorrhage, as I have reported ; *and I shall do this again and again, so long as I may live* ; for I have never said or written a word to my medical brethren respecting the pre-eminent qualities of this admirable Medicine, that I could not entirely justify ; and whether they take it up generally or not, is of no consequence to me individually, so long as I feel that I have presented to them, with the purest intentions, a faithful report of a very large experience ; but, as the *Times* of October 23rd, 1851, says, (in one of its grand sledgehammer leading articles, which so often extort our admiration, whether we agree with the sentiments or not,) “ Truth, in its simplicity, is too powerful a medicine for the great bulk of mankind, the mere creature of a thousand prejudices and habits.” My

dear friend and adviser, the late Dr. James Johnson,* before he became satisfied of the superiority of the oxide, was accustomed to give, as he told me, from half a grain upwards *of the nitrate of silver even* (a very much stronger preparation), with the happiest effects, twice a day, for three months together. When Dyspepsia is very obstinate, as it occasionally is, I suspect disease of the Kidneys; and again, if persons become fat, whose mode of living does not account for it, disease *somewhere* will probably develop itself. Mr. Abernethy was accustomed to say to us, (after relating a case which did not end as he wished,) "The patient died, gentlemen, but he ought to have recovered under the treatment." This my excellent master was doatingly beloved by his pupils; but by some, who knew him not, he was considered unfeeling; he *was* irritable, and, like another great Surgeon, now living—another, to whose words of wisdom I had

* He it was to whom I submitted my "Practical Remarks," and who urged me to publish them, saying that *he* could testify to their truth.

the privilege in early youth to listen, he would not allow his patients to waste *his* time (men or women) unnecessarily ; but he had a generous affectionate heart ; he who has given a hundred pounds at once to the distressed young widow of a medical man, with a family of infants, as he has done, to my knowledge,—he who, after a long gratuitous attendance on a very poor lady, who pined in vain for sea air to perfect her recovery, had abundant means placed at her disposal by this her generous and pitying Surgeon,—by him who might have now and then been *brusque*, but the rough outside had a brilliant diamond, a *Kohinoor* of sympathy for real suffering, set *within*.

CASE 1.—This case is that of an eminent well-known Sculptor, who says, in a note addressed to myself—“ With feelings of the deepest pleasure I recall to my recollection my introduction to you, through our medical friend, Mr. P——, and the immense benefit which I have derived from your mode of treatment. My case was severe Dyspepsia, with disordered Liver, from which I had suffered a martyrdom the last ten or twelve years, receiving com-

paratively but little benefit from any among the many whom I consulted. I feel anxious to express the heartfelt satisfaction it would afford me to communicate fully to any sufferer the beneficial results to me of that ever-to-be-remembered Oxide of Silver,* which has so entirely rooted out my old enemies, water-brash, spasm, sickness, and all their accompanying agonizing attendants." Dated July 21st, 1845.

CASE 2.—Mr. —, principal clerk in a Savings-bank in London, thus reports to me :—"During two years, and especially within the last six months, I was troubled constantly with severe pain from Indigestion, which gave me the sensation of a ball, the size of an egg, at the pit of my Stomach. The Oxide of Silver prescribed by you has quite removed this supposed ball, and has also strengthened the Stomach very much, so that I can now eat, or even *drink* anything, instead of confining myself to water, as heretofore, through caution I find to be still necessary. My knees, which were

* Half-grain doses.

very weak, are also greatly relieved ; my other troubles are caused by natural infirmity, though only sixty-two last September.”—Dated March 13th, 1848. This gentleman sent for me, the following year, to visit him at Southsea, near Portsmouth. He was then much improved in health ; he had selected a country residence, a retiring salary having been allowed him.

CASE 3.—A Nobleman’s Steward, near Town, thus addresses me :—“Nothing, I am sure, can afford us greater pleasure, myself as the receiver of very great benefit at your hands, and yourself to have a testimonial from me to the effect, that I having suffered very severely from Indigestion, more or less, for several years, and having applied for your advice during the last summer, took the oxide-of-silver pills in gradually increased doses during two or three months ; after which I received that permanent benefit which enables me now to say that my general health and digestion are such as I have been a stranger to for many years past.”—Dated December 27th, 1849.

CASE 4.—A gentleman, holding a high position

at an Insurance Office, thus writes :—" My dear Sir : I owe you many thanks for your kind advice in my case of Indigestion ; I continued to take for about three weeks the small dose of your medicine (quarter of a grain) three times a day, and afterwards increased the strength of it ; from that time I rapidly lost all the distressing symptoms of eructation of wind, and oppression. I enjoyed my stay in Paris very much, eating and drinking whatever came in my way, without feeling any the worse.* Now I have returned home I am obliged to be

* It is a curious fact, but nevertheless true, that in the course of a long professional life I have *almost always* found convalescent patients, on the return of appetite, (when asked what they would like to eat,) to name one of two things, either stewed eels, or bacon ! There is an exception, however, to be made in the case of invalids from the Land of Cakes, the Scotch having, in general, a great dislike to this description of fish, as is well known. A Frenchman might choose frogs as his dainty ; a Neapolitan, possibly, snails, of which I lately saw some fine lively specimens (horns and all) in the market at Naples, for table use !

sedentary ; I am more careful of my diet, and continue quite well.”—Dated January 22nd, 1850.

CASE 5.—A lady from the country writes through her brother in these words:—“My dear Brother : In answer to the inquiries which Sir James Eyre has been good enough to make as to the extent of the benefit which I have derived from the oxide of silver, I may make the following statement:—I used to suffer dreadfully from intense headache, which occurred so frequently that I lived in continual fear, and was almost afraid to eat or drink anything. I persevered in taking the pills in the manner directed, during one month, and after the lapse of a little time continued them for about a fortnight longer. It is now nearly four months since I had a headache, or, at any rate, not more than one during that time, which I consider proceeded from a cold ; and as I had tried so many other remedies previous to taking the pills which *totally failed* in affording me any relief, I can only attribute my improved state to the effect which this medicine had on my Stomach. I find my appetite very much improved, and am considerably stouter than I used

to be. I have much pleasure in sending my doctor this favourable statement."—Dated Cambridge, July 23rd, 1850.

Two months subsequently this lady told her brother that she had eaten of everything that she wished to do, and which she would not have dared to have done several months ago; and had not experienced the slightest return of her insupportable headache, which no doubt arose from the Stomach. The third and last report, *just received* from this Lady, runs thus:—"I rejoice to tell you that I have been quite free from sickness and headache for several weeks. My Stomach is much stronger, and I am able to take a drive for a couple of hours; which I could not do before you gave me your medicine, which, by your permission, I will now discontinue for a time."—Dated Brighton, Jan. 17, 1852.

CASE 6, and the last that I intend to inflict on my reader.—It is that of a respectable tradesman in Piccadilly, about thirty years of age, married, but without family, with whom I had been in the habit of dealing occasionally. I had not seen him during many months, and on my return to England

from my autumnal holiday, about the second week in September, 1850, I called accidentally, and found him greatly altered, and miserably thin. He said that he had had jaundice in March ; had been under excellent medical care, but that nothing would give him the least appetite. After asking him the necessary questions, I told him that if he would give me his confidence I would cure him in a month, for my own pleasure, and that his offering me any pecuniary recompence must be out of the question, for I saw that he was not able to give money for professional aid. He agreed, and by the steady use of the oxide, for which his case seemed especially adapted, and carefully attending to his diet, and other particulars, *I kept my word*—he could eat and digest as heretofore ; and on the 16th of November, although I would not take gold, he forced upon me that which I dare not have accepted in coin of the realm, as being unprofessional—namely, one silver fee.* I

* I may mention as a somewhat curious fact, that in seventeen years' practice I have never been offered but twice, as my *honorarium*, a sum so unusual as a crown,

met him in the street six months afterwards, and he was so stout that I did not know him. I hope that I have not selected too many instances in corroboration of my fixed opinion of this elegant and perfectly safe preparation—safe, excepting it be administered by a wilfully careless fool. I will not suffer my own sincerity to be doubted, but before leaving the subject, I would make *one* remark as collateral evidence in part proof of it (I could have loaded this report with cases, had it been wise to have done so), but I desire to say, in concluding these six little histories, that, being sure of my resources, *I volunteered my services in the three last instances* (the lady I have never yet seen), not seeking pecuniary remuneration (often unhappily necessary, and always distasteful), but

and this was (innocently) tendered me by two invalids, strangers to each other, *the same morning*: of course, they were declined, and the advice freely given. 'Tis true, that my Piccadilly Patient's fee came in the shape of an acknowledgment in Silver; but this had on its surface, not our most gracious Majesty's Portrait, but a grateful Inscription to me, his successful Physician.

simply from an ordinary sense of duty, and that I might, peradventure, obtain thereby the Physician's best and most dignified Reward.

In obstinate relaxation of the bowels, *always mismanaged by patients themselves*, and generally needing medical care, I know no medicine equal to the Oxide, but in these cases I relax from my otherwise rigid rule, and add, for adults, a small portion of Opium to each dose; with children never, it being unnecessary. Varying from my practice at first, I now occasionally *combine* the Oxide of Silver with some other medicine, as the case may require, and with great advantage. I must also say that I have found this preparation of the utmost value in painful affections of the nerves, as many can testify. And it may be added, that where chalybeates are indicated, then is the proper time for administering the Oxide, and never when the tongue is bright and red; but no *wise* person will take Silver, Mercury, Copper, Lead, or any mineral preparation, without consulting a medical man. The pulse, and of course the respirations, of children being so much more frequent than in adults,—which

makes them more prone to disease,—is another reason why we should especially watch their diet and their habit, as has been so long my custom to do. They have, however, one grand *compensation* when ill,—and let anxious parents comfort themselves by this reflection,—that having no mental uneasiness, theirs is only a bodily ailment, like that of a quadruped, and therefore a cure may the more reasonably be anticipated ; and experience justifies the expectation. I, for instance, rarely give up a confident hope of the eventual well-doing of a child in acute disease, having seen, as have all my professional brethren, with delight, resurrections, or the counterparts of such, in the recoveries—the escapes, as they may be truly called—of the very young.

And now, at length, my Bow must be made, though very much is yet striving for utterance ; but hoping *Deo volente* for more of such leave-takings, I shall soon begin to again hoard information for the youthful and the teachable, especially for those of my own noble profession. Some may

think that there is a chasm in the course of my description—inasmuch as I have not touched at all upon some delicate subjects which influence both sexes far more than those we have made so prominent—namely, the condition and the well-being of the digestive organs—but these I considered to be matters for personal friendly inquiry, and not for the prying, prurient eye of the idle and the depraved, to whose taste it is, in the present age, too much the custom to pander. For myself, I trust I may say, with Sir Walter Scott, that I have never knowingly written a line that I could not look upon with comfort and satisfaction in old age,—seeing that my medal of self-selected decoration, though only of silver, has around it the ever-present glorious halo of unalloyed and imperishable TRUTH.

APPENDIX.

“ HAVING, in the Dedication, referred to Mr. Abernethy's class of 1812-13, some explanation is necessary, which, involving a little personal history, could not, with propriety, be assigned a place elsewhere than in a *corner*. The pupils of St. Bartholomew's Hospital, (I being one, and in my second year of study) resolved to present their Teacher with a tangible proof of their love for him, in a piece of plate, to the purchase of which, bearing a suitable inscription, seventy-five Students contributed ; selecting me, for want of a better—a mere youth of twenty—as Chairman of their Meeting ; and also to *present* the very handsome Vase (which I have seen lately, after a lapse of thirty-eight years) to our dear Master. This having been duly accomplished, a written answer from him was brought, and stuck up behind his lecturing chair, to the following effect—namely, that “ Mr. Abernethy had received from his

Pupils a very elegant Vase, as a testimony of their esteem and respect for him," and which he had lost no time in acknowledging ; for he assured them that "it was the most gratifying compliment which he had ever received during the whole course of his life."

II.

One more Anecdote, in which I had the pleasure of being made the subject of a witticism, by Mr. Abernethy, shall have a place here. It so happened, that in the year 1830—and perhaps I may be excused for adding, entirely unexpected, and *without application* on my part, I was knighted by his Majesty William the Fourth, on whose Accession *one other* chief magistrate (for I was then Mayor of Hereford) was so distinguished—namely, Sir George Drinkwater, the Mayor of Liverpool. (Our present most Gracious Sovereign, on her Accession, knighted Sir James Spittal, the Lord Provost of Edinburgh, *only*. About this time, a patient who had indulged largely in creature comforts, and was very stout and plethoric in proportion, went to consult Mr. Abernethy, who, after having written a prescription for him, said, "Go away, and have always in your thoughts the names of the two Mayors who have

just been knighted—*Eyre* and *Drinkwater*—and you will soon recover your wind, and your shape too, I promise you.”

III.

Names of places in their order, in and near London, which appear to be more or less salubrious. Extracted from the Bills of Mortality.

1. Lewisham, Blackheath, and Sydenham.
2. St. George, Hanover-square.
3. Hampstead.
4. Hackney.
5. Camberwell.
6. Wandsworth.
7. Islington.
8. Kensington, Chelsea, Brompton, Fulham, and
Hammersmith.
9. Mansion-House district.
10. St. James, Westminster.
11. St. Pancras.
12. St. Marylebone.
13. Newington.
14. Lambeth.

15. Greenwich.
16. St. Martin's-in-the-fields.
17. Stepney.
18. Clerkenwell, Bethnal-green, the Strand, Shore-ditch, Westminster, Rotherhithe, St. George's, Southwark, Cripplegate, Leadenhall, Whitefriars, Holborn, St. George's in the East, St. Saviour's, St. Olave's, and Whitechapel—the last having 290 deaths out of 10,000 yearly. Some of the unhealthy localities drink Thames water.

IV.

The *cautious* medical profession (who remind me of the man who said, that he never believed anything that he heard, and only half of that which he saw) has already been furnished with other evidence than mine (in my "Practical Remarks,") of the great efficacy of the Oxide of Silver, in all the slow and long-persisting hæmorrhages: I now proceed, in accordance with my efforts, to *force* the knowledge of the above medicine (of which I am in my eleventh year of large experience) upon the attention of my unwilling brethren, by recording in this place the testimony of many very dear friends, who have believed my report, and profited thereby. They are arranged according to their recep-

tion by me, in their order, are chiefly on the subject of Dyspepsia, and are respectively from Dr. Boisragon, of Cheltenham; (1) Dr. Cargill, of Newcastle-on-Tyne; (2) Dr. Snow Beck, F.R.S., of Langham-place; (3) Dr. Kelly, of Taunton; (4) Dr. Philpot Brookes, of Cheltenham; (5) Mr. Harris, Surgeon, of Gower-street; (6) Mr. Hodgson, Surgeon, of Chesham; (7) Mr. Stewart, Surgeon, of Torquay; (8) Dr. Bull, of Hereford; (9) Dr. Fenwick, North Shields; (10) Mr. Whittell, Surgeon, of Birmingham; (11) Mr. Stone, Surgeon, of Buckingham; (12) Dr. Eager, of Manchester; (13) Dr. Harrison, of Frome; (14) Mr. Sankey, F.R.C.S., of Dover; (15) Dr. Tunstall, of Bath; (16) Dr. Osborne, of Dundee; (17) Mr. Davidson, Surgeon, of Charles-street, Portman-square; (18) Mr. Oubr , of Lisson-grove; (19) Dr. Thomson, of Hainton, near Burton-on-Trent; (20) Mr. Bennett, Surgeon, of Gateshead. (21); Mr. Wigan, Surgeon, of Erith (22), and Mr. Judd, Surgeon-Major of the Guards (23.) Seven of the above-named gentlemen have each sent *two* reports.

No. 1.

Says—I have used the oxide of silver, *in preference to the nitrate*, extensively, in Epilepsy, and some modifications of Gastric disease, and have almost invariably

found its value in spasmodic and neuralgic affections. I have also used it in combination with the tris-nitrate of bismuth, in Gastrodynia and Pyrosis, with happy effect.

(Signed)

H. C. B.

Cheltenham, April 25th, 1845.

No. 2.

I have long thought the oxide of silver a very efficacious agent, in cases of Gastrodynia, Pyrosis, and some other Stomach Affections. In these, I have frequently used it with great success, and, in one instance, where I *prevailed* on a medical man to try it in his own case of Indigestion, which had resisted every remedy, he declared that it had quite cured him. This was three years ago.

J. C.

Newcastle-on-Tyne,

April, 1845.

A Report, No. 2, from the same Physician, reads thus :
—I continue to find the Oxide of great efficacy in Dyspepsia, accompanied by debility, and a low tone of the general nervous system. Of course it will not succeed where there is organic disease, or where there is febrile

action, with pain, and a red tongue. Again, in bilious derangement, indicated by symptoms of Jaundice, this must first be corrected, and then the oxide of silver comes in as a valuable restorative to the weakened powers of the Stomach. I have given two grains (six times your dose) during a long period, and never found any but good effects from its use. In Epilepsy, I have persevered with it for a long time in grain doses thrice daily, with evident suspension of the fits. In Diarrhœa, I have good reason to put great confidence in the Oxide, especially if combined with a very minute quantity of opium.

J. C.

Newcastle, July, 1850.

No. 3.

When I received your book, I happened to have two patients, for whose symptoms the oxide seemed to be suited, and resolved to prescribe it. A woman, about sixty, living at Clerkenwell, (who by careful industry had raised herself to that position which may be justly called, "well to do in the world,") was seized three months ago with sickness and vomiting of large quantities of sour fluid. She sought the advice of a Sur-

geon near, and afterwards that of a Physician, both of whom failed in giving her any relief. She sent for me, at the instance of her son-in-law, (whom I had successfully attended in a severe illness,) and after giving her the saline medicine and small doses of calomel, to improve the secretions, I administered three-quarter-grain doses of the oxide of silver three times a day. It is now fourteen days since I first began with your medicine, and she has not been sick since the second day—although previously she had not been free from it twenty-four hours together—resisting all the skill of her medical attendants. The other, a young lady, in Burlington-street, had been suffering from obstinate Pyrosis and Epigastric pain after eating. I treated her in the same way as my other patient, first, by salines and mild mercurials, and then with the oxide. When I saw her to-day, she reported herself to have been very much relieved—though not cured—having taken the remedy about eight days.

T. S. B.

London, May 14th, 1845.

A second note, from the same respected Friend, of a more recent date, after a lapse of five years, runs thus:—My opinion remains unchanged as to the efficacy of the Oxide of Silver in certain diseases. Without entering on

the question of how its good effects are produced, I am *certain* of its efficacy, and still continue to use it, somewhat extensively, in Sickness, and in Diarrhœa, which attend upon, or are the sequence of, uterine derangement. It is right to mention, that I assist the oxide by ordering the exhibition of an opiate Enema occasionally.

T. S. B.

Langham Place,

June 6th, 1850.

No. 4.

I have not had much experience in the employment of the Oxide of Silver, but consider it of great use in cases of impaired nervous power. In two instances of this sort I saw a marked effect follow its exhibition at our hospital, (Taunton.) For instance:—A young woman, aged seventeen or eighteen, (Eliza Clewett,) in November, 1841, met with a Concussion of the Spine, by falling backwards, while walking upon ice. She gradually lost the power of all her limbs, and in May, 1842, took to her bed. She remained bed-ridden, and helpless, (imperfectly paralyzed,) up to the time of her admission, in November, 1845. She had undergone a variety of treatment without benefit. Soon after her arrival, the

oxide of silver was administered, in half-grain doses, three times a day, and a general tonic plan of regimen prescribed. She quickly showed symptoms of amendment, and steadily persevered with the remedy, increasing the dose to two-thirds of a grain, until she left the hospital in June, 1846, able to walk without support. In March, 1847, she reported herself as being able to walk half-a-mile at a time without fatigue, and progressive improvement was still going on.

The other case was one of Aphonia, in a nervous hysterical subject, which had long resisted remedies, but yielded at once to the oxide of silver.

W. M. K.

Taunton, July, 1848.

No. 5.

I have given the oxide in cases of irritation of the mucous lining of the stomach with much success. It was only on the occasion of the late Epidemic here, that I prescribed it, where there was vomiting and purging, and in every instance with obvious advantage.

W. P. B.

Albion House, Cheltenham,

August, 1849.

No. 6.

I am most happy to add my testimony to the beneficial effects of the Oxide of Silver, which in certain suitable cases I have rarely found to fail. Last autumn, in some very obstinate cases of Chronic Diarrhœa, which had resisted all other ordinary medicines, such as the vegetable astringents, also Lead, Copper, &c., your favourite medicine acted like a charm! The motions, which had been most frequent, and of a liquid character, became almost immediately natural. In this complaint, when chronic, (although with the knowledge of our remedy, it will rarely become so,) I consider the oxide an invaluable preparation. I give half-grain doses thrice, daily, sometimes adding a little opium.

R. H.

Gower-street, March, 1850.

No. 7.

I have used the oxide of silver in cases of Gastrodynia with great benefit, especially in instances of a Neuralgic Character; in two of these, which had resisted a variety of treatment for several years, the oxide gave effectual relief.

J. H.

Chesham, June, 1850.

From the same Gentleman I received, also, the following:—I have only used the oxide in one other case since I wrote to you last; this was one of Gastralgia, for which the medicine seems so especially adapted. There was Pyrosis also, and great constitutional debility; and the relief given by the oxide, in a few days, was considerable.

J. H.

Chesham, July, 1850.

No. 8.

I have tried the oxide of silver in several cases of Diarrhœa, and can speak confidently of its good effects.

R. S.

Torquay, June, 1850.

I have not had any further opportunity of testing further the virtues of the oxide, excepting in one case of Pyrosis, in which I administered it in grain doses three times a day; it had an immediate effect in checking the watery discharge from the stomach, and after *four* days' use of it, the sickness ceased, and did not return.

R. S.

Torquay, June, 1851.

No. 9.

I have used your admirable remedy very frequently, and with good effect in many cases of Epilepsy, and in one of chronic Angina Pectoris, also in Hæmaturia and hæmorrhagic attacks. It has succeeded with me when other remedies have failed; and if I have to add, that it has sometimes failed where I had expected benefit from it, it is only to state what must of necessity be the case with any one isolated remedy, so long as diseases spring from such various causes, and are so much modified by individual peculiarities. I think that you have done good service to the Profession, and to the Public, in pushing into notice this medicine in the persevering way that you have done.

H. J. B.

Hereford, June, 1850.

No. 10.

This is a report, sent by Dr. Fenwick, of North Shields, to my friend Dr. Cargill, of Newcastle-upon-Tyne, procured for me. "I have employed a person to look through my Case-books for the result of the exhibition of the oxide of silver; but the labour of wading through ten or twelve thousand cases of disease has

proved so great that I fear I may not give the whole of my experience with the medicine. I will do my best, however, in drawing up a summary."

I have given from one-eighth of a grain up to a grain for a dose, as recommended by Sir James Eyre: I have sometimes combined with it extract of gentian, but more frequently used bread-crumbs only where the symptoms appeared to arise from congestion, inflammation, or ulceration of the mucous membrane. The disease having been of short duration, with a red and dry state of the tongue, I have not found the oxide suitable; but in the chronic state I have almost always found good effects to follow the employment of the medicine. In *all* cases of Water-Brash I have found this to be the best remedy. I have used it frequently in Epilepsy three or four months at a time, and have not found any ill effects from it, *which can only arise from continuing the preparation long after the cure has been effected*. In headaches arising from Indigestion I have found it of the greatest benefit.

S. F.

North Shields, June, 1850.

Report No. 2, a Year after, to myself directly, thus reads:—I first saw the oxide of silver tried in the New-

castle Infirmary, while acting as clinical clerk to our mutual friend Dr. Cargill, and was then much struck with the benefit which many of our Hospital Patients appeared to derive from it. I have since my entrance into private practice here been in the constant habit of using it, and have found it to be most strikingly useful in some of the forms of Dyspepsia.

S. F.

North Shields, July, 1851.

No. 11.

I can safely say, that, so far as my experience has gone, I have found all that has been written in praise of the Oxide of Silver to have been amply borne out, by repeated trials of it. It is a remedy on which I depend more than any other in Gastrodynia and in Hæmorrhage.

H. T. W.

Birmingham, July, 1850.

In a second communication, a year afterwards, from the same gentleman, he says:—I have now seen enough to satisfy my mind that in Gastrodynia and also in Diarrhœa, this remedy (the oxide) is of the greatest value.

I have tried it in several cases of *tape-worm*, since I wrote to the *Lancet* on the subject, and have met with great success; and I have a friend who has a still better report to furnish than I have given in cases of *tænia*, of which I will endeavour to obtain particulars.

H. T. W.

Birmingham, July, 1851.

No. 12.

You ask me to give you the result of my experience with the oxide of silver, and I willingly do so, in a general way; for the fatiguing life of a Country Practice does not allow one time to keep any but very special notes of Cases. In most of the complaints of women of a nervous or hysterical temperament, having their origin in Ovarian or Uterine Irritation, and attended with serous, sanguineous, or muco-purulent results, the oxide of silver has a controlling effect. In some forms of Dyspepsia, also, attended by Gastrodynia, Spasms, or Pyrosis, I have seen great advantage from it. *I have never known any bad effects to arise from its use.* The Oxide* obtained from different places varies in its

* A formula for preparing the oxide will be found in the *Dublin Pharmacopæia*, not in the new edition of London! This medicine is well known to have come into *general* use.

external characters, and probably in its powers. It seems to have a soothing effect on the nervous system, and to restrain undue secretions from mucous membranes. I have not prescribed it much among the lords of the creation, but am willing to add my testimony to its generally good effects with their ladies, who are often very anxious *to have some pills "similar to those which I gave them before."*

W. S.

Buckingham, July, 1850.

In another letter, of later date, Mr. Stowe says, "I see that the Medical Journals speak well of you and the Oxide, which will, no doubt, effect all that you promise for it. I *know* that it will do much. I had only yesterday a proof of its value—a patient of mine, who had been dosed by everybody, myself into the bargain. She had Gastrodynia, and other bad Symptoms; had tried change of air, and, in fact, everything. It at last occurred to me to give her the oxide of silver, which I combined as follows:—Oxidi argenti, gr. vj. ; pulv. rhei, grs. xvij. ; ext. conii, ℥ij. Ft. Pilul. xvij. Sumat unam ter die. The effect in a week has been marvellous."

W. S.

Buckingham, June, 1851.

No. 13.

I have been prevented, until the present time, from making inquiries of my *confrères* in this town regarding the employment of the oxide of silver in Dyspepsia. I find that those gentlemen who have tried it report favourably of it. With respect to myself, *I do not hesitate to say that you cannot speak too largely in commendation of it.*

J. E.

Manchester, St. Peter's Square,

Oct. 1850.

No. 14.

In reply to your inquiry as to my experience of the efficacy of the oxide of silver, as a Therapeutic Agent, I may briefly state that I had not tried it previous to the publication of your work in 1845, (first Edition.) The success of which you speak induced me to prescribe it, and being the only Physician in this Town, I have been able fully to test the character of the medicine, and can with confidence say, that in Gastrodynia, Pyrosis, and Dyspepsia, I have found the oxide of silver to be *almost infallible.*

T. S. H.

Garstone House, Frome,

Oct. 1850.

No. 15.

Having tested the efficacy of that justly esteemed remedy, the oxide of silver, in several cases, and in a variety of diseases, I have great pleasure in recording my testimony in its favour. In one remarkable case of great suffering, the strikingly marked alleviation in the patient's condition (a poor woman who eventually died) was, to me, quite conclusive in favour of the oxide of silver. She had been under treatment five years under different medical men; she had taken bismuth, the vegetable bitters, and everything that could be thought of, in the hope of relieving her, in vain. Her symptoms were strongly marked and urgent, nothing was digested, either of a solid or other kind; she was everlastingly sick, and the bowels confined. I saw her at the end of September, 1850. On the 17th of October she began with the oxide of silver, taking it three times a day. In a month, that is, on the 15th of November, she had greatly improved; her appetite was better; gastrodynia, pyrosis, &c., relieved, and strength increased; and she got up to breakfast, for the first time for three months: but about mid-day she was sick, brought up a pint of blood and died suddenly. On examination, softening of the stomach was found, and three ulcerations through the coats of that organ. In my other case, (I have had several, but did not take notes till you asked me to do

so,) a young girl of seventeen had constant pain after eating, sickness, occasional purging, headache, nausea, &c. : she had tried antacids, creosote, hydrocyanic acid, and had by some of these obtained temporary relief. Began the oxide November 5th, 1850, and has been steadily improving ever since, gaining strength and appetite, and gradually losing the pain, no other medicine than the oxide being required, excepting a mild aperient occasionally.

Dover, Dec. 1850.

W. S.

No. 16.

I have during the winter fairly tried the oxide, and with great success, as you shall see. Mr. B——, aged thirty-three years, tall, and of a lymphatic temperament, consulted me February 18th, 1850, for chronic Diarrhœa, which had resisted all ordinary treatment for two years; states that he had lost both his parents by Consumption, and fears a similar result in himself. His pulse is natural as to number, but weak, and slightly irregular; the stethoscopic examination showed no abnormal sounds, but there is a slight dulness on percussing the infra-scapular region; there is a slight pain on percussing the pyloric end of the stomach, extending along the course of the small intestines: he adds, that the first portion of his motions is hard, succeeded by profuse Diarrhœa,

causing great pain; this is augmented by eating, or mental anxiety. I directed him to confine himself as much as possible to a farinaceous diet, refrain from crude vegetables, and to take a mutton-chop for dinner, prescribing the oxide of silver thrice daily, in combination with gr. ij extracti humuli lupuli, followed by ʒjss, Infusi chirayitæ. I saw him again on the 26th (in eight days): he said that he was improved in every respect; has now only one tolerably healthy motion daily. He is stronger, the pulse improved in character and volume. On the 6th of March he called to report himself cured. I saw him accidentally on the 11th April, looking stout and well.

CASE 2.—A gentleman's servant, aged twenty-six, applied for advice at the Bath Dispensary, March 6th, 1851. He has suffered three years from Dyspepsia, with frequent attacks of Diarrhœa; complains of severe pain in the Stomach extending up the œsophagus with acid eructations; has lost flesh rapidly lately, and is troubled with a cough. His pulse is weak and irregular, tongue white in the centre, appetite capricious, and he has an accession of fever towards night: directed to take gr. $\frac{1}{2}$ oxidi argenti twice daily, which he did up to April 2nd, when he was discharged cured. I relate the above short cases as types of many more which I have in my possession.

Bath, April, 1851.

J. T.

No. 17.

In consultation lately with Dr. Bennett, of Gateshead, he spoke most highly of the oxide of silver, his experience of its beneficial effects coinciding with my own, for I have prescribed it during the last three or four years in gastrodynia and in the various hæmorrhages, and have good reason to be satisfied with the result. In several instances this result was immediately apparent. The first occasion on which I used it was with a view of relieving the urgent vomiting attending a case of cancer of the stomach (the diagnosis was afterwards verified by dissection; relief followed very soon indeed: a cure of course was not expected, but the sedative action of the medicine was clearly established. I have had many proofs of the value of this Medicine.

G. M. O.

Dundee, March, 1851.

In another report Dr. Osborne says :—I am much pleased in observing that the oxide of silver is obtaining such an extensive trial in the country; with the majority of practitioners, if they once try it, *they will be sure to go on.*

G. M. O.

Dundee, May, 1851.

No. 18.

The oxide of silver I continue, and esteem it as highly as ever.

N. D.

*Charles-street, Manchester-square,**June, 1851.*

No. 19.

The most incredulous cannot withstand your Artillery of Evidence : I have kept notes of the very many cases of Dyspepsia and Gastrodynia which I have cured with the oxide of silver, it being with me a medicine of almost daily use. Many of my medical friends I know are prescribing it.

H. O.

*Grove-place, Lisson Grove,**June, 1851.*

No. 20.

I have only time to send you one good case in which the oxide of silver was prescribed by me : this occurred two years ago, but I will send you more, for I have several recorded, should you wish me to do so.

CASE.—Mrs. T., ætat. 49, mother of five children, is pale and thin, consulted me April 15, 1849 ; suffers almost constant pain in the region of the Stomach, especially

after venturing to eat solid food; lives chiefly in consequence on milk preparations. There is costiveness, the tongue not much furred, but dry; very much weakened every month, often every fortnight. I ordered the following :—Oxidi argenti, grs. iv. ; conf. arom. ʒss. ; mico panis, q. s., ut ft. pilul. xvj. Sumat j. bis die. Also the following :—Pilul. hydrarg. grs. viij. ; extr. coloc. comp., grs. xvj. Ft. pilul. viij. Quarum deglutiat ij. omni nocte.—April 23 : Slight improvement, desired to take half a grain of the oxide for a dose.—28 : Much better in both respects ; lost all pain, appetite and digestion much improved, bowels regular, tongue clean.—May 7 : Perfectly well.

S. T.

Hainton, Burton-on-Trent,
July, 1851.

No. 21.

Before I received your letter I had been speaking to Dr. Osborne, of Dundee, of the merits of the oxide of silver, and was delighted to find that he had, for some time past, been using the medicine very extensively. He considers it as valuable a therapeutic agent as any in the whole *materia medica*.

F. B.

Gateshead, Durham,
March, 1851.

Although the evidence in favour of the oxide in cases of epilepsy, chorea sancti viti, and all the slow hæmorrhages, has been recorded in my "Practical Remarks," I cannot resist adding in this place the testimony of two additional witnesses, which has been received while these observations were passing through the press. The following is from George Wigan, Esq., of Erith, Kent :—

May I take the liberty to ask you in how large a dose you give the oxide of silver, how frequently, and how long its use may be persisted in? I am indebted to you for the speedy cure of some patients of mine who were afflicted with hæmorrhage.

G. W.

Erith, Dec. 6, 1851.

The second is from Mr. Judd, Surgeon-Major of the Guards, containing the report of the case of a Physician, a friend of his, who had not long returned to England from an eighteen years' residence in India. This gentleman had been afflicted with chronic Diarrhœa "for years." Mr. Judd first prescribed oxide of silver alone, with much benefit. He then gave a small dose of opium three times a day with the oxide, and finally added grs. iij. extracti hæmatoxyli, with gr. $\frac{1}{2}$ of the oxide

twice a day only; and this last combination perfected the cure in seven weeks. This was effected in July last, and the Doctor-Patient, in Dec. 1851, was quite well, and gaining flesh.

(Signed) . W. H. J.

Maddox-street, Dec. 20, 1851.

THE END.

PRACTICAL REMARKS
ON SOME
EXHAUSTING DISEASES.

BY

SIR JAMES EYRE, M.D.,

SENIOR PHYSICIAN TO THE ST. GEORGE'S AND ST. JAMES'S DISPENSARY.

Second Edition, 1851.

OPINIONS OF THE PRESS.

"Sir James Eyre's work is essentially practical, and is one of those few books which may be fairly said to be written 'from, and not for, practice.' We spoke favourably of the first edition of *Practical Remarks*; and, in noticing the second, we are pleased to observe that the opinions and facts put forward in the first edition have been fortified and strengthened by the further experience of the author. The remedy which Sir James Eyre all but regards as a specific, in cases of passive hæmorrhage of almost every kind, is the oxide of silver, and certainly the ample evidence which he has adduced of its efficacy entitles him to hold a very high opinion indeed of this medicine. The work must be of great value to all practical men, and to such we cordially recommend it."

Lancet, May, 1851.

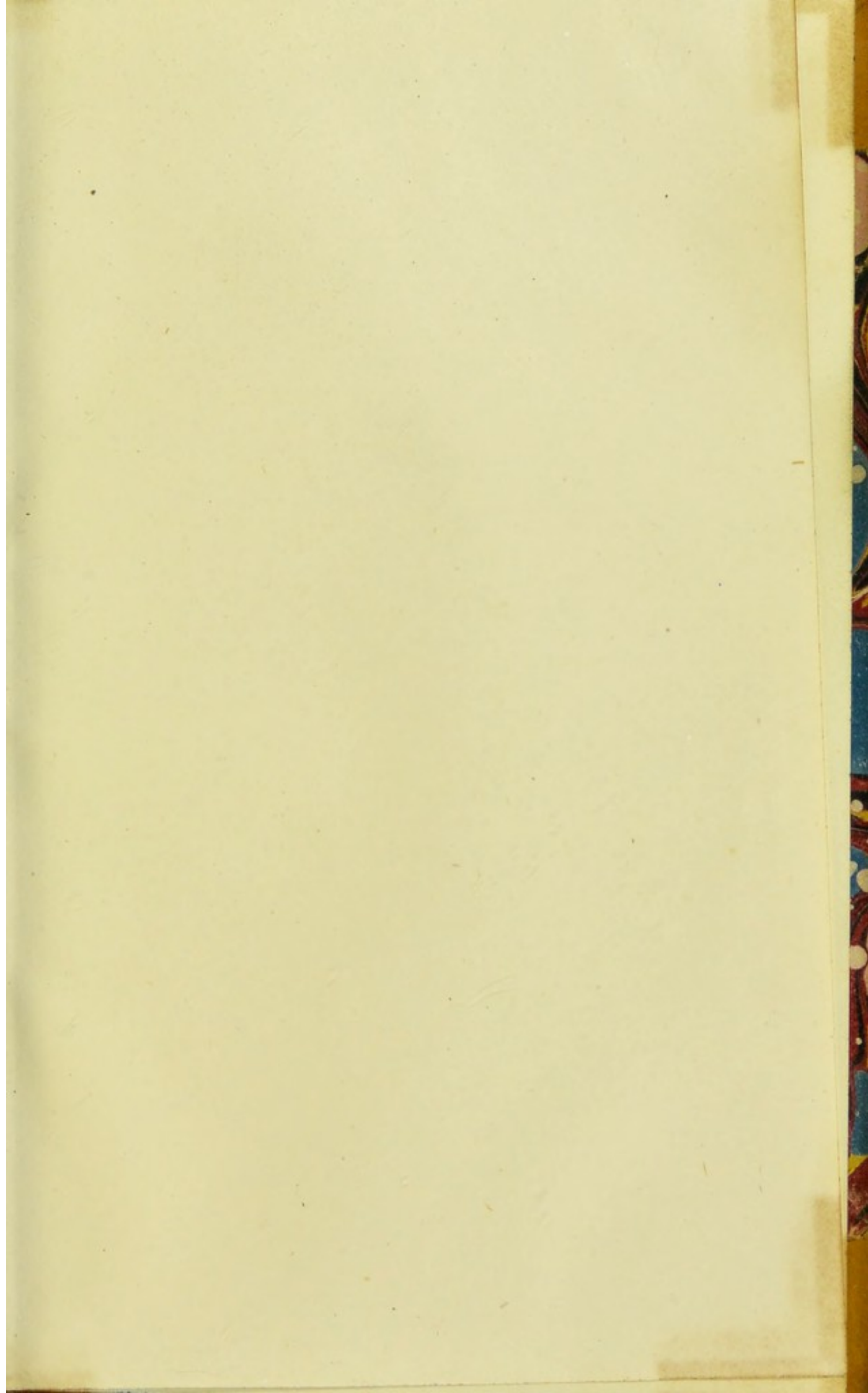
"In the year 1845 we recommended the first edition of this essay 'to the attentive perusal of the profession.' It is with the greatest satisfaction that we now not only express our former favourable opinion, but urge upon our readers to make themselves acquainted with the contents of this clear and practical essay, brief though it be. Its object is to bring again under notice the value of

the oxide of silver in atonic hæmorrhages, in leucorrhœa, epilepsy, and chorea. The author's additional experience has satisfied him that in all diseases attended by chronic loss of blood, there is no such medicine in the whole catalogue of remedial means as the oxide. Sir James Eyre also adduces testimony to its efficacy in dyspepsia, and in disorders of the alimentary canal. We can add our own testimony, in common with that of many members of the profession, on the very great value of this agent as an astringent and tonic. We take this opportunity of pointing out, for imitation, the practical manner in which the author relates his cases, shorn of all extraneous and irrelevant observations."

Medical Gazette, June, 1851.

"We are glad to see a second edition of this work. The profession owes a debt of gratitude to the author for having directed attention to the exhibition of the oxide of silver in certain exhausting diseases. Sir James Eyre, and other eminent practitioners, have fully tested the efficacy of this remedial agent, and speak highly of it. The author has had, since the first edition of his work appeared, frequent opportunities of witnessing the beneficial effects of the oxide of silver in certain hæmorrhagic conditions of the system, peculiar to the department of practice in which he is specially engaged, and he has great faith in the remedy, if perseveringly and judiciously administered. Sir J. Eyre writes like a man impressed with the truth of what he is stating. We believe him to be incapable of printing what he does not know to be the fact; and this, of course, gives additional value to anything that proceeds from his pen. The work does him credit, and we warmly recommend it to our readers."

Dr. Forbes Winslow's Psychological Journal, July, 1851.



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