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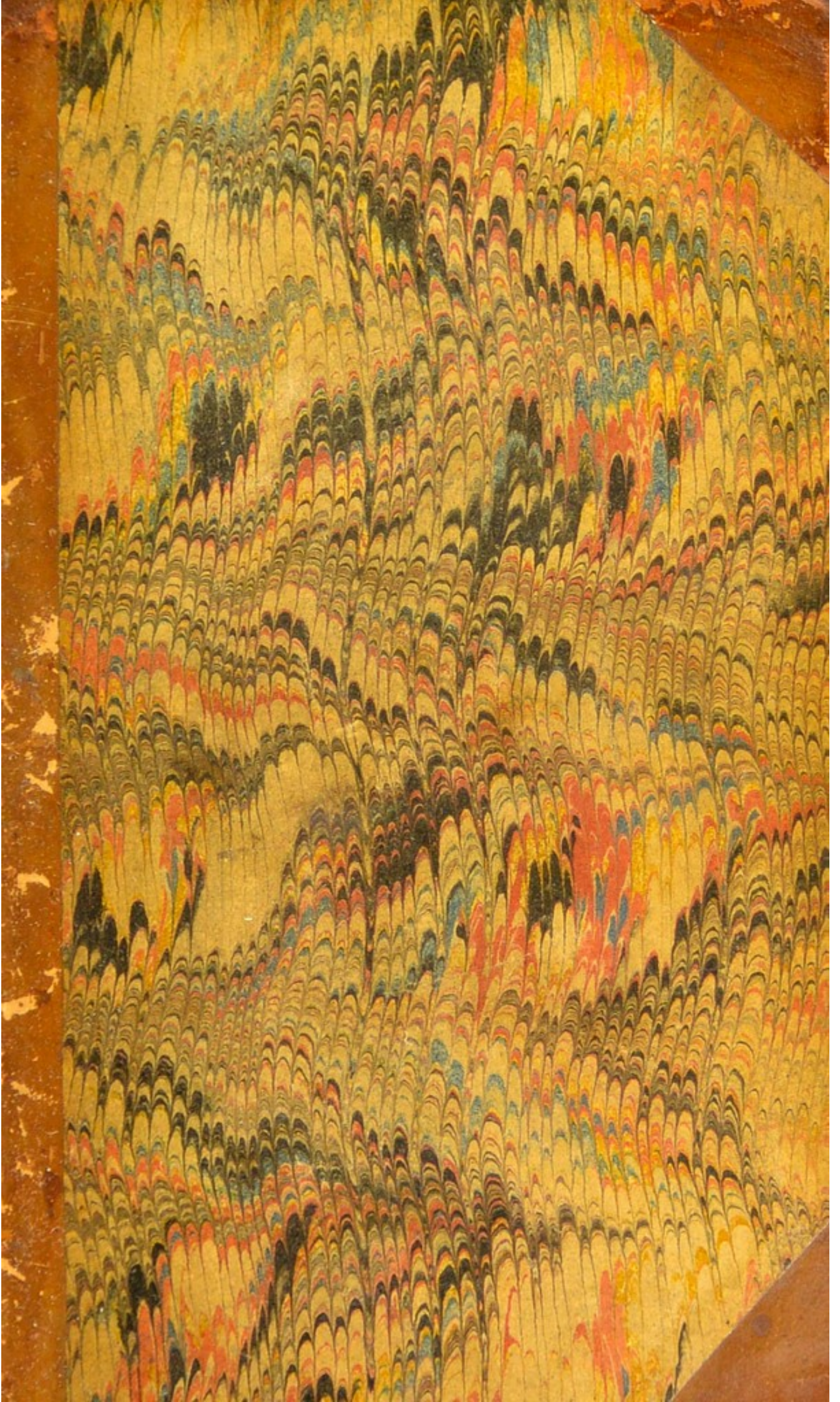
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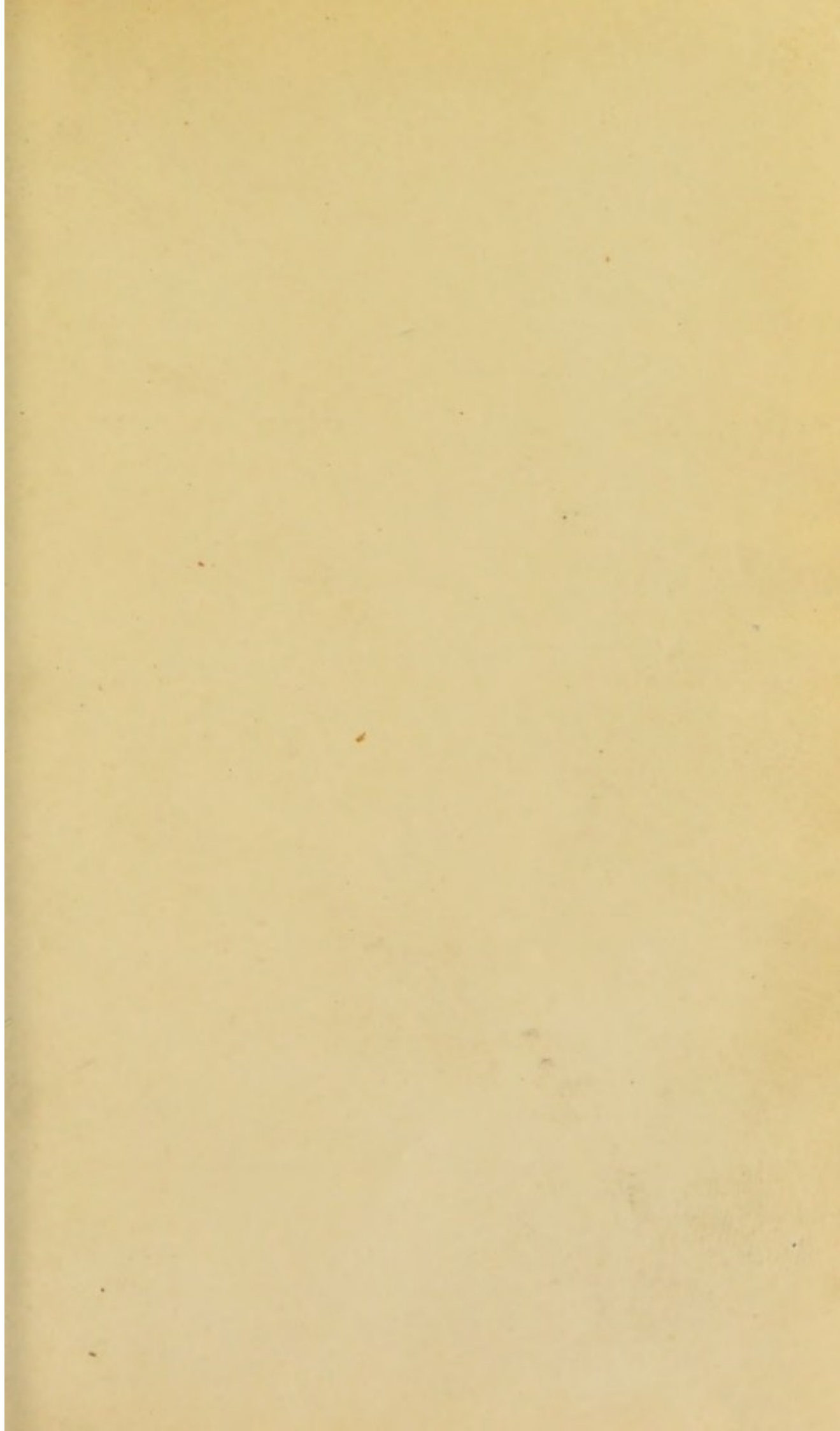
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HINTS
TO THE
NERVOUS AND DYSPEPTIC
ON THE CAUSES AND CURE OF
NERVOUSNESS, INDIGESTION,
HÆMORRHOIDS,
AND
CONSTIPATION,
IN ALL THEIR FORMS AND CONSEQUENCES;

WITH
COPIOUS OBSERVATIONS ON THE PROPERTIES
AND DIGESTIBILITY OF EVERY SPECIES
OF FOOD, GRADUATED DIET
TABLES FOR INVALIDS;

TO WHICH ARE ADDED
CLINICAL REMARKS ON MANY INTERESTING CASES,
AND AN APPENDIX OF NUMEROUS PRESCRIP-
TIONS (IN ENGLISH) OF THE NEWEST
AND BEST REMEDIES.

By R. J. CULVERWELL, M.D.

MEMBER OF THE LONDON ROYAL COLLEGE OF SURGEONS,
LICENTIATED PRACTITIONER IN MEDICINE,
FOUNDER'S COURT, LOTHBURY.

Seventh Thousand.

LONDON:

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AND SOLD BY
SHERWOOD AND CO. 23, PATERNOSTER-RROW; E. WILSON, 88,
ROYAL EXCHANGE; CARVALHO, 147, FLEET-STREET;
AND BROOKS, 9, NEW BOND STREET.

1837.

PLATE

NERVOUS AND DIGESTIVE

NERVOUSNESS, INDIGESTION,
HAEMLYDIA

CONSTITUTION



LONDON:

PRINTED BY JOHN WERTHEIMER AND CO.
CIRCUS PLACE, PINSBURY CIRCUS.

PREFACE TO THE FIRST EDITION.

No man writes a book without an object to attain. He may be influenced, perhaps, by the thirst of fame, or—what is in these days equally important—of money; or, in complacent self-conceit, he thinks himself wiser than his neighbours, and philanthropically desires to disperse their exceeding ignorance, and irradiate the darkness of their miserable understandings; or, he may be goaded by envy, jealousy, or uncharitableness; or, lastly, having nothing else or better to do, he dexterously contrives to kill his heavy hours by scribbling.

New medical publications may be supposed emphatically to assert the foolishness, the fallacies, or the false doctrines contained in those misguiding ones which pre-exist; for, surely, no medical man would otherwise ever dream of printing his lucubrations, excepting he were convinced that his learned brethren were sore-benighted, and that the afflicted of the earth had been, and would

continue in a course of torment called "treatment," unless the discoveries wrought by his own uncommon skill, and now announced to a delighted public, be thenceforth and for ever afterwards adopted in the management of the malady whereof he treats.

This would appear to be the only reasonable inference, particularly in matters of perplexity, which are only lightly understood, and upon which few pens have shed their ink ; but if a book be perpetrated on subjects whereabout positive *libraries* have been written, then must it be conjectured especially clear, that author *the last* has been constrained, much against his peace of mind, to consider himself as the only true light, and all others as wilful or unconscious blockheads. It is an unpleasant deduction, but can there be another ? There can ?

"The following pages" owe their origin to the *animus* of neither glory, speculation, overweening philanthropy, jealousy, or ennui. The press teems with works on Indigestion ; and many very excellent ones there are. But they are too recondite for the general reader ; he wants something more homely and understandable ; his mind cannot float comfortably on the stream of pancreatic juices and

hepatic secretions, neither does he aspire to comprehend the deep mysteries of the ductus choledochus. Every writer is so properly desirous, that the reader should give sound reasons for the faith he may induce within him, that if he achieves the perusal of the treatise onwards to the third page, he finds himself involved in all the labyrinthine perplexities of anatomy and physiology, when all he wants, poor man ! is to know how, when ill, he may get well with the most consistent speed, on the easiest (and the cheapest) possible terms. "Tell me," he will say, "what I may eat and what I may not ; what physic I should take when I feel so and so ; give me some general rules for my guidance, and spare me the fuss of going to a doctor every week." Now, "the following pages" are nothing more than a printed compliance with this simple request ; and "if I shall have been so fortunate as to succeed, &c., then, &c.—exertions—duty—ample repayment, &c. &c."

I wish distinctly to aver, however, that I write not for the service of the public *as a body* ; my intentions are confined solely to such a portion of it as are, or as may hereafter be, my patients. I have accomplished "the task" with a view mainly to save such persons and myself much

trouble in the business of question and answer. Scarcely a day passes that I am not interrogated upon many of the points which are herein answered; and I shall now, in the spirit of true egotism, have the opportunity of amply replying to a long list of easily anticipated queries, by simply putting into a patient's hand MY BOOK, and compressing an elaborate advice into the two words, "read it."

R. J. CULVERWELL.

January, 1833.

PREFACE TO THE PRESENT EDITION.

Six thousand copies of past editions of this little work, having already been bought by the public, is no unfavorable augury, that the matter and method have been kindly estimated, the author has therefore less hesitation in submitting the present edition to the same ordeal, and he is inspirited with the hope that the addition of plates, cases, and other materia will not detract from its usefulness or circulation.

R. J. CULVERWELL.

Lothbury, May 1837.

ANNOUNCEMENT.

THE Author of these pages having now, for many years past, been successfully and extensively engaged in the treatment of disorders of the digestive organs, comprehended under the terms of *Indigestion* and its consequences, and those distressing affections, called *Nervous*, wherein Despondency, Restlessness, Mental Wanderings and Debility, Morbid Sensations, and other unhealthy phenomena prevail, and also those particularly annoying and even dangerous complaints, Hæmorrhoids, and other diseases of the Rectum and pelvic viscera generally, announces that he continues to devote his entire attention to the same, and that he may be consulted as usual at his rooms,

FOUNDERS' COURT, LOTHBURY,

BACK OF THE BANK,

Daily, (Sundays excepted), from *ten till three* o'clock;

and at his establishment,

23, NEW BOND STREET,

CORNER OF CONDUIT STREET,

every Monday, Wednesday, and Friday afternoon, punctually from
four till six.

* * With respect to remuneration, (an *indispensable preliminary understanding* betwixt patient and prescriber, and which no fastidiousness or false delicacy should set aside), Dr. Culverwell begs respectfully to state to those wishing to consult him, that, in ordinary instances the usual fee is expected as by other practitioners; but where patients seek to entrust their cases to his entire management, he takes this opportunity of expressing his readiness to name a specific consideration to conduct the case for a deter-

minate period, or to a successful issue, whereby the invalid is at once apprized of the extent of expence to be incurred, and the physician secured the punctual attendance of his patient, which the golden toll often deters beyond the second or third interview, and which arrangement Dr. Culverwell will be happy to proportion to the purse-length of the patient, as may be agreed upon at the first consultation.

Residents in the country, forwarding their communication by post or otherwise (free), and containing the enclosure of a note, or accustomed compliment, will receive a prompt and attentive reply with the necessary dietetic instructions, medical advice, &c.

Letters and messages to be sent to Lothbury.

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DESCRIPTION OF THE PLATES.

Plate 1st.

1. The Mouth.
2. The Œsophagus, or Gullet.
3. The Stomach.
4. The Liver.
5. The Gall-bladder.
6. The Sweet Bread, or Pancreas.
7. The Duodenum, or first portion of the Intestines.
8. The Small Intestines.
9. The Cœcum.
10. The ascending portion of the Colon.
11. The transverse arch of the Colon.
12. The Descending Colon.
13. The Sigmoid flexure of do.
14. The Rectum.

Figure 2nd, represents the muscular coats of the stomach whereby the contractions of the stomach are effected.

Plate 2nd.

1. The Brain.
2. The Cerebellum.

3. The origin of the Par Vagum or principal nerve of communication between the Brain, and Stomach, Lungs, &c.

4. Facial Nerve.

5 & 6. Branches to the Neck.

7 & 8. The Diaphragm and branches of the Par Vagum.

9 & 10. The Tongue and do.

11 & 12. The Lungs and do.

13 & 14. The Heart and do.

15 & 16. The Stomach and do.

17. The Spinal Chord.

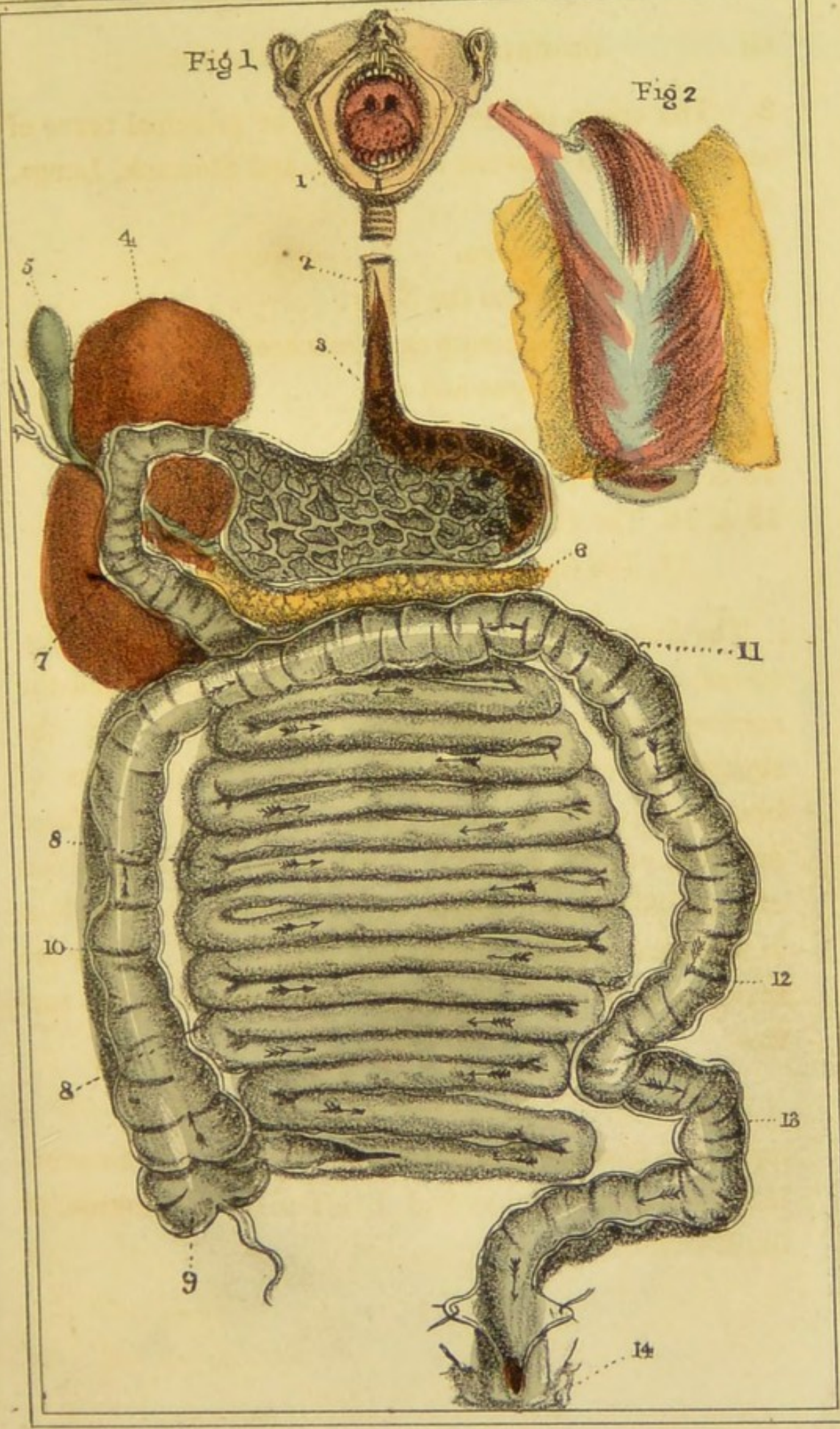
The first of these plates represents the organs concerned in the process of digestion, and the second the nervous communication between the brain, and the several important organs by which the functions of breathing, circulation and digestion, are carried on. These drawings are not intended to represent the exact position of the above structures in the human body, but to show in what manner their connection is preserved. They are drawn as taken from the body, and laid upon a flat surface.

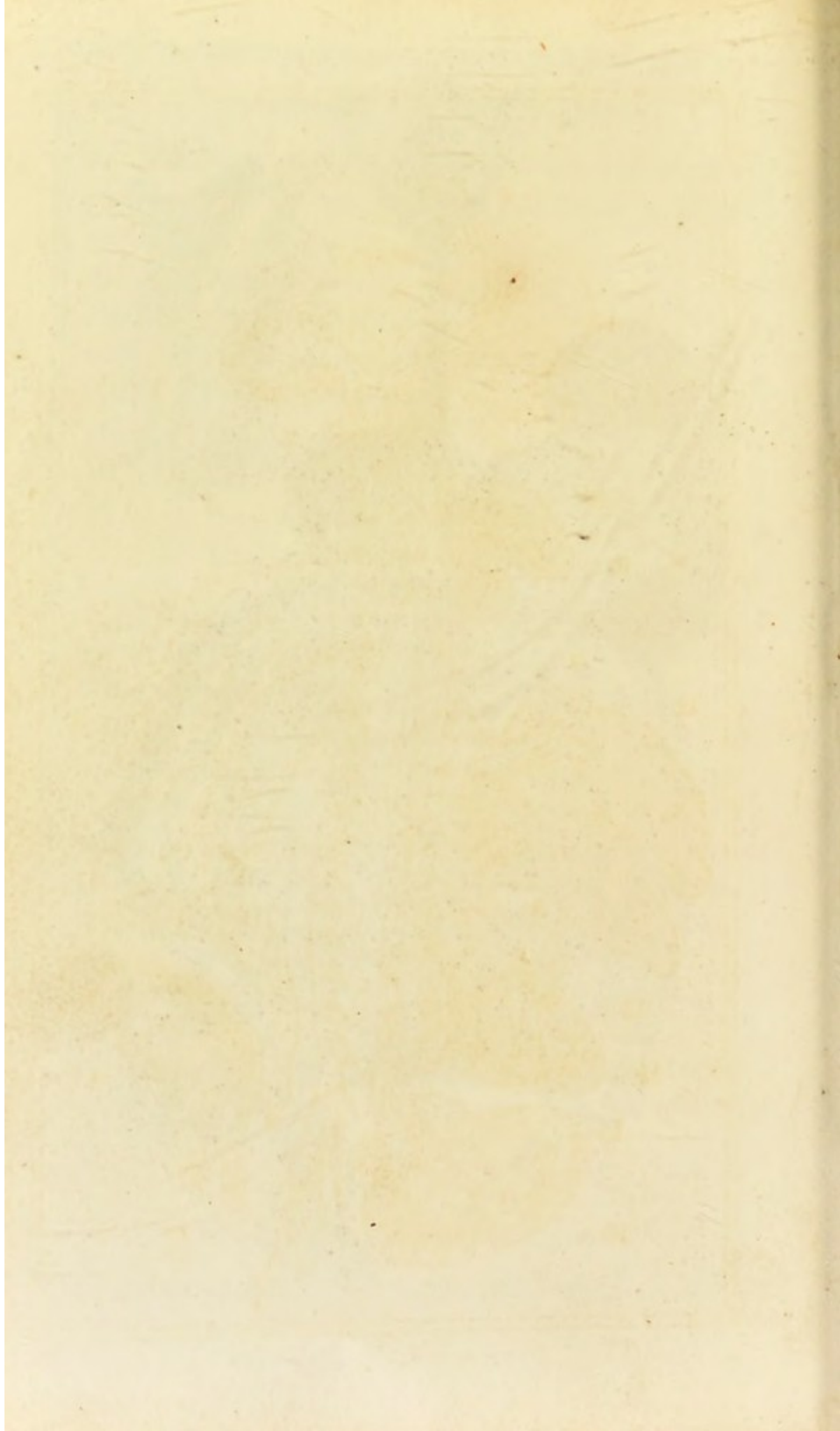
Plate 3rd

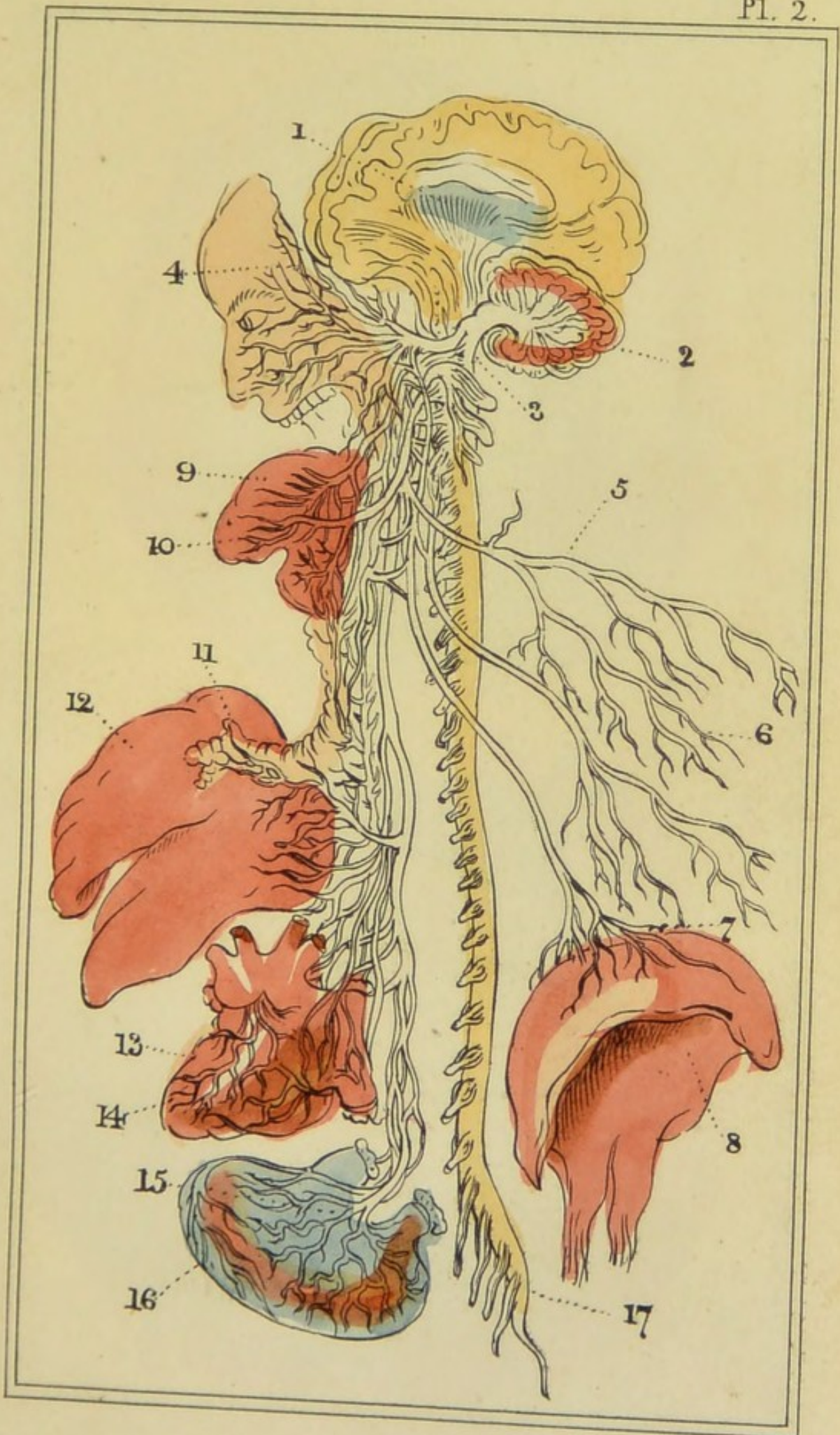
represents diseases of the Rectum,—Figure 1st, External Hæmorrhoids,—Figure 2nd, Eversion or Protrusion of the Rectum.

Fig 1

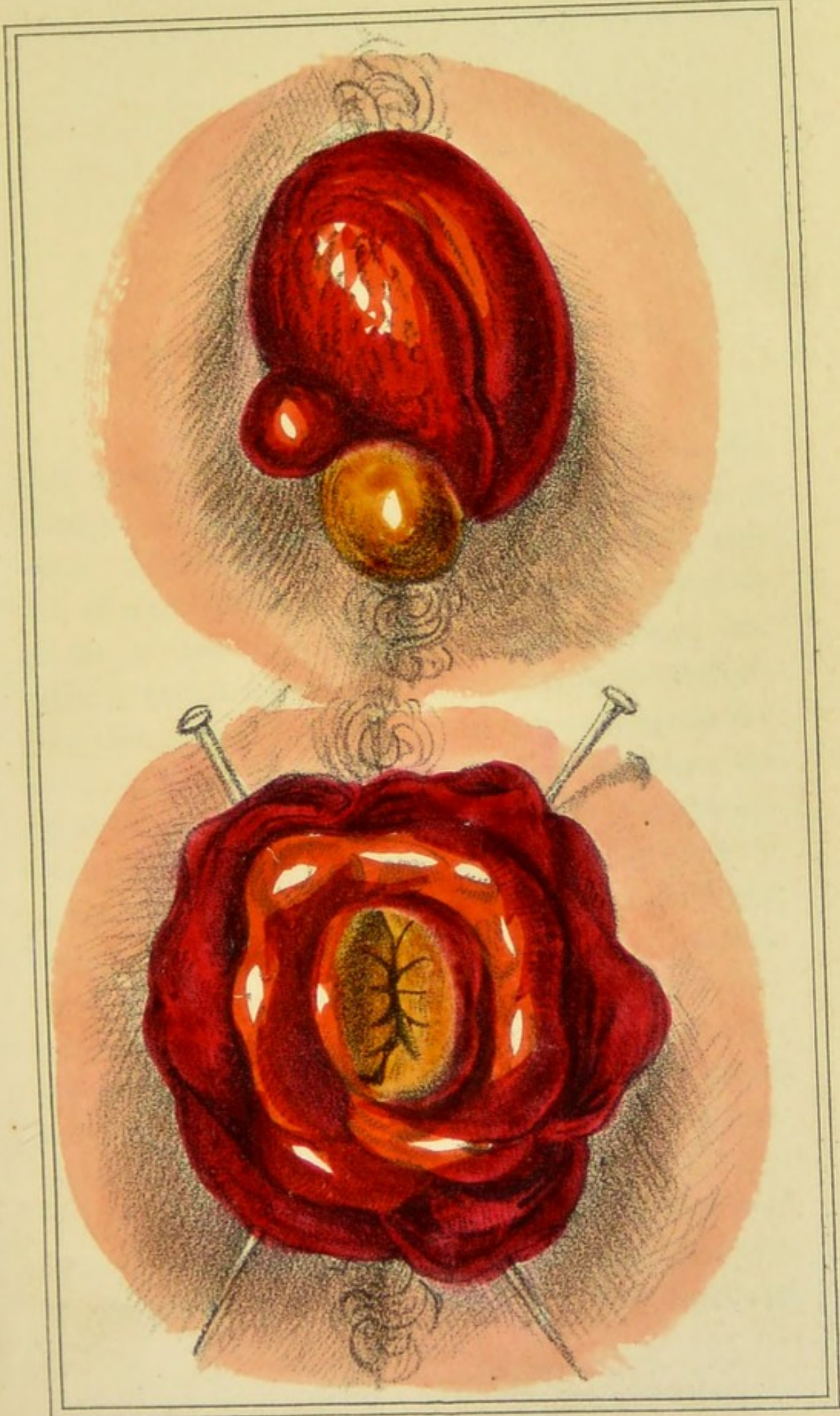
Fig 2

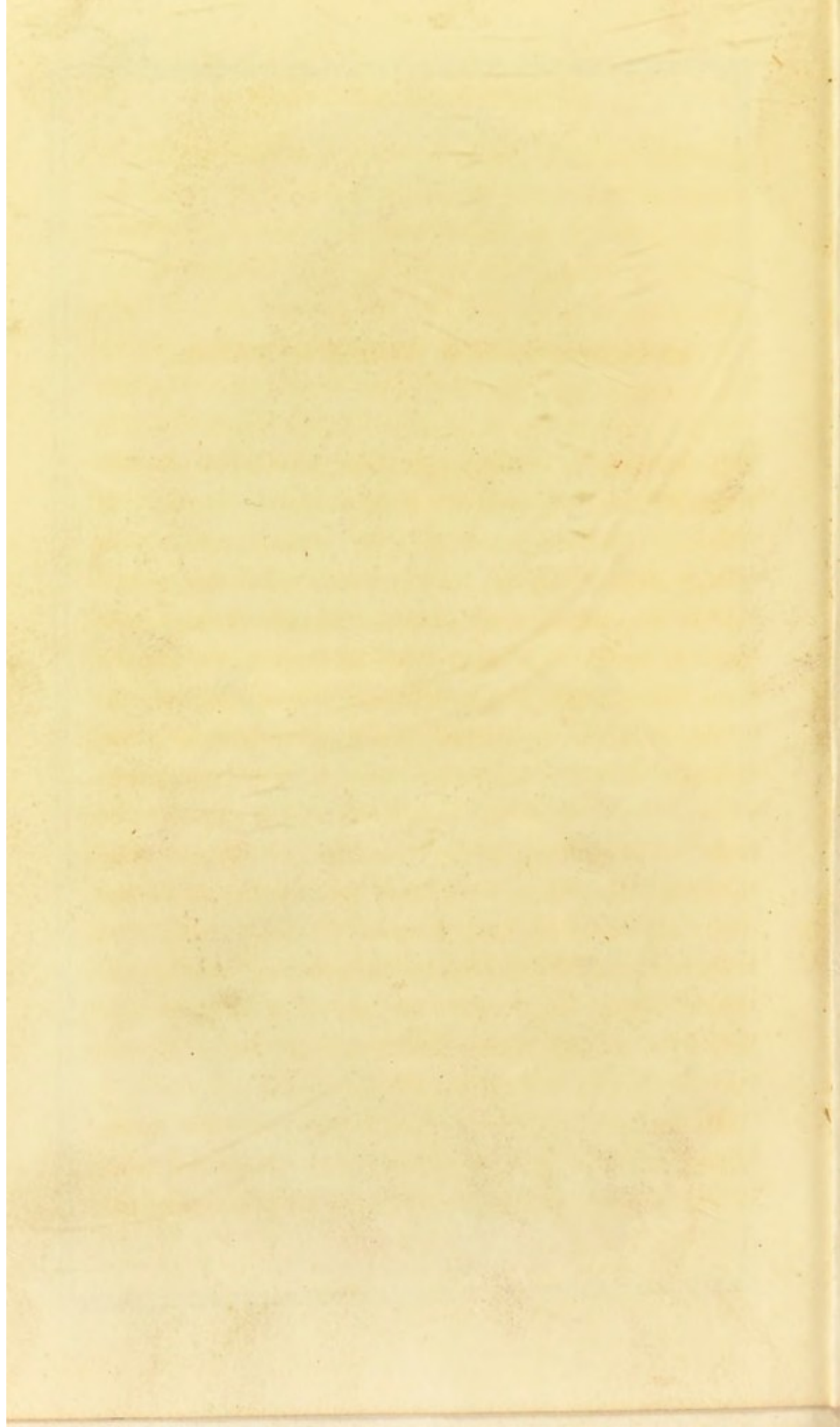












INTRODUCTORY OBSERVATIONS.

THE attempt to render clear and intelligible to the understanding, any subject of a scientific character of which no previous knowledge has been acquired, is a task of some difficulty. Beset with bewildering technicalities of names, expressions, and phraseology, the writer is baffled at every succeeding step by the impediment that compels him to re-model and re-designate the whole, in order to unravel, by familiar language, the mysteries that are rendered deeper by the very means which have made them mysterious. His object is to make straight and pleasant to others, the rugged and tortuous paths which he himself has trodden; to break down all obstacles and remove all hindrances, "to build in the depths and to level mountains;" so that the erewhile concealed prospect may spread itself unclouded before the startled vision, and the glory and the treasures thereof be had for the asking.

It may be easy to wish for all this, but achievement is another affair; accomplishment rarely dogs the heels of our desires. If we are solicitous to form sound and

correct judgments by the exercise of that excellent test of error, common sense, we must condescend to understand, before a just conclusion can be deduced.

It ought to be the object of every medical man to gain the confidence of his patients, by convincing their judgments that his views of disease are correct, and his treatment based upon sound principles of science. An invalid is always inquisitive as to the wherefore and the whereabouts, but he rarely has patience to wade through the "jargon" which envelops medical works, or listen to the statement which his professional adviser is usually willing enough to give of the rise and progress of a disorder, its seat, its nature, peculiarities, symptoms, and consequences, and the uses and effects of the remedies proposed to be applied. The narrative soon begins to acquire, in his estimation, the character of a dry, abstruse lecture, and he hastily stops the oration with "Can you cure me? and how soon?"

But for this conviction, mainly, I should have been induced to devote a few pages to some brief explanations of the digestive apparatus, the structure and the various operations of the stomach, the alimentary canal, the liver, and, in short, such organs as exercise an immediate agency in the conversion of food into a state of personal animalization. However, with a view to satisfy the curiosity of the inquisitive, and in some measure to atone for this deficiency, two lithograph drawings exhibiting the digestive and nervous system are

prefixed to these pages with explanatory references, which will, at all events, lead to or assist the reader in filling up the picture his imagination has already drawn, and which his own previously acquired information will enable him to do.

The cavities of the trunk are no longer the mysterious recesses they have been ; and the "unwashed artificer" of the present day is as sensible that the heart, the liver, and the stomach, have each a local habitation, as well as a name, as fully, though less extensively, of course, as the most skilful dissector. I have therefore assumed, that a sufficiently general knowledge is possessed, that by aid of the appended sketches, the reader will be enabled to understand me in such allusions as occur to the organs of the body which it was necessary to mention.

My chief aim has been, less to propound some new doctrine for the investigation of the profession, than to supply for the troubled dyspeptic as much beneficial information as I could collect from facts which have arisen under my own experience, and from those which have been recorded by others.

Without compiling from the mass of materials at hand, which were, perhaps, more troublesome than drawing at once from the general knowledge which my own practice, as well as the practice of more eminent persons furnishes, it has been my object to state the conclusion which the experience of the many has elicited, disencumbered of the exploded errors, false

reasoning, and bad practice, which several even comparatively modern works have, amidst an abundance of valuable information, been the means of propagating; and to convey to the reader all that is useful and worthy to be known, and which could not be gathered by him without the loss of much time and labour bestowed in wading through the very many publications to which this fertile malady has given birth.

I have studiously endeavoured to convey what I have to impart, in as familiar and non-medical a mode as I could adopt, and to remove from it all the must and dryness in which such a subject as maladies and medicines must, in some degree, necessarily be enveloped. I am not writing for the edification of the profession; but rather for those who are addicted to any species of literature, other than that of a medical nature.

**THE FOLLY OF THE " UNIVERSAL
REMEDY" SYSTEM FOR DYSPEPSIA,
OR INDIGESTION.**

FEW diseases to which mankind are liable have more engaged the attention of professional men, or provoked more authorship than that of Indigestion ; few have so much resisted the influence of medicinal agency ; and, consequently, few have called into operation a greater number of empirical plans of practice. Each remedy has had its rise, progress, and decay, rapid in succession and endless in variety ; and after all that has been said and written in commendation of their specific virtues, Indigestion to this day continues to resist their " efficacy" with the same provoking obstinacy as it ever did.

The universality of this complaint, the severity of its symptoms, and the variety of its forms, attacks, and modifications, are not, as it is by many considered, co-progressive only with the civilization of our race ; or that as we emerge from a state of barbarism into the vitiated habits of luxurious living, so only does this wretched attendant on existence become more common. It is true that where the animal " luxuries of life" most abound, there Dyspepsia most vigorously flourishes, because it is most fostered by the cravings of a dis-tempered and artificial appetite : but it is no less true than

that poverty and it are also well acquainted. The squalid savage who gorges himself with tiger flesh, the Russian boor who feasts on oil, the Irish labourer, or the Scotch peasant, who starves on his potatoe or his oaten cake, and the beggar who quaffs his cup of gin, each equally shares with the wealthy glutton the dispensations of this castigator of humanity.

Existing thus as a specific disease among every variety of persons in every state of life, it has been wantonly or ignorantly affected that some specific manner of treating it by medicine either has been or remains yet to be discovered; and the Pharmacopœia has been ransacked in the search for that happy "simple" or "compound" by which Indigestion is to be exterminated, and the fortune of the discoverer made. Success, however, has not yet crowned the disinterested efforts of the industrious; and, beyond the profits of duping those whose faith is very considerably greater than their penetration, certainly never will.

Instead of benefiting, more injury has been done to the constitution generally, and to the stomach in particular, by the thousand-and-one panaceas for this disease than can be imagined. To the eye of the physician, the long list of draughts, mixtures, pills, and specifics, presents some truly ludicrous anomalies; for while each is set forth as having a value peculiar to itself; and that no less a one than of being a *universal* as well as a never-failing antidote, it at the same time differs from

the others in character, operation, and effect. One would think that a moment's reflection would serve to show the positive absurdity of there being any *one* formula for the complaint, from the fact, that although the digestive organs are anatomically alike in all individuals, and possess functions common to all, they may yet differ most materially in action, operation, and peculiarity, in the influence they exert on the constitution indirectly in their functional powers, and their peculiar and idiosyncratic capabilities.

We have now daily evidences of such peculiarities in persons possessing uninterrupted good health; if we regard them only as they exist in even the various members of one family, we shall witness a striking and remarkable difference. The food for which one individual will have a high relish, and which appears to stimulate the stomach to a vigorous and speedy exercise of its office, will, on the contrary, be to another difficult of digestion and productive of much distress. In one case, a person shall with impunity swallow large draughts with the solids he is rapidly despatching, and each morsel of which appears to carry with it the inducement of farther craving, without occasioning either unpleasantness or disturbance; in another, half a dozen spoonfuls of fluid, or a tithe part of the food in substance and amount, will cause eructation, sense of suffocation, fullness, drowsiness, headach, and the usual indications of indigestion. Some stomachs appear to

possess extraordinary powers of digesting meats which are generally acknowledged to be difficult of solution ; while others sympathetically revolt at their introduction before even the first morsel has been masticated. It cannot be supposed, therefore, that the stomach and the digestive apparatus, varying so much and so materially in its powers and peculiarities as it does among mankind, can *invariably* be acted upon by any one given substance, falsely named a specific. The notion is so absurd, that it is wonderful it should be entertained. The farmer's labourer, the robust, the brawny, and the iron-muscled,—the man who, from the first five years of his existence, has risen with the sun, and buffeted all weathers, and wrought like his master's favourite cart-horse,—is just troubled with a fit of indigestion, from having eaten, an hour or two ago, some half dozen raw turnips pulled from the wholesome earth. Mr. Anybody, also, a thin pale-faced gentleman, who has been found in the counting-house in Pudding-lane, punctually as the clock of St. Somebody's church has gone nine, winter and summer for the last twelve years, is also suffering under a similar attack, but from what cause he is at a loss to conjecture, unless it were from the quantity of lobster-sauce he yesterday took with his salmon ; where is the specific, the so-many-grain blue pill, the black draught, the digestive mixture ? be it administered, and need one do more than guess at the consequences ? Let us go farther, and contemplate

the many shades of difference in character of those digestive powers which may be imagined to range between these two states; and can it for a moment be supposed that where there exists in no two of such, a similarity in functional action, the same identical and the same invariable treatment will be the safest, nay, the only one which ought to be adopted? But indigestion is a specific disease, and we know that there are certain diseases over which certain medicines exercise a dispersing influence; why, therefore, may not this one be extirpated by one given antidote? It cannot be; the stomach differs from all other organs in power, character, structure, and office; and instead of remaining passive to the substances that are exhibited to it, exerts rather an active influence over them; and therefore what to other, and, so to speak, passive organs were a controlling cause, might be to the stomach inert, or useless, or dangerous.

It differs, also, among mankind, not only constitutionally, but it is *made* to differ by the whims and the caprices of our appetite. In proportion as we pander to the palate, or sense of taste, gratify its idle cravings, or yield to its increasing and insatiate domination, so do we interfere with the health and natural condition of the stomach and the other organs, which make up the digestive apparatus; and while we disturb the regularity and impede the harmonious performance of their proper offices, we give to them a tone or disposition essentially

artificial, and make them dependent on palatic fancies as various as the motes in a sunbeam, and as dissimilar as the bipeds that people the nations of the earth!

So differing and so various, then, as the digestive functions of mankind, "taken in a body," must necessarily be, as well by reason of original organization as of the multitudinous cravings of pampered palates and heterogeneous appetites, can it be surprising that a reflecting man must laugh at the notion of one special antidote existing for the disorders of this complex function,—a specific that shall dispel dyspepsia, whether it occur in a sick duke, or a drunken drayman; in the nervous and weakly dame of quality, bored and fatigued to death by walking to her carriage; or the charwoman who works sixteen hours a day, for as many pence, to find herself in food and physic?

These observations will not, of course, be construed as going to deny the efficacy of judicious medical treatment, or that there are not many "medicaments" which may be serviceably applied in certain stages of the complaint. All I dissent from is, the assertion of there being, or that there ever can be, one universal antidote for all persons, ages, and temperaments which may be attacked by it.

PROPERTIES OF FOOD.

THERE is no phenomenon in all nature more truly wonderful than *blood*; by it is the animal frame made up, its continual waste repaired, and in course of time entirely renewed. Few are so ignorant, now-a-days, as to be unacquainted with the astounding fact that the matured man possesses in his frame not one particle of substance which formed him in his infantile years. Many opinions have been offered as to the time required to effect this change of material; and what period must elapse at the termination of which we cease to contain any one portion of what constituted our original "self." Some physiologists have fixed it at cycles of three years, some extend it to seven, others to a longer interval. The question of personal identity thus raised has been long a fruitful theme for the employment of the sharp fancies of polemics in ethics as well as physics: and if it be not a profitable, it is at least a truly amusing speculation.

We know that by the circulated blood alone can life be maintained. We know that the food we eat becomes converted by some marvellous process into blood;

that the blood so formed assimilates itself to the various structures of the body which gives us identity, becoming bone or fat, or muscular fibre, or cartilage or nerve, a fluid humour of the eye, the fleshy liver, the hair, the horny nail, the osseous fortress of the skull, or the pulpy and inscrutable mass which it protects; adapting itself to the reparation of any one of those substances as shall have been wasted, and as now requires renewal. All this is wonderful, but how much more wonderful is it that the blood by which existence is supported should be collected from dead and extraneous matter! How strange and startling the reflections of a philosopher (*of appeased appetite*) at the dinner table, when ruminating on the soup whose rich odours regale the nostril, the fish smoking in its snowy purity, the luscious game, the sparkling wine, and the crowd of curiously-wrought dainties, - ambiguous in name and difficult of remembrance, all lying in mute temptation before him, and each by some mysterious transmutation about to become a part of a living sentient being; the delicate viand upon his hungry neighbour's plate about to be converted into that neighbour's self, perhaps to form a portion of his voluble tongue, his jewelled finger, or his very brain, the seat of thought, and which at some future period shall in its new state receive impressions and evolve ideas; the very morsel that he masticates by-and-bye originating thoughts that may immortalize the eater, or lead to consequences that

may bring him to the gallows! This notion* may appear stupidly ridiculous; and yet, absurd as it seems, the deduction is a most legitimate one, and grounded on the truest principles of physiological science.

We eat and drink then to make blood, and the properties of that blood must depend upon the substances which constitute the diet. A main object among existing creatures is to secure such supplies of food from the material world which surrounds them as shall best conduce to the generation of good blood, and to abstain from such as may be calculated to impoverish, or as fail to replenish that which at present circulates. And in proportion as one or the other consequence is brought about, the swallowed articles are either wholesome or unwholesome, nutritious or not. The stomach is the great laboratory where this extraordinary change—the conversion of dead and foreign substances into organic life—is effected; and though its operations are complex, the office of this important agent is very simple—it has merely to reduce whatever is swallowed into such a condition as will admit of the nutritive portions of the mass gradually passing into a state of fluid blood, and to reject that which is inconvertible. If the stomach be in healthy order, and the substances submitted to it such as are susceptible of this conversion, the body becomes renovated; if, on the contrary, the stomach become

* It has nothing to do with any metaphysical question of *materialism* as a doctrine.

naturally or artificially incapable of exercising its proper functions, or if it be supplied with innutritious or unwholesome substances, good blood cannot be generated, and old and bad blood can alone flow through the arteries; the body becomes impoverished, pain (which is the indicator of physical evil within) supervenes, general disturbance succeeds, and existence itself ceases. The healthy stomach may be filled with leather to repletion, but the nutritive particles contained in it are too insignificant to afford much supply of new blood; or the stomach may be itself in a state of disease, and all the nutriment in the world, its functions stopped, were incapable of this conversion. Animal life therefore must depend wholly upon the condition of the diet eaten, and the state of that apparatus which is supplied to all living creatures for the concoction of new and sufficient blood; for as the blood becomes importantly influenced by the quality of the food, and the perfect or imperfect powers of the stomach in disposing of it, so does the body become necessarily more or less nourished or impaired accordingly.*

The term *digestion* is applied to the perfect exercise

* Any observations on *breathing*, by which the blood is submitted to the action of the atmospheric air, would be obviously out of place here. I purposely confine myself to the operations of the stomach in the conversion of food into blood, as the immediate means of repairing our constantly wasting structure, without reference to other influences to which the blood so made is subsequently subject.

of the stomach and its auxiliary organs upon nutritious food; *indigestion*, when their office is improperly performed, or the substances submitted to it afford nutriment but little in quantity or difficult of extraction.

The sense of taste was evidently imparted, that we might have a perception of those substances in the material world, which are most happily conducive to repair the wasting frame; and although habit and education have almost entirely superseded its use in man, yet in the lower animals this perception, or *instinct*, as it is termed, is their sole instructor in the selection of their food, and exerts a sway of which he, in his cultivated condition, can have no conception; for in proportion as the *intellect* becomes more and more developed by exercise, so equally does the influence called instinct depart from him. Among the brute creation the sense of taste is an invaluable blessing, faithful in its offices and modest in its desires; like a careful sentinel, it seems placed as the very eye of the stomach, by which, whatever were injurious, might be at once detected and avoided. But to more highly endowed man, who appears to employ the perception but to abuse it, that friendly monitor has, by degrees, become his greatest foe, and, by gradual indulgences, the veriest and worst of tyrants; of the admonitions of the tormented stomach it is regardless, and of the irreparable injury inflicted, it is careless; its cravings must be satisfied at all hazards

of health, and its dispositions only overthrown by the general ruin ultimately produced by its own depravity.

In stating that the food we eat becomes the blood we live by, we jump at once from cause to effect; it will be proper, however, to go a little more into detail, and show not only that food becomes blood, but something of the means and process by which that change is accomplished.

THE STOMACH AND ITS FUNCTIONS.

TIME was when "the stomach" represented a certain undefined ambiguity which, whether it meant the whole cavity of the trunk, or a certain void left in some particular portion thereof, is uncertain. Time also was when disease in the lungs, the liver, or the intestines, was known only as a pain "somewhere about the stomach," the stomach being made to answer for the misdoings of all its fellow organs. The mist, however, has gradually dispersed, and the stomach is now generally recognized as being a distinct body of itself, a positive something, a bag in short, and nothing less, with a tube leading into it at one end, and a tube leading out of it at the other. (See Plate I.)

Now, it may be amusing to announce that certain very eminent men have got so far as to assert that a living animal, be its connections what they may, is

nothing more than a simple common pouch, called stomach; and that all the appurtenances of flesh, bone, and blood, are but the adjuncts by means of which its cravings may be conveniently supplied, and which are employed in locomotive and other actions, accordingly, as they are impelled under the directions of the stomach, through the instrumentality of the mind or instinct; that man himself, classing, as he does, with the genus *animal*, whether he be wise, poor, weak, or exalted; whether he be a philosopher or an idiot, a hero or a coward, a statesman or a thief, an ermined noble or a vermined beggar, is but a mere stomach, and these characteristics but so many external modifications of the same huugry receptacle. Such, and so exalted, are the ideas which some wise men entertain of the stomach. Others there are, on the contrary, who promulgate another opinion of the rank which it holds in the animal economy; and while they give full credit to their opponents for the supremacy of their thickheadedness, consider this bone, or rather bag, of contention, to be nothing more than a simple recipient or storehouse for the lodgment of nutritious substances, designed for the support, not of itself so much as of the whole body, in a particular site of which it is deposited, and of the members thereto attached. So wide is the difference existing between the disputants.

Avoiding every inquiry bordering on the dangerous ground of metaphysics, and taking the stomach as we

find it—a simple machine possessed of specific functions—it will be sufficient to state what these functions are.

The living body, as elsewhere previously stated, possesses the remarkable property of converting animal and vegetable substances into its own nature, through the agency of the stomach. The process may very shortly be described. The solids are submitted to the action of the teeth, by which they are cut and ground down and mixed up with the saliva, a juice plentifully secreted by certain glands, and effecting the two-fold purpose of imparting the moist consistency necessary for the transit of the food through the passage of the gullet, and of materially assisting in its solution when deposited in the digestive cavity below. As soon as it arrives there, the stomach, excited into muscular action proportionably to the condition of the food, and pouring forth a fluid called the gastric juice, begins to knead, and churn, and turn over and over, the new supply, so that ultimately every portion shall be intermixed with this solvent agent, and become reduced to a pultaceous mass called *chyme*; this accomplished, the chyme is ejected by the efforts of the stomach from its cavity, and is made to pass through a secondary pouch, named duodenum, into which lead certain *ducts*, the biliary and pancreatic; from these are discharged the juices of the liver, and the “sweetbread,” as the chyme passes onwards, and when the whole are incorporated,

it becomes in a comparatively fluid state, from which is formed the *chyle*. It is supposed, that upon the mass composing an ordinary meal, no less than thirty ounces of fluid, the salivary, biliary, and others, are separated for its digestion; and in this fluid state it is taken up by a particular vessel which conveys it to the blood, with which it becomes eventually intermixed.

This is a very rapid sketch; but as I am not addressing myself to the anatomist, it will do to convey all the information which a non-medical reader, perhaps, may be desirous to ascertain.

The powers of the *gastric juice*, as the prime solvent, have been very much questioned in these latter days of analytical research; but without entering into controversy, we may safely content ourselves with the simple fact, that whatever be the primary agency, the substances received by the stomach are subjected to one or other of two processes,—animalized solution, or chemical decomposition. In the first case, they become *digested*, and the body becomes supported, repaired, and renewed, and assumes that state designated by the term healthy: if owing to some cause, into which this is not the proper place to enter, a chemical action is set up, it is a sure indication either that the substance swallowed is unsuited for the digestive process, or that the functions of the stomach itself are impaired. There are many articles of food which, though generally digestible, in particular instances

may not possess the essential properties required for amalgamating kindly with the essential properties or bases of the body, or in other words, will not harmonise with each other. This is illustrated by the facility with which many solids, meats, or vegetables, or fruits, are by some stomachs received and converted into the required state—digested—when the same substances will to others (both being supposed in a sound condition) be productive of much distress, exciting the organ to reject its new contents *en masse*, or by setting up a chemical decomposition, reduce them to a gaseous form, and disperse them by continuous acts of eructation. In the one case, to carry on the illustration, it may be supposed that there exists in the system a redundancy of alkaline principle, to which the presence of an acid may be of essential importance ; in the other, that there exists a certain portion, beyond which even a small additional quantity would provoke irritation and cause disorder. There is no difficulty in multiplying illustrations of a similar nature, if we consider the thousand articles of food in all the varieties of meats, wines, condiments, and so forth, which, subjected to the action of various stomachs, operate upon them dissimilarly ; the thought, as here thrown out, will be sufficient to show the proposition entertained, that one species of food is nutritious or deleterious accordingly, as its essential properties are of a character to harmonise with those which already exist in the body, of which the stomach may be regarded as the surest test.

**THE POWERS OF THE STOMACH AND
THE FALLACY OF DIETETICS IN
UNDISTURBED HEALTH.**

A MAN of average appetite, and under ordinary health, will have passed into his stomach by the time he has arrived at middle age, upwards of twenty-five tons weight of food, solid and fluid : a tolerably fair modicum of this world's produce for the consumption of a unit, and a reasonable token of the labours performed by that modest, but unthanked and hardly-tasked cavity which he bears beneath his bosom. Yet the Dietician will gravely announce to him a fact more striking for its satire than for its truth, that even at this advanced period of life he is, nevertheless, in a state of the most barbarous ignorance, touching what he ought to eat and drink. Much solemn nonsense has, of course, been talked and written on the subject of dietetics, which may have done much to frighten some scores of crazy hypochondriacs ; but for any real practical service they may have accomplished, the dogmas promulgated must have been, upon the whole, worse than useless. Some writer has sarcastically said, that to " assert a diet to be wholesome without a knowledge of the condition of the person for whom it is intended, is like a sailor pronouncing the wind to be fair without knowing to what port the vessel is bound ;"

and certainly the sagacious individual who professes to tell all manner of good people indiscriminately, what they may safely take and what they should surely shun, without possessing a knowledge of their various, dissimilar, and heterogeneous "constitutions" (to use a well-understood word), equals in penetration the same redoubtable seaman. Every person knows, though he may be shy to acknowledge it, what food he may with prudence select, or what he ought with propriety to shun, and *when* he has had enough. The learned in diet may be deep in the constituent principles of this thing or that, but he cannot know whether the one or the other is or is not to be taken with impunity, without having a knowledge of each person's idiosyncrasy: the eater alone knows best about that.

It is only in cases where the functions of the stomach are impaired, whether from organic disease, or from disease produced by the abuse of food, as to be no longer capable of its proper offices, that then certain articles may be best adapted to its depraved condition, and certain habits necessary for its gradual restoration to a state of health. Herein the lights of chemical analysis may be of some service to the dyspeptic patient. The medical science is at best but conjectural, founded chiefly on experiment; and though calomel is known to have a specific effect on the liver, and tartar emetic on the stomach, nobody can say more than "So it is," leaving the *Why?* at an immeasurable distance in the obscurity.

Chemistry seems hitherto to have availed nothing as regards the healthy process of digestion ; but where the natural process is arrested by disease, then it appears capable of being turned to good account. If from the nature of the food, or the imperfect exercise of its powers, the contents of the stomach are becoming decomposed, resolving themselves, as it were, into their elementary condition, and, to use homely words, turning acid on the stomach, we know that the presence of an alkali will neutralize the acid, and the gaseous matter be speedily dispersed by eructation. If four ounces of yew leaves be administered to a horse in a state of health, it will kill him in the course of twenty-four hours, but if the same quantity be mixed with eight ounces of oats, the poison appears to become inert, though not from any neutralized effect that the one possesses over the other, and the horse will live and indicate no one symptom of disorder, so extraordinary and inscrutable are the operations of that important organ.

The powers of the stomach, or rather the digestive process, would appear not to be measured upon any principles of chemical science, and though the dietician will discourse you most learnedly on the fibrous texture of various meats and vegetables, and their essential elements, and the amount of azote they each contain, the healthy stomach fillips its fingers at it all, and calmly disposes of the mass, which the philosopher will incontestibly prove, upon every principle of science and of

logic, ought to have poisoned it, at the very least. If we wish to see something of the powers or the peculiarities of the stomach, let us recur to our school-boy days, and ruminate upon the pounds of unnameable nastiness wherewith we were wont to do sacrifice to our appetites, by the inhumation of lollypops, pastry, gilt gingerbread, and other unremembered masses, in one crude and accumulated load, and the indefectible stomach disposing thereof with as much ease as it would a chicken delicate and fair. Let us look at the natives of other climates, each addicted to some whale-blubber dainty, or fried rhinoceros, or any other peculiar abomination in the list of national dishes, either of which would make the other sick, and yet they live and thrive as well as we. But here, even, the dissimilarity of stomachs in propensity and power is visible; for in youth, or among savages, the same difference is conspicuous in the appetite and the digestive organs; the Everton toffy, or the quart of rancid oil, being to one set a source of head-ache, flatulence, giddiness, and oppression, while to another, it is luxury and life. And truly it is a wise ordination, that such is the case, for if all mankind alike had cravings and digesting stomachs for one description of food only, we should oftentimes find ourselves placed in very woful predicaments indeed.

The effects of chemistry, in regard to viands *before* they are submitted to the action of the stomach, are all powerful; but the moment they reach that animal

laboratory, all is darkness. We know that an uncooked carrot is almost wholly indigestible, and that substances are variously modified by the culinary art; and so far chemistry can effect mighty changes. It is, in truth, by these changes, that the structures or nature of which the food is composed, are put in more appropriate condition, and rendered fitter for the disposition of the stomach. A roast or boiled piece of meat is better than when raw, by reason that the fibres being made softer and easier of separation, are more readily reduced by the churning process of the stomach, and with more facility subjected to the influence of the gastric juice; and the act of boiling, broiling, roasting, or frying, is the means of reducing the raw diet to such a state as shall give to the stomach the least possible trouble, and of rendering it most agreeable to the palate. The fat of meat possesses a far greater portion of aliment than the lean, and is the most wholesome and nourishing substance that can be taken; but it is the least readily digestible, because it occupies a longer time, and requires for its reduction a greater exercise of the digestive power; if the stomach be weak, however, the fat becomes actually *pernicious*, inasmuch as that the value of nourishment obtained from it is heavily counter-balanced by the injury caused to the stomach in the extraction.

The digestibility of fat varies accordingly, as it is either roasted or boiled; by the former mode, its body becomes more condensed and closely packed, and conse-

quently difficult of solution ; by the latter, the reverse takes place. It is looser, and softer in substance, and more readily submits to the power of the gastric solvent.

The gross athletic stomach of an Esquimaux will, with ease, digest the oleaginous filth on which he is even solicitous to feed ; while an undue portion of fat on the plate of a Gallic exquisite, is a source of very considerable horror.

It is experience only which can safely guide us in the selection of food and in the regulation of the digestive apparatus, whether in health or in disease ; and he who sets up as a standard, a set of rules to be invariably obeyed by every individual indiscriminately, from the weather-seasoned labourer to the pampered noble, without reference to season, climate, age, sex, habit, or employment, must certainly mislead others, whilst he wofully betrays the blindness which theory has brought upon him.

The countless varieties of food which Nature has so bountifully lavished for the use of omnivorous man, and the diversity of his appetite, with which, as a race, he is gifted, are quite sufficient to upset the confined and restricted doctrines which are propounded by these Accumites, and should teach us to believe that the stomach, when not abused, and properly consulted, will accommodate itself to all circumstances.

These observations are not, of course, intended to apply to those who labour under dyspepsia, in an aggra-

vated or even mild form of the malady,—with them the stomach is in a state of actual disorder,—but rather to those unhappy, timid, or unthinking persons who see death in every pot, and wilfully reject as baneful those dietary substances which have been so liberally bestowed for our proper consumption.

INDIGESTION, ITS CAUSES AND SYMPTOMS.

THE stomach may be organically or sympathetically diseased, and incapable of performing its proper functions; the mass just thrown in may have been so great, that it nearly fills the entirety of its space, and the stomach becomes so distended, that no muscular action can take place; the food, nutritious enough, perhaps, in itself, can have but its exterior surface presented to the gastric juice, which must consequently operate only from the circumference to the centre, and there it must lie, of course, until the dilatory process is performed.

Or the internal coats of the stomach may be in a state of inflammation or of high irritability by previous abuse, and the moment the food is received into it, its muscular powers are exerted to such vigorous action, that the food is sent onwards before the gastric juice can have the time necessary to be mixed up with the substance.

Or the powers of the stomach may be dormant or depraved, and the gastric juice secreted by it of a quality totally unfit to bring the received food into a fit condition for assimilating with the blood; and instead of a natural solution, the chemical decomposition takes place. The mass then becomes partly fermented, or partly putrescent, and instead of being brought into a semi-fluid condition, is converted into gas; and in that state, the stomach, after producing flatulency, distension, and oppression, endeavours to send it forth by either vomiting or eructation, as the easiest mode of obtaining relief.

Or the liver may be unhealthy from over-excitement by spirituous liquors, or otherwise, and the bile which it secretes is too redundant, or too insufficient, or takes the wrong course, or does not amalgamate kindly with the half-mingled mass, as it pursues its irritating course.

Or the intestines, thus brought into a state of chronic irritability, become incapable to support an harmonious action with the stomach.

Or the substance is just swallowed an hour or two after a hearty meal; and the business quietly going on within is interrupted by this new customer, who wants as much attention as the old one, and then a double action is to be performed.

Or the meal has been composed of a heterogeneous mass of half-masticated viands, which have the pro-

perty of differing from each other in solubility ; vegetables, meats, fruits, cheese, fat, rendered more dissimilar still by beer, wine, or spirituous fluids.

Or the stomach may be labouring under a condition brought on by one or other of these circumstances, each, perhaps, of long standing.

These are some of the *physical* causes of indigestion ; but the influences of mind over matter are abundantly proved by the *moral* causes, which are equally powerful in the production of this malady.

Nothing is more true than that the mind of man is immortal, and nothing more equally true, moreover, than that the stomach, from the earthy and perishable quality of its materials, can on no account aspire to any such eternity of endurance ; yet there subsists between these antithets, a strange affinity, each reciprocating mighty influences over the other.

The machinery of the mind is easily deranged by the evil operation of the stomach, and the stomach, alike, is curiously affected by the states of the mind. Mental affections will thoroughly destroy the appetite, and paralyse the functions of the stomach. Amongst these mental causes of dyspepsia, may be primarily enumerated, intense thought, grief, fear, love, the passions generally, and the lesser emotions of mind ; dejection of spirits, habits of study, and long-continued nervous excitement.

But there are many other causes besides ; and of these

are several of the employments of life,—sedentary confinement in various trades and professions, such as those of the tailor, the milliner, the painter, the engraver, the desk-clerk, the watchmaker, *cum multis aliis*, literary occupation, fatigue, atmospheric vicissitudes, cold and moisture, bodily indolence, inattention to intestinal regularity, habitual constipation or laxativeness, the addiction to narcotics, such as opium or tobacco, and the very immoderate waste of saliva in spitting, consequent upon smoking the latter; tampering with medicine, and many *et ceteras*.

But, leaving unnoticed those causes which depend on congenital disease, and alluded to in another page, of all others the most prolific is, mismanaged feeding; this term may comprehend intemperance in eating or in drinking, swallowing hastily, or taking improper food, sudden changes of diet, irregularity in meals, drinking hot and relaxing fluids, that curse of curses, ardent spirits, gluttony, repletion and excess.

Such are some of the immediate *causes*; the *symptoms* follow in due course: The tongue furred, flabby, and clammy; the pulse slow and weak; constipation of the bowels; general listlessness; nausea, vomiting; heartburn; acid eructations; sense of oppression and bodily lassitude; headach; giddiness, impaired vision; flatulence; pale skin; cutaneous eruption; tremor of the hands; torpor; distension; gnawing sensation of pain at the chest, particularly at the “pit of the sto-

mâch," and dagger-like shootings across to the blade-bones of the back ; loss of appetite ; disgust for food ; sense of internal heat ; chilliness ; restless, unrefreshing sleep, accompanied by frequent and sudden startings, frightful dreams and nightmare ; palpitations of the heart ; aching of the eye-balls ; a sense of tightness across the forehead ; offensive breath ; mental languor, mental discomfort, mental prostration ; impatience, irascibility, peevishness, despondency, and the train of miseries which follow upon any mental disturbance.

NERVOUS DEBILITY.

NERVOUS debility may be a primary or secondary disease. It is, as its name implies, a state in which there is great prostration of mental and physical strength. It is indicated by a remarkable lowness of spirits, or a desponding habit of mind, a watchfulness of every change in the bodily feelings, and an apprehension of danger from the most trifling circumstances. It may be primary, when accompanying great mental excitation or cranial disease ; secondary, when the result of dyspeptic affections or any other cause, tending to debilitate the constitution. A most striking circumstance in nervous people, is the very great *difference* between the *appearance*, and the *description* the patient gives of his own health. There is

seldom any external indication of disease, to account for the various phenomena complained of; although there can be no doubt that the sufferings endured are the legitimate functions of disordered action. The debility of a nervous person is ascribable to the absence or deficiency of nervous energy :—the morbid perversions of intellect from a disordered state of the brain :—the symptoms of nervous debility are various; and, although proceeding from different causes, verge into a train somewhat resembling the following. There is a difficulty of digestion, the food appearing to run into the acetous fermentation—the stomach becomes inflated with wind, and there is a sense of fulness and induration about the left side—the patient is subject to spasms and hysteria, there is oftentimes violent palpitation of the heart, and pain in and around that organ.

The tongue may be coated with a white clammy fur, and the fauces parched, requiring a continued moistening with drink: the appetite is irregular, sometimes voracious; at other times there is no inclination for, or there may be a loathing of, food. Sometimes there is nausea, headache, flushings in the face, nervous twitches of the eye-lids, brows, lips, &c. A prominent symptom is constipation, succeeded probably, on taking a purge, by a long-continued looseness. In addition to these evils, the patient experiences an intolerable anxiety, a feeling of sinking, exhaustion, and an irrepressible dread that he is about to die.

Patients often complain of acute pains in the temples,

the hinder part of the head, an unbearable pressure on the top, as though it would deprive them of consciousness; the vision is often obscured, at one time it is double, at another, objects are perceived one above the other; frequently it is confused; it is impossible to read a paper, or direct the eyes to an illuminated object without experiencing a dizziness utterly destructive to the intelligibility of the subject to which the sense is directed.

The faculty of hearing next comes within the sphere of perverted sensibility: there is heard a noise resembling a chant of demons—the whizzing of a steam engine—the roar of artillery—the din of rolling carriages; yet, strange to remark, when the patient is roused from his reverie by the intrusion or presence of a friend, and somewhat excited by the aid of stimulants, he at once forgets all his troubles, and is the liveliest of the gay.

Of all the consequences of nervous imbecility, none surpasses in discomfiture and distress that in which there is an inability to direct one's attention to any fixed pursuit. Memory is at a discount. Strange to say, incidents of daily occurrence and of real moment are forgotten, whilst the mind is annoyed by visions of times long gone by. Sleep, instead of affording an oblivion of the past, is harassed by the most ridiculous conceits,

“—that make sleep a pain,
And turn its balm to wormwood;”

and the state between watchfulness and rest is the most distressful that can be imagined. No class of persons are

more anxious to engross the attention of the listener, and none more fearful of exciting contempt, ridicule, and even disgust, by such a recital, than the nervous hypochondriac. Beside these morbid mental sensations, there are others affecting the various members of the body. Feelings of numbness, paralysis or deadness, loss of motion and sensibility occur in the fingers, hands, arms, feet, entrails, mouth, tongue, and head, and lastly, a total disrelish and incapacity for ordinary duties. A remarkable feature among the indications of nervous weakness is, that the urine is copious, and flows as clear as rock-water.

Dr. Cheyne, a very popular writer, though of a century back, says that "of all the miseries that afflict human life, and relate principally to the body, nervous debility, in its extreme and last degree, is the most deplorable, and beyond all comparison the worst."

The greatest danger to be apprehended in these cases, is from the susceptibility the nervous invalid acquires, for the occurrence of any organic derangement in those structures where the functions are already perverted and disordered; and, therefore, they should not be disregarded.

The causes of Nervous Debility have already been stated to depend upon sudden mental impressions or excitements; such as, for instance, the failure of any scheme or pursuit that has long engrossed the whole attention of the patient; the loss of fortune, or the sudden

accession of wealth : a change from a life of activity and toil, to that of ease and idleness ; jealousy, disappointed love, and a variety of other mental distresses ; nor are they less numerous which depend on physical changes, as, *par exemple*, the condition ensuing upon a life of intemperance and dissipation, and the indulgence of vicious habits, such as physical excesses ; the frequent administration of purgative medicines, the abundant use of tea, slops, and other diluents, late hours, excessive bodily fatigue, all of which, more or less, tend to debilitate both mind and body. The pathology of this complaint is still a subject of dispute among medical men ; it being contended by some to be a primary affection of the brain ; by others, of the digestive organs ; but there is no question that both have their share in its production, and that the treatment should be both moral and physical.

THE TEMPERAMENTS.

HAVING thus shown why we eat, namely to make blood for the repairment of the wasting body; how that blood is made; how it is imperfectly made; what indigestion and nervous debility are, their moral and physical causes, consequences, and symptoms;—we now arrive at the means by which these deplorable evils, when they do exist, may be repelled or ameliorated.

Before the treatment of dyspepsia by medicine can be properly understood, however, it will be right to introduce some observations on a subject which, though bordering on professional technicalities, will, for its great importance, compensate for the trouble of the perusal.

No subject deserves more attention, and receives less in the treatment of disease generally, than the four temperaments or conditions under which human life ranges; it is one of the very first importance. Often is an inexperienced practitioner compelled to “experiment” upon a new patient for some time, before he can correctly ascertain the proper treatment which his idiosyncrasy or peculiarity of constitution requires; yet a primary attention to his temperament would have enabled him at once to take the case promptly in hand, with

credit to himself and relief to the patient. It is to this ignorance, that the failure of several popular remedies, in certain stages of bodily disorders, may be ascribed in many instances, where, in others, they have been of much advantage; and that the employment of them by non-medical givers and receivers of "advice" have so often been attended by alarming consequences. The good philanthropist, who has swallowed Hunt's pills for years past with so much benefit to himself and the vendors, most religiously recommends the same to every dear afflicted friend, be his malady or his temperament what it may; and it is to this species of practical wisdom, that so many various results are frequently attributable.

A concise description of the four temperaments, under some one or more of which the life of every individual may be classed, will be profitable, not only with reference to the complaint of Indigestion, but to others generally, by enabling the reader to judge of the importance that should be attached to the diversified operation of diet or of medicine, under conditions of the body so various.

1. *The bilious temperament** implies, by its name, a constitutional tendency to a copious secretion of bile, and this is compatible with good health. The morbid form

* A talented author, Dr. Mayo, who has recently published a work on this subject is, I believe, the first who has the merit of insisting on the influence of temperaments in the treatment of dyspepsia.

of the temperament implies an obstructed, or vitiated, or excessive secretion. It is indicated by a rigid or spare, rather than a full or largely developed person, the complexion is sallow, and the texture of the skin often arid. The disposition is jealous, distrustful, and unsatisfied, and induces an anxiously reflective turn of thought. "One of the most distinctive features in this moral character is the combination which it often displays of extreme and restless anxiety to be engaged in some employment, with a dull, lethargic rate of intellect, which entirely precludes useful exertion."

2. The *nervous temperament* has, for its principal characteristics, a high susceptibility of impressions, and the easy re-excitement or reproduction of such impressions, which once made, are seldom lost or forgotten. This susceptibility is well developed in the nervous temperament; it is so much heightened, "that affections of that system are capable of being propagated, as if by infection, from one person to another. Thus, hysterical spasms are often communicated; and it must be by this kind of sympathy, that the remarkable influences of animal magnetism are produced." This susceptibility may be divided into three heads:—physical or bodily, operating on a part of the system which does not concern the individual, either as a moral or an intellectual agent;—moral susceptibility, as remarkably displayed in the bodily system, succeeded by timidity; intellectual nervousness, or the occasional inability to exercise the powers or energies of the mind,

though conscious of their existence. The circulation in this temperament is overactive rather than sluggish.

3. The *sanguine temperament* "seems, in its ordinary form, more allied to healthy than to morbid actions; it implies a free and energetic circulation; a well developed but firm muscular system, and a powerful conformation of the whole person." A florid and "brilliant" complexion is one of the physical effects. The moral and intellectual properties are vivacious, energetic, and confident, and are accompanied by a buoyancy and joyousness of the disposition.

4. The main characteristic of the *phlegmatic temperament*, is a deficiency of energy; this branches into two states, "one embracing those cases in which the want of energy appears connected with a want of excitability (well described by the popular term *relaxed*): the other comprising those in which it is connected with a want of power, in other words, feebleness." In both forms, the natural complexion is most frequently pallid, but there are differences peculiar to either. It is marked in one case by the habitual sluggishness of simple relaxation, in the other by feeble virtues and vices, and by languid conceptions.

Such is a brief analysis of the definitions given of these four temperaments; and it is in regard to each of these, that the subject of every disease ought to be considered.

It is rare, however, that these temperaments are found

pure ; their existence in combination being far more common. These combinations are considered by other writers to be the sanguine or the nervous with the phlegmatic, and the nervous with the bilious, commonly termed the sanguine phlegmatic, the nervous phlegmatic, and the nervous bilious ; and, I believe, that an attentive investigation will be sufficient to establish this position as accurate. I deem it necessary, however, to consider them less in their combined than in their *simple* states, as, by so doing, the description is freed from the complexity in which it would else be involved.

It must be obvious, therefore, that one common plan of medical treatment would be adhered to by no person who allowed himself the free exercise of his reason, or whose judgment were worthy of respect. The physician, who, leaving a bilious dyspeptic in a state of convalescence, through the means of active aperients, or mercurials, attempts (in consequence of his success) the same treatment with a patient of nervous temperament, whose delicate intestines would be outraged by the excited irritability consequent upon their exhibition, were fitter for an asylum than for the cure of disease, or the conservation of health. I proceed, therefore, to consider the phenomena observable in the complaint of dyspepsia, as regards its attacks upon, and influence over these varied and dissimilar temperaments previously described.

“ Indigestion of the *bilious temperament* has attracted more attention than that of either of the others, in conse-

quence of the natural influence which the liver exercises in the animalization of the food received into the stomach. From the position and magnitude of that important organ, and its immediate operation in the digestive process, less difficulty has naturally occurred to trace to its prime source any biliary disorder which may exist. For every symptom "is either an abdominal sensation, or so closely linked with, so immediately springing out of one, that its connexion with the processes of the digestive organs cannot, for an instant, be doubted." And, *per parenthese*, it may be asserted, that nothing can more fully prove the necessity of recognizing the arrangement thus proposed, than the constantly occurring fact of mistaking the bilious melancholia for a strictly nervous affection, the one requiring a course of treatment as dissimilar from the other as medicine can make it. In the treatment of bilious indigestion, the first object must, of course, be, to excite the liver, the seat of complaint, into a healthy secretion of the bilious fluid; and this is chiefly effected by the instrumentality of a judicious course of mercurials,* mercury possessing an immediate controul over the liver;—and, in the second place, to adopt the frequent use of mild aperient medicines. To this latter plan many persons are averse, upon the ground

* It was the indiscriminate application of mercurial pills, in the practice of a late eminent surgeon (Mr. Abernethy), without reference to either age or temperament, that obtained for his remedy the epithet of empirical.

that it is unnatural and artificial, engendering a pernicious habit, which cannot fail to produce ill consequences. The objection, however, may be speedily disposed of; the peristaltic motions, or worm-like contractions of the undisordered intestines, are excited, and their secretions prompted by the presence of the dietary substance, in its descent from the stomach and its passage through their course; but if the bowels, in consequence of any morbid condition, refuse this action, and resist the effects which such a substance would otherwise produce, we cannot choose but have recourse to such articles as *can* excite them into proper exercise. Some persons are constitutionally costive, and unless they contrived to solicit the intestines into a performance of the office for which it may be supposed they were intended, by having recourse to medicine, they might find some slight difficulty in maintaining an existence at all; no apprehensions, therefore, need be entertained, that bad habits would be generated by resorting to this means of relief, for, in truth, such relief can hardly otherwise be obtained.

Bilious diarrhœa is a source of comfort and benefit to the bilious, when the discharge is moderate; purgatives, therefore, are more useful and disagree less readily in bilious than in nervous cases.

The general symptoms which attend dyspepsia in the nervous temperament "are acute and pungent pains in the head, limited in the space which they occupy, and

often attended by a bursting sensation that seems to proceed from within outwards;" flatulence which, though existing in a nearly equal degree in the nervous as well as the bilious, often stimulates in the former organic affection of the heart. A loss of appetite, indeed, in a multitude of cases, or a positive aversion to food; which the "nervous person drops into out of a state of vigorous health, and without any definite cause." Amongst the consequences attendant upon this temperament, is atrophy, or the gradual wasting away of the substance of the body. It generally results from the incapacity to receive food; and this is accompanied by caprice and irritability of temper, and the obstinate refusal to conform to the advice and recommendations offered.

It is remarkable, that the means employed for the relief of the bilious dyspeptic, are calculated, in a very extraordinary manner, to aggravate the symptoms of the nervous. Flatulence, violent palpitation, sense of approaching fainting fits and giddiness, generally supervene upon the exhibition of aperient medicines; and, indeed, it may be laid down as an axiom in such cases, "that aperients are only valuable as they are unavoidable." Constipation may be regarded as allowable, with a view to avoid the irritation which may be set up by the introduction of opening medicines, however mild and judiciously selected.

Although dyspeptic symptoms are more easily excited in a person of nervous temperament, they are, neverthe-

less, more easily kept in abeyance, and ultimately subdued. This is so far well; but it must not be forgotten that the shock, which the system has in consequence received, is far greater than that which a bilious temperament would have sustained. Relief from the effects of repletion or excess, is often gained by spontaneous diarrhœa, or intestinal "looseness;" and this may occur as well in the nervous as in the bilious; but individuals of the former temperament will have received a shock, which the less sensitive disposition of the latter does not experience. Change of air and of place is a great auxiliary in the treatment of nervous indigestion.

In that state of nervous dyspepsia, which regards moral or intellectual nervousness, where the disease is dependent, mainly, perhaps wholly on the mood of the mind, it is scarcely necessary to point out the only medicinal course adapted for the cure, namely, the removal of the cause of the attack.

"The sanguine temperament belongs to a machine less easily put wrong, and more easily put right than is the case with other constitutions." It does not, however, therefore follow, that the bold, the almost careless practice which is sometimes fearlessly resorted to in such cases, under the trust that little harm can be done, is justifiable. Every unnecessary act of medicinal interference may be regarded as the fractional diminisher of life. Much of medicine may be borne by persons so constituted, without any immediate per-

ceptible effect; but that ill consequences, in some degree, will result, must be evident. It is too often the practice to reduce the plethoric state brought on by the faulty action of the heart and arteries, through the stomach and intestines, when a well-timed blood-letting would have been undoubtedly the best and most obvious course of treatment. Here the abdominal viscera are made to suffer a shock, the severity of which too often leads to chronic disorder, when the loss of a few ounces of blood would not only have immediately rectified the more urgent symptoms of oppression, fulness, and irritability, but indirectly induced a healthy and comfortable intestinal action.

Different from the sanguine temperament, in its aptitudes for health or disease, is the phlegmatic, as regards its two states of relaxation and feebleness. Of the relaxed temperament, it may, in contradistinction, be affirmed, "that it is equally difficult to set persons of this temperament wrong, or when wrong, to replace them in a state of health," and of the feeble, that "they are easily set wrong, but recover a state of health slowly and unwillingly."

The treatment of dyspepsia in these two states is equally different. Highly purgative and stimulant medicines may freely be exhibited coupled with tonics, the preparations of steel, and mercury "friction with liniments, or the flesh-brush" and cold affusion, or the shower bath. The feeble are sometimes depressed by

these remedies; the sanguine may be over-stimulated, the nervous may be irritated by them; but the relaxed habit is simply braced and invigorated by their use.

**DIETETICS IN RELATION TO CONFIRMED
DYSPEPSIA, AND A SUMMARY OF
POPULAR DOCTRINES.**

THOUGH we hold in somewhat light estimation dietetics, in relation to healthy and unimpaired stomachs, yet, where a diseased state has been induced, an adherence to particular kinds and classes of food will be found absolutely necessary to secure the restoration of health. And as every information will be acceptable on such a popular subject, the following may be taken as a summary of all that is of value upon the subject of dietetics, collected from works of any importance.

The French physiologist, MAJENDIE (whom no barbarous cruelty deters in prosecuting his valuable experiments), has arranged the various aliments, into nine classes, of which the following is an abstract:

1. FIBRINOUS ALIMENTS.—Comprehending the flesh and blood of various animals, especially such as have arrived at puberty;—venison, beef, mutton, hare.

2. ALBUMINOUS.—Eggs, certain animal matter.
3. GELATINOUS.—The flesh of young animals; veal, chickens, calf's foot, certain fishes.
4. FATTY AND OILY.—Animal fats, oils, butter, cocoa, &c., ducks, pork, geese, eels.
5. CASEOUS.—The different kinds of milk, cheese, &c.
6. FARINACEOUS.—Wheat, barley, oats, rice, rye, potato, sago, arrow-root, &c.
7. MUCILAGINOUS.—Carrots, turnips, asparagus, cabbage, &c.
8. SACCHARINE.—The different kinds of sugar, figs, dates, &c.; carrots.
9. ACIDULOUS.—Oranges, apples, and other ascendent fruits.

The following statement is also given as embodying the results of experiments made upon various dietary substances, made by Dr. Gosse, of Geneva, which may be useful in guiding persons in the selection of their food.

1. SUBSTANCES, INSOLUBLE, OR VERY DIFFICULT OF SOLUTION, IN THE STOMACH.

- Animal substances.*—1. Tendinous parts. 2. Bones. 3. Oily, or fatty parts. Hard-boiled white of egg. 5. Skins of fishes.
- Vegetable substances.*—1. Oily seeds. 1. Expressed oils of different nuts and kernels. 3. Dried grapes

(raisins). 4. Rind of farinaceous substances. 5. Pods of beans and peas. 6. Skins of stones and fruits. 7. Husks of fruit with grains or seeds. 8. Stones of fruit.

2. SUBSTANCES PARTLY SOLUBLE, AND PARTLY
INSOLUBLE.

1. *Animal substances*.—1. Pork dressed in various ways. 2. Black puddings. 3. Frittees of eggs, fried eggs and bacon.

2. *Vegetable substances*.—1. Dressed salads of various kinds. 2. White cabbage less soluble than red. 3. Beet-root, onions, and leeks. 4. Roots of red and yellow carrots. 5. The pulp of fruit with seeds. 6. Warm new bread and sweet pastry. 7. Fresh and dried figs.

3. SUBSTANCES SOLUBLE AND EASY OF DIGESTION,
REQUIRING AN HOUR OR AN HOUR AND A
HALF FOR THEIR REDUCTION INTO A
PULP IN THE STOMACH.

Animal substances. — Veal, lamb, mutton, and the flesh of young animals in general, are more easy of digestion than that of the old. 2. Fresh eggs. 3. Cow's milk. 4. Perch boiled.

Vegetable substances.—1. Celery, tops of asparagus. 2. Bottoms of artichokes. 3. Boiled pulp of fruits. 4. Pulp or meal of farinaceous seeds. 5. Different sorts

of wheaten bread, without butter, the second day after baking, the crust more so than the crumb. Brown bread, in proportion as it contains more bran, is less digestible. 6. Turnips, potatoes (mealy), parsnips not too old.

4. SUBSTANCES WHICH APPEARED TO FACILITATE THE POWER OF THE GASTRIC JUICE.

Salt, spices, mustard, horse-radish, capers, wine and spirits, in small quantities—old cheese, sugar in small quantity—bitters.

5. SUBSTANCES WHICH RETARDED THE POWER OF THE GASTRIC JUICE IN THE STOMACH, AND OCCASIONED SOME OF THE FOOD TO PASS INTO THE INTESTINES UNDIGESTED.

Water, particularly when taken hot and in large quantity—acids, astringents, oily substances.

It would be improper to suppress the "Rules of Diet" prepared by the late Mr. Abernethy, a name identified with whatever relates to dyspepsia; they have, to be sure, more the character of *theses* than of laws, but they contain much sound and recommendable doctrine.

"1. The food should be of the most nourishing and readily digestible kind.

“2. The quantity taken at a meal should not be more than it is probable the stomach will perfectly digest.

“3. The meals should be taken at regular periods of six hours, three times a day; and when the stomach can digest very little food, they may be taken four times in the twenty-four hours.

“4. Every meal of food should be reduced to minute subdivision and pulpy consistence by mastication, or otherwise; and suffered to remain in the stomach unmixed with liquids, in expectation that it will be dissolved by the juices of the stomach.

“5. Drink should be taken four hours after each meal; allowing that time for its perfect digestion, and two hours for the conveyance of liquids from the stomach, before the pulpy substance be again received.

“6. The drink then taken should not contain fermentable substances. It should be boiled water; which may be flavoured with toast, or prevented from producing a qualmy state of the stomach by pouring it upon a trivial quantity of powdered ginger.

“It is not meant by these rules to debar persons from taking a small tea-cup full of liquid with breakfast, or a glass or two of wine with dinner, if it seems to promote the digestion of their food.”

In addition to the foregoing, I will briefly enumerate a few of the very elaborate observations of Dr. Paris; in

his able work on Diet, upon the properties of various alimentary substances.

Under the head of Condiments, he alludes to the varieties of salt, vinegar, spices, peppers, cinnamon, nutmeg, cloves, ginger, parsley, thyme, sage, leek, onion, &c., as materially assisting, when used in moderation, to the operations of the stomach in the disposition of the solids.

Potations are divided into four classifications;—
1. Water. 2. The juices and infusions of vegetables and animals; whey, tea, coffee, &c. 3. Fermented liquors, wines, beer, &c. 4. Alcoholic liquors or spirits; brandy, rum, &c.

Those who have not the advantage of a supply of clear well water, should always submit the water they use to the filter, as ridding it of those foreign matters which may be mechanically mixed up with it.

Toast water. Hard biscuit, reduced by fire to a coffee-colour, is better for the invalid than toasted bread for the making of this drink.

Barley water, gruel, sage-tea, china-tea, coffee, cocoa, chocolate, range in value according to the order in which they stand.

Whey is a delightful beverage, and deserves to be more in common use than it is.

WINES. 1. *Sweet wines*, on account of the sugar contained in them, are liable to become ascescent on weak stomachs; but when this is not the case,

they are, in small quantities, frequently beneficial to invalids.

2. *Sparkling, or effervescing wines.*—Highly intoxicating, from the alcohol being held in solution by the carbonic acid which characterises them.

3. *Dry and light wines.*—Hock, moselle, hermitage, burgundy, and claret, do not contain any uncombined alcohol, and, on that account, are to be greatly preferred. Burgundy is highly stimulating, but claret must be considered the most beneficial of all our vinous liquors.

5. *Dry and strong wines.*—Madeira, port, sherry, &c.,—much depends upon the quality; the lighter wines cannot require dilution, while port is certainly rendered less injurious by the admixture.

5. *Home-made or domestic wines,* may be generally considered as injurious to delicate stomachs; they are apt to ferment and produce indigestion.

6. *Ale,*—to those whose diet is not very nutritive, may be considered not only as an innocent, but as a salubrious article. *Table beer,* by its slight but invigorating bitter, is much better adapted to promote digestion.

Ardent spirits, when taken otherwise than medically, are the most pernicious fluids that can be taken.

Milk, although fluid, is, in fact, a mixture of solid

and liquid aliment, and the only nutritive fluid with which Nature has presented us.

Cheese, the coagulum of milk, pressed, salted, and partly dried, is one of the least digestible of our aliments; and when toasted is still more injurious.

Butter, from its oily nature, is apt to disagree with the stomach, and should never be allowed to dyspeptic invalids.

Eggs, in point of nutriment and digestibility, may be classed next to milk; when raw, they are not so easily digested as when lightly boiled.

Fish affords a most valuable article of diet to invalids, by furnishing a chyle moderately nutritive, but at the same time not highly stimulant. Turbot, cod, whiting, haddock, flounder, and sole, are the least heating of the more nutritive species. *Shell-fish* generally, oysters, lobsters, muscles, &c., though nutritive, are indigestible; and when taken in excess, may produce cutaneous disturbance.

Birds. The whiter meat of domesticated birds, as the wings and breasts of chickens, contains less nutriment, and is less digestible than the meat of wild birds, as the partridge, &c., but the former is at the same time less stimulant and heating than the latter. No general rule for the choice of either species can be established.

FARINACEOUS ALIMENTS. *Bread* should never be eaten new; in such a state, it swells like a sponge in

the stomach, and proves very indigestible. In *white* bread all the bran is separated; in the *wheaten*, only the coarser; in the *household*, none at all. The starch contained in the flour is astringent, and apt to make the bowels costive; this is counteracted by the presence of bran, which exerts also a mechanical action upon the intestines, and thus excites them to action. The dyspeptic should be therefore guarded in his selection from among the three kinds.

Several other preparations are made by the solidification of flour, such as puddings, pancakes, &c. The most digestible pudding is that made with bread, or biscuit and boiled flour; *batter* pudding is not so easily digested; and suet pudding is most mischievous. *Pancake* is objectionable from the grease imbibed in the process of frying. *All pastry is an abomination.*

Potatoes. The digestibility of this distinguished aliment depends upon its kind and its cookery. The *waxy* potatoe is highly indigestible, and should be avoided; the *mealy*, more readily yields to the powers of the stomach. The best form of cookery for the potatoe is *roasting*; *mashing* much contributes to its indigestibility; if boiled too much, they are deprived of their nutritious qualities.

Rice furnishes a wholesome aliment, especially when mixed with other food; when the stomach is in a state of relaxation and debility, it ought not to be taken without condiment, such as spices, &c.

Sago, tapioca, arrow-root, &c., when administered to invalids, should not be brought into too mucilaginous a form, as they become less digestible than is generally supposed.

Peas and Beans, when young, form a wholesome and light food, but when full grown and dry, they are very indigestible.

Nuts are nutritious, but it is from the great intemperance in their use that they become so pernicious; dysenteric complaints are always more common in those years in which the harvest of nuts is plentiful.

Esculent roots and herbs. The carrot, from the quantity of saccharine matter it contains, is very nutritive, but it ought to be thoroughly boiled, and should be eaten when young. The turnip has the character of causing flatulence; but it is less liable to disagree with the stomach than the former. The parsnip is both nutritive and digestible. Radishes are not very nutritive. Onions are valuable on account of their stimulant, nutritious matter; the leek, garlic, &c., are of the same species, and possess qualities of the same nature. Horse-radish is a warm and pungent root, and is highly valuable to the dyspeptic as a stimulant; it is, perhaps, the best of all condiments for the prevention of flatulence. Water-cress, of all the esculent herbs, is the most beneficial. Some difference of opinion exists as to the lettuce; it ought to be eaten without vinegar. The digestibility of celery is much increased by maceration in vinegar. Cucumbers are, by

far, the most unwholesome of all raw vegetables, and should be avoided as poison by the dyspeptic. Asparagus is nutritive, and quickly dissolves in the stomach; cabbage should never be eaten without previously boiling in two successive waters to rid it of the essential oil which it contains, and which is liable to produce offence to the stomach.

FRUITS. Stone fruits are the least digestible. The ripe peach is not only the most delicious, but one of the most digestible of this order; and the apricot is equally wholesome. Cherries are far less so. Apples and pears are apt to pass into a state of noxious fermentation. The orange may be allowed to the most fastidious dyspeptic. Cooking will convert fruits otherwise unwholesome, into a safe and useful aliment.

Never eat too much, or too often.

Eat slowly and masticate thoroughly; by submitting the food to the action of the grinders of the teeth, it becomes so reduced in consistency as readily to absorb the salivary juices which are poured upon it, and which bring it into the most kindly state for the gastric action of the stomach. By a due attention to this rule, the craving for drink during a meal is much allayed. Mr. Abernethy was not very wrong in denouncing drink at solid repasts; it *must* dilute the gastric fluid, and so deprive it of a certain portion of its power. Pernicious

habits induce people to swallow their food in rapidly-divided boluses and wash them down with fluids; thus is caused the depraved appetite for drink whilst engaged in a solid repast.

It is when the contents of the stomach have been reduced to a "pultaceous" state, that the liquids are serviceable; because then the stomach, having performed its offices, becomes assisted by the mass being rendered less solidified and uninjured by any impertinent interruption which the presence of a fluid would occasion.

It has been observed with more of pithiness than of truth, that the time for eating is to the rich man when he can get an appetite, and to the poor, when he can get food.

The meals should be always regular, but the periods must depend upon the habits of the individual; he who rises at five, and is engaged for a dozen hours of the day in hard manual labour, requires meals of a heartier kind, and in different intervals, to those which are adapted to the man of sedentary occupation; and so much as the body loses by the exhaustion of labour, or becomes relaxed by the want of due exercise, so much must the food and the periods of feeding vary.

Moderate exercise, after a proper interval from the time of the preceding meal, is the best means to secure an appetite for the next.

Although a moderate degree of exhaustion increases

the appetite, the regular hour ought not to be anticipated.

Never eat while under the influence of great fatigue. The whole powers of the body are prostrated by it, and the stomach, sympathizing, is unfitted to perform the task of digestion.

The various states and conditions of food are chemically modified and mechanically changed by circumstances. A lingering death imparts to the flesh a peculiar tenderness, and incipient putrefaction renders it much more digestible by lessening the rigidity of the muscular fibre.

The age and sex of an animal has a material effect upon the flesh, age giving a toughness that is proverbial.

The fat of young meat does not lie in such solid deposits as in old; but is more diffused throughout the mass. It is on this account that young mutton (lamb) is esteemed to possess so much nutriment, because its fibres admit of the most ready solution under the action of the gastric juice.

Cooking produces most important changes in dietary substances.

Boiling and broiling are considered as the best modes, and attended with the least loss of nutrient particles; in the former case, however, they become diffused in the water, wherein the meat is immersed, which constitutes the "broth" or "tea" of the substance cooked; the

latter mode (broiling), by the sudden "crusting" of the surface, prevents the evaporation of the nutritious juice, and is therefore considered the best. In roasting, a good deal is lost by this evaporation. Each process, more or less, tends to relax the fibre and render the mass considerably more soluble.

The boiling of vegetables deprives them of the air which, in a raw state, they contain in considerable quantities.

The main object of the cook is to tickle the palate by every variety of means which his culinary ingenuity can devise; it *ought* to be to reduce the articles of diet into such a state as will most promote the process of digestion. And it is in this branch of art that our French neighbours so eminently shine; for they generally contrive to achieve both. Many enormities are committed in the getting up of their dishes; and though the practices by which living animals are tortured into the best possible arrangement for digesting after death, is perfectly unjustifiable by humanity; it is well known that the object is thoroughly, though cruelly accomplished.

BREAKFAST.—Breakfast ought not to be taken directly after quitting the pillow; the stomach, though it may have disposed of the previous day's food, has scarcely recovered its powers after so many hours of deep repose, and some little time should be afforded it to do so. And for the same reason liquid breakfasts are unquestionably more wholesome than solid. Much of the fluids of the

body have been lost during the repose by invisible evaporation and by perspiration, and the waste can only be repaired by fluid. The use of butter (indigestible butter) must, at this time, be especially pernicious, and though habit has sanctioned its introduction, the less that is taken the better. A moderate portion of bread (never new), either as toast, or in its present state, should be taken, as it absorbs the liquid, and allows it to remain longer in the stomach, and while it becomes more gradually diffused, tends to slake any inordinate thirst for a longer period of time.

DINNER.—Avoid repletion. Rise with an appetite not altogether appeased. Do not partake of a various diet. The fish, the flesh, and the fowl, are all viands of different consistences; the fish, which requires stimulating condiments, is a sorry partner for the more easily digestible flesh, and the fowl harmonises with neither. The dessert presents temptations that, unluckily for the stomach, the palate cannot resist, and the ultimate mass of crudities which are thrown into it, is well calculated to resist its healthiest exertions. It scarcely follows, that because man is an omnivorous biped, it thence behoves him to participate in *all* at once. The waste of wine that is too commonly swallowed, whilst it excites and exhilarates the nerves for the moment, assists them little in the process of digestion; two or three glasses may be timely, rather than unwholesome, as they act as a stimulant.

Eat in moderation, drink little, allow the lapse of four hours, at least, to intervene before you distress the stomach by giving it fresh labour to perform.

Whether with fish or flesh, avoid melted butter. It is one of the most injurious inventions of cookery. Though all oleaginous fluids are bad, a little oil in the seasoning of salads may be allowed, as it prevents their running into fermentation in the stomach.

Sleeping after dinner is a pernicious habit, because the stomach, in common with the whole body, falls into the inactivity of repose; and its powers becoming inert, the whole meal lies within it, like a foreign substance, and unacted upon.

TEA.—It is after this interval, that this meal, which takes its designation from the substances most frequently employed, proves serviceable; and the gentle dilution that fluids give to the digested mass in the stomach, assists it to pass gradually into the channel whence its nutritive particles are gradually imbibed. Fortunately, custom has made the *materiel* of the tea-table so simple and so innocent, that the most depraved appetite can scarcely render it harmful: yet there are circumstances to be observed. Whether the fluids drank be tea or coffee, especial care should be taken, that they be not too *hot*. The passing of an overheated liquid through the gullet from the mouth to the stomach, tends greatly to irritate the membrane which lines it, and, by sympathy, to impair the

digestive apparatus with which it is most intimately connected.

The "tea" herb, of whatever quality or *strength* it may be, possesses astringent properties, and the astringency is always in proportion to its strength; this, however, may be much diminished by the admixture of milk, which ought always to be incorporated with it. Tea is proverbially antisoporific. Coffee is still more astringent than tea; its use must depend altogether upon the stomach, for many persons dare not take it, while others may, with impunity, take it actually in excess.

Chocolate, which is nothing more than cocoa converted into a paste with sugar, milk, or eggs, is very difficult of digestion by reason of the concentration into which its nutrient particles are brought.

SUPPERS are unquestionably pernicious, in so far as the energies of the stomach are excited at a time when every other part of the frame is in a state of profound repose; and the more the articles of diet are of difficult digestion, the more the activity required of it, and the more hurtful such unseasonable labour must be. A biscuit, with a glass of wine or water, ought to be quite sufficient to appease the cravings of the *palate*; for voracious indeed must that appetite be, if the three previous meals be not sufficient to allay it.

The injury produced by this heavy meal is best evidenced by its effects during the hours of sleep, when night-mare, restlessness, fearful dreams, and general

inquietude are sure to assail the unhappy supper-eater, and warn him of his misdeed; provoking the stomach to avenge the wrongs that are inflicted upon it. Too strong an injunction cannot be laid upon supper-eating, and every wise man who consults his health will easily learn to resist the petty gratification it affords.

I cannot do better, perhaps, than close this summary of dietetics by giving a formula of my own for the guidance of the dyspeptic, in the choice of his food under particular stages of the malady, ranging between the graduated states of Low, Middle, and Full diet.

LOW DIET.

Breakfast and "Tea."—Warm new-milk and water—weak black tea; its astringent properties corrected by a due addition of milk.—Gruel, toast, or brown or household bread, at least one day old, and without butter.—Rusks sopped in the above fluids.

Dinner.—Gruel, new milk and arrow-root, sago, or tapioca;—chicken and veal broths;—roast-apples, light bread puddings.—Pastry of every description must be avoided*.

* By *pastry* I mean custards, trifles, tartlets, sponge-cakes, puffs, buns, cheese-cakes, and similar abominations; the same interdiction applies equally to all other stages in a course of dietetics.

Supper.—Gruel,—arrow-root.

Occasional drinks.—Filtered or spring-water, toast-water, made with toasted bread or browned biscuit, barley-water, whey, lemonade of subdued acidity. — Sweet oranges may be freely taken, if the sense of thirst be oppressive.—Great regularity must be observed in taking these meals.

MIDDLE DIET.

Breakfast and "Tea."—Same as in low diet, with the addition of mixed tea.—Dry toast, rusks, "captains" biscuits.

Luncheon (if required).—A cup of islinglas, arrow-root, sago, tapioca, with a biscuit, or two or three bars of toasted (stale) bread; or these with oranges.

Dinner.—In addition to "low diet," boiled chickens, calves' and sheep's feet stewed, mutton broth, beef tea, boiled soles, whiting, turbot, &c.; lamb, potatoes, asparagus, light bread or rice pudding, roast apples.—After the repast, may be taken one glass of port or madeira wine, diluted with at least twice its quantity of water. Sherry (being a dry wine) should be avoided, from the lime used in the process of making it.

Supper.—A cup of gruel, sago, tapioca, or arrow-root.

FULL DIET.

Breakfast and "Tea"—Same as in "middle diet;" in addition to which may be taken coffee, or chocolate. Toast or stale bread, but very sparingly buttered.

Luncheon.—A biscuit and a glass of table ale or porter.

Dinner.—The "middle diet" bill of fare may be augmented by boiled lamb, chickens, mutton-chop, rump-steaks, roast or boiled fresh meats, light bread puddings, the fruit of pies (avoiding the pastry), baked or boiled rice or tapioca puddings.—At this meal, table-beer or porter may be taken as common drink; and after it one, or even two glasses of port or madeira, carefully noting the symptoms produced by their effect.

Supper.—Same as in middle diet.

An additional glass of wine at dinner, or at luncheon, will convert this "full" into "generous" diet.

MEAT DIET.

THE solid meals in this diet should be almost exclusively composed of animal matter of the most nutritious and digestible kind; each meal, however, should be scanty, and the quantity never indulged in to satiety. Four to six hours should at least elapse between each repast. The solids should always precede the drink, which should consist of malt liquor, occasionally varied by toast and water, and wine somewhat diluted. Condiments, such as mustard, pepper, salt, horseradish, and occasionally pickles, may be taken in moderation.

It is very difficult, I admit, to break up established habits and adopt a diet like this; but in certain affections, particularly those marked by debility, as pulmonary consumption, chronic dyspepsia, hypochondriasis, and others, I have seen a similar regimen productive of the most beneficial results. The bill of fare I usually suggest when I consider such a course essential is as follows:—

Breakfast.—Mutton chop, dry bread, table-beer, home-brewed ale, or porter.

Dinner.—Boiled, roast, or broiled mutton; rump-steaks, roast-beef, poultry, game, occasionally veal and fresh pork; condiments, dry bread, table-beer, home-brewed ale, brewer's beer or bottled porter; wine, one or two glasses.

This meal may be the most substantial of the day, but the invalid should confine himself to one kind of meat, and dressed but in one way, and the quantity should not exceed half a pound. Equally moderate should he be with regard to drink.

“*Tea.*”—Malt liquor, sandwich of cold meat and bread.

Supper (if needful).—Similar to the “*Tea.*”

The object of this dietetic arrangement is to afford the greatest amount of nutriment to the system with the least possible waste. Digestion should be assisted by bodily exercise, such as walking, or riding on horseback ; if confined within doors, playing at billiards, bagatelle, using the dumb-bells, pacing the room. The daily morning employment of the cold shower-bath will very much invigorate the invalid. A very important desideratum to all dyspeptics, especially those adopting this diet, is a good set of teeth, particularly the ‘grinders,’ and which unfortunately few invalids possess—the loss of which may be attributable to their complaint ; it being observed, that persons with weak stomachs are seldom free from the anguish arising from decaying teeth. The contrivances of art now-a-days render the loss of natural teeth of minor importance, and I would strongly recommend the invalids, where necessary, to resort to them without delay.

MILK, FARINACEOUS, VEGETABLE, AND FRUIT DIET.

THE articles of food within this range are milk, eggs lightly boiled, gruel, sago, arrow-root, tapioca, isinglas, wheaten and barley bread, rice, potatoes, carrots, parsnips, turnips, artichokes, peas, cauliflowers, cabbage, spinach, water-cress, celery. Fruit may be regarded rather as a luxury than as nutriment; however, when taken in moderation, it is wholesome, when to excess poisonous. Stone fruit, as nectarines, apricots, peaches, plums, and cherries, are the least digestible, and should never be taken but when ripe; apples and pears are not so apt to run into the acetous fermentation as stone-fruit, but unless ripe and well-masticated, had better be eaten cooked. Oranges, gooseberries (avoiding the skins), grapes without the husks and seeds, currants, ripe strawberries and raspberries, follow consecutively in the order in which they are here enumerated, the first being most easy of digestion. Notwithstanding such an ample store of materials, the selection must of course depend upon season, appetite, and the known effects of each upon individual constitutions. The list is given to save the invalid the trouble of ferreting his memory of what enters into

the composition of this diet, which is frequently recommended, and found particularly serviceable to weak and delicate stomachs.

DOMESTIC RECIPES.

AMONG these will be found several useful directions for preparing the lighter kinds of food and drink for invalids; and, although every practised nurse and housewife is probably in possession of the information here conveyed, it must not be held altogether unnecessary to a novice.

COMMON SUBSTITUTES FOR SOLID FOOD.

Arrow Root.

Upon a table-spoonful of arrow-root pour sufficient cold water; make it into a paste, and then add boiling milk until it becomes thick; sweeten it with pounded loaf-sugar, and season it with a little nutmeg or ground cinnamon.

Rice.

Wash and pick two or three ounces of the best rice, boil it in sweet milk till quite soft, sweeten and season it with cinnamon or nutmeg.

Dr. Kitchener's Receipt to make Gruel.

Ask those who are to eat it, if they like it *thick* or *thin*—mix well together by degrees, in a pint basin, *one* table-spoonful of oatmeal*, with *three* of cold water :—if the former, use two spoonfuls.

Have ready in a stew-pan, a pint of boiling water or milk—pour this by degrees to the oatmeal you have mixed, return it into the stew-pan ; set it on the fire and let it boil for five minutes, stirring it all the time, to prevent the oatmeal from burning at the bottom of the stew-pan ; skim and strain it through a hair sieve.

To convert this into caudle, add a little ale, wine, or brandy, with sugar ; and if the bowels are disordered, a little nutmeg or ginger grated. Gruel may be made with broth, or flavoured with sweet herbs and savoury spices. Plain gruel is one of the best breakfasts and suppers that we can recommend to the rational epicure, is the most comforting soother of an irritable stomach we know, and particularly acceptable to it after a hard day's work of intemperate feasting ; the addition of a little butter and a tea-spoonful of Epsom salts will give it an aperient quality that will assist the principal viscera to get rid of their burden.

“ Water-gruel is the king of spoon-meats and the queen of soups,” and gratifies nature beyond all others.

Hard's Farinaceous Food, a great improvement, and much more palatable and nutritious than oatmeal, to be had at all chemists.

Isinglass.

Half an ounce of isinglas may be boiled in a pint of water or milk until it is dissolved, when it may be flavoured with cinnamon, nutmeg, or wine.

 JELLIES.
Calves' Feet Jelly.

Take two calves' feet well cleaned, take off the hoofs, and break the feet in several places; put them on with two pints of cold water, and boil them slowly until the bones loosen from the feet. Strain through a hair sieve, and flavour with wine or spice as may be required.

Biscuit Jelly.

White Biscuit 4 ounces.

Water 4 pints.

Boil to one pint; add as much white sugar as it will dissolve, then of red wine, 4 ounces, and a drop or two of oil of cinnamon.

This jelly will be found serviceable to patients in a low state, with weak stomachs, and relaxed bowels.

Tapioca Jelly.

Soak tapioca in water for a night; then boil it gently till quite clear, and add lemon-juice, lemon-peel, wine, sugar, and cinnamon at pleasure.

DIETETIC TREATMENT OF INDIGESTION, ETC.

IT needs no reasoning to prove, that a continuance in the courses which originally produced the disease of indigestion, cannot fail, not only to keep up the malady but to aggravate it. Quarts of medicine would be useless, if the bad habits of living, which first occasioned it, be still persisted in. However difficult it may be to abandon such habits (and nothing is more difficult than to wage a successful war with our passions), the dyspeptic patient may be assured, that unless he refrain from an indulgence of the pernicious appetite, whether in eating or in drinking, to which he may attribute his illness, there can exist small hope of alleviation. The powers of the stomach are certainly enormous; but like the frequently-recurring drop which wears away the stone, those powers will ultimately yield to the influence of continued abuse. It is in vain that he has recourse to physic; physic will serve him nothing; for physic, in its most beneficial offices could, under such circumstances, but neutralize the action of improper diet; and it is no easy thing, varying in idiosyncrasy as the

stomach does, to discover the one medicinal substance that can effect even thus much. Experiment might eventually reveal it, amongst the numerous others that have been employed, but those others where they have been found useless for one purpose, will have been busy in working another, gradual, but certain injury. If, for instance, indigestion can be ascribed to the drinking of ardent spirits, and the liver, or other organ be extensively diseased, all the calomel in the world will not excite it to health, if, in the next hour, it be made subject to the original poison: the effect must be removed by first removing the cause; that done, the virtues of medicine may then be brought into action for the accomplishment of a speedier restoration to good health.

The same observation is, of course, applicable to viands, of whatever description they may be—whether the stimulating delicacies of the rich man's table, or the tainted fish and sour bread of the poor—that food which has wrought the evil must be utterly forsaken, though it should be tolerable, or even wholesome in the stomachs of others.

The dyspeptic patient must not increase his alarms by the disrelish, or want of appetite, or the repugnance he feels for those substances which he is called upon to use as articles of diet; he must not fear that because his nature rejects and revolts at all but his favourite dish, that, therefore, the craving for that dish is a healthy

indication of what his stomach most naturally desires. The appetite becomes more unappeasable, as it becomes more morbid, and struggles for gratification with increased force in proportion as it is resisted.

This doctrine cannot be too strongly enforced. It is far from my intention to recommend that this abandonment should be suddenly and violently effected ; for in this, as in all other matters, violence of any kind ever does more harm than good. If the stomach be *seasoned* to the reception of injurious diet, the total abstinence from that to which it has been accustomed, would be harmful, by withdrawing from it, as it were, its sustenance and support. The glass of gin of the dram-drinker is as much a source of food to the nerves, by stimulating their exhausted energy, as a wholesome mutton-chop is for the replenishment of the muscular force of a brawny labourer. Where the patient has been long addicted to pernicious habits of diet, they must be left off *gradually*, and by degrees, so as to accustom the impaired organs to the loss they are to sustain. The two-bottle man is not to forswear wine at once and for ever ; the gourmand is not to dash at once from his three-course dinner to barley-gruel ; the one or the other is only required as a preliminary step to abandon the use by degrees.

He, again, whose firmness of purpose is so easily shaken that, after the abstinence of two or three days, he ventures to return to his indulgence *only just for*

that once, little thinks how much evil that "once" will produce; he not only retards his convalescence, far more surely than if he had continued it uninterruptedly, but gives to his appetite all the fierceness of restrained enjoyment, which renders him less and less able to combat with his internal enemy.

The dyspeptic, who, instead of idly deploring the existence of his disease, and irresolutely yielding to the sway of his palate-pleasure, firmly determines to resist its influence by gradually forsaking the poison, secures to himself the most certain means of removing the cause of his sufferings. Nothing but a steady perseverance in this determination will avail him; and nothing but an early determination will ensure him against attacks, of the misery of which he can form no conception.

The only subject for wonder, in reality, is, that the stomach can bear what it does, or resist so long the influence of such pernicious usage. Common sense would dictate that hunger was given to man as the simple indication that the progressive waste of body required the progressive repairment which the nutritious properties of food are calculated to supply; that he would eat until his appetite apprised him of the sufficiency; and that he would leave the stomach alone in the performance of its quiet and invisible operations, till such time as hunger made fresh calls for fresh supplies. Unhappily the stomach, and, in fact, the whole system, mental as well as physical, is made to suffer, simply because we delight in

the gratification of one object—the indulgence of palate-pleasure ; converting into a curse that which was originally designed as our best monitor.

The stomach of every man not under the influence of constitutional disease will perform its functions faithfully and healthily. The time required for the reduction of food by digestion is from three to four hours ; and the stomach should, after having been discreetly replenished, at all times having regard to quantity as well as quality, be, for that space of time, left entirely alone, and its functions unimpeded. Few are so depraved in appetite as not to know the precise *when* at which enough has been taken ; though few are so firm as to resist the tickling of the palate a little longer. It is not only during the period of a meal, that the stomach is for this object abused ; but it is the frequency of such meals that increases the bane. Many a man will, at nine in the morning, eat a hearty breakfast of hot tea, and a plentiful supply of rolls, or new bread half-drowned in butter ; at twelve, swallow a mutton-chop and its usual appendages ; at three or four, sit formally down to a dinner composed of all kinds of messes, both solid and fluid, and all at once rise up indignant and astounded, that he is troubled with stomach-pains, and head-aches, and flatulency, and eructations, and all the usual concomitants of a fit of indigestion ! And it is in this state that he flies for succour to medicine, in one or other of its most popular forms.

It must be clear that where the stomach is incapable of digesting food of the easiest solution, in cases of ordinary health, it cannot be much improved by the action of medicines, which are at all times revolting. The original cause of the disease once removed, unassisted Nature is the best physician in almost all cases. The presence of innutritious, and consequently offensive substances, can only serve to irritate anew an already irritated organ. Costiveness, for instance, is one of the commonest symptoms of dyspepsia; and the patient, mistaking the *symptom* for a complaint, too frequently has recourse to violent purgatives to relieve it. The medicine thus presented to parts already in a state of high morbid sensibility, actually aggravates instead of ameliorating the symptom; and although so far it fulfils its designed purpose, the irritability is increased, the complaint assumes a severer character, and the symptom becomes ultimately aggravated by the very means employed to remove it. It requires little reflection previously to arrive at this simple fact, that where costiveness prevails, the best mode of preventing its recurrence is to abate the cause which most produced it. The less we eat, the less costive we shall be; and if, instead of eating freely and fully, we were to *abstain*, and reduce the quantity which a depraved appetite would seduce one to take, there would necessarily be a corresponding diminution in the symptom.

The first step, then, is to commence with a gradual

but rapid discontinuance of the substances which have acted as the cause of dyspepsia, and secondly, the adoption of proper diet, to give to the stomach of the dyspeptic the greatest amount of actual nutriment at the least possible effort to the depraved powers of digestion.

It would appear that food is nutritious in proportion to the quantity of farinaceous particles it contains, and that the disordered stomach is benefited in proportion as its efforts in extracting those particles are economised. Whatever substances most contain the essential aliment in its simplest form, ought, therefore, to be employed, uncombined with the innutritious or rejectable portion, such as tapioca, meal, sago, and rice; because, as these articles contain, in the greatest degree, the elementary or farinaceous properties uncombined with unassimilable matter, the body is repaired and vitality supported at the least expense to the powers of the stomach. Those solids which contain a great preponderance of innutritious particles are deleterious, from the circumstance of their exciting the stomach to unprofitable action, during the length of time it is necessary to remain within it before their few portions of nutriment can be extracted; and the injury thus done is often aggravated by the powerful stimulants sometimes resorted to for the purpose of goading the stomach to farther exertions most exhausting to its powers, for disposing of the pernicious mass; in health or in disease, it is sure to suffer from such exhibitions; for reaction will speedily take place,

and torpor succeed to the forced activity to which it has been excited.

Experience has fully proved that in disorders of the stomach, which can be traced to abuse of diet, the object of first importance is to have recourse to food in its *simplest* possible form, and in the most moderate possible quantity.*

Excess has the effect of promoting nutrition to a degree which the constitution is unable to sustain, till, like the frog in the fable, it perishes under its own accumulated magnitude. Abstinence prevents this unhealthy overgrowth; and whilst it disperses disease, lessens the acuteness of the distress which its presence produces.

The dyspeptic, therefore, must not only have abandoned the article, to the use or abuse of which his malady is ascribable, but must content himself with forswearing every thing which may tend to harass the stomach by inducing exertions it is unfitted to perform.

* A most erroneous notion prevails, that evil will ensue, unless the stomach be kept in constant employment; so contrary is this to truth, that over-exertion is the cause of half its diseases; indeed common sense would point to the necessity of enjoining abstinence, when disease has originated in the indulgence of wrong or immoderate diet. To such an extent of benefit has abstinence been considered to lead, that *starvation* itself has become a remedy that gains in popularity every day among practitioners; it necessarily reduces the bulk of solids and fluids; averts many maladies to which the body is disposed; excites the activity of the absorbent vessels; and is efficacious as a chief means of cure, in cancer, dropsy, and other important diseases.

He must abstain from meats and stimulating drinks. Let him rise moderately early from his bed, and betake himself to some slight labour (without fatigue) for an hour before his breakfast. Let his breakfast be as simple as possible, a little chocolate, or cocoa, or weak tea (as may best agree with him), not by many degrees *hot*, and a slice of bread without butter. Many persons are apt to indulge in an actual *wash* of hot tea and well plastered rolls, or new bread, than which nothing can be more unwholesome; for it is preposterous to suppose that the stomach, empty from, and inert during, the interval of rest, can be prepared for a deluge of fluid, and a mass of half-baked dough, containing about as much nourishment as buttered sponge itself. About three hours after this frugal breakfast, he may take another slice of toasted bread, and, if he have a sense of thirst, a wine-glassful of good sherry wine, mixed with a half-pint, nearly, of spring-water. Within four hours after this lunch, which will bring him down, perhaps, to half-past two or three in the afternoon, he may prepare for his dinner of half a pint of tapioca, or sago, or arrow-root, or water-gruel, whichever variety he may be disposed to select. I would recommend him to take one or other of these articles again at six o'clock, and again at nine o'clock, and then retire to bed by half-past ten.

When the stomach has been brought into a state of disease by long-continued mismanagement, it can hardly be imagined that it will recover its health directly as the

abuse is discontinued. In severe cases of indigestion, this simple plan must, therefore, be followed for some time, notwithstanding the impatience of the dyspeptic. In milder cases, the stomach will sooner recover its energies, and may then be brought into a condition to resume its healthy function, repaired by rest and unviolated by pernicious food. The patient must carefully watch every symptom that occurs; and if he find that as his health improves, the biscuit and the glass of wine and water with which he now ventures to vary this sorry diet, induces a recurrence of any of the sensations of his malady, he must warily abandon the offending aliment, and wait for a happier season. If, however, a healthy appetite appears to exhibit itself, and a craving for animal food comes upon him, let him taste by degrees, still watching every indication which the digestive organs offer.

His object is to proceed upwards in the scale of diet, of which the foregoing may be considered as forming the lowermost point, by careful and cautious degrees. When the irritability of the stomach begins to be allayed by an adherence to this plan, then he may venture to make trial of food of a more substantial kind.

But should this be followed by a sense of any one of the old symptoms he has begun too soon, and must, for the present, desist. If, on the contrary, they do not appear, and he feels nothing of the fulness, heaviness, gnawing, or any of the usual indications, but

rather a cheerfulness of mind and lightness of body, then he has advanced one step farther, and may safely pursue the new plan till the stomach perceives either the recurrence of the old sensations, or becomes strong enough for more vigorous exercise still.

The stomach must never be allowed to be either too full or too empty. Repletion would be as bad as vacuity. If a sense of emptiness be perceived, a biscuit and a glass of port wine, or good madeira, diluted with three or four times its quantity of water may be safely taken for relief.

My own views of this description of gradatory treatment are particularly detailed in page 56, *et seq.* to which I refer.

This preliminary treatment cannot fail to do good; for while it is fully sufficient for supporting life, it allows the stomach, recovering from a state of disease, to resume its destined offices. Its approach to this condition will be evidenced by the steady pulse, the tongue no longer coated with the *fur* by which it is used to be covered; by a comparative serenity and cheerfulness of mind; a relief from the heaviness and fulness of body from *flatulency*, that used to predominate; and a vivid *feeling* of the approaching return of health.

MEDICAL TREATMENT OF INDIGESTION, ETC.

IT will be naturally inferred, that the very pith and marrow of all I have to advance on the subject of indigestion, will appear under the head of "treatment;" and that *there* I shall declare to the world, with a flourish of trumpets, some startling plan, some universal and omnipotent ONE formula, by which the labouring invalid is to be altogether, and in no time, cured—some medicinal *hey-presto,—gone!* and he becomes straightway a new man, with bright and dancing prospects of a long, unbroken spring-time of harmless gorge and gluttony, bursting on his gastromantic vision! If, however, he *has* read what precedes this division of the subject, he will have the chance of being less disappointed than if, in anticipating shrewdness, he turns directly to this page in the expectation of pouncing upon my necromantic skill, and finding the magic bolus, pill, or mixture, by whose solitary means he is to be "made whole." If he *has not*, I meet him at once by the announcement that none such exist, nor ever can; and I desire earnestly to impress this disclaimer upon him, and to reiterate it to

those who, as readers, so eminently deserve the appellation of *patient*.

Before I proceed on the subject of medicinal treatment, it will be again necessary to premise that it is not for persons labouring under confirmed, long-continued, and severe conditions of this formidable complaint, that I profess to write or recommend. A dozen such volumes as these were insufficient to detail the symptoms of certain stages of indigestion ; and the particular but various methods to be adopted throughout its symptomatic changes and diversities. The stomach may be organically diseased ; it may be inflamed, it may be tuberculated, it may be malformed, its coats may be thickening, its surface may be impaired, its secretions may be defective ; disorder may have been set up in one or other of its two orifices ; the secondary pouch (the duodenum) may be affected, or the liver, or the gall bladder, or the intestines ; the dyspeptic is sensible of nothing but *pain*, the very seat of which even he is sometimes at a loss accurately to describe ; and as, consequently, he cannot know what is going forward, what is deranged, what disorganized, in short, any thing at all about it, with what temerity, then, will he dare the chances of physic misapplied ? Surely, in such a fearful plight as this, he would wisely consult his own medical adviser, who, most likely, is deeper in such occult matters than himself. Surely he would not venture to tamper with his complaint by self-quackery. A man may have all the drugs in the Phar-

macopœa at his fingers' ends, their doses and properties, and yet be a blockhead ; it is the judicious application of them which constitutes true skill. Eloquence has been quaintly defined to be the aptest words in the aptest places ; and so a skilful Physician is he who administers the aptest medicines in the aptest circumstances. As the patient loves his life, then, let him take counsel with the learned, and fly for sure succour to him who is lucky enough to have won his confidence, and who is clever enough to secure his faith. In such advanced stages of the complaint, personal inquiry and investigation, the most minute and rigid, will alone enable even the most expert practitioner to discover with certainty the precise nature of the attack, and the most judicious mode of treatment.

I have elsewhere remarked upon the imprudence of having recourse to medicine in certain stages of dyspepsia ; and before I recommend its adoption, it may be necessary, in order to remove any apparent confusion arising from advocating its utility in one page, and deprecating its employment in another, to point out wherein it is efficacious and wherein it is pernicious.

There are sundry organs, or glandular structures in the body, called, from their peculiar functions, *secretory* : those functions are to convert the blood supplied to them into peculiar juices or fluids,—such as the bile, the saliva, the gastric, the pancreatic, &c. These exercise a powerful domination over health, and the imperfect

formation of them, in either quantity or quality, tends materially to affect it perniciously in proportion to the extent of derangement in the impaired organs. It is only where these important bodies are vitiated, that medicine will be found to be of service, by restoring them to their proper offices. Here, then, medicine may safely be recommended.

If, however, the digestive apparatus be in a state of high irritability, consequent upon confirmed and long-continued dyspepsia, the presence of medicine may so materially increase it, that the results might be fearfully injurious to the patient: and here, of course, medicine must be carefully avoided.

But there are several states and conditions of the digestive apparatus of a certain specific character, which are temporarily relieved by specific remedies. Thus heartburn or acidity, headache, spasms, eructation, sickness, abdominal pains, &c. may severally be the predominant symptom of the hour; and these may be alleviated by certain medicines, which undeniably possess a specific remedial effect upon them.

As great relief may be obtained by a knowledge of this kind, I subjoin at the end of the volume, an Appendix of prescriptions carefully selected. And as a further guide for their practical exhibition, and for the illustration of the principles diffused throughout these pages, I have prefixed a series of Clinical Reports of highly interesting cases, wherein they have severally been put in requisition.

**CLINICAL REMARKS ON THE VARIOUS
STATES OF THE STOMACH,
IN INDIGESTION.**

THE stomach is the most important of all the organs of the body—on its function depends all animal organization. Its connection with every structure by nervous communication, explains its sympathy with almost every disease, and also the danger of the whole economy, when the stomach is the seat of disease itself. In the chapter on the process of Indigestion, I have stated that the stomach may become organically or sympathetically disordered, that the liver and intestines may separately or conjointly be affected also. First, with regard to affections of the stomach:—

Pathologists maintain, that the most frequent derangement of that organ occurs in its secreting powers, arising from abuse, accident, or sympathy, which cannot long continue without setting up irritability or inflammation. The causes, the consequences, and the treatment of the former state constitute the principal topic throughout the past pages. Inflammation, although of rarer occurrence, yet when it does occur, which sooner or later it generally does in chronic dyspepsia, is of that

importance, that my little manual would be incomplete were its consideration omitted.

Inflammation of the stomach is divided into severe and chronic. Severe gastritis is indicated by intense thirst, constant sickness, great pain, extreme weakness and fever. There is much tenderness on pressure. The symptoms advance rapidly unless actively treated, and become greatly aggravated. After a time, all pain ceases, the body swells, the feet get cold—there is hiccup, convulsions and death. Such cases are happily very unfrequent in these days where medical relief is so abundant and near at hand ; and as no one would be so neglectful as to omit sending for it, the detail of treatment is unnecessary. Copious bleedings, leeches, and blisters, are the preliminary means of cure ; but it must be entrusted to professional management.

Chronic Gastritis.—Dyspepsia implies simply functional disorder*. Gastritis is generally the sequence of dyspepsia and is more than a functional disturbance ; it indicates organic lesion, a change of condition. It is important to distinguish the one from the other, for the treatment should be decidedly different. I have met with many cases of chronic gastritis mistaken for indigestion, and that have been treated in vain accordingly, but that have readily yielded to the application of leeches and

* By *functional disorder*, is meant, that condition of an organ, wherein its office is ill performed, although no alteration of structure be discoverable.

other counter-irritants. Chronic inflammation of the stomach may exist for a great length of time without much injury to the general health, its approach being so gradual. There is usually pain after eating and during digestion; vomiting is the next symptom; and the patient is seldom easy until all the food is returned. Sickness, independently of occurring after meals, often takes place when the stomach is supposed to be empty. The matter thrown up is occasionally like water, at other times acid and heating; dark-coloured mucus, or even blood may be discharged. As the complaint progresses, there is loss of appetite, or, in some instances, a gnawing sensation for food, which, if partaken of, will give relief. The bowels are generally confined: the patient loses flesh, and the countenance assumes a sallow look, whilst the skin covering the cheek-bones is '*hide-bound*.' The tongue is not always a criterion to judge by, numerous cases occurring where it has been clean while the stomach was in a state of great suffering, and *vice versa*. Disorganization at last takes place, such as ulceration; the disease spreads, or the patient sinks from exhaustion. Dropsy is one of the terminations of long-standing gastritis.

In the treatment of gastritis, the first thing to be done, is to subdue the inflammation, without which, all the regimen and tonics in the world will not restore the functions of the stomach to a healthy state—that done, I need transcribe the chapter on the Dietetic Treatment of Dyspepsia, unless the reader will refer to it. The fol-

lowing case is an apt illustration :—A lady had been long suffering under what she considered indigestion ; she had for many months been in the habit of taking aperient medicine, ant-acids and tonics, and varying her nourishment in every way that fancy could devise. She had been told she was labouring under nervous debility, and that her stomach required strengthening. She came under the care of a professional gentleman at Islington and myself, and the treatment that was submitted to, consisted of the application of leeches in numbers of eight at a time, and repeated twice a week for a fortnight—the administration of mercurial alteratives in mild doses and a *restricted diet*—she was thereby speedily restored to perfect health. Now the symptoms of her disorder were very analogous to those attendant on dyspepsia ; and in her case, the most distinguishing mark of difference was in the disease not yielding to the treatment pursued in indigestion, which had been followed up so sedulously for a long time previously, having, as she said, tried every known method.

All cases of gastritis are not, however, to be submitted to the ordeal of dyspeptic treatment. First, in order to discover the real disease, the judgment of the patient, or practitioner, must be exercised by the *urgency* of the symptoms, their duration, the amount of pain upon pressure on the stomach, which is less able to be borne in gastritis than simple dyspepsia ; the extent of emaciation, a particular diagnostic of chronic inflammation, and the

general appearance. As a summary, the more the aspect, form, attitude, and gait, indicate feebleness and exhaustion, the more confirmatory it is that the complaint is gastritis. Numerous other cases might be detailed, but one fact establishes the argument and renders amplification unnecessary.

PAIN IN THE STOMACH, TECHNICALLY CALLED
'*Gastrodynia*.'

PAIN in the stomach does not necessarily imply inflammation of that viscus, it is a symptom of many diseases. In the instance under review, the pain is regarded as a symptom of dyspepsia and is mostly prevalent in irritable stomachs. It is so absorbing and overpowering, that by many it is looked upon as a specific and individual disease. It is characterized by a sensation of the stomach being contracted into a round ball—the pain extends through to the blade-bones and impedes the breathing; the pain is irregular in its visits, severity and duration—there is generally flatulency present:—this form of disease may be considered the intermediate stage of dyspepsia and gastritis; and as it nears the latter, the symptoms are more severe.

There is, in this complaint, or symptom, if it is to be so held, of dyspepsia, an increased secretion of the mucous membrane of the stomach, in which some special irritation of the membrane is believed to exist. The

mucus is of a different character to that usually formed in the stomach, being thick and flaky instead of thin and pellucid. This disease attacks both rich and poor, and proceeds as much from a spare as abundant diet : now there are certain medicines that exercise a powerful sway over affections of this kind, and they are the *Creosote* and the *Hydrocyanic acid*. I cannot forbear detailing a case wherein medical treatment had been ineffectually continued for many months ; and where a few doses of the *Creosote* wrought an apparently miraculous cure. A gentleman accustomed for a long time to spasmodic pains in the stomach, complained that of late they had extended through to his back between his shoulders : relief could only be obtained by taking hot brandy and water. This may be viewed as a distinguishing mark of the disease being nervous and not inflammatory ; for in the latter, hot liquids invariably aggravate the symptoms. This gentleman's pain was sometimes allayed by pressure : he had tried purgatives ; had been cupped, leeches and blistered ; and all without any permanent benefit. He took the *Creosote* according to the formula in the Appendix, and at the expiration of a fortnight he became entirely well. During the time of his taking the medicine, he pursued the middle diet, and availed himself at each visit to me of a hot bath, a luxury that he declared he rejoiced in his malady for, inasmuch as it had introduced him to an enjoyment he knew before but by name.

I have seen much benefit derived from the exhibition of the Hydrocyanic—or prussic acid, as it is better known by—in cases of irritable stomach. A lady who had for many years been troubled with a burning pain at the pit of her stomach, and frequently nausea with feverish and restless nights, was speedily cured by taking the hydrocyanic acid in minute and increasing doses. It is a valuable remedy, but requires caution in its administration. (See Appendix.) In cases of nausea without pain, the hydrocyanic acid and creosote are valuable antidotes—they may be taken separately or combined.

FLATULENCE.

THE most prevailing symptom of dyspepsia is flatulence, and sometimes it is the only one—it may be regarded as evidence of a weak stomach, from being unable to dispose of the food without permitting it to run previously into acetous fermentation. A certain quantity of gas is necessary to the functions of digestion, as it excites the action of the stomach. I know a gentleman who is much annoyed with eructation after meals, which, if from any cause, becomes suppressed, from the food possibly being less difficult of digestion than usual; he is sure to be troubled with other more vexing morbid sensations, such

as head-ache or giddiness, that remain until gas is either formed or liberated. Independently of the flatulency compelling him to leave the room after dinner for a while, it gives no pain, but relieves the distension felt always more or less after eating. In some persons it appears *indigenous*, and resists all remedies.

Many persons have it, especially elderly persons, or dyspeptics of long standing, to a distressing degree, in which not only gas is eructated, but portions of food or the fluids of the stomach will ascend. The stomach is not only weak but irritable in these cases, and if the symptom be not removed others will follow. The eructations mostly indicate an excess of acidity in the stomach. Intemperate feeders, persons suffering under gout and piles—those who *bolt* or *do not* or *cannot* sufficiently masticate their food—who lead sedentary lives—great tea-drinkers—nervous and *hipped* people in general are sad complainers of flatulence. Particular diet greatly induces ‘wind in the stomach.’ A patient of mine who led an active and anxious life and needed stimuli, and who generally took his pint of wine daily, was much troubled this way. I advised him to abandon wine and take to brandy and water hot, without or with very little sugar; he did so, and became entirely relieved.

Inveterate dyspeptics must, if they desire relief, modify their diet as advised in the past pages on Dietetics, and should subsist on low or middle diet, until the stomach shall have regained its tone. Temporary attacks of flatu-

lence arising from a full meal, will oftentimes give way to a glass of cold spring water, or even by suffering a lump of ice to dissolve in the mouth or stomach. An excellent plan is to masticate a piece of ginger, and to swallow it speedily. I have a patient, who, some two or three hours after a meal, generally dinner, and sometimes tea, will feel a sense of oppression, and a variety of morbid threatening sensations, many of them mental, seemingly announcing evil, that would possibly deprive him of self-control, except he should be relieved by a disengagement of the flatus in his stomach. The ginger to him, he considers a life-preserver; he takes it in large quantities, and the symptom has considerably abated. He tried previously brandy, and other stimuli, which, although they afforded temporary ease, left him languid and heavy afterwards.

In early dyspepsia, a dose of 'Gregory's powder,' well known at the chemists, half a drachm of magnesia, or a scruple of the carbonate of ammonia, will give relief. Many persons will be seized with spasms, or beating of the heart in the night, after a late and rich dinner, which subside only as the stomach is unloaded of the collected gas. Nothing is so effectual as a glass of *cold* water. The flatus will roar off the stomach, and the patient, after wiping his hands and face with a wet towel, will soon fall asleep, and possibly repose uninterruptedly till morning.

Much attention should be paid to *chewing* the food

properly, or to the selection of that kind which needs it less, and the stomach should never be overloaded. Too many slops are hurtful—tea is an abomination—much bread induces flatulence, and so do green vegetables—also pies and puddings, and sweet wines and liqueurs in particular; attention should be paid to the bowels; they should be kept regular—exercise should be attended to—riding on horseback is useful. Subjoined are a few prescriptions for carminatives and anti-spasmodics.

An excellent Antacid and Carminative Mixture.

Take of prepared chalk.....	60 grains.
Peppermint-water	5½ oz.
Spirit of cinnamon.....	½ oz.
Laudanum	30 drops.

Mix. Take three table-spoonfuls twice a day.

Antispasmodic Mixture for Stomachic Pains.

Take of peppermint-water.....	5 oz.
Ammoniated tincture of valerian	2 drachms.
Sulphuric æther.....	3 drachms.
Paregoric	½ oz.

Mix. Dose—two table-spoonfuls occasionally.

To allay an Irritable Stomach.

Take of prussic acid.....	8 drops.
Camphor Julep.....	6 oz.

Mix. Dose—one or two table-spoonfuls twice or thrice daily.

HEADACHE.

PAIN in the head may arise from local disease, or from sympathy with some morbid affections of other organs. Headaches depending upon local causes, may be divided into those affecting the scalp, the muscles, the membranes of the brain, the vessels, or the nervous mass itself; whilst those termed 'sympathetic' may trace their origin to stomachic, intestinal, or other organic derangement. The 'muscular and membranous' headaches assume a rheumatic form, and are the consequence of cold. They are marked by external tenderness and deep-seated pain; and are frequently accompanied by ear, face, and toothache. The treatment consists in taking a brisk purgative, the employment of the vapor-bath, abstemious diet, and quietude of mind and body;—a pursuance of this plan seldom fails to remove this form of head-disturbance in a very short time. The *congestive* or *vascular headache* is incident to persons of a plethoric habit, free livers, and intemperate drinkers; nor are the delicate, weak and irritable, exempt. Hence, in addition to men being the subject, females, on the latter score, are liable to what is better known as, 'the blood being driven

to the head.' The pain affects the whole or part of the head, the forehead and hind part in particular. It is very intense and lasting; and is relievable only by active treatment. Leeches, cupping, blisters, moderate diet; cold affusion, local and general.

The diseases incident to the brain itself are too numerous to particularize; the principal are tumours and inflammation. The symptoms are of that urgent nature, that any notice, beyond the means of distinguishing organic disturbance from sympathetic, or the lighter kinds of affection, would be foreign to the intention of these pages, the object of which is only to point out 'popular remedies' for 'popular complaints.' The pain in 'organic headache' is more fixed, deeper-seated and constant than in other headaches; it is increased by stimulants, by exertion, by stooping, by warmth; it leads, if neglected, to paralysis, apoplexy, epilepsy, and other distressing conditions; and it needs all the attention and vigilance of the professional man to avert the last-named consequences.

The most frequent of all kinds of headache is that induced by dyspepsia. The reader, if he should have perused the chapter on Temperaments, will perceive how greatly disease is modified by the constitution; and hence be prepared to account for the diversity of the pain, its continuance, the form and consequences of a dyspeptic headache. The slightest error in diet or long fasting will produce it. In particular instances, a pain will spring up in the left temple and occupy the corresponding

ball of the eye. In others, it will encompass the whole forehead or entire head. It will sometimes be attended with nausea and vomiting and an escape of acrid bile. Females are particularly subject to 'sick headache.' It usually lasts for several hours, occasionally the whole day, and oftentimes for many days together. Another form of headache, not inaptly termed the nervous headache, attacks both sexes on any mental excitement or solicitude; from the anxieties of business—from sedentary occupation; but the disordered state of the stomach is generally the predisposer, although not apparently evidenced in itself. The treatment must depend upon circumstances; and which is perhaps best illustrated in the few following cases.

A young lady, 19 years of age, of the sanguine temperament, would be seized, generally on rising in the morning, with a most intense and deadening headache, accompanied with feelings of nausea. Vomiting, where it could be excited, generally afforded relief. This attack assumed a periodical form, and assailed her at brief intervals throughout the year, and imparted to the eyes and countenance a heavy lethargic look, although the young lady was of a vivacious disposition. Constipation of the bowels and acidity of the stomach were two annoyances that indicated the nature of her complaint.

Mild stomachic alkaline medicines (see formulæ) were taken—the warm pediluvium used at night; and the tepid,

and, lastly, the cold shower-bath in the morning. In the course of a few weeks a cure was effected. Many such cases daily present themselves for advice, and similar treatment is mostly successful. The diurnal management of the bowels is of the utmost importance (see article Constipation). The practice of continually taking purgative medicines is highly injurious — they, it is true, effect their purpose; but, by increasing the peristaltic action of the intestines, they deprive the system of much nourishment that would otherwise be received by absorption; and consequently such patients soon become very thin. Pungent odours (Appendix) are very useful in allaying nervous headache. Cold applied locally to the head—shaving the head in inveterate cases—may be resorted to with every prospect of success. In cases of severity, leeches may be applied on the shorn scalp in numbers of ten or twelve at a time.

Many diseases put on the form of great excitement, although they depend entirely upon debility. So do intense headaches, observable frequently with females. During the time of the attack, the face will be flushed, the pulse full and frequent, and the surface of the body hot and feverish. In its absence, the face will be pale and the skin cool; and the patient will indicate by her general appearance the real state of the health. Such instances are relievable by tonics,—iron or quinine,—as the temperament may indicate. The hydriodate of potass,

in certain instances, may be given in combination. The preceding treatment was successful to a young lady who had long suffered under pain in the temples. Her general health was feeble; but it considerably improved under the plan pursued.

In an hysterical lady who suffered acute and intense pain in the temples, which resisted leeches and blisters, instantaneous and permanent relief was afforded by applying aconitine endermically. It is used by rubbing one drachm of cerate containing one grain of the aconitine over the affected part, until the whole be absorbed or rubbed in. The same remedy has been repeatedly successful in other neuralgic cases, *tic douloureux*, &c.

SLEEPLESS AND RESTLESS NIGHTS.

IN illness, few experience uninterrupted sleep. With many, it is the only symptom of disease; but it is a most distressing and a most important one. Sound sleep supposes mind and body to be at rest; but sleep may exist, and both mind and body be busied as in open day; for instance, in somnambulism. Sleep, to be sound and refreshing, should arise from weariness, and should take place at the natural period; to insure which, persons

in good health ought not to lounge within doors from morning till eventide, or otherwise remain inactive, but occupy themselves in some pursuit, at least a portion of their time, in the free air — should eat and drink sparingly, select a cool quiet chamber, seclude themselves from light, and recline on a neither soft nor hard but firm bed. Age, habit and constitution, materially regulate the amount of sleep necessary to preserve health and refresh the body. In infancy, three-fourths of our existence is passed in sleep. In childhood, one-half; in youth, one-third; and the adult requires from six to ten hours out of the twenty-four. On the decline of life, more rest is necessary. Wakefulness may indicate a slight or serious disturbance of the economy: it is well known to be observable in fever, brain diseases, and inflammatory affections; but in these latter, the cause is at once evidenced. It is, however, that kind of restlessness which arises from dyspepsia, — or that which is sympathetic with some stomachic irritation, nervousness, or chronically disturbed or declining state of health, that scarcely manifest themselves except by this very symptom, — that I purpose to draw the attention of the reader to, in which disturbed sleep is the leading feature. There are many persons who, after eating a hearty supper or eating none, will pass a wretched night; and on the other hand, a dyspeptic patient accustomed to disturbed sleep, who may have been living by rule, being induced for once to partake plen-

tifully of refreshment before going to bed, will, on that occasion, sleep as soundly as desirable; but a repetition of the experiment will probably produce a very different result; such is the discord of effects produced, when once the nervous harmony is infringed. A patient of mine, some time since, who, from getting into habits of irregularity, became subject to dyspepsia, among other consequences could not sleep at nights. He would, after dinner, feel drowsy and very inclined to dose; and not being annoyed with any other care than that of a weak stomach, he saw no reason why he should not gratify his inclination. He would throw himself on the sofa, and soon drop into a lethargic stupor. In this state he would remain till eight or nine o'clock in the evening, when he would awake feverish, with a dry tongue, a universal feeling of weariness and tenderness in all his limbs, a fullness of the head, and a stronger feeling than before to sleep. Sometimes he would proceed at once to bed, when, by the time he got to his room, he would thoroughly awake: notwithstanding which, disliking to appear so ridiculous as to return below, he would get into bed and remain awake for hours. At other times, he would wait till midnight, resisting all the while his somniferous propensity; when, after lying upon his pillow and dropping asleep, he would be within an hour aroused by a violent palpitation of his heart, and a sense of miserable giddiness, both preceded by some horrible dreams,

He would have to encounter a repetition of such disturbances until three or four in the morning, when he at last would sink into a heavy torpid state, and be obliged to lie in bed till nine or ten. He then generally rose with headache, and wearisomeness. Sound sleep was only insured this individual, by a removal of his indigestion; which altered habits, and appropriate medical attention, were not long in effecting. Many persons, anticipatory of a restless night, experience, on retiring to bed, a burning sensation of the hands and feet, a restless inability to lie still, the weight of the clothes even being unbearable; and after floundering about, changing the position of the body from right to left for several hours, at last obtain only brief snatches of rest, that seldom refresh the body, but always make morning a blessing. Such persons are usually obliged to micturate freely during the night; and the urine is generally copious and pale-coloured—in this way, irritability of the bladder is often induced. All this may be regarded as symptomatic of Dyspepsia, or gastric irritation, and may be the forerunner of cold or fever.

○ The most frequent cause of wakefulness is certainly indigestion; and where rest depends upon its removal, it is necessary to particularise the possible origin, to suggest appropriate remedies. Dyspeptics should, in the first place, watch the effects of their several articles of diet; and by selecting those least obnoxious to the capability of the stomach, a passable night's rest may be secured. Copious

draughts of tea, green in particular, malt liquor, wine, spirits, or meat at supper (even bread and cheese) are, with many, great anti-soporifics; whilst gruel or some warm farinaceous fluid, arrow-root, or such like, act most beneficially. The regulation of the diet is one very important means of obtaining a good night's rest. Wakefulness is a sure sign of disordered health, and is a symptom that should not be neglected. Cold feet are the precursors to restlessness, and are a source of almost universal complaint, with females in particular. The warm pediluvium before going to bed, and wrapping the feet up afterwards in flannel, or wearing merino or angola socks, is a useful preventive, and should in no instance be omitted. No kind of restlessness is more tiresome than a night passed in dreams. Even those enviable double-existenced creatures, who go to sleep but to enter a new and brighter world—to meet fays and fairies, to hold imaginative intercourse with them, and become one of their commonalty—awake but to disappointment; whilst to those whose fate dooms them to meet the horrors of encountering demons, of being chained in caverns, shipwrecked, of being gored to death by horned beasts, or devoured by cannibals, the happiness of relief yielded by returning sensibility (a cognizance of self) is but a sorry compensation for the wearisomeness left behind. There are many individuals whose pursuits involve perpetual anxiety and care, whose vast speculations, or whose fortunes hinge on a fair wind, or whose domestic life is harrassed by sickness and loss of

family, or other discomfords, that know sleep only by witnessing it in others : but to minister to a mind diseased, is a task, however philanthropic the undertaking, of great difficulty. The body exercises great influence, and the power of medicine in such cases is not obsolete ; relief here is only to be obtained by a complete alteration of the system, to be effected by regimen and therapeutic means. I had a patient of the melancholic class, who on pillowing his head, with the intention of burying the busy thoughts of the day, would, despite all attempts at forgetfulness, be obliged to lie for hours in a state of not unpleasant but fatiguing tranquillity. Occasionally the wakefulness would be postponed till after the first nap, when he would have no alternative but patiently, for hours, to await returning sleep. Head-ache, and feverish sensations attended his rising. I have known many patients whose greatest effort was to get to sleep. Thoughts of the past, visions of deceased friends, reflection on the least commendable acts of life, would interpose themselves between lying down in bed, and dropping asleep.

Where such cases are submitted to professional consideration, the state of health must be inquired into, and the treatment directed to the discovered cause ; but where restlessness proceeds from an universal or intemperate meal, from flatulence or heart-burn, or any other dyspeptic symptom, the appendix may be referred to. As a practical summary of Hygeianic measures, the following

hints are suggested. Where there is an unnatural or feverish heat of skin, the use of the pediluvium or foot-bath at a temperature of 100° for ten minutes, immersing at the same time the hands, will remove the symptom, and probably (if so, so much the better) produce a moisture of the entire surface of the body, a disposition to perspire, and thereby secure repose. The use of the tepid shower-bath is a valuable prophylactic. Flatulence or acidity of the stomach may be relieved by a glass of soda-water, cold water, hot water, a dose of magnesia ($\frac{1}{2}$ drachm), or ten grains of carbonate of ammonia. Sleeplessness, accompanied by a hot skin, may be removed by the invalid getting out of bed, and washing the hands and face in cold water, in swallowing a glassful of cold water, in exposing himself to Dr. Franklin's air-bath, throwing off all his garments, and fanning himself by opening and closing the door; and where 'the fidgets' prevail, making strong effort to change the current of thought. Some persons derive comfort from burning a bed-lamp, and having a book in readiness, which they can refer to, and thereby divert the recent train of thinking. If all these means fail, the best plan is decidedly to get up and dress, and engage in one's ordinary pursuit, rather than resort to sedatives, which but add to the disturbance in the brain, or digestive apparatus (see appendix). Invalids who do not sleep well, should take an hour's stroll, if the weather be fine, or promenade the room for the same time before going to bed. A warm bath at night-time is an enemy

to restlessness. The construction of the bed requires attention. It is the practice with many (and a very good one it is) to lie on an elastic mattress which is laid over a soft feather bed. The head and shoulders should be elevated—the clothing should not be too heavy—calico sheets are preferable to linen for invalids; and if the patient be of feeble and cold habit, he had better ‘turn in’ between the blankets (the newer the better; blankets that have been frequently washed, being impervious, and thereby opposed to the escape of the insensible perspiration); by which means, the cold shock experienced on entering the sheets, and which the delicate cannot always command a re-action from, is avoided. Wealthy invalids should have two beds in their room, and remove during the night from one to the other: the change will be found refreshing and productive of sleep. Musical persons have been lured to sleep by the tinklings of a musical clock or box, when other means have failed. Animal magnetism has been extolled. A very harmless, and occasionally very effectual method, is being read to sleep—selecting history, poesy, or fiction, according to the choice of the patient.* A kind and well-tempered attendant is indispensable.

* A curious device was successfully adopted by a patient of mine, who, on having a restless fit, would undertake to count one thousand. The worst attack he recollected, gave way before he arrived at nine hundred. Matthews, of mimic celebrity, tells a similar tale.

MENTAL DELUSION—MORBID SENSATIONS.

ALL mental delusions and morbid sensations are attributable to the functions of the brain and external senses being disturbed, which may happen to be the case with one or the other or both together, and may arise from local or sympathetic causes. For instance, the external senses may be in health, and the brain may be disordered, in consequence of which, although the impressions may be conveyed aright to the brain, the brain through disease, is incapable of drawing a right inference; but where the sensual organs are impaired, and the brain is sound, the most conflicting scenes ensue, as the brain can only reason on materials furnished previous to the delusion of the senses; and when objects and incidents are falsely pictured on the Sensorium, the brain is not long in accommodating itself to this new order of things, and hence the illusions of the Hypochondriac and the insane.

According to the derangement existing in the economy of the nervous mass, so are the delusions modified; and having stated that these derangements spring from a local or sympathetic origin, the treatment materially rests

upon an exact knowledge of the real cause. I have elsewhere alluded to the sympathy induced in the brain from disturbance in the several viscera of the body, the amount and effect of which also hinge upon the temperament or constitution, and also the degree of disturbance that prevails. With this brief explanation of a received view* of the cause of mental and other delusions, I will proceed to illustrate the truth of this position, by the narration of some cases; and in further attestation, detail the treatment and the result. Sensations are internal as well as external. Pains in the stomach and intestines, arising from indigested food, flatulence, and constipation, give rise to many sensations. Pain, it must be recollected, indicates derangement of function or structural change; and hence the nervous extremity is endowed with a new faculty; the pain is conveyed to the brain, which being diseased, is unable to reason upon the intelligence thus forwarded. The ensuing remarks afford an instance.

Patients have entertained the idea that frogs kept their holiday within their abdomen, that wolves howled, and nestled in their stomachs—a case is related of a patient in the Salpêtrière, who having been a porteress at the nunnery of Notre-Dame, conceived in her devotional moments, that she contained within her abdomen, all the personages of the New Testament, and sometimes those of the Old; and when suffering from any abdominal pain, she would exclaim, “I can bear it no longer! When will

* Esquirol.

there be peace in the church?" At other times, she would say, they were enacting the crucifixion of our saviour, and that she heard the blows of the hammer, as they were driving in the nails. Upon inspection after death, the intestines were found united by chronic inflammation.*

A gentleman consulted me in the course of last year for nervous delusion, and despondency. He was the principal of an extensive mercantile firm, came into town early in the morning, and remained till five or six, when he drove home to dinner. He would eat very heartily, take his bottle or more of wine, lounge or sleep during the evening, and towards night would be seized with eructations, flatulency, and a sense of distension that convinced him that his stomach became rolled up as it were into a ball, owing to a spasmodic closure of the intestinal end, and also the entrance. Many other morbid feelings assailed him; he complained of being troubled with worms, although he never observed any come from him. He had pilled himself unmercifully, taking some fifty or one hundred at a time. The treatment was exceedingly simple, and successful. I persuaded him to take a less hearty breakfast, and to make his dinner-hour at two o'clock, instead of seven, taking about one-third of his accustomed allowance, limiting his repast to a single or couple of chops, and dispensing with at least half of his usual allowance of wine. I prescribed

* Esquirol.

some alterative medicine (see appendix), and in a fortnight he was considerably improved in health. The external senses are the seat of many morbid phenomena. The skin of nervous persons is frequently disturbed in its functions—it is often parched and dry, rough and heated, and its sensibility may be excited or deadened—patients have been known to experience delight in plunging their hands, and even bodies during the most inclement season in snow or iced water—others cannot endure the slightest contact—even the alighting of a fly will convey a sensation as though a blow were struck, and again there are others who are insensible to the impression of a burning coal. The illusions of Hypochondriacs extend to every region of the body, and give a colouring to sensations most opposed to the nature of the part.

Esquirol relates a case of a general officer, who imagined he had a thief in his knee, and when it pained him, he used to strike it with violence, and exclaim, “Wretch, thou shalt not escape!” Hysterical women fancy that the contraction of the throat is occasioned by some enemy, endeavouring to suffocate them.

Hæmorrhoids give rise to distressing illusions. An elderly nervous hypochondriac some time back, seriously assured me that he remembered swallowing some broken glass which he was certain was detained in the lower bowel, and occasioned the bleeding. I cured the hæmorrhoids, and the delusion left. Such is often the excitable state of animal sensibility, from sympathy with visceral

or other derangement, that numberless illusions arise from ordinary occurrences, and it is those disturbances of the external senses that fill the mind of the monomaniac with conceits the most absurd. I attended a young man who frequently laboured under dyspepsia; he was often seized with palpitation of the heart. On one occasion, he awoke out of a disturbed sleep, his heart was beating violently, the blood was pumped with great rapidity through the brain, and at each gush along the carotids, the pulsation was audible to himself; and he mistook the sound for a person coming up stairs. He listened attentively, the sound increased, the steps advanced—fearing it was some one coming to destroy him, he screamed out in a fright; when some members of his family, being thereby alarmed, came with a light to his assistance. They found him labouring under violent palpitation, his face bedewed with perspiration, and himself in a state of exhaustion. On thus having his reason roused, the delusion vanished, and he dropped asleep.

He submitted for a few weeks to a restricted diet, and appropriate medicines, and became quickly convalescent. A very remarkable case occurred in my practice in the summer of 1836; a gentleman about 30 years of age, of a sanguine and nervous temperament, complained of a want of confidence in his walk; the ground seemed to give way to him every time he advanced, and it conveyed an idea to him that he was always going on a descent. Whenever he sat down, the chair would appear to de-

scend perpendicularly, and when he leant back, the hind rails appeared to lower him down; and the most distressing sensation was when he lay down in bed; he experienced a feeling of continued sinking. His reason, which was correct, assured him it was a delusion, or he might have been induced to destroy himself, so embittering to his feelings was the constant sensation. Stimulants, such as fermented liquors afforded him temporary relief; the treatment consisted of alteratives and antispasmodics, (the valerian and quinine were among the most useful of the latter)—the cold shower bath, and counter-irritants, to the spine. He also, during the summer, went backwards and forwards daily to Gravesend. He now enjoys very good health, and the delusion has left him.

The sense of sight is more subject to illusion than any other sense. Remember, for instance, the delusion as to distance, in long and short sighted persons. Many individuals mistake colours. I heard of a military officer mistaking when ordering his regimentals, a grey for red. Objects again mislead people labouring under this visual infirmity. Esquirol relates instances of insane patients, imagining clouds to be balloons, armies and large animals.

Shadows produced by objects flitting betwixt the wall and any light, are misinterpreted by monomaniacs. Nervous people are very apt to lose all recognizance of their most intimate friends and relations; and hence the great

depression often manifested by such patients for the supposed loss of deceased friends. This phenomenon as frequently establishes an aversion to the attendants; the most sad of all illusions—not to be recognized by those we love.

The sense of taste and touch are occasionally perverted. An elderly lady, patient of mine some years back, in a fit of delirium, seized the burning coals from the fire, and put them into her mouth; she watched an opportunity when the attendant was examining a drawer, and committed the rash act. She survived this extravagant display, but shortly after died from absolute exhaustion, as she for several weeks partook of nourishment only by force.

Fortunately, nervous disorders, when unaccompanied by structural disease of any of the more important organs of life are rarely fatal, and what is more consoling, may be generally with a little management, if not cured, at least tired out. I know a respectable tradesman in Bond street, who, for years, was an unhappy nervous hypochondriac. He was a martyr to all the forms of dyspepsia, and he has told me that he often contemplated suicide. However, by a change in diet and habits, and a country residence, whither he could retire every evening after business, his maladies left him by degrees, and he is now a robust, hale-looking, and healthy person, and likely to live many years. Circumstances exercise great influence over nervous disorders, a country gentleman

who consulted me for a 'low nervous way, he had fallen into,' took it into his head, while under treatment, to make a voyage to the Mauritius. His intentions were no sooner conceived than put into execution. He went and returned home an altered and much healthier man. A story is related in one of the medical Journals of a young lady brought up in affluence, who became so nervous, that the opening or fanning of a door would throw her into hysterics. Her life was scarcely worth the endurance. In the midst of this painful state of existence, misfortunes overtook her family; and she, fortunately a young lady of good and liberal education, suddenly roused from her apparently nervous reverie, betook herself to active exertion. Her father dying, bankrupt and broken-hearted, the subsistence of her mother and sisters devolved on this young person. They opened a school, which the fair invalid conducted with such success, that they scarcely felt the want of their lost independence. Her nervousness soon and entirely left her. The narration, in continuation, states that fortune, vacillating jade as she is, repaid her a visit on the death of some near and rich relative, which restored her once more to her former society, of which she became the brightest ornament.

There are other nervous affections, which although they do not implicate such severe illusions as those just detailed, or give rise to such morbid sensations, yet harrass and distress the patient beyond almost all credence. Such cases are frequently precursors to the more formidable;

but not necessarily so :—they exist alone, and continue through life alone, and become part and parcel of ourselves, and lastly, perhaps, like an old friend, drop off, leave us behind, or obstinately accompany us to our grave. The consideration of such is reserved for the next chapter.

NERVOUSNESS—HYSTERICIS.

How often do we observe in individuals some sign of ill health, that is traceable back to our earliest acquaintance with them, and which in our own minds we consider, and accordingly designate as constitutional ; for instance one person will have an habitual cough ; another is, and has been for years past, asthmatic ; a third has been subject for the latter half of his life to the rheumatism ; the maiden aunt and her youthful niece affirm of each other, that they are not the only hysterical members of their family, while our next-door neighbour is the most nervous man we know. Nervousness (used *anglice*), is a very comprehensive and indefinable word, except by such general illustrations as the preceding. It is indiscriminately applied to almost every departure from sound health, that is not characterized by fever or inflammation, and admitting the several states of long existing morbid action to arise from physical and confirmed

causes, we set them down in our own minds as constitutional. I have considered the more lasting and important varieties of mental illusions, and morbid sensations, which I have described as owing to a perverted action of the senses, or reasoning powers, from an altered condition of the structures wherein perception or reflection abide. I will now attempt to describe a few of the varieties of nervousness, and to distinguish those to which the term is the most applicable. Mental illusions, except in cases of confirmed insanity, are seldom of long duration; they are usually brief and transient, a suicide contemplates self-destruction only in moments of a paroxysm, on the subsidence of which rationality returns, and the monomaniac also experiences his mental aberrations only at varied periods. Nervousness, although a disease, rarely productive of such serious results as madness is less easily thrown off, it hangs by many a man all his life, and hence the applicability of the cognomen, Constitutional. There is always present a predisposition or susceptibility for a nervous attack; even a cold, a cough, or a fit of the vapours ensues on the slightest occasion. This nervous susceptibility or irritability, or predisposition, appears to exist in every department of our frame, which at one time or another is in a state of morbid sensibility. What the real condition of that state is, is indeed difficult of solution in fact, it may be deemed inexplicable, but that it is *modifiable* by age, habit, climate, diet, medicine, and as all constitutions are, the every day examples in human life

incontestibly prove. Nervousness shows itself in a thousand different ways—by an irritable pair of lungs or ‘weeping’ wind-pipe—a turbulent diaphragm, a palpitating heart, a tremulous hand—a non or too contracting muscular fibre—a suspension or increased action of some of the functions of life, morbid sensibility, and entire destitution of it. Admitting the property of sensation to abide in the nervous system, we must look to the working of that system for an explanation of its various phenomena, and knowing, as we do, that the very existence of the system itself depends upon the nutriment afforded to, and animalised by, the different organs of the body, we shall not be far out of our way in asserting, that such condition of the nervous system is modified by the bread and beer we subsist upon—instance the effects of inanition and intemperance, and also the intermediate effects of a due supply of wholesome food, or an abstinence from the more stimulating.

Females are very susceptible of nervous feelings—view for example an ordinary case of hysterics. After some unusual exertion, or mental excitement, a walk, a dance, a disappointment, or agreeable intelligence—a painful sensation of choking, suddenly seizes the young person—this increases; and the breathing is hurriedly and with difficulty performed: the abdomen seems filled with wind, the bowels gurgle with a rattling noise, and attempts are made to eructate the flatus from the stomach; a fit of laughter alternated with sighing, or

crying, or convulsive screaming ensues. The body is convulsed, and the most forcible movements are made, putting the conjoined strength of several persons to prevent self-injury, at defiance. The 'fit' quietly subsides for a while, to break out oftentimes only with increased vehemence, and then all is tranquil again. The patient sinks into a stupor, and, after a few hours' wakes, incontinent of the past. The cause of all this is a morbid state of health, ensuing upon a nervously constituted or acquired temperament, produced as I before observed, by our mode of living. A clear depicter* of sad humanity, thus sketches a few of the peculiarities of nervous people.

“ Women given to be hysterical, complain many times of a great pain in their heads, about their hearts, and hypochondries; and so likewise in their breasts, which are often sore. Sometimes they are ready to swoon, their faces are inflamed and red; they are dry, thirsty, suddenly hot, much troubled with wind, cannot sleep; and from hence proceed a brutish kind of dotage, troublesome sleep, terrible dreams in the night, a foolish kind of bashfulness in some, perverse conceits and opinions, dejection of mind, much discontent, preposterous judgment. They are apt to loathe, dislike, disdain, to be weary of every object; each thing almost is tedious to them. They pine away, void of counsel, apt to weep and tremble; timorous, fearful, sad, and out of all hope of better fortunes. They take delight in nothing for the

* Burton.

time, but love to be alone and solitary, though that do them more harm ; and thus they are affected so long as this vapour lasteth ; but by and by as pleasant and merry as ever they were in their lives ; they sing, discourse, and laugh, in any good company, upon all occasions ; and so, by fits, it takes them now and then, except the malady be inveterate, and then it is more frequent, vehement, and continue ; many of them cannot tell how to express themselves in words, or how it holds them, and what ails them ; you cannot understand them, or well tell what to make of their sayings."

These " sayings," and other indications of hysteria, are manifested in very different degrees in different women. In some they are seldom to be perceived, while in others they are rarely ever wanting in all their intensity. In the most robust and muscular they are witnessed, as well as in the slender and delicate, though doubtless oftenest in the latter. The moral disposition, too, of this portion of the sex is extremely varied, a number being of feeble capacity, while the generality are of lively parts, but, perhaps, wanting in steady application. Many, however, possess singular vigour of intellect, brilliancy of imagination, great ardour of affection, and a susceptibility of the most generous emotions ; gentleness being the only estimable quality in which there is deficiency ; and even the latter remark is not without exceptions. That in not a few the temper is wayward, fickle, capricious, irritable, impetuous, unamiable ; and

the spirits in most exceedingly variable, must be conceded; nor can it be denied, that nearly all the most famous impostors of the female sex have manifested symptoms of the hysteric constitution.

If we are to believe the ancients, the whole variety of symptoms classed under the title 'Hysteria' originate in a morbid condition of the female procreative system. This notion is embraced by Dr. Cullen, who asserts that physicians have at all times judged rightly in considering this disease as an affection of the uterus, and other parts of the uterine system. Writers since his time have affirmed that the uterus alone is the seat of hysteria; in other words, that it depends on some form of derangement of the menstrual function. Several regard the disease as "an affection of the brain;" and Professor Burns ascribes it to excitement of the nerves at their origins, produced directly, or by sympathy, from irritation at their extremities. Doubtless it is desirable both to know, and to make known, the causes of things, whenever we can; but vague conjecture is a poor resource in science. These opinions cannot all be correct; and probably they are all equally unfounded. They have apparently originated in a partial and very limited view of the phenomena of hysteria—in the common error, I may say, of regarding one or more symptoms, ordinarily present in a disease, as essentially characteristic, and indicating its nature and origin. In a majority of hysteric attacks, there can be no question that the

menstrual function is either deranged or suspended ; but then in many other instances this is not the case ; and in others, again, derangement of that function is impossible, as the menstrual period is either not yet attained, or is terminated. Besides, there is another class of facts that ought not to be overlooked ; every variety of diseased menstruation occurs without producing hysteria, producing in some women little serious disturbance of the health, and in others chorea, epilepsy, or mania, according to individual pre-disposition.

But it may be said, if hysteria does not depend on the uterine system, how happens the disease (as is commonly taken for granted) to be confined to the female sex ? The proper reply is, that hysteria, though chiefly, is not altogether a disease of women. The two following cases are recorded in a recent medical periodical.*

1st. A gentleman, whose sister is highly hysteric, was unexpectedly plunged in a sea of business-trials, which laid him up with an intensely painful affection of the head, that excited fears for his life, it being imagined that the meninges of the brain were inflamed. At times, he could not so much as bear the scalp to be touched, and often felt a most acute pain darting through the head, from one parietal protuberance to the other, as if a nail were driven. Meanwhile there was great despondency, and apprehension of death ; a feeling of distension

* Medical Gazette,—art. on Hysteria by J. Robertson, Manchester.

at the præcordia, and a sensation of sinking; distinct *globus*, excessive flatulence, and deranged bowels. The pain of the head occurred in paroxysms, preceded by a peculiar feeling in the stomach; and the accession of the paroxysm could generally be prevented by taking food. Relaxation from business, purgatives, quinine, and change of air, ultimately effected a cure. These symptoms in a female would have been considered hysteric.

2nd. Mr. B., 22 years of age, of puny stature and pallid face, by trade a watchmaker, complains of all kinds of pains, and is a regular grumbler; fancies now and then he shall tumble over as he sits at his work; the appetite is variable, and the bowels constipated. At times he has marked *globus hystericus*, which seizes him sometimes in the street, and then he feels as if he must be suffocated. At the periods of these attacks he voids large quantities of limpid urine. His aunt, who is strongly predisposed to hysteria, says (justly, I think) that her nephew is troubled with the "family complaint."

Similar cases frequently present themselves in my own practice; and it would be easy to quote a great number of unexceptionable examples from the works of writers perfectly worthy of credit. However, the following statement of Dr. Trotter, which occurs in his *Medicina Nautica*, will suffice in proof of the existence of *Hysteria Masculina*. "We found," says Dr. Trotter, "not a few of the cases sent to the hospital-ships subject to very frequent fits of hysteria, and, where

this singular affection occurred, with as much violence of convulsions as we have ever marked it in female habits, attended with globus, dysphagia, immoderate risibility, weeping, and delirium*.”

English people are more ‘nervous’ than those of any other country, attributable no doubt to the anxieties of life, and the peculiar habits of society. We speak of a friend as a particularly sensitive man, who around his own fire-side may be pleasingly eloquent, and to whom one could listen for hours with increasing delight, yet this same person, were he to attempt addressing even half a dozen strangers, would painfully succeed only in provoking laughter at his hesitation and awkwardness. I was present during an instance of the sort, some time back, at a public anniversary dinner given to a veteran schoolmaster, when, on the health of the assistants being drunk, the classical master, a man of great learning, and in possession at all other times of a flow of powerful and appropriate language, rose to return thanks : the utmost silence prevailed, and a great treat was patiently expected. The poor gentleman lost all nerve, and he was obliged to sit down with the simple but grateful expression of ‘*Gentlemen, I thank you.*’

The Irish are a very sensitive people, they are the

* See an interesting case of hysteric loss of voice in a male, in which the above extract from Dr. Trotter is given, by Mr. Watson. *Edinburgh Medical and Surgical Journal*, vol. ii. p. 303.

creatures entirely of impulse. The generosity and benevolence of an Irishman is proverbial, which are as oftentimes misapplied from hasty conclusions, as his passions from the same stimuli, are madly and erroneously excited. An Englishman is a more deliberative creature; impressions sink deeper, and produce a more lasting effect upon his mind. We rarely meet with nervous Scotch people, except such as have become anglicised. If a nervous person be ill, his illness engrosses all his thoughts, his spirits sink, he is greatly oppressed, he loses all hope, and the body soon participating in this morbid depression, his malady secures a firmer hold; and instances are not wanting of nervous patients on the accession of a trifling complaint, sinking from nervous exhaustion. That nervousness is induced in early years, is a sad truth: the fear which young children have of being left or sent any where in the dark is an instance; it is by no means an instinctive feeling, it may always be traced to the example of a timid parent or domestic. As the child grows up, unless great pains be taken, this same timidity continues through life. Much mischief of this sort accrues among the wealthier and middle class of society from the idle and sedentary lives led by the younger branches, the luxurious manner of living, "and the cultivation of the emotions and passions," by the perusal of novels, romances, and other such mischievous trash, instead of the understanding. Let any observer on his next visit to the theatre, if the performance be a pathetic or tragic

drama, observe the display of emotions manifested by the *sensitive* portion of the audience—the rueful look, and gushing tear of the females, and the disconsolate countenance of the *cavaliers*. Such exhibitions manifest in a high degree, the nervous temperament.

From what has been stated, the following conclusions may be gathered, that nervousness is a peculiar susceptibility in various parts of our frame, the brain, and nervous system in general, the motory powers, the important organs of respiration, circulation and digestion, which susceptibility inclines to a disturbance of the function of the just enumerated structure on the slightest occasion. That such susceptibility is engrafted in our constitutions, in infancy, in childhood or in mature age—that it is established by education—by habit, by diet, by care, or by disease—that it is maintained by a continuance of the cause is indisputable; and hence the inference that so long as the cause shall remain, be it mental or physical, so long shall nervousness harrass our ‘mortal coil.’ It will naturally be asked, Can medicine afford any relief? Unquestionably it can,* and diet and habit possess no less influence. To

* The effect of certain medicines in nervous temperaments, is surprisingly curious—that minute portions of a mineral or a herb shall produce some marvellous influence on the mind of man is marvellously true, and no less true than marvellous. Witness the different workings of a minute dose of opium, henbane, belladonna, or hemlock; the first will elevate the mind, will impart to it energy and vigour, the second excite to passion and violence; the third, obliterate the memory, and the fourth produce stupor and

print set rules, or to point out an undeviating track to sound health is beyond the capability of the physician. The foregoing pages on Dietetics, contain the best code of instruction, I can offer; and the appendix of prescriptions is not without many useful and available formulæ, but there is no class of disorders that requires such patient watchfulness and professional attention, as those under consideration; and when the malady is suspected to depend upon other than moral causes, the patient has the choice of an alternative; let him seek abler assistance than his own judgment, or this book may afford.

somnolency. Calomel will induce Hypochondriasis; half a grain has been known so to depress the feelings, that tears only have afforded relief. Iodine induces despondency and unhappiness; morphine clears the understanding, and makes a swallower of a minute portion of it eloquent beyond his expectancy or usual powers.

The *amanita muscaria* united with the *epilobium angustifolium*, produces upon some of those who indulge in it, the most unspeakable horrors, they are urged into suicide, or to the commission of some horrid crime.* It is said, that the Astiacks of Siberia, take what is called the "*Mouchomore*," to fit them for premeditated assassination. The classic authors abound in allusions to preparations of herbs, for the alienation of the mind, for brutalizing the passions, or for charms that should make ugliness endearing—such is the influence of medicine. The effect of diet is no less remarkable. It is said of Moss the actor, that he regulated his diet according to the character he had to sustain. He took roast pork for tyrants, rump steak for "*Measure for Measure*," and boiled mutton for lovers.

*Sigmoid.

I will conclude this part of the subject by the narration of one of the severest and most sudden attacks of nervousness I ever knew, and which will serve to illustrate completely the heading of this article,—namely, “Nervousness, Hysteria, Mental Delusion, and Morbid Sensations.”

The patient was a gentleman, professionally engaged, but occupied in employment involving him in much mental anxiety, and bodily fatigue. He was about the *medium vitæ* age, of sanguine temperament, and slender make, and had unhappily been the subject of indigestion for several years, for the removal of which he had indulged in the pernicious habit of taking repeated and violent doses of purgative medicines.

On the evening preceding Christmas-day, 1834, he formed one of a party of friends assembled for convivial purposes; and, after some little exertion, was suddenly seized with a faintness, accompanied by a *deathly* sensation in his left hand and right leg, and an unaccountable numbness in his head; his heart beat rapidly, and irregularly; interrupted every now and then by a suspension for some seconds; when his feelings were most distressing; inasmuch, as being perfectly conscious of what was passing around him, he was at a loss to account for that which was passing within him.

In cases resembling this, where great excitation prevails, the usual practice has been to abstract blood, to unload the supposed congestion, under a supposition, that

the heart was supplied with more blood than it could transmit through its ventricles. Such practice, fortunately, in this instance, was not carried into effect, or the result had been fatal. So far from there being a redundancy of the vital fluid, there was insufficient nervous power to propel even the quantity directed to the heart for distribution through its various conduits.

Stimulants were administered, and the patient was conveyed to bed; but the shock was so intense, that the slightest agitation renewed the faintings, and the *deathly sensation*; and the irritability of the heart continued to such an extent, that it appeared as if life verily hung upon a thread, and of such a fragile texture, that to relieve the agony of suspense endured by those around him, it almost created a wish to see it snapped asunder. Every mouthful of nourishment that he took created afresh the circulatory excitement, as did the slightest movement or departure from the horizontal position and the most perfect quietude. A week was passed in this state of uncertainty, as regarded the issue of the contest betwixt life and death, for the machine wherein both might dwell, *appeared* uninjured by the strife. This posture of affairs affords a subject for contemplation, and provokes the enquiry, What is this life? What is this power denominated nervous energy? The question is, I fear, unfathomable, and no doubt will ever remain so. The nearest solution is, that it is a power present and proportioned to the fabric it

inhabits. We only know of its existence by its presence, and its presence only is manifested when the animal machine is set in motion, or, in another word, lives. This fact is evident; the nervous structure which pervades every part of the human body, and subjects the various organs of reparation and waste to a sympathetic communication with each other, is the abode of sensation, mobility, and volition; and the exercise of these functions we term a display of nervous power; and, furthermore, we find that as this structure is healthy and sound, or locally, partially, or generally disordered, or diseased, so in proportion to the condition or alteration, is the development of this *vis vitæ*, and only in this way by attributing all morbid feelings, or perverted functions, as they may be called, to a changed condition of the nervous substance, although not discoverable, can we arrive at any rational theoretical conclusion, whereon to found a practice with any chance of success.

The irritability of the heart continuing with but little intermission, it was deemed advisable to apply leeches around the region of it, and their application was attended by an abatement of the symptoms; the pulsations become less frequent, and more regular; the stomach next manifested a derangement of its office, for, notwithstanding the fancy had been exhausted in selecting a diet (solids being prohibited), that was mild, unirritating and nutritious; a most distressing state of flatulence and fulness

succeeded each repast; so much so, that the stomach would return it without an effort or even a sense of nausea. After a variety of remedies had been tried, and without success, the *carbonate of ammonia* was prescribed in five grain doses, every six hours; and that seemed to afford considerable relief. A quantity of gas was disengaged from the stomach after each dose, and with decided benefit. The gastric irritation having in some measure abated, a diet formed of milk thickened with farinaceous food, (a most excellent preparation, by a Mr. Hards of Dartford, and to be had of all chemists), was prescribed; and so perfectly did it agree with the stomach of the patient, that it constituted his principal support for several months, and to this day forms the chief article of his breakfast-table. After a while, beef-tea was allowed with dry toasted bread; and at the expiration of a few weeks, two ounces of meat were taken on alternate days, and fish, a small sole or haddock, on the intermediate ones. Vegetables, whether green or farinaceous, invariably encouraged flatulence, and consequently were dispensed with. Whenever he was tempted to transgress this prohibition, his stomach would, on the second or third day, become irritated beyond measure; he would be annoyed by a feeling of distension, sometimes for many hours succeeding a repast; as, for instance, in the middle of the night, when, unless relieved by an eructation of wind, he rarely escaped a long train of nervous feelings. Liquids appeared to possess the same effect, and were found to agree best

then taken in small quantities; which corroborates the opinion of an old author, Dr. Bailey, who lived in 1673; and who says, "that it is holden better to drink often, and small draughts at meat, than seldom and great draughts, for so meat and drink will better mingle. Swilling the stomach with slops, as many people do, taking three or four large cups, amounting, probably, to a pint, or pint and a half, oppresses and debilitates the stomach."

In addition to this abstemious diet, which was continued for six months, mild tonics, minute doses of blue pill, now and then ammonia, creosote, and other stimulants, and the occasional use of the lavement, were among the early remedies. A course of the chalybeate water of Dorton in Buckinghamshire, tended considerably to improve the health, when a trip into the country was proposed, and from the difficulty of obtaining the chalybeate, the carbonate of iron was substituted: the dose at the commencement was half a drachm in water, sometimes milk, taken three times a-day; which was gradually increased to *half an ounce*, when the quantity was again diminished, and the dose was limited to once in the twenty-four hours. He took, during his illness, the amazing quantity of *fourteen pounds* of the carbonate of iron. It was found necessary occasionally, to suspend its use, from the constipation it created, but which generally subsided on its discontinuance for a few days. With the exception of small doses of blue pill, never exceeding half or one grain, and which were never carried so far as

to produce aperient effects, not a single dose of opening medicine was prescribed, or taken.

The lavement answered every purpose, and even that had been laid aside for months, the bowels having regained their healthy tone, and adjusted themselves to a remarkable regularity.

As the case under this treatment progressed favourably, the diet was also improved; small quantities of wine were allowed, varied sometimes by weak warm spirits and water; meat was taken daily, and the patient was enabled to resume active life, to engage again in his professional duties; and is now thoroughly convalescent. It would be tedious to enumerate the many retrogressions and improvements, and morbid feelings, in the order in which they occurred during this long illness; but as space permits, an account of a few of the phenomena, together with their treatment, may be no less interesting than they are curious. The attacks of numbness, and the temporary loss of power in various parts of the body were of frequent occurrence, and appeared to be guided by no fixed principle, where or when they were to occur; but they usually yielded to stimulants, such as ammonia in substance, or the *liquor ammoniæ fortius*, in doses of ten drops in water, repeated at intervals of twenty minutes, until relieved. In the early part of his illness, he could rarely complete a letter which he might have occasion to write, without inducing a temporary paralysis of the right arm and hand. He had also frequent fits of obscured

vision, that were generally ushered in by a confused state of mind. He would be for a moment abstracted, when a vivid recollection of events that had occurred years past, wild notions of events that have since actually been realised, would flit over him; and then he as suddenly became depressed, and as quickly relieved on taking some powerful pungent snuff, as "Grimstone's Eye Snuff," that would induce sneezing and a secretion from the nose, when the vision would be suddenly restored.

At another time, for two or three months, he was annoyed with a *painful* coldness of his left foot, that would continue for several minutes, hours, or even days. Immersing the foot in hot water appeared serviceable, and generally restored warmth after some twenty minutes, which was important; for, if not relieved, it was the sure forerunner of some other morbid feeling. He was greatly annoyed whenever the stomach "was out of order," with restless nights, frightful dreams, nightmare, palpitation, &c., for the removal of which, he found small doses of the blue pill twice a day, for a week, very efficient; occasionally, leeches were applied to the head, before the irritation would subside.

During the prevalence of the fits of numbness, which have been known to hover about him for weeks together, he took Strychnine dissolved in the muriated tincture of iron, in the proportion of two grains of the former, to one ounce of the latter, and in doses of twenty drops, twice a day, in water. After taking them for a period of twelve

or fourteen days, he would experience a cessation of the attack. The most permanent benefit appeared, however, to be derived from simple, nutritious, but spare diet. As the stomach regained tone and ability to dispose of the food supplied to it, all the distressing feelings enumerated, subsided ; and, although his health has been regained, he is philosopher enough to know, and estimate, the terms upon which its tenure is maintained. His present habits and diet are as follow :—rises at six in the summer, and seven in the winter ; his breakfast consists of half a pint of milk thickened with farinaceous food, varied, for a few days or a week, successively, by one breakfast cup of tea or coffee, half a round of dry toast, an hour's exercise, four hours' attention to business, between which, a glass of sherry and half a biscuit ; dinner at one, consisting of two slices off a joint, or two chops, or fish with bread, and rarely potatoes ; half a pint of malt liquor, two or three hours again to business, an hour or two's exercise, tea or coffee, one cup, a slice of dry toast slightly buttered ; at eight or nine o'clock, perhaps a sandwich and a glass of malt liquor, or wine, or weak spirit and water,—to bed at ten. This may appear very monotonous, and even ridiculous, to some who can indulge fivefold to this spare fare ; but it is mentioned, to show on how scanty a diet a human creature may exist, thrive, and enjoy good health. It is not intended for general imitation, but, in similar cases, it is not unworthy of it.

I may repair an omission by stating, that the patient for the last two years has annually provided himself with a free ticket of the Gravesend steamers, on board of which he has travelled backwards and forwards to that thriving little town, several hundred times. The trip affords a plentiful mental and physical relaxation, and has materially conduced to the improvement and maintenance of his present health. Indeed, so sensible am I of the advantages of such an excursion, having repeatedly and continuing so to do, availed of the opportunity, that I would strongly urge all my smoke-dried fellow-citizens, to follow my example as frequently as their convenience will allow. I have been induced to pen my opinions more at large in a little pamphlet just published, entitled "Hints to the Citizens of London on the Salubrity of Gravesend, and of the Trip to and therefrom;" and those who may think proper to procure it (at my house, or the publishers', price one shilling), will, I trust, not regret the purchase.

ON PILES OR HÆMORRHOIDS.

PILES constitute a disease that may be very slow or very rapid in its progress. The patient complains of an occasional itching or soreness at the rectum, after an evacuation, more particularly if subject to constipation, or if he be an irregular liver; when after a while he will be surprised on discovering, subsequent to some straining effort, a knot of elastic but irregularly formed tumours, of a size varying from a hazel nut to a horse bean, springing out apparently from the rectum, that in a few days, if they continue, will become sore, and probably be attended with a discharge of blood. Another patient will experience similar symptoms as regards the pain, swelling, and discharge of blood, except that they will be increased in severity, and be more transitory in their appearance, and stay. Upon examination, a perceptible difference will be discovered. In the former instance, the tumours will be seen to proceed from the outer edge of the rectum, and will be found to be covered with the common skin. Professional men designate this form of the disease, "External Piles." In the latter, the tumours are, as it were, squeezed out of the rectum, and swell in a very short space of time, to an enormous size. They are of a much

more vivid blood red colour, and will be found to be covered only by the lining membrane of the lower gut. These are called 'Internal Piles.' Now piles are nothing more or less than *dilated veins*, like varicose veins in the leg, or any other part. The office of veins is to receive the surplus blood of the arteries, after having parted with that necessary supply for the nourishment of every structure, they are severally distributed to; and to convey it back to the circulating organ, the heart, and the mesenteric Hæmorrhoidal veins, from their dependent and confined position, the circulation in and above them, being liable to so many interruptions from the frequent hardened state of the fæces in the rectum, become distended with blood, which acting really like a wedge, dilates them in time to the size we meet them. On the removal of the cause, the blood flows on, and the swelling subsides, and the patient feels no further inconvenience, until a recurrence of the pressure. After repeated attacks, the veins become inflamed; and lymph, a sort of defensive mucus, is "thrown out" on the cellular membrane, covering the veins, and becomes organized into an indurated texture, which increases with each attack of inflammation, and at last gives them that fleshy appearance which resembles a specific growth. The distinction between External and Internal piles is as follows. In both instances the same veins are diseased. In external piles, the lowermost portion of the Hæmorrhoidal veins are dilated, and are thrust by the outer-side of the rectum, carrying before them the common skin, which dilates, and constitutes the

external coat of the piles. The rectum is a portion of gut of four or five inches in length, and of nearly an uniform width, the lower end, constituting the orifice, is as it were, tied round with a contracting and yielding band of muscular fibres forming a muscle called the *Sphincter Ani*. It is a muscle of great power: and from its connection with the neighbouring muscles of similar strength, helps to afford that support to the contents of the pelvis, that otherwise would descend, and be always forming a projecting tumour. External piles consist, then, of a protrusion of the hæmorrhoidal vein or veins between the cellular union of the sphincter with other muscles, constituting in fact a hernia or rupture in the perinæum. Internal piles is that condition of the Hæmorrhoidal veins where, from their dilatation, they become protruded with the fæces, when, from the contraction of the sphincter acting like a ligature, they cannot regain their situation, until emptied of their contents. Inflammation soon ensues, and the various changes I have and shall hereafter consider take place.

Having stated the cause of piles, namely, pressure on, and thereby prevention of, the circulation of the blood through the hæmorrhoidal veins, it follows that persons, mostly annoyed with constipation must be the most likely to be afflicted with piles; hence, free and intemperate livers, great wine-bibbers, feeble and relaxed constitutions, those again who partake of little exercise, and pregnant women, and women who have borne many children, seldom

escape them. It is rarely that piles attack people in the lower class of life, and those who have to work hard for their livelihood, and are much in the open air, which accounts for the prevalence of this disease in the upper ranks of society. The treatment of piles is very simple, if proceeded with at the commencement of the complaint; the grand object being to prevent constipation; an excellent adjunct to the cure of incipient piles is the warm bath; it is really astonishing how that admirable prophylactic agent, and valuable remedial one is neglected in this country. The public journals ought, for twelve months, to head their columns with a constant exhortation for English people to adopt the use of the warm bath, its tendency to overcome local congestions, and thereby equalize the circulation of the blood is well known to continental surgeons, who, on being consulted on almost every malady, invariably enjoin its use; and I beg to assure persons who may please to compliment me from using the establishments I am connected with, that they will be great gainers by their visit. The best medicine an hæmorrhoidal patient can take, is castor oil in doses of one or two tea-spoonsfuls every morning, or the lenitive electuary as prescribed below, which should be continued until the piles subside.

Take of

Confection of senna.....	1	oz.
Milk of sulphur	$\frac{1}{2}$	oz.

Honey of roses a sufficiency to form an electuary. Dose
—a tea-spoonful or two every morning.

The diet during this treatment should be temperate, wine and exhilarating stimulants being avoided, and, where admissible, as much out-door exercise taken as possible. An excellent plan is also to inject half a pint, or more, of cold pump, or spring water up the rectum every morning, and suffer it to remain for 20 or 30 minutes, if possible. When the heat, pain, and irritation shall have subsided, the confection of black pepper, as ordered in the present Pharmacopœia, may be taken with immense advantage. It is necessary to continue it for a considerable length of time. It appears to act locally as well as constitutionally; and instances are numerous where it has effected a complete and permanent cure. Where the piles have been of several days' continuance, and are very much swollen, puncturing them with a needle, and so relieving the tension by evacuating, or at least diminishing their contents, that the obstruction shall be overcome, is serviceable. After this, pledgets of lint dipped in cold water, the patient preserving the horizontal posture, may be applied, or the following astringent lotion may be used.

Take of

Compound solution of alum.....	$\frac{1}{2}$ oz.
Laudanum	$\frac{1}{2}$ oz.
Rose water	3 oz.

Mix. To be used several times in the day.

Where there is much swelling and inflammation, leeches applied to the neighbouring parts will afford relief. It is impolitic, although some surgeons recommend it, to apply leeches on the tumour, as the bites are oftentimes very difficult to heal. Where the piles will admit of it, attempts should be made to empty them, and press them to their places, after which a pad may be worn to prevent their descent. In the commencement of the disease, where there is much heat and itching, the following ointment will prove of considerable utility.

Take of

Ointment of nitrate of mercury..... 1 drachm.

Extract of Belladonna $\frac{1}{2}$ do.

Ointment of spermaceti..... 2 do.

Mix. Apply a small portion night and morning.

The following medicine is occasionally prescribed.

Take of

Balsam of copaiba..... 2 drachms.

Liquor of potass 1 do.

Mucilage of acacia 1 oz.

Cinnamon water $4\frac{1}{2}$ oz.

Mix. Dose—two table-spoonfuls three times a day—it appears to have the effect of soothing the piles, and keeping the bowels open.

A very excellent and practical method in the treatment of piles (the internal I am now speaking of), is to deposit a pear-shaped bougie or pessary in the rectum, and suffer

it to remain as long as possible. The bougie in the first instance may be made as follows :—

Take of

Powder of galls.....	$\frac{1}{2}$ oz.
Olive oil	2 drachms.
White wax.....	$\frac{1}{2}$ oz.

Mix and shape a portion of it to the size that can be borne. This kind of bougie generally melts in the course of the day in the rectum, or is voided when the bowels are relieved. In either instance, another should be applied. After a while, a bougie made of wood or metal or india-rubber* (may be substituted, taking care to attach a ribbon to its base for the purpose of removal, as may be necessary. The wearing of bougies gives no pain or even uneasiness, and the patient may pursue his or her ordinary occupation without hindrance, the bougie should be worn from one to several weeks. It affords constant pressure against, and support to the dilated veins, and enables them to regain their tone and strength ; and I have known numerous instances where a lasting cure has been effected. One of the most alarming consequences of piles is hæmorrhage or bleeding ; and it is really wonderful what an extensive loss of that fluid a patient can sustain. Day after day, and week after week, have I known instances of constant bleeding from internal piles by which the constitution of the patient has been almost broken up. This symptom mostly

* The pessaries which I employ and provide for my patients, are usually made of india-rubber.

prevails with females, nor is it limited, although more prevalent, to those *enceinte*. There is naturally a strong objection on the part of a delicate and susceptible female to submit to a professional examination, and consequently it is rarely, until the urgent necessity of the case, lest death should ensue, induces the patient to consult her medical adviser, that he becomes acquainted with the real nature of the case. Where there is ulceration of the piles, and they are very numerous, and the bleeding frequent and profuse, the only effectual cure is their removal. Where the operation is objected to, the next method is to employ astringent enemata of which the formulæ for several are inserted in the order of their strength.

1.

Take of

Sulphate of zinc..... 1 drachm.

Water 1 quart.

Mix.

2.

Take of

Alum 2 drachms.

Water 1 quart.

Mix.

3.

Take of

Muriated tincture of iron 1 drachm.

Water 1 quart.

Mix.

4.

Take of

Sulphate of copper 1 scruple to 1 drachm.

Water 1 quart.

Mix.

5.

Take of

Nitrate of silver 1 scruple to 1 drachm.

Water 1 quart.

Mix.

The quantity of any of these injections to be thrown up at a time, must depend upon circumstances ; it should seldom, however, exceed half a pint.

In cases of fearful hæmorrhage, the tincture of fox-glove, one drachm in a six ounce mixture, composed of

Compound powder of Traga-

canth 2 drachms.

Nitrate of potass 1 do.

Mint and pure water, of

each 3 ounces,

well mixed together, has been given with success—the dose two table-spoonfuls three times a day.

The celebrated Ward's paste has the credit of effecting miraculous cures. It is a medicine of deserved repute, and ranks high with professional men. It must, however, be continued a long time. It is prepared of—

Powder of Elecampane root,
 Black pepper, of each 4 oz.
 Fennel seed 6 oz.
 Clarified honey and white
 sugar, of each 8 oz.

Mix them well together, and take a tea-spoonful two or three times a day.

Now, where piles both external and internal, do not yield to the means suggested, or the patient may not think proper to avail himself of them, the next best step is their removal; and this is done either by excision or by ligature. This being an operation that can only be performed by a surgeon, I shall be very brief in my observations. As a general remark, the operation by ligature should only be performed on internal piles, and that of excision only on the External.

Among the annoyances incident to the rectum, is an occasional preternatural contraction of the sphincter muscle. It is generally the consequence of local irritation set up by purgatives, by which the orifice becomes sore and excoriated, which, if not timely relieved, ulcerates, constituting cracks also, and in process of time, a portion sloughs away, and the adjacent edges unite, and thereby diminish the calibre of the opening, this disease *may* be congenital, that is, the individual may be born with a contracted or narrow sphincter. The treatment naturally enough is to dilate the orifice, which is to be attempted by the introduction of bougies, after the mode

advised for the cure of stricture, of which this in reality is a form. The cracks of the sphincter, occasionally are obtinate to heal; and the ulceration will spread within the rectum. When that is the case, the application of the following ointment will promote a healthy action.

Take of

The nitrated oxyde of mercury 3 grains.

Simple ointment 2 drachms.

Mix. Apply a small portion night and morning,

Or,

Take of the nitrated ointment of mercury, and simple cerate, of each equal parts—use as above. In inveterate cases, division of the sphincter is necessary, which is to be done with a scalpel, and the incision should be made from within laterally, by which injury to the perinæum is avoided. The operation is very simple, and by no means painful or dangerous; the cure is perfect. Appropriate medical treatment must not be neglected.

PROLAPSUS OF THE RECTUM.

This disease is often confounded with piles; and as patients are generally diffident in submitting to an examination, any extraordinary protrusion of piles, they denominate a falling of the gut. Prolapsus Ani is distinguished from piles by the muscular coats of the intestine descending with the mucous membrane, and forming a bag, like a pendulum to the length of many inches, the rectum, in

fact, becomes everted, as we see the finger part of gloves, when turned inside out, and the inner membrane, being highly vascular, and the vessels in a congested state, it assumes a blood-red appearance. Of course, the disease occasions much inconvenience; and, if not abated by appropriate treatment, serious consequences ensue. Piles are most commonly the cause of Prolapsus, when from the frequent, and hard straining, the gut at last descends, bringing the piles with it, which will be seen winding around the upper part. When that is the case, the best treatment is first to apply a ligature round the Hæmorrhoids, and then return them and the rectum together. Where the gut protrudes from relaxation of the sphincter, the treatment depends upon local support for which there are many contrivances.* Astringent injections should also be used to give tone to the parts, and medicines given to render the alvine evacuations less hurtful. Children are

* The convertibility of India-rubber to so many useful purposes has not escaped the attention of surgeons, and it is found to be an excellent material for trusses, pessaries, bougies, &c. and consequently much used for them. I find them in my own practice far preferable to metallic or any other description. Many cases of hæmorrhoids as well as of prolapsus that have been given up as incurable, or account of the parties objecting to wear metallic instruments, or submit to the operation of excision or ligature, have speedily yielded to the application of the same, manufactured of India-rubber; indeed, every day's experience so convinces of their superiority and efficacy as a remedy in these disorders, that a patient afflicted with the most formidable form of either disease need not despair of a prompt and certain recovery.

very liable to prolapsus, but with them a return of the fallen gut, and a brisk purgative is all that is needed to prevent a repetition, provided proper attention be paid to the bowels afterwards, a disturbance of the latter, being in most instances, the cause. Where a rectum has been for a long time the seat of disease, excrescences are apt to arise, resembling warts, they may be removed without much pain, and with perfect safety.

STRICTURE OF THE RECTUM.

The rectum it is presumed is known to be the lower portion of the intestines, that leads to the outlet called in domestic language, the fundament. Now some writers assert, that the rectum answers the same purpose to the bowels generally, as the urethra does to the bladder, while others contend that it is a receptacle for the fæces previous to their expulsion. We are all sensible, I think, that it must answer both purposes ; but it is also evident, that it is employed more for the former than the latter purpose. The moment the rectum is full, there is a desire to empty it, which is the best proof of its office ; but circumstances oftentimes forbid us, for even hours, obeying the summons, which establishes its capability as a recipient. Well, the rectum consisting of muscular and membranous coats, similar to the urethra, is alike subject to irritation, inflammation and ulceration, and imitatively gives forth morbid and other secretions. The rectum, from its situa-

tion and office, is very obnoxious to disease, and in addition to those already enumerated, it is extremely liable to become strictured.

Neither age or sex are exempt from this strictural change, although it more usually selects the grown up, and female portion of society, it is generally speaking the consequence of constipation, or the reverse, diarrhœa, or dysentery, or it may follow in the wake of child-bearing. Piles are a frequent precursor. The ordinary symptoms are at first a slight difficulty in voiding the fæces, which assume the form of the passage through which they have to pass, presenting at one time a flattened tape-like shape, at others, a spiral appearance, and again the natural form but of very small diameter.

As the disease advances, the pain increases upon going to the water-closet, and after the act, may be observed a small or copious discharge of mucus, or blood from the anus. If the bowels be constipated, there is necessarily a great deal of straining during fæcation, that soon establishes spots of inflammation that rarely resolve, but run on to ulceration; small lodgments then of fæcal matter take place in the cellular membrane, and without detailing the pathological phenomena, it may suffice to say, that sooner or later, the whole rectum becomes diseased, and fistula, with its attendant miseries, lends a speedy help to close life's brief pilgrimage.

Patients affected with rectal diseases, lose flesh rapidly. From the constant pain and annoyance they endure, their

general health gets undermined—the digestion becomes faulty—the countenance flags and looks care-worn, hectic fever awaits the break-up of functional regularity; and a lingering exhaustion closes the scene. Stricture of the rectum is a curable disease; but the less complicated, the greater are the chances of recovery: the principles of treatment bear a near resemblance to those for stricture of the urethra. After having ascertained the situation and size of the contraction, a proper-sized bougie may be introduced and suffered to remain, as long as it occasions no inconvenience. The introduction should be repeated every or every other day, increasing the size of the bougie until the dilatation be fully perfected. After vigilance is necessary to prevent a recurrence; and the bougie cannot, with propriety, be entirely laid aside, or the disease will return with increased violence. There are, however, cases that require more imperative means, such as the use of the *bistouri*, an instrument for the division of stricture of the rectum, which, if the resort be objected to, it behoves persons with the premonitory symptoms to attend to them, that the operation may be rendered unnecessary. There are many excellent palliative medicines, that the invalid will derive much comfort from in diseases of the rectum, and enemata constitute a powerful means of relief. The title of stricture of the rectum is fortunately more familiar than the disease is frequent; and what is more consolatory to persons of feeble health, the complaint seldom extends beyond two or three inches from the orifice, so that it need

not be feared to be beyond the reach of relief. There are some surgeons who state all diseases to emanate from a disordered liver, a weak stomach, or a 'broken wind;' and there are others in this town who are never consulted, but they deem the use of the rectum bougie indispensable. The limit to structural disorganization of the bowel is not afforded by stricture, there are unfortunately many diseases springing therefrom, and many totally independent of such; but their detail here would exceed the titular object of the book; enough has been stated to convince any person teased with any of the enumerated symptoms, that however simple may be his malady, in his own opinion, it is impolitic to overlook or neglect it.

CONSTIPATION.

The prevailing cause of diseases of the rectum, it has already been stated to be, is constipation. Constipation may be said to be, if not the cause of many other diseases, especially dyspeptic cymplaints, it is at least a tiresome and frequent concomitant. Mr. Abernethy attributed every disorder to a confined state of the bowels, or vitiated state of the gastric secretion; and he used to advise his patient to follow the example of the country house-wife, who never was without pil cochiaë, or bitter aloes, and whenever complainant's or her bowels were confined, never failed to recommend or take some. It is certainly good advice,

where the bowels are disobedient to the daily call, to compel them to submission ; but it must be apparent that this constant purgation is an unnatural and hurtful wear and tear of the intestinal tube, and that if it could be avoided, and the due performance of the bowels secured naturally, so much the better. Can it? I believe it can : I know an instance of an individual*, who for years indulged in the daily practice of pill-taking, until he reduced himself to a state of frightful debility. A sick bed, and yielding his case to professional guidance broke up the custom. He at the present moment is in sound health, *never takes* aperient physic, and, such is the reparative power of nature, *never needs* it. The plan pursued was as follows—change and attention in the first place to diet, avoiding stimulating wines, high-seasoned food, and made dishes—a limitation as to quantity in all he took, an observance of great regularity, due exercise abroad and at home, due rest—a course of blue pill in very minute doses (half a grain twice a day) small doses of castor oil every morning, the occasional use of the lavenent, the frequent employment of the warm bath, and lastly, a most excellent plan, the daily manipulation of the bowels for at least ten minutes, before rising, and during bathing ; this practice consists of first gently pressing alternately with the hands, the centre of the abdomen, then following up the shampooing, as it may be called, in the direction of the large intestines, commencing at

* The writer.

the lower, and right side of the abdomen, carrying it up to the liver, and across the lower edge of the stomach, and concluding by tracing the descending arch of the colon to its entrance in the pelvis. This process was persevered in for months, and whenever there appears any disposition to torpidity, is again resorted to, and with the like success. This is really a most valuable piece of information; and in my own practice, I could adduce numerous instances of its usefulness. Of course, other adjuncts may be employed according to the condition of the patient, as advised elsewhere; but I never dispense with the manipulation.

A word or two respecting the lavement, as a remedy for Constipation:—on the Continent, the use of it is very general; and in France, it is deemed as necessary an appendage to the toilet as the teeth-brush or water-jug. Every family ought to possess one. I do not recommend the habitual employment of Lavements; because the powers of nature in a state of health, ought not to be interfered with impertinently; but in all cases of Constipation where “physic” is ordinarily flown to for assistance, I strongly urge its adoption by every body, be their age, sex, or condition what it may, as a means of immense advantage, far preferable to the plan of daily *pill*ing, and certainly, except when used too frequently, free from mischief or annoyance.

ON BATHING IN INDIGESTION, ETC,

It is only of late years that Bathing in this country has been resorted to for salutary purposes. There are few remedies of greater importance in the removal of disease than the Warm and Vapour Baths. It were waste of time to descant upon the *modus operandi* of the Bath, but I cannot forbear appending a summary of their various usefulness—a summary, the result of many years experience and connection with two of the oldest established and largest Metropolitan Bathing Establishments. The Warm Bath will be found highly useful to Hypochondriacal patients as a remedy for wakefulness or broken and untranquil sleep; and in no class of cases is the Warm Bath more strikingly beneficial than in those affections of the stomach and bowels which are commonly ranged under the head of *Dyspepsia*. In local irritations, suppressed perspirations, habitual coldness, and torpor of the liver and intestines, the Warm Bath is invaluable. The Vapour Bath is a most delightful and efficacious means of equalising the circulation of the blood, of allaying nervous irritability, and soothing and tranquillising spasmodic and other non-inflammatory pains. I have in other publications* enumerated the advantage of every description of Bathing to which I refer the reader, simply assuring him, that should the perusal induce a trial of the practice on which my praises are bestowed, he will have reason to rejoice at his initiation.

* See Treatise on Bathing to be had at either of my establishments. See also Prospectus on cover of this book.

APPENDIX.

THE "Dose," or quantity of medicine administered, importantly depends upon age, sex, temperament, and constitutional habits, and must be regulated accordingly. The prescriptions which follow, except in those cases concerning which special directions are given, have been drafted upon the assumed standard of a male patient of mid-age, and ordinary general constitution; the relative doses will then range in degree of quantity and strength according to the subjoined table, and corresponding deductions should be consequently made.

From 10 to 15 years of age $\frac{1}{2}$ the quantity.

15 - 20 - - $\frac{2}{3}$

20 - 50 - - Common dose.

Above 50 the gradation inversely as above.

For female patients, a deduction of $\frac{1}{5}$ th in diminution of quantity may usually be allowed, unless peculiarity of habit contra-indicate such an extent.

Particular attention should be paid to the *times* of taking medicine, and to rules of action subsequently. The best periods are at night on retiring to bed, and

in the morning about an hour or so before breakfast. Where the dose requires to be repeated three or more times in the day, such equal intervals must be selected as shall least interfere with the meals taken: to swallow a draught or a pill immediately upon, or shortly after a meal, were to neutralize to a considerable extent the influence of the medicine itself, as well as materially to prevent the perfect digestion of the food upon which the stomach has to operate. It is for this reason that excess of solid food is always and very wisely interdicted after medicine-taking; the best drug or happiest combination of drugs within the knowledge of man so taken would be comparatively inert, and of less avail perhaps than the least influential, if administered under conditions of the digestive passages most favourable for its operation.

The effects of *physic** generally are gratefully accelerated by subsequently taking warm drinks, gruels, and similar fluid preparations; carefully avoiding such, however, as are likely by their nature to counteract its office: thus no one ought, of course, upon taking alkaline mixtures — such as soda, magnesia, preparations of chalk, &c.—to swallow acid drinks, or eat acid fruits, or other acid substances; for by the combination of the two — namely, the acid and the alkali — one would inevitably neutralize the other.

* Aperient medicine.

The diet should in all cases be adapted to the occasion : many persons, after having taking medicine, most improperly adhere to their general mode of living, never thinking or caring to make the slightest abridgment to it in either quantity or quality ; a moment's reflection, surely, were sufficient to show the palpable absurdity of such a course. If medicine be resorted to at all, the wisest plan will be to give it at least the fair chance of unthwarted action ; a person sufficiently unwell to require physic is most assuredly unfit to persist in his ordinary habits of full-diet living. Empirics often hold out as an inducement to patients who are indisposed to self-denial, that *their* medicines may be taken with equal effect at any time, and require neither abstinence nor alteration in the mode of living. The only cause of surprise is that any person of common sense should be cajoled by such an argument.

Medicinal preparations, internally taken, have a marked influence upon the nervous system, and render the body peculiarly susceptible to injurious impressions from without ; great caution should therefore be used to avoid cold, wet, late hours, over-fatigue, and those circumstances generally which are likely to enervate the powers of the constitution.

**PURGATIVES, APERIENTS,
ALTERATIVES.**

THE functions of the stomach may be deranged by the state of the bowels, and the greatest care and attention should be given to this point. A gentle purgative is decidedly the best remedial mode of dealing with an incipient attack. The bowels are cleansed of any crude substances retained in them, and the stomach, by sympathy, is restored to a healthy action again. Each practitioner, I believe, has his favourite formula for effecting this first and principal object; and without presuming to find fault with any, I may be permitted to extol that which, from its invariable efficacy, I have good reason to recommend. It adapts itself to all constitutions and all temperaments by the simple gradation of its dose, and, under this regulation, it is alike administrable to persons of sturdy maturity, and delicate adolescence. I therefore subjoin the recipe; and, as it is a medicine which loses little of its virtue by keeping, recommend it as a most valuable domestic medicine, which might be advantageously substituted for divers varieties of those stamp-encircled pill-boxes, the contents of which possess the triple advantage of rendering illustrious the names of many excellent pharmacopolists,

of producing a goodly addition to the national revenue, and of being as innocent and inert as the most alarmed could rationally desire.

1.

Take of senna leaves - - 1½ ounce.

Epsom salts - - - ½ lb.

Bruised coriander and caraway

seeds, each - - - 1 drachm.

Ginger - - - 2 do.

Pour upon these ingredients one pint of boiling water, and let it stand for several hours in an oven, or on the hob of a fire-place. Strain and then add,

Tincture of senna - - - 4 ounces.

Sal Volatile - - - 2 drachms.

Dose from two to four table-spoonfuls.

2.

Aperient and Tonic.

Take of senna leaves - - 1½ ounce.

Epsom salts - - - 8 ounces.

Bruised coriander and caraway

seeds, each - - - 1 drachm.

Bruised ginger - - - 2 drachms.

Gentian root - - - 2 ditto.

Orange peel - - - 2 ditto.

Lemon peel - - - 2 ditto.

Boiling water - - - 1 pint.

Let the whole stand in a warm oven, or on the hob of a fire-place, for an hour or two ; strain, and then add

Tincture of senna and compound			
tincture of cardamoms, each	-		3 ounces.
Sal Volatile	-	-	2 drachms.

This mixture, which will keep unimpaired any length of time in well-stopped bottles, is gratefully purgative and tonic ; from two to four table-spoonfuls constituting a dose. It may be given in all cases where aperients are required, without the depressing consequences so often attendant on laxative medicines.

3.

Aperient Pills.

Take of blue pill, pills of aloes			
and myrrh, and gamboge pill,			
each	-	-	1 scruple.
Oil of cloves	-	-	10 drops.

Mix to form 12 pills ; two or three to be taken occasionally.

These pills are rather active purgatives, and adapted for the bilious temperament.

4.

Aperient Pills.

Take of powdered rhubarb, powdered			
aloes, and Castile soap,			
each	-	-	1 scruple.

Syrup sufficient to form 18 pills.

Two to be taken twice a day.

In chronic constipation accompanied by dyspepsia.

5.

Anodyne Aperient.

Take of Ipecacuanha powder	-	10 grains.
Compound extract of colocynth	-	1 drachm.
Extract of henbane	- -	$\frac{1}{2}$ ditto.
Blue pill	- - -	$\frac{1}{2}$ ditto.
Castile soap	- - -	1 scruple.
Oil of cloves	- - -	6 drops.

Mix, to form 36 pills; one, two, or three pills to be taken for a dose.

Useful for irritable stomachs and bowels.

6.

Antibilious Aperient Pills; (their names implying their use).

Take of alkaline extract of jalap	-	1 drachm.
Calomel	- -	12 grains.
Oil of cloves	- - -	2 drops.

Mix to form 12 pills, of which two or three may be taken as a dose occasionally.

Or, of a milder description,

Take of alkaline extract of jalap - 2 scruples.

Ditto ditto rhubarb - 1 ditto.

Powder of ginger - - - $\frac{1}{2}$ ditto.

Mix, to form 12 pills; two to be taken as required.

7.

Aromatic Aperient Pills.

Take of Socotrine aloes - - - 1 drachm.

Peruvian balsam - - - 10 grains.

Mix, to form 15 pills; one, two, or three to be taken every other night, as required.

8.

Strong Aperient Pills.

Take of croton oil - - - 4 drops.

Castile soap - - - $\frac{1}{2}$ drachm.

Oil of cloves - - - 5 drops.

Mix, to form 12 pills; one or two for a dose, as required.

9.

Stomach Pills.

Take of powdered rhubarb	-	} each 1 scruple.
Powdered ginger	-	
Extract of camomile	-	

Oil of aniseed sufficient to form 18 pills.

Two to be taken twice a day, or three one hour before dinner daily.

10.

Tonic and Aperient Pills and Drops.

Take of alkaline extract of gentian,
 powder of rhubarb, Castile soap,
 each - - - - $\frac{1}{2}$ drachm.

Mix, and divide into 24 pills ; two to be taken at eleven and four o'clock daily.

The Drops.

Take of liquor of potash - 2 drachms.
 Compound tincture of gentian - $1\frac{1}{2}$ ounce.
 Tincture of capsicums - - 1 drachm.

Mixed together, and a tea spoonful given every morning at eleven after the pills, in water or any other liquid.

These pills and drops administered conjointly for a fortnight, or so will prove of great service to persons of dyspeptic habits, whose appetite and digestion may be at fault, and whose general health may be considered "out of sorts." The diet should be according to the middle table.

11.

Tonic and Purgative Pills.

Take of ammoniated iron	-	1 drachm.
Extract of aloes	-	} each $\frac{1}{2}$ drachm.
Extract of gentian	-	

Mix, to form 30 pills; two to be taken three times a day.

12.

Stomachic Mixture.

Take of subcarbonate of soda	-	1 drachm.
Sulphate of ditto	-	$\frac{1}{2}$ ounce.
Infusion of rhubarb	-	2 ounces.
Infusion of gentian	-	5 ounces.
Tincture of orange peel	-	$\frac{1}{2}$ ounce.

Mix.—Take three table spoonfuls twice a day.

Useful in correcting acidity, imparting tone to the stomach, and stimulating the appetite.

13.

Stomachic Mixture.

(For irritable weak stomachs.)

Infusion of calumba	-	7 $\frac{1}{2}$ ounces.
Solution of potass	-	1 drachm.
Extract of conium	-	1 scruple.
Tincture of orange peel	-	$\frac{1}{2}$ ounce.

Mix.—Dose—three table spoonfuls twice a day.

14.

Or,

Take of infusion of cascarilla	-	7 ounces.
Subcarbonate of soda	-	2 drachms.
Tincture of calumba	-	$\frac{1}{2}$ ounce.
Sulphuric Æther	-	2 drachms.

Mix.—Take two table spoonfuls twice a day.

15.

A very Efficacious antacid Stomachic Powder.

Take of calcined magnesia	-	1 scruple.
Sulphate of quinine	-	2 grains.

Mix and divide in six papers—take one of the powders every night and morning.

16.

Stomachic Powder.

Take of powder of gentian	-	$\frac{1}{2}$ drachm.
Do. of canella bark	}	of each 15 grains.
Do. of rhubarb		

Mix, and divide in four papers—take one daily, one hour before dinner.

17.

Stomachic Mixture.

Take of tincture of gentian	-	$\frac{1}{2}$ oz.
Orange flower water	-	4 oz.
Tincture of cinnamon	-	1 drachm.
Diluted sulphuric acid	-	$\frac{1}{2}$ drachm.

Mix—Dose—a tea spoonful twice or thrice daily, in a glass of wine.

18.

Quinine Pills.

Take of sulphate of quinine	-	$\frac{1}{2}$ drachm.
Extract of gentian	-	1 drachm.

Mix, with syrup to form 20 pills, take two daily at noon.

19.

Iron Drink.

Take of tartrate of iron	-	1 ounce.
Water	-	1 pint.

Mix—Dose—two table spoonfuls twice daily.

20.

Iron Tonic Pills for Nervous Persons.

Take of extract of bark	-	$\frac{1}{2}$ drachm.
Subcarbonate of iron	-	15 grains.

Mix, with syrup, to form 12 pills.—Take two daily before dinner.

21.

Tonic Powder.

Take of subcarbonate of iron - 1 drachm.

Calumba powder,

Rhubarb and Ginger,

Of each, a tea-spoonful.

Mix, and divide in 12 powders—take one twice daily.

22.

Aperient and Tonic Pills.

Take of black oxyde of iron,

Socotrine aloes of each, equal parts,

Mucilage of gum Arabic, a sufficiency.

Mix, to form five grain pills—take two or three twice a day.—Useful in ‘weak stomachs.’

23.

Excellent Dinner Powders to promote Digestion, and prevent Flatulence and Acidity.

Take of powder of calumba,

Do. of rhubarb,

Dried subcarbonate of soda,

Cinnamon powder of each - 5 grains.

Mix, take one daily, one hour before dinner.

24.

Antacid—in Heartburn—Acidity of the Stomach.

Take of magnesia	•	•	$\frac{1}{2}$ drachm.
Peppermint water	•	•	$1\frac{1}{2}$ ounce.
Tincture of orange peel	•	•	1 drachm.

Mix, to form a draught, to be taken as required.

25.

In Spasm of the Stomach arising from Flatulence.

Take of magnesia	•	•	1 scruple.
Tincture of senna	•	•	3 drachms.
Peppermint water	•	•	1 ounce.
Oil of aniseed	•	•	10 drops.

Mix, to form a draught.

26.

Infusion of Curaçoa.

Take of curaçoa rind	•	•	2 drachms.
Boiling water	•	•	1 pint.

Infuse for one hour; cool, strain, and take a wine-glassful every morning between breakfast and dinner—an excellent bitter.

27.

Tonic and Aperient.

Take of decoction of bark	•	7½ ounces.
Sulphate of soda	• •	½ ounce.
Diluted sulphuric acid	• •	40 drops.
Syrup of orange peel	• •	½ ounce.

Mix, take three table spoonfuls three times a day.

This mixture may be taken on the subsidence of any inflammatory affection that has left the patient feverish ; or, in ordinary fever cases, where there is no apparent local congestion.

28.

For sluggish condition of the Intestines—habitual constipation.

Take of the alkaline extract of rhu-		
barb	• • • •	1 drachm.
Extract of ginger	• •	1 scruple.

Mix, to form 18 pills ; one or two to be taken every night.

29.

Or,

Compound Colocynth Pill.

Take of powder of Colocynth, of		
Socotrine aloes, and of Scam-		
mony, of each	• • •	½ drachm.
Jalap	• • •	15 grains.
Oil of cloves	• • •	10 drops.

q 2

Form into a mass with Buckthorn Syrup, and divide into 24 pills; take two or three occasionally.

30.

Digestive Lozenges.

Take of Bi-carbonate of soda, finely powdered, and white sugar, of each an equal quantity, to be well mixed and made into Lozenges with mucilage, and flavoured with any essential oil. Lozenges generally weigh about ten grains. The addition of powdered ginger in a similar proportion is for some stomachs a great improvement.

31.

Alterative Pills.

Take of Plummer's pills	•	1 drachm.
Castile soap	• • •	1 do.
Extract sarsaparilla	• •	2 do.

Mix, to form 48 pills; one to be taken twice a day.

These pills are extremely serviceable in all scrofulous affections, but they should be continued for one or two months, provided the mouth be not affected by the Plummer's pill, which, containing a small quantity of calomel, might possibly occasion salivation, one or two grains of any mercurial preparation being known to produce in some persons that effect; it is, however, very rare.

32.

Spasmodic Drops.

Take of Paregoric and Tincture of

Henbane, each $\frac{1}{2}$ ounce.

Sulphuric Æther 2 drachms.

Oil of peppermint, aniseed, or

cloves 10 drops.

Mix—Dose—a tea spoonful in water every ten minutes, until relieved.

This combination truly deserves the name of anti-spasmodic drops, and when judiciously prescribed rarely fails in affording speedy relief. Whether the dyspnœa, or difficulty of breathing, is consequent upon spasmodic asthma, or happens to be the result merely of an hysterical attack, arising from some general irritation, particularly in dyspeptic and nervous females, the efficacy of these drops is alike successful.

33.

In fulness and palpitation of the Heart.

Take of hydriodate of potass 2 drachms.

Tincture of foxglove 1 do.

Mint water $\frac{1}{2}$ pint.

Mix—Dose—a table spoonful night and morning, to be taken in a glass of water.

34.

*Pills used in Epilepsy, and Hysteria, at the Hotel Dieu,
Paris.*

Take of oxyde of zinc	•	•	20 grains
Powder of Valerian	•	•	$\frac{1}{2}$ drachm.
Castor	•	•	4 grains.

Syrup, a sufficiency.

Mix, and divide the mass into twelve pills, one to be taken three times a day.

Mr. Dupuytren advises the use of these pills for a long period of time.

35.

Useful Pills in Hysteria, Nervous Weakness and Epilepsy.

Take of ammoniated copper	•	1 scruple.
Extract of henbane	•	1 drachm.

Powder of Valerian, a sufficiency to form 36 pills—take one twice or thrice daily.

36.

Pills of the Nitrate of Silver, advantageously prescribed in cases of Nervous Debility.

Take of the nitrate of silver	•	10 grains.
Extract of opium	•	1 drachm.
Musk	•	2 scruples.
Camphor	•	1 drachm.

Mix, with syrup and spirit of wine, and divide the mass into 96 pills, take one twice daily.

37.

Stimulating Pills for Nervous Persons.

Take of extract of Nux vomica . . . 2 grains.

Do. of gentian 1 drachm.

Mix, form 12 pills, take one twice or thrice daily.

In all nervous disorders, symptomatic of affections of the stomach, unaccompanied by any *discoverable* organic lesion, the several preparations of iron are certainly more deserving the character of specifics than any known medicine, and, where nervousness can be ascertained to be induced by a primary and momentary alteration of the *condition* or *tone* of the nervous structure, they may be relied on for their efficacy.

38.

Those usually employed are the sulphate, carbonate, ioduret, and muriated tincture ; they are given alone or in combination ; the sulphate enters into the composition of an established medicine called Griffith's mixture, the *mistura ferri* of the pharmacopœia, of which a wine-glass full may be taken two or three times a day.

39.

Take of subcarbonate of iron . . . 1 ounce.
 Treacle 4 ounces.

Mix, take a table spoonful three times a day.

40.

Take of extract of stramonium . . . 5 grains.
 Ioduret of iron, Extract of gentian,
 each 1 drachm.

Mix, form 24 pills, take one three times a day.

41.

Take of muriated tincture of iron . . . 1 ounce.

Twenty drops to be taken in water three times a day, increasing the dose one drop each time until the quantity of each dose amounts to one drachm.

This, perhaps, is one of the lightest preparations of iron which can be selected; it seldom disagrees with the stomach, and the dose may be increased from one drop to even two or three drachms. I have known patients take it with great benefit for months together.

Where the liquid preparations of iron do not sit easy on the stomach, or where they are objected to on account of their nauseous taste, the following pills may be substituted.

42.

Take of myrrh powdered	•	•	1 drachm.
Sulphate of iron	•	•	10 grains.
Subcarbonate of potass	•	•	$\frac{1}{2}$ drachm.
Alkaline extract of gentian	•	•	1 drachm.

Mix, and divide the mass into thirty-six pills, three or four to be taken three times a day.

43.

For or in anticipation of a paroxysm of Dyspnoea or difficulty of breathing, with Hysterical Nervous Persons.

Take of camphor	•	•	3 grains.
Carbonate of ammonia	•	•	3 grains.
Ipecacuanha powder	•	•	1 grain.
Extract of henbane	•	•	3 grains.

To be formed into three pills with mucilage, to be taken when the paroxysm is present or anticipated, and repeated in two hours if needful.

44.

Or,

Take of camphor	•	•	5 grains.
Sugar	•	•	1 drachm.
Tincture of calumba	•	•	2 drachms.
Oil of aniseed	•	•	2 drops.
Cinnamon water	•	•	1 ounce.
Morphine solution	•	•	15 to 20 drops.

Mix, to form a draught to be taken under similar circumstances to the pills.

45.

In Hysterical Nervous Affections of the Respiratory Organs.

Take of gum Assafœtida,		
Powder of Valerian, of each	•	1 drachm.
Extract of aconite	•	6 grains.
Squill powder	•	8 grains.
Castor	•	$\frac{1}{2}$ drachm.
Subcarbonate of ammonia	•	8 grains.

Mix, the mass in a sufficient quantity of the syrup of poppies, and divide it into 48 pills; from 2 to 4 to be taken as a dose.

46.

Or,

Take of camphor julep	•	5 ounces.
Tincture of Assafœtida	•	$\frac{1}{4}$ ounce.
Aromatic spirit of ammonia	•	1 drachm.
Tincture of Valerian	•	2 drachms.
Syrup of orange peel, or ginger	•	2 drachms.

Mix, two or three table spoonfuls to be taken occasionally.

Where assafœtida does not produce nausea, it constitutes a highly useful antispasmodic.

The following are adapted to relieve flatulency whilst present :—

47.

Take of peppermint water	•	$\frac{1}{2}$ ounce.
Spirit of cinnamon	•	$\frac{1}{2}$ ounce.
Sulphuric Æther	•	30 drops.
Compound spirit of lavender	•	15 drops.

Mix, to form a draught which may be given at intervals as required.

48.

Or,

Take of Pimenta water	•	1 ounce.
Compound tincture of cardamoms	•	2 drachms.
———of cinnamon	•	2 drachms.
Aromatic spirit of ammonia	•	20 drops.

Mix, to be taken as required.

49.

Palpitation of the Heart from Nervous Excitement.

Take of Sal volatile	•	} each, 2 drachms.
Sulphuric æther	•	
Spirits of red lavender	•	
Syrup of morphine	•	

Mix, take a tea spoonful every ten minutes until relieved.

50.

Another Formula for Nitrate of Silver Pills.

Take of nitrate of silver . . . 2 grains.
 Alkaline extract of gentian . . . 2 drachms.

Mix, form twenty-four pills, take two three times a day.

51.

In Habitual Looseness of the Bowels.

Take of powder of catechu . . . }
 Do. of cascarilla . . . } each, 1 drachm.
 Do. of cinnamon . . . }
 Do. of gum arabic . . . }

Mix, and divide in 12 powders, take one frequently in the day.

In cases of great mental and physical depression, low spirits, Ennui.

52.

Take of subcarbonate of ammonia	•	1 drachm.
Aromatic confection	•	1 drachm.
Cinnamon or peppermint water	•	7 ounces.
Spirits of cinnamon or peppermint	•	$\frac{1}{2}$ ounce.

Mix, give a wine-glass full occasionally.

53.

Or,

Take of spirits of red lavender	•	} each 2 drachms.
Aromatic spirit of ammonia	•	
Sulphuric æther	•	
Spirits of peppermint	•	

Mix, a tea spoonful given occasionally in a little water.

54.

To arrest diarrhœa,

Take of aromatic confection	•	1 drachm.
Chalk mixture	•	7 ounces.
Syrup of morphine	•	$\frac{1}{2}$ ounce.

Mix—Dose—three table spoonfuls three times a day.

55.

Or,

Take of compound powder of chalk	•	1 scruple.
Ditto with opium	• • •	10 grains.

Mix, form a powder which may be taken twice or thrice a day as occasion requires.

56.

Where the diarrhœa arises from the presence of some irritative, or is occasioned by acidity in the stomach, the cause had better be removed, and the acidity neutralized by a grateful alkaline aperient.

Take of magnesia	• • •	1 drachm.
Tincture of rhubarb	• •	2 drachms.
Peppermint water	• • •	1 ounce.

Mix, to be taken as required.

57.

Or,

Take of tincture of rhubarb	•	1 ounce.
Prepared chalk	• • •	1 scruple.
Oil of peppermint	• • •	2 drops.
Syrup of morphine	• • •	2 drachms.

Mix, to be taken at night on going to bed.

After which three table spoonfuls of this or any of the preceding astringent mixtures may be taken every four or six hours as occasion requires.

 58.

Take of mixture of chalk	•	7 ounces.
Spirit of cinnamon	•	$\frac{1}{2}$ ounce.
Sal volatile	•	1 drachm.
Syrup of morphine	•	$\frac{1}{2}$ ounce.

Mix.

 59.

Or,

Take of confection of opium	•	1 drachm.
Cinnamon water	•	7 ounces.
Tincture of kino	•	$\frac{1}{2}$ ounce.
Tincture of red lavender	•	1 drachm.
Tincture of catechu	•	3 drachms.

Mix—dose—three table spoonfuls occasionally.

The sulphate of zinc and copper have been administered with effect :

 60.

Prussic or Hydrocyanic Acid.

The name of this acid, and its awfully powerful effect on the system when taken in poisonous doses, is already familiar to the public as well as to the profession. It

*

was discovered by the celebrated chemist Scheele, nearly fifty years ago, but attracted the notice of medical men only within the last fifteen years, when Magendie, in a memoir presented to the Academy of Sciences, reported its wonderful effects. From that time it has been employed by all the physicians in Europe, and with uniform success; it is now considered one of the most valuable therapeutic agents we possess. Its properties are principally sedative, and the most beneficial results have been experienced from its employment. In nervous diseases and derangements of the stomach, attended with excruciating pain at the pit of the chest, accompanied by vomiting, its effects are all-subduing. The dose of the acid is from one to three or four drops, but had better at all times be taken only when prescribed by a medical man, or as prepared in the formula given in this Appendix.

 61.
Hydrocyanic Mixture.

Take of Camphor julep, or pepper-	
mint water	• • • 6 oz.
Hydrocyanic acid	• • • 6 drops.

Mix—Dose—two table spoonful two or three times a day—the dose of the acid may be gradually increased by the addition of 3 drops at a time to each six ounce mixture.

62.

Creosote.

The form in which this medicine is usually prescribed is in a mucilaginous solution, one drop is a dose, which may be increased gradually to as many as the stomach will bear. It is a highly useful stimulant, and at the same time it possesses the power of allaying nervous irritability of the stomach. In the hands of the physician, it is a remedy of extensive usefulness.

63.

Creosote Mixture.

Take of creosote	.	.	.	1 drachm.
Mucilage of acacia	.	.	.	$\frac{1}{2}$ oz.
Cinnamon water	.	.	.	6 oz.

Mix—Dose—a tea spoonful in water three times a day.

64.

Smelling Salts.

The subjoined formula will be acceptable to many, who, for the relief of headache, or fainting-fits, require the assistance of a pungent aromatic :—

Take of Volatile salts	.	.	.	$\frac{1}{2}$ oz.
Strong solution of Ammonia	.	.	.	1 drachm.
Tincture of Musk	.	.	.	$\frac{1}{2}$ drachm, or
Spirits of Lavender	.	.	.	1 drachm.

or any other scent, to be well mixed and preserved in stopper or closely-corked bottles.

The occasional addition of the solution of Ammonia will impart at all times a most powerful aroma.

EXERCISE, — ITS VALUE AS A REMEDIAL AGENT.

So much for physic and its helpmates. But there are yet other and most important agents for effecting the cure of this distressing complaint; and these are exercise and change of air, and of scene,—exercise to body and mind. Shakspeare, who, had he not been a poet, would have doubtless made a very respectable physician, when addressing himself to a lover and dyspeptic, says,

“ Go, take some new infection to thine heart,
That the rank poison of the old may die;”

and he comes pretty nearly to the true philosophy of counter-irritants in the advice thus proffered. When physical disease exists, the mind is wont exclusively to engage itself upon the ills which, for the time being, the flesh has inherited, and heaps a mental fuel on the bodily fire; nothing can be more natural, perhaps, but nothing can be more hurtful certainly. In most diseases of the body, exercise, activity, or travelling, approaches the impossible, and locomotion and phrenal diversion are alike prevented, from the very nature of the physical ailment, although a prudent indulgence in them would else prove of mighty advantage in restoring health. The diversion of the mind from the gloomy contemplation of bodily

suffering to other and agreeable employment, is one of the greatest antagonists of disease; and the adroitness of the doctor who has address enough to effect this object, is of more worth than all the drugs in Apothecary's Hall.

It is curious, how reluctant a man in good health is to die; with what superhuman strength he will struggle to retain existence; what pain, peril, and long-continued distress he will encounter rather than meet death;—yet no sooner does he become ill than his mental and his physical energies become alike prostrated, and he views the “grim destroyer” with a repugnance that diminishes as he approaches nearer; the terrors with which fancy once invested him, one by one drop away, he watches his strides with calm indifference, and at length actually sighs for the withering clutch he once so fearfully dreaded.

As the animal frame loses the elasticity of health, those mighty auxiliaries in the removal of disease, *hope* and *faith*, seem to fade into inanity, and utter indifference step by step, slowly creeps upon it. This feeling of passive despondency exerts a marvellous influence in arresting convalescence: indeed, it rather fosters disease and increases its power; and unless it be eradicated, medicinal treatment is of small value. This mental despondency or “depression of spirits,” therefore, must by all means be averted; every allurement, every inducement must be held out to coax the dyspeptic from his apathy. Every variety of pleasing

change must be prescribed; light-hearted companionship should be sought after; and every possible means adopted to keep his mind in a state of moderated excitement. Indolence should be studiously avoided: when the body is not employed, the mind is more sensibly active, and no occupation is so fascinating as the pondering upon physical ills where they exist, and brooding over the sorrow of suffering; however sweet may be this "luxury of woe," it is the most pernicious of all pernicious enjoyments and must not be tolerated. Whether in slight or in severe cases, in order to secure the best impressions which medical treatment can make upon the constitution, this recklessness must be discouraged, and its entire removal be the principal object of solicitation.

The moment a man falls sick, he must cast to the winds all vain notions about his god-like pre-eminence in the scale of creation, and condescend to play the mere animal; every iota of nervous activity, exerted upon the mind, takes that away which ought to be expended upon his decomposable body; and the sooner his mind can be diverted, and, as it were, dissociated from the dilapidated mass in which it is located, the sooner he will mend: else he will sink faster; else he may die.

Now the change of scene and cheerful company, or mental amusement of almost any kind, are proverbial for effecting this desirable object; exercise of mind and of body, judiciously taken, are important aids in the

management of disease, and these remedies combine the employment most fitted for impaired health to undertake.

A practitioner of considerable eminence, himself a dyspeptic, recommends travelling as an important, if not almost the *only*, remedy for the removal of indigestion; and from experience, that unerring and costly guide, urges it upon the attention of the invalid apparently with as much truth as eloquence. It must certainly have the effect of diverting the gloomy thoughts from within outwards, and, properly undertaken, contribute to convalescence by the exercise it affords to both mind and body, which, in this complaint, is so conspicuously necessary to it.

Many laughable devices have been thought of for the engagement of the mind; such as sending people on long journeys and idle errands, though at the time of undertaking them, in profound ignorance of the object; employing them in novel occupations, and agitating them by gentle apprehensions, whatever their absurdity. A good effect has invariably succeeded, for the mind has been abstracted from the body, and directed into new channels, and the disease thus no longer cherished, fondled, or nursed into a more aggravated form.

Physical exercise must be engaged upon and persevered in with earnest determination; it excites the vessels to greater activity, and promotes the circulation of the blood, which never improves by stagnation; it augments the muscular powers, and renders the senses more

active and acute ; the effects of exercise on the digestive apparatus are abundantly manifested by the sharpness of appetite acquired by wholesome exercise in bracing weather, and the indescribable sensation of health and light-heartedness imparted to the body, and of energy to the mind.

The description of exercise must, of course, depend mainly upon the state of the disease ; if far advanced, and languor and sickness predominate, the patient must commence with the first item of the graduated scale, and proceed forwards as the complaint recedes. From walking to and fro in his own chamber, he must, by degrees and cautiously, encourage himself to the largest amount of exertion, short of fatigue, through all the stages of animal activity, proportioned to his growing strength, cultivating his muscular powers, so that each day shall leave him stronger than the preceding.

He must rise betimes, and go to bed early ; during the day he must engage himself in the open air, in riding, on horseback, or in a carriage, in walking, running, digging, gardening, fencing, climbing, and such other bodily exercises as his own good pleasure may suggest, or his ingenuity devise.

To those who have the good fortune to reside in the country, and inhale heaven's unadulterated atmosphere, I would suggest that they expose themselves as much to it during the day as possible, taking, too, as much of moderate exercise as they can, in any of the above

enumerated modes; if the patient be a lady, the modifications of skipping, dancing, gentle romping, &c. may be adopted with less of the ludicrous than would be afforded from their indulgence by the grosser sex. To those who vegetate beneath the palpable purity of London smoke, I would recommend a walk or a ride by the stage (according to the stage of the complaint) to some of the suburban regions, and back, daily; the latter plan will be found of no little service to the dyspeptic, where the fatigue of walking might be too great—he need not be reminded that an *outside* place would be the fittest, except the weather be wet.

But I need not draw on my imagination for devices of exercise, when they will occur to any mind with equal readiness and facilities. I will content myself with urging upon the dyspeptic as strenuously as possible the importance of taking *exercise; gradual, fatigueless, constant exercise, as one of the very first and most important means of restoring a healthy tone to the digestive organs.*

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