

A practical treatise on general or partial debility, either original or hereditary, or from age, dissipation, residence in a tropical climate, etc. : and on the most effectual means of preventing and curing organic diseases, &c.; which undermine the constitution and lay the foundation of the climacteric malady, or breaking up of the constitution in both sexes : by diet, exercise, and the round-leaf cornel, where a tonic remedy is necessary : to which is added an account of the lobelia inflata, the celebrated American specific for asthma, with remarks on the seat, causes, dietetic and medical treatment of the different varieties of asthma / by S.H. Robinson.

Contributors

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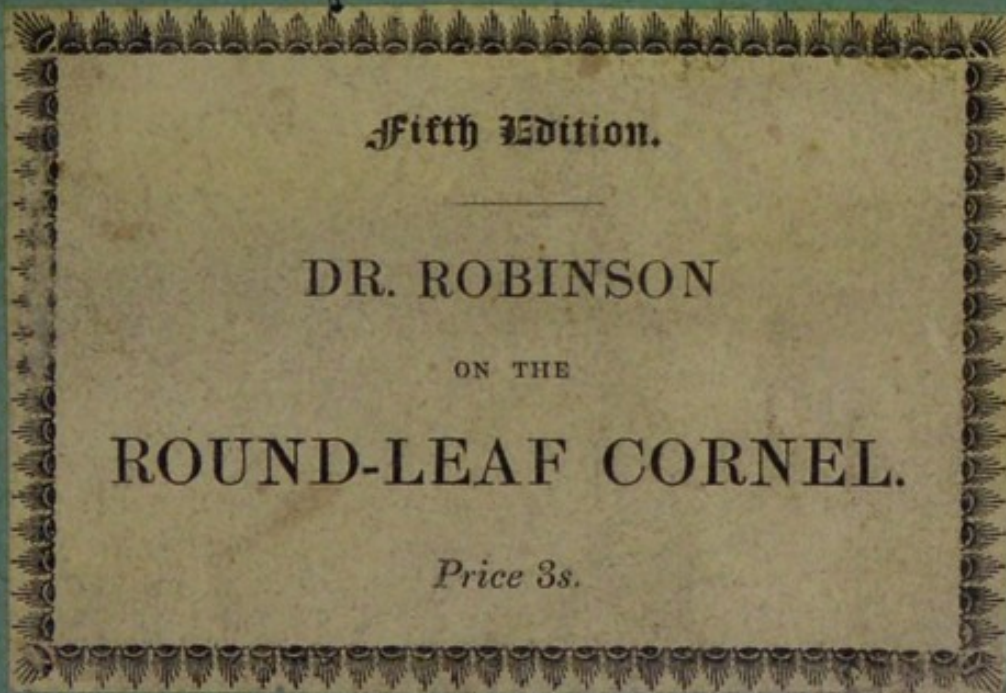
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John King

4, 24th Aug^h.

1837

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Fifth Edition.

DR. ROBINSON

ON THE

ROUND-LEAF CORNEL.

Price 3s.

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Mr. 769

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A

PRACTICAL TREATISE

ON

GENERAL OR PARTIAL DEBILITY,

EITHER ORIGINAL OR HEREDITARY,

OR FROM AGE, DISSIPATION, RESIDENCE IN A TROPICAL CLIMATE, ETC.

AND ON THE MOST EFFECTUAL MEANS OF

Preventing and Curing Organic Diseases, &c.

WHICH UNDERMINE THE CONSTITUTION AND LAY THE FOUNDATION OF THE CLIMACTERIC MALADY,

OR BREAKING UP OF THE CONSTITUTION IN BOTH SEXES,

BY DIET, EXERCISE,

AND

THE ROUND-LEAF CORNEL,

WHERE A TONIC REMEDY IS NECESSARY.

TO WHICH IS ADDED AN ACCOUNT OF

THE LOBELIA INFLATA,

THE CELEBRATED AMERICAN SPECIFIC FOR ASTHMA,

WITH REMARKS

ON THE SEAT, CAUSES, DIETETIC AND MEDICAL TREATMENT OF THE DIFFERENT VARIETIES OF ASTHMA.

FIFTH EDITION.

BY

S. H. ROBINSON, M. D.

ST. CROIX.

LONDON:

PUBLISHED BY SHERWOOD & CO. PATERNOSTER BOW,
AND SOLD BY SIMPKIN AND CO. STATIONERS' COURT, AND ALL BOOKSELLERS.

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OR
GENERAL OR PARTIAL DEBILITY,

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OR FROM AGRICULTURE, DISSIPATION, REMISSION IN A TROPICAL CLIMATE, THE

AND ON THE MOST EFFECTUAL MEANS OF

PREVENTING AND CURE OF DEBILITY, &c.

WHICH EMPHATICALLY THE AUTHOR HAS AT THE REQUEST OF THE
CLINICAL SOCIETY,

BEARING UPON THE PRACTICE IN THIS STATE,

BY DIET, EXERCISE,

AND

THE ROUND-LEAF CORNELL

WHICH IS A TONIC REMEDY IN NERVELESS,

TO WHICH IS ADDED AN ACCOUNT OF

THE LOBELIA INFATA,

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WITH REMARKS

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NEW EDITION.

BY

S. H. ROBINSON, M.D.

LONDON:

RICHARD CLAY, PRINTER, BREAD STREET HILL,

DOCTORS' COMMONS.

PREFACE

TO

THE FIFTH EDITION.

To introduce to public attention two remedies of great value and importance in the healing art, was the original intention with which this work was commenced; and so quickly was the utility of the recommendations contained in it acknowledged, that it very rapidly passed through four editions. These remedies, which are now highly estimated, are, the Round-leaf Cornel, (*cornus circinata*, Lin.) for the cure of general and local debility, and the Lobelia Inflata of Linnæus, for asthma, on the authority of some of the most eminent physicians of the United States, confirmed by some of the most distinguished practitioners, who have given it a trial in this country, anterior and subsequent to the publication of the first edition of this pamphlet, and on the most satisfactory results from a very extensive trial given it by the author. Its speedy beneficial effects in invigorating the stomach, and in strengthening the whole constitution, after the Peruvian bark, in all its forms, or

the preparation of it, termed Quinine, or the Sulphate of Quinine, the Cascarella, Columbo, and the other tonics, had, by oppressing, or nauseating the stomach, increased the complaint, have been so uniform, that Professors Ives and Morson, and other eminent physicians, have pronounced it to be the "*natural* tonic of the human stomach;" and the results of ample experience in this country are decidedly in favour of this opinion. In the following pages, Dr. Robinson has, very properly, made a distinction between those stomachic medicines which act beneficially by invigorating the digestive organs, from their possessing the peculiar chemical principle, termed tannin, or the power of increasing the cohesion of the muscular system, or the contractile powers of membranes, and those which act by diminishing nervous excitement, or feverish state of the stomach, from their possessing a peculiar bitter principle, as the Chirayita, the Columbo, the Sulphate of Quinine, the Hop, Chamomile, &c.&c. and which, in cases of indigestion from debility, act injuriously; such a distinction is assuredly of great practical importance. In noticing the cases of debility to which the Round-leaf Cornel is applicable, the auxiliaries, which in some cases may be necessary to expedite its general tonic effects, by invigorating the nervous system, or to remove a local malady; in describing the particular cases of debility, and in giving directions as to an appropriate regimen, with the view of promoting the efficacy of the Round-leaf Cornel, and rendering it

permanent; the Author has been guided solely by the results of his own extensive experience, in order that the Round-leaf Cornel may maintain its character as an efficacious and mild tonic, or, as it has been with great propriety termed, the natural diffusible tonic of man, that is, more congenial to the human frame than any of the class of tonics employed by the practitioners of Europe. Dr. Robinson particularly observes, that it is only to be administered in cases of direct debility, or those of apparent excitement, evidently arising from debility of one or all of the digestive organs. To those who, by excessive indulgence, or by a residence in a tropical climate, have impaired their constitutions, the Doctor positively asserts that it will prove a valuable tonic; and to those whose systems are giving way to the operations of time, or in whose fabric some local dilapidation, which so frequently precedes a general breaking up of the system, termed the climacteric disease, has taken place, its judicious use will act as a powerful prop, and prolong life many years by invigorating the digestive organs, and keeping up a degree of energy in the nervous and muscular systems.

The Author has selected several cases of local and general debility, on account of their variety, from numerous cases which have occurred within his immediate observation, to illustrate the decided superiority of the remedy over the tonic medicines of the *Materia Medica* of this country, to which he has great pleasure in referring his readers; because

he is thoroughly convinced that the results of the trials his readers may thereby be induced to give the Round-leaf Cornel, will fully confirm the reports of its efficacy, with the view of insuring the reputation of these remedies. And that the classes of invalids, for whom they are recommended, may not be disappointed in their effects, the Author has added instructions as to suitable diet, exercise, &c. ; and on a preparatory treatment, when necessary, extensive experience and observation have long satisfied the Author that the lives of elderly persons may, by proper treatment, be protracted to a very late time. For as Sir Anthony Carlisle, who has paid particular attention to the subject, justly observes, the termination of the life of an old person may be always traced to some marked disease ; and this may be either alleviated or rendered very mild.

By attending to the instructions given in this work, as to diet, medicine, &c. the Author is persuaded, debilitated subjects, whether from original tender structure or formation, from habits of dissipation, from the influence of an unfriendly climate, from long continued fatigue, or from the battering of time, will derive the most essential benefit, and extend their years far beyond the ordinary number ; and the Author has attempted to convey as much, if not more, valuable practical information in these few pages, than is to be found in the voluminous works that have appeared on these subjects. With the invalid, the strict attention to diet, and the preventive art of medicine, are at all times objects worthy

of particular care; but during the autumn of life, when the creature has fulfilled the command of nature for continuing its race,* and the corporeal fabric is rapidly declining, they will be found to comprise the most rational and most practical resources of life; for assuredly the wholesome regulation of diet, exercise, clothing and air, is generally of much greater importance than the administering of drugs, blistering or bleeding. Many persons, whose vital organs were duly performing their functions, and were in a state of healthy harmony, have had their systems so shaken or disturbed by blue pills and drastic cathartics, and other nostrums, as never again to rally.—The scientific treatment has either brought into action some latent malady, which will rapidly undermine the constitution, or so derange the animal economy, never more to harmonize, as to hurry them to their long home in a few days. Like the Italian nobleman, they were well,—would be better,—took medicine, and died. In this work no treatment, either dietetic or medicinal, is urged capable of disordering the digestive organs, or of interrupting the sympathetic harmony, the existence of which, between the viscera of the abdomen, &c. is necessary for the maintenance of health.

The Round-leaf Cornel is only recommended when the stomach does not perform its office, or when

* Sir Anthony Carlisle fixes this period to the "middle of life." Important and necessary as a knowledge of it is for securing a long life, or establishing health at this period on a sound base, it seems very few are sensible of its arrival.

the whole system is evidently relaxed ; and the adjuncts are likewise only necessary when its intestines are sluggish, or when the nervous system is in a state of excitement or debility. The Round-leaf Cornel and the adjuncts are incapable of doing the smallest mischief, being more innocent than wine, and at the same time much more efficacious as a tonic.

The second part of this work, from page 20 to 68, is addressed solely to weakly subjects. “ Whether the fabric was originally built with bad materials, whether it has been seriously injured, or shaken to the foundation by tempests, or by some interior dilapidating cause, or whether it has been impaired by time, aided by occasional storms, the general effect is similar, and consequently the means of repairing local injuries and of propping up the system are to be accomplished by invigorating and bringing into proper action the chylopoietic organs, &c. The climacteric disease, or breaking up of the system, occurs as frequently in premature old age, from dissipation and bad habits, as from the wear and tear of life. When, therefore, a local complaint or chronic disease takes place in a subject, whose constitution has been debilitated by abuses, or by old age, it should be considered as symptomatic of the climacteric malady, and no time should be lost in placing the recruiting organs in a state to protect the system from the threatening storm.”

In composing this work the Author has totally disregarded the theories of modern writers, most of which have been broached merely for the sake of

notoriety. The present fashion of attributing "all human maladies to a single source," and the consequent attempts to cure them by one remedy, are, as Sir Anthony Carlisle observes, a disgrace to the annals of medicine of this country, and an insult to common sense, logic and science. The advice the Author has given to debilitated and asthmatic invalids being founded on the experience of many years, they need not be under the smallest apprehension of its results being otherwise than such as he has led those invalids to expect from it.

When the first edition of this work was published, the preparations of the Round-leaf Cornel were only to be obtained of one person in England. The Essential Salt, the Alkaline, and the Simple Extracts, and the Tincture, may now be procured from the Medical Hall, 170, Piccadilly, from Mr. Butler, the Herbalist of Covent Garden; Mr. Miller, Chemist, of Bristol; Mr. Hughes, Chemist, of Clifton; Mr. Harris, Chemist, of Birmingham; Moxon and Company, Chemists, of Hull; Mr. Hitchcock, Chemist, of Taunton; and Mr. Hay, Chemist, of Portsmouth. Many other respectable chemists of this country, no doubt, keep it; but the Author has noticed those as sources from which he knows the *genuine* preparations, in a state of perfection, may be obtained. The Bark, and other parts of the Round-leaf Cornel, losing the active principle in which the peculiar tonic properties reside, on drying, the Extracts made in America by spontaneous evaporation of the infusion of the Green Bark and the Essential Salt, made by drying

the expressed juice of it by solar heat on glass, (which contains all its virtues in a high degree of perfection), are the only preparations which are now employed, and which will do for exportation to Europe.

To the chapter which contains an account of the antiasthmatic properties of the *Lobelia Inflata*, the discovery of which is no less important than that of the peculiar tonic powers of the Round-leaf Cornel, the Author has added a few practical remarks on the supposed varieties of Asthma, not only with the view of insuring the success of the *Lobelia Inflata*, but of simplifying its exhibition.

The demand this small work has experienced, (having gone through four editions in the course of a very short period,) and the high terms of commendation in which some of the most eminent members of the medical profession speak of the articles it embraces, as very valuable additions to the *Materia Medica* of this country, are very gratifying to the Author; principally because they fully confirm the very favourable reports he had made of the therapeutic value of the Articles to different practitioners. In this Edition he has noticed the beneficial effects of the Round-leaf Cornel in those affections of the Uterus and Vagina, which so frequently take place in this country after the cessation of the menstrual secretion, a very interesting case of which is given in page 63.

May, 1837.

ON THE
MEDICINAL AND CHEMICAL PROPERTIES.

OF THE
CORNUS CIRCINATA,

OR
ROUND-LEAF CORNEL.

THE genus *Cornus* is distinguished by the following characters: Flowers, sometimes aggregated in a four-leaved involucre. Calix, four-toothed. Petals, four, small, broader at the base. Drupe, inferior, not crowned by the calix. Nut, two-celled, two-seeded.—*Nuttall.*

The following are the species: 1. *canadensis*—2. *florida*—3. *circinata*—4. *sericea*—5. *asperifolia*—6. *striata*—7. *sanguinea*—8. *alba*—9. *paniculata*—10. *alternifolia*. Of this genus there are also two other species in Europe and Asia, and two which are common to the old continent and America.

The *round-leaf Cornel* (*circinata*) is designated in many parts of America by the familiar appellations of *mountain willow* and *white-rind Cornel*. It no doubt derived its name from the shape of its leaves, (*circinatus*, rounded) as they are more round than those belonging to the other species.

This species of *Cornel* appears, from the above

description, to be connected with a numerous kindred of plants, belonging to the class *tetrandia*, and order *monogynia*. It is not remarkable for its dimensions or beauty. It inhabits the sides of rivers; but is partial also to elevated and mountainous situations. Its localities are pretty numerous; it dreads, however, the coldest latitudes, as much as it dislikes the warmest. It may be found in many parts of that extensive tract of country extending from Canada to Virginia. It is a shrub of eight or ten feet in height, and its foliage is not particularly thick. Its leaves are nearly round and broad, white and downy beneath, and waving at the edges. Its branches are rough and warty. About the middle of the year, it produces a small white flower, and berries of a blue colour. It is distinguished by Pursh in the following scientific language: "Ramis verrucosis, foliis lato-ovalibus, acuminatis, subtus albo tomentosus, cynus patentissimus."

The branches and stalks, when prepared for grinding or powdering, have rather a quilled appearance, with a white interior and a dark exterior. After the bark has been powdered, it assumes a reddish colour, has a fine delicate aroma, and a peculiarly grateful tonic taste.

This species has, within these few years, attracted the attention of some of the most eminent physicians of America. It is now noticed in the "Pharmacopœia" of the United States as a peculiar tonic, or as some have designated it, from its uniform, grateful, and

tonic effects on the stomach, and in imparting, as it were, strength to the whole system, "the *natural* tonic of the human stomach," and is very much extolled in some of our most valuable works on *Materia Medica*, as a peculiar diffusible tonic; and certain it is, its tonic effects are so soon evinced throughout the whole system, that if its tonic properties are not conveyed through the medium of the circulation, its sympathetic operation on the remotest parts of the body is remarkably quick. From various circumstances, with which we have become acquainted, in connexion with the history of this shrub, we are induced to believe that Professors Monson and Ives, of New Haven, are entitled to the credit of having first introduced this valuable tonic into *general* practice. Recently, its tonic virtues have been noticed by the learned editor of "The American Pharmacologia," and mentioned by him in the most decided terms of approbation. Like many of our most valuable medicinal agents, its properties were discovered by mere accident. The following interesting account of its discovery and early use is related by the worthy and much-respected professor of medicine in Yale College: "The round-leaved Cornel was used in the year 1795 as a nostrum, by a person of Canada. A patient affected with a diseased liver was attacked with indigestion with occasional diarrhœa, which it was not in the power of the physicians to cure. At the request of the possessor of this nostrum, the physicians consented to give it a trial, and

the complaint was successfully combated by it." "These facts," continues Dr. Ives, "I had from Dr. Æneas Monson. From the success of the remedy in this case, Dr. Monson entertained a very high opinion of the article, and requested us to inquire for it. In 1803, we went several times upon the mountains, in quest of the shrub. By an old man upon the mountains in Hamden, (a place in the neighbourhood of New Haven,) we were directed to the spot, from whence it had been gathered by the empiric. We found the plant described in Willdenow, under the name of *Cornus circinata*. Its locality is on the Whenstone mountains, on the north western, aspect, among the broken rocks, and is found in this situation upon the east and west mountains in this place, (N. H.,) locally associated with the *Sambucus pubescens*, and in abundance."

Our own experience has afforded a very extensive knowledge of the peculiar tonic virtues of the *round-leaf Cornel*. In the case of the author, such was the beneficial operation of the remedy, and so high is the opinion entertained by several eminent practitioners of its tonic powers, that we shall never hesitate to prefer it to any other stomachic or tonic medicine, in all cases of *local* or *general debility*, and particularly for that state of system termed "the grand climacteric period of life," when age or a life of dissipation or hardship has produced some local decay or debility, or shaken the whole fabric, on which the Peruvian bark, the sulphate of quinine,

and the bitter stomachics in general use, most frequently act injuriously, by disordering the stomach, &c.

Shortly after the writer's arrival in America from the West Indies, he was seized with a violent and distressing disorder of the digestive organs, which, from the appearance of the evacuations, the state of his liver, and various other circumstances, he was induced to believe, originated in some derangement in the biliary apparatus. When the disorder of the stomach, &c. first made its appearance, he neglected all medical treatment; but after some time had elapsed, he was obliged to resort to an extensive use of purgatives, alteratives, and tonics; but they only produced temporary alleviation. In fact, the powers of the far-famed colombo, Peruvian bark, cascarilla, &c. were never found more inefficient. His mind now became a prey to despondency, and his spirits began to lose their natural elasticity. From the sudden attacks of the disease, he could never enjoy any necessary recreation, or find any satisfaction in the society of friends. In this dreadful situation, he consulted professor Ives, and was advised by him to try the extract made by spontaneous evaporation of the expressed juice of the green bark of the round-leaf Cornel, dried on glass by solar heat, termed the "*Essential Salt of the round-leaf Cornel.*" He did so, and he is happy in stating that the most satisfactory results attended its employment; for it speedily invigorated the

stomach, corrected the disordered condition of the biliary apparatus, and of the whole alimentary canal, strengthened the nervous and muscular systems, and restored him to perfect health.

In other cases of a similar nature, Professors Morson and Ives have used it with unvaried success. In cases of indigestion, either arising from debility of the stomach, derangement of the liver, or of the duodenum, or chronic looseness, to which those who have resided in the East or West Indies, or have indulged too freely in libations of wine or spirits, or in savoury dishes, and in other enervating excesses, the Essential Salt of the *round-leaf Cornel*, in the form of pills, and the tincture made with it, have exhibited tonic and restorative powers very superior to any other medicine; and instead of producing a sense of fulness or nausea, either of these forms is particularly grateful to the palate and stomach; and from this circumstance, and its uniform tonic or strengthening effects, it appears to be, as we have observed, the "*natural tonic of the human stomach*," not, like the *stimulating* tonics, forcing it into action by merely exciting the nerves, and which, by continued use, ultimately exhaust its powers, but by bringing into action the *motific* powers of its *muscular* fibres, and by promoting a healthy secretion of the gastric juice. The Professors also give the preference to this article in the diarrhœa attendant on the last stage of pulmonary consumption, as well as in that which occurs in the latter

stages of putrid fever, particularly in those cases which so frequently terminate fatally in hemorrhage from the bowels.

These distinguished practitioners have also witnessed considerable advantage from it in those chronic affections of the liver, accompanied with indigestion, flatulence, and swelling of the legs, when "thirst is present, and liquids oppress."

In rickets, and the relaxed or enlarged bowels of children, the Professors have used it with the most decided benefit. Dr. Ives, in particular, gives his testimony to the virtues of this remedy by observing, that "for a number of years he has prescribed it with great advantage in such cases, after the Peruvian bark had evidently acted injuriously, by increasing obstruction in the mesenteric glands." See *Prescription for Rickets, &c.* page 15.

In dysentery, after the proper preliminary steps had been pursued to lessen the inflammatory state of the bowels, and when the disease had assumed a chronic character, the Essential Salt of the *round-leaf Cornel* has been found highly efficacious. In confirmation of this, we possess the assurances of Dr. Ives, of New York. He remarks, with regard to its general exhibition in his practice, that "his experience in the use of the *round-leaf Cornel* has been sufficient to persuade him that it is a pleasant and powerful tonic, and that there are cases in which it is preferable to any other vegetable belonging to the class of tonics."

Being under the conviction that it possesses highly tonic properties, and feeling satisfied that it is retained more easily upon the stomach than the Peruvian bark, or the sulphate of quinine, cascarilla, columbo, or any other tonic in ordinary use, we conceive that it may be used with superior advantage, as a substitute, in the various forms of fever to which the Peruvian bark may be suited. This remark is particularly applicable to the cases of children, for the reasons which we have assigned.

In Saint Anthony's fire, when marked by a feeble state of the system, we have no doubt this remedy will prove serviceable, especially in this country, as the disease frequently proceeds from the depraved habits of debauchees and drunkards. From these causes the stomach is generally found extremely irritable; and as this species of Cornel possesses a more grateful flavour than the Peruvian bark, we have uniformly found it to sit more pleasantly on the stomach.

In cases of debility, or relaxation of the uterus, or vagina, attended with a sensation of falling down of the uterus, or with actual prolapsus, or fluor albus, it is a most valuable remedy; and it is particularly worthy of notice, that from what is termed its deobstruent effect on the womb, *i. e.* its cleansing operation on the walls of the organ, its effects are not only durable, but they clearly prepare it for impregnation, and by improving at the same time the general health, it is an excellent remedy for barrenness.

In cases of dropsy it is a very valuable tonic, to accompany diuretic and purgative medicines.

But the *round-leaf Cornel* has not evinced remedial effects merely when exhibited internally. Dr. Ives, of New Haven, assures us, that he has used it "as an external application for gangrene in preference to the Peruvian bark, and for ulcerated and spongy gums." In such cases, the Doctor adds, "it has in my hands succeeded better than any other article."

Through the friendly exertions of Mr. Carpenter, a scientific chemist of St. Croix, and a gentleman well known to the medical faculty from his interesting analyses of various substances, we have been enabled to obtain a knowledge of the constituent parts of the *round-leaf Cornel*. From his note of the analysis, the following observations have been culled:—

With *water*, the bark of the *round-leaf Cornel* produces a deep red colour.

Proof spirit forms with it a beautiful tincture, and dissolves the largest portion of the active principles: it may consequently be considered as its best menstruum. The tincture furnishes, on evaporation, a *dark red extract*, which possesses, in a concentrated degree, all the bitterness and astringency of its bark.

To *alcohol* it imparts the same appearance as to water. The alcoholic solution, when concentrated by evaporation, is rendered milky by the addition of water, and a precipitate is formed. The *extract* digested in ether is partially dis

solved, and the solution, on evaporation, furnishes a compound of resin, oil, and a small portion of a peculiar saline matter. This compound appears, from its sensible characters, to constitute the most active portion of the article.

The extract, made by evaporating the cold infusion either of the root or of the small branches of the *round-leaf Cornel*, in water, by steam, or *in vacuo*, contains all its medicinal virtues in great perfection, and, as a tonic medicine, is more efficacious than the sulphate of quinine, or any other preparation of bark; and dissolved in the compound spirit of orange-peel, forms a very grateful and most valuable tonic medicine.

The *watery infusion* reddens tincture of litmus. Muriatic acid forms a yellow flaky precipitate with it. Acetate of lead in solution occasions a quick and copious precipitate. A solution of tartar emetic was rendered turbid, and slowly precipitated. Sulphate of iron rendered it turbid, and immediately afterwards changed it to a bluish-black colour, and produced a very light precipitate. With lime-water a very copious precipitate was formed, leaving the supernatant fluid almost colourless. Sulphuric, nitric, tartaric, prussic, and acetic acids were severally tried, but evinced no action on the infusion. The solution of ammonia caused no precipitate, but the infusion assumed a deeper red colour.

It will be perceived that the action of the

above reagents is the same on the *round-leaf Cornel* and Peruvian bark; but a difference is apparent, when the solution of galls or isinglass is used; the latter being copiously precipitated by either, whilst no change is produced on the infusion of the former.

From the above statement it is clear, that the constituent proximate principles of the *round-leaf Cornel* are, tannin, gallic acid, resin, gum, mucilage, oil, and a peculiar saline matter, which differs from the salt discovered in the species *florida* (*cornus florida*), in possessing less bitterness, and more astringency.

Mr. Carpenter, from the examination of the *round-leaf Cornel*, concludes, "I believe it to be a very valuable addition to the *materia medica*, particularly as a tonic."

The bark of the *round-leaf Cornel* losing its peculiar tonic qualities on being dried, the extract made by evaporating the decoction or infusion of the *green* or *recently gathered* bark is only exported for medicinal purposes. Latterly the preparation noticed under the "Essential Salt of the *round-leaf Cornel*," made as directed, (page 5,) is generally preferred on account of its containing in its concentrated state its peculiar aroma and its other active principles in which its virtues reside.

The dose of the Essential Salt of the *round-leaf Cornel* is from five to ten grains, in the form of a pill, or dissolved in a good sound white wine, as Madeira or Sherry.

The dose of the tincture* is from two tea-spoonsful to a dessert spoonful, in about two table-spoonsful of water, which in cases of general or local debility, may be taken twice a-day; or if the habit be leucophlegmatic, three or four times a-day.

Four drachms of the Essential Salt of the *round-leaf Cornel* dissolved in a bottle of sound wine, forms a very excellent tonic medicine, of which a small wine-glassful may be taken twice a-day, *i. e.* about two hours before dinner, and four hours after dinner, in cases of local or general debility.

The following are Copies of the Prescriptions of the most eminent practitioners who have given the *round-leaf Cornel* the most extensive trial:—

For Indigestion from Debility of the Stomach, Sluggishness of the Liver, or Intestines.

No. I.

Take of Essential Salt of the

round-leaf Cornel, 1½ drachm;

Jamaica ginger,

Dried sub-carbonate of soda, of each
10 grains;

Water sufficient to form a mass.

To be divided into 24 pills; two or three to be taken

* The tincture is made by dissolving six drachms of the Essential Salt of the round-leaf Cornel in a quart of the spirit of sassafras. To the stomach of an elderly or weakly subject, this spirit is a more grateful cordial than cinnamon, cloves, or any other aromatic. The tincture thus made is kept at the Medical Hall, 170, Piccadilly.

about two hours before dinner, and four hours after dinner, with a small wine-glass of water.*

If the patient should have a dislike to medicine in the form of a pill, or if he should be of a very languid habit, much advanced in life, or subject to flatulence or cramp in the stomach, he may substitute the following mixture for the above pills.

No. II.

Take of Essential Salt of the
 round-leaf Cornel, 2 drachms ;
 Tincture of ditto, 6 drachms ;
 Distilled water, 7 ounces.—Mix.

Three table-spoonsful to be taken three times a-day.

For general Debility attended with œdematous or dropsical Swelling of the Legs, Paucity of Urine, &c.

No. III.

Take of Essential Salt of the
 round-leaf Cornel, 2 drachms ;
 Comp. spirit of juniper, 1½ ounce ;
 Comp. spirit of ammonia, 2 drachms ;
 Ethereal spirit of nitre, 3 ditto ;
 Tinct. of squills, 2 ditto ;
 Pure water, 6 ounces.

Three table-spoonsful to be taken three times a-day.

* The practice of taking an *aperient* medicine, as Lady Webster's pills (composed of aloes and gum mastic), &c. as a "dinner pill," about an hour before dinner, or during dinner, is unquestionably bad ; for by hurrying the contents of the stomach into the duodenum before the first process of digestion (chymification) is complete, the second process (chylification), which is performed in the duodenum, must necessarily be imperfect ; and although a person may find

For Diabetes, or general Debility.

No. IV.

Take of Essential Salt of the
 round-leaf Cornel, 2 drachms ;
 Tincture of ditto, 1 ounce ;
 Dilute nitric acid, 2 drachms ;
 Distilled water, 7 ounces.—Mix.
 Three table-spoonsful to be taken three times a-day.

*For Indigestion attended with general Nervousness,
 hypochondriacal Feelings, &c.*

No. V.

Take of Essential Salt of the
 round-leaf Cornel, 2 drachms ;
 Tincture of the seeds of the *Hibiscus Abel-*
moschus,* 2 ounces ;
 Comp. spirit of Ammonia, 2 drachms ;
 Camphorated mixture, 6 ounces.—Mix.
 Three table-spoonsful to be taken three times a-day.†

relief from its effects in hastening the emptying of the stomach, or from its preventing accumulation in the intestinal canal, the secretions—as urine, perspiration, bile, &c.—will be found to be unhealthy, and the system predisposed to disease, in consequence of the blood being supplied with unhealthy chyle.

* The musk seeds.—The author has given the Latin name to prevent the mistake which is frequently made by chemists and apothecaries of using the tincture of musk for it, the *grain* musk being by some termed *seed* musk.

† This composition is an invaluable nervous tonic for the diseases for which it is recommended.

For Rickets, or enlarged Bowels of Children.

No. VI.

Take of Essential Salt of the
 round-leaf Cornel, 1 drachm ;
 Infusion of roses of the London Pharma-
 copœia, 6 ounces ;
 Simple syrup, 4 drachms.—Mix.
 From one to two table-spoonsful to be taken before
 dinner, and three hours after dinner.*

*For Fluor Albus, Prolapsus of the Uterus or of the
 Anus, Inability to retain or expel the Urine or the
 Fæces, Gleet, &c.*

No. VII.

Take of Essential Salt of the
 round-leaf Cornel, 3 drachms ;
 Tincture of ditto, 1 ounce ;
 Infusion of Buchu Leaves, 7 ounces.—Mix.
 Two table-spoonsful to be taken three times a-day.†

From the foregoing account of the medicinal
 properties of the *round-leaf Cornel*, it will ap-

* This mixture is so grateful to the palate, that children generally consider it a pleasant wine. It is for children a most valuable tonic, and very preferable to wine, on account of being free from alcohol ; and instead of becoming acid in the stomach, prevents the fermentative process in the food, of which flatulence and acidity are the results. Although a tonic, it does not, like the Peruvian bark, constipate the bowels, but, on the contrary, keeps them in a regular state, even when they are disposed either to costiveness or looseness, by correcting the digestive organs.

† On fluor albus and gleet, this mixture acts very speedily ; but in cases of debility of the muscles of the bladder and rectum, its beneficial effects will not be evident till it has improved the digestive organs.

pear, that it is a most valuable tonic medicine. By the term *tonic*, we mean a medicine which increases the motific powers of the body, or in other words invigorates the muscular and nervous systems. Some medical men suppose that a tonic medicine strengthens the system, *only* by invigorating the stomach, so as to enable it to perform its important office in the animal economy, viz. the process termed digestion, and that the blood being in consequence supplied with healthy chyle, the whole body is properly nourished; while others imagine that the peculiar essential quality of a tonic medicine almost immediately enters the circulation, and is rapidly diffused throughout the muscular system; and others fancy the tonic effects on the stomach is, by sympathy, communicated to the muscular and nervous systems, and particularly to the heart. But from the almost immediately invigorating influence of a tonic medicine taken into the stomach, in augmenting the motific or muscular powers of the body, we are disposed to attribute the *general* effects of tonic medicines, not entirely to their operation on the stomach, but much to the diffusion of the tonic principle as well as to sympathy. The solidity or firmness of the whole tissue of the body, which so quickly follows the use of the *round-leaf Cornel*, and its often speedy effects in repairing the partial dilapidations from time or intemperance, and the permanence of its salutary influence on the whole frame, have convinced us that the tonic principle

of the *round-leaf Cornel* is of that peculiar nature as to pervade the whole system: but whether it be conveyed by the sanguiferous or by the nervous system, we shall leave to those who take more pleasure in theorising than collecting facts, to hazard an opinion. By the term *stomachic*, I mean a medicine which improves the condition of the stomach, so as to put it into a state to perform its functions, or, as generally considered, a remedy for indigestion. Indigestion is a complaint, from the consequences of which a great majority of the inhabitants of this island more or less suffer; indeed, very few are those who are entirely free from some of its products or sequels,—as flatulence, acidity, irregular bowels, morbid urine, head-ache, &c. Indigestion, or imperfect digestion, it is obvious, is not a *primary* malady, but the consequence of some disordered condition of the stomach, and the disorder may again originate in the stomach, or be sympathetic of some disorder or disease in a part of the digestive apparatus,—as the liver, duodenum, &c.—or of some more remote part of the body with which the stomach may directly or indirectly sympathize,—as the brain, the rectum, bladder, uterus, &c. The primary disorder of the stomach may be simple, *i.e.* without any structural mischief or disorganization; or it may be the consequence of the latter. In the former case it is termed *disorder*, in which the mucous membrane, nerves, glands, or muscular fibres, are in a state of preternatural irritation or

excitement; and the latter is termed *disease*, a distinction which, in a *practical* point of view, is of great importance; for when the *disorder* is the consequence of diseased structure, it must appear obvious that medicines should be employed, not only to correct the disorder, but to remove the disease or structural mischief which produces it. When indigestion is the consequence of an increased excitement, or morbid sensibility of the nerves of the stomach—a cooling medicine, as nitre, carbonate of soda, the saline mixture in a state of effervescence, mild sedatives, and saline aperients, which are the opposite to the class of tonics, are the proper stomachics; and in such cases, a *direct* tonic, although it sometimes affords immediate relief, may ultimately prove injurious, by occasioning structural mischief, and when organic mischief in its first stage exists, by accelerating its progress to ulceration. When the derangement of the stomach arises from diseased structure, or is sympathetic of inflammatory action or excitement either of the liver or a more remote part, it is obvious the attention of the practitioner should be directed to the *primary* affection; but even in such case, equal attention must be paid to the condition of the stomach and intestinal canal, because such disorder of the stomach re-acts on the primary affection, and by disturbing the brain and nerves, and increasing arterial action, very frequently produces a state of the whole system favouring the primary malady. We have introduced these

remarks to enable our readers to make a proper distinction between the complaint termed indigestion, arising from increased excitement of the nerves, &c. of the stomach, the consequences of which are unhealthy secretion of the gastric juice, and the fermentation of the food taken into it from increased temperature, the products of which are acidity, flatulence, &c. &c.; in which, whether the disorder be primary or sympathetic, simple, or connected with diseased structure, a direct *tonic* medicine would prove injurious. Irritation and morbid sensibility are, however, also attendants on debility or relaxation of membranes or muscular fibres, and in such cases a tonic medicine, or even a direct stimulant, are proper. It is frequently a very nice point to determine, whether the nerves of a part be disturbed by relaxation or debility of the muscular or fibrous tissue, or by increased vascular action or excitability. When the muscular system is generally relaxed and the temperament leucophlegmatic, the inference is, the cause is debility. The cases of indigestion from debility, like the variety from increased excitement, or morbid sensibility, may originate in the stomach, or be the consequence of some debilitating disease, situated in a contiguous or remote part, or of whatever may diminish the natural energy of a vital organ—as distension of the venous sinues of the brain, or of the blood-vessels of the lungs, which, in elderly people, are common consequences of debility of the heart, or ossification

of the large arteries of the chest, &c. In such cases of debility a *tonic* medicine is absolutely necessary to support the vital powers, and to promote digestion, so as to supply the blood with healthy chyle, in order to enable that power termed *nature* to repair the dilapidations and strengthen the stamina. In such cases of debility it is scarcely necessary to observe, that cooling or sedative stomachics would hasten the patient to his long home. We have made these remarks to point out the distinction that ought to be made between tonics and stomachics, which are very generally considered synonymous, and to impress on the minds of our readers the importance of ascertaining the condition of the stomach, in order to adopt a proper mode of treatment, which, at a time it is become fashionable to attribute *every case* of indigestion either to inflammation or ulceration of the mucous membrane of the stomach or intestines—a theory to which the life of many a debilitated subject has been sacrificed, is particularly necessary. In the United States, as well as in England, *primary* debility of the stomach is a common consequence of long continued excitement from the abuse of vinous or spirituous liquors, an indulgence in high-seasoned dishes, and in abuses which cannot with propriety be enumerated in a work that is likely to fall into the hands of unprofessional readers. Imperfect digestion, or a disinclination to take solid food, is frequently the first symptom of the climacteric period of life, termed breaking up of

the constitution. In subjects born of healthy parents, and without any predisposition to disease, and who have lived regularly, this period rarely commences before the age of sixty-eight, and sometimes not till eighty or ninety; but in those who have led dissipated lives, or were born weakly, or whose parents were unhealthy, (having been subject to gout or asthma, or who were scrofulous or consumptive) it often takes place during the period of manhood. In such cases, it must appear obvious, that it is of importance to invigorate the stomach by a tonic medicine; for however particular a person may be in selecting nutritious food, unless it be properly digested, so as to produce good chyle, it will fail properly to nourish the body.

From the observations I have made, my readers will, I hope, understand that the *round-leaf Cornel* is recommended for the variety of indigestion, or dyspepsy, which is the consequence of debility, either when confined to the stomach or occasioned by causes which reduce the vital energy of the body, or when the system has nearly run its natural course, or when the vital powers can only be kept up by invigorating the digestive organs. Among debilitating causes may be noticed, chronic disease or torpidity of the liver, residence in a tropical climate, frequent attacks of gout, indulgences in spirits, wine, savoury dishes, &c. The symptoms of debility which particularly indicate the use of such a tonic, are a flaccid state of the abdomen and of

the muscles of the extremities; relaxation, paleness and diminished temperature of the skin, particularly of the lower extremities; edematous swelling; an inability to empty the rectum or bladder effectually; an inclination to take only savoury dishes, or an increased desire to take spirituous or vinous liquors in preference to solids. In such cases, the tincture of the *round-leaf Cornel* (noticed p. 12,) is a most valuable tonic; and we have no hesitation in asserting, from long experience in an extensive practice, from its beneficial effects on ourselves, and from the reports of several eminent practitioners who have given it a fair trial, that it is very superior, as a tonic medicine, to the Peruvian bark, cascarilla, columbo, or any *tonic* stomachic that has been discovered; and from its uniform grateful effects on the palate and stomach, it seems to be, as M. Dubois observes, “the *natural* tonic for the human stomach,”—an opinion which is worthy the attention of the profession; for assuredly, among the numerous remedies the mineral and vegetable kingdoms afford, many, from their powerful effects on the human body, although very freely prescribed by some practitioners in England, France, and Italy, were intended for the use of a hardier and stronger race of animals.

For certain cases of local debility, into the remote and immediate causes of which, from motives of delicacy, we cannot enter, the mixture of the *round-leaf Cornel*, No. V. page 14, is a most valuable remedy.

In the 12th, 13th, 14th, and 15th pages we have given several prescriptions for the exhibition of the *round-leaf Cornel* in cases of digestion from debility, primary or secondary, and cases of local and general debility, nervous head-ache from congestion of the venous sinuses of the brain,* or the complaints of old age, in which a tonic medicine is requisite, as general debility with a disposition to dropsy, diabetes, fluor albus, debility of the sphincter muscles of the rectum and bladder, prolapsus of the uterus or anus, rickets, gleet, &c. &c.

Some readers, after going over all the formulæ we have there introduced for different diseases of debility, may suppose, that however highly we have spoken of the *tonic* powers of the *round-leaf Cornel*, it requires auxiliaries. We would not insult their understanding by recommending a *single* remedy for the cure of so many diseases; and we wish them particularly to understand that the tincture and Essential Salt of the *round-leaf Cornel* are recommended as *tonic* medicines, merely for the purpose of invigorating the stomach of *debilitated* subjects. By enabling this important organ properly to prepare the food for the last process of digestion, viz. the production of chyle in the duodenum, it must appear

* Weakly, and particularly elderly people and inebriates, are very subject to this variety of head-ache, from debility of the heart or arteries, on the energy of which the proper transmission of blood through the sinuses depends.

obvious that it is a most valuable remedy for the cure of the diseases for which we have recommended it; but the experienced practitioner, who is desirous speedily to restore his patient to health, will, in the different diseases of debility, combine it with such articles as the local affection or the general state of the system may indicate, or which are likely, under different circumstances, to promote its tonic or restorative effects. If the digestive organs be so far strengthened as to be equal to the performance of their office, so that the blood may be supplied with healthy chyle, it must be obvious that the general health will be improved, and the local complaint, sooner or later, cured. By such treatment, the *vis medicatrix naturæ*, or conservative power of the body, is supplied with the means of repairing an impaired body, or any local dilapidation from excesses, (noticed page 22,) or the effects of time; but the practitioner, who is more anxious to gain fame than wealth, will employ such auxiliaries as attendant circumstances may indicate to expedite the cure; for instance, in a case of general debility attended with symptoms of dropsy from inactivity or debility of the kidneys, he will prescribe such adjuncts as will accelerate its restorative powers, by bringing the kidneys into action. (See prescription No. III. page 13.) If the dropsical swelling of the legs should continue after the mixture has improved the general health, (the stomach and kidneys properly performing their office,) the experienced practitioner

will invigorate the skin, and the absorbent vessels, by the application of a roller to each leg, which generally completes the cure; but when the digestive organs and kidneys do not properly perform their important functions, the practice of rolling dropsical legs generally proves very hurtful, serum being in consequence effused in the cavity of the abdomen, and sometimes in that of the chest. The practice of making an outlet for the serum collected in the cellular substance of the legs, by blisters or scarifications, is often followed by serious local mischief, and even the debility of the body thereby increased, unless the digestive organs and kidneys have been previously invigorated by a tonic and diuretic medicine. But if, on the contrary, the serum be drawn off by *punctures* after the stomach and bowels have been properly invigorated and the general health improved, the patient will experience an increase of strength in proportion to the discharge of serum. If the substance of the liver, the spleen, the stomach, or any other part of importance, either in the abdomen or chest, be loaded, or if structural mischief has taken place in either, although a tonic medicine, by promoting digestion, and thereby supplying the blood with healthy chyle, may succeed in removing the local disease, a judicious practitioner will also employ a remedy, as the blue pill or calomel, which, by acting more directly on the absorbent vessels of the part, will accelerate its restorative effects. The *round-leaf Cornel*, in cases of debility of the

stomach, generally manifests almost immediately its tonic influence; but if it be discontinued before the whole abdominal viscera be brought into a state of health, or if an article be not employed, as the blue pill or calomel, during its use, with the view of bringing the abdominal vessels of the part speedily into action, so as to remove any deposit that has taken place in the substance of the liver, or spleen, &c., the good effects of a tonic on the digestive organs will be very temporary. A little blue pill or calomel, in all cases of debility, we have uniformly found very serviceable, in rendering the stomach, the intestines, and muscular system, more susceptible of the action of a tonic medicine. In cases of retention of fæces in the colon or rectum, from diminished peristaltic motion, a common attendant on debility or advanced age, the blue pill, administered in the small dose of five grains every night, for the course of a week, is a most valuable auxiliary to a tonic medicine. This mild preparation of mercury should not be hurried through the intestines by the exhibition of a "black draught," or any aperient medicine the following morning; for unless it enters the system, the effect will not be permanent. In all cases of debility of long standing, its exhibition, after the expiration of ten days, for the period of a week will be proper. The introduction of a little mercury into the system in this manner, renders the kidneys more susceptible of the action of a diuretic, the internal membrane of the

wind-pipe and air-vessels of an expectorant, the membrane of the urethra and vagina of a corrective, as the balsam copaiba, and, as I have observed, the muscular system of a tonic; but when the nervous system is preternaturally irritable, mercury generally proves injurious.

Some practitioners condemn the use of a tonic medicine when obstruction of the liver exists, because they imagine that a tonic is capable of locking up the bile by constringing the biliary ducts. The liver and many of the viscera of the abdomen and chest become more frequently obstructed or congested from debility than increased action, and in such cases the proper remedy is unquestionably a tonic. In obstruction or congestion of an organ from deposit in its cellular substance, from languid circulation, a tonic not only proves highly beneficial, by bringing the absorbents into action, but, by invigorating the blood vessels, prevents further deposition.

When the vital powers are considerably reduced, the muscular coat of the stomach is sometimes unsusceptible of the action of a tonic medicine, unless the nerves of the stomach be also roused by a stimulus. Some practitioners consider all stimulants to be tonics; but we employ the term as signifying an article capable of increasing the tonicity, or what is professionally termed the motific power of muscles and membranes—a power which is independent of nerves. When the motific powers of the stomach

and intestines are considerably reduced, it will be necessary to employ a stimulating or cordial medicine, with a tonic, to invigorate the nerves, as No. VII. page 15. In such cases, the galvanic fluid, applied by Mr. La Beaume, of Southampton-row, to the eighth pair of nerves, to the region of the liver, stomach, &c., has proved a most valuable auxiliary to a tonic medicine. Our readers will understand from the foregoing remarks, that we consider a tonic medicine primarily to act on muscles and membranes, and that its salutary effect on the nervous system is the consequence of its invigorating the digestive organs, so as to supply the blood with healthy chyle, and thereby improving the general health, and by increasing the immediate connexion between the muscular and nervous system. When the nervous system is in a very debilitated state, or too readily disturbed by mental impressions, or atmospherical changes, the stomach and the muscular system being at the same time in a state of debility, then what is termed a nervine should be employed, with a tonic, as the formula, No. V. page 14. I have already stated, that in the climacteric disease, or breaking up of the corporeal fabric, the *round-leaf Cornel* is a most valuable remedy; but when the nervous as well as the muscular system is in a state of great debility, the general breaking up often commences in the brain, (the root of the nerves,) as is evident by loss of memory, mental debility, diminution of the senses of vision, hearing, and smell;

then a tonic medicine should always be combined with a nervine and stimulant, as No. V. p. 14. It is common for practitioners to condemn the use of stimulants and tonics during the last climacteric period, when the patient occasionally experiences giddiness, or when the venous sinuses of the brain are so far overloaded as to occasion symptoms of impending apoplexy. Under the idea that the congestion arises from an increased afflux of blood to the brain, it is common to enjoin an abstemious diet, and frequently to recommend an abstraction of blood, with an active purgative. Such congestion, to which more than one-eighth of the aged people of the United States and of England fall a sacrifice, is not the consequence of increased afflux of blood to the brain, but of a diminution of the power of conveying the venous blood through the sinuses. This diminution is the consequence of debility of the heart, and, of course, of the arteries; and to remove the cause, the powers of the heart and arteries should be increased by a combination of a tonic and a stimulant, as No. VII. p. 15. This variety of apoplexy is a common attendant on ossification of some part of the heart, or of the large arteries; and surely it is absurd to suppose that the congestion in such case, or even during advanced age, is the consequence of *increased energy* of the heart, or that the heart under such circumstances can perform its office with greater force than when no such structural mischief exists, or during the period of manhood, when its

power is in its full vigour. Abstraction of blood from a *vein*, and an active purgative, often prove beneficial, the former by diminishing the resistance of congestion in the venous system to the propelling powers of the artery, and the latter by stimulating the heart and arteries; but if blood be taken from an artery, or by cupping, the patient often very rapidly sinks to rise no more. In cases of congestion of the venous vessels of the brain, threatening venous apoplexy, or of the veins of the lungs, the latter of which is a common cause of the death of elderly people, the exhibition of a tonic in conjunction with a stimulating aperient, long experience has convinced me to be good practice.

The fauces, gullet, and the stomach of elderly or debilitated subjects, are often much loaded with phlegm, from relaxation of the membranes, which is sometimes very viscid and distressingly abundant. Although in such case the *round-leaf Cornel* is a most excellent remedy, still, when the quantity of phlegm is considerable, it should be occasionally removed by an emetic,* or

* The best emetic in cases of debility is ipecacuan, which, when the prostration of strength is considerable, should be administered with an aromatic, as mustard-flour, or pepper-mint-water, and its operation should be promoted by drinking freely of warm camomile-tea, after it has once operated. To antimonial preparations, as the emetic tartar, and antimonial wine, there is a great objection in such cases, on account of their secondary debilitating effects on the whole system.

an active purgative, in order that the tonic remedy may come more in contact with the relaxed membrane. A French writer (M. D'Aubenton) in such cases recommends a grain or two of ipecacuan powder to be taken every night, which, by irritating the mucous membrane, occasions it to throw off the superabundant slime. When the vital powers are not much reduced, we have found this practice very beneficial; but in cases of great debility, it generally proves very injurious, in consequence of the stomach not recovering from its nauseating effect. An active stimulating purgative, as the following composition, we have found in every case to succeed in carrying off the slime more effectually than ipecacuan powder, and in most cases to supersede the use of an emetic.

Take of the watery extract of Aloes,* 1 drachm;

Balsam Peruv. 10 drops;

Oil of Carraway-seeds, 10 drops;

Alcaline extract of Jalap, one drachm.

Mix, and divide into 30 pills; two or three to be taken occasionally.

Although we have highly extolled the *round-leaf Cornel* as an excellent remedy for rickets,

* The *watery* extract of aloes acts more efficaciously on the intestinal canal than the extract sold under the name of *aloes*, and has the very great advantage over the latter of not irritating the rectum.

(See No. VI. p. 15,) the practitioner who is desirous to hasten the recovery of his patient will recommend friction over the tumefied joints and bowels, with exercise, and even employ rollers when the joints are considerably enlarged, or the bones of the legs much bowed. If the bowels be considerably enlarged, or the mesenteric glands obstructed, which is generally the case in rickets, he will also give the blue pill, as directed, page 26, and occasionally empty the intestinal canal by an active purgative, as the basilio powder.

Some physicians of New-York and of Philadelphia prescribe the *round-leaf Cornel* in all cases of indigestion; and many cases of the variety arising from increased excitement, or nervous feverishness of the stomach, have been published, in which the Essential Salt of it had proved very beneficial.

It has also been by some recommended for the diarrhœa attendant on pulmonary consumption; but our readers will we hope understand, from the cautionary remarks we have occasionally introduced, that we recommend its use only in cases of indigestion from direct debility of the stomach, or general or local debility, in which it is necessary to invigorate the digestive organs. In cases of indigestion from morbid excitement or feverish condition of the stomach, independent of debility, a very common variety both in the United States and England, it may on some peculiar constitutions have a beneficial

effect; but even in such cases the benefit we have uniformly found to be temporary, and is frequently followed by some serious mischief; indeed, when general debility does not prevail, a forced condition of the vital energies, by a generous diet and vinous or spirituous liquors—a system of living which is but too prevalent among the higher classes of society, and the students in our Universities—or by taking a tonic medicine two or three times a-day when the state of the muscular system or general health does not require it, either brings on some local disease of the brain, lungs, heart, or a viscus of the abdomen, or premature breaking up of the system, in which the most powerful tonic or stimulating medicine will have little if any effect. For diarrhoea attendant on pulmonary consumption, when the circulation is too rapid, or the system in a state of feverish excitement, the *round-leaf Cornel* is in our opinion more likely to prove injurious than otherwise; but when the pulse is languid, the skin relaxed, and its temperature much below its natural standard, and the legs œdematous, the Essential Salt of the *round-leaf Cornel*, administered in an infusion of roses, as directed No. VI. p. 14, is a valuable remedy.

Having given what we consider to be full directions for the exhibition of the *round-leaf Cornel* in cases of debility, we shall make some cursory remarks on diet, &c. with the view of directing elderly or debilitated subjects in the adoption of such a regimen as is calculated to

promote and not counteract its general or its local tonic effects on the stomach. Of late years numerous works on diet have been published, which contain nothing new, and from the bare-faced plagiarisms of the authors, it is evident they were made up for booksellers, who remunerated them more in the proportion to the quantity than to the quality of their manuscript. By means of attractive titles and *friendly* reviews, and by dint of frequent advertising, these works have experienced a sale which is by no means creditable to the age. As to indigestion and bilious complaints, they have afforded a most productive field not only for nostrum-mongers and fee-hunters, but the book-makers, some of whom have for a time flourished from "their trade of imposture." The opposite opinions which some physicians have broached respecting the *natural* food of man, one set contending that he is destined to derive his support entirely from the *vegetable* kingdom, and another as obstinately contending that *animal* food is more congenial to his nature; and their opposite opinions relative to the salubrious or insalubrious quality of simple articles of diet, are alone sufficient to disgust every thinking man with such productions.

Whoever considers that every person has some peculiarity either of the stomach or nervous system, and who is acquainted with the influence of habit and custom, must admit the impossibility of laying down general rules for diet. The truth of the old saying, "What is one man's food is

another man's poison," the experience of ages has fully established, and many an invalid, and particularly elderly subjects whose systems are giving way to the dilapidations of time or a life of dissipation, have been hurried to their graves by scrupulously following the advice of a physician, who is generally guided by the effects of certain articles of diet on himself.* The modern works on diet are admirably calculated to render those who follow their instructions a prey to hypochondriacism, and to render them invalids for life.† A person of common sense, when in

* Dr. Lambe, of London, confines his patients, let their complaints be what they may, to a vegetable diet, which he says has had a beneficial effect on his own constitution!! Dr. Budd, on the contrary, recommends a diet of animal food, and says, that the inside of a beef-steak has a very quieting effect, even in some cases of fever, and that he has found it to agree particularly well with his constitution. Dr. Adair extols pork for being very digestible and nutritious, and Mr. Alcock has published a few cases in which it had a poisonous effect on the stomach and bowels!!

† The old saying, "that a man is either a fool or a physician at the age of forty," applies particularly to diet; for at that age, if he be not a fool, experience and observation should enable him to be a more competent judge of what agrees with himself, and of the quantity he ought to take, than a physician unacquainted with his habits, &c. can be. The constitution, however, undergoes changes, and it often happens the articles of diet which disordered the stomach or disturbed the general health during the period of youth or manhood, agree with him after the age of forty-five or fifty. Rather than say the man is a fool who is not capable of acting as a dietetic physician to himself, at the age of forty, I would say the man is a fool who, after the age of forty,

a state of health, or even when afflicted with a chronic malady, will not reject an article of diet that evidently agrees with him, merely because it is condemned as unwholesome or hard of digestion, by a writer, or by his medical adviser, unless he can assign some satisfactory reason for his objection to it. The old saying already noticed should, in the choice of articles of food, be kept in mind. Generally speaking, what is agreeable to the taste sits pleasantly on the stomach, and is easily digested; and not taken in excess, is proper during health, or in cases of chronic affections, in which it is of importance to keep up healthy digestion. The person who studies the "wholesomes," and is governed by the opinions of writers on dietetics, I have uniformly observed to be both unhealthy in body and weak in mind. That food which is *properly* digested proves most wholesome, and a small meal, well digested, affords more nourishment to the system than a large one, even of the same food, when digestion is imperfect. Peculiarity of stomach must therefore, in the selection of

implicitly submits to the dietetic instructions of a physician, ignorant of the peculiarities of his constitution, of his habits, his temperaments, &c. &c. Of this I am certain, many thousand invalids are annually hurried to their graves by strictly following the positive instructions of their physicians relative to diet, who had not taken the trouble to acquaint themselves with their habits, constitutions, &c. or who are too blindly attached to their own routine practice to depart from it, however strong the contraindications may be. See article "Diet," *Recce's Medical Guide*, 15th edit. p. 201.

articles of diet, be always taken into consideration. Every person desirous of maintaining a state of health should bear in mind that the first process of digestion is performed in the mouth, the second in the stomach, and the third in the duodenum. It must appear evident that in order that the stomach and duodenum may do their office, the first process should be well performed. This process consists in masticating the solid food, so as to break down or separate the fibres of meat and of vegetables, and well blending the whole with the saliva, a secretion which evidently, like the gastric juice, possesses a solvent property. In elderly people, who have not the power of properly masticating, it is of great consequence that the fibres of meat should be well broken down and divided, by previously bruising and chopping it; after which, it should be well squeezed between the gums, in the same manner as chewing, in order that the mass may be mixed with saliva.* The fibres of meat being rendered hard by too much roasting or boiling, the interior of roasted, broiled, or boiled mutton, beef, or venison, containing red gravy, should be preferred. The meat of young animals, as veal and pork, and of poultry, as of the barn fowl, the goose, duck, &c. requires to be more cooked.

* Hippocrates, who paid particular attention to the dietetic treatment of diseases, which he considered of much greater importance than medicine, lays particular stress on the necessity of a proper division of the food by the teeth, and of its being well mixed with saliva.

We shall briefly notice the articles of the two kingdoms of nature from which the human race select the dietetic materials. Some physicians have contended that man is destined to live entirely on vegetables; but it is evident, from his canine teeth, the length of his intestinal canal, and from the general fact of animal food being more grateful to his palate, and, when properly masticated, being more easily digested than vegetables, that the Creator intended he should derive at least part of his support from the animal kingdom. We do not mean to say that some inflammatory subjects, predisposed to pulmonary consumption, or who are subject to inflammatory affections of the brain and some other organ, may not be benefited by a diet consisting entirely of vegetable productions; but that, generally speaking, those who take a greater proportion of animal than of vegetable food, are most healthy.

OF ANIMAL FOOD.

With elderly or debilitated subjects, lamb, veal, pork, and venison, are more easily digested than beef or mutton. The meat of *young* animals requires to be more roasted, boiled, or broiled, than that of those that are arrived at maturity; indeed, *tender* beef and mutton, when underdone, or the interior of roasted, boiled, or broiled tender beef or mutton, so as to contain what is termed "red gravy," is as readily converted into chyme as the meat of young animals when over-cooked.

By much boiling or roasting, the fibres of all meat are rendered more or less tough, and when stewed, the broth is so loaded with gelatin, as to oppress even the stomach of a robust person; and if it were not well seasoned, few stomachs, even the most healthy, would be equal to the digestion of it. The practice of commencing the dinner-meal with a gelatinous soup is, therefore, decidedly bad. The flesh of the hare, partridge, pheasant, woodcock, rabbit, young pigeon, the barn fowl, turkey, and other poultry, cooked as most agreeable to the palate and stomach, is also proper food for debilitated invalids. Onion sauce, bread sauce, and stuffing of herbs, &c. in general, render all kind of animal food more difficult of digestion, probably by disordering the stomach. Cayenne, black or white pepper, and salt, generally agree with the stomach of elderly or weak people, in which case they promote the digestion of animal and vegetable food.

Cows' milk, when fresh, generally agrees with elderly and weakly subjects; but a little vegetable jelly diffused through it, as arrow-root, biscuit, sago, &c. by preventing that decomposition of which a hard curd is a product, renders it more digestible and salubrious.* Cheese of any

* The addition of a table-spoonful or two of lime-water to a pint of milk, with a little grated nutmeg or ginger, reconciles it to the stomach, and at the same time prevents the formation of a hard curd.

Oysters in a raw state, with pepper and a little vinegar, generally digest easily, and are certainly nutritious; but

kind, whether old or fresh, is decidedly bad for weakly or elderly people. The idea that generally prevails, that old cheese digests every thing but itself, is assuredly erroneous, for few articles are more indigestible than cheese of any kind. The highly salted cheese, as that of Cheshire, increases the itching of the skin and erysipelalous affections, to which elderly people are very subject.

VEGETABLE FOOD.

The productions of the vegetable kingdom, which civilized man selects for food, are divided into five orders.

The *first* embraces certain grains, as wheat, rye, barley, oats.

The *second*, pease and beans.

The *third*, salads and pot-herbs.

The *fourth*, roots; and the *fifth*, fruits.

The articles of the first class being very farinaceous, afford considerable mucilage, and of course are very nutritious. The flour of wheat forms a strong mucilage, and although it is very nutritious, does not afford that substantial nourishment without the cortical part of the

when stewed or cooked by heat the fibres are very tough, and of course very indigestible. Some fish, as turbot, soles and whiting, are nutritious, but they require Cayenne pepper to promote their digestion. Sauces with melted butter render them less salubrious.

grain termed bran as it does with it; its tendency to constipate the bowels is also obviated by it. The firmness of the mucilage of wheat is much diminished by the degree of fermentation it undergoes after making dough, and were this process not checked by baking, it would in a few hours become sour; and even after it has been well baked, if moistened with a little water and placed in a temperature even much below that of the stomach, it will rapidly run into the acetous fermentation. Bread therefore, although termed the staff of life, is only fit for a very healthy or strong stomach, and a good biscuit or a mealy potato is, therefore, in cases of indigestion, very preferable to it.* Much has been said against bakers' bread, but although alum and potass may be used by bakers, we are disposed to prefer their bread to the home-made, on account of its being lighter, better fermented, and in general better baked; and as to the articles which are employed to make it lighter, and to accelerate fermentation, or rather to diffuse more carbonic acid gas

* A simple contrivance has lately been introduced for cooking potatoes by their own steam. It is of the shape of an oven, to hang over a fire like a kettle. The potatoes are placed on bars in the centre of it, and when the case is sufficiently heated, it is filled with vapour. The interior of the potatoes thus cooked is floury, and of course very digestible and nutritious. It is worthy of notice, that pieces of the most mealy potato, when boiled, often pass through the intestinal canal in the same state in which they were swallowed.

throughout the mass, in order to render it unnecessary to continue the fermentative process till the nutritious property is considerably diminished, we are satisfied they add to its salubrity. Rice is very nourishing, and when properly boiled, or baked with a spice, as cloves, nutmeg, or lemon-peel, it is easily digested. For the prejudice which pretty generally exists against rice in this country, on the supposition that it injures the sight, there is no foundation whatever. The natives of India, who almost entirely live on rice, are a very healthy and robust race, and their vision is as good as that of Europeans. Vermicelli and macaroni are preparations of the flour of wheat, and do not differ from the sea biscuit.

Of the articles of the *second class*, viz. pease, beans, lentils, &c., they sometimes, with pepper and salt, agree very well with debilitated subjects, but they often occasion an unpleasant sense of distension; and when not properly digested, they fill the intestinal canal with gas. The circumstance of their passing undigested through the intestines, when not broken down by mastication or otherwise, even of healthy subjects, proves that they are not easily converted into chyme. Tender bacon, when well cured, seems to promote their digestion.

To the *third division*, as cabbage, spinage, &c. the same objections may be made as to the second. All green articles, in a raw state, we have uniformly found to disorder the alimentary canal of elderly or debilitated subjects.

The *fourth class*, which embraces the succulent and farinaceous sweet roots, as the turnip, the carrot, the parsnip, the beet, the Jerusalem artichoke, celery, onions, and radishes, generally oppress the stomach of elderly or weakly invalids, even when well peppered and salted. The radish, onion, and celery are very apt to disorder the stomach of gouty subjects. A good mealy potato, cooked by steam or roasted, and well mashed with a little butter, salt, and black pepper, in general passes pleasantly through digestion, and affords substantial support to the system. Some of the most healthy and strong subjects in different parts of the United States and of Ireland live almost entirely on potatoes.*

As to the fifth division, viz. fruits, the most mealy, when ripe, are most likely to agree with a debilitated stomach. A roasted *mealy* apple, taken with a little butter and a little grated clove, cinnamon, or nutmeg, generally agrees with the stomach, and when the intestines are sluggish, often succeeds in obviating costiveness. When the bowels are very irritable, or disposed to looseness, fruits, either roasted, baked, or boiled, or in a raw state, as well as all acids, are improper.

Of condiments, the only ones we have found to agree with weakly persons are pickled capsicum and ginger.

Pastry of every kind is bad.

* See Note on the dressing of potatoes, page 41.

WINES.

Many volumes have been published on the varieties of wine, and some writers on diet make a most imposing display of scientific acquaintance with their constituent principles, and salubrious or insalubrious qualities. We have devoted much time to the examination and effects of the various wines that are principally drank in America and England, and the results are so few, and differ so little from each other, that an account of them may be given as satisfactorily to a person of common sense, in a few pages, as in a large volume. The salubrity of a wine must of course greatly depend on its having been properly fermented, so as to decompose nearly the whole of the saccharine matter of the juice of the fruit. When the saccharine matter is considerable, or, in other words, the juice very rich, the fermentative process should be continued for a longer time than when there is a deficiency of it; and the strength of the wine, which depends on the quantity of the spirituous principle, will of course be in proportion to the richness of the juice. If a wine has not been properly fermented, it will rapidly advance into the acetous fermentation in a nervous or feverish stomach, to which gouty people are particularly subject; and such wines are much more unwholesome than wines that have a little advanced into the acetous stage, so as to be acid, or what is generally termed *pricked*; hence the insalubrity of home-made

wines, which being imperfectly fermented in America and England, contain much sugary matter, in consequence of the climates being unfavourable for the process of fermentation. Every wine is not, however, to be condemned as insalubrious because it is sweet; for the saccharine matter of some grapes seems to be of so firm a nature as part of it to resist the process of fermentation even in a climate favourable for it; and such wine, with elderly or weakly people, we have uniformly found to agree. Of this class are calcavella and muscat, both of which contain a proper proportion of spirit.* A distinction should be made between the native acid of the grape and the acid which is the consequence of the process having run into the acetous fermentation, both of which, when deficient in spirit, are unwholesome in cases of indigestion from debility. All *new* wine containing more or less saccharine matter, in a demi-fermented state, no wine is fit for use until it has been kept well secured in a close vessel, till the fermentation is complete.† By being kept closely corked, the tartaric acid, which

* It being very difficult to procure either of these wines genuine and in a proper vinous state, we think it right to state, that we procure them from Messrs. Tayler and Co., Importers of Foreign Wines and Spirits, No. 13, Warwick Street, Golden Square.

† Imperfectly fermented wines rapidly run into the acetous fermentation in the feverish or gouty stomach; and during the time this process is going on, the digestive organs and the brain of nervous subjects often become much disturbed.

is apt to disorder the stomach or intestines, is deposited or decomposed. It is common for manufacturers of wine to add a quantity of brandy to their wines for exportation, with the view of preserving them in a vinous state on the voyage; by this practice, in our opinion, wine is rendered more salubrious for those elderly people who take it, as it ought to be taken, merely to invigorate the stomach, but, to the inebriate the addition renders it more injurious.

Some wines not only differ in degree of soundness, and in the quantity of the spirit, but also in the astringent principle. Some wines are entirely free from this principle, as sherry, madeira, teneriffe, and indeed all the white wines with which we are acquainted; and all the red wines, more or less, contain it. The white wines are therefore stimulant only, but the red wines are both stimulant and astringent; and on this account are preferred by some medical men, in cases of debility, to the white wines. The red wine which is most generally used in England is port wine, which contains a greater proportion of the spirituous and astringent principles than any other red wine; but we have, even in cases of debility, generally found it not to agree with the stomach so well as a sound white wine. The fact is, the astringent principle is not derived

The products (gas and acid) are also inimical to health. Hence *new* wine, capable of becoming acid in the stomach, is much more unwholesome than wine which has become slightly sour.

entirely from the grape ; for the merchants add both logwood and rhatany root to increase its astringency, and also a quantity of spirit to preserve it on the voyage to England, as well as to please the vitiated palate of the English wine-bibbers. The red wines of Spain, France, and of the Cape, are all more or less astringent, and, containing tartaric acid, are too cold, when new, for the stomachs of elderly or debilitated subjects.

Champagne contains a small proportion of spirit, but on account of the quantity of fixed air that is disengaged from it in the stomach, a glass or two with a little brandy generally agrees with elderly or weakly subjects.

MALT LIQUORS.

The remarks we have made on imperfectly fermented wines in the preceding article equally apply to malt liquors, which are, in fact, the wine of malt, preserved by the bitter principle and aroma of the hop. The salubrity of all malt liquors depends greatly on their having been properly fermented, and properly impregnated with the bitter principle and essential oil of the hop. They require to be kept closely bunged for some weeks after they have been what is termed worked, to get into a proper vinous state, and to become fine. New malt liquor, like new wine of the grape, is very apt

to run into the acetous fermentation, even in the stomach of a healthy person, in consequence of the vinous stage not having been completed. On this account it is more unwholesome than when it is become acid, or what is vulgarly termed stale; for certainly vinegar, which in a small quantity acts as a stomachic, does not in a greater quantity so much disorder the digestive organs as the fermentation of new beer and its conversion into vinegar, in the stomach. We therefore prefer what is termed *stale* beer to *new* beer. The practice of bottling beer when the vinous fermentation is completed, is a good one; not only because the fixed air, which is disengaged from it in the stomach, acts beneficially, but because when the quantity in a cask is much reduced, the beer becomes flat, and consequently not so refreshing to weak or nervous stomachs as when fresh. Porter is more wholesome than ale, on account of containing less mucilage and saccharine matter, the two latter being considerably diminished in consequence of the malt having been highly dried. Much has been said against the malt liquor of brewers, and in favour of the home-brewed. We certainly have no reason to suppose that the public brewers do make use of any other article than malt and hops in making malt liquors; but of this we are certain, that the malt liquors of brewers are much better fermented than the home-brewed, in consequence of the great quantity which is fermented at one time. Of the home-

brewed, we never met with any that did not contain much saccharine matter and mucilage, from imperfect fermentation. Such ale oppresses the stomach, and those who drink it are generally much troubled with flatulence. In the choice of malt liquors, as well as of wines, every person should consult his temperament and peculiarities of stomach. The ale made in America and in Scotland is better fermented than that made in England, or on the continent. The Burton ale, which is a favourite beverage in London, is too much charged with mucilage and saccharine matter to be wholesome; and we have generally observed that those who continue to take it regularly, generally die, often at the age of forty, of diseased bowels or of apoplexy.

The addition of a few grains of carbonate of soda, (from 10 to 20 grains to a tumbler,) according to its degree of acidity or staleness, renders it, as well as new ale, more salubrious. An idea generally prevails that ale is very feeding, in consequence of those who indulge in it frequently becoming corpulent. Such corpulence is not produced by any nutrient quality of the malt, but by the sedative effects of the hop; and the accumulation of fat which takes place in the whole cellular substance of the body is of a very unhealthy kind, and in elderly people, the overloaded cellular substance is much disposed to an indolent or erysipelatous inflammation, which frequently terminates in mortification.

SPIRITS.

Many medical men suppose that the alcohol obtained from all wines does not *chemically* differ, and therefore that it is of no consequence from what wine a spirit is obtained, so that it be pure. This idea we know, from numerous experiments, to be erroneous. The alcohols of different wines differ in specific gravity, and in harshness, volatility, and pungency. The spirit from malt is coarse and very stimulating, and specifically heavier than any other spirit with which we are acquainted. It acts powerfully in corrugating the animal fibre; and when taken into the stomach, disorders the brain and nervous system, and no doubt acts very injurious on the mucous membrane of the stomach. Unwholesome as this spirit decidedly is, it is much drank, in some form, in America, England, Ireland, and Scotland. In the two latter countries, when flavoured with the burnt articles employed in rectifying it, it is sold under the name of whisky, which is a slow poison. Almost all the cordials of America and England are made with it, and also the spirit flavoured with juniper, termed gin. The spirit of the rice (arrack) is nearly of the same specific gravity as the malt spirit, but although apparently milder, it acts more injuriously on the brain and nervous system; and it has been observed that those who drink freely of it are short lived. The effect of Vauxhall

punch (the spirit of which is arrack) on the brain is well known.

The spirit of the sugar-cane (rum) is more mild than that of malt, but its specific gravity is less. It acts in general injuriously on the stomach, and, what is particularly worthy of notice as peculiar to this spirit is, its aptness to become sour in the stomach, and to leave the brain and the nervous system much disordered on its exhilarating or inebriating effects ceasing.

The spirit of mead (fermented honey) is a mild spirit, and probably of all others the most wholesome. It is more volatile and specifically lighter than any of the spirits in common use.

The spirit of the wine of grapes, termed brandy, is somewhat lighter than whisky or rum, and less stimulating. It is not so mild as the spirit of mead, but it generally agrees as well with the stomach, and does not disorder the head like arrack, rum, or whisky. It often succeeds in allaying irritation or spasms in the stomach more speedily than any other spirit or stimulant.

The spirits of cider and of perry are lighter and less stimulating than whisky or rum, and are grateful to the stomach, and very rarely disturb the brain and nervous system; and it has been observed, that intoxication produced by them is seldom followed by headache or disorder of the stomach. In many parts of America this spirit is much drunk, and was formerly so in the cider counties of England, when the farmers were at liberty to distil the dregs of their cider and perry.

GENERAL REMARKS ON SPIRITS.

The effects of the different spirits we have briefly noticed on the human body are those which are generally produced by the quantity taken by the prudent man, to exhilarate and not intoxicate. A spirit, when taken as a beverage, should always be diluted with water. The addition of sugar tends to blunt its acrimony, and thereby prevent its acting injuriously on the mucous membrane of the stomach; and the practice which some adopt, of adding a little gum arabic, doubtless renders it still less pernicious. Some sweeten brandy and water with barley-sugar, which is perhaps better than common white sugar, and renders the addition of gum arabic unnecessary. Spirit undiluted should be taken only as a medicine, when the stomach requires to be stimulated to enable it to digest its solid contents, and expel gas, or in cases of spasms in any part of the alimentary canal. All spirits are rendered more wholesome by the addition of a mild aromatic, and hence the practice of grating a little nutmeg into brandy and water is a good one. For elderly or weakly people, brandy diluted with water is, in our opinion, preferable to any wine. If water or very weak brandy and water be taken cold during dinner, a little warm brandy and water with barley-sugar and nutmeg, taken about three quarters of an hour after dinner, will greatly

promote digestion. A mixture of spirit and water taken cold is less likely to injure the stomach than when taken warm; but in making a choice, a person must be guided by former habits and customs, as well as peculiarities of stomach, &c. For the purpose of impressing what we consider the principal points of the foregoing remarks on diet, on the minds of our readers, we shall now proceed to specify the articles which a person advanced in age, or whose vital energies have been reduced by abuses of any kind, or whose constitution is naturally weak, should adopt for each meal, leaving him or her to make such alterations as habit, custom, temperament, or peculiarity may indicate. In general, three meals a-day are as many as the stomach can properly digest, and certainly afford as much nourishment as the body requires. Some writers recommend a little and often, and if a debilitated subject finds this practice to agree better with him than going six hours without any refreshment, he will do right to adopt it; generally speaking, we have found three meals a-day to agree best.

BREAKFAST.

This meal should not be taken till the teeth have been cleaned by a smooth and corrective powder, as the levigated *areca* charcoal, and the mouth rinsed out with an astringent lotion, as the simple tincture of *rhatany*, with water, in the

manner recommended by Mr. Hertz, in his *Treatise on the Management of the Teeth, &c.** About

* Whoever considers the important office of the teeth, in performing the first process of digestion, will see the propriety of attending to this advice. In no article have greater impositions been practised on the public than in tooth-powders. We have met with some compositions containing ingredients capable of abrading glass: they succeed certainly in removing what is termed tartar, and for a few months they give satisfaction; but by continued use they destroy the enamel, and thereby occasion caries. We recommend the use of a tooth-powder and a lotion before breakfast, to remove the deposit which takes place on the teeth and surface of the mouth, particularly the tongue, which would be otherwise mixed with the food and conveyed into the stomach. After removing it, an astringent lotion acts beneficially on the gums, the whole surface of the mouth, and on the salivary glands, which often in weakly subjects are in a relaxed state, and the saliva in consequence is not sufficiently abundant, and very unhealthy. Its tonic effects on the mouth are extended, by nervous influence and sympathy, to the stomach itself.

Since the first edition of this work was published, Mr. La Beaume, favourably known to the scientific world for his works on galvanism, particularly as a medicinal agent in indolent affections of the liver, has made the important discovery that the accumulation on the teeth, termed tartar, is occasioned by animalculæ, which we find are visible on microscopic examination. These animalculæ, which gradually burrow between the teeth and gums, even act on the enamel, and penetrate the very interior of the teeth, thereby producing the destruction termed caries, and also tooth-ache. Mr. La Beaume, after numerous experiments, ascertained that the true malic acid (the purified acid of the crab-apple) not only immediately destroyed them, but dissolved the mucous collection which protected them. He therefore recommends the teeth to be brushed every morning, and also the tongue, which, when loaded with foul slime, is covered with the same animalculæ, with a lotion

half an hour after this operation the stomach will be in a proper state for the reception of food. Some elderly and weakly persons take this meal in bed, and when subject to rheumatic pains, irregular gout, chronic cough, or asthma, the practice, by increasing determination to the skin, is a good one; but when the perspiration is not increased by the breakfast, an horizontal position is apt to occasion too great an afflux of blood to the brain. A little exercise before breakfast, however, is very beneficial, by calling the stomach into action, and promoting the circulation in the extremities.

composed of the malic acid and rose-water, and afterwards gently brushed with the prepared charcoal. This mode of managing the teeth* we have found exceedingly beneficial, not only in speedily removing the collection, and, when used once a week, in preventing its re-accumulation, but in cleansing the tongue and in producing a relish for food. Its good effects on the tongue and palate are in fact communicated to the stomach. The irritation produced by the animalculæ and the offensive effluvia from them or their surrounding slime, probably of a fœcal nature, is extended to the salivary glands, the consequence of which is, their secretion (saliva) is unhealthy, and no doubt a common cause of indigestion. Hippocrates, who in all diseases paid particular attention to the state of the stomach, contends that perfect or good digestion depends as much on the healthy state of the teeth as that of the stomach. Mr. La Beaume's important discovery, and his instructions for the management of the teeth founded on it, are given in detail in the last edition of Mr. Hertz's popular Treatise on the Teeth.

* Mr. La Beaume asserts, that his father employed the above means for cleaning his teeth for upwards of forty years, and that when he died, at the age of seventy, he had not lost a tooth, and that the whole set was remarkably healthy.

Articles proper for Breakfast.

Cocoa or Chocolate; bread and butter, or a thin slice of broiled fat of bacon or ham in lieu of butter; one egg, boiled only three minutes, with a little black pepper.

The broiled fat of bacon or ham, when well cured, is preferable to butter, on account of gently stimulating the stomach.* Breakfast, more than any other meal, requires a mild stimulant, and if bacon be not adopted, some mild aromatic should be employed. The sassafras nut cocoa is as nutritious as cocoa or chocolate, and preferable to either, on account of being at the same time slightly aromatic. When the stomach is oppressed after breakfast, which is a common occurrence in weakly subjects, about three quarters of an hour after the meal, a little friction with the warm hand over its region, or the application of the warm hand over it for a few minutes, is generally very beneficial. If this should not succeed, 15 or 20 grains of carbonate of soda, with a few grains of Jamaica ginger powder, may be taken in a large wine glass of cold water. The propriety of taking fresh meat at breakfast must depend on habit and temperament. If the person be of a leucophlegmatic temperament, and if meat taken at this meal agrees with the stomach as well

* The lean of bacon and ham is very hard of digestion, and is apt to occasion erysipelatous inflammation or itching, particularly about the fundament, &c.

as the articles we have specified, it may be allowed. The lean part of broiled mutton or pork, with pepper and salt, or roasted or boiled fowl, we should prefer to any other. The practice of taking raw vegetables, as water-cresses, &c. during this, or indeed any other meal, which prevails in France and Italy, is a very bad one for weakly subjects, such articles being very indigestible.

DINNER.

For this meal, for weakly or elderly people, thick or glutinous soup, fish, with sauce, green vegetables, pastry, all sweetmeats, fruit of firm texture, as apples, pears, &c. are very improper.

Fish, with Cayenne pepper and salt, as the turbot, sole, cod, and whiting, may be taken, but it is not so easy of digestion in a weak stomach, or so nutritious as the interior of boiled, roasted, or broiled mutton, beef, venison, hare, or partridge; roasted, boiled, or broiled fowl, veal, pork, lamb, with very little if any fat. Raw oysters, with a little vinegar, pepper, and bread, are easy of digestion, but when boiled, or scolloped, or dressed in any manner by heat, are very tough, and consequently hard of digestion.

Mashed *mealy* potatoes with a little pepper, cooked as already directed, (page 41); biscuit, or well-baked brown bread, rather stale, are

proper. If fish be taken, the meal should be finished with only one of the meats above specified ; and if no fish, one meat should suffice.

Some condemn the use of any liquid during dinner, but without it solid food is very apt to lodge in the gullet ; and we have met with instances of the gullet being so loaded as to endanger life. An occasional draught of sound small beer, or very weak brandy and water, or two glasses of sound white wine, as East India madeira, sherry, or vidonia, should be taken. The idea that drinking during a meal is injurious, by diluting the gastric juice, is erroneous ; for, on the contrary, by separating the fibres of meat, &c. it occasions a greater exposure of surface to the action of the gastric juice, and consequently accelerates its conversion into chyme. The quantity of food must be regulated by habit and the *natural* demand of the stomach. Some constitutions certainly require a greater supply of solid food than others, but a desire of taking a beverage in *excess* is, we are fully persuaded, a morbid demand, and should not be gratified. If the stomach be oppressed after dinner, a dessert-spoonful of undiluted brandy will be proper ; but if not, a tumbler of weak brandy and water may be taken about three quarters of an hour after dinner. The reader will bear in mind that we are now giving advice to invalids, whose state of general health renders it necessary to keep up the vigour of the stomach.

If a person becomes drowsy after taking a

little brandy and water, he should indulge in a nap, in a *sitting* posture, for a few minutes; we say sitting position, because in a recumbent one the nap is apt to continue too long, and the vessels of the brain to become overloaded with blood. Drowsiness is very apt to occur during digestion, probably in consequence of the great demand of nervous energy and blood by the stomach; and certain it is, that a short nap after dinner evidently promotes digestion.

It is scarcely necessary to observe, that taking fruit of *any kind*, or sweetmeats, raw vegetables, as celery, water-cresses, &c. immediately after dinner, is very improper.

The practice which prevails generally throughout Europe, of taking coffee almost immediately after dinner, or tea two or three hours after dinner, is also very pernicious. The introduction of a warm diluent with fermentable articles, as sugar, milk, &c. soon after dinner, or before digestion is completed, must necessarily disturb the process. These articles generally produce, by warming the stomach, a pleasant refreshing effect, but it rarely lasts more than half an hour. The fermentable articles rapidly pass into the acetous stage, (which the temperature of the fluid accelerates) the consequences of which are, an oppressive distension of the stomach by gas, often to such an extent as to disturb the brain and whole nervous system. When tea or coffee is the last meal, which is often the case after a late dinner, instead of sound and refreshing

sleep, the mind continues wandering the whole of the night, sometimes distressed by nightmare; or if the mind does not get into a wandering state, the system becomes fidgetty and restless till it really exhausts itself, when the subject falls asleep. Tea or coffee is therefore not only an unnecessary, but a very improper last meal.

SUPPER.

This meal should be light and easy of digestion. With weakly subjects we have found a little minced meat, with black or Cayenne pepper, with toasted bread or biscuit, and a draught of porter, to agree very well. In no meal is it more necessary to attend to habit and peculiarity of stomach than to supper; for nothing tends more to disorder the general health, or debilitate the system, than disturbed sleep. A few raw oysters, with a little vinegar, pepper, and well-baked bread, and porter, form an excellent supper; but boiled or scoloped oysters are, as we have already observed, very hard of digestion; the same may be said of cheese, either new or old, in every form, particularly when toasted.

For very old people, milk *slightly* thickened with arrow-root, or biscuit-powder, with a little brandy and nutmeg, is a very excellent supper.

Having enumerated what we consider the *essentials* of regimen for *debilitated subjects of*

every description, we shall conclude this part of our work with a few

Cases of General and Local Debility, illustrative of the peculiar Tonic Properties of the round-leaf Cornel.

In the 5th, 6th, and 7th pages we have given, on the authority of Professors Ives and Morson, a few cases of general debility, in which the *round-leaf-Cornel* speedily succeeded in restoring the patients to permanent health, after the Peruvian bark and other tonic medicines had totally failed. Numerous cases of local and general debility have been published by Professor Ives, Professor Morson, and other eminent physicians of the United States; but we shall confine our reports to a few cases, differing in regard to their nature and situation, selected from many, which have occurred either in our own practice, or with which we are well acquainted.

A noble earl, who had suffered much from indigestion, attended with general nervousness and muscular debility, after having taken the sulphate of quinine, and other tonic medicines, without deriving any material benefit from them, was rapidly restored to sound health by the pills of the essential salt of the *round-leaf-Cornel*, No. I. page 12, and by following the directions for diet, &c. page 56.

W. W. T. Esq. who had been subject to a distressing periodical nervous head-ache, occurring daily for nearly fourteen years, frequently attended with palpitation of the heart, and often with a distressing degree of general languor and despondency, was effectually cured in the course of ten days by the mixture No. V., page 14. He had taken the sulphate of quinine, and other preparations of the Peruvian bark, cascarilla, columbo, alone and in combination with various nervine medicines, under the direction of an eminent physician and surgeon; but none of them succeeded in preventing the daily recurrence of the head-ache or excessive palpitations of the heart. After taking the mixture of the *Cornel* three days he was free from the head-ache, and has continued so, after having discontinued the medicine for upwards of six months.

Mrs. F. had suffered for many years from periodical nervous head-ache, attended with symptoms of indigestion, pain in the loins, general debility, coldness of the extremities, and slight œdematous swelling about the ancles towards night, for which she had for many weeks taken sulphate of quinine, decoction of bark, with valerian, camphor, and blue pill, without receiving any benefit. She was advised by W. W. T. Esq. to take the mixture No. V., page 14; but disliking medicine in a liquid form, she preferred the pills, No. I. page 12, which acted like a

charm in speedily restoring her to perfect general health.

W. F. Esq. aged 72, had for fifteen years been afflicted with general debility, occasional giddiness, ringing in the ears, pain in the knees, and inability to retain the urine or to expell the fæces, a copious discharge of slime from the bladder and rectum, considerable flatulence, &c. He had been in the habit of taking two tea-spoonful of the compound tincture of bark with forty drops of spirit of sal volatile, in a glass of water, twice a-day for many years, from which he derived temporary relief. The mixture No. VII. speedily succeeded in restoring him to health. After taking it two days, he observed that its tonic effects on the stomach were immediately transmitted to the rectum and bladder, and the affection of those parts, which was frequently very distressing, rapidly ceased.

Mrs. W. S. aged 58, had been under several eminent physicians and surgeons for a supposed cancerous affection of the uterus. She for many years suffered from an obtusely painful condition of the muscles and nerves of the loins, occasionally extending to the bladder. At length a dull aching pain settled in the region of the uterus, attended with a distressing sensation of bearing down, and considerable discharge from the vagina, erysipelalous inflammation, &c. Her

appetite was bad, sleep much disturbed and unrefreshing, and she occasionally suffered from nausea, flatulence, and an oppressive sense of distension, particularly after a meal. The bowels were very irregular, sometimes confined, and at other times affected with painful looseness. The mixture No. VI., p. 15, (three table-spoonful three times a-day) with a mild nutritious diet, wonderfully improved her general health, and gradually removed every local symptom.

R., aged 50, had been subject to an attack of nervous head-ache weekly, for about six years, attended with considerable dimness of sight, noise in the ears like that of boiling water in a tea-kettle, considerable langour, coldness of the extremities, obtuse pain in the cheek bones, and depression of spirits. The affection of the head, with all the attendant symptoms, recurring daily, he had recourse to the mixture No. V., p. 14, which in a few days restored him to sound health.

Mrs. E., of R., about fifty-five years of age, after suffering more or less from indigestion, cramp in the stomach, flatulence, nervous head-ache, and irregular bowels, for several years, was affected with dropsical swelling of the legs, with symptoms of effusion of water in the chest and abdomen. After emptying the alimentary canal with an active dose of the compound extract of

colocynth and calomel, the mixture No. III., p. 13, taken as there directed, restored her to health. A few doses succeeded in bringing the stomach into action, after which she rapidly gained strength, the kidneys performed their office, and the swellings of the legs and thighs gradually disappeared. She had taken the blue pill, &c. under Mr. Abernethy, and several tonic medicines under eminent physicians, without deriving from them any benefit. The *round-leaf Cornel* was the only tonic which agreed with her stomach. The case of this lady, when she commenced the use of the *round-leaf Cornel*, appeared to be hopeless.

Mr. W. aged about sixty-five years, had occasionally suffered for many years from indigestion. For above three years the power of emptying the bladder and rectum had considerably decreased; and swelled legs, with other symptoms, indicated a breaking up of the system. Two spoonful of the tincture of the *round-leaf Cornel*, taken in a wine-glassful of the infusion of the Buchu leaves, three times a-day, succeeded in establishing sound health.

A lady of a leucophlegmatic habit, about sixty years of age, after much walking, or sitting up a few hours, was affected with pain in the loins and œdematous swelling of the legs. Her appetite was bad, and digestion imperfect; intes-

tines sluggish; the head often overloaded with blood, so as to occasion giddiness; sleep, which was generally very sound, had a debilitating rather than a refreshing effect. The sphincter muscle of the bladder was so relaxed as nearly to have entirely lost its power of retention. She had taken the Peruvian bark in various forms, and other tonics, all of which disordered her stomach. The Essential Salt of the *round-leaf Cornel* (as directed No. III., page 13,) perfectly agreed with her stomach, and in the course of three weeks, the diet (recommended page 56, *et seq.*) restored her to health.

An officer who had resided several years in the East Indies, aged about sixty-two, of a nervous, and leucophlegmatic temperament, had suffered for many years from indigestion, attended with tumefied bowels, and inability to empty the rectum. The latter complaint was attributed to stricture, by a physician in London. All the tonic remedies he had taken had so disagreed with his stomach, that it required much persuasion to induce him to give the *round-leaf Cornel* a trial. The mixture No. V., page 14, with a generous diet and moderate exercise, speedily removed all his complaints.

A. L. about two years old, of a leucophlegmatic habit, with great flaccidity of the whole muscular system, and ricketty enlargement of the joints of

the lower and upper extremities, was cured by the mixture No. VI., page 15, made with the Essential Salt of the *round-leaf Cornel*, in lieu of the Extract. The taste was so grateful to her, that she took it with great pleasure.

T. E. Esq., of a leucophlegmatic habit, about eighty years of age, had, for some time, been in so reduced a state as to be scarcely able to ascend the stairs from his parlour to his bed-room without assistance. The sphincter muscles of the rectum and bladder were in so debilitated a state as to occasion much distressing inconvenience. He also suffered from chronic cough and difficult expectoration. The mixture No. VII., page 15, made with the Essential Salt of the *round-leaf Cornel*, instead of the Alkaline Extract, speedily improved his general health, and effectually invigorated the sphincter muscles of the rectum and bladder.

Mr. Tuson, an eminent surgeon, of London, who has given the *round-leaf Cornel* a very extensive trial in cases of local and general debility, has found it to merit the character given it by Dr. Robinson and other physicians of the United Kingdom, and pronounces it the most efficacious tonic medicine that has been introduced into the practice of medicine. In cases of gleet and fluor albus, it has uniformly proved so successful, that he considers it a specific for those

complaints. For the distressing complaints of debility of the bladder and rectum, to which people advanced in life are subject, he represents it to be a most invaluable remedy.

Dr. T. Blundell also speaks in high terms of it as a remedy for fluor albus and the local relaxation which occur in females after the period termed the "turn of life."

Mr. La Beaume, of Southampton-row, states that he has given the Essential Salt and the Tincture of the *round-leaf Cornel* a very extensive trial, and in *every instance* with great success; and that in all the cases in which he has prescribed them they have uniformly agreed with the stomach, after the other mild tonics, and even wine had disagreed with it.

Other cases, equally decisive of the peculiar tonic properties of the *round-leaf Cornel* in local and general debility, have been published by Dr. Reece, in the *Monthly Gazette of Health*.

ON THE
ANTI-ASTHMATIC PROPERTIES

OF

The *Lobelia Inflata*.

THE genus of plants, of which this article is a species, was termed *Lobelia*, in compliment to a celebrated botanist of the name of LOBEL. This species, to which Linnæus gave the name of *inflata*, grows in a wild state, in great abundance, in several parts of North America. The leaves and capsules are acrid; the powdered leaves, in the dose of ten grains, produce nausea, and in the dose of fifteen grains often excite vomiting, which is sometimes followed by profuse perspiration. It also often operates slightly as an aperient. Dr. Bridault de Villiers recommends the plant to be collected in the month of August. It appears by the American physicians, that its peculiar anti-spasmodic, or rather its anti-asthmatic virtues, reside in all the parts of the plant, but that the root and capsules are the most potent. This species has lately been found by some eminent physicians of the

United States so very beneficial in reducing the morbid sensibility of the eighth pair of nerves, and the excessive irritability of the respiratory muscles, on which every variety of asthma is more or less dependant, as to be considered by them a specific for the disease.

Dr. Cutler, an eminent physician, who has been subject to a paroxysm of asthma daily for nearly ten years, after taking all the remedies recommended for asthma by the ancient and modern writers, with little or no benefit, (except a species of the genus *pothós*, termed *fætid*, from which he sometimes received slight temporary relief,) asserts, that in the autumn of 1827 the attacks were much more violent than he ever experienced. The paroxysms commenced about the 1st of August, and recurred daily for about eight weeks. The Doctor having experienced no relief from stramonium, ether, or any of the celebrated anti-asthmatic remedies of the day, determined to give the "*saturated ethereal tincture of the lobelia inflata*" a trial, the first dose of which succeeded in allaying the paroxysm; and its continued use not only effectually kept off a recurrence, but afforded great facility of breathing. The celebrated Dr. Drury also gave it a trial, during a violent asthmatic paroxysm, and he says, it *instantly* relieved him, and that he has remained ever since free from the malady. During a severe fit, in which the difficulty of breathing was most distressingly oppressive, the doctor administered a tea-spoonful of the saturated ethereal tincture,

which, in the course of three minutes, terminated the paroxysm. On the expiration of ten minutes another tea-spoonful was administered, which occasioned a slight degree of nausea. After another ten minutes, the same dose was repeated, which excited gentle vomiting, and a pricking sensation in the skin; since which, the patient has remained free from the disease, with a much improved state of his general health. Dr. Barton notices a case of violent asthma, for which he prescribed a tea-spoonful of the saturated ethereal tincture of the *lobelia inflata*, to be taken every two hours, with speedy and complete success. Dr. Stewart asserts, that he has witnessed very extraordinary cures of asthmatic paroxysms by the saturated tincture, many of which were almost instantaneous. Dr. Cutler has also found it considerably to quiet habitual and also consumptive cough, particularly in those cases which are attended with considerable irritation in the membrane lining the windpipe. Some physicians prefer the saturated tincture of the root and capsules, to the powdered root or leaves, on account of its being more convenient for exhibition, and of its virtues not being diminished by keeping; but latterly, the tincture made by dissolving the extract of the plant (by spontaneous evaporation) in compound spirit of ether, termed the *ethereal* tincture, has been found to act more speedily and more effectually in allaying the morbid excitement of the *par vagum*, and of course in terminating a paroxysm.

The ordinary dose of this tincture is from forty drops to a small tea-spoonful, in a table-spoonful of cold water, two or three times a-day, or a large tea-spoonful when symptoms occur indicating an approaching paroxysm.

The following account of this plant, by Dr. John Andrew, an eminent physician of Glasgow, has been lately published in the *Glasgow Medical Journal*:—

“ The way in which I became acquainted with this remedy in asthma, is as follows:—In the autumn of the year 1818, returning in a steam boat from Campbeltown, Argyleshire, I found we had on board a man who was asthmatic, and who had been seized with a paroxysm just before the vessel sailed, at five o'clock in the morning. Having with some difficulty been brought on board, and laid in the steerage, I was requested to visit him. The paroxysm was very severe. As there was no medicine on board, at least that I knew of, and we had left the harbour, and were proceeding on our way, I ordered a little gin toddy, which the patient said had sometimes given him relief. The relief afforded was only momentary; for his sufferings soon returned, and he struggled hard for breath. A gentleman on board being acquainted with his malady, politely offered me some medicine, which he said had been of singular benefit to himself, and others afflicted with asthma. I wished to know what it was; but he requested me to give it a trial, and if it succeeded he promised not to withhold its

name from me. I administered according to his directions, and in less than forty minutes the poor fellow was *completely* relieved from the distressing paroxysm. The gentleman then told me that it was an herb which grew plentifully in the place in which he had resided, and which, made into a tincture with brandy, and administered in doses of a tea-spoonful every twenty minutes, gave almost immediate relief. He then showed me the receipt in his pocket-book, which he had got from an American practitioner, and with a copy of it gave me a quantity of the tincture. He afterwards presented me with a quantity of the plant, that I might prepare the tincture for myself.

“ I became convinced that it was of great service in asthma; so much so, that after I had used all that I had received from my American friend, I tried often to procure it from Baltimore, in the neighbourhood of which he said it grew spontaneously in great abundance. It was not, however, till about eighteen months since that I was so fortunate as to obtain a fresh supply. An intimate friend, who was going to New-York, when I mentioned the plant to him, promised to bring some of it with him on his return, which he did.

“ I have used the *lobelia inflata* in the worst forms of hooping cough, with decided advantage to the little sufferers, in all relieving, and, with the exception of one, speedily curing the disease. There is no medicine with which I am acquainted, that so effectually allays the spasms of asthma

and hooping cough, and relieves the bronchial vessels of their viscid mucus, as the *lobelia inflata*.

“ In an obstinate case of Saint Vitus’s dance, where purgatives, antispasmodics, and tonics, had been used without any benefit, I ordered forty drops of the tincture to be taken three times a-day, which in four days completely subdued the convulsive motion of the limbs. The patient, a girl of fourteen years, soon got well.

“ In pulmonary consumption, it is useful in relieving the cough and difficulty of breathing.”

Mr. Gordon, a scientific surgeon of Wilton, South Cove, who, it seems, by a late report, has given the ethereal tincture of the *lobelia inflata* an extensive trial in asthma, asserts, in his communication addressed to the medical profession, that of all the remedies he has employed, the ethereal tincture of the *lobelia inflata*, in the dose of a tea-spoonful in a small wine-glass of cold water, taken every three or four hours, afforded the most speedy and effectual relief. “ The first dose,” says he, “ uniformly rendered the respiration more free, and after the second, it became perfectly easy and natural, and all the other symptoms rapidly subsided.” We have given the ethereal tincture of the *lobelia inflata* an extensive trial in the dose recommended by Mr. Gordon, and in every instance with the most decided advantage. We, however, give a preference to the aceto-syrup of the herb (see page 79), because we find it equally efficacious in allaying the spasmodic constriction, and at the same

time, to act more effectually in promoting expectoration, and consequently in preventing a recurrence of a paroxysm. The dose of the oxymel is from two to three spoonful in a wine-glassful of cold water, or, when the patient is subject to flatulence or cramp in the stomach, in a little peppermint-water, or peppermint or rosemary tea, about three or four times a-day. When the powers of the system have considerably given way, or when symptoms of "breaking up" appear, as swelling of the legs, effusion of serum in the chest or abdomen, loss of appetite, general prostration of strength, the ethereal tincture, or the oxymel, should be given in a dose of a tonic mixture, as No. VII. page 15.

Some practitioners suppose, that the species of asthma noticed by authors differ so essentially, that no single remedy can be applicable to all of them. Long experience has satisfied us, that asthma is always dependant on a preternatural excitability of the eighth pair of nerves, termed the *par vagum*, (the ramifications of which are extensively distributed, viz. to the larynx, gullet, lungs, the diaphragm, stomach, &c.) and that the varieties noticed by different writers are mere modifications by temperament, habits, customs, or some nervous peculiarity, technically termed *Idiosyncracy*. The preternatural excitability or sensibility of the *par vagum* (often, if not always hereditary) occurs as frequently in the plethoric as in the leucophlegmatic habit, and hence the malady frequently

requires different constitutional management ; but when the state of the system is corrected, the same remedy will be proper to reduce the morbid excitement of the *par vagum*, and thereby remove the spasmodic constriction of the muscles of the glottis, air vessels, respiratory muscles, &c. constituting the asthmatic paroxysm.

From the extensive distribution of the branches of the *par vagum*, the local exciting causes of asthma are numerous. Inhalation of a noxious air, as the carbonic acid gas from burning coke or charcoal, a frosty, humid, or foggy atmosphere, or an article capable of mechanically or chemically irritating the fauces, &c. as rough food, particular spices, and especially when it comes in contact with the glottis, is a common exciting cause of a paroxysm. Irritation within the lungs, in the stomach, the liver, uterus, or in any part to which branches of the *par vagum* may extend, or with which the stomach may sympathize, may act as an exciting cause. Incipient organic mischief, either in the liver, spleen, pylorus, duodenum, or uterus, often keeps up the preternatural excitement of the *par vagum* ; but when the disease advances to suppuration or ulceration, it is common for such a determination of nervous energy and blood to take place to it, as to produce such a diversion in favour of the disordered *par vagum*, that the patient loses all his asthmatic feelings. The morbid sensibility of the *par vagum* often occurs in gouty subjects, and it is common for a violent asthmatic paroxysm, attended with considerable disturbance

of the brain and whole nervous system, to precede a fit of gout, and for the asthmatic affection gradually to decrease in proportion as the gouty inflammation in an extremity advances. The *par vagum*, (which in asthmatics is always in a state of alarm, in very nervous subjects, and all asthmatics are more or less nervous,) is often disturbed, through the medium of the nervous system, by atmospherical changes, or mental emotion, so as to occasion an asthmatic fit. If, therefore, asthma is to be distinguished according to its exciting cause, the species would be nearly as numerous as all the primary maladies to which man is liable. Such distinctions would tend to little practical utility, for the primary cause in all is the same, viz. preternatural excitable condition of the *par vagum*, without which, the exciting causes we have noticed would not produce any of the phenomena of asthma.

The only popular division of asthma with which we are acquainted, is into the dry (when attended with no expectoration) and humid (when attended with expectoration). The former occurs in the feverish or plethoric habit, and the latter in the leucophlegmatic. There is a state of system which favours the operation of all specific remedies, or of the topical treatment of a local malady. In cases of asthma, a plethoric state of the blood-vessels, or a state of health above par, will keep up a degree of preternatural excitement of the *par vagum*, that even the slight change which takes place in the air on the

approach of night, will be capable of bringing on an asthmatic paroxysm, and such state of system will also prevent the specific action of the remedy. In such case, depletion by abstraction of blood, an active purgative, and a sudorific medicine, with a low diet, will be necessary to insure the specific operation of either of the preparations of the *lobelia inflata*, noticed p. 74. If, on the contrary, the vital powers be considerably reduced, the stomach disordered, the bowels irregular, the secretion of urine diseased and deficient in quantity; the use of a tonic and diuretic medicine* for two or three days, with attention to the intestinal canal,† will be necessary,

* See No. III. page 13, or No. V. page 14.

† The best medicine for regulating the bowels when they are disposed to constipation, is a composition of the *aqueous* extract of aloes, alkaline extract of jalap, and ginger powder, in the following proportions.

Take of the *Aqueous* Extract of Aloes ;
Alkaline Extract of Jalap, of each 1 drachm ;
 Ginger Powder, 12 grains ;

Mix, and divide into thirty pills.

After emptying the alimentary canal by three of these pills, one or two should be taken every or every other morning, so as to produce one evacuation daily. Purgings after the first dose, unless the head becomes overloaded with blood, should be avoided. The purgative neutral salts, as Glauber's, the Epsom, and Cheltenham, and also the aperient mineral waters, we have found to aggravate the disease. If the patient cannot swallow medicine in the form of pills, in consequence of the morbid excitement of the fauces or gullet, the above pills may be dissolved in water. If, on the contrary, the intestinal canal is in a relaxed state, two or three table-

in order to prepare the system for the exhibition of the ethereal tincture, or the oxysacchary of the *lobelia inflata*.

The oxysacchary is made in the same manner as the oxymel, with the exception of the employment of the sugar of whey in lieu of honey. The substitution of the oxysaccharies for oxymels by the Italian chemists, is of great importance in those articles which are prescribed for asthmatics. With some asthmatics, honey not only considerably disorders the stomach and bowels, but frequently the whole nervous system, often followed by an erythematous affection of the skin. The oxymels and simple syrups are very apt to run into the acetous fermentation in the stomach of asthmatics, and the products (gas and acid), by distending and otherwise irritating the stomach, considerably aggravate the asthmatic oppression of the chest, or difficulty of breathing. The sugar obtained from the whey of cow's milk, which is now prepared in considerable quantities by the chemists of Italy, has the very important advantage over honey and sugar, in making simple syrups and the oxysaccharies (instead of oxymels), that it does not, like the syrups and oxymels, ferment in the stomach, or when kept in a shop during summer. For asthmatics, the oxysacchary of the *lobelia inflata* or of the squill, (made with the sugar of whey) is a great

spoonsful of lime water, with a little grated nutmeg or cinnamon bark, may be taken three or four times a-day.

improvement on the oxymels. The oxysacchary of the *lobelia inflata* is also an excellent remedy for the chronic winter cough.

When the stomach is much disordered or preternaturally irritable, Dr. Robinson recommends a composition of herbs, similar to what is sold by herbalists under the name of herb tobacco, with a proportion of the dried leaves of the *lobelia inflata* (about a fourth,) to be smoked every evening, or twice a-day, till the stomach is properly corrected, and the bowels regulated. The vapour should be occasionally drawn into the lungs, by attempting to make, at the time of smoking, a deep inspiration. Smoking this composition has been found to act nearly as efficaciously, as either the oxymel or the ethereal tincture of the *lobelia inflata*, taken internally; and in all cases, by hastening expectoration, acts as a powerful auxiliary to either of them. During smoking, a wine-glassful of weak lemonade, with a small quantity of brandy, may be taken, and a wine-glassful of a weak solution of the carbonate of soda, (about four drachms to a pint of water) alternately. The fixed air which is disengaged in the stomach, on the two liquids uniting, allays the morbid irritability of the stomach and fauces, and its escape upwards is uniformly followed by considerable facility of breathing.

From the remarks we have made on the ramifications of the *par vagum* to the stomach, and on the effects of primary sympathetic disorder of the stomach, in acting as an exciting cause of the

asthmatic paroxysm, the importance of attending to regimen must appear obvious. All asthmatics, as we have already observed, when speaking of the means of improving the general health, have some leading peculiarity of stomach, and, therefore, the absurdity of attempting to lay down general rules for the regulation of diet must appear obvious. The sanguineous and the leucophlegmatic are equally subject to the malady; and however necessary it may be to vary the medical treatment of the body according to the temperament of the invalid, the only difference in the dietetic management will consist more in the quantity than the nature of the aliment. With the sanguineous asthmatic, a low diet, consisting principally of vegetables and articles capable of fermentation in the stomach, generally disagrees. They should, of course, avoid full meals, and spirituous or vinous liquors, whilst the leucophlegmatic or debilitated may take more freely of meat, and gently stimulate the stomach, after the dinner meal, with a little diluted brandy and water. Cow's milk, on account of the firm curd which is separated from it in the stomach, we have found to occasion the most distressing paroxysms; and, in a few cases, we have known the curd to be brought up by vomiting, in a most offensive state, six days after the milk was taken. Cow's milk, with a mucilage, as the jelly of arrow-root or the Carragaheen, which prevents the formation of a strong curd, or mixed with barley-water slightly sweetened with

sugar of whey, (an excellent artificial ass's milk) is a valuable article of diet for elderly asthmatics, or those whose systems have been much reduced by chronic constitutional cough. Malt liquor, unless highly hopped or well fermented, as well as all kinds of wine, are very apt to disorder the stomach either of the leucophlegmatic or the sanguineous asthmatic. To no class of invalids, does the old saying of "what is one man's food is another man's poison" more directly apply than to asthmatics. Every asthmatic should be guided in the adoption of a system of diet by the result of experience and observation. Generally speaking, the inside of boiled or roasted meat agrees with the stomach of both classes of asthmatics better than vegetables. The observations we have made (page 57) on the dietetic management of debilitated subjects, equally apply to every class of asthmatics. They should, however, not confine their attention solely to solids, for the fluids more frequently disorder the stomach. In Italy, a solution of the sugar of whey, in the proportion of three drachms to a pint of water, acidulated with lemon juice, is much preferred by asthmatics as a common beverage, on account of its not fermenting in the stomach.

Dr. Epps, a scientific physician of London, recommends asthmatics to quench their thirst with a decoction of hartshorn shavings, which may be slightly acidulated with lemon juice. This article is certainly preferable to barley-

water or linseed tea, on account of its not being fermentable in the stomach. The Carragaheen, a species of sea moss, has lately been much recommended by some physicians of Dublin, as a nutritious article of diet for emaciated asthmatics. The jelly it affords to boiling water is grateful to the palate, sits pleasantly on the stomach, and is unquestionably very nutritious. It has also the important advantage of not being fermentable in the stomach.* The following directions have been published by Mr. Todhunter for the use of this article:—After steeping a quarter of an ounce of the moss in cold water for three minutes, take it out, and after rubbing it with a dry piece of linen, till the water in it is absorbed, boil it in one quart of unskimmed milk until it attains the consistency of warm jelly, then strain off the jelly, and sweeten it to the taste with white sugar or honey.

The fixed air, which is produced in great abundance on burning coke with coal, a common practice in London, and that which escapes from lime-kilns, generally acts very injuriously on asthmatics.

The directions for cleaning the tongue and teeth every morning with the dilute malic acid,

* A little of this jelly, mixed with arrow-root, tapioca jelly, or with bread pudding, renders them less liable to fermentation in the stomach. For asthmatics and infants, such an article is a most important desideratum.

&c. as recommended page 54, should be particularly attended to by asthmatics. We have known irritation in a tooth keep up asthmatic difficulty of breathing. The refreshing effects of cleaning the mouth with this lotion, &c. on the stomach is uniformly experienced in a high degree by asthmatics.

It is also of great importance to keep up a proper circulation in the lower extremities, by wearing worsted stockings or socks. By keeping the feet and legs warm, the circulation of the blood throughout the abdominal viscera is accelerated, which is of great importance to invalids, for congestion of the vessels of the viscera is a common exciting cause of asthma. Worsted stockings or socks, by keeping up active circulation in the extremities, also act beneficially as a preservative.

In elderly asthmatics it is likewise of great consequence to keep up the action of the kidneys, and for this purpose, gin and water may be substituted for brandy and water.

Mr. Gordon and other authors much advise the cold shower bath and some sea-bathing as preventives of the asthmatic difficulty of breathing or paroxysm. We have, however, never found either to produce a beneficial effect, but, on the contrary, it has been our misfortune to find both to produce the affection, often in a most distressing degree, for the prevention of which they were employed.

The observations we have made on the diet of asthmatics, apply in equal force to air and

situation. Every change is, in fact, with an asthmatic, an experiment. We know many asthmatics living in London who are exceedingly oppressed by the air on visiting Hampstead or Highgate; and some residing at those places, who are inconvenienced in the same degree on coming to London. It is common for some asthmatics to continue free from any difficulty of breathing as long as the wind is in the north, and others to be exceedingly distressed by it, although their temperaments and symptoms are apparently the same. Asthmatics must, therefore, be governed by their own feelings as to the choice of air or situation.

When the vital powers are considerably reduced, with symptoms of "breaking up," noticed page 4, we have found the inhalation of the oxygen gas, a powerful auxiliary to the tonic treatment recommended page 6. When the cellular substance of the lower extremities is overloaded with serum, we have found acupuncture wonderfully beneficial. We have now only to add, that the true *Lobelia Inflata*, and the preparations of it recommended in this work, may be obtained at the Medical Hall, 170, Piccadilly. Some fastidious members of the profession may suppose that this notice is not strictly conformable to medical etiquette. The authors have two motives for giving this information; the first for the accommodation and benefit of their asthmatic readers, and the next their own reputation. The preparations are not nostrums

or proprietary medicines, and those who are acquainted with the extent to which the adulteration of medicines is carried, and the substitution of cheap articles for expensive ones in compounding prescriptions, will be disposed more to thank than to censure us for this information. As to a certain class of practitioners, who may not approve of the recommending a place where we know the genuine articles may be procured, we advise them to look a little homeward. They will there discover enough to condemn, without troubling themselves in censuring a practice merely because it militates against their own interest.

FINIS.