

**Anti-Lancet, or, the destructive practice of bleeding, &c.;, exposed and denounced : showing the principles of life and death, and the origin of all diseases with a description of the most efficacious medicines ever made known to the world for their relief and cure / by Charles Rooke.**

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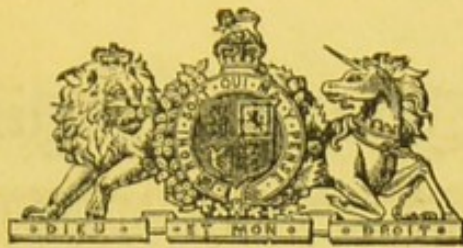


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# ANTI-LANCET;

OR,

THE DESTRUCTIVE PRACTICE OF BLEEDING, &c.,

EXPOSED AND DENOUNCED;

SHOWING THE

PRINCIPLES OF LIFE AND DEATH,

AND

The Origin of all Diseases;

WITH A DESCRIPTION OF THE

MOST EFFICACIOUS MEDICINES EVER MADE KNOWN  
TO THE WORLD

FOR THEIR

RELIEF AND CURE.

BY

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AUTHOR OF "MEDICAL PHILOSOPHY," "LEGENDS OF THE LAKE OF GENEVA."

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"SOL ICH UMSONST DIE AUGEN OFFEN HABEN."—Goethe.

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BY C. ROOKE, M.D., SCARBOROUGH.

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# To the Afflicted with Disease,

IN EVERY REGION AND CLIME THROUGHOUT THE WORLD,

THE FOLLOWING PAGES ARE DEDICATED.

Before the reader commences perusing this Pamphlet, the Author particularly requests that he will read the following

## INTRODUCTION.

(Written for the Third Edition.)

THE origin of Medicine is obscured by a veil of impenetrable darkness, since the facts connected with its first professors are for ever wrapt in the flight of ages past,—destroyed with the forgotten archives of former days; but it is highly probable that it is coeval with the human race; for man, as an organised being, has in all ages been subject to infirmities, to disease, and to death, which would induce him to search into the productions of the earth for the means whereby he might ease the pangs of suffering nature. From history we learn that the physicians of ancient ages confined their medical treatment to a few particular remedies; and these remedies were very simple, being chiefly selected from the vegetable kingdom.

For the last two thousand years the practice of medicine has changed like the wind; its destiny has been as inconstant as the breeze; on it fashion has exerted its supremacy, according to the folly and absurdity of its professors. I have read volumes upon volumes of medical opinions and theories, compiled by the most celebrated physicians of that long period; and I have laid down their works with a sigh over the vanity of professional learning, for in very few could I find the dogmata of medicine consistent with nature or common sense. Some of the lamentable contradictions met with in medical authors I have exhibited in the following pages.

After many long and attentive observations on the forms and appearances of diseases, I am thoroughly satisfied that the internal pathology of all morbid action is uniform. Although disease has been divided and designated by medical writers under countless appellations, according to a variety of forms which it is apt to assume, the careful observer must, nevertheless, come to the conclusion that the effects arise from one internal cause only; and that, under whatever form disease appears, all its symptoms may be resolved into those arising from *DEBILITY and derangement of function*—vitality being always affected in the same manner. In all cases there is a depression of nervous power; with prostration, less or more, of some of the powers of body or mind.

The artificial arrangement of diseases, and their infinite multiplication, is much to be deplored, and leads to the administering of countless remedies, with countless intentions. To me, such fanciful systems have always appeared utterly repugnant to truth. Indeed, he who considers every affection of the body as a distinct disease, resembles the Indian or African native, who regards *dew, ice, frost, and snow*, as distinct essences, instead of considering them so many different modifications of water, derived simply from the absence of heat.

I have long seen the uncertainty of that medical practice which is founded on a fanciful division of diseases, and always thought that to render the classification more simple and their treatment more uniform, would be the greatest boon that could be bestowed on society. If Mr. Abernethy had conferred no other benefit on mankind than his earnest appeal to the profession on representing local diseases as arising from disorder of the digestive organs, his admirable observations would alone have conferred unfading honours upon him. That master-mind pointed out the absurdity of attributing local diseases to local causes, and he directed a more effective treatment of them, namely—the purification of the stomach or fountain, rather than cleansing the channels.

In the following pages I have treated of some of the most important diseases to which mankind are subject, and in every case have traced their origin to *Indigestion*, arising

from nervous and muscular debility; and hence the reader will readily comprehend the reasons for adopting a *UNIVERSALITY of treatment* in disease, namely—in restoring the *digestive organs* to healthy action, and giving tone to the whole system, whereby nature is enabled to throw off the offending cause; and by following this general plan of treatment, I have met with that success to which the adherents to the confused, unsettled, contradictory, and experimental practice, cannot lay claim.

It is now necessary to say a few words relative to the *Medicines* recommended, which are *proprietary*, and prepared by MYSELF ONLY. They were discovered, after much protracted hard study, in the year 1836; and after their utility had been repeatedly experienced in private practice, they were made public, since which time they have been taken by many thousands of persons, and have been of extensive use in the removal of disease—in divers cases where other means have failed; many cases of which I have personally witnessed, while a multitude of others have been communicated to me by letters from nearly every country of Europe, the Indies, Australia, and North America. It has given me very great satisfaction to see and hear of patient after patient being restored to sound health and the enjoyment of life by the aid of the medicines referred to in this pamphlet; and, in many cases, after protracted afflictions and agonies from which they had expected only to have escaped by death.

Since the year 1836, I attended one of the best Medical Colleges and Hospitals in London, and graduated in the most respectable University of Europe; hence many professional men deem me liable to some obloquy for keeping secret the mode of preparing medicines which they acknowledge have been so highly beneficial. That they consider me blameable on this ground, appears very clear from the following portion of a letter I received from a medical friend:—

“ July 25th, 1844.

“ It was with much pleasure that I saw in last week's *Medical Times* your name in the list of Graduates in Medicine, and am therefore extremely sorry to hear that it is your determination of still continuing to prepare your Patent Medicines, for which, depend upon it, you will have to endure much railery from professional men. I have certainly seen, in my neighbourhood, the efficacy of those Medicines in many cases of extreme debility, as also in rheumatism and pulmonary complaints, and cannot doubt of their being a valuable acquisition to medical practitioners; and I must frankly tell you that it is your duty, as a member of the profession, to make the secret of their preparation public, so that they may be brought into general use. Let me learn from your next letter that your intentions are changed. In the meantime, I remain, &c., J. L.”

(See the registered list of “ British Subjects who graduated in Medicine ” at the University of Giessen, in *Medical Times*, July 20th, 1844.)

Notwithstanding what medical men may deem to be my duty, I have chosen to depart from conventional custom, and continue to superintend the preparation of these medicines, so that the public may have them in their genuine purity; for they require so much time, labour, and chemical skill in their preparation, that were they left to be prepared by medical men in general, they would, in many cases, be very imperfect, or exorbitantly dear; and therefore all unprejudiced persons will consider me justified in adopting such a course. With respect to the propriety of concealing the composition of a medicine, Sir J. Banks very judiciously observes:—“ I have no doubt a medicine will be found more beneficial to the public, in a high degree, when confined to the practice of one individual,—that it may be well prepared, of the best ingredients, and that the maceration be properly conducted: matters of vast importance to the afflicted.”

Presuming on the liberty of all British subjects, I have ventured to express my opinion that all the medical systems hitherto promulgated in this country are entirely false, seeing that they have no fixed principles, and hence lead to fatal errors in practice, I do not make this bold and hasty conclusion prematurely, or without judgment in the matter; for, as far as my age extends, I have perhaps read as much in medical literature as any living man, and have, moreover, seen much of medical practice, both in hospitals and private life. In the following pages I have presented the reader, for the first time, with a Medical System founded on the immovable principles of Nature, by which every type of disease may be fully explained in every constitution, and in every clime where the human race is found. I am thoroughly satisfied, not only by a long course of observation, but also by many direct experiments, that

**DEBILITY is the CAUSE and CONSEQUENCE of every DISEASE and of DEATH.**

To this, the only rational theory of disease ever propounded to the world, the most obstinate of medical men must finally come. Whilst to the afflicted it must surely be a matter of no small consolation to know the cause of their diseases, and the means to be adopted for their cure, and thus have their minds set at ease on a subject that so materially concerns them: and also to get clear of a wilderness of opinions founded in error and supported by bigotry and prejudice.



I am fully convinced of the efficacy of the after-mentioned medicines in the cure of disease; and all I ask of the patient is,—OBEDIENCE to the directions given with each. The numerous cures effected by them, in every modification of disease, in almost every constitution, and in every clime, are surely satisfactory evidences as to the soundness of the theory; but should the cures, which cannot be controverted, be not deemed sufficient to establish a theory, in the eyes of prejudiced persons, I beg distinctly to inform all such, that nothing will afford me greater pleasure than to discuss the subject with them at length, in any medical journal in Great Britain, on receiving a notice to that effect.

Scarborough, May, 1846.

C. R.

## PREFACE TO THE PRESENT EDITION.

A FEW months after the former "Introduction" was printed, I read a review of a work by Baron Liebig. The reviewer observed:—"To him (Liebig) is due the merit of drawing attention to the connection between chemistry and agriculture, and from him will be dated those investigations which promise to make *medicine a more certain science*, IF SCIENCE THAT CAN BE CALLED WHICH HAS NOT YET DETERMINED A SINGLE MAIN PRINCIPLE OF ACTION."—*Athenæum*, Nov. 28th, 1846, p. 1212. Let the reader compare these remarks, extracted from the leading literary journal of England, with the foregoing "Introduction," and he will at least see a striking coincidence of opinion. An extensive medical experience, extending through the years which have passed away since the day here alluded to, has tended to strengthen the conviction that disease originates in the relaxation of the capillary tissue from *nervous depression*, and can be best treated by *altera-tonic* means.

In accordance with the long-established usage of medical men when anything new is advanced, they have not failed to array bigotry and prejudice against this theory and treatment of disease; but they have declined to accept my invitation to discuss these subjects in any Medical Journal,—an invitation that has remained unaltered in each successive edition of this pamphlet published since the date mentioned. Through the strenuous opposition of myself and others to the false dogmas of the profession, a visible change is manifested in some respects; a more comprehensive spirit is beginning to pervade medical study, which I trust will ere long establish the practice of Medicine on the more tangible foundations afforded by observations, by organic chemistry, and the microscope, rather than on the capricious whims of medical teachers. Some of the most eminent medical men are gradually laying aside the arbitrary division of disease, and endeavouring to arrange its symptoms under more general heads. It was pleasing to me to read, one day, the following observation in a work by one of the most eminent physicians of this century:—"It will probably be one of the most certain results of future research, to *associate together*, by the connection of causes of a common kind, diseases now regarded as wholly distinct in their nature, and arranged as such in our systems of nosology. This remark applies very widely throughout all the genera of disease."—See *Medical Notes and Reflections*, by Sir H. Holland, Bart., M.D. The treatment, too, of disease is changing: the *lancet*, the *leech*, and the *cupping-glass*, are gradually being abandoned by some of the leading practitioners of the age, who are now *treating and curing the most active inflammations with stimulants and tonics*.—See the *Medical Times and Gazette* (now assuredly the leading medical journal of the Allopathic system), February 19th, 1859.

Finally: Thousands of existing copies of this pamphlet will testify that the first edition was published in January, 1839, which edition, as well as every subsequent one published up to the date hereof, contains the "Theory of Disease" alluded to,—a theory still further illustrated and verified in the present edition,—hence, whether this theory be adopted by the most exalted members of the profession, or surreptitiously assumed (as I perceive is being done every day) by the uneducated charlatans who advertise their unrighteous traffic in newspapers, justice and truth will acknowledge that it was the author of the *Anti-Lancet* who first publicly taught the important doctrine that *nervous depression* can alone account for the varied phenomena presented by disease; which fact all future investigations will tend to confirm.

Scarborough, January, 1874.

C. R.

ANATOMY AND PHYSIOLOGY  
 OF  
**THE STOMACH AND BOWELS:**  
 WITH THE  
**PROCESS OF DIGESTION.**

SHOWING THE CHANGES WHICH THE FOOD UNDERGOES BEFORE IT IS  
 CONVERTED INTO BLOOD, AND BY WHAT LAWS OF THE  
 ANIMAL ECONOMY

THE BODY IS MAINTAINED AND SUPPORTED IN A  
 NATURAL, HEALTHY STATE.

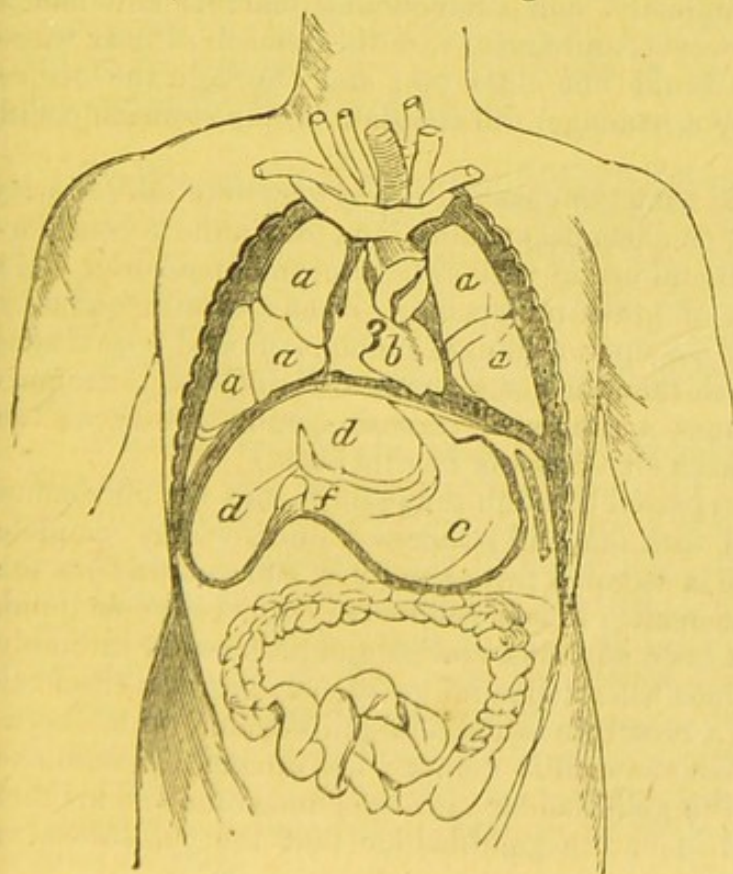
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"The Atheist, if to search for truth inclined,  
 May in himself his full conviction find.  
 And from his body teach his erring mind."

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IN order to explain how *Debility* acts upon the system in the production of disease, and to make this book as useful and intelligible as possible to the general reader, I deem it necessary to give a brief sketch of the Anatomical Structure of the Digestive Organs, and their mode of action, which will at least tend to convince the most ignorant that the derangement of those organs may arise from various infringements of the organic laws of nature; and it will also show how far the treatment which I advocate is in accordance with wisdom.

In order to render the following description of the digestive organs more clear, I have annexed a diagram with the explanation:—



*a a a a a*—The lungs;  
*b*—the heart, which is immediately above the stomach; *d d*—the liver; *f* the pylorus; *c*—the human stomach, which is composed of three membranes or coats. The exterior membrane is very thin and smooth. The middle one is muscular, or is endowed with the power of contracting, and of moving about and expelling its contents. The innermost is the secreting or mucous membrane, which is continuous with that of the whole length of the intestinal canal, and is joined to the external skin at the mouth and anus.

The stomach is the principal organ of digestion. Its figure nearly resembles the pouch of a bagpipe, and it is situated beneath the diaphragm, between the liver and spleen. It is joined at its upper end to the œsophagus, by an orifice called *cardia*, not from the Greek *cardia* (the heart), as is generally imagined, but from the Latin *cardo* (the gate, the way, the hinge), it being the gate to the stomach. At the lower end the stomach is joined to the duodenum, or first intestine, by an orifice or ring, where is a kind of valve called the *pylorus*, which in form is like that of a sphincter, and is intended for the purpose of retaining the food in the stomach until it is properly digested. It is endowed with an instinctive faculty to judge between digested and undigested food, since it permits that which is digested to pass out as fast as it is formed, but closes against the portions of food which are yet solid and undigested.

After the masticated food is received into the stomach, it is transformed into a peculiar matter called *chyme*. The chief agent in this process is a fluid termed the *gastric juice*;—a wonderful menstruum, and the most active we are acquainted with in nature. It is secreted from a great number of small blood-vessels imbedded in the coats of the stomach. When the stomach is empty the gastric juice is secreted in a very small quantity; but when the lining membrane is stimulated by the contact of food, a quantity sufficient to dissolve food enough for the supply of the natural wants of the system is then poured out.

Many experiments have been instituted by *Spallanzani*, *Gmelin*, *Tiedemann*, and other physiologists, to ascertain the nature of the gastric fluid, and the mode of its operation on the food; but it was not until the year 1822 that an advantageous opportunity presented itself to Dr. Beaumont, an American physician, for crowning such efforts with success. On June 6th of that year, a young Canadian, named *Alexis St. Martin*, received a very severe wound in his left side by the bursting of a gun, which extensively lacerated and laid open the cavity of the stomach. His life was for a long time in most imminent danger; but at the expiration of two years he recovered his health completely, and subsequently married and had a family. There remained, however, an aperture in his stomach of near three inches in diameter, which would not close up; and through the orifice (which was usually closed by a bandage) the contents of the stomach could be drawn out.

Dr. Beaumont ascertained that the gastric juice is very like saliva in its appearance, and it was found, on chemical examination, to contain a considerable quantity of the muriatic and acetic acids in an uncombined state. He ascertained,—and the fact is of great importance,—that a certain quantity of the gastric fluid can only act upon a limited amount of food; so that if more be taken into the stomach than the gastric juice can dissolve, it remains there undigested, and becomes a source of irritation and debility to the digestive organs. (See remarks on Gluttony in this book.)

As soon as the chyme has passed through the pylorus into the duodenum or first intestine, it is mixed with *bile* and *pancreatic* juice, which complete the work of digestion. Bile is secreted from the liver, and poured into the intestine near its commencement. It is a yellow or yellowish-green fluid, of a peculiar smell, and of a taste at first sweetish and afterwards intensely bitter. Bile is not passed into the duodenum as soon as secreted from the liver, but is accumulated in a reservoir called the gall-bladder, which accumulation is going on when the stomach is empty; but during digestion the bile is poured directly from the gall-bladder into the duodenum, and is there mixed with the chyme. It is in the gall-bladder that the *gall-stones*, as

certain hard concretions are erroneously called, are sometimes formed; and in passing through the narrow tube or biliary duct which terminates in the intestines, cause the excruciating pain complained of in that affection. Pancreatic juice is secreted from the pancreas, a glandular organ of a long figure, which lies across the spine and under the stomach. Its duct enters the duodenum along with the biliary duct, so that two fluids meet at their entrance into the intestine.

The intestinal canal extends from the pylorus to the anus, and in the human subject is from thirty to thirty-five feet long. It is curiously convoluted or folded up in the abdomen, and is divided by anatomists into six portions; but for every useful purpose may be divided into two portions—the small and the larger intestines.

The bile and pancreatic fluid meeting the chyme in the first part of the intestinal canal, become intimately combined with it, which they further attenuate and dissolve, and by the contractile power of the intestines the whole is pushed forward. In its course a nutritious milk-like fluid is separated, termed *chyle*, which is absorbed by the *lacteal* vessels into the system, to be mixed with and form new blood. The rest, which is not fit for nourishment, is expelled the body.

*Lacteal vessels.*—These small pellucid tubes, which arise in the mucous membrane of the intestines, were perfectly unknown until *Asellius*, a celebrated Italian anatomist, in the year 1622, discovered upon the mesentery of a dog white lines extending from the intestines to the glands. He observed that they contained a milk-like fluid, and hence termed them *lacteals*. In the year 1649, *Pecquet*, a renowned French anatomist, discovered the important fact that these vessels gradually unite together as they approach the upper parts of the body, and at length terminate in one common trunk, termed the *thoracic duct*, or *chest pipe*, so called from its course being through the thorax or chest, in front of the spine; and its office is to convey the different streams of chyle, collected from the intestines during the process of digestion, to be poured into the *subclavian vein* just before the latter reaches the right side of the heart, where it is mixed with the current of the *venous blood*.

The conversion of chyle into blood is effected by the following process:—After it is absorbed from the intestines, it may be regarded as *blood* in an early stage of its formation. Whilst traversing the *lacteals* it undergoes many changes, and becomes more and more of the nature of blood as it reaches the receptacle from which it is poured into the current of blood. These changes arise from the influence effected on the fluid by the living coats of the vessels.

Although the chyle is poured into and mingled with the blood, yet it has to undergo other processes in the wonderful laboratory of the system, before it is fit to perform its functions of nourishing the body. To complete its preparation it still requires to be exposed to the action of air. This is accordingly done on its passing through the lungs along with the dark or venous blood, which stands in need of the same change. In the course of its passage through the lungs, both the *chyle* and *venous blood* are exposed to the influence of the atmospheric air, brought into the air-cells by the *bronchial tubes* or air-vessels, in the act of respiration, where it is converted, along with the venous blood, into bright arterial or nutritive blood. The change which the chyle undergoes in the lungs is termed *sanguification*, or blood-making.

*Respiration*, then, is the completion of sanguification, for aëration is so indispensable to the renovation of the old, and the formation of the new blood, that whenever it is rendered imperfect—either by obstructions in the lungs themselves, or for the want of pure air to inspire—the result is invariably injurious to health, since the blood, being no longer properly constituted, becomes incapable of furnishing a healthy stimulus, or properly nourishing the body. We therefore see the rapid emaciation which follows the appearance of *pulmonary consumption*, and other diseases affecting the structure, and consequently interrupting the functions, of the lungs. The great utility of good air, in both health and disease, is thus rendered manifest; for the organs of digestion may perform their functions aright, and the lacteals may duly convey the chyle into the circulating system, but unless it undergoes the necessary change in the *air-cells* of the lungs, it will not constitute good blood, or afford due nourishment to the body.

Whilst the combined mass of chyle and venous blood is undergoing the process of aëration in the lungs, it is gradually returned by the pulmonary veins to the heart, and poured from their trunks into its *left auricle*; thence it passes into the *left ventricle*, and, by the contraction of this cavity, is delivered into the *aorta*, which vessel, influenced by the muscular action of the heart, propels the now renovated, life-sustaining blood, through the arteries into their innumerable minute branches termed *capillaries*. In these remote arterial branches, which pervade the body, the blood effects its destined end, namely, the important offices of nutrition, secretion, &c. After the blood has effected its purposes, it becomes, in consequence of having parted with its oxydised properties, of a dark colour, in which state it is returned by the veins to the *right auricle* of the heart; the latter organ then propels it through the lungs (along with the chyle, as before stated) to be subjected again to the influence of the air in the lungs.\*

Although the arguments always adduced in favour of the existence of a Supreme Creator, as derived from the evidence of design in the material universe, are considered by some as untenable, yet the functional processes of *digestion*, *sanguification*, and *circulation* in man and the lower animals, incontestably prove an adaptation of certain organs to certain ends, which nothing but an *Intelligent* and *Prescient Cause* could produce: hence the arguments alluded to will for ever remain in full force.

## OFFICES OF THE BLOOD.

The blood supplies every waste of the body made by the different secretions; such as perspiration, gastric juice, milk, bile, &c. It produces every part of the body, both solids and fluids; it repairs diseased parts—in short, it regenerates all the solid parts of the animal system, and replenishes all the waste of the fluids. The influences and uses of the blood upon the nutritive functions may be easily proved by tying the principal blood-vessel, and so causing a permanent diminution, to any considerable extent, in the quantity of blood with which any organ is supplied: a decrease in its size is soon apparent, and it may shrink almost to nothing. Such being the important offices of the blood, it is universally allowed to be the principal sustainer of all animal beings.

## THE PRINCIPLES OF LIFE AND DEATH.

I have, in the foregoing pages, explained the process of digestion—how that the food is dissolved into *chyme* by the aid of *gastric juice* poured from the coat of the stomach; how the chyme is changed into *chyle* by the addition of bile, &c.; how chyle is absorbed into the blood, and becomes the source whence every element of the system is derived. But my description has only yet embraced the *muscular processes* of assimilation. There

\* To those who wish to examine further into the anatomical structure of the organs of digestion, &c., I recommend the perusal of *Dr. Carpenter's Human Physiology*.

is a something wanting, and which may be comprised in the questions—What puts this organised machinery into action? By what means are these wonderful operations produced and perpetuated for so many years? To say the body is put into motion, regulated, and continued, by the vital principle, or *life*, is only telling the reader what he already knows. The question still remains unanswered—What is life, or that animating principle by which the body is sustained and preserved from decay, from birth to the grave?

With all our researches in philosophy and advances in knowledge, there are very many subjects which we cannot comprehend; there are mysteries dark and impenetrable, which the human mind will never be able to solve. We see a wonderfully-made body, performing many marvellous functions, and controlled by an animating principle termed LIFE, the real nature of which we cannot understand. We can, however, explain the principles on which life acts, in producing motion, and enabling *organised* matter to perform its functions. The life of all organised beings begins in motion, and ends in rest. Indeed, throughout all nature, motion is the source of every combination, and its extinction is the cause of death.

We know, by many direct and unfailing experiments, that life, or vitality, consists in *nervous power*; and through this power all the different organs of the body are enabled to perform their functions. It is nervous power which causes the stomach to secrete its juice, by which the food is dissolved into chyme; the same power causes the liver and pancreas to secrete their juices, by which the chyle is produced; and it is the same power which causes the lacteal vessels to absorb that fluid and convey it into the blood, by which the body is nourished. The same power is also the direct cause of all the other secretions of the body, and it is the cause of motion.

Nervous power originates in the *brain* and *spinal marrow*; the latter, however, is merely a continuance of the former, and the channels by which it is conveyed to every part of the body are the *nerves*. As the nervous system is of so much importance, both as regards the origin and cure of diseases, I deem it necessary to render a brief explanation thereof.

The nerves issue in pairs—one of each pair being allotted to each side of the body. From the brain and spinal marrow there arise forty-three pairs; twelve from the brain and thirty-one from the spinal marrow. The nerves have the appearance of whitish cords, and every large nerve consists of a bundle of smaller ones, each nerve dividing like the branches of a tree, and spreading its ramifications over the whole body, until they become so small as to escape our senses; of their presence, however, we are fully satisfied, as we cannot wound any part of the body without exciting pain—a proof that the nerves are injured by it.

The nervous fabric is a mysterious portion of animated beings; and its nature and influence—in conveying motion, sensation, and perception—have been problems amongst physiologists in every age, the solution of which is attended with many difficulties. Many physiologists, both in ancient and modern times, have regarded the nerves as solid capillaments, or like the tense and elastic strings of a musical instrument, operating by tremors and oscillations; which hypothesis prevailed among the Greeks, although it was not the opinion of Hippocrates. Such was the opinion of Dr. Hartley, an eminent physician of the eighteenth century.\*—*Hippocrates*

\* See *Observations on Man; his Frame, his Duty, and his Expectations*. By D. HARTLEY, MD. London, 1791. This work does honour to human nature. One feels proud to belong to the same order of intelligences with the mind which could compose it. That which, in the conclusion, relates to the *final happiness of all mankind*, is truly worthy of the philosopher, the philanthropist, and the divine.

and *Galen* regarded the nerves as minute and hollow cylinders, or tubes, which convey a peculiar fluid of a fine ethereal nature, elaborated in the organ of the brain, and to which they gave the name of animal spirit. "Not," says *Galen*, "that this animal spirit is the substance of the soul, but its prime agent while inhabiting the brain." Such was also the opinion of *Sydenham* and *Boerhaave*, and of many of our contemporaries of the nineteenth century.

Sensation and motion are communicated by the nerves to every part of the body from the brain and spinal marrow. The nerves which arise from the anterior portion of the brain, called the *cerebrum*, govern the organs of sense, as the taste, sight, hearing, smelling, &c.; and when their nervous connection with the brain is interrupted, the functions of those organs are destroyed. The nerves of *motion* arise from the posterior part of the brain, called the *cerebellum*, and the spinal marrow; and when any of the muscles of voluntary motion are deprived of nervous power, they no longer obey the dictates of the will. For example:—If we cut, or merely tie, a nerve of motion, the muscle with which it is connected becomes instantly paralytic; but upon untying the nerve the muscle recovers its wonted feeling. Again, if we compress any particular part of the brain or spine, that part of the body becomes motionless which derives nerves from the part compressed.

Thus, by means of the brain and nerves, we are doubly connected with the external world. Through the medium of the nerves of sense, we perceive the events that are passing around; through that of the nerves of voluntary motion, exciting the muscles, we are enabled to influence those events.

The process of changing food into the various materials of the body, as before observed, commences in the stomach, but that organ derives its *vital* power from the brain, communicated to it by the *pneumo-gastric* or *eighth pair of nerves*, which nerves rise from the lower part of the brain, near its junction with the upper part of the spinal cord. The eighth pair of nerves connect the stomach with the air-passages, lungs, and heart, and through its connection with the *great sympathetic nerve* (which latter is a collection of filaments from every nerve in the body), it communicates with every nerve in the system. The sympathies produced by this nervous chain of communication in health and disease, are innumerable and important, seeing that it connects the vital, the animal, and the natural functions with each other, and which *render the stomach the seat and centre of universal sympathy*. I hope the reader will bear these facts in mind, for on them I intend to show how disease originates, and on what principles only it can be cured.

In order that the unprofessional reader may be fully convinced that nervous power is the vital cause of secretion and digestion, I will relate the result of a series of physiological experiments confirmative of the fact; and although they are a repetition of the most ancient experiments of which we have any account, they are, nevertheless, perfectly conclusive. The *eighth pair* of nerves in the neck of a rabbit was cut in two immediately after a full meal (the animal having fasted two hours prior to the meal preceding the operation), and when killed, six hours after the operation, none but undigested food was found in the stomach. The experiment was tried on a number of rabbits, and the effect was uniform in every case; whereas, if a rabbit be killed without the division of these nerves at any time after eating, the food found in its stomach is more or less digested, according to the time elapsed since eating to the death of the animal.

Cutting into two the eighth pair of nerves in the neck is clearly to deprive the stomach of its nervous power, so that digestion cannot be effected; for if the animal be allowed to live a considerable time after these nerves are divided in the neck, the food in the stomach, if the animal had previously had a full meal, is always found unaltered; and, therefore, the division of those nerves, by depriving the stomach of all nervous power, prevents the due secretion of the gastric juice. From all which it follows that

## NERVOUS POWER

IS IMMEDIATELY ESSENTIAL TO THE PURPOSES OF SECRETION AND DIGESTION.

Hence it is obvious that muscular action alone, unaided by nervous energy, will not effect digestion. In those experiments termed artificial digestion, which consist in mixing alimentary substances with the gastric juice, and exposing it to the same temperature as the stomach, we find the food is not reduced into *chyme*. Dr. Beaumont, who obtained the gastric juice from St. Martin, tried its effects on different articles of food, and kept it in a close vessel exposed to the heat of 100 degrees, and imitated the muscular action of the stomach by frequently agitating the vessel, observed that the food dissolved with readiness, and even became altered, but *chyme could not be produced*. These experiments teach us that there is something more required in the process of digestion in the stomach than its muscular power, its gastric juice, or its temperature. There is a continuance of nervous or vital power required, and which, in health, does exist, and operates on every organ, and influences them to the performance of their destined functions. These functions cannot be performed out of the body.

Having shown that the various functions and movements in organised bodies depend on nervous power, we have now to inquire of what that power consists. The discoveries in chemistry render very evident the analogy or close affinity existing between *nervous power* and some of the *gases* which that science has unfolded to our view. We see the extraordinary influence which some of them possess over the nervous fibres, and in a manner so very remarkable as leaves no room to doubt that the nervous power itself is a fluid.

We have seen that the influence of the eighth pair of nerves is interrupted by dividing them at the neck, and, particularly when a portion of them is removed, the formation of chyle is prevented. But it has been found, by repeated experiments, that if neither of the divided ends be misplaced, some nervous influence passes along the cut nerve; and does so, although the divided ends be separated by the space of one-eighth of an inch. Dr. W. Philip, Breschet, and others have repeatedly proved, in their experiments on this curious subject, that *galvanism*, applied to the stomach after the division of the eighth pair of nerves in the neck, *restores the digestive process*: and hence we have a reasonable foundation for the opinion,—that *vital energy*, or *nervous power*, is identical in its effects with the galvanic fluid. We are enabled to ascertain, by many experiments, that galvanic electricity possesses a powerful influence over the nervous system in the living subject, and over the muscles after death.

In the *Philosophical Transactions* for 1815, pp. 5 to 90, Dr. W. Philip has detailed a series of experiments, proving the power of this fluid in maintaining respiration, and the operations of many of the animal secretions, especially the secretions of the gastric juice, so as to produce *digestion several hours after death*. From his many experimental facts, he draws the corollary that the “identity of galvanic electricity and nervous influence is established.” The researches of Valli brought him also to the same conclusion,—namely, that electricity and the nervous fluid are identical. John Abernethy, the late eminent British surgeon, was not only of the same opinion, but goes still further, in regarding some subtle fluid, analogous to electricity, not merely as the prime agent in sensation, but even as constituting the essence of life itself.

It appears, then, from experiments which cannot be controverted, that nervous power is identically the same as galvanic electricity; but the question still remains—*What is electricity?* All we know of its nature is, that it is a fluid of an extraordinary kind; and we think that it is a *material* fluid, when it overthrows towers and monuments, the work of many ages. We can also collect this fluid with certain machinery, and by its



aid, so collected, we can separate the elements of water and melt metallic wires; and hence, again, we think it is a *material* fluid, and exerts mechanical influence. But, no; innumerable experiments teach us that it *does not*, after exerting this influence, *again return and assume its original form of positive and negative*. This electric ethereal fluid, the immortal Newton has proved, by mathematical induction, pervades all space, and is the cause of gravitation;—that it not only guides the planets in their orbits, but is the medium of all mutual influence between celestial and terrestrial worlds. It is the most subtle fluid in nature,—capable of receiving, propagating, and continuing all kinds of motion; and, through the means of nerves in animal bodies, it connects them with external things,—with the earth and sky. That strange power, MAGNETISM, is a modification of it.

That mysterious fluid, then, which keeps yon mighty hosts of suns in their appointed places, which guides the planets in their destined course through the everlasting sky,—that same fluid is the cause of all motion in animal bodies, and preserves them from decay.\* In animals, we trace the *principle* of its action; but of its *real nature* we are wholly ignorant; this secret second cause eludes our grasp, our understanding comprehends it not. Such is the *principle* of LIFE. We have now to inquire, *What is DEATH?*

As life is sustained by nervous energy, disease consists in a partial, and death in a total, suspension of that power. Innumerable causes may produce a suspension of vital power in the most robust frame, either in youth or in manhood; thus verifying that important truth, "In the midst of life we are in death." If we view human life from beginning to end, we see that it consists of a perpetual change,—of alternate motion and repose,—of renovation and decay. No sooner do we begin to live than we begin to die, so that there is not now a particle of the body that was the same five years ago. The only difference between this continual dying and death is, that as each particle of the body is removed, it is gradually supplied by living matter; but in death there is a total cessation of all renovation.

On a first view of this subject, one would imagine that it might have been easier for Nature to have supported us for ever in health and life, than to have been perpetually reproducing us by a wonderful and mysterious process of renovation. But it appears that the body, by long habit, gradually ceases to obey the stimulus of nervous power, which would otherwise support us for ever. After the body has acquired its full growth it makes no more new parts, and then the system obeys all the different influences which surround it, till the whole sinks gradually into inaction and decay. In early life the stimulus of nervous power gives hilarity to the system; but as we advance in years the living fibre of the body becomes less and less susceptible of its action. Hence instead of gradually renewing the old animal for ever, the generation of a totally new one becomes necessary, with undiminished excitability,—that will acquire new parts or new solidity for a time, and then, losing its excitability, it will perish like its parent. So generation after generation live, decay, and die.

Death is the cessation of all nervous power on organised matter; and as this effect may be imperceptible in its operations, it becomes very difficult to determine the line of demarcation between life and dissolution. We, however, know that as we begin to live by degrees, we begin to die in the same manner. Nature approaches dissolution by slow and imperceptible advances; life is consumed day after day, and some one of our faculties is every hour dying before the rest. Behold yon old man, whose body is bent with decay. His nerves have long ago become hard and blunted, and gradually cease to convey life's energy; his stomach becomes gradually weaker every day; the eyes are dim; lameness increases the number of his wrinkles; his hair is snowy white; the memory fails; the appetite fails; his hearing is gone; his teeth gradually fall out, and mastication is imperfectly performed; the strength gradually diminishes, until at length he is unable to support himself, and is obliged to remain on a seat or lie stretched on a bed; the bladder becomes paralytic; the strokes of the pulse become fewer in number; respiration is slower; the body loses its heat; the circulation of the blood gradually becomes more languid, then ceases,—and the dream of life is over.

\* After Sir Isaac Newton had proved in his immortal work, the *Principia*, that an ethereal fluid pervades all space, by force of which all particles of matter gradually attract one another, and, through it, light is omitted, and heats the earth and all bodies, he has the following query:—"Is not all sensation performed, and the limbs of animals moved in a voluntary manner, by the power of this subtle fluid resembling *electricity*, which we call *æther*—i. e., by the vibratory motion of the spirit propagating along the nerves from the external organs of the senses to the brain, and from the brain to the muscles?"

We know that matter exists, and that it has not a power to think, much less to put itself in motion, but is moved and kept in action by an all-powerful Cause, operating through a subtle fluid which pervades and fills the whole universe. And who knows but that this ethereal fluid is the connecting medium between the *material* and *spiritual* worlds? Further, who knows but it is the medium through which man's aspirations are borne from earth to heaven? However hidden and occult such a question may at present remain, future ages may, perhaps, develop the mysterious truth.

As before remarked, *death* consists in a cessation of nervous power, and as that power *gradually ceases, sensation as gradually diminishes*: thus it is that dissolution is seldom accompanied with pain. All the visible manifestations of agony which are associated with the closing scene of life, such as the pinched and pallid features, the upturned eye, and the heaving, laborious, rattling respiration, are only *apparent* symptoms of suffering. In consequence of the surface of the air-cells of the lungs becoming loaded with an accumulation of that fluid which naturally lubricates their surfaces while in health, the atmospheric air can no longer change the black venous into the red arterial blood, hence the unprepared fluid issues from the lungs into the heart, and is thence transmitted into every organ of the body. The brain receives it, but it produces no pain; on the contrary, its energies appear to be lulled into sleep, generally tranquil sleep, filled with dreams, which impel the dying lips to murmur out the names of friends, and the occupations and recollections of past life. The peasant faintly ejaculates something about "green fields;" the gambler babbles about "tricks" at the card-table; the virtuous and good often talk about and *see* (perhaps the *spiritual eye does see* in reality) beautiful regions of immortality beyond death and the grave; whilst Napoleon expired amid visions of battles, uttering with his last breath "*Tête d'armée.*" A lady who was restored from apparent death by drowning, subsequently informed me that she felt no pain whatever when in a dying state; on the contrary, her sensations, as far as she could recollect them, were pleasurable rather than otherwise; and, what was most remarkable, her mental vision appeared immeasurably amplified, so that the whole of her previous existence seemed vividly pictured before her. Death, therefore, as far as pain is concerned, is not that terrible thing it is supposed to be;—it frightens us at a distance, certainly, but that fear gradually diminishes as we come to approach it more closely; the first pangs of sickness are often greater than the last struggles of departure, for *as life ceases unconsciousness as to pain ensues.*

We have now seen that the body effects its manifold movements, and is preserved from decay, by a power derived by the brain from without, and transmitted by the nerves. Let me not, however, be misunderstood to confound *mind* with matter, *body* with soul. The brain is merely the instrument by which the mind carries on its operations, but *is not of itself capable of thought.* Organisation, of itself, is no living principle; it is nothing more than a system of parts, so constructed and arranged as to co-operate to one common purpose. The mind, or soul, has a much higher origin than that of the perishable frame with which it is at present connected. It is neither nerve nor electric fluid. These are only its agents, in this its incarcerated state. When the "*silver cord*" is broken, which connects the *mind* with *matter*, vitality ceases; the body, then, with all its artful and numerous vessels, fibres, and nerves, and other exquisite machinery, undergoes decomposition, and is reduced into its original elements; but *the soul, or intelligent principle,* is destined for a new residence in another world.

Again, I add, let not any say that intelligence depends on organisation, and decays and dies with the body. Intelligence is not an essential attribute of organised matter, as the body requires only nervous power to enable it to live and perform its functions, and *nervous power is not an intelligent principle*; and, therefore, the *soul, or intelligent principle,* is not a necessary addition to organised bodies; hence it may exist in a state separate from the body. If we trace our species backward, we shall arrive at a period when they were not. Mankind could not start into existence without a CAUSE, and by whatever name that Cause is designated, it must of necessity be possessed of both *Intelligence* and *Almighty power*, or it could not have formed this mysterious body, and endowed it with intelligence. The same Cause, therefore, which changes the creeping caterpillar into a gaudy butterfly, which produces the noble oak from a small seed, can comprise the spiritual body in the material; and when the latter is changed into dust, and no more remembered, the soul, or intelligent principle, may flourish in the regions of eternal day.

"The stars may fade away—the sun himself  
Grow dim with age, and nature sink in years;  
But she,"

the living spirit of a material body,—immortal she  
—"will flourish in eternal youth.  
Unhurt, amid the war of elements.....  
And the crash of worlds."

Having briefly viewed the mode in which the body moves, lives, and dies, I will now explain the

## INTERNAL CAUSE OF ALL DISEASE.

"All diseases resemble each other in their form, invasion, march, and decline . . . The type of all diseases is one and the same."—HIPPOCRATES.

All diseases may be divided into two classes,—*acute* and *chronic*. Those disorders may be termed acute which continue only for a few hours, days, or weeks, the *exciting* or *external* causes of which generally act energetically and immediately on the system. All diseases, whatever be their name, character, or seat, are termed *chronic*, when they have continued for months or years, and are produced by causes which operate slowly, perhaps imperceptibly, on the system.

In the last chapter it was shown that it is *Nervous Power* which influences the organs of digestion, of sanguification, and of assimilation to perform their functions; the importance, therefore, of this power in the economy of health and life will be apparent. Health suffers when this power is either *depressed* or unusually *excited*; when it is *depressed* to *extinction*, then life ceases.

Such are the physiological facts which, in the year 1836, suggested to me that ALL DISEASES, whether acute or chronic, arise from one uniform internal cause, namely, *DEBILITY*, either *general* or *local*, from *DEPRESSION OF NERVOUS POWER*; whence proceed *Relaxation of the Solids* and *Corruption of the Fluids*. Subsequent chemical investigations, and repeated examinations of diseased and healthy organic structures with the microscope, amply demonstrated the correctness of this view. *Nervous depression* may produce the effects alluded to, either instantaneously or slowly and progressively, according to the nature of the operating or exciting causes.

*Depression of nervous power* produces morbid effects in the system by a twofold process, which I will now explain.

1st. If the reader has carefully perused the foregoing pages, he will have seen that the body is sustained and continued in good health by the regular supply of good blood; and that this important fluid is produced by "nervous power."

According to analysis, healthy blood is composed of the following principles:—

In 1000 parts there are—

Water .....	782·87
Fibrin .....	2·83
Albumen .....	67·25
Colouring matter .....	126·31
Fatty matter .....	5·16
Extractive matter, soluble in alcohol .....	1·86
Albuminate of soda .....	1·64
Muriate of soda and potass, carbonate, phosph. and sulph. of soda	7·84
Carbonate of lime and magnesia, phosph. lime and magnesia, } and iron .....	1·75
Loss during analysis .....	2·49

1000·00

Organic chemistry teaches us that the *albumen* and *fibrin* of the blood are the *nutritious* principles, and when these become deficient in their rela-

tive proportions to the other parts of the blood, health suffers. If nervous power be *depressed*, then the food is imperfectly digested, the chyme imperfectly prepared, the chyle lessened in quantity, and, therefore, the proportional principles of the blood become disturbed; its *nourishing* principles are *decreased*; the watery and saline principles are *augmented*, and a morbid condition of the important fluid ensues, with the numerous ills attendant thereon. Indigestion, more or less, occurs in every case of disease; indeed, the stomach is generally the first organ that becomes affected by diminished nervous power, and as it is connected with every part of the body by a direct chain of nervous communication, all parts of the system, therefore, sympathise in its disorder; and certain it is there is no disease, whether local or general, in which the digestive functions are not impaired, and in many cases completely suspended. Hence, in the treatment of every case of disease, the stomach requires our earliest consideration.

2nd. Nervous debility also produces important morbid changes in the *capillary* system of blood-vessels in the following manner:—During health these capillary vessels are kept in a half-contracted state by virtue of the nervous influence shed upon them; but when the nervous power becomes diminished, from the operation of any physical or mental cause, these vessels become relaxed and weakened,—their diameters enlarge, and their contraction of the blood circulating within them is diminished. This relaxed state of the capillaries now admits of a greater current of blood, and its motion through them necessarily becomes slower and more stagnant, and a state of congestion ensues, accompanied by inflammation of the coats of these vessels, when their secretions become deranged, and the result is the formation of morbid matter in the blood.

All these deviations from health are but a succession of evils, one producing another, but all resulting from one original cause,—namely, *debility of the blood-vessels, from defective nervous influence*. First, we see the vessels relaxed and weakened; secondly, an undue accumulation of oxydised blood in them; thirdly, their decomposition; and fourthly, a corruption of blood in the vessels. And thus is the composition of the blood deranged, from debility of its containing vessels.

The inevitable effects therefore, of *nervous depression*, are disease, and which may assume an endless variety of types, forms, or effects, either general or local, according to constitutional predisposition, hereditary or acquired weakness of any organ or part, as may be further explained as follows:—When *depressed nervous energy* enfeebles the muscular action of the stomach, and lessens its power of secreting the necessary supply of gastric juice, then the result will be:—

INDIGESTION, with one or more of its numerous train of effects, such as *flatulence, colic, habitual costiveness, bilious and liver complaints, diabetes, atrophical consumption, hypochondriasis, giddiness, fainting, epileptic and apoplectic fits, pains in the head, St. Vitus's dance, female complaints, jaundice, dropsy, &c.*

The effects (designated *diseases*) which arise in the system by the presence of morbid matter—produced as before explained—are almost innumerable, and vary according to the part of the body which is most susceptible to its irritating influence, thus:—

*Inflammation* of the lungs, liver, bowels, kidneys, &c. &c., is produced when impure matter accumulates and irritates the capillary vessels of these vital parts.

*Fever*, which may vary and be designated according to the part principally affected, is produced when the whole system is oppressed and irritated by a

sudden accumulation of morbid matter; from any cause which powerfully depresses the nervous power. Hence it is evident that *fever* and *inflammation* are of the same nature, varying only in degree and the parts affected. (See my *University Thesis* for further information on this subject.)

*Scurvy, Boils, Ulcers, &c.*, arise when nature strives to expel impure matter from the system by the *skin*.

*Dysentery, Diarrhœa, &c.*, are produced when the system endeavours to throw off morbid matter by the *bowels*.

*Gravel* arises when morbid matter is expelled by the *bladder*; in which case it frequently produces an excessively painful irritation of that organ.

*Stone in the Bladder*.—Hard concretions in the bladder are formed by an accumulation of morbid matter in that organ.

*Gout and Rheumatism*.—Often it happens that there is such an excessive generation of morbid matter, that it cannot be expelled by the bladder as readily as it is formed; in these cases it is deposited in the *ligaments* and *joints*, giving rise to *gout* and *rheumatism*: and hence is the reason why gravel so frequently precedes these complaints, and is so often present with them. *Gravel, gout, and rheumatism* are, therefore, the same in nature, only differing according to the parts affected. (See these diseases in this book.)

*Pulmonary Consumption and Scrofula*.—When morbid matter is deposited in the *lungs*, it produces *pulmonary consumption*; when it is deposited in the *glands*, it produces *abscesses, tumours, &c.*, termed *scrofula*. Both these complaints are, consequently, the same in principle,—only differing according to the parts affected. The matter contained in scrofulous tumours is identically the same, in its chemical principles, as that discharged from the lungs in consumption.

*Cough, Asthma, Bronchitis, &c.*—When morbid matter is deposited in the branches of the *windpipe* or *bronchial tubes*, it gives rise to distressing *cough, asthma, &c.*

Cases of sudden death from accident, fright, drowning, &c. &c., do not militate against the Theory of Disease just explained. In such instances there is at once a *total extinction* of nervous power, without, perhaps, any previous disease.

Hence are all the dissimilar diseases mentioned, and every other disease to which the body is subject, derived from one and the same internal cause. This system is not founded in conjecture, but on the LAWS OF LIFE, confirmed by scientific research and extensive observations on human suffering, both physical and mental, during a period of more than a quarter of a century. That all diseases originate in *Debility*, either local or general, from *Depression of Nervous Power*, the history and symptoms of every case fully testify; and, on the contrary, all diseases reciprocally tend to debilitate the nervous and muscular systems. Hence DEBILITY is not only the CAUSE, but the CONSEQUENCE, of ALL DISEASES.

Thus the veil which has so long obscured the *cause* of disease is drawn aside, and thus the contradictory doctrines of the medical schools are shown to be unfounded. How different are these views from the baseless and contradictory medical theories which have for so many ages prevailed in the world,—theories which ascribe to disease origins as numerous as its symptoms! In the following pages I shall treat of some of the most prevalent diseases of human life, and will further show how they are derived from debility.

## EXTERNAL OR PRODUCING CAUSES OF DISEASE.

The *producing* or *exciting* causes of disease are infinite, and comprise everything that connects us, directly or indirectly, with the external world,

first acting upon the body through the different modifications of nervous perception. Some of these causes at first stimulate, but *all* finally tend to depress vital energy and to induce debility. Exciting causes are of two kinds,—namely, *mental* and *physical*. The *mental* comprise all things which affect the body through the *mind*, causing a suspension more or less of nervous power, and therefore of debility, as explained in the last chapter,—such as excessive joy, anger, and ill temper, grief, sudden surprise, or fright, hard study, and every other thing which comes within the province of the *passions*. The *physical* causes are those which attack the nerves themselves and enfeeble their power,—such as indulgence in hot relaxing fluids, intemperance in eating and drinking, loss of blood, impure air, indolence, a sedentary life; and all other agents of a debilitating kind. I will make a few remarks on some of the principal causes; and, first, of those which affect the body through the mind.

*Mental causes.*—The mind effects its operations on the body through the medium of the nervous system, of which the brain is the centre; but of the nature of the connection of mind with body—of spirit with matter—we are entirely ignorant. Nervous power, as before remarked, is the principle of life;—infringement of that power is the cause of disease; and its total suspension is the cause of death. Mental causes, by diminishing nervous power, produce disease by debilitating the stomach and capillary vessels. I have before shown that digestion is performed by nervous agency, and hence its disturbance by mental causes; hence also we see how a healthy condition of the stomach so depends on tranquillity of the mind.

All *mental* causes are first impressed on the mind, and from it communicated to the nervous centre, the *brain*, which becomes solely occupied by it; and hence the nervous influence, which is necessary to support the bodily functions, being diminished by the mental occupancy, the muscular action of the stomach is enfeebled, and the food imperfectly digested, and the processes of sanguification and nutrition are consequently impaired; the patient grows thin; the brain is insufficiently supplied with blood; and hence arise distress and pain in the head, followed closely by restlessness, unpleasant dreams, inaptitude for business; and one distressing symptom is added to another, until the system is at length worn out. The influence of the mind on the body, indeed, is shown by many well-known occurrences in this world of vicissitudes. We see the features shrink under *alarm*; the tears are secreted in *sorrow*; the heart palpitates under any *sudden emotion*; the breathing is short and quick under *expectation*. We see plump portliness reduced to extreme thinness under *deep disappointment, grief, remorse, or any other long-continued passion*.

*Excessive joy.*—Such is the influence which the mind possesses over the body, that strong impressions made on it frequently suspend the appetite—sometimes instantaneously. This occurs either under the *exciting* or the *depressing* passions.

I knew an English family of six persons, who left their native country in order, as they thought, to better their condition in *America*; but after wandering from State to State, and from forest to forest, on that vast continent, until their all was nearly spent, and not meeting with anything satisfactory, they re-embarked, broken-hearted and dejected, for Old England; and when the hills of their native land appeared to view in the far-off horizon, such was the excited state of their minds with *intense joy*, that their appetites were wholly suspended for three days; and on stepping ashore at Liverpool, the whole family, consisting of father, mother, and four adult children, kneeled down, and, regardless of the numerous spectators, kissed the very ground of their beloved country!

Excessive joy has sometimes produced instant death:—

In the English newspapers of May 27th, 1854, I read that upon the occasion of announcing a free discharge to the convicts in Newgate Prison, Dublin, who were under sentence of penal servitude, so overjoyed were four of them at the sudden intelligence, that they dropped down dead!

*Anger and ill temper* cause depression of nervous power. Cheerful, gay, and joyous-tempered people have, generally, a keen appetite and strong digestive powers, and are not only the most healthy, but sleep the most soundly. *Shakespeare*, no doubt, had this important fact in view, when he made *Cæsar* exclaim :—

“ Let me have men about me that are fat,  
Sleek-headed men, and such as sleep o’ nights;  
Yonder *Cassius* has a lean and hungry look;  
He thinks too much; such men are dangerous.”

Both in a physical and moral respect, an ill temper is a real curse to the possessors, and is little less so to the unfortunate creatures who are obliged to live with them; it is real martyrdom to hear one eternal round of complaint and murmuring, to have every pleasant thought and word scared away as by an evil spirit. An ill temper is like the sting of a scorpion,—a perpetual nettle, with an influence so deadly that the purest and sweetest atmosphere is contaminated into a poisonous miasma wherever this evil genius prevails. One string out of tune will destroy the music of an instrument otherwise perfect; so will one peevish, crabbed individual destroy the comfort of a numerous household, no matter how blameless every other member may be.

*Grief and suspense*.—I have known a sudden fit of intense grief, in consequence of an unexpected family bereavement, change the hair from black to grey in one night, and lay the body completely prostrate. *Suspense* has the same depressing effect on both body and mind :—

During the Crimean war most of the high families of England were involved in a common distress; and often, from suspense, mothers, wives, and sisters were alarmed at the first appearance of a daily paper on the breakfast-table, and had scarcely courage to look at it. Peculiar ailments were brought upon several. “Oh,” said a mother—whose son was an officer in the army of the Crimea,—“my pains have returned!” Constant fear struggling with hope,—constant hope struggling with fear,—life even more agonising than death; for the report of her son’s death would bring quiet grief and uniform sorrow; but the alternating doubt and uncertainty—the suspense, the despair—combined to depress nervous power, and thus to reproduce the rheumatic disease. During that same terrible period, frequent instances occurred of young brides of a few weeks apparently growing into aged, grey-haired widows, not to be recognised by those who saw them a few months before. Such are the powerful effects produced on the body by a mind ill at ease.

*Sudden surprise and fright*.—These emotions of the mind exert an extraordinary influence on the body; in some cases instantaneously suspending the action of the stomach by withdrawing all nervous power. If a person receives sudden distressing news on sitting down to dinner, although he were as hungry as a wolf the moment before, his appetite would immediately leave him. Sudden mental emotions will produce sudden illness :—

I was once called on to attend a lady whose only son had long been absent in a foreign country, and from the lack of intelligence it was supposed he was dead. On entering the patient’s apartments I found her stretched on a sofa, and incapable of moving. Her bodily powers seemed completely suspended; her pulse was scarcely perceptible, and a death-like aspect pervaded her features. On perceiving my approach, she faintly murmured, “It is over, it is over; I am dying.” I inquired into the circumstances of the case, and was informed by a domestic that the patient had just come in from her usual morning’s walk, and had sat down to breakfast, when at that moment a wandering minstrel commenced singing under her window the beautiful song beginning with these pathetic words, “The absent will return, the long, long lost be found!” These words were scarcely uttered when the lady shrieked,—“Never! Ah! never, never! He will never return!” and fell senseless on the floor. One fainting fit succeeded another; suitable restoratives were applied, but it was many days ere she recovered.

I read on May 9, 1857, of a labouring man who was drinking and singing at a public-house near Reading. The song was “Annie Laurie;” and when he came to the words, “I’ll lay me down and dee,” he threw his head back. The persons present thought he did it for effect; after waiting a short time they endeavoured to rouse him, but he was dead.

A corporal of the *Garde de Paris*, named Venot, anxious to see the execution of Orsini and Pierri, went at a very early hour on that day to the *Place de la Roquette*, and succeeded in getting near the scaffold. The emotion he experienced on seeing the two men put to death was so great that he became ill, and was seized with violent trembling. He was sent to the military hospital, and expired on the following day.

### Strong emotions will produce madness :—

Dr. Livingstone brought a native from the interior of Africa, who, when he got to the Mauritius, was so excited with the steamers and various wonders of civilisation, that he went mad, jumped into the sea, and was drowned.

A gentleman on the point of marriage left his intended bride for a short time. He usually travelled in the stage-coach to the place of her abode. The last journey he took from her was the last of his life. Anxiously expecting his return, she went to meet the vehicle. An old friend announced to her the death of her lover. She uttered an involuntary scream and piteous exclamation, "*He is dead!*" From that fatal moment for *fifty* years has this unfortunate female daily, in all seasons, traversed the distance of many miles to the spot where she expected her future husband to alight from the coach, each time uttering in a plaintive tone, "*He is not come yet ;—I will return to-morrow.*"\*

In the chapter on "Life and Death," I have shown the identity of the electric fluid and nervous power, and nothing can more forcibly prove their similarity than excessive fright. For a moment the very eyes flash *fire*; the hair becomes *electric*, and stands erect; the heart palpitates; the body is thrown into an attitude for escaping; but the danger being inevitable, cold sweats succeed; the hair droops, the eyes become dim, the surface placid, cold, and pale: the person sinks down inanimate.

In a London newspaper, dated Nov. 7th, 1858, I read of an inquest held on a female who was awakened out of her sleep at a late hour of the night by a disturbance created by some intoxicated men. The sudden alarm produced hysteria, which, in spite of the ready use of remedial means, terminated fatally three hours afterwards. In the *Dumfries Standard* of the same year it is related of a lady who was preparing to receive a party of friends, being at the same time in the best health and spirits, that a letter was handed to her which she commenced to peruse, and forming an alarming but false idea of its contents, she uttered a few exclamations, swooned, and within an hour was dead!

Very many authenticated cases might be related in which fright and other *sudden* mental emotions have not only produced disease, insanity, and death, but *cured* long-standing complaints. I have only room for the following instance :—

The *Illustrated London News*, June 15th, 1861, contains the following paragraph, of rheumatism being cured by fright :—“The *Bristol Mercury* relates the case of a man who, at one shot, killed three pigeons, wounded a fourth, broke several panes of glass, and *cured* a rheumatic cripple by frightening him into the use of his limbs.”

*Hard Study* is another direct cause of indigestion and debility. Energetic action cannot be kept up in the brain and stomach at the same time. If the mind be intently occupied with profound thought, the nervous power will be concentrated in the brain, and the stomach being deprived of it, indigestion and disease ensue; hence the weak digestion and sallow complexion of literary men, and their constant complaints of ill health.

Of mental toil Lord Clive, Pitt, and Canning died; of mental toil Theodore Hook, Drs. Maginn, Mason Good, and Snow died; of mental toil poor Hood died; and what was it but mental toil which produced the fever of Byron, the apoplexy of Sir Walter Scott, the melancholy suicide of Castlereagh, and the death of Hugh Miller? Of mental toil many others will continue to die, so long as men do persist in exhausting the nervous energy by overworking the brain.

\* See a most valuable work, entitled *The Obscure Diseases of the Brain*. By Dr. FORBES WINSLOW.



Numerous other mental and exciting causes of disease might be added, but a few remarks must now be made on those causes—termed physical—which affect the nervous system itself.

*Hot relaxing fluids.*—The habitual use of *hot* fluids is a slow but certain cause of nervous weakness. They act by debilitating the nervous fibres, hence the muscular power of the stomach is impaired and rendered unable to digest nourishing food. Those persons who really prefer tea and coffee to other articles, must render them lukewarm by the addition of good cream, and on no account take them without sugar. The best teas are the least injurious to the nerves, and are, moreover, the cheapest.

One would really think that common sense would teach people not to take any fluid of greater heat than that of the body; and I cannot comprehend for what purpose a custom should be followed which is so highly injurious to the muscular system, unless it is that the sipping of hot tea, by causing a longer continuance at table, necessarily creates a more protracted gossip. It is an historical fact that complaints of the stomach and consumptions were not near so prevalent prior to the custom of taking these hot beverages; and, at this time, it will be found that those who do not take their food above lukewarm are the most free from indigestion. But what signifies indigestion and its maladies, when balanced against the much-coveted and eagerly sought-after gossip of fashionable tea-parties? Pooh! And as to consumption, why that disease only carries off about one-fourth of the inhabitants; and what of that when compared with the inestimable pleasures of the tea-table!

*Intemperance in Eating and Drinking.*—It is a physiological fact, as stated on page 6, that just as much—and *no more*—gastric juice is secreted from the stomach as is sufficient to digest food enough to supply the wants of the system; therefore, if more food be taken than the stomach can digest, the remainder lies and ferments in that organ, and becomes a powerful cause of debility. Some people, however, live as if eating and drinking were the capital employment of their existence. I have seen invalids and others, in this spaing town of Scarborough, eat very placidly of half a score of different kinds of food at one sitting,—of soup, salmon, pudding, fowls, beef, veal, and mutton; then, rich cakes, tarts, fruits, &c. Now, nothing on earth would induce me to partake of food in this gross manner. Such people are no better than cannibals; nay, the very hog which lives in the sty is not half such a glutton. It is disgusting, absolutely disgusting, to see human beings, endowed with reason, overpowering themselves in the latter part of the day with such a mixture and superabundance of food. There have been, within the last few years, meetings and lecturing, even to weariness, to reform drunkards; but I tell the temperance advocates, that for every reeling drunkard that disgraces this country, *there are probably one hundred gluttons!* Intemperance in eating is equally as demoralising as intemperance in drinking.

Are not young children taught, hired, and bribed to gourmandise, from their earliest years? Do they not devour all sorts of eatables, until they have not room for more? Do not children of “a larger growth” *paralyse* digestion and sacrifice their health, for the baby pleasure of tickling their tongues with a dozen different meats? After all, perhaps there is more of ostentation and vanity in those people who set out a course of different dishes and courses, than a wish to gratify the appetites of the guests. We need not, however, be surprised at the prevalence of indigestion in *civilised* nations.

*Spirituous Drinks.*—The abuse of intoxicating drinks is another cause of debility. They tend not only to weaken the nervous fibres, but eventually to destroy the whole system. They at first excite nervous energy to an unnatural degree, which is always followed by a corresponding amount of depression of both body and mind. The diffusible stimulus of strong

drinks rapidly excites and exhausts the nervous power. This was exemplified in a remarkable manner on the disastrous retreat of the French army from Moscow; for such as drank brandy to keep themselves warm were the first to be frozen to death.

Alcoholic drinks also destroy the elasticity of the nerves, and enfeeble their action, so that chymification is imperfectly performed; want of appetite and indigestion are therefore common complaints with drunkards. From the repeated application of alcoholic drinks, the *lacteal vessels* are rendered torpid, constricted, and their power of absorption weakened, so that the food confers no support, as the chyle cannot pass into the blood to recruit the system; and hence the emaciation of the body, and its consequences, which follow the use of strong drinks. When we consider the long-fashioned custom of indulging in wine, spirits, ale, &c. &c., we need not be surprised at the frequency of diseased livers and hearts, palsy, apoplexy, gout, inflammation, atrophy, madness, &c., in this country. The contemplation of this gloomy catalogue of evils, to which many others might be added, is not at all alleviated by the fact, that *diseases resulting from alcoholic drinks are liable to become hereditary*, and gradually increase even to distant generations; and if their use be continued, whole families may become extinct. Many once-famed families in England have become extinct from this cause alone.

Regarded in a moral light, to see men and women gulp down dram after dram of alcoholic drinks, until both body and mind are paralysed, is to see human nature under the most vile aspect, and madness in its worst form; for of all the deviations from the path of rectitude, there are none that more forcibly impeach the pretensions to the character of rational beings, than the inordinate use of stimulating drinks. When wines and spirits were first introduced into England, they were confined to the shelves of the apothecary, where they ought to have remained. Their active principle is *alcohol*, which is, in its undiluted form, one of the strongest poisons we possess. Arsenic will not destroy life so quickly as alcohol; for the former has first to decompose the structure of the stomach before death occurs, whereas alcohol *directly* assails the principle of life in the nervous system itself. There is no difference in principle, only in degree, between alcohol and wine, for the latter is merely alcohol in a diluted state; and when a person drinks wine, or any other stimulating drink, to excess, so that death ensues, that person is guilty of suicide in as great a measure as if he shot himself. If we examine the excise returns for the quantity of spirituous drinks consumed in Britain, we need not be surprised at the many appalling deeds which stain the annals of crime, nor need we be alarmed at the numberless sudden deaths from the same cause.

Could the wine or spirit-bibber unbar the doors of death, whether in the mansions of the opulent or the plebeian abodes of more humble classes, and count the many victims who prematurely enter the regions of the dead, from inebriety alone, perhaps he would lay aside the intoxicating cup. Could he have laid open to his view the symbols of death in the houses of mourning, they would read a lecture on temperance and sobriety much more impressive than any which the most eloquent writers can give; he would behold those halls and chambers of darkness hung round on every side with the trophies of luxury, drunkenness, and sensuality, telling him in unmistakable language that the graves in every land are peopled with the victims of intemperance. So numerous would he find those victims, that it may be safely asserted, where war and pestilence have slain their thousands, *strong drink* has slain its tens of thousands. Surely the experience of many ages will not continue for ever to lift its warning voice to mankind in vain.

*Loss of Blood.*—It is a matter of serious importance that the medical art is often exercised in such a manner as to injure, rather than to promote, the health of the human species. The practice of blood-letting is a powerful cause of debility, and extremely destructive of human life. The indiscriminate use of the *lancet* is the most baneful practice which was ever adopted under the pretence of relieving human suffering; it is both irrational and absurd, and betrays great want of sound and deliberate judgment.

The most respectable and best informed *physicians*, however, I am happy to say, have given up bleeding in all cases except those of *active inflammation*, and then it is adopted to relieve high arterial action in the capillary vessels; but the attempt to reduce very high action *suddenly*, is a violation of one of the laws of the animal economy, so well illustrated by *Mr. Hunter*. It is not only unscientific, but often dangerous either to the functions of an organ or to the life of a part; it frequently happens that when a serous membrane (the membrane which *covers* the vital parts, as the lungs, bowels, &c.) is acutely inflamed, its vessels sink into a state of *atony* on being too suddenly deprived of power, and a rapid serous effusion ensues.

Although active inflammation may be relieved by bleeding, yet the deplorable condition to which the body is reduced by the loss of so much blood, gives rise to an irritative action of the nervous system, attended with depression of nervous power, which causes a determination of blood to the diseased part: thus, bleeding produces the very condition of the body which it was intended to cure. It is a fact which cavilling cannot overthrow, that those persons who are relieved of inflammation by bleeding, are much more liable to a recurrence of the same complaint in future, than those who are cured by other means.

During a state of health the blood-vessels have always a certain degree of tension, by which the tone of the system is maintained, and this tension is diminished by deficient nervous power; now bleeding powerfully depresses nervous energy, and hence the relaxation and debility which follow blood-letting. Indeed, the common sense of mankind ought to teach them that whatever reduces the vitality of the whole, must increase the hereditary or acquired weakness of a part; and yet the stupid herd of *general practitioners* go on like their ignorant forefathers, bleeding, cupping, and leeching to death, or all but death, every unfortunate being that falls to their charge.

I have traced nervous debility, and its multitude of illness, in repeated instances, to bleeding. Yes, I have traced the inflammation, the fatal lock-jaw, the inward cramps and spasms, the pains of rheumatism, the dropsy, the dysentery, the palpitating and tumultuous heart, convulsions, apoplexy, palsy, the most settled melancholy and madness, the fainting unto death,—to *DEBILITY* produced from former bleedings and accidental loss of blood.

At the bed-side we trace the origin of every disease to debility; and in those sacred precincts we see the inutility of all measures calculated to produce, or increase, debility; and yet such is the force of custom, that mankind do not question the propriety of a long-established practice, however fatal its effects may be. Thus is health sacrificed and disease protracted at the shrine of custom. In alluding to custom, Lord Byron asks:

“What from this barren being do we reap?  
Our senses narrow and our reason frail,  
Life short, and Truth a gem that loves the deep,  
And all things weighed in *Custom's* falsest scale!”

The lancet has been the first resource of ignorance in the treatment of disease for many ages; but the long continuance of a practice is no sure test of its truth, nor centuries of error any criterion by which to confirm a system. For a thousand years, or more, did the false philosophy of Aristotle enslave the minds of civilised men; but it has at length perished for ever,—it has passed away “like a tale that is told.” To the ascendancy of truth over the once specious system of that ancient sage, we are indebted to the expansive mind of *NEWTON*,—to him who beheld the universe as one mighty truth. He based his philosophy upon the unerring foundations of mathematical data. But how were his discoveries received on their first announcement? Authority scowled upon them, and taste was disgusted by them; fashion and long-custom were ashamed of them; and all the beauteous speculations of former days were cruelly broken up by the publicity of this new and better philosophy, and scattered like fragments of an aerial vision over which the past generations of the world had been slumbering their profound and pleasing reverie. As regards bleeding, however, there is a spirit of inquiry abroad. Men will not be for ever bound in the thralldom of custom. Some of the leading

medical men of the day have taken up their pens against the practice. Dr. Dickson, of Clarges Street, London, formerly Medical Officer of the Staff in India, writes:—

“Has not nature done everything to preserve to animals of every kind

‘The electric blood with which the arteries run?’

She has provided it with strong resilient vessels—vessels which slip from the touch, and never permit their contents to escape, except where their coats have been injured by accident or disease. Misguided by theory, man—presumptuous man—has dared to divide what God, as a part of creation, united—to open what the Eternal, in the wisdom of His omniscience, made entire! Enter the crowded hospitals of England, of Europe, and behold there how mercilessly the lancet, the leech, and the cupping-glass are employed in the diseases of the poor! Look at the pale and ghastly faces of the inmates of these hospitals; listen to their groans and sighs; observe the nurses and attendants with the ready-made blister, and other instruments of torture which solemn pedantry prescribes as the infallible means of relieving suffering. What are the causes of the diseases of this class of people? In the majority of cases, defective food and impure air—by these has their blood been deteriorated; and for what does the (so-named) man of science abstract it?”

Of the Army Hospitals, Dr. Dickson observes:—

“There I saw the fine tall soldier, on his first admission to the hospital, bled to relieve a symptom, or to fainting. But once having entered the hospital walls, you found that soldier’s face become familiar to you. Seldom did his pale countenance recover its former healthy character. He became the victim of consumption, dysentery, or dropsy; his constitution was broken by the first depletory measures to which it had been subjected.”—See Dr. Dickson’s *Fallacies of the Faculty*. London, 1841

More recently, Mr. Searle, surgeon, Kennington Common, has published a work on the Tonic System of Treatment, in which he clearly shows that the anti-phlogistic plan is calculated to create rather than to remove disease.—London, 1843. Dr. Todd, the late eminent lecturer on Physiology at King’s College, London, and Editor of the *Cyclopædia of Anatomy and Physiology*, was averse to blood-letting. His lectures I attended; and whilst speaking of the analysis of the blood (Monday, March 27th, 1843), he made the following observations on the subject:—“The more I see of medical practice, the more indisposed I am to the use of the lancet; and I am happy to tell you that the practice is in a great measure abandoned by many respectable physicians. You are all young men, and about to commence the practice of your profession in various parts of the world, but let me caution you against too much depletion, for when a great quantity of blood is abstracted, it is not easily replaced. A physician ought never to take away the blood of his patient if he can devise any other means of cure. Again I say, be careful of wasting that fluid which is so essential to vitality.”

*Impure air.*—The atmospheric air is composed of two gases, namely, oxygen and nitrogen. It is the oxygen, as stated on page 7, which renews or changes the venous into arterial blood, and gives to it its florid colour. Where that gas is diminished, the air becomes unfit to answer the purpose of life, as the blood then loses its natural stimulus, or is deficiently oxygenated, and therefore nutrition is impaired. The brain also receives from the oxygen of the air that fine ethereal fluid which is identical with and supports nervous power; and this ethereal fluid is much diminished under certain states of the air. In a thick, foggy atmosphere the electric fluid is deficient, and we then feel dull and languid; in a close, confined, impure air, where the oxygen and the electric fluid are also deficient, the same languid sensation is experienced, but on removing into a fine clear air the spirits are re-animated. Hence it is manifest that impure air becomes a sure cause of nervous debility, from which proceeds a diminished action of the stomach, and disease is induced. Impure air is therefore one cause of the general relaxation, languor, headache, difficulty of breathing, &c., which are so frequent among the inhabitants of great cities, and all those whose avocations subject them to live in crowded workshops and ill-ventilated apartments.

*Indolence.*—It need only be here observed, that the organisation of the human frame is evidently intended for a life of activity. Want of exercise

lowers nervous energy, produces indigestion and its protean maladies; thus it is that idle people are always complaining of ailing something or other. Those, therefore, who really wish to be healthy and happy, must keep both body and mind active;—they must be kept up and doing in this busy world.

As action is so necessary to the well-being of all, what a folly it is, then, for people to make such a fuss about leaving their children in *independent circumstances*: there never was such a mistake! Wealth inherited, by taking away all incentives to manly exertion, is but the title-deed to sloth; instead of a blessing, it too often becomes a curse, by rendering its possessor careless, indolent, and wasteful—bringing him frequently to poverty at last. On the contrary, we often see persons start the battle of life with no other capital but that of industry and good management, yet the stimulating power of hope bears them in triumph over all its difficulties.

*Masturbation.*—This lamentable practice is a powerful cause of nervous and muscular debility, and premature decay. It silently lays the foundation of numerous chronic complaints, but which are seldom attributed to this cause. (See the chapter on Atrophical Consumption.)

### TREATMENT OF DISEASES.

“*A knowledge of the cause of diseases is half their cure,*” is an old truism; for if the cause be not understood, the treatment will be founded in conjecture. All diseases, however varied their type or symptoms, arise from the same cause, and may therefore be cured by the same means, regulated only by the age, constitution, and external circumstances of the patient. This Theory of Disease points out, with unerring certainty, the principles on which remedial means ought to be founded. If all diseases arise from vital depression, producing debility of the solids and corruption of the fluids, the vital energies must be restored, and the morbid matter expelled from the system by some of the excretory organs, as the *skin*, the *kidneys*, or the *bowels*. In other words, the *means* must be *tonic* and *alterative*; or those medicines calculated to restore *vigour* and *strength* to the solids, and to *alter* the morbid state of the blood. If a theory be judged according to its success, this must finally supersede all others, for the cures effected on these principles, in every disease, are such as no human means ever effected before.

*Medical men who have adopted the foregoing Theory and Treatment of Diseases.*—There have been within the last century, some distinguished professional men who have advocated nearly the same universal treatment of diseases as myself.—each of whom has trod on the very threshold of an important discovery, and had they not been blinded by the customs of the medical schools, it is extremely probable they would also have come to the same conclusions respecting the one only cause of diseases. The late *Dr. Fothergill*, who was decidedly the most successful physician of the last century, observes:—

“And it seems to me, in the cure of all chronic complaints, however distant their seat may be from the stomach, those will have the greatest success who attentively consider the present state of this organ,—who remove every obstruction to its performing the office of digestion with ease, constancy, and expedition. For if digestion is well performed the chyle is proper; the blood produced by this chyle is natural; the secretions, nutriment, and excretions will be regular; health, strength, and activity ensue, and diseases vanish.”—See *Dr. Fothergill's Life and Works*, by Dr. LETTSOM, 4to., p. 238.

The late *Mr. Abernethy*, the celebrated surgeon for many years to St. Bartholomew's Hospital, London, and who had the largest practice of any living man, treated nearly all diseases by correcting the disordered digestive organs, for to *indigestion* he attributed most complaints, both general and local.—See *The Constitutional Origin and Treatment of Local Complaints*, by J. ABERNETHY, F.R.S.

The following extract from a work on "Digestion," by the late learned Dr. Mayo, of London, contains nearly the same views of disease as those before advocated :—

"A large proportion of ailments, of every description, is found in connection with a lowered habit and exhausted bodily forces, in which a chronic treatment is required. It is not the disease, but the constitution of the patient, that has most to be considered in the plan of treatment. It does not follow that because a vital organ is the seat of organic disease, that the patient is necessarily to be lowered. When the structure of the heart, or the lungs, or the brain, is materially deranged, it is still often necessary to use means to strengthen, and recruit, and stimulate."

Let us now see what some eminent medical men have been doing since the forementioned Theory of Diseases and their Restorative Treatment was first published in this book, in the year 1839.

In an excellent work, entitled *First Principles of Medicine*, by A. BILLING, M.D., Fellow of the Royal College of Physicians, London, late Physician to the London Hospital, the author traces diseases to the same origin as that I have advocated, namely, *Vital Depression*.

In the year 1860 a book was published, entitled *Clinical Lectures on certain Acute Diseases*, by the late R. B. TODD, M.D., Fellow of the College of Physicians, London, and late Physician to King's College Hospital; in which the author declares it as the conviction of his long experience and matured judgment, that the general practice of treating diseases by bleeding and other depressing means, is utterly fallacious in principle, and most destructive in its results; and that the opposite, or *stimulating and strengthening treatment*, will alone enable the system to combat disease. Dr. Todd was one of the most gifted and laborious of modern physicians, as his numerous works on Medicine, Anatomy, and Physiology amply prove. His professional reputation was only circumscribed by the boundaries of civilisation.

In the year 1862 another medical work appeared, entitled *The Renewal of Life: Clinical Lectures, illustrative of the Restorative System of Medicine, given at St. Mary's Hospital, London*, by T. K. CHAMBERS, M.D., Fellow of the Royal College of Physicians, London; Examiner in Medicine at the University of Oxford. If the author has not read the *Anti-Lancet*, he at any rate maintains precisely the Theory of Diseases and General Restorative Treatment advocated herein; for he states that—

"DISEASE is in all cases not a *positive existence*, but a *negation*; not a new *excess* of action, but a *DEFICIENCY*; not a *manifestation of life*, but *PARTIAL DEATH*; and therefore the *BUSINESS OF THE PHYSICIAN* is, directly or indirectly, not to *take away* material, but to *ADD*; not to *diminish function*, but to *GIVE IT PLAY*; not to *weaken life*, but to *RENEW LIFE*." (This extract will appear more valuable as confirming my own views of disease and its treatment, when I state that the capitals and italics are those of the author)

It gives me much satisfaction when I find any member of the profession having set custom at defiance; and instead of regarding every effect of debility as a distinct disease, tracing all effects or symptoms to one cause only. The departed medical men just alluded to were, as remarked, leading members in their day and generation; those still living who have embraced the same *Restorative Treatment of Diseases*, enjoy a very extended reputation for exalted talents and professional success; they are, or were, Physicians to great Metropolitan Hospitals, and, therefore, have ample opportunities of ascertaining whether the *depressing* or *restorative* mode of treating diseases is the most successful.

*Remedial means.*—I formerly made use of the various medicines in general use for the cure of diseases; most of which I found to be uncertain, and many highly deleterious, in their action. In addition to the usual medicines prepared from roots and plants, I tried, in common with the rest of medical men, the different metallic medicines, and found the

effects of most of them to be inimical to both solids and fluids. Even the smallest doses of some are very frequently attended with a dangerous activity, so that their most careful and guarded use is often attended with fatal results; yet we can scarcely take up a prescription, from even the most fashionable physician, without finding it to contain one, and often more, of the metallic preparations of either alum, antimony, arsenic, bismuth, borax, copper, iron, steel, lead, tin, zinc, sulphur, mercury, &c. Now organic chemistry teaches us that all metallic salts and oxides—except, perhaps, minute doses of mercury and iron—exercise a direct decomposing influence upon the blood and other fluids. The recent experiments of *Orfila*, in cases of poisoning with arsenic, incontestably prove that mineral preparations are not only disseminated throughout every part of the body, but *continue there located for an indefinite time.\** The same thing takes place with those administered medicinally. Where mercury has been given this is well known to be a fact. A physician at Breslau has a large collection of bones containing portions of globular mercury in their cellular tissues: and there are many such collections in other places. Metallic combinations also induce a state of nervous irritation often incompatible with life: the *ganglionic* system of nerves is immediately affected by them, and hence many cases of deadly poisoning have been known to occur, when given medicinally. Metallic salts are, however, exhibited with impunity in every case of disease. No matter whether sickness invade the strong man, the delicate female, or the suckling babe, they are given to all alike! Such is *custom*,—and such, too, is ignorance, even in this age of alleged medical wisdom!

Seeing that all diseases arise from depression of nervous power, and beholding, moreover, the inutility and danger of the popular practice of medicine,—which, not being founded on any fixed principles of science, is purely experimental and conjectural, consisting in administering a multitude of different drugs, and ten thousand times ten thousand different combinations of drugs, and with as many diversified intentions, and, consequently, of hurrying multitudes to premature graves,—I bent my studies unremittingly for some years towards the attainment of a unity of purpose, or general plan of treating diseases; and the result is the discovery of two most noble Medicines, which have already established their power and efficacy in the cure of diseases, beyond all others which have yet been discovered in any age or nation. This assertion is fully borne out by the circumstances of their complete success in a multitude of cases of disease in almost every part of the world,—in which the most respectable physicians of the age, and the most reputable public medicines and other means had been tried, and tried but to fail. These medicines were discovered in 1836, and are known by the name of

### The “ORIENTAL PILLS” and “SOLAR ELIXIR.”

Their discovery was the result of many long years' laborious application to the study of vegetable chemistry; a science which has hitherto been very

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\* A most lamentable case of the nature alluded to above, occurred a few years ago to a lady residing in the north of England, who had formerly taken arsenic as a medicine whilst living in India; which, after remaining in a latent state for several years, at length change of climate and other exciting causes rendering the system in a condition favourable to its development, it resumed its deadly action by producing all the symptoms of poisoning, of which the poor victim died. Had the medical men who attended the unfortunate patient made themselves thoroughly acquainted with the nature and action of minerals on the body, together with the history of the previous illness when in India, and its unjustifiable treatment there, they would not have arraigned an innocent person at the bar of justice on a charge of murder!

little understood by the profession : which fact is most extraordinary, when the inutility and utter worthlessness of the mineral and other medicines have been so long admitted. Worthless they certainly are, or why have recourse to such a host of different drugs and their countless combinations, all different in their nature and action ? Amidst such a mass of confusion and uncertainty, we need not be surprised that diseases have been so seldom cured by professional men.

The two Medicines above-mentioned do not contain one particle of any mineral or other deleterious article ; but, on the contrary, are composed of the finest drugs—obtained from the vegetable kingdom only.

The ORIENTAL PILLS are so named from their being composed of some of the choicest gums and balsams of the Eastern regions, and of the finest qualities that are imported. Their action on the system is both *aperient* and *alterative* ; and by these united effects they carry off by the bowels all morbid humours from the body, whilst, at the same time, they gradually and imperceptibly change the blood to its original state of purity. I have, with much study and close attention, brought the *purifying* and *aperient* properties of these *Pills* to such a state of perfection that it is impossible for them to be taken in any case of disease—either acute or of years' standing, and by whatever symptoms it may be attended—without the patient being benefited by them ; and sometimes the change produced by only one dose is so great as to excite astonishment.

These *Pills* are suitable under any of the various circumstances of life ; and may be taken by persons of every age and constitution. As a general family aperient they stand unrivalled ; and, as far as can be ascertained, those families in which they have been introduced always keep a supply of them in case of sudden illness, which is certainly one convincing proof of their utility. They cleanse the stomach from all noxious and unhealthy accumulations, quickly relieving the complaints connected therewith, such as giddiness and pain in the head, costiveness, biliousness, frequent sickness, acidity, or heartburn, drowsiness, dimness of sight, offensive breath, &c.

The SOLAR ELIXIR is prepared by a tedious and difficult chemical process, from the celebrated Indian herb, *Chirayaita*, combined with several other tonics and aromatics of the most valuable nature which are to be obtained in the East. Experience teaches us that amongst the vast variety and infinite store of plants, roots, and herbs used in medicine, none are so powerful, none so efficacious as remedies, as those obtained from that hemisphere.

It was these facts which first prompted me, after trying in vain the various other materials of medicine used in this country, to devote my studies to the vegetable productions of the torrid zone, with the hope of obtaining a tonic or strengthening medicine which would restore, as far as remedial aid can restore, both solids and fluids of the body, when depressed or diseased ; and it is a cheering gratification to add that my labour has not been in vain, as the two noble medicines which I have now laid before the public bear ample testimony, and which will, when fully known, be ranked as the greatest acquisitions ever made to medical science.

*Chirayaita* being little known in the medical practice of England, I will here give a brief description of it. The plant is a native of India, and has been held from time immemorial in great estimation by the natives of Bengal, and for the last fifty years by the European medical officers settled in different parts of the East Indies, but has only a few years ago been introduced into this country. Among the most eminent practitioners who have given it an extensive trial, and who highly extol it, may be noticed Dr. Fleming, Dr. Dick, Dr. Ainsley, and Dr. Hamilton, late of the Bengal Presidency : yet the method of drawing out its active principles, so that they might readily be assimilated with the vital fluids, seems to have been totally unknown to these respectable practitioners. After much cost and labour in experimenting with it, its medical and chemical properties were discovered—as most other objects of importance



are—by accident. It is not only an excellent tonic, but it evidently deterges the abdominal viscera, and on this account its beneficial effects are generally permanent. It corrects the secretions of the bile, and prevents the accumulation of fæces in the colon, which so frequently gives rise to a variety of distressing affections, particularly headache, giddiness, flatulence, piles, glandular obstructions, &c. On the liver it acts more effectually than blue pill, calomel, or any other preparation of mercury by removing obstructions, and the cause of sluggishness or vitiated bile, and is entirely exempt from the serious objections to the employment of the blue pill, or any other mercurial preparation, on nervous subjects. For a more particular account of *Chirayaita* see Dr. Ainslie's *Materia Medica; Asiatic Researches*, by Dr. Fleming; also the *Oriental Herald* for November, 1828. A medicine prepared from *Chirayaita* has been used for innumerable ages past, by the Brahmins and native physicians among the Indians, for all disorders of the torrid zone.

Once for all I may here remark, both in justice to myself and the numerous patients who have used the *Solar Elixir* since the year 1838, when it was first made public, that I have hitherto used and shall continue to use, regardless of cost, the very best materials in its composition which can be procured. The prices and particulars mentioned on the merchants' invoices with whom I have dealt, will bear testimony to this important fact. Important I deem it, as I cannot but regard the use of inferior or adulterated drugs as the vilest species of human cupidity, seeing that it is disappointing the sick and dying of any relief they might expect from medicine.

The SOLAR ELIXIR is a rich cordial, and forms a most powerful tonic or restorative medicine and anti-spasmodic, of an EXQUISITE AROMA and very DELICATE FLAVOUR. Its action of curing disease is as follows:—After it is received into the stomach it is immediately absorbed into the system, and RESTORES NERVOUS POWER throughout the whole body, which is quickly apparent by the energy communicated to the mind and digestive organs, by which the healthy qualities of the chyle are restored, and the chill watery blood becomes rich and balsamic. By augmenting nervous power, the muscular action of the heart is strengthened, whereby the blood is impelled more freely through the capillary vessels, and the obstructions within them are removed. The cold, tremulous nerves are strengthened, the relaxed muscles are invigorated, and the whole constitution is renovated. These effects are manifested by the relief given to the spirits; and the timidity, the gloomy and melancholy apprehensions, and that constant dread of death, &c., which harass and oppress the weak and delicate, leave the mind as health returns.

Whilst the *Oriental Pills* cleanse and purify the body from all morbid humours, the efficacy of the *Solar Elixir* consists in communicating nervous and muscular energy to the stomach and whole system, by which digestion and chylification are properly effected; and as *the body thus acquires strength, and the blood becomes purified and animated, diseases disappear*. This mode of curing diseases—founded on the fact that they all arise from depression of nervous power—satisfactorily accounts for the extraordinary success of these medicines in curing complaints which, to the unprofessional reader, appear so various and opposite. All diseases, by whatever name they are called, may be relieved or cured in this manner by these medicines, *except those cases where some vital organ is partly disorganised*; but even then they will give ease to the patient's sufferings, and tranquillise his passage to the grave.

DIRECTIONS.—Proper directions for taking the *Oriental Pills* and *Solar Elixir* are sealed up with each box and bottle.

Having given an account of the composition and manner of action of the *Oriental Pills* and *Solar Elixir*, I will now make a few remarks on some of the most important diseases of human life, and also on the only sure method of treating them. I must first, however, lay down some brief rules of diet and exercise, and which I request may be adhered to.

## DIET.

The most proper food for all invalids, is that which affords the most nourishment, and is the easiest of digestion. The best food for the *morning* and *evening* meals,—provided it agrees with the stomach,—is milk, with brown bread, which affords a greater supply of nourishment than any other kind of liquid food. In cases of general debility, attended with emaciation and bodily decay, milk is a most excellent and nutritive diet; but it is apt to become acid, and disagree with those stomachs which are enervated by the frequent and long-continued use of *hot* beverages. In those cases, I recommend the milk to be mixed with water, and boiled, until it agrees with the stomach. About a table-spoonful of *lime-water* mixed with milk will prevent its becoming acid, and also make it sit easy on the stomach. I wish it to be distinctly understood that, by “milk,” I mean that which is pure and unadulterated, and not that wretched article which is sold as such in all great towns.

If the patient, however, cannot or will not take milk, he may substitute for it the *best* tea, or cocoa, sweetened with sugar, and a *liberal addition of good cream*, being mindful to take it only *new milk warm*, as the use of hot watery fluids hinders digestion and increases debility.

DINNER.—The dinner should consist of that food which affords the most nourishment, and is at the same time the most easy of digestion. A mixture of animal and vegetable food is the most wholesome for dinner, and affords the most support. Of animal food use mutton, fresh beef, or fowl, in preference to salt beef, bacon, or dried flesh of any kind, which are difficult of digestion, and not suitable to patients suffering under disease. Such persons should avoid rich cakes, pastry, and confectionery of every description, as they would a deadly reptile; these articles are injurious to the strongest stomachs, but more especially so to the diseased or delicate. High-seasoned food and *stale* malt liquors must be entirely avoided.

SUPPER.—Persons suffering under disease must not take any supper, unless it consists of a little light food of easy digestion.

## BEDS AND BEDROOMS.

No person whatever ought to lie on a feather or down bed, as such are unwholesome to all, and particularly to people suffering from disease. The beds, or rather mattresses, ought to be of flax or horse-hair and without curtains. It is of the utmost importance to all persons to have the bedrooms airy and well-ventilated, and the free air not obstructed by unnecessary encumbrances, such as bed-hangings.

## EXERCISE, AND FRICTION OF THE SKIN.

Exercise promotes a mutual action of both solids and fluids; it increases bodily heat; it invigorates the heart, and occasions an equal distribution of the blood through the whole system; it increases nervous energy, and, consequently, digestion and other assimilating processes are quickened, and therefore it is of the utmost service in all cases of *chronic* disease.

Persons suffering under any chronic disorder must take as much exercise as convenient in the open air, and, if possible, in the country. The salutary effects of exercise and pure air are peculiarly exemplified in the rural population of England, who, notwithstanding their indifferent food, are generally healthy and strong.

*Friction.*—By the skin much morbid matter is eliminated from the body by insensible perspiration; hence the due performance of its functions is of great importance, both in health and disease. This sudorific apparatus was recognised at a very early period by anatomists, who anticipated the views since made by modern physiologists. The skin, also, to a limited extent, performs the office of respiration, and which is continued so long as it is kept clean. These offices point out the great importance of keeping the skin clean by water and friction; for when its functions are entirely suppressed, life itself is speedily destroyed; which fact has frequently been proved by experiments made on frogs and other animals. I therefore earnestly entreat, that all persons taking the *Pills* and *Elixir* will wash the whole body, once a week at the least, with water, and afterwards be well rubbed with a dry coarse towel, until warmth be produced. By ablution and friction, the pores are not merely opened and purified, but the functions of the skin are promoted.

*Dry friction* must be used every day: that is, the whole body must be well rubbed with a coarse towel once a day, in every case of disease, whether acute or chronic. The extreme branches of the nervous system spread themselves in a fine network all over the skin, and friction on its surface rouses the dormant nervous energy. It also increases the flow of blood in the capillary vessels, thus equalising and promoting the general circulation; and to persons of sedentary habits it performs the part of exercise. Friction, under any circumstances, is a most salutary and wholesome practice, and, with constant use, it becomes pleasant and agreeable; it increases the absorbent powers of the veins and lymphatics, and thus greatly assists the medicines in the dispersion of tumours and stiff joints, &c.

## INDIGESTION.

On a former page it was shown that indigestion is one of the first effects of diminished nervous power, and that disorder of the digestive organs is present in every disease, both corporeal and mental. The effects of undigested food are exhibited by many symptoms: for if the chyle is imperfectly prepared, the body is not properly nourished; hence proceeds a host of distressing effects—such as accumulation of morbid matter on the mucous membrane of the stomach and bowels, producing *flatulence, excess of acidity, colic, spasms, &c.* Indigestion may therefore be known by some of the following symptoms:—Diminution, or total loss of appetite; a sense of distension or oppression of the stomach after eating; sickness, and sometimes retching and vomiting, especially in the morning; furred tongue, and unpleasant taste in the mouth; palpitation of the heart, and sallowness of the complexion. There is generally a considerable degree of languor and weakness; exercise, or exertion of any kind, soon fatigues; sometimes a lax habit comes on, at other times an obstinate costiveness supervenes. Some of these symptoms are generally present in every case of indigestion.

Although many of the exciting causes of indigestion arise through the mind, yet indigestion again produces a reflex influence on the mind, and the patient suffers a thousand depressing sensations, and fancies the existence of a thousand more.

“Astonishing and unaccountable,” writes *Dr. Johnson*, “is the degree of timidity, terror, incapacity, or whatever other magic spell it is, which annihilates for a time the whole energy of the mind, and renders the victim of dyspepsia afraid of his own shadow, or of things more unsubstantial, if possible, than shadows.”

When the *exciting* cause of disease has been any strong mental emotion—as overwhelming grief, disappointment, &c., the unfortunate sufferer

must, in addition to the remedies before recommended, seek the soothing palliative of some virtuous and cheerful friend. This is indeed necessary under all the vicissitudes and sorrows of human life.

In all cases of indigestion, the medicines will be found most valuable remedies. If a table-spoonful of the *Solar Elixir* be taken in a wine-glassful of water, daily, about one hour before or after dinner, it will enable the stomach to digest with ease; manifested by the lungs obtaining greater freedom of action, and the breathing becoming easier; hence it will, to weakly persons, prevent those fearful consequences resulting from partaking too freely of high-seasoned and indigestible articles of diet. If used by the studious and sedentary, it will strengthen the nervous fibres, produce greater hilarity of spirits, and increase intellectual vigour. To the aged and infirm it is invaluable, as a mild excitant and tonic.

### FLATULENCE, OR WIND.

As just remarked, flatulence is one of the symptoms of indigestion. When the stomach is deprived of due nervous power, so that it is unable to perform aright the functions of digestion, or to contract with sufficient force so as to evacuate its contents in due time, an accumulation of indigestible matter is the consequence; then an unnatural fermentation takes place, and the food is changed into an acid liquor almost similar to common vinegar; *flatulence* or *wind* is produced, accompanied with an *evolution* of gas. This gas often rises from the stomach, bringing up some acid matter with it which heats the throat and chest, and hence it is termed *heartburn*.

The effects of flatulence or wind are likewise exhibited on the heart. By referring to the anatomical sketch on page 5, it will be seen that part of the stomach is immediately below the heart, only separated by a thin movable *diaphragm*. Therefore when the stomach is distended with flatulence, it presses up the diaphragm, and thereby confining the action of the heart, its motions become embarrassed; and the action of the lungs being also impeded, the breathing becomes short and difficult. Again: flatulent distension of the stomach produces pressure on the *aorta*, arresting the current of blood, and thereby augmenting the labour of the *left ventricle*, and hence the heart flutters, and sometimes beats violently against the inside of the chest; the circulation being impeded, the blood accumulates about the root of the neck, and occasions a disagreeable choking sensation. Under such circumstances the patient is very frequently informed by his medical attendant that he has got *heart disease*, and is half frightened to death.

Since the *stethoscope* came into use, these alleged *heart diseases* have marvellously increased in number; and if the reader has got one of those complaints, I can tell him, for his consolation, that the responses of the stethoscope are not understood by one person in a thousand: still that wooden idol is paraded before the eyes of every unfortunate patient, and by every idle pretender. All such nonsense is, however, only practised to gratify ostentation and show off assumed skill. I have had numbers of people apply to me who have been bled and blistered for presumed heart disease, and in nearly every instance I found it to arise from indigestion and flatulence, and which bleeding had always tended to aggravate. In all those cases the patients recovered by the use of the *Oriental Pills* and *Solar Elixir*.

I do not wish the reader to understand that there is not such a complaint as *disease of the heart*, but I distinctly aver that that organ is not *organically* affected in one instance out of every thousand where it is so alleged; but the palpitation in most cases arises from the foregoing causes.

It is scarcely necessary to remark, that flatulence may also produce *vertigo*, *ringing in the ears*, *dimness of sight*, *mental confusion*, and other signs of disorders in the head. The only rational and sure way of curing these

troublesome symptoms, is to restore the digestive organs to healthy action, so that the stomach may be enabled to digest its contents, and impel them forward before they have time to ferment and produce flatulence.

The relief afforded in flatulence and its symptoms by the *Pills* and *Elixir* is very frequently almost instantaneous, and will thoroughly cure it in all cases when persevered in, providing certain articles of diet and drink mentioned in the *printed Directions* accompanying the medicines be avoided.

Persons suffering under flatulence and its effects must avoid the lancet, &c., as they would a deadly enemy. I could relate numerous instances of premature breaking up of the constitution from the pernicious custom of bleeding in those cases. It is wilful destruction, taking blood from a dyspeptic person. Flatulence produces pain in various parts of the body, such as severe spasms and griping in the bowels, pains in the side and head, and nothing is more common than distension of the body, with pain at the pit of the stomach, which symptoms are generally mistaken by medical men for inflammation. "Where there is pain there is inflammation, and we must act accordingly," is one of their axioms, and accordingly they do act;—bleeding, cupping, and leeching, is acting with a vengeance! Strange infatuated system is this, and fatal indeed has such a practice been to the human race! Yes, I repeat, the treatment which for ages has been adopted in consequence of adhering to that false maxim, has made more havoc among mankind than *Bonaparte* in his campaigns. I ask the unbiassed person, Have not such measures a direct tendency to weaken the strongest constitution? Then, when pains of the stomach and other parts arise, from flatulence, produced by debility, *any measures of a debilitating nature must increase the disorder, by increasing the cause which occasions it.* Millions have been sent to "that bourne from whence no traveller returns," by the abstraction of blood. Yet so predominant are prejudice and custom in favour of these barbarities, that people will even suffer their bodies to be lacerated with lancets and cupping-glasses, in preference to a milder but certain mode of treatment, founded on fixed and unalterable principles.

In these cases the stomach and bowels must be cleansed from all noxious accumulations, and then strengthened by restoring the nervous power. This plan will remove all the painful symptoms, and in most cases will restore the patient to sound health.

### COLIC.

This is a spasm of the bowels arising from their distension with wind, and which they are unable to expel. Sometimes it proceeds from transferred gout and rheumatism. It may be distinguished from inflammation of the bowels by the spasmodic contraction of the muscles of the abdomen; by the trifling degree of fever compared with what exists in inflammation; by the pulse being little affected; and by the ease with which the patient bears pressure on the belly, which indeed frequently affords relief; and by the relief following the expulsion of wind.

It frequently happens that if a remedy be not timely applied in an attack of colic, it terminates in gangrene and death. Persons subject to such complaints ought never to be without the medicines, as by their timely application a fatal result might be avoided.

### HABITUAL COSTIVENESS.

The *faeces*, as before stated, are forced forward by the peristaltic or muscular action of the intestines, and, therefore, when their muscular force is debilitated from deficient nervous energy, there must necessarily be a retardation, and, consequently, an accumulation of the *faeces*. This sluggishness of the bowels sometimes amounts almost to paralysis; for I have read of instances where the *faeces* have been retained in the bowels for weeks, and even months.

See *Dublin Hospital Reports*, vol. iv., p. 304. Also Dr. Elliotson's *Lectures: Medical Gazette* for 1832-3, p. 66.

Many unpleasant symptoms are produced from habitual costiveness, and these can only be removed by strengthening the muscular coats of the bowels, and establishing the general health. An endless variety of aperient medicines have been recommended to remove costiveness; such as infusion of senna, aloes, lenitive electuary, sulphur, Epsom salts, &c., and also pills containing gamboge and colocynth! These different articles have been tried but to fail; for, after being used a few times, they always leave the bowels in a worse state than before, particularly gamboge and colocynth, which *drastic* substances, when frequently repeated, deprive the inner coat of the intestines of its mucous covering, and excite inflammation, which often terminates fatally. The use of any drastic purgative, by destroying the inner membrane of the bowels, may lay the foundation of much future suffering. Such articles, moreover, weaken the muscular action of the bowels, and render them unable to propel their contents onward, and hence increase, in a tenfold measure, the very complaint which they were given to cure. Another great evil of drastic purgatives arises from their quickness of operation, by which they do not *soften* the *faeces*, but wash by and carry away their *fluid* portion, whilst the remainder is left in a more indurated state than before, and which then becomes the cause of almost continued griping and uneasiness. Thousands of persons who have been in the habit of taking drastic purgatives, can, to their sorrow, bear out the truth of these remarks.

The *Oriental Pills*, as before observed, do not contain one particle of any drastic article, and, consequently, do not excite an unnatural stimulus in the stomach and bowels in order to produce their effect; but, by being composed entirely of gums and balsams, their operation is exceedingly mild, and they gradually *soften* the *faeces*, and are thus calculated to confer lasting benefit in this complaint. It is with much pleasure I state that multitudes of people who have been in the habit of taking *advertised "Pills,"* most of which contain drastic purgatives, have declared that they never met with any *aperient* medicine to act with such mildness, safety, and certainty as the *Oriental Pills*—their action producing such elasticity and vigour in the body and mind as were not previously expected. Their operation does not interfere with the ordinary occupations of life.

There is a peculiar costiveness attending persons who follow sedentary employments, and those advanced in years, which also arises from muscular debility of the intestines, from nervous depression, the exciting causes being inactivity and the want of pure air. This species of costiveness frequently causes inflammation of the bowels, often terminating fatally in a few days. Such persons should not be without the *Pills*, but take them as circumstances require. The *Solar Elixir* must also be taken occasionally under such circumstances, as it will strengthen the muscular coats of the stomach and bowels, and thus tend to prevent costiveness. I have no hesitation in saying that these two medicines alone have cured thousands of persons suffering under this complaint, and under any circumstances they never fail to improve the constitution of all who take them.

## BILIOUS AND LIVER COMPLAINTS.

These complaints arise from an unhealthy condition of the digestive organs, attended with defective muscular action, when the first bowel becomes obstructed with chyme and mucus which prevents the free exit of the bile from the biliary ducts, which, in consequence, stagnates in the gall bladder; and as its passage into the intestines is obstructed, it is re-absorbed

into the blood, which becomes sensibly tinged with it; this may be seen in the yellowness of the skin and eyes, and otherwise unhealthy appearance of the patient. The blood being charged with bile, causes reaction on the nerves, and hence there is generally depression of the spirits, and the temper also becomes irritable and peevish. In these cases nature is sometimes relieved by vomiting.

**JAUNDICE.**—Absorption of the bile into the blood is often attended with more violent effects, producing what is called *jaundice*, a complaint that is so well known from its appearance that it needs no description.

Disease of the liver may be known by a sense of weight or oppression in the right side; pain at the top of or between the shoulders; emaciation and weakness, with an unhealthy look.

Obstructions of the bile, and chronic diseases of the liver, are peculiar to the people of England, generally affecting artisans, manufacturers, and all who follow sedentary employments within doors. The rich and noble also come in for a share of these complaints, arising from excesses, sloth, and idleness; on the other hand, agricultural labourers are generally free from them. It has long been the baneful custom of medical men to give mercury in these cases, and I cannot but admit that it will give temporary relief; and it is indeed temporary, for the more it is given so much more will it debilitate nervous energy, so that on every fresh attack the disorder gains greater power, until at length the weakened frame sinks beneath a load of accumulated misery into the grave. A popular writer very justly observes on the preparations of mercury, as *calomel* and the *blue pill*, so much prescribed for these complaints:—

“They ultimately undermine the constitution, and the invalid who has been in the habit of having recourse to mercurial preparations for the purpose of correcting the secretion of the liver, or carrying off bile, generally falls a sacrifice to premature breaking up of the system. The viscera, on which they for a few months may act beneficially, at length becomes insusceptible of their action; the habit becomes leuco-phlegmatic, and the vital powers gradually sink. From the soft, spongy state of the viscera, an effusion of serum takes place in the cellular substance, which advances to general dropsy, with a most disordered condition of the nervous system.”

Certain it is that mercury, and all other means which tend to depress the vital functions, renders the body not only more liable to disease, but less able to bear up against its effects when it does come on. A deplorable case, verifying this fact, occurred in April, 1863, in which month died the Right Hon. Sir G. C. LEWIS, Bart., M.P., Secretary of State for War. Shortly afterwards there appeared the following paragraph in the newspapers, referring to his premature and lamented decease:—

“The recent death of a most amiable man and valued statesman, it is rumoured, was accelerated—that is, his constitution was weakened—from frequent recourse to a preparation of mercury, which he believed valuable as a remedy against an affection of the liver. The effect was to exhaust the system, and render it accessible and weak against any attack of the lungs.”

**CURE.**—The *Oriental Pills* and *Solar Elixir* will completely remove these disorders, by restoring the digestive organs to healthy action, and altering the secretion of the bile. The very first dose of Pills generally relieves the bilious symptoms, and a single trial will speak more in their favour than words can express.

In jaundice the patient must be washed all over with warm water every afternoon and rubbed dry with a hot towel. Take gentle exercise in the open air as much as possible.

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Since the first Edition of this Book was published, I have sent many Chests of these Medicines to the East and West Indies, and am informed they have been very successful in the cure of Liver diseases; which fact speaks volumes in their favour, when it is considered how violent and fatal such diseases are in those countries, compared with more temperate climates.

CASES AND CURES OF THE FOREMENTIONED COMPLAINTS,  
 CONFIRMING THE  
 ALTERA-TONIC TREATMENT OF DISEASE.

(Extracted from the Medical Case-Book of the Author.)

To insert the numerous cases of disease which have been cured by these Medicines, would require a volume, instead of a few pages of a small book. I beg to acknowledge my obligations to those persons who have favoured me with the result of their cases, and to give my solemn assurance that I will print no case whatever without the consent of the patients themselves. Some of the following cases appeared in the former editions of this book, but are again inserted for the purpose of showing that the cures have been permanent; for, on making inquiries, I find all the patients (except two) are still living and enjoying good health, which certainly proves the truth of the foregoing Theory of Disease; and also shows the superiority of this treatment in restoring nervous and organic power, over that which is taught in the medical schools, which at best is purely conjectural, consisting in patching and relieving symptoms only, instead of removing the CAUSE. The names of some of the following persons are suppressed by their desire, yet I am at full liberty to refer any inquiring person to them.

INDIGESTION AND GENERAL DEBILITY.

AN EXTRAORDINARY CASE.

The following letter is from a lady of high respectability, and who allows of reference:—

“L——, January 18th, 1845.

“Sir,—Having been strongly recommended to take your *Oriental Pills* and *Solar Elixir* for a complicated series of ills, and being always disposed to follow any suggestions which hold out a reasonable prospect of success, I am inclined to do so at present; but I think it advisable, before commencing with the medicines, to ask the favour of your opinion on my protracted sufferings, which I shall endeavour to describe.

“I have been naturally subject from early years to physical indisposition, and imagined that my predisposed weakness has been increased by a lengthened course of mental toil. I am now twenty-four years of age, and from the fifth year to the nineteenth, my life was one long task. Yes, Sir, although I experienced during that period much bodily indisposition, yet I was compelled to plod over many a dreary page; day after day, summer and winter, I was urged on with unexampled rigour. It was in vain that I complained of exhausting fatigue, for *nil desperandum* was the only solace of my relentless taskmasters. I have been long troubled with indigestion, and a deplorable nervous despondency, accompanied with an indescribable lethargy. I frequently and involuntarily burst into fits of crying, without any apparent cause, and often drop asleep in the midst of company. I suffer greatly from palpitation of the heart, which it is surmised is diseased. My appetite never was good, but it is worse at present than formerly. I am greatly troubled at intervals with pain in the head, as also ringing in the ears, which frequently inclines me to think will eventually end in deafness. My sight is dim, and I am, in consequence, obliged to wear glasses. I have had almost constant medical advice, and which I always endeavoured scrupulously to observe; besides the more friendly aid of travelling, sea air, &c.; but nothing affords me any tangible benefit, which often inclines me to imagine there is something radically wrong in my constitution. My present medical friend has no objections to my taking your medicines,—on the contrary, he seems desirous that I should try them, although he appears to have no very exalted opinion of any permanent advantage; however, I shall feel obliged by your sending me a supply, with instructions, for which you will receive an enclosed remittance.

“I am, sir, yours obediently,

“GEORGIANNA LETTIA H——.”



On opening this letter I immediately surmised from the mere style of the writing alone, that the author had perhaps cultivated the mind at the expense of the body; and so it was. But it is not a rare instance of an educational course laying the foundation of bodily suffering; and I asked myself if it really was worth while educating the mind to such a high standard of intellectual eminence, at the cost of vital energy? The amount of study, it seems, which the conventionalities of our artificial state of society render necessary to keep pace with the demands of the age, not only makes a severe draught on the physical system, but occupies so much time that little is left for practising the necessary means of invigorating it. Be it known, however, to those whom it may concern, that the mind, as I have again and again previously stated, acts most irresistibly on the body; and overtaxing the one leads to the physical degeneration of the other; and that enervation of the frame, when thus induced, has a reflex injurious action on the mental faculties; the spirits become desponding, and no wonder that the poor victim to such a high state of cultivation "involuntarily bursts into fits of crying." "The paths of learning lead but to the grave," is a melancholy but disregarded lesson in philosophy. This patient was like a fragile taper, which a breath might extinguish for ever! Education had rendered her little fit to cope with the ills which beset the pathway of life; hard study had wasted that energy which the stomach required, and the system was enfeebled, and going step by step to decay.

I ordered cold ablutions, to be followed by friction over the whole body, every alternate day, together with suitable diet and exercise, and the *Solar Elixir* to be taken in the infusion of Calumba Root three times a day for a month, then in cold water only. In the November following I received the last letter, as follows:—

" L———, November 16th, 1845.

" Sir,—In this letter I shall enclose a cheque for a fresh supply of medicines, which please send as before. As it must be gratifying to you to be informed that I am progressing favourably, by the aid of your very valuable *Solar Elixir* (the *Pills* I have not taken since May), I therefore trouble you again, by stating that my stomach is much easier, since I am now enabled to take any food without inconvenience or suffering. Mental tranquillity is in a great measure restored, and my general health is certainly better than what I remember it ever before was. My sight is now fully restored, and I have discontinued the use of glasses. The pain in my head gradually left me as my appetite improved. If no accident intervenes, a little longer continuance with the medicines will, I am sure, see me in as good health as my delicate constitution will admit of.

" The more I ponder on the 'Theory of Disease' contained in your former letter, the more I am convinced that that Theory can alone account for the origin and progress of disease. In my own case, its truth and value are borne out by its success. If the medicine has the same effect in other diseases as it had in mine (and if they arise from the same cause, why should it not?), it is a boon which cannot be too soon acquired by invalids; and I think, in common with all who see my improvement, that you ought to extend its publicity;—for what would not some give for the benefit which I have already obtained!

" I remain yours faithfully,

" G. L. H———."

#### INDIGESTION, SPASMS, AND VOMITING OF FOOD.

Miss Metcalf, a governess, aged twenty-one, residing at Malton, Yorkshire, applied personally in June, 1845. She had suffered under ill health for many years, and had, for the preceding twenty months, complained of loss of appetite, pain at the stomach, frequent sickness, almost regular vomiting of food soon after eating; which distressful symptoms, combined with others, led her former medical attendants to conclude that there was a cancer at the stomach; in which opinion I at first coincided, and therefore held out but little hopes of cure. Personal examination, however, and the subsequent history of the case, proved that opinion to be incorrect. As she felt desirous of trying the medicines, she procured a supply from Mr. Ireland, chemist, Scarborough, and commenced to take

one *Pill* every night, and a table-spoonful of the *Solar Elixir* three times a day in the infusion of Calumba Root. For the first few days she vomited the medicine immediately after taking it. I therefore ordered her to mix ten drops of laudanum with the Elixir, which gradually tended to make the stomach retain it. Considerable benefit was perceived after the first fortnight, and, by regular continuance with the medicines, she was totally cured in six weeks.

This was a most severe case of protracted indigestion, arising from nervous and muscular debility of the stomach, which it is probable had been brought on by long confinement and hard study. If there were no other case on record, this alone would serve to prove the inestimable value of the medicines: for this lady had been under the care of a respectable physician, who had tried the regular mode of treatment adopted in such cases, namely,—leeching, blistering, baths, and sedative medicines, &c., which were of no avail. On the contrary, as might be expected, she became gradually weaker, so that it was generally apprehended by her friends that the system was giving way, as dropsical symptoms had taken place. I have heard of many similar cases, where the effects of indigestion had been mistaken for the symptoms of cancer at the stomach, and after being aggravated by bleeding, blistering, &c., the poor patients were abandoned to their fate, and at length died; whereas if recourse had been had to the *Oriental Pills* and *Solar Elixir*, they might have been cured.

This lady was married in the spring of 1846, and remained in good health until July, 1848, when she again applied, with symptoms of approaching consumption, brought on by various causes. She again took the medicines, and used other collateral means—such as suitable diet, air, exercise, &c.—and soon recovered her health.

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#### CHRONIC INDIGESTION, AND CONGESTION OF THE LIVER.

Thomas Jordan, residing at Healaugh Hall, near Tadcaster, Yorkshire, applied in June, 1848. He had suffered very severely above four years from indigestion and liver complaint, indicated by loss of appetite, pain in the side and back, spasms, and flatulence at the stomach after eating, with languor and debility, which frequently incapacitated him from following his employment. He was put under medical treatment in the month of June, 1844, and took medicine regularly from different medical men who were recommended by Miss Brooksbank (the kind lady with whom he was living as servant), until the summer of 1848; and was also an out-patient of the York County Hospital for eighteen months. It must therefore be admitted that both hospital and private practitioners had every opportunity given them, both as to requisite time and attention to taking medicine; but his complaints did not at all abate; on the contrary, he got gradually worse.

He commenced with the *Oriental Pills* and *Solar Elixir* in June, 1848; but it was three or four weeks before he received any material benefit, when he slowly but regularly improved. At the conclusion of the same year all the symptoms were nearly gone, and he wrote as follows:—

“My health is much better now than at one time I expected it ever to become. My friends say I am looking as well as ever I did at any previous time of my life, and my strength and weight are fast increasing, which, under any circumstances, are accounted good omens. You are quite at liberty to print my case in your book, whenever you choose; and if any person should inquire respecting it, I will gladly answer their letters, but you will perceive I am a bad writer. In conclusion, I can with sincerity state, from experience, my belief, that the medicines will cure any curable case; and I would recommend them to every one suffering under complaints similar to my own, as I feel quite confident, were they persevered with, that a cure might safely be expected. My thanks are due for your advice; and believe me to remain,

“Your obedient servant,

“THOMAS JORDAN.”

The following letter, written six years after the foregoing, by T. Jordan, now residing at *Accraplatts, Malham, near Skipton*, is inserted simply to

show the improbability of complaints returning after being cured by the Altera-Tonic treatment;—the object of which, as before explained, is to thoroughly eradicate disease from the system :—

“ Accraplatts, June 26th, 1854.

“ Dear Sir,—It is with great pleasure that I take my pen to address you with a few lines, although I feel ashamed that I have not written to you before this time, as you made such an excellent cure of my old complaint, of so many years' standing. I have enjoyed good health ever since. I have not had one day's sickness, and can follow my employment with ease. I have good reason to praise your excellent medicines—the *Solar Elixir* and *Oriental Pills*—as long as I have a day to live, for restoring me to health, under the blessing of Providence. I am very glad that your medicine is getting into circulation in this neighbourhood, as there are several persons taking it. There is one woman at Malham who has been in bad health many years; she is taking the *Solar Elixir* (which has done her much good); and several others that I know of. I will recommend your medicine to all whom I know are ill, as I am sure it will cure them, if they can be cured.

“ I am, yours, &c.,

“ THOMAS JORDAN.”

#### INDIGESTION AND PERIODICAL DIARRHŒA.

Copy of a letter from Mr. Gardiner, bookseller, Wisbeach :—

“ Advertiser Office, Wisbeach, November 10th, 1849.

“ Sir,—The enclosed letter has just come to hand from Mr. John Lister, who is enthusiastic in praise of your *Pills* and *Elixir*. He is a very respectable man, and is connected with the contract for a great public work in this neighbourhood—of which Mr. Evans, of Conway, is the contractor.

“ I am, sir, yours respectfully,

“ JOHN GARDINER.”

The following is the letter alluded to in Mr. Gardiner's communication :—

“ Upwell, Norfolk, October 28th, 1849.

“ Dear Sir,—I take the liberty to address you on the benefit I have derived from your *Oriental Pills* and *Solar Elixir*. For some years past I have been subject to periodical attacks of diarrhœa, produced, I believe, from obstructions arising from indigestion and a morbid state of the stomach and bowels. In November, 1845, I had a most severe attack of violent purging, when a surgeon was called in, and calomel was administered; but the purging continued almost incessantly for five days, and was accompanied by a severe griping in the lower bowels. What was remarkable, my appetite was very good; but still it was evident my food did me no good, as I became excessively weak. I told my medical attendant if he did not stop the purging it would certainly kill me; but he durst not, he stated, stop it, as something had still to be removed, and nothing but *calomel* would affect it. At length the complaint was checked for that time. I had other attacks afterwards, which were similarly treated with calomel. I accidentally heard of your medicines, but my prejudice against patent medicine was always so great that I never could be prevailed upon to take any in my life. However, at the beginning of last summer I got hold of your *Anti-Lancet* (a pamphlet which all sickly people should read), and I attentively perused it; in which I found my complaint so clearly and convincingly traced in your Theory of Disease, that I resolved to try your medicines, as my complaint had again returned, and I dreaded calomel worse than the disease itself. I procured a box of *Oriental Pills* and a bottle of *Solar Elixir* from Mr. Gardiner, bookseller, Wisbeach. I took only one *Pill* at bed-time for seven nights successively, and a dose of the *Solar Elixir* twice a day in a wine-glassful of water. The purging continued until I had taken four *Pills*, and then gradually ceased; but I had no griping pain, or feeling of soreness, as when I took calomel; on the contrary, I soon perceived an uncommon and pleasing sensation of warmth, fervour, and hilarity, pervade my whole system. After taking seven *Pills* the system had become quite regular, and I felt, as it were, a new man; and I have since continued healthy, active, and unusually strong.

“ It would be very wrong indeed of me, were I not to spread abroad the extraordinary

qualities, and mild but effective power of your medicines, and shall always have much pleasure in testifying accordingly.

"I am, dear sir, yours very faithfully,

"JOHN LISTER, C.E.

"P.S.—My profession leads me to various parts of England, and, consequently, I am seldom at home (which is at Conway, North Wales); but should any invalid wish to make application to me respecting the good effects of your medicines in my case, a letter directed thither will be forwarded to me."

#### VARIOUS CASES.

The following letter was received from Mr. Thomas Taylor, of Bedlington, Northumberland:—

1.

"Bedlington (Northumberland), April 16th, 1849.

"Dear Sir,—I write to inform you respecting some of the cases that have been perfectly cured by your medicines, and which would have been communicated ere now, but I have been lately much engaged making preparations for leaving England for America, but now I find I have postponed writing this letter long enough.

"The first case that I may allude to is that of my wife. When about the age of six years she had the measles; after which time up to the age of twenty-nine, she was always troubled with inflamed eyelids, and for which she had the advice of various medical men, but to little avail; they generally succeeded in allaying the inflammation for a few weeks, but it always returned again in a more aggravated form than before. With being repeatedly leeches and blistered, &c., her sight became much affected, insomuch that she was unable to do any needlework by candlelight. We were both greatly concerned about it, as she was becoming daily worse, notwithstanding the means that were used. At length a friend lent me the *Anti-Lancet*, and I discovered by your way of reasoning that LOCAL complaints arise from CONSTITUTIONAL CAUSES, and require a constitutional treatment for their cure. She commenced taking medicine, and persevered for about three months, when she was perfectly cured. It is nearly four years since, and I am happy to say that she has not had the least symptom of her complaint. Her sight is greatly improved, so that using the needle by candlelight is not more difficult than by daylight. We both tender our thanks for the good results of the medicine in her case, and you are at full liberty to publish it if you think proper.

2.

"The next case is that of Nathaniel Kay, of Netherton (who has since removed). He was about sixty years old when he commenced taking the medicine. In the year 1832 he had a severe attack of the cholera, after which he was troubled with a severe burning pain in the right side, prostration of strength, and most of the symptoms connected with protracted debility. At length, he was under the necessity of giving up his work, and then concluded that he should never be able to commence it again: he was, however, fortunately disappointed. He took the *Solar Elixir* and *Pills*, with strict attention to other matters, and in about two months resumed his work. It is nearly two years ago, and I have seen him occasionally since, when he informed me that his health was quite re-established.

3.

"Another case is that of George Hogg; and it is a case which many persons deem a wonderful cure. As far as I am able to ascertain, his complaint was one of extreme debility. At the commencement of his illness he attended to various medical directions, but, deriving no benefit, at length gave up seeking for relief from that quarter, considering that all the means generally adopted by medical men would be of no avail. At length, after being in this pitiable condition for the space of SEVEN YEARS, and TOTALLY UNABLE TO WORK DURING THAT TIME, he was becoming weaker daily, so that at length he was reduced to that state of debility that he scarcely could support his own weight. He was, however, favoured with a sight of the *Anti-Lancet*, and he determined giving the medicine a trial: he did so, and very soon felt a change take place for the better, which induced him to continue, till at length he was able to work for his living. He has been enjoying good health for about twelve months.

"The opinion that is entertained in this part respecting the *Solar Elixir* and *Oriental Pills*, by those who have tried them, is a very favourable one. Very many persons use

nothing else as family medicines ; and I trust I never shall be without them in my possession, for our own use.

"I am, dear sir, your obedient servant, "THOMAS TAYLOR."

As the above cases would be read after Mr. Taylor left England, it was deemed better that they should be attested before he did leave, by those who are not likely to remove from the neighbourhood, so that no doubts may hereafter arise regarding their authenticity. The following testimonial was therefore kindly signed accordingly :—

"We, whose names are hereunto appended, can bear testimony to the authenticity and correctness of the above cases.

"Signed for the first and third cases, "SAMUEL BRIGGS.

"For the three cases, "R. LEE."

Extract from the last letter received from Mr. Taylor, dated Bedlington, May 5th, 1849 :—

"I presented the printed cases to Mr. Samuel Briggs, grocer, of Bedlington, who has given his testimony to the first and third cases. He was not thoroughly acquainted with the second ; but Mr. Lee knew all the three individuals, and has given me his signature accordingly."

## INDIGESTION, "LIVER COMPLAINT."

AND OTHER DISTRESSING AFFECTIONS OF NEAR TWENTY YEARS' STANDING,  
EFFECTUALLY RELIEVED.

In September, 1851, a lady described her complaints by letter, but specially desired that her name should not be made public, and accordingly she shall, in common with every other person making such request, be scrupulously obeyed. The case is, however, so remarkable for long suffering, that I cannot forbear publishing some particulars connected with it. Those who may wish to inquire for themselves, shall be gladly referred to one or more well-known persons of respectability and veracity, who know the whole circumstances, so that they can be easily authenticated, and still the patient's name and address be kept strictly private. It is hoped she will not see anything wrong in this proceeding.

"Sir,—Having been long suffering from a liver complaint, complicated with other bodily grievances,—so severe in their nature that I cannot, I fear, get a stranger to comprehend their intensity,—at the recommendation of a friend I determined to give your medicines a trial ; but did not intend to have consulted you until after I had seen their effects, for there have been so many experiments tried, which have all hitherto failed in removing the complaint, that I had almost lost all confidence in the faculty.

"My health began to give way in my fourteenth year, when I suffered much from indigestion, and for two years vomited nearly all the food I took, so that my strength was reduced to a pitiable plight, although I was under medical treatment the whole of that time. From about sixteen to nineteen, my health was somewhat better, but I had frequent attacks of bilious vomiting, with much bodily weakness left by my former long illness. In the twenty-fourth year I first began to feel a dull aching pain in the right breast, and through to the shoulder, which came on every few weeks for about two years, when it gradually extended all over the right side, and was then attended with severe spasms of the stomach and bowels. My doctor did not attach much importance to the latter symptoms, although from that time to the twenty-ninth year of my age I was not often many days free from suffering ; but twice a year the complaint was much aggravated, when the customary remedies of leeching, blistering, and calomel, &c. &c., were had recourse to, which invariably reduced me so much that I was, in every instance, confined to bed for several weeks afterwards. About two years ago I became much worse, so that additional advice was deemed necessary, and calomel was again administered, which had evidently such a hurtful effect on the whole frame that I determined to discontinue it for ever. I became gradually weaker last year, when, for the first time in my life, a harassing cough came on, but I did not expectorate. I was recommended to Harrogate, but continued to get worse. I consulted a physician there, who said I ought never to have been leeches or bled ; but he applied three blisters, and prescribed different medicines, which removed the cough, and I have since had no return of it. I was otherwise much relieved

for a time. At length, however, the old symptoms returned, more aggravated than ever, so that for three months of this year (1851) I was confined to bed. It is utterly impossible to give you an idea of anything like the agony I endured for more than a month of that time. Night and day I had a constant stabbing pain in the right side, and through to the shoulder, and a sort of general cramp all through the body; with incessant sickness and bilious vomiting. Yes, for more than a month I hardly had an interval of half-an-hour's rest from that nauseous sickness. I was repeatedly leeches,—had blisters and mustard-poultices or turpentine continually upon me. The pain was so excruciating that I could not lie down, or turn to either side, but had to be constantly supported in a half-upright position. I then took a prussic acid mixture, also creosote, and as these failed, then opium was given. My surgeon said there was nothing for me but bleeding, and bleed me again he did: the result was what I had anticipated (from my former experience of bleeding),—it did not relieve me in the least, and brought on *violent palpitation of the heart*. A physician was again called in, who thought, contrary to my own doctor, that I was passing gall-stones, and he did not approve of the bleeding, but tried other means, which relieved me. I was then reduced to such a state of weakness that I could scarcely raise my head. At length I was enabled to travel to the sea-side, where my strength considerably increased: but soon after my return home the pain came on as violently as ever. Another doctor was about to be consulted, when, as before remarked, I was recommended to take your medicines. I have taken a few doses of the *Solar Elixir*, which have not yet relieved me, so that I think it better to have your advice; and should you have no hopes of removing my complaint, I trust you will tell me the worst. If you send any directions, they shall be strictly adhered to."

The *Oriental Pills* were ordered to be taken twice a week at bed-time, and the *Solar Elixir* twice a day, in a bitter infusion, combined with about half a tea-spoonful of carbonate of soda to each dose, with suitable diet, and other necessary appliances.

The following is an extract from the second letter, received September 30th, 1851:—

"Sir,—I feel so much relieved from taking the *Oriental Pills* and *Solar Elixir* that I am induced to recommend them to a relative, whose complaint is fully described in this letter. I have also given some of the medicines to a poor girl who has been ill for several months. I will let you know the result.

"I have great confidence that, by a steady perseverance in the use of these medicines, as directed, they will not only relieve, but ultimately remove my complaint."

Extract from third and last letter, received November 8th, 1851:—

"Sir,—Hitherto I have given the medicines every chance of doing me good, and I am thankful to say I am gradually gaining my health and strength. I have now a good appetite, and my food agrees well; I sleep much better than I have done for two years, and am now free from the very painful attacks. I have not found it at all necessary to take the *acetate of morphia*; and, altogether, there is a very wonderful change, which is entirely the result of taking your medicines. The world, at least the sick portion of it, is indebted to you for these extraordinary remedies. I have a large circle of friends, and will do all in my power to recommend, what I firmly believe, if persevered in, will afford relief in any case of suffering. The young person to whom I gave some of the medicines is very much improved."

In this case bleeding was intended to relieve congestion, and the patient describes the consequences. It has been demonstrated in untold instances, by bleeding experiments performed on the lower animals, and it was repeatedly observed during the Crimean war, that *loss of blood* from wounds always produced *increased action of the heart*; hence what a sad prostration of science at the shrine of custom the practice of bleeding really is! Dr. Hunn observes: "Abominable is the murdering quack, who, for ever impatient to unsheath his bloodthirsty lancet, draws from a patient the irreparable balsam of life." Dr. Marshall Hall says, in alluding to this practice: "Let us study the character of diseases, and let us study the effects of loss of blood." Let us do this, I add, and then we shall clearly see that if the employment of the lancet were altogether abolished, it would perhaps save annually a greater number of lives than in any one year the sword has ever destroyed. On the same subject the eminent Dr. Gregory remarks, that

“an obstinate adherence to an unsuccessful method of treating disease, is self-conceit; it generally proceeds from ignorance;—it is a species of pride to which the lives of thousands have been sacrificed.” Yet with what a lamentable perseverance is the unsuccessful habit of bleeding carried out, particularly by medical men in country places; and it unfortunately happens that the generality of people in such situations are misled as to the treatment of painful complaints, being given clearly enough to understand that there can be no cure unless—or at least that it will be expedited—by “*losing a little blood!*” There never was a greater error. Much experience has taught me that pain may be more readily mitigated by other means; and the same experience has long ago convinced me that every measure which enfeebles the powers of life increases disease. Indeed, the futility of the common routine of treatment is beginning to be obvious to educated, though unprofessional people, as the following letter testifies. It was written by the Rev. J. Handley, Wesleyan Methodist Association minister, then residing at Hebden Bridge, Yorkshire, dated September 20th, 1850;—a gentlemen whose avocation, one would think, must necessarily make him well acquainted with sickness and its treatment:—

“Sir,—Having accidentally met with a copy of your *Anti-Lancet*, which from a cursory glance gave me to understand that you prepare medicines apparently of superior power and efficacy to those commonly in use, and as my office frequently brings me into the dwellings and chambers of the sick, *where I often painfully witness the inefficiency of the general routine of medical practice, as exhibited in a country district especially,* the thought struck me that if I had one of your pamphlets I might frequently recommend the afflicted to try your medicines, by which some valuable lives might be saved which otherwise would be sacrificed.

“With these views and feelings, I have taken the liberty of soliciting the favour of one of the pamphlets, and enclose a couple of postage-stamps to cover the expense of its transmission.

“I am, sir, yours faithfully,

“JOSEPH HANDLEY.”

Testimonial from Mr. B. Barnes, chemist, St. Peter-street, Derby:—

“The sale of your medicines is gradually increasing, and I believe they will eventually sell well in this neighbourhood. They have been taken by several persons with very beneficial effect.”

#### INDIGESTION.

Extract from a letter from J. W.———, Esq., South Mains, by Sanquhar, Dumfriesshire, dated March 6th, 1854:—

“I have been taking your medicines for some time, for a long-continued stomach complaint, and with the best results possible; I am perfectly cured. The complaint, previously to taking your medicines, had resisted every remedial means that could be suggested for its removal.”

#### COMPLICATION OF CHRONIC COMPLAINTS.

The following letter was received from a respectable chemist in Newcastle, whose name, and that of the lady alluded to therein, shall be communicated to any invalid:—

“Newcastle, November 7th, 1853.

“Dear Sir,—I am requested by a gentleman whose wife has begun taking the *Elixir and Pills*, to ask you a few questions in reference to a complaint (or rather a complication of complaints) which has affected her for many years, and trust that you may be of service to her. Her husband informed me that one doctor said he believed there was internal cancer; another said one of the lungs was diseased; whilst three other doctors said ‘the heart is diseased, so that its function of passing the blood is deranged.’ I shall now tell you why these gentlemen speak of the heart. The lady is of a bilious and very nervous temperament, but always enjoyed good health till the age of nineteen, when she was taken to see the corpse of an aunt, then just deceased, and while in the

room, she became very ill, and had to be carried out in a fainting state. On becoming sensible, she complained of a coldness and heaviness at the heart, and since that time she had never been well for a single day; in fact, for a long time after the circumstance alluded to, the mere mention of the aunt's name would produce fits.

"At present the lady is in a very weak state, though still able to go out of the house; yet when she walks a little too far, or goes up-stairs, and sometimes even while sitting still, she feels quite exhausted, with an indescribable oppression at the heart, and fancies she is going to die. There is considerable pain or soreness at the left side, and round the back to the shoulders. There are several other unpleasant symptoms, which she will mention personally should you be in Newcastle, as I dare say you may not clearly understand her complaint from this letter; but it is her wish that I should write to you, and I only state what her husband informs me. The lady has been to several medical gentlemen, both here and in London; those consulted in the metropolis are considered the most eminent of the faculty, and connected with large hospitals; so that at any rate there has been no lack of either professional advice or of remedies employed; but hitherto no good has been done, not even relief obtained. I had nearly forgot to observe, that she has hitherto objected to taking patent medicines; but having read your book, and believing that your Theory of Disease can alone account for her prolonged sufferings, she feels determined to give the *Elixir* a fair trial, and I sincerely wish it may be of advantage to her.—Yours truly, "H. D."

Subsequently to the date of the above letter, the lady was brought to Scarborough, when I ascertained, during several interviews with her, that nearly every variety of treatment,—including, of course, the never-ending resources of mercury, bleeding, and blistering,—had been adopted, except that which alone could be of service. If there were no other case on record, this one would be amply sufficient to prove the truth of the "Theory of Disease" I have advanced on previous pages. Instead of this case, however, the instances of an analogous character,—that is, of mental causes producing physical maladies,—are as innumerable as the leaves under an autumn tree;—yes, countless as the stars of night are the instances in which fright alone, as in this case, produced years of bodily suffering. All the lady's complaints, such as *presumed* internal cancer, *presumed* heart disease, and what not, were only a few of the different effects resulting from nervous and muscular debility. How vain, then, it was to attempt to cure these complaints by *mercurialism*, *bleeding*, &c., which still further depress vital energy! Surely the most ignorant individual might clearly see that these manifold afflictions could only be cured by restoring nervous power, by strengthening the whole system with suitable medicine, nourishing diet, gentle exercise in the open air, &c. &c. Accordingly I ordered a dose of the *Solar Elixir* to be taken about one hour before each meal, in a small tea-cupful, or less, of the infusion of Calumba Root, and the *Pills* at bedtime, once a week; the skin (from head to foot) to be sponged once a day with tepid water, and afterwards well rubbed with a coarse towel; proper diet, and gentle exercise in the fresh air. This simple, but very efficacious treatment, gradually removed *all* the patient's complaints, and she has been since then enjoying good health.

#### GENERAL DEBILITY, AND PREMONITORY SYMPTOMS OF CONSUMPTION.

Letter from Mr. W. Wray, tailor, 32, Moxton Street, Hull:—

"April 11th, 1855.

"Sir,—I have seen your *Anti-Lancet*, and will feel greatly obliged for a little advice. I am forty years of age, have long been ill, and want to be better, if possible, as I have a wife and family dependent on me. The following are my ailments:—I am very weak in the legs and arms; have a sad languid feeling from head to foot, and frequently a cold shivering all over me. I sleep very badly during night. My appetite is tolerable, but I feel very much burst up with pain in the stomach after my meals. My food does me no good, and I have lately got very thin. I am very short of breath, and a deep sigh will, at any time, give me much pain in the breast and stomach. I am very



nervous, and if anything stirs suddenly my heart beats violently. It is a difficult and painful task for me to work a little at intervals, but I am obliged to do what I can. I was attended by three doctors the whole of last winter, and received no relief from them. I was in the Hull Infirmary a few weeks, and, on leaving, have been an out-patient of the same institution ever since, but still feel no better. I had given up all idea of ever recovering my health, and bent my thoughts from earth to heaven, but your book has raised my depressed spirits, and filled me with hope. I think you can cure me; so please write early.—I am, yours obediently,

“WILLIAM WRAY.”

Second letter from the same :—

“Hull, February 10th, 1856.

“Sir,—Many a time I have thought of writing to inform you of the result of your advice in reply to my letter of April last. I took the *Oriental Pills* and *Solar Elixir*, and attended to the other things exactly as you directed me. I feel myself quite restored and strong. I have recommended your medicines to very many afflicted persons during the last few months, and I believe with a successful result, more or less, in every case. I sincerely thank you for your letter of advice, and you are at liberty to publish my case if it will do any good; and I will reply to any person who may wish to ask me any further questions concerning it.—I remain, yours obediently,

“W. WRAY.”

INDIGESTION, SICKNESS, VOMITING OF FOOD, NERVOUS  
TREPIDITY, &c.

Copy of a letter from a young lady, dated York, June 20th, 1855 :—

“I take the liberty of writing to inform you that I have been taking your medicines for a few weeks, and already find considerable benefit to my health; but should like your advice as to diet, and any other matter you may think proper to apprise me with.

“I have been a great sufferer from indigestion and nervousness for twelve years, accompanied, at intervals, with a violent pain after meals, much flatulence, frequent sickness, and vomiting of food. I was much subject to palpitation of the heart, particularly when anything startled me. My sleep was troubled with frightful dreams, so that during many a long winter's night I did not close my eyes for fear and dread. I am, however, glad to inform you, that I have slept well since beginning with your medicines, and the other afflictions are much abated. I have consulted various doctors, the last of whom treated me for a *liver complaint*, and gave me a great deal of calomel, although I told him that I had frequently taken that drug before, and it invariably made me much worse; when he observed that nothing then would do me any good, unless it was residing near the sea.

“My complaints were brought on, in the first instance, by fright, and increased by a too solitary mode of life, which events, until a very recent date, made incumbent upon me. These things, together with grief and anxiety arising from a domestic calamity, utterly overthrew both body and mind. One thing I have always remarked, namely, whenever anything disturbed my mind, my health equally suffered. But as the causes of grief are now removed, I think, as I am going more into the world, that if I was once restored, it is to be hoped my health might continue good.”

There need not be a more apt illustration as to the influence of fear or mental emotion in the production of disease, by depressing nervous power, than in the plain unvarnished statement in this lady's letter; nor the equally manifest error of still further enfeebling nervous power by administering calomel and other destructive agents. The practice of medicine would be none the less certain if that article, strychnine, and arsenic, &c., were discarded. (*See Bilious and Liver Complaints*, pages 33, 34.) Inactivity of the liver, pain at the stomach, and sickness, were only symptoms of a partial suspension of the digestive functions, produced by a depression of nervous energy, from a strong exciting cause, acting through the mind.

Nothing more was required in this case than to commence with restorative means. The patient took the *Solar Elixir* in the infusion of Calumba Root, about one hour before meals, three times a day, with half a tea-spoonful of carbonate of soda added once a day. The *Pills* were taken twice a week. She sponged with cold water every night at bed-time, took exercise in the

open air, and used nourishing diet. The following letter from the same lady announces her cure :—

“September 10th, 1855.

“I write to inform you that the medicines have cured me. The pain and oppression I had after meals left me before the middle of July. It is a great pleasure to be able to state that I now understand the value of health, and trust, with care and good management, I shall be able to retain it. Should I have a relapse, you shall be informed.”

## DEBILITY AND GENERAL ILL HEALTH.

Mr. Hezekiah Eddison, Gomersal, near Leeds (since removed to Hessle-road Toll-bar, Hull), began to be ill in November, 1855. It commenced with loss of appetite, followed by great weakness and nervous irritability, so that the least untoward thing produced much trepidation and excitement through the whole system. He had a choking sensation in the throat, which was violently increased every night, accompanied with great difficulty of breathing and violent palpitation of the heart. As is customary under such circumstances in the country, his neighbours considered him “going off,” and did not hesitate to tell him so. His medical attendant said his heart was diseased, and ordered the application of leeches, which aggravated the symptoms. He next applied to an “Herbalist,” in Leeds, who, with the usual boasting verbosity of that worse-than-despicable tribe, said he would “soon cure him;” but it scarcely need be added that he became gradually worse during the eight weeks he took his medicines. Lastly, when all hope was about gone, he began to take the *Oriental Pills* and *Solar Elixir*, from which he derived immediate advantage, and persevered accordingly. When completely restored to health he visited Scarborough, and called upon me personally, when he communicated the above particulars.

What with the “doctor,” the “herbalist” and the patient’s neighbours, it is a wonder Mr. Eddison escaped with his life. You may cavil at the assertion, reader, but be assured there is room for your forbearance, when I inform you that an experience of many years among country people has rendered my conviction certain that there is far more charity, kindness, and virtuous feeling, in a large city, than in the country. When a person is unfortunate enough to become ill in a rural district, the neighbours are sure to remark that “he ails nothing,” or that he is “going off,” just as the caprice takes them. A country lady, suffering from consumption, wrote in her letter to me,—“I shall have to die before my friends will believe that I have been ill.” It is cruel, uncharitable, and wicked, to doom a fellow-creature to death and the grave in such a heartless fashion. People know not, and still less do they care, what mental and physical injury be done to the sufferer by their unfeeling remarks. They speculate on their neighbour’s destiny—both *earthly* and *eternal*—just as they would like that destiny to be. Ah, little do opulent people know, who roll along in their carriages, how hard it is to be ill whilst dwelling amongst the ignorant, the morally debased, the uncharitable, and, worse than all, the loathsomely fanatical persons, of most country places! I am not a Roman Catholic; but I have spent much time in examining into the domestic every-day life as it existed in by-gone centuries in England, and I have contrasted it with my experience of our modern social state; and I tell my readers that there was a far greater amount of neighbourly charity and good-will existing among our Catholic forefathers than can now be found. Medically speaking, I cannot overrate the disastrous consequences of mental depression—maliciously and wilfully produced—on an invalid, by the gloomy forebodings of his enemies or pretended friends.

As to the treatment of this patient, was it not like taking the oil from an expiring lamp, when leeches were ordered to relieve symptoms which entirely arose from indigestion and weakness? As regards such a practice, however, opinion is changing. Since the first edition of this book was published

I have received several letters from medical men in extensive practice, who were induced, from reading my remarks on bleeding, to pause and seriously consider the ultimate consequences of the practice, which they finally abandoned, and adopted a more rational treatment. They one and all explicitly declared that their success in curing diseases was very much greater than under the sanguinary practice of blood-letting. Yet there is still much room for *reform* in this respect. Every reader of newspapers, particularly of coroners' inquests, will doubtless have read instances of sudden death from accident or otherwise, where bleeding was the first thing adopted,—no matter how much blood the deceased had lost, yet more blood was abstracted! Quite common, too, are paragraphs like the following (extracted from a London newspaper, dated November 8th, 1856), where death resulted from bleeding used as a curative remedy:—

“DEATH FROM A LEECH BITE.—A somewhat singular case has been brought under the notice of the coroner for West Middlesex, in which a child lost its life through excessive hæmorrhage resulting from a leech-bite. The deceased, Samuel Innes Press, resided with his parents, at 16, Barclay-street, Somers-town, and he had been affected with a severe attack of bronchitis, when it was thought necessary for the child's safety to apply leeches to the vicinity of irritation; and the consequence was, that one of the leech-bites bled so profusely that the poor little creature shortly afterwards expired from the shock to the system, occasioned by the great loss of blood. The extraordinary affair has caused much sensation in the neighbourhood.”

#### VALUE OF THE “SOLAR ELIXIR” IN OLD AGE.

Copy of a letter from a gentleman in Bradford, dated July 1st, 1856:—

“Sir,—Perhaps you will remember my obtaining a supply of medicines about twelve months ago, which, with suitable diet, entirely cured me of some complaints connected, I presume, with indigestion, which had long affected me. I have now been quite well for the last few months, and increase both in strength and weight. The object of writing at present is not, however, on my own account, but to order a supply of medicines for my mother, who has long been subject to ailments inseparable from old age, such as loss of appetite, headache, feebleness, restlessness, &c. She says she has derived more benefit from the *Solar Elixir* and *Pills* than from any medicines procured from the medical men here;—and she has consulted the first practitioners in Bradford. Her improved looks, and alacrity of mind and body, all bespeak the exhilarating effects of the medicines: the which, I need not inform you, is exceedingly gratifying to me.”

#### COMPLICATED DISORDERS.

Mrs. Greenwood, Whitwell Colliery, Durham, applied personally in August, 1856, complaining of great weakness, so that she could not walk above a hundred yards without being obliged to rest. She had frequently a severe pain in the back and large joints, and was much affected with leucorrhœa (whites). On first awaking in the morning, her mouth was full of slimy matter mixed with blood. Constant heaviness across the forehead, pain in the chest, and shortness of breath. I recommended the *Solar Elixir* to be taken in cold chamomile tea, with a shower-bath at bed-time, every alternate evening. The following letter was received from her husband, dated

“Whitwell Colliery, April 6th, 1857.

“Dear Sir,—It is now more than nine months since we called on you, when I promised to inform you what effect the *Solar Elixir* and *Pills* had on my wife; and having deferred so long, and seeing no probability of a relapse, I write to say that she commenced taking the medicines directly after arriving at home, and I am now happy to tell you that after suffering much illness for two years and a half, she was cured perfectly in one month. I have since recommended the medicines to others, who have also been cured by them.—I am, your obt. servant,

“To Dr. C. Rooke.”

“B. GREENWOOD (Engineer).”

#### INDIGESTION AND “LIVER COMPLAINT.”

Extract from a letter written by Mr. Stainthorpe, chemist, No. 181, High Street, Gateshead, dated September 9th, 1856:—

“I have much pleasure in forwarding to you some particulars of a cure effected by your medicines, which speaks very highly in favour of their valuable properties. Joseph

Powell, miner, aged thirty-four, residing in this town, had suffered severely for a considerable time from liver complaint, connected with indigestion. The bilious attacks were severe and oft repeated. He had, at one time and another, tried six surgeons in Newcastle, from whose medicines he sometimes obtained a little relief, but more frequently none whatever. He was recommended to take your *Pills* and *Elixir* at a time when he could scarcely walk or stand, and yet he had not taken them more than three days, when, finding himself so much better, he recommenced his work. He still continued to take the medicines a little longer; and now wishes me to inform you that he is, so far, completely cured, and says that it is his firm opinion they will cure all curable complaints. He has recommended them to several persons, who all derived much benefit from them."

Extract from another letter written by the same correspondent, dated Gateshead, October 27th, 1857 :—

"In one of my former letters I alluded to the very great benefit which a gentleman residing near Gateshead had derived by taking your medicines for the removal of some aggravated complaints from which he had long suffered. He is not agreeable that his name be published, he says; yet, what with recommending the medicines on every suitable occasion, allowing me to refer parties to him, and purchasing large quantities of the medicines for distributing among poor persons, he is making it public enough in this part, at any rate, where he is well known as an extensive manufacturer, and now an active member in our Town Council."

#### INDIGESTION, DEBILITY, AND "LIVER COMPLAINT."

Copy of a letter received from Mr. Matthew Young, saddler, of Kirby-over-Blow, near Wetherby, dated November 10th, 1856 :—

"After the lapse of a long time, I write to return you my sincere thanks for the cure your medicines effected on me. You will remember my brother bringing you from Knaresbro' to my house about four years ago. I was then very weak and ill. I had tried no less than five different doctors, who all agreed that I was suffering under an aggravated liver complaint,—with complications, they further said. Their instructions and medicines did no good; and in all likelihood I should soon have sunk under my severe afflictions, had you not fortunately ordered your medicines, which I only took about two months, when my health being fully restored, I recommenced working at my business, and have been actively employed at it ever since.

"In addition, I must further inform you that, since my recovery, there are many persons in this part who have, through my recommendation, tried the *Oriental Pills* and *Solar Elixir*, which have had very beneficial effects, I do assure you. To be brief, I will refer to two instances. One of a farmer, a near neighbour, who had been unwell for five years. His complaints were :—cough, night sweats, and disordered stomach, which had reduced him very much. He tried different doctors, and was no better; at length he took your medicines, and very soon derived amazing benefit from them. He says if it had not been for those medicines, he would have been in his grave before now. The other case was that of a labouring man who had long been troubled with indigestion, flatulence, cough, and shortness of breath. He took your medicines, which soon restored him, and he has since then been a mower, both in hay-time and harvest.

"He, too, had been to some eminent doctors in Leeds, but gradually got worse, and had begun to doubt of ever getting better, until I prevailed upon him to take the *Oriental Pills* and *Solar Elixir*.

Here was another instance of so-called "liver complaint" treated as a distinct disease, instead of one of the symptoms of a cause, namely, indigestion, from depressed nervous and muscular power. Treating this symptom and the other symptom as separate diseases, betrays a strange want of sound discrimination.

In alluding to this practice among medical men, the *Athenæum*, No. 1567, p. 1390, justly remarks, that "the public are generally ignorant of the fact that *diseases are the same, and demand the same general treatment, whether they attack one organ or another.* The attention to the diseases of special organs leads frequently to the neglect of the general disorder, and an abuse of the means adopted for their investigation or cure."

Obstruction and inactivity of the liver, when unaccompanied with structural disease, may always be very much mitigated, and in the majority of

cases, cured, by restoring the digestive organs to a healthy state, which can only be done by restoring their nervous and muscular power by proper constitutional remedies ; but how the usual means of bleeding and salivating can cure a complaint which solely depends on an already enfeebled system, is difficult to comprehend.

WEAKNESS AND WEARINESS, WITH SYMPTOMS OF  
"BREAKING UP OF THE SYSTEM."

Copy of a letter received from a resident in Newcastle-on-Tyne, dated November 30th, 1856 :—

"I am quite willing for you to publish my case, but have private reasons why my name should not be made public. However, Mr. Downie, chemist, Sandhill, Newcastle, of whom I procured most of your medicines, is, in some measure, acquainted with the truthfulness of the following narrative of my sufferings. I informed you in my former letter that I was a shoemaker, and thirty-six years old. For about twelve years I suffered from most of the following complaints—commencing in the first place with indigestion :—loss of appetite, almost continual pain in the head, with giddiness, lifting of wind from the stomach, palpitation of the heart, desperate pain in the side, great weariness and weakness, with much sickness. At the latter end of last year, a cough, with other complaints, came on. At intervals I worked at my trade, although in great misery, as I had no other means of subsistence. The complaints first came on whilst living in my native town, Kendal, when I applied to a doctor, who blistered the side and gave me medicines, neither of which did me any good. Afterwards I came to live in Newcastle, and as my means were small, I obtained a recommendation to the Dispensary, where I attended as out-patient for four months ; still no better, but worse, as I became very nervous and depressed. I then went to another doctor, but got no relief. Then I took patent medicines, particularly pills, and it is unaccountable the quantity I took for five years successively, till I became so weak that I could scarcely walk about, and on rising from bed I reeled like an intoxicated man. I returned to my native air, to see if it would do any good, and after trying another doctor and finding myself no better, but worse, I gave all up, thinking there was nothing for me but the grave. Just then my mother got me one of the *Anti-Lancets*, which some way or other cheered me to hope again. I procured the *Pills* and *Solar Elixir*, which I took, and derived from them a vast deal of good. They have cured the cough and all the other complaints, except the pain in the side, but it is greatly lessened, and I have no doubt had I had the opportunity of taking exercise in the open air, as you directed, it too would have left me ere now.

"I forgot to state that, last winter, in consequence of a severe cold, I was attacked with rheumatism in the hip and knee, which the medicines removed in a week. In conclusion, I may further inform you, that these invaluable medicines have done a great deal of good to several people in Newcastle besides myself."

BILIOUS SICKNESS, PALPITATION OF THE HEART,  
INACTIVITY OF THE LIVER.

Copy of a letter from Messrs. Raimés & Co., dated York, January the 31st, 1857, enclosing another letter from a lady at Tadcaster :—

"Sir,—A lady left with us to-day the enclosed letter, and observed that you are at liberty to publish the contents.—We remain, yours faithfully,

"RAIMÉS & CO.

"Sir,—It is now eight months since I heard of Thomas Jordan's Case,\* which, with reading one of the *Anti-Lancets*, induced me to try your medicines. I only took two small boxes of the *Oriental Pills*, and three bottles of *Solar Elixir*, from which I received great, and I believe lasting, benefit. I had for several years been much afflicted with bilious sickness, with pain in the back and shoulders ; palpitation of the heart on the least exertion or excitement, for which I had frequently received the best medical advice, and with very little benefit. But I am now glad to inform you that, by the use of the small quantity of your medicines which I before mentioned, the *whole of my complaints have been entirely removed*, and my general health, which had always been delicate, considerably improved.

"I have had no return of the complaints, but shall always keep some of the medi-

\* Inserted on pages 37, 38.

cines by me in case I need them, as I am certain they are two of the best medicines that can be kept for occasional use, if required. I have a distaste to my name being used in a public manner, though I shall not fail to recommend the medicines to my friends on every occasion, as I am sure they are deserving of every confidence in all complaints arising from weakness and indigestion. I wish you, sir, every success in your noble profession; and I further wish that the medicines were more widely known, so that those who may be suffering from the same complaints as those alluded to in my case, might have recourse to them.—I am, gratefully yours, “M. H.”

## PROTRACTED INDIGESTION AND GENERAL ILL HEALTH.

(AN EXTRAORDINARY CASE.)

On arriving at home late on the evening of July 15th, 1857, I found two ladies waiting my arrival, one of whom was an invalid, who stated that she had come a great distance to consult me. “Whence have you come, Madam?” I inquired. “From German Town, near Philadelphia, America, a distance of about four thousand miles,” was the reply. “I have long suffered,” said she, “from ill health; but have been much worse during the last two years. I have been treated for indigestion and liver complaint, and latterly for dropsy, but without benefit. Receiving a letter from a relative in England (now present), informing me of the successful results which had been attained in the cases of several invalids affected with long-standing complaints, I determined at all hazards to come to see you personally. I have derived no benefit from the sea voyage; on the contrary, I arrived in England two days ago, more dead than alive.” Such was the lady’s statement, and which was borne out by present symptoms, being so weak that she could scarcely walk the mile from my house to the Queen Hotel, where she remained while in Scarborough. My best efforts were used to restore health, and with what success the following letter from her husband, Mr. Spencer, will testify. He is an extensive merchant and manufacturer in German Town, and well known in Philadelphia and New York.

“Dr. Chas. Rooke.

“New York, September 15th, 1857.

“Sir,—It is with great pleasure I inform you that my wife arrived home on August 10th, in steamer ‘Arabia,’ after a passage of eleven days; and am delighted to state her health was improved far beyond my most sanguine hopes.

“Mrs. Spencer had been in declining health for above two years. We consulted some of the most experienced physicians in Philadelphia, both *Allopathic* and *Homoeopathic*, none of whom seemed to understand her case; at least, under their treatment she grew worse rather than better. You may be sure she was very much dispirited: indeed, her dejection was at times so great that it required my utmost efforts to rally her. At length, on receiving a favourable letter from England respecting your successful mode of treatment, Mrs. Spencer conceived the idea of visiting Europe to consult you. Being unable to accompany her, I gave my consent with great reluctance; but feeling satisfied that everything had been tried here and failed, I at last yielded; so, commending her to the care of Almighty God, I bade her farewell,—yet, I assure you, with but little hope that she would ever recover. You must judge, sir, of my astonishment and delight, when, on her arrival at home, I found her in better health than I have ever known her in my life.

“And, sir, I am free to confess to you that, by the blessing of God, she owes her improved health to your invaluable medicines, and I now return you a thousand thanks for your kind attention to her while in Scarborough. Since Mrs. Spencer’s return home, she has been very strict in complying with all your directions, and she continues to improve day by day, and I have no doubt that within the time stated by you she will be entirely cured. I never knew her to be so enthusiastic on any subject as when speaking of the power and usefulness of the *Oriental Pills* and *Solar Elixir*. She has distributed all your books to her friends who are afflicted with different complaints, and I have little doubt that you will soon have more than one patient in our neighbourhood.

“I herewith enclose you a draft from E. Morrison, on J. Barnard & Co., bankers,

Liverpool, for a case of your medicines, directed to my warehouse, 67, Liberty Street, New York, as I shall get it sooner than if you sent it to Philadelphia. I send this letter by steamer 'Asia,' and shall be obliged if you can send the medicines by the same vessel on her return voyage.

"Again returning you many thanks for your kindness,

"I have the pleasure to remain, your obedient servant,

"CHARLES SPENCER.

"Please address me by letter to German Town, by Philadelphia, U.S."

INDIGESTION, OBSTRUCTION OF BILE, GENERAL WEAKNESS,  
AND EMACIATION.

(AN UNEXAMPLED CASE.)

The following letter was received from a respectable solicitor residing in a market town in the North-Riding of Yorkshire, dated December 7th, 1858 :—

"Dear Sir,—I sincerely feel that I owe you a large debt of gratitude for effectually removing a *very serious obstruction* of the bile by your invaluable *Oriental Pills*, and therefore I gratefully acknowledge my obligations, and beg to state my case for your information, and for the benefit of the public generally.

"In March, 1857, when in my sixty-fourth year, I was attacked with much pain in my right side and across the lower abdomen. The latter became distended to a preternatural size, and was accompanied with a violent cough, which became so serious that I was obliged to take my bed almost immediately, and call in medical aid. The professional gentleman ordered leeches to be applied to the abdomen, and gave some medicine. In two or three days there was a copious discharge of bilious matter broke through the *navel*, which continued for five or six weeks, and reduced me from fourteen stone to almost a skeleton, so that I could not stand alone. The throat became diseased, and I expectorated a large quantity of mucus; the tone of my voice, naturally clear and strong, also became distressingly affected. I continued suffering on for sixteen long months, and I became hopeless of a cure, for my medical attendant had held out none. Fortunately, however, I by mere chance saw and read your *Anti-Lancet*, and found therein your description of my complaint to be so perfectly true, that I determined to take the *Oriental Pills*. Therefore I procured a box, and took one pill every night, when I soon found myself begin to improve, and before I had taken three boxes, *the bile had found its natural course, and I am happy to say that I am now perfectly well.*

"I think I ought to notice, for the benefit of patients afflicted as here detailed, that I found *pork* and *veal*, as diet, to be very injurious; their use being invariably followed on the following day by an increase in the discharge from the *navel*. I followed your directions most rigidly; my previous habits of abstaining nearly altogether from stimulating liquors, and entirely so from narcotics, no doubt assisted me greatly. My anxiety that you should know all the particulars of this *rarely*-occurring disease must be accepted by you, if you please, as my excuse for this lengthy communication, and which you are at liberty to insert in your pamphlet, but *without my name*, as you can supply that on application by any person, and, if necessary, refer to me for the truth of the above related facts.—I am, my dear sir, yours very gratefully, "J. B."

In considering this case a few simple things will suggest themselves to the non-medical reader. Why was loss of blood, it will be asked, deemed essential in its treatment? Evidently because the medical attendant considered the pain and distension of the body to arise from inflammation, whereas both these symptoms were solely the consequences of indigestion and obstruction. This very instance shows the uncertain foundation, to say the least of it, on which rests the doctrine of the old school of medicine. Only think!—to abstract blood from this sinking patient! Well might the advocate for such treatment hold out no hope of cure! On the other hand, it will be seen that the beneficial results obtained by using the *Oriental Pills* afforded a triumphant proof of their efficacy. Surely, in all right reasoning, it must be acknowledged that from whatever means is obtained the readiest and most lasting advantage, those means are the best. Let common sense, then, determine whether a poor attenuated invalid ought to be further reduced by the bleeding system so much in vogue, or use

those means which are so likely to be of benefit, and moreover are so available for ready use. Wherever people reside, whether in crowded cities or in the retired recesses of the country, they may be possessed of a box of the *Oriental Pills* for use in case of sickness; no matter whatever be the nature or character of the complaint, these *Pills* will be of service. If illness never occurs, so much the better. Should those who are suffering under any protracted complaint (particularly if similar to the one here related) desire to see the letter now published, with two others from the same gentleman relating more particulars of the complaint, I will gladly dispatch them by post, on condition that they be returned to me again.

#### DEBILITY, PALPITATION OF THE HEART, &c.

Mr. Thos. Dransfield, hand-loom weaver, Moor's Hill, Paddock, near Huddersfield, had long suffered from general debility and indigestion, accompanied with some of their effects, including palpitation of the heart, languor and depression, with sensations of fainting, &c. The latter symptom occurred in a marked manner whilst in a club-room one evening in August, 1859, when palpitation of the heart became excessively severe, and he fell fainting on the floor, and to use his own words, was "taken up for dead." After being restored to consciousness, he was recommended by a friend to have recourse to the *Oriental Pills* and *Solar Elixir*, which in a very brief period of time completely re-established his health.

Having occasion to be in Scarborough in the summer of 1860, Thomas Dransfield related to me the foregoing particulars; and further stated that one of his daughters had frequently been subject to loss of appetite, low spirits, headache, and other symptoms of deranged health; the same medicines cured her also.

The exciting causes of debility and indigestion in this case were, doubtless, want of proper exercise, and following a sedentary vocation in an ill-ventilated apartment. The medicines improved the digestive functions and restored the strength, when the other symptoms disappeared. If the same causes, however, be not avoided, they may again produce debility and its consequences; similar causes will, of course, repeatedly produce similar effects. As preventive measures, I therefore recommend proper ventilation of the workshop, and to take as much exercise as possible in the open air every morning and evening, and to use cold water ablutions every night at bed-time.

#### GENERAL DEBILITY AND ILL HEALTH.

Copy of a letter from the Rev. P. Milson, Primitive Methodist minister, Grimsby, Lincolnshire, dated January 2nd, 1860:—

"Dear Sir,—Gratitude prompts me to acknowledge the benefit I derived from your *Solar Elixir* some time ago.

"From various physical and mental causes I was in a state of debility so extreme that I could not sleep. My appetite was weak and capricious; and occasionally aching of the limbs, with depressing, sinking sensations, gave cause to fear that I should become a subject of wasting consumption. I found your *Elixir* to have an immediate effect on the nervous influence. I took it regularly, and derived much benefit from it; and by persevering in its use, along with the collateral means recommended, I have, through God's blessing, become a new man. I can now do my work more easily than I have done for years.

"I have, in my travels, met with several persons who could bear testimony to the efficacy of your medicines. I have also been informed of their excellent effects in some very trying afflictions. One case I cannot forbear relating. In Wold Newton, in this county, I happened one day to meet with a lady who had received a little of your medicine, which she was about taking for a paralytic complaint. This lady informed me that her relative who sent the medicine had been completely prostrated in body, and her reason suspended, through the loss of two children. She was attended by three doctors for a considerable time, but their treatment did her no good whatever. Her husband administered to her the *Solar Elixir*, which completely restored both her physical and mental health.



“With best wishes, dear sir, for your own health, and may I meet you in that world where sickness and death can never enter.

“I am, yours very respectfully,  
“P. MILSON.”

The writer of this letter belongs to a class of very worthy and energetic men, who give themselves to work, body and soul, to reduce the mass of human ignorance, wickedness, and misery on earth. Their labours may not be perceived by the great and affluent, but they are nevertheless exerting a salutary, and in all probability a permanent, influence on the lives of thousands of humbler persons. The itinerant ministers of this denomination have each an allotted sphere of duty,—a duty in which is combined no little amount of mental and physical toil, comprising, as I am told, the delivery of seven or eight discourses a week, each of about one hour's duration; travelling from ten to twenty miles a day, frequently on foot, and in all weathers; visiting the sick in great cities, as well as in remote country villages and out-of-the-way places; and attending to business matters in connection with the society, in addition. Verily, strength of nerve and sinew are quite as indispensable as the good qualities of heart and mind, to accomplish all this!

It rejoiced me to learn from the letter just cited that the health of this exemplary minister enabled him to fulfil his arduous duties.

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#### GENERAL DEBILITY AND ERYSIPELAS.

Extract from a letter by a lady residing at High Stennerskeugh, Ravenstonedale, Westmoreland, dated February 8th, 1860. After describing the symptoms of her own case, the writer states:—

“I have a brother at college who was recommended to take the *Solar Elixir* for indigestion; a complaint which he of late has been much subject to, arising, I apprehend, from hard study and a neglect of bodily exercise. Having derived benefit from the medicine, he brought with him, on coming home at the Christmas vacation, a bottle and a few pills, which he prevailed on my mother to take, as she was then suffering under erysipelas in the face. She was, moreover, very weak and feeble, so that when laid on her side in bed, she could not turn on to the other side without assistance. She took the medicines alluded to, and derived a great deal of good from them; so she sent to Mr. Taylor, chemist, Kirkby-Stephen, for another large bottle, which she also used. These medicines restored her completely. Since then she came to visit me, although the distance is five miles, and her age is sixty years; yet before using the *Elixir* and *Pills* she durst not as much as look out of the door. On expressing my surprise at seeing her, she communicated to me the particulars here stated, and induced me to send away at once for some of the medicines for myself.”

The complaint termed erysipelas is a superficial inflammation of the skin, from relaxation of the arterial branches of that organ, arising from diminished nervous energy, and, consequently, a deranged state of the digestive functions.

The late distinguished surgeon, John Abernethy, observes, in his surgical lectures: “Erysipelas is always the result of a disordered state of the digestive organs. I never see it come on if the digestive organs be right, and it goes away as soon as they are put right.” To treat this disease, therefore, as is frequently done, by bleeding, leeching, and other lowering means, is clearly acting without any discrimination of its real nature; hence the unsuccessful result of such treatment cannot but be self-evident.

Whatever tends to depress vital energy, may be the exciting or producing cause of erysipelas; and its proper treatment consists primarily of cooling the body by the frequent use of a gentle purgative, and restoring nervous power by the daily use of tonic or strengthening remedies. By

the aid of the *Oriental Pills* and *Solar Elixir*, the patient restored her strength and cured the complaint.

GENERAL DEBILITY, &c., FROM BLEEDING.

Copy of a letter received from Mr. Thomas Lindsay, residing at Green-side, Ravenstonedale, Westmoreland :—

“ June 13th, 1860.

“ Dear Sir,—For some time past I have thought of writing to you regarding the benefit which I and others of my kindred have received from your valuable medicines.

“ I have had inflammation four times, for which I was invariably bled. Having read about the treatment of inflammatory complaints in various medical books, which, without exception, recommended bleeding, the thing seemed to be a necessity; accordingly, on the commencement of an inflammation, I submitted to it as the only means to be depended on. I had certain misgivings, however, as to its propriety, for, although I managed to get better of each attack, yet the convalescence was, on every succeeding occasion, more and more protracted; an evident proof that the system was gradually becoming weaker and less able to bear either the complaint or its treatment. My physical and mental health were clearly enough giving way, which I attributed to loss of blood; but still I knew of nothing better than bleeding in the case of inflammation.

“ But it happened to me, one day, when in the shop of Mr. Taylor, chemist, Kirkby-Stephen, to hear the subject of inflammation alluded to, when I accidentally asked if there was any work on the treatment of such complaints by any other means than those of bleeding, &c. Mr. Taylor at once handed to me a copy of your *Anti-Lancet*, and observed, ‘That is the book you want.’ I carefully read your *Theory of Disease*, which, in my opinion, is unassailable; and my eyes were opened on the subject of bleeding.

“ I have great occasion to bless the day on which I received your book, for since then I have had another attack of inflammation, and got better by using the *Oriental Pills* and *sweating* medicine, as recommended in the printed directions. Had bleeding been adopted, as on previous occasions, it is very probable that I should have been completely prostrated, if I had not even actually sunk under it.

“ Last winter I had the misfortune to sleep in a damp bed, from which I caught a severe cold, when something like fever was coming on; but the *Pills* and one bottle of the *Elixir* removed it.

“ Feeling myself much stronger by using the medicines, I have not ceased to recommend them to others; and I do not err in stating, that a score or more people in this part have been benefited by them. I never heard one person who had taken them deny their efficacy.

“ My principal object in writing this letter, is to ask you to send *Pills* and *Elixir* to the amount of the enclosed post-office order; for we should not like to be without them in our house, as it is remotely situated from any of your agents.

“ I am, your obedient servant,

“ To Dr. Charles Rooke.”

“ THOMAS LINDSAY.

When I obtained the sanction of Mr. Lindsay to publish his letter, it was mainly with the view of alluding, as I have already done elsewhere, to the erroneous practice of bleeding in inflammations. I long ago remarked that loss of blood, either from a curative intention or from accident, by enfeebling the capillary system of blood-vessels, renders the body more liable afterwards to inflammatory complaints. Mr. Lindsay’s statement is one amongst a multitude of others which verify the incontrovertible truth.

It was early in the year 1839 when I first publicly condemned the practice of blood-letting. I then stated, in the first edition of the *Anti-Lancet*, that it was a practice false in principle, and fraught with incalculable mischief; and I further said that a time would come when it would be discarded by the profession, and another and a better treatment established. It is now to me a gratifying fact, that, since the year above-said, some of the most illustrious physicians that ever lived in this or any other country, have renounced bleeding in inflammatory disease, and adopted a better and more successful treatment. Among living medical men who have abandoned the never-to-be-sufficiently-condemned practice, are some of the leading

physicians in London. Amongst those but recently departed were Drs. Bright and Todd, who, as physicians to two great metropolitan hospitals, had attended tens of thousands of patients; hence they were surely enabled to detect that which is *wrong*, and determine that which is *right*, in the treatment of acute disease. *They avowed it as the result of their extensive experience, that bleeding and other lowering means in the treatment of inflammation and fever, are altogether fallacious.*

“And in what consists the new and better treatment of such complaints?” the reader may ask. Well, the physicians just mentioned ascertained—and so may any properly-educated practitioner ascertain—that inflammation arises from *relaxation*, and not from a *superadded* power of the capillary vessels of the affected organ; therefore, the most suitable remedies are those of a *stimulating* and *supporting* nature, and with these administered skilfully and regularly, they gained the most unequivocal advantages. If those persons, whether professional or unprofessional, who may be interested in this subject, will read *Clinical Lectures on Acute Diseases*, by R. B. TODD, M.D., F.R.S. (already referred to on page 25), they will see the scientific grounds on which the author denounced bleeding, and they will further see the successful results obtained by the opposite treatment in inflammatory diseases. The book may be had to order of any bookseller: price 6s.

Contrast the *stimulating* and *restorative* treatment adopted by the eminent medical men alluded to, with the destructive plan, as exhibited in the following case. In the *Times* newspaper, published June 17th, 1863, there is an account of the death of General “Stonewall” Jackson, of the American Confederate army, in which it is stated that after the General’s feeble constitution had been exposed to hardships, privations, destitution of food, exposure by night and day, he was at length severely wounded, *lost much blood*, and inflammation of the chest came on. The *Times* correspondent then observed: “The doctor proceeded to cup and leech him; from that moment *I gave up all hope of his recovery.* General Jackson’s physique was far from being robust.” Three days afterwards the same correspondent wrote: “One of the purest, most guileless, most unselfish spirits ever lent to earth has been taken to his rest, and ‘Stonewall’ Jackson is no more. *From the violent bleeding of Thursday last he never rallied.*” It would have been a marvellous thing if the unfortunate sufferer had recovered. But this wrong-headed practice of bleeding will not continue to disgrace a noble profession for ever; ere long medical men will lay aside their *lancets*, *leeches*, and *cupping-glasses*, as curious but most deplorable things of the past.

#### INDIGESTION AND PULMONARY DISEASE.

Extract from a letter received from a tradesman residing at Northowram, near Halifax, dated August 7th, 1860:—

“Dear Sir,—It is with great pleasure that I can testify to the efficacy of your medicines. I had been troubled with indigestion for ten years. Six years since I caught a severe cold through bathing in cold water, which brought on inflammation of the lungs. After that complaint abated, I became subject to pain in the chest, cough, and difficulty in breathing, and people said I was in a consumption. I was attended in turns by three of the faculty, who all considered my case as hopeless. At length I was recommended by a friend to try your *Pills* and *Solar Elixir*. I did so, and found relief from the very first bottle, and in a short time was so far recovered as to be able to attend to business. I am perfectly well now: can eat almost any sort of food, and digest it too.

“I have prescribed your medicines in my family, when needed, ever since, and find them possessed of all the good properties you attribute to them.”

"You may publish my case,—without my name, please; but you are quite at liberty to refer others to me who may be similarly affected."

#### INDIGESTION AND DEBILITY.

Copy of a letter from Mr. Richard Steele, Pickle Bridge Railway Station, near Halifax, dated May 20th, 1860 :—

"Sir,—A person in this neighbourhood having taken your medicines and entirely regained his health by their use, after having the advice of eminent medical men to no purpose, I therefore am encouraged to lay my case before you, which, I think, is similar to the one alluded to. I have consulted several doctors in Halifax, Manchester, and London, some of whose prescriptions certainly gave me relief; but now I am gradually getting worse, and am so weak that a walk of half a mile is quite a task.

"My age is twenty-six, and I am of a nervous, excitable temperament. My occupation is sedentary,—at the desk. I commenced to be unwell several months ago, with general weakness and loss of appetite. I could not imagine the cause until I took the advice of a physician in this neighbourhood, who informed me that I was suffering from derangement of the kidneys and imperfect digestion, produced by a too sedentary occupation and the want of exercise. I shall be glad to have your opinion, and if you think the medicines will be of service, I will procure them immediately. Waiting your reply,

"I am, yours truly, R. STEELE.

I ordered the medicines to be taken as directed for indigestion, in the printed directions which accompany them.

Last letter from Mr. Steele, dated February 8th, 1861 :—

"Dear Sir,—It is with much pleasure I write to inform you that the medicines have been of very much service in my case. Soon after commencing with them, the symptoms I before described began to abate, and I felt to improve every week, which favourable result still continues. Accept of my best thanks for your kind attention and advice. I certainly attribute my recovery to your medicines.

"I am, yours sincerely, R. STEELE."

#### PALPITATION OF THE HEART, AND LIVER COMPLAINT.

Extract from a letter from Mr. William Mason, Spring Gardens, near West Auckland, Durham, dated June 14th, 1860 :—

"I had been suffering day and night, for a very long time, with palpitation of the heart; also pains in the right side and under the shoulders,—from a liver complaint, as the doctors say. I have tried many medical men, and taken a great quantity of different medicines, but they never did me any good. I was recommended to take your *Oriental Pills* and *Solar Elixir*, which have completely cured the palpitation; at any rate, I have not had any return of it for several weeks, so I trust it is cured. The pains in the side and shoulders are very much lessened."

On page 31 of this book it is shown how that palpitation of the heart, when unaccompanied by structural diseases, may proceed from flatulence; one of the effects of indigestion. Liver complaint, also, as I have frequently stated in these pages, results from disorder of the digestive organs. To remove all morbid accumulations from these organs, and to strengthen nervous and organic power, whereby the digestive process may be properly effected, constitute the only rational means of curing the complaints.

#### LIVER COMPLAINT, &c.

Copy of a letter from Mr. Robert Prudhoe, chemist, Spenny Moor, Ferry Hill, Durham, dated November 12th, 1860 :—

"Dear Sir,—I shall be obliged by your adding my name to the list of retail dealers in your medicines, having sold them for the last four years, and their sale increases. Those who have used them recommend them to others: a very good proof that benefit had been received.

"Mr. Edward Taylor, living at Byers Green, near Ferry Hill, informs me that he had suffered very much for three years from a complaint of the liver and spleen,—called such, at least, by all the faculty whom he had consulted. He received advice from both

physicians and surgeons, without benefit. He was induced by a neighbour to try your medicines, and seems very thankful he ever heard of them; for, after taking only one box of *Pills* and three bottles of the *Solar Elixir*, he is apparently quite cured, and able to follow his employment with ease. He says you may publish his case in your *Anti-Lancet*.—"I am, yours respectfully,

"To Dr. C. Rooke."

"ROBERT PRUDHOE.

#### INDIGESTION AND NERVOUS DEBILITY.

Copy of a letter from Mr. John Robertson, Gateshead:—

"To Dr. Rooke, Scarborough.

"Gateshead, Dec. 1st, 1860.

"I, John Robertson, of Oakwell Gate, Gateshead, consider it my duty to state, for the information of others suffering from indigestion and nervous debility, from which I have myself suffered for the last two years, that after having tried various medicines and several medical men in the neighbourhood, without deriving any benefit whatever, I was at last, after various recommendations, induced to try your *Oriental Pills* and *Solar Elixir*; and I am now happy to say that, after giving them a fair trial, I have received more benefit from them than from anything I had before previously tried, and am convinced that by a continuance in the use of them, they will, in my case, effect a perfect cure. Thanking you for your kindness in answering my letter,

"I am, dear sir, yours most respectfully,

"JOHN ROBERTSON.

"P.S.—I have also recommended your medicines to various friends in this neighbourhood, and they have got benefit by them."

#### SEVERE SUFFERING: QUICK RELIEF.

Copy of a letter from Mr. Thomas Punshon, mason, North Bitchburn Colliery, near Darlington, dated November 11th, 1861:—

"Dear Sir,—I have suffered very severely, during the last eight years, with pains in the right side, chest, and shoulders; the pains are so violent at times that I am unable to put on my clothes; and when I cough or sneeze it seems as if I were going to be rent in pieces, so intense is my suffering.

"The other day, I was speaking of my complaints to a friend, when he gave me your book, and recommended me to apply to you. Accordingly, I now write for your advice; and it is a last expedient, for I have tried several doctors, and have received no permanent good. I am almost worn out with my sufferings.

"I remain, your obedient servant,

"To Dr. Charles Rooke."

"THOMAS PUNSHON.

The necessary instructions were followed; the medicines were used; and with what result the following letter will show:—

"North Bitchburn, December 19th, 1861.

"Dear Sir,—I write again for two more bottles of medicine. The *Pills* I have plenty for the present. I feel bound to say I ought to have had these medicines long since, as the benefit I have already received in this short time from the *Pills* and *Elixir* is past describing. My pains are greatly lessened, and I am altogether much better in other respects. If I continue to improve in this way, I shall be enabled to work again in a few weeks. It will be a blessed thing for me if I get rid of the sufferings which I have endured so long. But should I never get better, I still think that the benefit I have received ought to be made known to others who may be in like manner afflicted—for it is a great thing to get so much ease; so you may publish my case.

"I am, your obedient servant,

"THOMAS PUNSHON."

#### INDIGESTION, DEBILITY, &c.

Joshua Pollard, weaver, Ossett, near Wakefield, was much affected for several months with general weakness and ill health. He used various medicines without deriving any benefit; then he attended Wakefield Public Dispensary for several weeks, and regularly took the medicines there prepared for him, and with no advantage. Ultimately, he was recommended to take the *Oriental Pills* and *Solar Elixir*, which he procured of Mr. Moore, chemist, Ossett. These medicines cured him in a few weeks.

#### GENERAL DEBILITY, WITH SYMPTOMS OF APPROACHING CONSUMPTION.

Mrs. Nichols, Brooks Foundry, Manchester Road, Huddersfield, had suffered for two years from loss of appetite, great weakness, headache, bilious sickness, distressing cough, and frequent spitting of blood. She consulted three medical men without any

benefit, as she was gradually getting worse under the treatment adopted. At length, in 1857, she took, as a last resource, the *Oriental Pills* and *Solar Elixir*, which completely cured her in three months.

There had been no return of the complaint in August, 1862, when Mrs. Nichols personally related the particulars of her case.

#### SPASMS IN THE BOWELS.

Testimonial received by Mr. Earle, chemist, 22, Market Place, Hull, from Mr. Richard Caley (proprietor of "Caley's Toothache Tincture"), Trinity Place, Francis Street, Hull, dated November 7th, 1862 :—

"To Mr. Earle,—I beg to add my testimony in favour of Dr. Charles Rooke's *Pills* and *Elixir*, which have done me the most good of anything I ever took.

"For several years I have suffered, at intervals, the most severe pains in the bowels. I was treated by a physician at the Hull Infirmary, besides having advice from several of the most skilful medical men in the town. I was invariably informed that it was a glandular enlargement, and for which there was no cure. I was recommended to try Dr. Rooke's medicines, and am happy to say that I have been almost entirely free from pain for a considerable time past. My general health is greatly improved. You may, if agreeable, forward this letter to Dr. Rooke, as a slight token of thankfulness for what his inestimable medicines have effected in my case.

"I am, sir, yours very respectfully,

"RICHARD CALEY."

#### GENERAL DEBILITY AND THREATENED CONSUMPTION.

Mrs. Gusthart, 16, Norfolk Street, Newcastle-on-Tyne, had suffered for several years from general weakness, bilious and rheumatic complaints; to *relieve* which—for a cure, it seems, was not entertained by her medical advisers—she was frequently dosed with mercurial and similar execrable preparations. These things procured a little temporary relief, but at the expense of much and long-continued injury to the constitution; for, by-and-by, the strength was greatly reduced, and then came on other complaints.

Mr. Gusthart, in a letter dated December 25, 1862, stated that the complaints in the preceding summer were "overpowering languor and weariness; want of appetite; a dry tickling cough, with expectoration and shortness of breath; pain extending through the breast to the shoulder; and severe headache. It was pitiful to behold the emaciated appearance which gradually came on; whilst towards night the feet and legs were much swollen. At this stage I got the advice of a famous homœopathist, who treated the disease for consumption. By his orders my wife went into the country, and derived some benefit from the fresh air and cod-liver oil, &c., but after returning home she soon became as bad as ever. Then, as a last resource, we tried your medicines, and I bless the day I ever saw the *Anti-Lancet*. If I had known about it years ago it would have saved me much money, and, better still, added much to my social comfort. Two large bottles of your *Solar Elixir* did more for her in three weeks than all the other medicines had done for months. The swelling of the legs had disappeared; the cough had almost gone; the breathing better, and the appetite restored; and she became a wonder to everybody as well as to herself."

From undue exposure to cold some of the complaints again returned, but not with their former severity. Again the medicines were used, and with the same beneficial results as before. Mrs. Gusthart is at present (May, 1867) in as good health as a delicately-made person can expect to be.

After Mrs. Gusthart finally recovered, her husband kindly presented to me a copy of a monumental tablet of beautiful design and execution, containing a poetic memorial of much pathos and feeling of which he is the author, on the death of 204 men and boys, at New Hartley Pit, January 16th, 1862. At the back of the tablet there are the following lines :—

"Accept, dear Rooke, this token of regard,  
Nor deem this worthless thing your sole reward.  
A lasting debt of gratitude remains;  
A vivid sense of which my mind retains.  
Conscious that I can never pay to thee  
The worth of what thy skill hath done for me.  
Yes, done for me, in what thou didst for mine,  
When hope at most in flickering rays did shine.

"Newcastle, July 24th, 1863."

Disease, the sting of grief, and sighs of care,—  
Nay more, the canker-worm of dark despair,—  
Were all dispelled, and health brought to my wife  
By your 'Reanimating Balm of Life.'  
As flowers in spring succeed the winter's snow,  
So health once more upon her cheeks doth glow;  
As we the fruits of summer reap with joy,  
So smiles she now upon her infant boy.

"JOHN GUSTHART.

## INDIGESTION AND LIVER COMPLAINT.

Extract from a letter received from Mr. W. Chatterick, bricklayer, Darlington, dated June 29th, 1863 :—

“To Dr. C. Rooke,—Whilst writing for your opinion on the case of a relative, I will take the opportunity of thanking you for the professional advice rendered to me about a year ago when I lived at Coxhoe, in this county. For thirteen years previous to first writing to you I had been in the habit of consulting and taking medicines from different doctors for a complication of ailments, which I apprehend were principally connected with want of action of the stomach and liver. I took, as directed in your letter, the *Oriental Pills* and *Solar Elixir*, which so far removed my complaints that *I have never had to apply to a doctor since*. I am now my own doctor, and regulate my stomach as I like, without pain or inconvenience, by the use of the *Pills*. I am nearly a stone heavier since I first took your medicines. My confidence in their curative properties is very great, but I can easily conceive that a considerable perseverance in their use in long-standing complaints is imperative.”

Although some persons have rapidly recovered by the use of the *Oriental Pills* and *Solar Elixir*, yet that a more protracted use of these medicines is essential in most cases where the constitution has become much enervated by the reflex action on it of long-standing complaints, is what every right-thinking person will acknowledge; and in such cases the collateral means of suitable diet, ablution, temperance, exercise, &c., are not to be neglected. Those persons, therefore, who are not disposed to lay aside their rich food, luxurious wines, and indolent habits, had better apply to *other doctors* and *other remedies*, for I cannot justly recommend people to use the medicines alluded to, if they are determined to retard their recovery by enfeebling indulgences and nonsensical folly.

## INDIGESTION, GENERAL DEBILITY, AND DROPSY.

Mrs. Benson, residing at No. 18, Dundas Street, Middlesbro'-on-Tees, had suffered greatly for four years from indigestion, general weakness, dropsy of the legs, and every now and then with an acute pain in the side. Frequently, too, there was much irritation and peculiar uneasiness within the chest, on which occasions she expectorated much blood. She was, she stated, exceedingly nervous, so that any sudden noise, as the hasty shutting of a door, &c., caused a general trembling and mental restlessness. For the cure or alleviation of these combined complaints the patient was at one time and another attended by, and otherwise consulted, eleven doctors and surgeons; divers medicines were taken and other means used; she was cupped for the pain in the side; underwent the “cold water treatment” at a bathing establishment; but did not find any lasting benefit from any of the means used. By accident she at last heard of the *Oriental Pills* and *Solar Elixir*, which she forthwith began to use, and by persevering with them they gradually strengthened the whole constitution; and as her strength increased, the complaints, she said, as gradually lessened, and finally she was completely cured.

Mrs. Benson was in Scarboro' on July 2nd, 1863, when she called on me in good health, and related the particulars here stated as to her illness and its treatment.

Here was a very marked case illustrating the important fact maintained in this book, that diseases, by whatever name called, arise from *Depression of Nervous Power*; and if there was no other case on record, surely this one would be sufficient to attest the great value of the *Restorative* treatment over all other treatment. This invalid had tried both allopathic, homœopathic, and hydropathic means,—all of which had completely failed to do any good,—and when about given up she was cured by *Restorative* means; hence no apparently hopeless case ought ever to be abandoned until these—the only *natural* and only *reliable* means—be fairly used.

## EXTREME DEBILITY, LIVER COMPLAINT, &amp;c.

Copy of a letter from Mr. Robert Holmes, 4, Cundall's Yard, Briggate, Leeds, dated October 7th, 1863 :—

“Dear Sir,—In the spring of 1862, my wife had a severe attack of the jaundice, and

suffered very much from the passing of gall-stones, which reduced her to a state of extreme weakness, so that she was confined to bed for seven weeks. At length, she was sufficiently rallied to be removed into the country, and to a great extent recovered from the complaints, but never regained her strength or natural colour.

"Ere long she had other and worse complaints to contend with. An alarming palpitation and oppression of the heart came on; also an acute pain in the sides, under the shoulders, and in the back, from derangement of the action of the liver, we were told. These combined afflictions broke her sleep for many a night, and caused very distressing and wearisome days. She continued in this sad condition for several weeks, gradually getting weaker, till, being recommended to try your *Oriental Pills* and *Solar Elixir*, they were procured and used, and, with the blessing of God, she has wonderfully improved. The *palpitation* and pains I alluded to are entirely gone, and I have not the slightest doubt that a little longer continuance with your excellent medicines will completely restore her in every respect.

"The benefit which my wife has already obtained is so marvellously great, that I feel it my duty to give you this plain statement of her case out of gratitude to yourself, and to point out the value of these medicines to others; for doubtless there are other persons similarly afflicted.

"I am, yours respectfully,

"To Dr. Charles Rooke."

"R. HOLMES.

Restorative means alone will cure such enfeebling complaints.

#### GENERAL DECAY: ANTICIPATED DEATH.

Mrs. Hall, residing at 43, Bramwell Street, Sunderland, on writing for some of the medicines for Capt. Hall, observed in her letter, dated October 15th, 1863:—

"Your *Pills* and *Elixir* have cured my son, when the doctor had given him up."

On the 19th of the same month, Mr. Scarrow, chemist, Sunderland, communicated in a letter the particulars of the case as follows:—

"Sir,—At your request I called on Mrs. Hall about her little boy's case, and from her I ascertained the following particulars. His illness was first brought on by his nurse having incautiously laid him on the damp grass when in the Park. On the following morning, being hot and feverish, a doctor was sent for, who administered medicine without any good being effected. The child kept lingering on in a feverish state for several weeks, the doctor attending him meanwhile; at length a chest complaint complicated with croupy symptoms came on, followed by much weakness, and a state of general *atrophy*, or gradual wasting away. The remedial means used had not any beneficial effect, and the medical attendant at last said there was no hope of the child recovering, as the complaint was connected with disease of the bowels; all had been done that could be done, and he could do no more. The little patient was then left to his mother's care.

"At this stage, and when nothing but death was expected, your medicines were by some chance recommended. A small dose of the *Elixir* was therefore given to the child regularly, and part of a *Pill* occasionally. A favourable change was soon visible; the patient rapidly regained his flesh; the colour returned to his face; and he is now a fine strong little fellow.

"I am, yours obediently,

"WM. SCARROW.

In a postscript to this letter, a case is given of—

#### CHRONIC IRRITATION OF THE STOMACH AND DIARRHŒA,

which was cured by using the medicines. The following are the details, as stated by Mr. Scarrow:—

"There is another case which I think is more remarkable than the foregoing. A young married man in the employment of Messrs. Pile and Co., ship-builders, of this town, had suffered for about two years from irritation of the stomach and bowels, so much so that frequently after eating he immediately vomited all that he had taken; and in addition he had an almost constant diarrhœa, so that he was reduced to a state of great weakness. He had the advice of one of the most reputed physicians in Newcastle; next he consulted a medical man of very extensive practice in Shields; and ultimately was under the treatment of one of our own surgeons; none of whom did him any good.



When he called on me respecting taking your medicines, he had, I believe, been totally unable to attend at the work-yard for three months. He took the *Solar Elixir*, with the powders for which you sent a prescription, for about three weeks, when he was so much improved as to be able to resume his work, and is now quite well. "W. S."

#### INDIGESTION, "LIVER COMPLAINT," AND ILL HEALTH.

Mr. P. F. Hatley, No. 8, Argyle Street, Newcastle-upon-Tyne, had long suffered from indigestion, depressed action of the liver, and ill health thence arising. He had the advice of a medical man, and was also an out-patient of the Newcastle Infirmary, but derived no benefit; on the contrary, he appeared gradually sinking. One doctor told him that he had better make preparation for another world, as he would not probably remain long in this. A friend, however, recommended the *Oriental Pills* and *Solar Elixir*, which he used as directed, and recovered. The following letter, dated October 27th, 1863, was received from him:—

"Dear Sir,—I am certainly chargeable with neglect in not writing to you before this time, to acknowledge the obligation I owe you for such an unexpected deliverance from disease to the blessing of health. None of my relations or personal friends expected to see me better; neither had I any hope of recovering. I had a strange feeling of sinking, which slowly increased day by day. For six months this had been going on, and nothing I took in the way of medicine seemed to do me the slightest good. I was at length advised to try your medicines as a last resource. I accordingly took them regularly for a few weeks, and now, with God's blessing, I am as well as ever I was in my life. I have not taken the medicines for the last three weeks, as I find there is no occasion to use any more.

"I am, yours respectfully,

"PETER F. HATLEY."

In alluding to this case, Mr. John Gusthart, 23, Hare Street, Scotswood Road, Newcastle, observes in a letter dated February 3rd, 1864:—

"In regard to Peter Hatley's disease, I believe the Faculty treated him for derangement of the liver. One doctor observed to him:—'*There is scarcely any blood in your body; the little you have is mixed with water, and I cannot make blood for you.*' Some thing or somebody, however, has made blood for him. I saw him two or three days ago, and he looks as well as he did before his illness. He is, contrary to your orders, working at his trade as a shoemaker, and he cannot, he says, meet with anything more suitable."

#### PROTRACTED ILLNESS.

A gentleman residing in Sunderland, on writing for a copy of the *Anti-Lancet*, observed in his letter, dated December 14th, 1868:—

"A friend of mine, having been ill a long time, tried all medicines prescribed for her, but without any benefit, commenced using your pills and a little of the *Solar Elixir*. Although her life was despaired of when she first began taking the medicines, yet on my calling to see her about a month afterwards, I may justly say, I never saw such a change; she was able to resume her household duties; in fact, she was, as she informed me, quite restored to health. She desired me to send her respects to you, and further wished me to state that it is her firm belief that, had it not been for your medicines, she would now have been in the grave."

#### INDIGESTION, LOSS OF APPETITE, &c.

Extract from a letter received from Mr. J. Hall, 31, Grange Street, Cobridge, Stoke-on-Trent, dated February 15th, 1869:—

"Two years ago I began to be sadly troubled with indigestion, loss of appetite, nervous weakness, and other troublesome ailments. I tried six medical men in this neighbourhood for several months, but found no relief whatever from their medicines. A friend advised me to take your medicines, which I have done for a few weeks, and have derived great benefit from them; my appetite has much improved; the sickness and giddiness which troubled me greatly have left me, and all the other symptoms are gradually lessening. My strength has also increased. I am very thankful for the benefit received, to which I am solely indebted to the *Oriental Pills* and *Solar Elixir*."

## PROTRACTED ILL HEALTH CURED.

Mr. Moore, chemist, High Street, Brierley Hill, Stafford, observes in a P.S. to a letter, dated July 17th, 1869 :—

“I have recently met with an extraordinary case where one bottle of *Solar Elixir* and a box of *Pills* cured a person who had been under medical treatment three years, for ill health proceeding from indigestion and liver complaint.”

## NERVOUS WEAKNESS, LOSS OF APPETITE, AND WANT OF SLEEP.

Extract from a letter received from Mr. Railton, confectioner, Barnard Castle, Durham, dated April 2nd, 1869 :—

“Before describing my sufferings from cold, I beg to inform you that my wife, who had been ill for several months from nervous debility, loss of appetite, and want of sleep, &c., was recommended by a friend to try your medicines. I procured for her a bottle of *Solar Elixir* and one box of *Pills*, which she took as prescribed, and had not used them a week before she found herself considerably better and soon got quite well; her appetite has returned, and she can sleep well; the nervous feebleness has left her entirely.”

## INDIGESTION AND ITS COMPLICATED MALADIES GREATLY RELIEVED.

Letter received from Mr. John Forster, Catton, Haydon Bridge, Northumberland, dated August 13th, 1869 :—

“It is about two years ago since I solicited your advice, and lest I should be thought ungrateful, I forward this communication, to inform you that I am very much improved of my complicated complaints—namely, indigestion, general weakness, scurvy, severe headache, liver and chest complaints—which improvement I solely attribute to the use of your invigorating medicines. I am much stronger, and ten years younger-looking than I was two years ago.

“I have only been taking a small dose of the *Solar Elixir* once a day and a *Pill* every night. I am certain by steady perseverance in the use of the medicines they will cure me, which, two years ago, neither I—nor any person who knew me—did expect. I may also add that (prior to taking your medicines) I took various other medicines, but not one of them is worthy to be compared with the *Oriental Pills* and *Solar Elixir*, which alone comprise in themselves what a debilitated constitution is grasping for.

“I cannot forbear stating that injustice has sometimes been done to your medicines, which I have always frankly defended, having seen much good effected by them; but a great many people lack perseverance in their use, while other persons, when using them, cling to their enervating luxuries and intemperate habits, hence the words on page 58 of the *Anti-Lancet* cannot be printed in letters too plain, nor read too loud.

“Accept this communication along with many thanks for the advice you so kindly rendered. I shall continue using the medicines, though I have been, and doubtless shall continue to be, the subject of much professional ill will.”

An invalid ought surely to take medicines from which he derives benefit without being subjected to the ill will of neighbouring medical men. Such a perversion of right feeling is generally found amongst the half-informed professional clique settled in country places; it seldom occurs among highly educated medical men of great cities. I have frequently heard of members of the latter class using the *Oriental Pills* and *Solar Elixir* in their own cases when necessary. Not a week since (I write this on October 18, 1869), a gentleman informed me that his son, whom I had four years ago directed to spend each winter and spring in a warm climate far distant from his native home, had, on his third winter's residence there, ruptured a blood-vessel whilst ascending one of the mountains which rear their lofty summits on one side of the place. It happened just then that a world-renowned scientific gentleman—one, too, taking rank amongst the leading physicians of England, was staying for a brief period in the same locality for the sake of health and rest: he was called on to attend the young stranger in his dangerous attack. After the lapse of a few weeks a tonic medicine became necessary, which the physician was about to order, when the patient's father stated that he had some bottles of *Solar Elixir* by him, from which medicine

both himself and son had derived much benefit ; on learning this, the worthy doctor wished to try it himself, when he accordingly took a tablespoonful in water. He said he had a favourable opinion of it, and recommended it to be used. Now, had an ignorant country medical practitioner been similarly placed, he would, in all probability, have felt nothing but "ill will" both against the patient, his father, and the medicine.

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GREAT WEAKNESS, LOSS OF APPETITE, HYPOCHONDRIASM, OR MENTAL DESPONDENCY.

Copy of a letter received from a gentleman in Hull, dated August 23rd, 1869 :—

"Your valuable *Solar Elixir* has saved my life. I am fully restored to health and strength, and feel altogether better than I have done for several years past. I think there never was any one so afflicted as myself—not with pain, but with something far worse than pain ; I was depressed in spirits, and beheld the things of this world with deep-rooted sadness ; I envied the man whose career was hastening him onwards to self-destruction ; I was in a fearful state, and only wished to die. My friends guarded me with watchful tenderness. I began using the *Solar Elixir*, and had only taken it a short time when a visible change was manifest to all who knew me, my health improved apace, and my mind became more serene. I have taken it since last December, but need it no longer.

"You may publish my case, but please omit my name in your book. You are welcome to refer patients to me personally or by letter. I feel assured none can tell the value of your noble medicine more than myself ; had it not been for it, I certainly should now have been either in an asylum or the grave. Should I ever require your advice again, you shall be informed."

This gentleman was mistaken when he thought that there never was any one similarly affected. It has been my lot to observe that sickness, sadness, and despair are the inevitable lot of many in this world. I could relate numerous instances in which poor heart-sorrowing creatures could not find solace in anything appertaining to earth. The death of a relative or friend often throws a dark shadow across the pathway of life ; the accustomed chair may henceforth be vacant, and the well-known voice be heard no more, but be it remembered that the self-consciousness of the departed will exist for ever. In the darkest of life's shadows there is ever a light that speaks to the mind, that throws rays of comfort on the otherwise disconsolate present, and illumines the future. The distressed may be assured that a period will come when they will meet their beloved friends again in the land of the Hereafter, where neither clouds can darken nor sorrow enter.

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REMARKABLE RECOVERY.

Extract from a letter received from Mr. Atkinson, dispensing chemist, Padiham, Lancashire, dated September 1st, 1869 :—

"Do you remember Mr. James Riley, of Sabden, writing to you ? His daughter has perfectly recovered, although her medical attendant said there was nothing but death for her ; it is a most remarkable case."

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INDIGESTION WITH SEVERE PAINS AT THE STOMACH AND CHEST.

Copy of a letter from Mrs. Elizabeth Crocker, of Newnham, Gloucestershire, dated September 16th, 1869 :—

"I take this opportunity of thanking you for your kind advice when I was so ill. I commenced taking the *Pills* and *Solar Elixir* as soon as I could procure them, and have taken them until a few days ago. I am thankful to inform you that I feel quite free from any pain, and can now do my work in the house, which I could not do before I took the medicines, although I had medical attendance.

"Will you please send me a copy of the *Anti-Lancet* ?

"To Dr. Charles Rooke."

## INDIGESTION AND DISTENSION OF THE STOMACH.

Extract from a letter received from Mr. John H. Pain, chemist, Hadleigh, Suffolk :—

“A gentleman in this neighbourhood has derived great benefit by taking the *Solar Elixir* twice a day for indigestion and distension of the stomach; he tells me that he has not been so free from flatulence and other complaints for the last twenty years, although he has tried nearly every medicine advised.”

## SEVERE CASE OF LIVER COMPLAINT OF LONG DURATION.

Copy of a letter received from a gentleman residing at Wickhamford, near Evesham, Worcestershire, dated September 30th, 1869 :—

“I have suffered for several years from what our physicians called liver complaint, for which they have treated me with blue pill and colocynth. I found but little relief from their treatment. My liver seemed to be enlarged very much, and I could not bear pressure on it, or lay on my right side. I could not ride on horseback, it so shook my side. My legs ached very much, and began to swell after a little exercise. How to obtain relief I did not know; but it happened that a copy of your book was left with me about last Christmas, in which I saw a case of liver complaint described. I at once made up my mind to try the *Oriental Pills* and *Solar Elixir*. I took two *Pills* every night and a dessert-spoonful of the *Elixir* three times a day in the infusion of calumba root. I had not taken the medicines more than four days when the pain left my feet and legs, and I felt quite a new man. I could ride a great distance without feeling tired or any ill effect for some time after, when it came on again as bad as ever.” I took three more bottles and two large boxes of pills, when my legs felt well again, and there is no longer any enlargement of the liver, nor any flatulence in the stomach such as I used to be troubled with.

“Lest the medicines should again be needed, I wish you to send some more to keep by me, with instructions as to diet. I am fifty-six years of age, and have been very abstemious all my life.”

This gentleman erred when he began to take violent exercise on horseback after only using the medicine four days. Such exercise ought not to have been taken for at least four weeks. It will be advisable for all persons who may be cured of similar complaints, or indeed of any complaints, to take a little of the medicines every spring.

## INDIGESTION AND LIVER COMPLAINT.

Copy of a letter received from Mr. W. S. Wheatley, grocer, Top of Clum Road, Ellesmere Road, Sheffield, dated October 3rd, 1869 :—

“Having suffered much lately from indigestion and liver complaint, brought on, I presume, by living for long in the heat and cold of various climates whilst in the service, I was recommended a few weeks since to try your *Solar Elixir* and *Pills*, and I must do them justice by stating that if any person had told me of the benefit which might be derived from them, I could not have credited it. The change for the better in my whole system after using them a short time is wonderful; and as the matter is so well known to many people in this town, I therefore give you full permission to publish it for the benefit of those who may be suffering from the same complaints. I bought the medicine of Mr. Spurr, chemist, Ellesmere Road. I am sure that any person who may have occasion to use the medicines will not begrudge the cost if they derive but half the benefit which I have derived from them.

“Receive my thanks and gratitude, and be assured I will recommend your medicines to those who may require them.”

## INTERMITTENT FEVER, OR AGUE.

This disease consists of distinct *paroxysms*, or periods of fever, between each of which there is a period without fever, termed *intermission*; and hence ague is properly enough termed *intermittent fever*.

Ague arises, like all other diseases, from nervous debility, however

induced, which occasions a partial suspension of the digestive process. Hence the system becomes clogged with morbid humours, which nature strives by a spasmodic effort to expel by the skin; and this effort constitutes the *paroxysm*, which consists of three stages,—a *cold*, a *hot*, and a *sweating* stage. Part of the morbid matter, also, is discharged by the kidneys, as is evident by the sediment deposited in the urine.

CURE.—The great object in this, as in every other disease, is first to aid the efforts of nature in expelling it; for this purpose, in the *cold* stage endeavour to induce the hot, and in the *hot* stage promote the perspiration. In the *intermission* of the paroxysms, the stomach and bowels must be cleansed, and the general system invigorated, whereby the fresh accumulation of morbid matter is prevented, and consequently the paroxysms will disappear.

In addition to the directions given with the medicines, the patient must, during the intervals between the fits, take a nutritive diet, and regular exercise, if possible. After an ague is cured, I would advise the patient to take a dose of the *Elixir* twice a day for a week or two, which will prevent a relapse.

These medicines have hitherto removed every case of ague in which they have been used, and, in many instances, after the usual remedies have failed. When ague is thus cured, it leaves no other disease behind it, as is notoriously the case when the customary treatment is adopted, which treatment consists in administering either *arsenic*, *sulphate of zinc*, or *quinine*. Now, none of these articles are calculated to assist nature in throwing off the morbid matter, but, on the contrary, are productive of much misery. (See page 26). Half-educated medical men see the inutility of these things, and hence they bleed in this disease! Yes, reader, blood is abstracted in the cold stage, in order, as its advocates say, to relieve congestion! I know that in the cold stage of ague there is a determination of blood from the capillary vessels of the surface of the body, towards the deep-seated large vessels; but how ought we to act in such a case? Most assuredly not by still further debilitating the patient by bleeding, but by using those means which will enable the system to rally, and consequently to equalise the general circulation of the blood. If, however, the *Solar Elixir* be taken at the *beginning* of the cold fit, and the other means used as directed, internal congestion will be prevented.

When ague does not prove fatal under the debilitating use of *mineral medicines* or *bleeding*, it leaves behind it, in the majority of cases, enlargement of the spleen and liver, for which *leeching* and *cupping* are employed, and thus are patients hurried to the grave.

#### AGUE, &c.

Copy of a letter from Mr. James Dixon, engine-driver, Netherton, near Morpeth, dated July 26th, 1852. (Since removed to Swansea Station, South Wales Railway.)

"Sir,—Perhaps you will have it in mind my mentioning in a former letter that I was about to start for Egypt, to assist in the formation of a railway in that country. I remained there several months, not in very good health, and still less of comfort; but at length I was attacked with the ague, which so shattered my frame that I was obliged to return to England, when I began to take the *Oriental Pills* and *Solar Elixir*, and have now to inform you that the complaint is entirely removed, except a little weakness in the hands. I did not take quinine, or any other medicine but yours.

"I wrote to you on the 13th of October, 1846, for advice respecting bleeding at the nose; a complaint I had for fifteen years, and which, at times, weakened me much. I applied to different medical men about it, but nothing did me good for long together. I

had also a darting pain in my side and left breast, which affected my breathing, and seemed to threaten me with decline. I fortunately got a sight of the *Anti-Lancet*, and wrote to you. I took your medicines as ordered, which cured me of those long-standing complaints; at any rate, I have had no return of them for above six years. What makes me mention this circumstance again is, I saw a little boy yesterday affected with bleeding in a similar manner, but the doctor says the heart is diseased, and so I suppose there is no cure for him. If printing my case will do any good, it may be published.

"I remain, your humble servant,

"JAMES DIXON."

#### PROTRACTED CASE OF AGUE.

Mr. Michael Boddy, Thornton, near Pickering, was attacked with fever and ague, when residing in North America. He took quinine, iron, arsenic, and other remedies, which tended to check the complaint, but did not cure it; and after paying nearly £100 to doctors for advice and medicines during eighteen months, he was finally directed to return to England to try whether his native air would restore him to health. On arriving in this country in the beginning of November, 1855, he immediately placed himself under the treatment of a surgeon and physician, who again administered quinine, &c.; but neither his medicines nor the change of air had the least visible effect, except of slightly ameliorating the complaint. He came to Scarbro' to apply personally on January 14th, 1856, when I recommended the *Solar Elixir* to be taken twice a day in the infusion of calumba root, with half a teaspoonful of carbonate of soda added once a day; the *Pills* twice a week. The medicines completely removed the complaint, and restored health. A few months afterwards Mr. Boddy wrote for a neighbour affected with rheumatism, and observes as follows:—

"Thornton, October 1st, 1856.

"I ought to have written to you before this time, but since my recovery I have been very much employed. A labouring man in this village has been afflicted a long time with severe pains in the loins and hips, so that he could scarcely move about. He has tried various medical men in this part, without deriving any benefit so far, and one of them is now talking of cupping him. I had a little of the *Solar Elixir* left, which I gave to him. He took it, and the effect was so favourable that in a few days he could work a little, so I prevailed on him to visit you. As regards myself, I certainly believe that I owe my life to your excellent medicines and advice. I am entirely better of the ague, and now enjoying good health."

#### FEVER.

Under the term "*fever*" is designated a very numerous class of diseases, according to the jargon of the medical schools,—such as nervous, typhus, bilious, yellow, scarlet, &c.; but I contend that all these varieties are only so many features or effects of debility, depending on the irritation and depression of the system by the pressure of morbid humours, and which, from the great depression of vital energy, nature is unable to throw off.

*Exciting causes.*—As morbid matter arises from depression of nervous energy, therefore whatever debilitates the living powers of the system may be the exciting cause of fevers,—such as poor living, grief, distress, intemperance, impure air, &c. We always find most fever prevailing in close, thick, foggy weather, and when the atmosphere is, as it were, confined and stagnant, which is an irrefragable proof of the truth of the foregoing Theory of Disease, and also that the *electric fluid* is identical with *nervous power*. It is well known that in close, thick, damp weather, when fever prevails, there is a great deficiency of the electric fluid in the air, and hence the depression of nervous power in such weather; and hence, also, the prevalence of disease. In clear, frosty weather, the electric fluid is greatly augmented, and consequently, in such a state of the air, fever disappears.

*Treatment.*—Fever, under whatever type it appears, is very easy to cure when proper measures are adopted. It is only rendered difficult and fatal by the destructive means which are resorted to in attempting its cure. It is not ague only, but every disease, which partakes of that general law of nature, alternate motion and repose, or, in medical language, *paroxysm* and

*remission.* The paroxysm, as stated under "ague," is a struggle between the living energy and the morbid cause,—an effort of nature to throw off morbid matter by one or other of the emunctories, as the skin, the kidneys, and the bowels. This *law* is remarkably exemplified in fever; and instead of purifying the blood and supporting the system during *remission*, in order to aid nature in the subsequent paroxysm, we find, on the contrary, the very opposite measures in practice,—*bleeding* being the very first thing thought of, which is intended to lessen arterial action and diminish irritability; but does it always produce such effects? Does it not frequently happen that excitement, instead of being diminished, *increases* after blood-letting?

"I have frequently observed," writes Dr. Armstrong, "that copious bleeding produces a state of universal collapse, from which the system never rose again, or was succeeded by indications of violent excitement of the heart or arteries, attended with much nervous irritation. *Bleeding may actually occasion a state similar to that which it was intended to remove.*"

By using the medicines as ordered in the printed directions, combined with the additional means of personal cleanliness; fresh air, frequently admitted into the patient's apartments; the abundant use of cold water during the *hot* stage, both by drinking it freely and sponging the whole skin therewith, every variety of fever met with in Great Britain has been frequently cured. Indeed, if this treatment be properly managed it will seldom fail, as it is founded on the unchangeable laws of Nature; the object of which is to build up, and not to pull down,—to throw off, and not to prolong, disease.

We will now turn to that opposite mode of treatment which is pursued by the modern schools of medicine;—and a fine system of stark-staring madness it is! Bleeding, blistering, cupping, leeching, salivating, are now constantly adopted by the whole medical régime for the purpose of curing fevers! Talk of science and philosophy, indeed! and laugh at our forefathers for believing in witchcraft!! My opponents say this is an age of intelligence; but I beg leave to tell them that it will be a subject of far greater ridicule to posterity than the age of superstition. In former ages, physicians used spells and enchantments to cure their patients, ay, and cured them too.\* In this age they laugh at such remedies, and employ poisons, the strongest they can obtain! They bleed men in shivering and cold fits, to deprive them of life's blood at the very moment when they stand most in need of it, and bring upon them infirmities from which they never recover till death removes them from the scene of suffering. "If we," writes Mr. Dickson, in his *Fallacies of the Faculty*, "examine the Scriptures (or any ancient book), we shall find various modes of cure mentioned, but blood-letting is not once mooted! We read of 'balms,' 'balsams,' 'baths,' 'charms,' 'physics,' 'poultices,' but blood-letting never. Had it been practised among the ancient Hebrews, would this have been the case? Yet see with what heroic perseverance it is now practised in every disorder, from infancy to old age."

Whatever may be the *exciting* cause of fever, it affects the system alike in all cases; first, by depressing nervous power, from whence follow physical debility and corruption of the fluids. When improperly treated, by anti-phlogistic measures, fever becomes a pestilence, as deadly in its action as it is migratory in its habits. Bleeding, in fever, is a most destructive practice. It increases the already existing debility to an alarming degree, and

\* Methinks I hear the would-be philosopher saying,—“Oh, you believe in charms, then, do you?” Yes, I believe that the emotions of FAITH and HOPE, which the senseless mystic mumery inspires, by exciting new impressions on the brain, and hence through the nervous system, have assuredly, in thousands of cases, cured the sufferings of the sick. This assertion is borne out by some of the greatest writers, both medical and metaphysical, of every age. I have witnessed many strange effects from causes which neither I nor Sir D. Brewster, with all his natural magic, could comprehend. The imagination is the most powerful, active, creative principle in man; and that the various sensations which it produces must be accompanied with corresponding changes in the organic matter of the body, cannot admit of a doubt. “Every conception,” says Baron Liebig, the illustrious chemist of Germany, “every mental affection, is followed by changes in the chemical nature of the secreted fluids; and every thought, every sensation, is accompanied by a change in the composition of the substance of the brain.” This is a subject with which I could fill a volume; and in my *Legends of Fairy Land*, which ere long will be published, much matter of this description will be embodied.

converts a simple disease into the most complicated form; and, by still further impairing the muscular and nervous powers, renders the disease exceedingly dangerous, as nature is frequently rendered by such measures incapable of expelling the noxious matter which oppresses the system.

In the hot stage, or paroxysm of fever, the surface of the body is affected with increased temperature, redness, and swelling. For the removal of these symptoms, blood is abstracted, under the idea of relieving the inflammatory process. But granting that the exterior is in a state of inflammation, which, however, is *not* the case, it is no reason why reducing measures should be adopted; for, as I have explained in the chapter on the Origin of Diseases, inflammation, of itself, is a process entirely occasioned by relaxation of the capillary vessels, from debility of their coats. The practice of bleeding is solely founded on false principles of the *nature* of inflammation, which is *imagined to consist of enlargement of the capillary vessels from increased action*. The practice founded on that false view of the inflammatory process, has sent millions off the stage of life. Those slain on the fields of battle, for several preceding centuries, would bear but a small proportion to the hecatombs of human victims immolated at the shrine of that mistaken theory.

If the increased action of the arterial capillaries be the sole cause of the great influx of blood into these vessels, how happens it that the increased force retains the blood in the vessels? Does *increased action* cause the blood to become obstructed, and to stagnate in the irritated and distended capillaries,—yea, frequently for an indefinite period of time, until the part is disorganised? Such a result of increased action is contrary to all the laws of dynamics. The first appreciable effect of the inflammatory process is the *adhesion of the blood corpuscles upon the internal surface of the capillary vessels*, which is followed by their ultimate stagnation. Again, I ask, “Can such a process be explained on the principle of increased action?” Any person, however ignorant of physiology, would rather imagine that such effects could only arise from debility of the capillary vessels. Experiments, and direct observation with the microscope,\* clearly enable us to discover that it is not from *increased action* that the capillaries become distended with stagnating blood. Indeed, we can produce inflammation at pleasure, by *debilitating* the capillary vessels, and cure it by increasing their action. Is not bleeding directly calculated to increase the debility, by depriving the vessels of their vital stimulus? No wonder that Sir Charles Bell, the eminent surgeon and professor of anatomy, was induced to exclaim at a late period of his life,—“*The lancet has been the death of thousands!*”

“It is questionable,” writes Mr. Searle, in the *Tonic System*, p. 286, “whether a trial would be made of so desperate a practice, if it were now for the first time proposed for the consideration of the profession. Would not a thousand objections to it be raised? Would it not be denounced as an outrageous attack upon the invalid? Would not even the legality of the means be questioned, which, consisting in the abstraction of large quantities of blood, the withholding of every kind of nutriment, &c., would in a few days reduce a hale-looking man to an almost lifeless being? If such a mode of treating inflammation were for the first time introduced to this enlightened age, it would be treated with deserved contempt, for the remedy would be justly held as worse than the disease.”

I will now advert to the case of the late Lord Byron, who certainly fell a victim to what he himself called “*the destructive art of healing!*” Mr. Moore, his biographer, thus writes:—“Of all his prejudices, he declared his strongest was that against bleeding. ‘Is it not,’ he asked, ‘asserted by Dr. Reid, in his *Essays*, that less slaughter is effected by the lance than the *lancet*—that minute instrument of mighty mischief?’ On Mr. Millengen observing that this remark applied to the treatment of nervous, but not inflammatory complaints, he rejoined in an angry tone, ‘Who is nervous, if I am not? And do not those other words of his apply to my case, where he says that drawing blood from a nervous patient is like loosening the cords of a musical instrument, whose tones already fail for want of sufficient tension? Even before this illness, you yourself know how weak and

\* Observations by the microscope have not only displayed to view the existence and nature of a vast multitude of, to the unaided sight, invisible forms of organic life, but the instrument has led to a more correct and satisfactory knowledge of the minute structure of the higher visible animals and plants of our earth: it has given a deeper insight into the laws by which they exist, and the nature of the special functions they are destined to perform. In alluding to the progress made in Animal Physiology during the last twenty-five years, the *Athenæum* of March 5th, 1864, p. 341, remarks:—“It is in the *changed nature of the cells of the living tissues that the pathologist looks for the exposition of the true nature of disease*; and although the slovenly practitioner of medicine may not be aware of the cause, the views of disease which are modifying the practice of medicine every day, are mainly owing to the formation of *more correct theories of disease under the influence of the microscope*.” More than a quarter of a century ago (in 1839) I maintained precisely the same views in the first edition, and in every subsequent edition, of this book; and I here plainly repeat that the instrument, properly used, *incontestably demonstrates* that inflammation, wherever existing, arises from *relaxation of the cells and capillary vessels of the affected part*; and therefore every intelligent person may clearly perceive the destructive nature of *bleeding* and other *relaxing* means in such complaints.



irritable I had become; and bleeding, by increasing this state, will inevitably kill me. Do with me what else you like, but bleed you shall not. I have had several inflammatory fevers in my life, and at an age when more robust and plethoric; *yet I got through them without bleeding.* This time, also, will I take my chance.' On revisiting the patient early next morning, Mr. Millengen learnt from him that he had passed, as he thought, on the whole, a better night." Here, reader, was a remission of the fever, and instead of prolonging that remission by a proper tonic and sedative, mark what follows, which I shall give in Mr. Millengen's own words:—

"I thought it my duty now to put aside all considerations of his feelings, and to declare solemnly to him how deeply I lamented to see him thus trifle with his life, and show so little resolution. His pertinacious refusal had already, I said, caused much time to be lost; but few hours of hope now remained, and unless he submitted immediately to be bled, we could not answer for the consequences. It was true he cared not for life; but who could assure him that unless he changed his resolution the uncontrolled disease might not operate such disorganisation in his system as utterly and for ever to deprive him of reason? I had now hit at last on the sensitive chord; and, partly annoyed by our importunities, partly persuaded, he cast at us both the fiercest glances of vexation, and, throwing out his arm, said in the angriest tone, 'There you are, I see,—a d—d set of butchers! Take away as much blood as you like, and have done with it.' We seized the moment and drew about twenty ounces. On coagulating, the blood presented a strong buffy coat; yet the relief obtained did not correspond to the hopes we had formed; and during the night the fever became *stronger than it had been hitherto*; the restlessness and agitation increased, and the patient spoke several times in an incoherent manner."

Now was not this sufficient to convince the most stupid school-bound blockhead of the inutility of the measure? Far from it! And again I say, mark the result:—"On the following morning (the 17th) the bleeding was repeated twice, and it was thought right also to apply blisters to the soles of his feet." (!) Well might Mr. Moore exclaim,—"It is painful to dwell on such details." The abstraction of blood in this case was at the expense of the patient's life. His death took place on the 19th (April), that is, *three days after he was first bled!* Poor Byron!—he was bled—bled—and died.

I now ask you, reader, what might have been the termination of the case had the following plan been pursued instead of bleeding? In the first place, an emetic should have been given; and if the skin was hot and dry, to have been well sponged with cold water all over the body, particularly the head. A brisk but not drastic aperient should then have been given; and on the 15th, when there was a cessation of fever, instead of abstracting blood, the cessation should have been prolonged by a proper tonic. Had this treatment been adopted, Lord Byron might still have been rendering literature more glorious by the effusions of his pen. He had a fever some years before his death, and when describing its effects, he says:—"After a week of half-delirium, burning skin, thirst, hot headache, horrible pulsation, and no sleep, by the blessings of barley-water and *refusing to see my physician*, I recovered."

A time will come when blood-letting—whether with the lancet, the leech, or cupping-glass—will be abandoned, and men will wonder why their ancestors used such a sanguinary practice. In the next age will

"The vulgar stare,  
When the swoll'n bubble bursts, and all is air."

#### FEVER.

In the early part of the year 1860, fever prevailed to a considerable extent in Kirkby-Stephen, and several persons died thereof. In a printed letter from Mr. John Close, the Westmoreland poet, to his sister, dated March 16th of the same year, he alludes to the epidemic as follows:—

"Now about our little boy: he had a slight attack of fever, and we became alarmed lest, once in our house, it might sweep us away. We were afraid of incurring expenses for medical attendance, so we just doctored the lad ourselves, and cured him too. We gave him Dr. Charles Rooke's famous pills, and he has thriven like a fish ever since. We were so delighted with the favourable result of these pills, that I wrote to Scarbro' for some copies of the *Anti-Lancet*, which I distributed among our gentry. Dr. Rooke was

the only gentleman who sympathised with me after I was robbed at Liverpool." [Alluding to excessive and undeserved damages, &c., which Mr. Close had to pay for an alleged libel.]

Mr. Close composes, prints, and publishes his poetical effusions with extraordinary rapidity, although they comprise nearly all conceivable subjects. As the sheets issue from the press, they are dispatched by post to various respectable subscribers in every part of the United Kingdom. Mr. Close enumerates among his readers all classes of people, including the most eminent statesmen and other distinguished characters. It is said by those who are able to form an opinion on the subject, that his prose writings give a very faithful delineation of rural life as it exists amid the Westmoreland hills; certain it is, these works are admirably adapted for fireside reading on a winter's evening, and will well repay a perusal. Some of the poems alluded to are of very exalted merit, and confer on their author no small amount of reputation; a reputation which will assuredly increase with years, and endure for many a generation when the names of those who are unable,—or, rather, who are unwilling,—to appreciate their excellence, shall be remembered on earth no more.

Mr. Close received a portrait of the author of the *Anti-Lancet* on September 8th, 1860, when, on the spur of the moment, he wrote the following lines, which, in accordance with the desire of many persons, are here published:—

"And do I see my friend at last,—  
The man who felt for me,  
When sorrow her dark mantle cast  
Around, in misery?"

"Is this the famous Dr. Rooke,  
Whose matchless skill and power  
Have cheer'd many a broken heart,  
In sad affliction's hour?"

"Is this the man that fought his way  
To honour and renown?  
A man unequalled in his day,—  
And all his skill his own."

"Thank God, who works unseen by all,  
And prompts just whom He will;  
One man to cheer another on,  
His purpose to fulfil."

"And do I see the man whose heart  
With fine emotions flowing?  
Who loves his genius to impart,  
Good seed is always sowing."

"While tears of joy our eyes they fill,  
We gaze, and look again  
On him who whispered words of bliss,  
And we forget our pain."

"Words fail to tell of all the worth  
Of Dr. Rooke so clever;  
But in our hearts 'tis written there,  
Engraven deep for ever."

"And should we never meet on earth,  
Grateful for love so given,  
Oh, may we meet above the skies,  
To sing the song of Heaven!"

JOHN CLOSE.

## GOUT.

Various opinions have prevailed respecting the causes, nature, and treatment of *gout*, there being no disease on which medical writers so little agree; and hence it need not excite surprise that it has been so seldom cured. There ought not, however, to be more than one opinion on the subject; namely, that in whatever way it shows itself, it clearly depends on the system being oppressed with inorganisable matter, arising from debility and disorder of the digestive organs.

There is a close analogy between the nature of gout, rheumatism, and gravel, the only difference being in the organs affected. They all arise from indigestion, proceeding from a deficiency of nervous power, whence an acetous fermentation of the food takes place, and an excessive secretion of lithic acid is continually produced, which, on entering the circulation, detaches the soda and other alkaline principles of the blood, thus producing the lithic precipitate, and which nature strives to expel from the body by the skin and kidneys;—hence the reason why a patient frequently suffers from gout and gravel at the same time. It, moreover, frequently happens to patients subject to gravel, that on being attacked with gout, the former complaint totally disappears. Gout, on the contrary, frequently terminates in a fit of the gravel.

When nature attempts to throw off the lithic precipitate by the skin, its pores become clogged up and impeded, and the quantity is too abundant for the kidneys to separate; the precipitate is therefore deposited on the tendons and ligaments of the joints, thereby exciting that peculiar inflammation termed gout. At first the precipitate is deposited in a fluid state, but it afterwards becomes dry and firm, in which state the deposits have been erroneously termed "chalk-stones." These concretions are of the same chemical composition as the red gravel and stone in the bladder, being composed of the lithate of soda, an article which consists of lithic acid combined with soda. Hence the perfect analogy between gout and gravel is established. In a severe attack of gout, the whole surface of the body has been covered every morning with a white powder, as if the patient had been dusted with flour. This powder is also the same, in its chemical composition, as the calculi found in the joints and bladder.

That gout arises from indigestion is evident from the symptoms;—the appetite is fastidious or destroyed; the stomach is distended with flatulence, almost to bursting; nausea, vomiting, and other symptoms of debility are present. In those cases where the nervous and muscular debility are greater than ordinary, the morbid precipitate is apt to be transferred from the joints to some internal part, and it is then termed *retrocedent* gout. When it fixes on the stomach it occasions great anxiety, sickness, violent pain, and vomiting; the sensation, however, at the stomach, instead of being that of a fiery coal, is that of a cold lump of lead. When gout flies to the heart, it produces syncope; to the lungs, it produces asthma; to the head, apoplexy or palsy.

CURE.—Innumerable medicines have been used for the cure of this tormenting complaint,—the majority containing colchicum, which article acts as a powerful debilitant, and consequently increases the very cause which produces gout. Its action is always accompanied with great languor; and if the dose be in a small degree in excess, it occasions syncope, cold sweat, extreme prostration of strength, violent vomiting, purging, and a state of utter and very alarming insensibility. In some constitutions these effects have followed from the use of even a common dose. Colchicum may, and often does, give relief in the first instance, which relief arises from its purgative effects; but at the expense of more frequent visits of the disorder, till at length it attacks some vital part and proves fatal. The cure of gout depends on the following rules being strictly attended to:—

*First.*—The action of the stomach and bowels should be assisted, and the indigestible matter gently and repeatedly evacuated; which these organs are unable to perform themselves, owing to their diminished contractile power.

*Second.*—The tone of the stomach and bowels should be renewed, by restoring the deficient nervous power; and thus the cause of gout will be removed, and the morbid matter be gradually discharged from the system by the bowels and kidneys.

The effects must be accompanied by proper medicines, in connection with the following regimen:—

*First.*—Diet, proper both in quality and quantity, must be taken. Vegetables should be taken sparingly in proportion to animal food. The food ought to be plain, but nourishing, so that the blood may resume its healthy properties.

*Second.*—Exercise, according to the strength of the patient, should be regularly taken. Universal experience of this disease being little known among labouring people, is of itself sufficient to prove that exercise is a good auxiliary in the treatment of gout.

*Third.*—Wholesome air and natural rest should be attended to.

*Fourth.*—The exciting causes of this disease ought to be avoided.

The ORIENTAL PILLS and SOLAR ELIXIR are safe and efficacious medicines for the gout.

They have been taken by many gouty patients, and have uniformly produced the following effects:—1st, By removing the offending matter from the system, the intervals between the fits are lengthened. 2nd, The duration of the fits is consequently shortened. 3rd, The violence of the pain is abated. 4th, The topical inflammation is gradually removed. 5th, During the fit they prevent the usual debility taking place, and strengthen the constitution in the intervals. 6th, When gout seizes the stomach, it becomes so cold and torpid that neither wine nor spirits have any more effect upon it than cold water. In such cases the *Solar Elixir* has a most salutary effect. The prevention of gout must depend on the following principles:—Keep the stomach and bowels in order, the skin clean, and the temper calm. Practise universal temperance. Take sufficient exercise—by which I do not mean loitering about in an indolent manner—but labour, sweat, and toil. Go to bed early, rise early, and avoid intense study.

## RHEUMATISM.

This disease has been generally divided into two species, termed *acute* and *chronic* rheumatism. There is, however, no difference in their nature, only in *duration* between them; as both originate, like the gout, from indigestion arising from nervous debility, whereby morbid humours are abundantly produced, and deposited on the muscles, tendons, and ligaments. The skin being one of the outlets for the morbid humour, hence wet and cold, by checking perspiration, also increase this complaint.

*Acute* rheumatism has hitherto been regarded as an *inflammatory* disease, which is a strange perversion of observation and experience. It is true there are swelling and pain in the joints, but these are caused by the deposition of the morbid matter in these parts, as there is no effusion of coagulable lymph; nor are the parts subject to those destructive disorganising processes which so often follow in the wake of inflammation. Moreover, the pains of acute rheumatism shift with extraordinary rapidity from one part of the body to another; and it is not the nature of inflammation to quickly desert one part (leaving it unimpaired), and fix on another, and, after making a short sojourn there, to revisit its old abode, or fly to some new region. I must admit that inflammation of the fibrous tissues of the heart and mitral valve often happens in acute rheumatism, but this is solely caused by the constant motions of those organs whilst in a state of irritation induced by the morbid state of the blood circulating within them.

*Chronic* rheumatism most frequently attacks the loins, hip, knee, and ankle, but every large joint is liable to be affected by it. Of all diseases which affect humanity, none have been found to produce more suffering than the rheumatism; no one being able to form an adequate idea of the misery which it entails, except the poor patient, who is ever and anon racked with the most excruciating pains: for the cure of which various medicines have been tried, and seldom with effect.

Debility is both the *cause and the consequence* of this disease, in a very marked manner; for, even when pain is not present, the affected joints are debilitated to such a degree, in some cases, as to resemble a stroke of palsy. When a treatment is adopted in accordance with the real nature of this disease, it is not at all difficult to eradicate it, although medical men have

made it appear so from their absurd mode of treating it. The cure consists in cleansing the system of the offending matter, and in restoring the depressed nervous and muscular energy.

As chronic rheumatism has so often baffled the efforts of physicians, some may, perhaps, imagine that I speak too confidently as to its curability; but I again state, that when the real cause of any disease is known, it is not difficult to apply an effective remedy. That it is not understood by medical men is very evident, from their contradictory and absurd methods of treating it. Bleeding, blistering, cupping, leeching, setons, &c., are but a few of the debilitating measures employed for its relief,—for *cure* is never thought about! Such practices have caused more destruction among mankind than famine, pestilence, or the sword. If men had constitutions equal to the lower animals, such treatment would even then be wicked; but when rational creatures, endowed with exquisite sensibility, are wilfully tortured by such a prostitution of science and reason, language is too weak to paint such treatment in its proper colours.

Bleeding in any disease, by lowering the nervous and muscular power, still further increases the liability to disease. In all diseases the solids of the body are in a state of innutrition; the ligaments and muscles lose their tone and elasticity, and are rendered more or less incapable of performing their respective functions with the energy compatible with health. Nothing is more likely to protract disease than bleeding;—it produces much mischief, without being counterbalanced by the most trifling good. In chronic rheumatism there is no arterial action to lower,—no inflammation to subdue; then why, in the name of common sense, is bleeding adopted? It will not purify the system of the morbid matter with which the joints are affected; on the contrary, by removing the most healthy portion of the blood, it reduces the digestive powers, and hence it powerfully assists in increasing lithic acid deposits in the joints, and is therefore the means of protracting the patient's sufferings. It is not an unapt simile when I compare bleeding to the cutting the bank of a pool of water, when the pure water is first discharged, leaving the mud behind; in like manner, when a vein is opened, the most fluid and pure part of the blood first escapes, leaving all impurities behind.

*Acupuncture* is another absurd and barbarous operation used under the pretence of relieving rheumatism, and consists in the introduction of a needle into various parts of the body. In a modern French work, written by Berlioz, the author is so extravagant in his expectations of what may be done by the thrust of a needle, that the tenor of his observations is little better than madness itself. For instance, in one case, the inconsiderate man ventured to pierce the epigastric region so deeply that the coats of the stomach were supposed to be perforated! Now, had the patient expired under the operation, would it not have been downright murder? Yes; but it would have been passed over as an unsuccessful operation! Berlioz also suggests to run a long needle into the right ventricle of the heart in cases of asphyxia! The mind grows sad with such experimenting on human life.

What a contrast is there between such a practice and the mild, but certain, means recommended in these pages!—means which may be readily proved are far more efficacious in relieving pain, than all the torturing surgical operations in the world. The *Oriental Pills* and *Solar Elixir* cause no unpleasantness; on the contrary, they are powerful, yet soothing and mild in their operation. They substitute calmness, tranquillity, and balmy sleep, in the place of pain, weariness, and restless nights; a restoration of long-lost limbs, and, during the continuation of life, a cessation of many distressing pains. I speak from much experience when I say that, by the use of these medicines, the tortures of rheumatism have been more readily relieved than by either *veratine*, *morphia*, or *colchicum*; and if they are persevered in, according to the directions given with each, the chronic rheumatism may be erased from the list of those diseases which have been deemed incurable.

In chronic rheumatism, where sleep has been a stranger to the eyes, the *Solar Elixir*, given according to the directions, has succeeded in procuring refreshing sleep, after *opium* (and its preparations) had completely failed. Indeed, the consolatory and assuaging relief that it has afforded to numbers suffering therefrom, justly entitles it to be proclaimed as the greatest discovery the world ever produced for the cure of pain and debility.

I consider that I have a right to speak with confidence on the cure of chronic rheumatism, for it has been my lot to have the management of a great number of such cases, and I never found any difficulty in curing them by the use of these medicines. A multitude of testimonials are at hand, proving their efficacy in rheumatism, yet want of room in this small book precludes me from inserting more than a very few cases; but most of the persons who have been cured of this painful malady are still living and may be referred to.

#### RHEUMATISM AND OTHER COMPLAINTS OF OLD AGE.

“Age and pain—ah, ill-matched pair!”

A most extraordinary proof of the invaluable properties of these medicines was in the case of a female aged eighty years, who was nearly blind, and her strength greatly exhausted from age, combined with grief; and her nights were nearly sleepless from rheumatic pains in the arms and shoulders. I was informed thereof by a friend, when I directly sent her a quantity of *Solar Elixir* and a large box of *Pills*, which she had not taken for one month before she recovered her sight, and is now enabled to read the smallest print. The rheumatism is nearly abated, and her strength is also restored, so that she can attend to her domestic duties as formerly. Blindness, in this instance, as well as in many similar cases, arose from disorder of the digestive organs, and general debility. It was desired that her name should not be made public; but to any person similarly afflicted, I am at liberty to refer them to many respectable families in the village where she resides.

#### RHEUMATISM.

On December 8th, 1853, I received a letter from Richard Akers, labourer, of Stainton, near Barnard Castle, Durham, describing his sufferings from rheumatism; he being then confined to his bed. As I understood he could not very well procure any of the medicines, I sent him a prescription for some of a cheaper description; and on July 24th, 1854, I received another letter from him as below:—

“Sir,—I thank you for your kindness in answering my letter in December, and now write this letter for the benefit of any person who may unfortunately suffer under a similar complaint to mine. You are of course at liberty to print the case, the particulars whereof are these:—In July, 1853, I caught cold, and was seized with severe pain in the loins, hips, and down to the knees, which made me a complete cripple for a time; I could neither walk, sit, nor stand, and was obliged to lie in bed, racked with the most desperate pain. I took different medicines from a surgeon, and had hot baths, besides turpentine and hot flannel applied to the loins, which, in some measure, relieved me.

“I was removed, as soon as I could be moved, to Sunderland, for the advice of a physician there, who ordered blisters and medicine; the principal drug in the latter I understood from a druggist to be colchicum. I took a great quantity of this medicine, which did some good, and as I had been fourteen weeks off work, I was obliged to try to do a little, although the pain was very distressing. One day I got wet and became as bad as ever, being confined to bed, when a friend lent me an *Anti-Lancet*, which I carefully read, and immediately wrote to you. I am much obliged for the prescription you then sent for the powders, which I did not take at that time, but endeavoured to procure a small quantity of the *Oriental Pills* and *Solar Elixir*, which I took according to the printed directions. These medicines completely cured me of the pain in seventeen days, and in four days more I went to work. I have still much weakness in the back, and a sort of weariness in the legs, which I have no doubt the medicines would remove, but, as everything has been so costly, I could not conveniently procure more.”

A little of the latter medicine was then sent gratis, with the object of removing the weakness complained of.

#### CHRONIC RHEUMATISM AND INDIGESTION.

On January 23rd, 1855, a letter was received from a gentleman residing in Alnwick, stating that he had long suffered severely from pains in the hip and knee-joints, accompanied with want of appetite, languor, weakness, pain in the head, and other symptoms of indigestion. The action of the liver was

also deranged, indicated by sallowness of the complexion, pain in the right side and shoulders. Various means had been tried to remove these complicated symptoms, but without avail. The *Oriental Pills* and *Solar Elixir* were recommended by several friends who had been benefited by them, and after receiving from me some written instructions respecting diet and other matters, these medicines were taken accordingly; with what result an extract from a subsequent letter will show:—

“ Alnwick, April 20th, 1857.

“ I can truly say for myself that I most firmly believe that you have saved my life: from the state I was in when I applied to you, I could not have lasted long. I gave away several of the bottles of the last box of medicines I had from you to poor people who could not afford to procure them, and I am glad to inform you they have had the most beneficial effects.

“ I am sorry to inform you that my wife died just three months before I first wrote to you. She died of precisely the same complaints as those of which I have been cured; but we had never heard of your medicines previous to her death.”

#### CHRONIC RHEUMATISM.

Copy of a letter from a lady residing in Northumberland, dated March 7th, 1856:—

“ I wish to inform you that I have been labouring under a sad complaint, called chronic rheumatism; but I will state the particulars of my case. It commenced with weariness and great debility all over me, and considerable giddiness of the head. I have been affected with severe pain in the knee-joints and hands, which is also attended with swelling and stiffness. I have not been able to walk without the use of sticks for above three years. I had medical advice from three doctors, and found myself no better. Being advised by a friend to try your medicines, I accordingly commenced with them in October last, and found a great deal of relief. The pain in the joints is gone, and I find myself very much improved in every respect, and am able to walk without sticks. I had the inward bleeding piles for many years, but, since taking your medicines, I am better in that respect. What principally troubles me now, and induces me to write to you is, that the stiffness in the knee-joints has not left me, although the swelling has abated, and I wish to know what must be done to relieve it. If you can recommend anything to effect that object, I shall be obliged.”

This lady was merely recommended to rub the joints every morning and evening with a flesh-brush, which, with suitable exercise, would probably remove the stiffness entirely.

#### CHRONIC RHEUMATIC GOUT AND CHRONIC BRONCHITIS.

The following letter was received from a gentleman whose name has long ago gone forth to the ends of the earth, and will continue to be a “household word” for many future generations. To *James Sheridan Knowles, Esq.*, English literature is indebted for some of its most interesting productions; works which gave solace and pleasure to the author of this book through many a long day in years that are gone. The frank and generous testimonial here given to the efficacy of the medicines is the more valuable when it is stated,—and the fact is not generally known,—that the writer of the letter was originally educated for the medical profession.

“ Rothesay, Bute, N.B., 24th December, 1856.

“ My dear Sir,—At Aix-la-Chapelle, where I resided last summer for rather more than two months, in the hope that using its waters would benefit me, your *Anti-Lancet* was put into my hands.

“ Having in early life been brought up to your profession,—though I never practised it, except in a very limited degree,—I felt myself somewhat enabled to appreciate the merits of your Introduction, and accordingly read with confidence the subjoined reports of your cases. I was disappointed in my expectation of relief from the simple bath, the douche, and from drinking the waters; of all which processes I made an ample trial. I determined that, immediately after returning home, I would make a trial of your *Oriental Pills* and *Solar Elixir*.

“ My complaints consisted of chronic sciatica, affecting the whole of the lower ex-

tremity, so as to render me most inconveniently lame; and of an undue secretion of mucus in the bronchial tubes, especially upon retiring to rest. Thus have I been afflicted for several years. I have taken a small quantity of the medicines, and I thank God—and you, dear sir, as His instrument—that although the sciatica is not removed, yet the bronchial disease is nearly quite subdued; so much, indeed, that now I do not experience the least inconvenience from it, although far advanced in my seventy-third year. What seems most marvellous is, that my voice is fuller and stronger than it ever was. Three Sundays ago I preached two sermons,\* succeeding each other with an interval of about twenty minutes. This I owe to your matchless remedies; and I therefore recommend them with the sole view of benefiting my friends. I hold it to be a bounden duty to acknowledge the bridge that has carried us over, and point out its trustworthiness to others.

*“Your Pills are the most extraordinary purgatives I ever took. Their operation is gentle, sufficiently copious, and perfectly uniform; and they are never followed by the least tendency to costiveness, as in the case of other laxatives.”*

“On my way hither I stopped for nearly three weeks with a friend at Harrogate, whom I found in a state of extreme nervous prostration. I prevailed upon him to try your medicines. The first pill ensured a sound continuous sleep, and the second dose of *Elixir* a relish for animal food, to which he had been long a stranger, and which lasted as long as I remained. From the lady—a pattern of a noble and generous woman—from the lady of the friend at Harrogate, a letter was received yesterday. Referring to him, she writes:—‘I am happy to inform you he is much better. The sickness has not returned, and I am glad to add he is stronger on his legs. He still continues to take the medicines.’”

“I hope that at your leisure you will favour me with an acknowledgment of this note, and say whether you can hold out any hope of finally subduing the sciatica; and again I repeat that I consider it incumbent on one who has received benefit, to call attention to discoveries of importance so vital to those who suffer from bad health: I therefore trust you will furnish me with several of your pamphlets, which I will present to my friends here and in Glasgow, as my connection in both places is considerable.

“I am, dear Dr. Rooke, your obedient servant,

“To Charles Rooke, M.D.”

“JAMES SHERIDAN KNOWLES.”

The following extract from the last letter I received from this gentleman, announces the benefit he had received from the medicines. This letter was written at Exeter, where Mr. Knowles was then on a visit:—

“June 6th, 1858.

“My dear Dr. Rooke,—God has blessed to me the use of your medicines, in the long disappearance of rheumatic gout. It is now upwards of a year and a half, except that slight attack which I named to you many months ago, that I have enjoyed this happy freedom from suffering. My case is a striking one. Seldom passed a year without my being confined for days or weeks, but since I took your medicines,—not an hour! For several weeks I have been without the *Elixir*, and I do not think that my stomach is the better for wanting it. Will you send me another small supply?”

“I am preaching here and in the neighbourhood twice every Lord’s day, and shall be detained some time longer for the same work. I do not feel so strong as I was when I left Rothesay; but no wonder; I am now in my seventy-fifth year.

The subjoined is a *fac-simile* of Mr. Knowles’ autograph, which he inscribed in each copy of his various works presented to me in the year 1857.

*Presented to Charles Rooke M.D.  
by his admiring and grateful patients  
James Sheridan Knowles  
Jan 1857*

\* Mr. Knowles was during the last years of his life a popular and much-respected Baptist minister.



After the date of the last letter, Mr. Knowles had occasionally slight attacks of the complaint, to mitigate which he used the medicines; and, at my suggestion, resided during each winter in a warm climate. This distinguished author passed away on November 30th, 1862, in his 79th year. The letters addressed by Mr. Knowles to myself may be inspected by any invalid calling on me personally.

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RHEUMATISM.

Copy of a letter from Mr. McGee, residing at No. 8, Islingwood Road, Brighton, dated August 1st, 1860:—

“Sir,—Having read in the *Anti-Lancet* some excellent remarks on rheumatism, and being afflicted with that complaint, I am induced to put myself under your treatment.

“Three months ago I had the rheumatic fever, and was treated for it according to the usual practice in such cases, and was relieved in some respects; but the complaint eventually settled in the left hip and knee, where it still remains, causing me many sleepless nights by the excruciating agony I endure.

“I have been attended by two medical men, who have tried various remedies, but without success. I am now so prostrated and debilitated that I am unable to rise from my bed. My stomach and bowels are much out of order.

“Will you have the kindness to send me some of your medicines, as per enclosed order, as early as possible? and I shall be obliged for some instructions as to their use, &c.

“I remain, sir, your obedient servant,

“To Dr. C. Rooke.”

“WM. MCGEE.”

I ordered the pained parts to be bathed with cold water every night and morning; afterwards to be well rubbed with a coarse towel for several minutes, until a glowing warmth was produced. The medicines to be taken according to the printed directions given with each, and to use plain nourishing food.

Second letter:—

“8, Islingwood Road, Brighton, Sept. 4th, 1860.

“Sir,—I have the pleasure to inform you that I have been much benefited by your medicines. I am now almost free from pain, and able, with the aid of crutches, to get out into the open air.

“I wish I had taken your medicines at an earlier stage of the complaint, as I believe they would have spared me much suffering, and the annoyance of a short leg. I am afraid there is something wrong with the hip-joint, as it appears to be quite prominent in comparison with the other.

“I shall feel thankful for any advice whereby the hip-joint may be brought down, so as to enable me to resume work again.

“I am, your obedient servant,

WM. MCGEE.”

I directed a flannel bandage to be applied with as much tightness as could be borne without inconvenience, and constantly worn as long as needed.

A rheumatic invalid, who had endured much pain and inconvenience for several years from misplaced hip-joint, originally thrown out by spasms experienced during an attack of rheumatism, applied to me, when, on examination, I found that, as a result of mismanagement, it had been allowed to remain out so long that the cup had become filled with an indurated matter, so that the joint could never again be replaced. I had a long while previous seen a similar case verified in a *post-mortem* examination in a London hospital. The simple application of a bandage at the proper time would obviate such a misfortune.

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RHEUMATISM.

Copy of a letter received from Mr. R. Turnbull, Thorngraston, Barden Mills, Northumberland, dated September 6th, 1860:—

"Dear Sir,—I have suffered from rheumatism and sciatica for near two years. At one time I was so ill that I could scarcely stand, even with the aid of two sticks, and was confined to bed for weeks together. At first I felt severe pains in the back; then they removed into the hip-joints and ankle-joints. My legs were also much swollen. When at the worst, a copy of the *Anti-Lancet* was handed to me. I procured your medicines, and after taking three large bottles of the *Solar Elixir*, I was so much better as to be able to walk without sticks; but my legs continue very weak yet, and if I walk a good distance, I feel pain in the hips and legs.

"I have been without your medicines for a fortnight, during which time I have been at a stand-still,—neither getting better nor worse. I am wishful to have your advice how to proceed next.

"To Dr. Charles Rooke."

"I am, your obedient servant,

"R. TURNBULL.

As in similar cases, already given in former pages, I directed the affected parts to be bathed with cold water every night and morning, then to be well rubbed with a coarse towel until the skin felt hot, and to continue the medicines as long as necessary.

Extract from the second letter from Mr. Turnbull, dated January 19th, 1861 :—

"I have much pleasure in bearing testimony to the great efficacy of your medicines. I recommenced with the medicines and attended to the other instructions you gave me, and I entirely regained my health and strength in about three months; which was never expected by any one who saw the state I was in. I am now better than I have been for several years."

#### CHRONIC RHEUMATISM.

Copy of a letter received from Mr. Denbigh, chemist, Burnley, dated February 20th, 1862 :—

"Sir,—James Hargreaves, of this town, has been troubled with rheumatism in his leg and hip for about twelve years, which has caused one leg to be shorter than the other. In walking he put his foot down flat, and with his body bent forward—aided by a stick—he managed with difficulty to get along. The pain, he says, was frequently excessive in the affected parts, and the leg cold.

"He has tried almost everything likely to be useful in mitigating his sufferings, but without any good effect. He commenced taking your medicines about two months since, and the advantage he has derived is very evident; he has thrown his walking-stick away, and now walks upright; but the leg continues shorter, and he wants to know if anything can be done to lengthen it. Some people say his hip is out of joint; but he thinks not.

"Yours respectfully,

"To Dr. Charles Rooke."

"M. L. DENBIGH.

To relax the contracted muscles, from which the shortness of the limb proceeded, I directed the affected parts to be well rubbed twice a day, and as much walking exercise as possible.

#### RHEUMATISM OF ELEVEN YEARS' DURATION: CURED.

Cuthbert W. Beckwith, boiler-smith, School Croft, Martin Road, Middlesbro'-on-Tees, was afflicted with rheumatism in the hips and legs, at frequent intervals, for eleven years. The complaint was first brought on by being subjected to ever-recurring heat and cold inseparably connected with his vocation. He consulted several country medical men, took the medicines, and used the external applications which they prepared or suggested for him, in addition to using various other things which his friends said would do him good, but he only received a little temporary benefit at the best. The complaint gradually increased, until at length, in 1862, he was rendered so helpless as to be unable to work, and for thirty weeks he was confined to the house—and frequently to bed; the desperate pain he often experienced during that time prevented him sleeping for nights together. He would, in all probability, he said, have been off work yet had he not been advised to try the *Oriental Pills* and *Solar Elixir*. A few weeks' use of these medicines entirely removed the complaint, and he has been following his laborious employment ever since. The foregoing particulars were communicated personally.

## NEURALGIA (NERVE-ACHE) : TWO CASES.

Mrs. Haigh, Railway Station, Horsforth, near Leeds, was long and severely afflicted with neuralgia in the face, the agony of which was frequently almost unbearable, and occasioned many sleepless nights. Various medicines were taken, and outward applications used, including blisters and leeches, but without any benefit; hence the painful paroxysms continued to occur night after night for two years. At last the *Oriental Pills* were used, which in a short time completely removed the complaint. After recovery, Mr. Haigh, her husband, who is Station Master at Horsforth, kindly gave permission for the case to be published, observing in a letter written in October, 1863:—"You are at liberty to make Mrs. Haigh's case public, for the benefit of others who may be tortured with this complaint."

Mrs. Haigh recommended the same *Pills* to a lady residing in Horsforth, who was also suffering from a similar complaint; she used them, and with a satisfactory result.

Neuralgia is an excruciating pain of the nerves, arising from depressed nervous power, and indigestion. It may easily be cured by restoring the digestive functions, and tranquillising the nervous system, by the use of the *Oriental Pills* and *Solar Elixir*.

## NEURALGIC PAIN AND IRRITATION OF THE CHEST: DEPRESSION OF SPIRITS: OF ABOVE THIRTY YEARS' DURATION.

Mr. William Lightfoot (formerly tallow-chandler, Darlington), now residing at Sedgfield, Durham, was cured at the age of fifty-nine years, by the *Oriental Pills* and *Solar Elixir*, of complaints from which he had long suffered. After recovering, it was said by a medical man that the chest complaint could not be permanently cured; it was only suspended, and a relapse would ere long occur. After a lapse of nearly a quarter of a century, and the complaint not having again returned, the case was inserted for the first time in the thirtieth edition of the *Anti-Lancet*, and then published with the view of showing the permanency of cures effected by these restorative remedies. Since Mr. Lightfoot recovered he has not failed to recommend the medicines whenever opportunity offered, and he has observed their good effects in a great number of instances: testimonials of some of these cases are printed in this book. In the latter part of the year 1863, I wrote to him for his portrait, when a photograph was accordingly taken, and at my request was engraved on wood by the Brothers Dalziel, London. (*See next page.*)

Along with some copies of the photograph Mr. Lightfoot sent the following letter, dated November 13th, 1863:—

"Dear Sir,—On receiving your letter I went at once to Sunderland, to get my photograph taken by an experienced artist, and here enclose some copies of it. I bore the railway travelling very well, and feel truly thankful that I was able to oblige you.

"Although my memory is failing, yet I perfectly well remember meeting with the second edition of the *Anti-Lancet* when living in Darlington in 1841. Your explanation of the origin and treatment of diseases seemed to me so explicit and sensible that I procured some of your *Pills* and *Elixir* at the shop of Mr. Pease, chemist. I had frequently been sadly afflicted with a severe pain in the chest—neuralgic it was called—and an almost constant distressing lowness of spirits, for above thirty years. I had been attended at one time and another by four doctors, but without deriving any good, as every fresh attack of pain seemed worse than the preceding. The medicines alluded to cured me entirely after a short perseverance with them: they also cured my wife of rheumatism in her hands and shoulders. I never to this day had any return of the complaints, and I shall be eighty-two years old if I live till the 25th of next March. I had a fainting fit last summer, and have felt more feeble since than I did before, but in other respects I am in good health. After the fit I took the *Elixir* which you had kindly sent me previously, and felt benefit from it.

"Poor Mrs. Bowes! and she is gone at last; ninety-seven years was a long time to live. But so it is: I have heard of one friend after another passing away, yet it is a cheering thing in the evening of life to know that we shall meet again.—I remain, yours, &c.,

"WM. LIGHTFOOT."

[The case of Mrs. Bowes (above mentioned) is published in the chapter on Asthma in this book.]



## PORTRAIT OF MR. WILLIAM LIGHTFOOT,

AGED 82 YEARS.

*(From a Photograph taken in November, 1863, by Mr. Sutherland, 25, Sans Street, Sunderland.)*

It is a just tribute to Mr. Lightfoot to state, that his life has been spent in doing all the social good which lay in his power to his fellow-creatures; whilst in a religious respect, he has been a lay-preacher in the Baptist society for upwards of fifty years, without either fee or reward.

Mr. Lightfoot died on July 13th, 1866, being then in the 85th year of his age.

## GRAVEL AND STONE.

These complaints entirely proceed, like gout and rheumatism, from a disordered state of the digestive organs, whereby the same morbid matter is produced as in those two diseases, and which nature tries to expel by the kidneys and bladder; hence arises the painful action of those organs. (See Gout.)

The cure consists in restoring healthy action to the stomach and bowels, when the formation of the *lithic acid precipitate* will cease, and the complaint disappear.

There are two different kinds of gravel—the *white* and *red*. For the cure of *white* gravel take—

*Rp.*—Buchu leaves, 2 ounces; uva ursi, half an ounce; boiling water, 1½ pints. Infuse four hours and strain. Then add: of purified nitre, 1 dram; aromatic sulphuric acid, 3 drams; *Solar Elixir*, one small bottle: shake well together, and take three table-spoonfuls in a little water three times a day, about an hour before meals.

In a case of *red* gravel leave out the *aromatic sulphuric acid*, and instead thereof add 6 drams of bruised *bicarbonate of potass*; shake well together, until the latter article is well dissolved, then take the same dose as before. The medicine must be continued until the patient is better.

## DIABETES.

The symptoms of this complaint are an abundant, and often excessive, discharge of the urine, of a violet smell and sweet taste. It is mostly attended with insatiable thirst, a dry harsh skin, emaciation, depression of spirits, indigestion, &c. At length the feet and legs swell, the skin becomes damp and cold; which symptoms are the forerunners of death.

The *immediate* cause of diabetes depends upon the morbid action of the stomach, arising from nervous depression, and is always connected with suppressed perspiration. The diseased state of the kidneys, which is to be seen on examination after death, is an *effect*, not the cause, of diabetes.

The *exciting* causes of diabetes are such as debilitate nervous energy, such as the abuse of spirituous liquors, external cold, *excessive purging*, *bleeding*, mercury, grief, sorrow, &c.

*CURE.*—The object must be to restore general health, which can only be effected by those means calculated to restore the nervous power and a healthy digestion; after which the urine will be improved in quality and diminished in quantity. Take the medicines as ordered in the printed directions. If the disease cannot always be cured, it may generally be much alleviated, and life considerably prolonged.

During the use of the *Elixir*, the patient must have a warm bath twice a week, which will assist in restoring the action of the skin, and improving the quality of the urine. If a warm bath cannot be conveniently obtained, the body must be well sponged all over every night with warm water. The *whole* body *must* be rubbed *every* day, with a coarse dry towel, which will keep the skin in order.

The region of the kidneys must be well rubbed every day, with a little of the following mixture:—

*Rp.*—*Solar Elixir*, one small bottle; compound soap liniment, 2 ounces; spirits of hartshorn, 2 drams.—Mix.

The diet must consist principally of animal food, and the patient must abstain altogether from substances and drink which possess a diuretic property. He must wear warm flannel next his skin, and the general drink may be common water containing a few drops of aromatic sulphuric acid.

Nine persons, to my knowledge, have taken the *Elixir*, and adopted the above means, for the cure of diabetes, six of whom it completely cured; and justice compels me to add, that in three cases it only relieved, but did not

cure, as the patients ultimately died thereof. On making many searching inquiries into the three latter cases, I found that the constitution of two had been completely broken up by a course of purging with some pills that are advertised to "*cure all diseases!*" The third person had been excessively bled—and this was to cure a disease which arose solely from debility!

Compare the foregoing mode of curing diabetes with the following pitiable case, and that, too, of a medical man:—

The late Dr. Bickley, of Hasler Hospital, being afflicted with true diabetes, determined to give bleeding a fair trial in his own case. He was copiously bled by a surgeon; his strength was greatly reduced by the loss of blood, and the quantity of urine was not diminished, nor its quality altered. Encouraged by the extravagant recommendation of the remedy, he determined to persevere. He was accordingly bled a second time to the same extent. His vital powers were so far reduced by the second operation, that he was obliged to take to his room, and in a few days he died. It is much to be lamented that those persons who first recommended this treatment were not present the day preceding his death, when he severely commented on "this trifling with human life." He then emphatically observed:—"Had I pursued the tonic plan of treatment, which the symptoms of the disease indicate, I might have lived many years."

Dr. Bickley was right when he said the symptoms of diabetes indicate a tonic plan of treatment. Can it possibly be otherwise, seeing that the preternatural secretion of urine is the consequence of relaxation? Dr. Bickley, like millions more, fell a victim at the shrine of Sangrado.

Several persons have been desirous of using the medicines in very advanced stages of diabetes, where the constitutions have been destroyed by the protracted duration of the disease, combined with the destructive means previously used; but not being able to hold out any encouragement in such hopeless cases, I reluctantly declined to undertake their treatment. The following letter from the late Rev. W. Fletcher, D.D., Durham, will show the irreparable mischief effected by the same means alluded to:—

"Catholic Chapel, Durham, March 15th, 1856.

"Dear Sir,—I have this day seen the *Anti-Lancet*, and have been much recommended to take your medicines, though I fear it is now too late; I will, however, describe my case, and leave it to your discretion as to the propriety of my using them.

"My age is fifty-six. About a year ago I had dysentery, and six months afterwards I was *severely bled* for an attack of pleurisy, from which time I have been growing weaker and weaker. Came on soon afterwards a great discharge of water, which has continued to the present time, but the doctors declare that the water is not diseased. I have had constant numbness in the soles of my feet and in the fingers, accompanied with a prickly sensation. During the day my feet and legs swell, and feel stiff and tight. Of late I have suffered much from oppression of the chest, and difficulty in breathing, insomuch that I cannot bear the least exertion. My appetite is tolerable, but I derive no benefit from my food. The doctors say I am suffering from a weak action of the heart.

"Having stated my case, I will thank you to give me directions for the use of your medicines, if you think they will be of service.—I am, yours respectfully.

"W. FLETCHER."

Now, who will not say that bleeding, by enfeebling the system, was not the direct cause of producing diabetes? There, unfortunately, still exist too many medical men who would here exclaim,—"*What else could be depended on in inflammation of the pleura, but bleeding,—even to syncope, in some cases?*" I reply, by asking, in return,—"*Is it wise to purchase by bleeding a brief interval of relief at the expense of future ill—of sure and certain death, in many cases?*" Dr. Fletcher confessed that since he was bled he had become weaker and weaker. He might, and *did*, rue the rash act, which he foresaw was fast hastening his dissolution. It would have been much better to have treated the pleurisy with *aperients, stimulants, and tonics*, which would have better enabled a (perhaps) not very strong person to rally, than the depletory means used.

On the occasion of taking my medical degree at the University of Giessen, in the year 1842, I distinctly advocated the stimulating and tonic plan of treating both inflammations and fevers, and as plainly showed that the principle on which bleeding is founded in these diseases is utterly false, and ought to have been abrogated long ago. Belonging to the university at the period alluded to were the renowned Baron *Liebig*, and others whose medical and scientific attainments had justly obtained for them a world-wide reputation; yet how did those eminent men receive the revolutionary doctrines I advocated in my Inaugural Dissertation? They frankly avowed on my diploma, that the "*Inaugural Thesis on Fever and Inflammation was of the highest order.*" They were German physicians who gave this opinion; but let us see what some English doctors are doing in the way of curing inflammation. It is everywhere acknowledged that the physicians who attend King's College Hospital, London, take rank among the very first practitioners belonging to the allopathic school, and yet these gentlemen are treating inflammation of the lungs—and curing it, too—with the most powerful stimulants, including the *sesquicarbonate of ammonia, wine, and brandy*. For Cases and Cures thus treated by Drs. Todd, Budd, and Johnson, see *Medical Times and Gazette*, Feb. 19th, 1859, page 189. Had Dr. Fletcher been so treated for *pleurisy* he might have been still living; instead thereof he had been robbed of that fluid which was so necessary to his vitality; hence I could not give the least hope of any permanent benefit, and shortly after I read of his death.

## ATROPHICAL CONSUMPTION.

This species of consumption arises from defective nutrition, arising from depression of the nervous and muscular powers, and may be brought on by any cause which depresses those powers, such as sedentary occupations and inactivity, or a syphilitic taint; but in the majority of cases it arises from a notorious habit acquired at schools.

The *habit* to which I allude is termed, in medical language, *masturbation*; and why it is not more noticed by physicians as a powerful cause of bodily decay, is a matter of much astonishment; for if I am to speak from numerous cases which have come before me, it is far more common than some may imagine. It is not confined to the gay, the giddy, and the vain, or to the youth of one sex only. It is not confined to the great and affluent of the world; since I have found it common alike to the rich, the poor, the serious, and the wanton; to the young as well as to those of riper years. It is in vain that modesty attempts to throw a veil over *that practice*, which is the more dangerous, because hidden in *secrecy*; which carries away its multitudes, because medical men have not courage to utter its very name. Thus is humanity betrayed, and thus are the health and happiness of thousands sacrificed to a false delicacy.

It matters not into whose hands this book may come, for I must speak the truth—and the truth is that ours is a bungling system of education; our public and private schools and seminaries are the secret nurseries of the most precocious development of feeling, which, through a misguided imagination, becomes the cause of the wasting away, decline, and decay of vital energy in life's opening morn. I could publish multitudes of letters; yes—

"I could a tale unfold  
Which would harrow up the soul,"

to prove that the educational establishments of this country are so many polluted focuses of infamy! They are the nurseries of the most disgusting and destructive vice; they give origin to *that practice* which destroys in the bud the noblest faculties in man, and renders him an enfeebled coward; in fact, makes him a moral, intellectual, and physical cripple.

Let no one imagine that I have overcoloured the melancholy effects of masturbation.

The whole of these pages would not suffice to tell the sad tale of sufferings entailed by this solitary vice. The following extracts will show the opinion of some high authorities on this subject:—

The late eloquent Dr. Armstrong observes in one of his public lectures,—“Excess of venery, and the solitary vice of masturbation, excite *madness*; they both affect the nervous system remarkably; they both stimulate the heart excessively; they both tend to gorge the brain and spinal cord, and they tend to render the individual MAD.”

The late lamented and learned Dr. Ryan remarks,—“There is a vast deal of injury done to individual health by the abuses and excesses of the reproductive functions; the primitive fathers and physicians have duly noticed the evils to which I allude, and every experienced medical practitioner can test their frequent occurrence. It is all very well for *sentimentalists* and the *mock-modest* to declaim about a notice of them, but justice, morality, and the preservation of health, as well as the perpetuation of the human race, demand it. Such, however, is the hypocrisy of the day, that even a notice thereof in a dead language is abused and condemned by the ignorant, intolerant bigots and fools, who are unable to appreciate the importance of the subject.”

Tisot observes that “Masturbation causes a decay of all the intellectual faculties; loss of memory, continual anguish; the bodily powers decay, and the poor victim becomes afflicted with melancholy, sighing, tears, fainting,” &c.

Those who have given way to this deluding habit, I would most earnestly urge to abandon it in time, before the whole frame be destroyed; it soon brings on all the infirmities of the most languishing old age, and renders its victims indifferent to all the amusements and duties of life. This habit deadens all the fire and spirit of youth; its votary becomes like a faded rose, a tree blasted in its opening bloom, a wandering skeleton; nothing remaining but debility, livid paleness, a withered body, and a mind overwhelmed with wretchedness and woe.

This species of constitutional decay is frequently the sequel of *syphilis*, either from the disease not being thoroughly eradicated, or from the injudicious use of mercury, which produces a physiological change on the nervous fibres, besides a chemical alteration of the fluids, whereby the whole system runs to decay. The fluids are charged with an accumulated load of morbid matter, produced by the chemical action of the mercury on the *poisonous virus*, which shows itself in scabs and scurf and corroding ulcers; these generally begin in the throat, but ultimately affect the whole body; tumours of different kinds are formed; the eyes are affected with inflammation, and sometimes with total blindness.

The bones are penetrated to the very centre with morbid poison, and become affected with excrescences, whilst the joints turn soft and carious. The patient is almost continually racked with the most terrible and distressing pains, particularly during the night, when the raging agonies become frequently maddening, compared with which most other sufferings are as nothing. The midnight hour, which affords even to him who is doomed to die on a scaffold some rest, brings, in these cases, renewed and increased torment. Nature becomes at length exhausted, and the miserable being falls down upon his couch to die—the wreck of youth, and hope, and life, together blended in one awful destruction. The late Sir Astley Cooper observes: “If one of these miserable cases could be depicted from the pulpit, as an illustration of the effects of a vicious and intemperate course of life, it would, I think, strike the mind with more terror than all the preaching in the world. The irritable state of the patient leads to the destruction of life; and in this way annually great numbers perish. Undoubtedly this list is considerably augmented from mal-treatment, and the employment of injudicious remedies.”

Let not prudery turn aside at these details; for, alas! the good and innocent too often fall victims to such miseries. It is a sad fact, and one of frequent occurrence in a physician's duties. Immediately after I commenced the practice of my profession I attended three virtuous and upright females, who were thus suffering from errors in their husbands' conduct! It is a strange circumstance in the events of nature, that some of the most lovely and good of mankind should thus innocently suffer the most awful agonies for a protracted period, and at length die the most painful death, for the sins of the vicious.

During a short sojourn on the continent I visited and had unlimited access to various large hospitals, where I saw poor humanity in some of its most revolting forms. I could not behold without shuddering, on passing through the *Lazarus* ward of the great hospital at Vienna, the utter wreck of folly's thoughtless victims—

Their mangled faces and loathsome stains  
Proclaimed the poison in their veins.  
A pallid youth, beneath a curtain's shade,  
A melancholy scene displayed:  
He raised his eyes, he smote his breast,  
He wept aloud, and thus addressed—



" Forbear the harlot's false embrace,  
 Though lewdness wear an angel's face;  
 Be wise, by my experience taught:  
 I die, alas! for want of thought."

I left the sad scene, but the remembrance thereof has not yet departed from me.

Let all young men avoid the dens of vice which everywhere abound, as they would shun a nest of hornets. Let those suffering from former errors eschew the proprietors of the trashy books on the forenamed subjects, which are so shamelessly advertised in the public papers. I have been at considerable trouble in ascertaining that none of these publications were written by the persons whose *assumed* names they bear, as not one of the ragamuffins possesses one single grain of medical information; some of them cannot even write their own names. The metropolis, however, abounds with fully qualified, but dissipated, and consequently disappointed, medical men, who do not scruple for the sake of a few pounds to sacrifice every spark of moral principle by concocting those filthy books; which are then disseminated among the youth of both sexes by the most execrable of that mercenary tribe of Jew-swindlers who infest our modern Babylon. A very great number of unfortunate persons, to my certain knowledge, have just cause to curse the day they ever applied to those loathsome vampires. Newspaper publishers surely do not know, or care to know, the grave—the criminal—responsibility they incur, by giving publicity to the advertisements of the polluted rogues.

There has not been one respectable trustworthy book on the subject of "atrophical consumption," as arising from the errors of youth, published in England; but those persons who wish to pursue it further may consult "*Des Pertes Séminalles Involontaires. Par M. LALLEMANDE, à la Faculté de Médecine de Montpellier. Paris, 1842. Trois Tomes, 8vo.*"

Atrophical consumption is seldom distinguished for any remarkable fever or cough, but is attended with defective appetite or digestion, whence the body grows languid, and decays by degrees. Its commencement is often unperceived or unnoticed by the patient, and that for a length of time, although its premonitory symptoms may often be seen by a discerning eye for many months. In most cases the patients are pale in complexion, slightly emaciated, sometimes haggard and sickly in appearance; their manners are shy and nervous, and they often have an air of timidity,—I might also say servility and abjectness. They are at once restless and listless, and do not exhibit that cordial interest in the affairs of life which naturally characterises those not labouring under positive disease. Indeed, I have nearly always observed that a marked form of complaint with them is the *impairment of the interest which they were used to feel in life*; with a disrelish of society which has been stealing on them, they also complain of gradual loss of memory, and of incapacity for that clear and vigorous thought which they once possessed.

The *habit* alluded to is one of the most powerful causes of nervous and muscular debility, and proves the destruction of many. Its frightful consequences it would be utterly impossible to enumerate; but amongst its final effects are found—lassitude, weakness, aversion to take exercise, diminution of sighs, paleness, impotency, barrenness, palpitation of the heart, hysteric feelings in females, trembling, melancholy, loss of memory, &c. The stomach is disordered, and its muscular action is destroyed; disturbing dreams prevent sleep administering relief; the whole body is enfeebled, particularly about the loins; decay and emaciation succeed; and, finally, palsies, lethargies, and atrophy. The spinal marrow and nerves do not only waste, but the mind and intellect equally languish, and the poor creature perishes a miserable victim.

" Thought fond man of these,  
 Vice in its high career would stand appalled,  
 And heedless rambling impulse learn to think."

CURE.—The cure of *atrophical consumption*, as may be expected, is often tedious, particularly when it originates from a syphilitic taint, as in such

cases the vital energies must be thoroughly restored before the accumulated matter can be eliminated from the system. From whatever exciting cause this species of decline may arise, the chief object ought to be to strengthen the nervous and muscular systems, and to *change* the morbid fluids, by which means alone can the nervous irritability be subdued. All those, therefore, who in advanced life feel the consequences of youthful excesses, or unfortunate youth who are suffering under a numerous train of evils, produced either from the baneful habit already noticed, or from the maltreatment of *syphilis*, must have recourse to the *Oriental Pills* and *Solar Elixir*, as their fine balsamic properties are peculiarly adapted to the complete removal of all the symptoms attending these complaints in every curable case. Through the powerful action of the *Elixir*, the nervous and muscular systems will regain their healthful tone, and thus the reproductive functions will be gradually restored; hence its efficacy in the most obstinate seminal gleet in men, and leucorrhœa, or whites, in females. Under all circumstances, patients must totally abandon every destructive habit, also all stimulating drink, and everything which tends to debilitate the body. Use good nourishing food, but avoid all high-seasoned and peppered articles.

Again I repeat, that in long-standing cases the patient can only expect a cure by temperance, and due regularity in taking the medicines. By perseverance with them, all the nervous sensations which attend these complaints will gradually go off,—and those who have grown old, as it were, before their time, will be restored to second youth by them. When the eyesight has been weak, the limbs feeble, the memory impaired, and even the mind decayed with the body, a course of this medicine has renewed the whole constitution.

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☞ *I have by me a multitude of cases of Atrophical Consumption entirely cured by those Medicines, and am receiving fresh letters testifying to their efficacy nearly every day; but as these cases uniformly present nearly the same symptoms, it is unnecessary to insert more than two or three of them, which are given in order that patients so suffering may perceive where relief or cure is to be obtained in all cases, except where the constitution is entirely worn out, in which case I would recommend them to place their sole hope on THAT SOURCE where consolation can alone be found when all earthly hopes are fled.*

#### ATROPHICAL CONSUMPTION.

In April, 1839, a young gentleman, twenty-six years of age, applied to me in the above disorder, which had wasted his body to a mere skeleton. After questioning him I ascertained that he had been addicted to *self-abuse* for some time, which had been the cause of his present infirmities both of body and mind. For some months prior to his calling on me, he had experienced a more than usual weakness in his back and thighs, also in his hips and knees, so that he was often obliged to lie down. He was very low-spirited and dull, and took no pleasure in company or amusements of any kind. His life, he said, was a burden to him; his memory was fast failing, his appetite was gone, and he was a prey to the deepest melancholy. He had been attended by a physician for some time, who pronounced his disorder *atrophical consumption*, and had given up all hopes of saving his life. I ordered him to take a tablespoonful of the *Solar Elixir* twice a day, in the infusion of Calumba Root; which he continued for one month, when his appetite was so far restored that he was enabled to take a nutritious diet. I then directed him to take as much exercise as convenient, and a continuance of his medicines twice a day in cold water for two months longer. After a lapse of six weeks he found his strength much recovered, and his face had resumed its healthy hue. He then took the *Elixir* in a tumbler of cold water once a day for another month, at which time every symptom was entirely removed. He had fully recovered his health and strength, and was able to attend to his duties as formerly.

This gentleman afterwards entered the marriage state, and is at present a strong and healthy man.

## ATROPHICAL CONSUMPTION: DEATH FROM BLEEDING.

Whilst the sixth edition of this pamphlet was printing, I was desired to attend a young gentleman at some distance from Scarborough, whom I found confined to his bed and apparently in a dying state. He had no cough or expectoration, but was extremely debilitated; and although only twenty-two years of age, his memory and sight had long been ailing. His countenance was haggard and dejected; there were violent palpitations of the heart, which had led his medical attendants to believe that organ to be diseased, and, consequently, to adopt the most deplorable treatment. He had been repeatedly bled, cupped, and blistered, which had increased the debility; and the alleged disease of the heart, as might be expected under such means, got gradually worse. A young friend gave him a copy of the *Anti-Lancet*, after reading which he desired to see me personally. After some preliminary conversation, he said in a faint voice, "I wished my friend to send for you, as I greatly fear, nay, indeed, am confident, my case has been misunderstood. That book of yours, I assure you, sir, has opened my eyes to the sad consequences of youthful indiscretion, to which I became habituated while at school. I did not desire to see you under any hopes of deriving benefit from your advice, as it is now evidently too late;—all earthly means will avail me not, as I feel fast hastening to my eternal home. I wished that you might personally see a victim to *that practice* the effects of which you have so vividly stated in your pamphlet, and which I doubt are often mistaken by persons in your profession. I laboured hard both at school and college, in order to qualify myself for that station of life to which I hoped Providence had designed me; and now you behold the work of years rendered fruitless for want of timely caution. I have studied many things, but the care of my personal health I entirely neglected. When convenience offers, publish my case; the reading thereof may serve a more exalted purpose than the mere storing the mind with the learning of Greece and Rome."

Before leaving that mournful apartment, where so much talent was about to be extinguished, I directed a little soothing medicine to be taken, but within one week this unfortunate young man was no more. A *post-mortem* examination was made, and I need only add the heart was found to be perfectly sound.

I cannot pass from this case without making some additional remarks on the never-to-be-sufficiently condemned treatment to which this young person was subjected. It is lamentable that persons should follow a profession while in ignorance of its most essential principles. While organic chemistry has made extraordinary progress in the medical schools of Germany, it is comparatively unknown by the great majority of medical men in England. I have before stated that one of the results ascertained by that science, is the fact that the *albumen* and *fibrin* of the blood are the nourishing principles of animal bodies; and it likewise demonstrates that *these principles are diminished and deteriorated by bleeding*. If the reader turns to page 14, he will see that in 1,000 parts of blood there are 782 parts of water, 67 of albumen, and nearly 3 of fibrin. Now it has been correctly ascertained by chemical analysis, that blood-letting increases the watery and decreases the nourishing principles of albumen and fibrin; and after these two principles are decreased it takes a long time to regain—and *in very many constitutions they never do regain*—their original proportions; and every subsequent bleeding continues to decrease those principles more and more. Hence the reason why persons, after loss of blood, so easily fall victims to nervous debility, and consequently to inflammation, consumption, dropsy, &c.

The late Dr. Armstrong, in his early years, was a clerk in a glasshouse; and during his leisure studied chemistry and medicine, and subsequently graduated in a Scotch university. He commenced practising in Sunderland, from whence he removed to London, and became the leading physician of the age. When called to a patient he at once saw the nature of the disease, and so may any man who has eyes and competent medical knowledge. The usual practice, however, with persons of defective medical judgment, when called to a patient, is to take the wrist in one hand and the lancet in the other, and no matter what the disease or constitution may be, *loss of blood* is the primary object. It is constantly said to a patient, if he shows any aversion to bleeding, "You must be bled, or you will die!" Now this dying affair is the bugbear by which the multitude is terrified into an acquiescence with a practice which the instinctive faculties of the mind, as well

as true science, regard as revolting. Indeed, in every age the ignorant and the hypocritical have ruled their fellow-man by *terror*. It is to this practice that the medical practitioner appeals on his employment of the *lancet*; and thus his dexterity of hand in wielding that instrument gains him an unenviable notoriety, obtained solely by the waste of human blood.

As to *pulse feeling*, there cannot be a greater error than to depend upon it as an index in disease, seeing that the pulse is altered by so many various circumstances, both in health and sickness. It is modified by age and climate; it is altered by watchfulness, by sorrow, and ease; by meals, stimulating drink, sleep, exercise, terror, fear, love; nay, indeed, by every passion which either excites or depresses the mind. If the pulse is quick, the patient is often bled to unconsciousness, which sometimes ends in delirium, not always transitory, as cases have occurred where it has continued and worn out the patient. In many instances, as I have before remarked, after great loss of blood there is *reaction*, producing symptoms analogous to those of inflammation, viz., *hard beating pulse; throbbing in the head; palpitation of the heart, &c.*; then further bleeding is thought necessary, and accordingly adopted, when, if the case does not end fatally, the patient is ever afterwards subject to continual attacks of disease. It matters not by what means blood is abstracted, for if it be carried beyond a certain point—and no one can tell *à priori* that line of demarcation between life and death—the result will be fatal. A person informed me who was a witness to the following scene:—A young man had an accident, and although only of a trifling nature, yet he was bled by a country practitioner to the extent of three pints in one day, when his countenance became pale, and he sank upon the floor; cold water was then dashed upon his face, and heat applied to the hands and feet, but nothing could restore him. He lay for about thirty minutes, breathing with much difficulty; at length he gave three most appalling groans, gasped, and expired!

The practice of blood-letting originated in, and is perpetuated by, ignorance; and it is often seen in this world that from protracted errors arises protracted mischief.

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Compare the foregoing with the next case of

#### ATROPHICAL CONSUMPTION.

The following painfully-interesting letter was received from J——, Esq., a barrister-at-law, dated from Highgate, London, July 29th, 1846:—

“Sir,—I take this mode (for, alas! I am unable to pay a personal visit) of making you acquainted with my manifold maladies, and trust you will be able to relieve, if not to cure, a ruined constitution. I am the more induced to have your advice in consequence of a letter received by this morning’s post from a young friend, who apprises me that he is perfectly cured of a similar disease to my own by taking your medicine.

“I had long been troubled with indigestion, attended with many unpleasant symptoms, prior to attending one of the Inns of Court here, when, from the absence of all discretion in the choice of companions, I became, to use the language of a pathetic writer, ‘*a man about town*,’ and now I am reaping the sad consequences of my folly. Yes, sir, I am ashamed to confess that a long course of intemperance and misguided revelry has brought me to the brink of the grave, so that, although I am only thirty years of age, my life is not worth a three months’ purchase. I am so feeble that I cannot walk many yards without the risk of fainting, and sometimes am unable to stand alone. My appetite is gone, and the little food I take does me no manner of good, so that I am obliged, in order to sustain existence, to be constantly taking drams. My head is racked with a shooting pain, and the sight is confused, whilst the whole body appears night after night as if torn with pincers, and frequently feels as if on fire. To add to my distress, I have lost all muscular energy, and have long been incapacitated——. My temper is extremely irritable, and my friends have, with one exception, been obliged to abandon me in despair. But the worst is yet untold; I have a strange and overwhelming infatuation, although in such a state of utter hopelessness, to marry with one whom I unjustly forsook, and who now, like a guardian angel, faithfully attends the being by whom she was so long despised! Can you be of any service to me? I am almost driven to despair, and am neither fit to live nor die.

“I have come hither for what is deemed the best medical advice, and no expense has been spared; but of no avail, for I have recently become alarmingly worse; and what is really agonising, the weaker I become the more vividly are the misdeeds of my mad career depicted on my memory! If your medicine does me no good, I am resolved to——, for I cannot exist in this deplorable condition. Do not, I beseech you, add to my distress by delaying your letter, for which I shall enclose your fee.

“I am,” &c.

This letter is not rare of its kind, as it is my lot to receive many such, and they cannot but excite many sad reflections on poor humanity. The cure in such cases is necessarily protracted, and hence it is that such patients seldom persevere with the medicines until recovered. It was otherwise in this case; the patient, being a man of understanding, readily saw the absolute necessity of perseverance in the measures laid down. These consisted in using cold ablution and friction over the whole body every day, and the *Solar Elixir* to be regularly taken in the infusion of Peruvian bark; to take nourishing food; and to abandon totally all intoxicating drink: all of which he rigidly observed. In May, 1847, he wrote, saying he did not deem it requisite to extend the medicine, as he was in a sound state of health, and authorised me to refer inquirers to him. It was with much pleasure I read of his marriage in a London paper of August 10th, 1847. The more I see of disease, the more I am convinced that all its varied forms arise from depression of nervous power, and to restore that power is the only rational mode of cure.

This patient grew daily worse whilst running the round of fashionable physic, and had he not adopted the tonic and restorative treatment, he would very shortly have been "gathered to his fathers."

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### HYPOCHONDRIASIS.

This melancholy disorder is a certain state of mind wherein the greatest evils are apprehended upon the slightest ground, and the worst consequences imagined from causes even of the most trifling kind. It consists of a nervous, melancholy, and depressed state of the mind; the imagination is haunted by a peculiar train of ideas, which often overwhelms the judgment; the patient has a whimsical dislike to particular persons, places, and things; a groundless apprehension of personal danger or poverty; a general listlessness and disgust; an irksomeness and weariness of life. At other times the disposition is peevish and malevolent,—soon tired of all things, discontented and disquieted upon every slight occasion, or no occasion. Patients lose all stability of mind, and are sometimes tempted to destroy themselves: at one time they cannot die; at another time they will not live; they weep and complain, and lead a most miserable life.

Hypochondria always originates from nervous debility, which, by producing indigestion, causes the body to be imperfectly nourished, and hence the general debility reacts on the nervous system, and produces various types of mental disease,—such as *despair, melancholy, absence of mind, imbecility, mania, madness, &c.* Whatever has a tendency to produce nervous depression, may be the *exciting* or *producing* cause of hypochondriasis. In those cases it is too often customary for the philosopher to declaim, and the divine to preach, against the folly and danger of giving way to despondency and dread; but, alas! it is in vain. Wherever there is nervous debility and derangement of the digestive functions, there will universally be a corresponding disorder of the mind, producing low spirits, timidity, fickleness of purpose and intention, irritability of temper, &c., whatever effort we may make to the contrary, by way of reasoning. Religion (by which I do not mean excitement and fanaticism, but virtue, charity, and goodwill) is a powerful consolation against the sorrows of mortality, when found in a healthy frame; but the corporeal diseases of the weakly, the sedentary, and delicate, so cloud the spiritual functions as to convert the bright hopes and consolations of religion into gloomy super-

stition and despair. The wisest and best of mankind are as open to mental afflictions as the weakest. *Petrarch*, the virtuous *Pascal*, the eloquent *Zimmerman*, and *Rousseau*; *Cowper*, and the immortal *Byron*, were also, alas! too frequently the victims of hypochondriasis.

MENTAL TREATMENT.—In cases of hypochondriasis resulting from family bereavement, or any other domestic sorrow, the poor sufferer's friends must endeavour to palliate the affliction by patient sympathy, by soothing argument, by addressing rather the feelings than the reason. It is easy to rejoice with them that rejoice; but it requires delicacy, tenderness, and judgment to "weep with them that weep."

CURE.—This malady is easily curable. The object must be to re-animate the nervous power, by which digestion and nutrition will be properly effected, and the mind be restored to tranquillity. The diet must be plain and nutritious; plenty of exercise must be taken, especially towards the evening; and, above all things, there must not be any supper, as it is of the utmost consequence to procure sleep as soon as the patient lays his head on the pillow, otherwise the silence and darkness of night will conjure up a host of imaginary woes.

The bowels are almost always costive in hypochondriacs, and will, therefore, require constant attention in selecting articles of diet which are of an opening quality, with the use of a mild aperient. This was well known to the ancients; but they erred most lamentably in using hellebore, and other similar drastic purgatives. I would most particularly warn my readers against calomel, which the moderns have substituted for hellebore in this disease, as mercurial purgatives always increase the nervous depression and morbid sensibility, and, when resorted to, always increase and aggravate the complaint. Of the origin of hypochondriasis from the use of calomel, I have seen many instances.

The best *aperient* which ever was or can be invented is the *Oriental Pills*, one of which may be taken every night, or every night and morning, so as to keep the bowels gently open; but purging must be avoided in these cases.

The *Solar Elixir* is a most invaluable remedy in this as in all other disorders attended with depression of spirits; acting like fresh oil poured into a tremulous expiring lamp, it infuses new action into the functions of the stomach, whereby the body becomes strengthened and the mind tranquillised. I cannot too strenuously recommend it to all who are suffering under any of the symptoms of hypochondria, as a gentle and persevering course of it will not fail to be manifested by most beneficial effects. Its efficacy has been put to the severest test, as patients have not generally applied to it till they have exhausted all the commonly-known resources of the medical art, and till the strength of the constitution was in a great measure worn out with the mind. Some of the following cases testify to the correctness of this remark.

#### DEBILITY AND NERVOUS IRRITABILITY.

An amiable lady in Scarborough commenced taking the *Solar Elixir* for that variety of symptoms which accompany a relaxed system; such as trembling, shivering fits, repeated pains in the back and head, with a continual agitation of the mind and body, which at length reduced her constitution to such an insupportable degree of weakness that she was incapable of walking, and had to be carried from the sofa to bed for many months successively. *She was totally cured in a few weeks.*

#### HYPOCHONDRIASIS AND DEBILITY.

A highly respectable gentleman in Nottinghamshire was afflicted for twelve years with a dreadful nervous and bilious complaint. He consulted and tried in vain every physician of note, and took a variety of medicines, without any benefit. He had an

almost total loss of appetite, with constant vomiting after eating; and also a violent palpitation of the heart, which produced a universal tremor. His spirits were dreadfully sunk, and he had one continued dread of death, which travelling, sea-air, and company, could not remove. He was, notwithstanding his age,—being turned of seventy,—completely restored to perfect health of body and tranquillity of mind, by a few months' perseverance with the *Solar Elixir* and *Oriental Pills*.

#### GENERAL ILL HEALTH AND HYPOCHONDRIASIS.

Extract from a letter received from Mr. John Cameron, schoolmaster, Brechin, Scotland, dated

“Brechin, N.B., May 17th, 1853.

“Dear Sir,—I trust you will recollect me writing to you last year for a supply of your medicines, which were divided between myself and the son of a gentleman living near me. He had long been indisposed, both bodily and mentally at intervals, to such an extent that insanity, it was apprehended, would some day be his lot. His father and I had much difficulty in persuading the young man to take the medicines, as he had contracted a suspicion against all remedial means whatever. At length he consented, and took the *Pills* and *Elixir* regularly, the effect of which was surprising; the appetite became quickened, which before had been as if it were lost; then the constitution was gradually renewed, and the mental powers regained a healthy standard, so that he is now well in health, and a clerk to his father. He now frequently declares that it was your medicines alone which produced the beneficial change which has come over him.”

#### INDIGESTION AND MELANCHOLY.

Extract from a letter received from Mr. Thomas Smith, Town Head, Kirkwall, Orkney, dated June 3rd, 1855:—

“Sir,—Eighteen months ago I met with your book, entitled the *Anti-Lancet*, at Sedgefield, in the county of Durham, and a most invaluable work it has been to me. I was then in a very poor state of health, arising, I apprehended, from indigestion. I had a most dreadful depression of spirits, so much so as to make life almost insupportable. My appetite was all but gone, hence I became much emaciated, and feeble. I took the *Oriental Pills* and *Solar Elixir*, and in other respects attended closely to the directions given in the work above alluded to, and am about as well in health now as I ever was in my life. I shall endeavour to make your book as popular as I can, being quite sure that your bold and determined remarks respecting bleeding, &c., cannot be set aside.”

#### INDIGESTION AND HYPOCHONDRIASIS.

Copy of a letter from a gentleman residing near Keighley, Yorkshire, dated July 16th, 1856:—

“I have long thought of making you acquainted with the excellent result obtained by taking your medicines for the removal of a complaint, or rather of many complaints, which had affected me for a series of years, the particulars whereof are given below:—

“My complaints evidently were connected with indigestion, as my diet was right enough, but it did me no good, and I became sadly emaciated. I had a great weakness in the back and knees, and could walk but a very little way before I was fairly done up. My appetite was variable; but I seldom made a meal at any time without experiencing oppression of the stomach, and pain in the head afterwards, which latter was almost unbearable at times. I was greatly troubled with a melancholy, depression of spirits, and nervousness. At times I had a trembling all through my system, as though shaking with the ague, and lived in continual dread that some dreadful thing was about to happen. I tried allopathists and homœopaths, and took their medicines with regularity and care, but received no good. I was at a cold water-cure establishment, and was slightly improved, but soon became as bad as ever. Lastly, a friend lent me your book, and although I have not studied any branch of medical science, still I thought your theory and treatment were distinguished by at least common sense, so I procured some of your *Pills* and *Solar Elixir*, which latter I took in the infusion of hops, with a little bicarbonate of potass added now and then, according to the directions. In four months these excellent medicines removed all the complaints, except one; and the object of this letter is to tell you what it is that still troubles me: I am still affected with pain in the knee-joints, which sadly troubles me when warm in bed; and if you can suggest anything to remove this, it will confer a great obligation on,

“Dear sir, your obedient servant,

“To Dr. Charles Rooke.”

“\_\_\_\_\_”

The medicines were ordered to be taken a little longer, and a wet calico bandage worn round the affected parts, which totally removed the pain complained of.

After patients have been cured of hypochondria, I would advise them to wash the whole body two or three times a week with cold water, and afterwards take exercise in the open air, as inactivity is a fruitful source of mental disquietude. The active and laborious are seldom troubled with nervous despondency; it is more frequently reserved for those who wallow in ease and affluence, and they generally feel it in its keenest force.

People who are obliged to be constantly employed in earning the necessaries of life for themselves and families, little think of the unhappiness they pray for when they desire wealth and idleness. To be constantly busy is to be in a fair way of being always happy. I have often observed that persons who have acquired wealth by business, when they broke up their active pursuits, and began to live at their ease, wandered about and were seemingly happy in no place; they gradually wasted away, and soon died. Thousands would have been blessings to the world, and added to the common stock of happiness, if they had been content to remain in an industrious sphere, and earned every morsel of food that nourished their bodies. Those who are always busy, and go cheerfully to their daily tasks, are the least disturbed by the cares and sorrows of life, and at night generally sleep with perfect composure.

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## PAIN IN THE HEAD.

I have before shown that the head is connected with every part of the body by a direct chain of nervous communication, and therefore it is not surprising that it should partake of that general disorder produced from debility and indigestion. Where there is much debility the constituent parts of the blood become morbidly affected, and the circulation becomes slow in the extremities, and hence the blood determines to the head and produces pressure on the brain, and consequently pain, which may be either remittent or constant, according to the cause whence it proceeds. The pain in some instances is so great, that it appears as if a heavy weight was pressing on the crown of the head.

The producing causes of headache, whether acute or chronic, are all those which enfeeble the nervous and muscular systems; but, from whatever cause it arises, it is always increased by bleeding and purgatives. Indeed, it is frequently produced by the baneful habit of taking strong purgatives day by day, which weaken the whole alimentary canal. Mild aperients are certainly useful, but strong physic must be abandoned; for, although it gives relief for a time, it always aggravates the disorder.

It will appear evident, from the above explanation, that chronic headache can only be cured by correcting the disordered digestive organs, and strengthening the whole constitution; and the great success attending the use of the *Pills* and *Elixir* justifies the treatment. Sufficient exercise must be taken daily, with proper food. If the feet and legs are cold, they must be kept warm, either by exercise or by putting them in hot water every night at bed-time. The medicines, combined with the collateral means here recommended, promote a free circulation of the blood, by which the pressure on the brain is gradually reduced, and the head is consequently relieved. By perseverance in these measures a permanent cure may be effected; but on the bleeding and lowering course, the complaint is only



partially relieved for a time, for afterwards the evanescent relief is followed by a return and aggravation of all the symptoms. Persons afflicted with pain in the head, whether constant or periodical, ought to take the medicines in time; for if the complaint continues long, it will destroy the sensibility of the nerves, and, perhaps, terminate in palsy or apoplexy, which is too often the consequence of neglect in such cases.

In this complaint the destructive practice of the age is displayed in all its naked horrors. Here the customary plan consists in the systematic abstraction of blood; every means being resorted to in the mode of doing this, from bleeding and cupping, to the basest application of the leech! Of such treatment I cannot sufficiently express my abhorrence, seeing that the profession has such a multitude of instances of its inutility and fatality on record. Patients subject to headache must avoid, of all things, the abstraction of blood by any means, as it always aggravates and protracts the complaint, in some cases unto death, as the following extract from the *British and Foreign Medical Review*, for January, 1844, will testify:—At p. 489, we find a deplorable *Obituary* of Dr. Burder, who certainly fell a victim to bleeding. It is stated “that his constitution was naturally susceptible; he had long been subject to attacks of dyspeptic headache, and had frequently suffered from mental application during a long and laborious course of study. A severe attack of headache thus produced at Edinburgh, *treated by depletion, general and topical*, supposed to have been excessive, *increased his natural susceptibility to such a degree, that his subsequent life was but a long disease.*” Poor Dr. Burder! But I will say no more on his case, as none but a confirmed madman will bleed under such circumstances.

Like all other infatuations, the one in favour of bleeding is very widely extended. This wrong-headed practice exists everywhere. In all countries and all climes persons are to be found abstracting blood in every disease, even in cases attended with complete prostration. During the war in the Crimea it happened that the hospitals at Batoum and Tchuruksu were crammed with sick, with no medical attendance whatever. On inquiring into this branch of the army, Omar Pasha was informed that a short time ago the Mushir in command sent to Trebizond for doctors. The steamer returned with six Armenian barbers, who, on landing, *bled all the patients, and more than two hundred died on the following day!* Very many other instances might be here adduced of the sad consequences attending this species of human butchery; but I can only in this place find room for the following little bit of intelligence, taken from the *Scarborough Gazette*, July 21st, 1853:—

“ASTOUNDING STATEMENT.—During a discussion between Drs. Draper and Watson, at Boston, United States, Dr. Watson stated that in the course of four and a half years he had taken from the citizens of Boston and its vicinity, one hundred barrels of blood! and had administered forty-nine pounds of mercury! No wonder need be expressed when we read of the undeniable fact, that the constitutions and general health of the citizens of America are rapidly deteriorating.”

#### RHEUMATIC PAIN IN THE HEAD AND FACE.

The following letter on the efficacy of these medicines was received from the Rev. Mr. Spencer, a much-respected minister then officiating at the Mariners' Church, Hull (since removed to Kinning Place, Paisley Road, Glasgow):—

“Hull, February 4th, 1841.

“Sir,—When passing through Scarborough some months ago, you will probably remember me stating that Mrs. Spencer was much troubled with rheumatic pains in her head and face; so much so that I frequently had fears of her actually sinking under them. Many, very many, nights were spent without one moment's rest. Blisters, leeches, plasters, liniments, &c., were applied time after time, but without affording any relief. You kindly offered to make me a present of a box of your *Oriental Pills* and a bottle of *Solar Elixir*, which, immediately on my arrival home, I handed over to Mrs. S.; but as she had tried so many medicines without deriving any benefit, she was not at all disposed to take any further steps. However, I prevailed upon her, and she commenced taking the *Pills* and *Elixir* according to the directions given, and after taking them three times, she felt herself perfectly relieved, so much so that it was deemed unnecessary to take any more: having, therefore, no further use for the remainder of the medicines, I gave them to a lady who was in a very delicate state of health, but I have not yet ascertained the result.

"I feel it a duty and a pleasure to make this communication, and you are at liberty to use it any way you may deem best.

"I am, sir, yours truly,

"To Dr. Charles Rooke."

"JOHN SPENCER.

#### DEBILITY AND CHRONIC PAIN IN THE HEAD.

Copy of a letter from a gentleman, received October 13th, 1844. His name and address will be given to any inquirer:—

"B ———, October 11th, 1844.

"Dear Sir,—It is, or at least I consider it, my duty to inform you of the beneficial effects of your medicines in a total removal of a series of afflictions to which I had been a martyr during a protracted period of eleven years. My avocation through life has been of a sedentary description, and requiring much exertion of the mental powers, from which, and a want of fresh air, my naturally feeble constitution became so impaired, that I was at length reduced to a miserable degree of weakness, and was incapable of writing or making any mental calculation without experiencing a distressing confused pain in my head, the very remembrance of which causes a cold shudder to pervade the whole body. At length the pain was nearly constant, and I frequently had a sensation of weight at the top of the head, of a most unbearable nature. These symptoms were said to arise from a determination of blood to the head, for which it was shaved, leeches were applied, and I was frequently bled in the arm, and took purgatives and lived on a spare diet. These things gave me no relief, and I continued to get gradually worse.

"When walking I imagined that something was moving within the head; but what added greatly to those distressing sensations, momentary blindness frequently came on, and which was always followed by a severe pain over the eyes. My temper was at first irascible, but afterwards it settled into gloom and melancholy. My stomach was so weak that I could scarcely eat more than an ounce or two of solid food before I felt sick, and very frequently I vomited what little I did eat. I must, however, do my doctor justice in saying that he tried all means to the utmost of his power in order to relieve me, but of no avail. At length, it was thought a journey on the Continent might be of service, and thither I went, although in a state little fit for moving. After remaining near to Paris for some months, I did not find the expected benefit, and was on the point of returning home, when I was advised to go to *Graffenburgh*, to try the 'water cure.' I was ushered into the presence of *Priesnitz*, who directed me to be wrapped up in wet sheets, and afterwards to have a cold bath. I followed the directions given, with great submission, for one week, and just escaped with my life; and, therefore, more fortunate than some of my countrymen at that alleged shrine of health. After a long and weary journey, I at last arrived in England, with no other hopes but to lie down and die.

"I had been at home about three weeks when I was persuaded to try your medicines by a gentleman in Sheffield, who had been cured by them of a similar complaint. I tried them, but under only a forlorn hope, as I had no expectation of receiving any benefit from them. At first I could only take two tea-spoonfuls three times a day, but in a month felt considerable ease, which gave me much confidence in them, so that, by a regular perseverance in the *Elixir* for about three months longer, I was completely a changed person. All my troublesome pains are gone, and my health is now better than what it was at any former period of my life. Such medicines are invaluable, at least they have been so to me. A friend, seeing the effects of these medicines on myself, has enclosed £5 in this letter, and wishes you to send him *Pills* and *Elixir* to the amount, for the purpose of gratuitous distribution.

"I am, dear sir, yours most obediently,

"To Dr. Charles Rooke."

"W. S.

*April*, 1865.—This gentleman is still living, and up to the present date has had no return of the complaint.

#### CEPHALÆA PULSATILIS, COMMONLY CALLED THROBBING HEADACHE.

Letter from a gentleman, dated June 29th, 1856:—

"Sir,—I have been much afflicted, for a long time, with a peculiar sensation, or beating in the head, accompanied frequently with a very unbearable pain. My appetite has been deficient; and I have often a rising in the throat during meals, as if something was lodged in that part, and obstructed the passage of the food. I believe the pain alluded to would

have driven me to madness eventually, had I not met with some means to check it. Under any circumstances, I am sure, had the complaints gone onwards unsubdued, they would have completely rendered me incapable of attending to my professional pursuit, which is one requiring much mental drudgery.

"I had been under doctors' treatment since the commencement of my complaints, and was informed that the beating in the head was occasioned by congestion, and the rising in the throat from indigestion. First one medicine and then another was tried, but not the least good effected; on the contrary, if your notions respecting bleeding are correct in a scientific point of view, then my complaints have undoubtedly been greatly increased by mismanagement, as I was bled about two years ago, and have been much worse ever since. I kept putting off bleeding time after time, and it was a great misfortune that I yielded at last to have it done; but I imagined that persons who had had a long course of professional training could not all be wrong in following that which experience has so long sanctioned. A friend brought me your book, which I carefully read; but not with pleasure, be assured, as it served to show me that loss of blood had plainly enough aggravated my complaints. However, I found my own case described, and procured some of the *Pills* and *Elixir*, which have very much relieved me. The pain and beating in the head are entirely removed, but the rising in the throat still troubles me at intervals, and makes me feel poorly. I am taking the *Elixir* in *hop* tea three times a day, and the *Pills* once a week. I will thank you to inform me whether I am taking them right or not; or if you can suggest anything further to remove the rising above-mentioned."

This case forcibly exhibits the powerful agency of mental drudgery in producing painful maladies by lowering nervous energy, whence arises nervous irritability, which, in its turn, produces irritability of the muscular fibres of the arterial fabric. Occasionally, in some constitutions, this species of irritation is common to the whole arterial system, but more frequently it is limited to the artery, or portion of an artery, in which the palpitation occurs. Thus it is characterised by throbbing in the head in one individual, and palpitation of the heart in another. The symptoms of arterial irritability may come on gradually, by the nervous power becoming depressed by slow exciting causes, or they may be produced in a moment by a sudden operating cause. For instance: a young lady, who had suddenly learned that her husband had been cruelly murdered, was instantly seized with a violent palpitation of the heart, that terminated in fainting so extreme that she was supposed to be dead. The brain, however, gradually resumed its action, but the palpitation continued for many years, and she at length died of water in the chest.

Loss of blood, as before remarked, is a powerful cause of nervous depression, and consequently, in many cases, of arterial irritability. It was frequently observed by regimental surgeons attached to the army of the Crimea, that no symptoms arising from great loss of blood from bayonet, bullet, or sabre-wounds were more common than those of spasmodic action of the heart, and arterial throbbing in the head. What deplorable infatuation, then, it is to attempt to cure painful arterial irritability by bleeding and leeching! No wonder that under such mistaken treatment patients only find solace to their sufferings in the grave. Arterial throbbing and pain in the head, as said before, can only be mitigated or cured by improving the digestion, and rendering the constitution less irritable; but these results can be only obtained by restoring the balance of nervous energy with strengthening medicine, nutritious diet, pure air, exercise, &c. By these means the distressing complaints before-mentioned were completely cured.

RHEUMATIC PAIN IN THE HEAD, AND CHRONIC OPHTHALMIA.  
(BLINDNESS FROM INFLAMMATION OF THE EYE.)

Extract from a letter received from Mr. J. H. Fernley, Cowling, near Chorley, Lancashire, dated April 5th, 1862:—

"It is with much concern that I write respecting my mother's illness, about which you have already been apprised by my father. In January last, my mother was attacked with inflammation of the eye, having previously suffered much with pain in the head. We consulted a doctor, who administered medicine, and applied blisters and blistering liniments to the neck; but without any good effect, as my mother gradually got worse. A seton was then put in the neck, still without avail; so the doctor discontinued using any further means. My mother is now completely blinded of the affected eye, and she cannot bear the least light. The pain and irritation, she says, are almost unbearable, effectually depriving her of sleep for nights together. If you can give us any advice, please do so at your earliest convenience."

The medicines, with suitable auxiliary treatment, were directed to be used; with what effect the following letter, being the last received, dated May 14th, 1862, will testify:—

"Sir,—I have much pleasure in writing to inform you that my mother is now quite well. She is free from pain in the head; is able to see perfectly, and to walk out alone; she also sleeps well. My mother desires me to thank you very sincerely for the promptitude with which you have replied to our letters. We are quite agreeable for you to publish the case, and I shall be very glad to answer any *personal* inquiries respecting it.

"To Dr. Charles Rooke."

"I am, your humble servant,

"J. H. FERNLEY.

## GIDDINESS, FAINTING, AND EPILEPTIC FITS.

Indigestion may affect the head in different ways. For example: when acetous fermentation of the food takes place, the flatulence thence arising affects the head with vertigo and noise, &c. (See Flatulence.) Indigestion, or defective nutrition, produces (by reaction) *cerebral* and *spinal weakness*; and hence the head is affected with giddiness, which often occasions sensations like fainting; and sometimes the patient is in danger of falling, particularly when suddenly raising the head, or in rising from a chair. Can there be a greater proof of cerebral weakness? From the languid circulation of the blood many unpleasant effects arise, according to the position of the body. In the erect posture the blood becomes deficient in the head, and proportioned to that deficiency is the withdrawal of the pressure and stimulus of the blood from the brain; the symptoms of which are lightness and giddiness, which sometimes cause the patient to stagger like a drunken man; fainting, and, occasionally, death. Fainting, however, is seldom dangerous if properly treated; but when improperly managed, often proves fatal. When fainting proceeds from the afore-named cause, it may be cured; but sometimes it proceeds from malformation of the brain, and injury of it from previous accidents. When such is the case, fits, whether termed *fainting* or *epileptic*, can only be relieved, not cured. Fainting and epileptic fits are frequently produced in weak constitutions from *fatigue, loss of blood, overwhelming emotions of the mind, long fasting, fear, grief, breathing impure air, &c.*

TREATMENT.—The patient must be immediately removed to a cool apartment, or the open air, and laid on the back, with the head low. Then apply strong vinegar or ammonia to the nostrils, and dash cold water or vinegar on the face; and the arms and legs to be well rubbed with the hand or a hard brush. As soon as the patient is capable of swallowing, a tablespoonful of the *Solar Elixir*, mixed with the same quantity of warm water, must be administered. As soon as the patient is recovered, he may take some strong soup or broth, or a little bread or biscuit soaked in warm spiced wine.

## CASE OF FAINTING.

"A lady called upon me in the winter of 1838, and stated that she had had an inflammation about fourteen years ago, for which she was severely bled, and with difficulty recovered. She had ever since laboured under great bodily debility, attended with a melancholy depression of spirits; but the worst symptom of all was frequent attacks of swooning, particularly in a place of worship, or any other crowded place. She was very often attacked with a nervous headache, and violent spasms in the stomach and bowels; and had every symptom of hypochondriasis. I ordered proper diet, with exercise; and, to promote digestion and to strengthen the constitution, I recommended the *Solar Elixir* to be taken twice a day in the infusion of Calumba Root, for three or four weeks, and afterwards two or three times a day in cold water, until the symptoms disappeared.

I had scarcely given her these directions, when she fell into a violent swoon in my presence, which I attributed to her coming from the cold air into a warm room. I directly dashed cold water on the face, and applied some aromatic vinegar to the nostrils, when she partly revived, and was able to take a dose of the *Solar Elixir* in water, when she soon afterwards recovered. I ask, how would the case have terminated had the lady been bled? Some may naturally inquire, Who but a madman would extract blood in such a case? I will now inform you, reader, of a similar case, where the lancet was employed, and death the consequence.

I have enumerated among the causes of swooning, "*overwhelming emotions of the mind, and breathing impure air.*" The air that is much breathed loses its life-giving principle—*oxygen*. It is no wonder, then, if persons who require it should fall into a swoon, particularly if the mind is much excited by public speaking, or any other cause.

The case to which I have before alluded, is that of the amiable and inimitable Malibran,—she who often moved her audiences to tears and smiles by her varied and admirable performances. She was playing her part on the stage, at Manchester. She entered into the subject with her whole soul, and riveted the assembled multitude to the spot by the very intensity of her acting. Just at the moment when she had tasked the energies of her too delicate frame to the utmost, when she was about to receive a simultaneous burst of acclamation, she fainted—she fell. And what was the cause of her fall? I answer, from two of the causes which I have said may produce fainting, namely, *breathing an impure air, and an overwhelming emotion of the mind on a weakened frame.* But what was the treatment she then received? Was she immediately carried into the pure air? No! Was there not one in that congregated multitude who could lend a *vinaigrette* to be held to her nostrils? No! Had no one presence of mind to procure cold water to dash in her face? No! Instantly a medical man leaped upon the stage—to administer a reviving cordial?—no! but to bleed her; to extract blood from a weak, worn, and exhausted woman! Mark the result—Madam Malibran never rallied from that unfortunate deed. She came from a foreign shore to enliven the hearts of Englishmen, and when she had tasked the energies of her vivid mind to the uttermost, she fainted—she fell—she was bled, and she died in the stranger's land.

Malibran was not a solitary instance of an intellectual person prematurely perishing by the lancet. Thousands, and tens of thousands, have been hurried into eternity from such a mistaken mode of treatment. Byron and Scott—the luminaries of the age—men who have excited the admiration of countless millions, and will continue to interest mankind through many revolving centuries—they, too, fell victims to the lancet—they, too, were destroyed by men who pretend to have learnt wisdom in the Halls of Science. The wizards with their charms, in superstition's dark days, or the old women with their "yerbs," were physicians indeed compared with the *blood-doctors* of the nineteenth century.

Innumerable causes will produce sudden nervous depression, and, consequently, fainting; and instead of medical men administering some reviving stimulant, they look on the fainting as arising from *congestion* of the brain, and forthwith proceed to abstract blood, and thus either sacrifice their patients at once, or lay them in a helpless state of prostration for life. Take, for example, the following case of the celebrated Joe Grimaldi, the clown, who had the power of setting a theatre in a roar of laughter;—

"Monday, the 19th of October," writes Mr. Charles Dickens, "was the day fixed for his benefit; but on the preceding Saturday he was suddenly seized with severe illness, originating in a most distressing impediment in his breathing. Medical assistance was immediately called in, and he was bled until nigh fainting. This slightly relieved him; but shortly after he had a relapse, and four weeks passed before he recovered sufficiently to leave the house. There is no doubt that some *radical change had occurred in his constitution*, for previously he had never been visited with a single day's illness, while after its occurrence he never had a *single day of perfect health.*"

Now, does not Grimaldi's case confirm the truth of the position I have laid down—namely, that loss of blood lessens its life-preserving properties? Indeed, bleeding is frequently carried on to such an extent, as I have just remarked, that vitality *immediately* ceases. Let me recite the case of another clown who was bled to death:—

In the *Yorkshireman* newspaper of February 22nd, 1845, there is the following extract from a private letter, dated Dublin, February 8th:—"I write in haste to inform you, that last night, while poor Jem Elsgood was dressing for the last piece, he complained of a pain in the head: a doctor was sent for, who took about *two quarts* of blood from him: he was then taken to his lodgings (being quite insensible) and expired in half-an-hour. He had a very difficult piece in the 'Tempest,' which was the first piece, and it is supposed nervousness and excitement brought it on. When he came off, after speaking the part to the satisfaction of the governor, &c., he was overjoyed and danced about, went up-stairs to dress for the after-piece, and soon after was a corpse!"

In this case, as in Madam Malibran's, *mental emotion* produced sudden nervous suspension, and arterial irritability; hence the pain in the head,—and the poor unfortunate creature was sacrificed to custom! I could compile a large volume of similar, well-authenticated cases, in which bleeding produced death. Where there has been one death caused by the domestic "doctoring" of officious old women, country blacksmiths, and empirics of all sorts, there have been at least ten thousand persons destroyed by bleeding. It is *criminal* to persist in the practice, seeing that it cannot be defended on any scientific principle whatever; on the contrary, it is positive *ignorance* alone which suggests its use. A vast multitude of instances similar to the following might be cited in confirmation of this fact:—

In the *Times* newspaper of December 20th, 1839, is an account of a coroner's inquest held upon a person who died suddenly. The surgeon stated that he found the deceased *at the point of death*. He attempted to bleed him, but in less than a minute afterwards he expired. He was not able to give any opinion as to the cause of death, and therefore he, with the assistance of Dr. Ridge, made a *post-mortem* examination, and found that "death was caused by the bursting of a large blood-vessel near the heart."

Here, reader, was a case where a man was dying from internal bleeding; and yet the surgeon, *utterly ignorant* of the symptoms, deliberately proceeded to open a vein!

#### EXTRAORDINARY CURE OF EPILEPTIC FITS OF FORTY YEARS' STANDING.

Mrs. Leng, of Fyrup, in Glazedale, near Whitby, aged fifty-nine, first became subject to epileptic fits about the age of nineteen. At the commencement the fits were slight, with an interval of some months between each, but gradually became more frequent and severe, until at length they assumed a most terrifying aspect. The fits came on with extreme shivering, giddiness, and dimness of sight; and if not immediately placed in a recumbent position, she would fall completely prostrate, when convulsions, insensibility, laborious breathing, with other alarming symptoms, were presented, which continued four or five hours. They generally occurred in the day, and more than once took place in the Methodist chapel at Moorsholm, near Guisborough (where she resided many years), so that she became afraid of attending public worship.

Many medical men and different means were resorted to, without the least perceptible benefit, and she gradually became worse, so that in the summer of 1846 one physician gave it as his opinion that she could not possibly survive above one or two more attacks. On visiting her in August of the year just mentioned, I was clearly convinced that the fits originated from irritability of the digestive organs, arising from nervous

*derangement*, and that they might be cured. She commenced taking the medicine, with the *Oriental Pills* occasionally, and very soon found much benefit, as the fits became more slight and less frequent, until they at length entirely ceased.

November, 1866.—There has been no relapse hitherto, and it is extremely probable the complaint will not again return. Should such be the case, the medicine would again remove it. The archives of the medical art never furnished a more incontestable proof of the power of medicine over disease. Indeed, it is impossible that it can do more for any human subject than in the case here related. Since it was first published, the patient's husband has received a large number of letters from strangers, all of which he has answered up to the present time; but, as he is engaged in trade, and frequently from home, it will greatly inconvenience him to continue such a correspondence,—hence I have requested him to discontinue replying to more letters of this nature. The circumstances connected with the complaint were as above related, and those who require additional particulars must apply personally to Mrs. Leng, who is still residing at the same place.

#### SEVERE CASE OF EPILEPTIC FITS CURED.

John Hutchinson, aged thirty, had been afflicted with the most dreadful epileptic fits for four years, which always occurred in the forenoon, once a month. During the fits he was very much convulsed, which in five instances were so violent that the shoulder joint was displaced during each attack. he then suffered the most agonising pain both before and during the surgical replacement of the joint. He had long been troubled with indigestion and a torpid state of the liver, indicated by sallowness of the complexion and other symptoms attending those complaints. Various medical men were applied to, some of whom did more harm than good, and he began to despair of receiving any benefit from medicine. Fortunately, however, he was induced, from the recommendation of friends, to try the *Oriental Pills* and *Solar Elixir*, which he began taking in April, 1854, and very shortly afterwards the countenance exhibited a more healthy appearance, and he gradually improved in every respect. Since beginning with the medicines he had not had one single fit up to the 10th of August in the same year, on which day the foregoing information was given personally.

John Hutchinson resided as servant at Walworth Castle, Durham, a portion of the time when the fits occurred, but I do not know where he now resides.

I am certainly justified in believing that the complaint is cured. On the 18th of April, 1855, I received a letter from Mr. W. Lightfoot, Sedgefield, Durham, containing the following extract in reference to this case:—

“Being in Darlington last week, and hearing of the case of John Hutchinson, I went to see him, to inquire some more particulars about the complaint, for the sake of a female who I fear is similarly affected, when he informed me that he was quite well in health, and had not had any more fits since cured of them about a year ago. He sends his best respects to you.”

Epilepsy has, through all time, been regarded as one of the most afflictive and intractable of human maladies. One remedy after another has been tried through a long succession of months and years, and all in vain. Some of the means employed were of a very reprehensible character, and not at all likely to produce any lasting benefit. It often occurs that epileptic fits arise from disorganisation of some parts of the brain, from previous injury to the head by accident. In such cases the symptoms may be alleviated, but the complaint cannot be cured. If there be no such disorganisation present, the disease may be cured in the same manner as all other diseases are cured—viz., by strengthening the nervous system, and restoring the digestive organs to healthy action, as illustrated in the following case of

#### EPILEPSY CURED.

Mr. Cuthbert Olliver, Coanwood, near Haltwhistle, Northumberland, first

felt the symptoms of indigestion, attended by ill health, in the winter of 1853. He was attacked with epileptic fits in January, 1854, which regularly returned at certain intervals for several months, so that he was compelled to give up his employment as ironsmith. He applied personally on September 12th, 1854, when the medicines were directed to be used, accompanied with suitable diet, &c. On April 22nd, 1855, he wrote thus:—

“Dear Sir,—I take this opportunity of writing to inform you that it is now twenty-four weeks since I have had a fit, or anything like one, and I think there is no fear of any more,—at least, I hope I shall not have any more, as it is a sad complaint to be troubled with; but, before taking your medicines, I had the fits regularly, and they got worse and worse. As the uneasiness of the stomach got less, and my appetite improved, just in like manner the fits by degrees left me, exactly as you said they would, as I never had any falls or blows to injure my head, that I can remember. So I will gladly let you publish all about my complaint. I got the medicines of Mr. Smith, Haydon Bridge Iron Works.

“I am, sir, yours respectfully,

“To Dr. Charles Rooke.”

“CUTHBERT OLLIVER.

## APOPLEXY.

An apoplectic fit may be known by laborious respiration, which is generally accompanied by stertor, red and puffed face, distension of the veins of the neck and head, prominent blood-shot eyes, which sometimes remain half open, but more frequently are quite closed; the head is hot, and often a frothy saliva is excreted from the mouth.

Apoplexy arises from the same cause as that which occasions dizziness and pain in the head—namely, a deranged or depressed state of the organs of digestion, when the circulation of the blood becomes impeded in the feet and hands; hence it tends to the head, and produces *congestion* or distension of the blood-vessels, and consequently *pressure* on the brain; sometimes the vessels burst, and an effusion of blood on the brain takes place, which always occasions death.

Whatever has a tendency to depress nervous and organic power may be the *exciting* cause of apoplexy,—such as immoderate exercise, violent passion, intense study, indulgence in intoxicating liquors; the apoplectic deaths from the latter cause would be as difficult to count as the sands on the ocean shore. Overloading the stomach is another frequent cause. That organ is so often gorged with food and drink, that it presses on the larger blood-vessel called the *aorta*, and by arresting the blood to the lower extremities, it is forced to the head through the carotid vessels, which become congested—hence the fit.

It is surprising that apoplexy is not far more prevalent, for gluttony is by no means rare. It is not at all uncommon to see a man of apoplectic tendency eating animal food three or four times a day; and at dinner, perhaps, devouring soup, fish, beef, mutton, game, and vegetables; then patties, creams, jellies, and ices, washed down with brandy; then hock, champagne, claret, port, and sherry; and then he finishes off with liqueurs, oranges, and walnuts! This sort of “feeding” cannot be carried on without an increase of cerebral action, and, perhaps, the hog expires in his chair before his fellow-gourmands.

Tight bandages round the neck, by arresting the circulation, will produce apoplexy. Mental excitement is also a frequent cause.

A short time ago a man expired of apoplexy while acting his part on the stage, and another dropped down dead while praying in a Methodist chapel. The exciting causes in both instances were mental emotion, and breathing a heated atmosphere.

Weakly persons sometimes die of apoplexy whilst bathing—hence cold water ought to be dashed against the head and chest whilst taking a cold bath. Before taking a hot bath, wrap a towel wet with cold water round the head; from the neglect of this precaution, the learned, pious, and



lamented Bishop Heber, whilst on a tour in his Indian diocese, expired in a bath from apoplexy. Medical aid was procured, *bleeding* was resorted to, but in vain: the spirit of the virtuous Heber had returned to Him who gave it.

The following symptoms indicate the approach of apoplexy:—Giddiness, pain and swimming in the head, drowsiness, ringing in the ears, loss of memory, and a pricking sensation, with numbness in the hands and feet. When persons feel any of these sensations they ought to have immediate recourse to the *Oriental Pills*, and observe a slender diet. Those who are troubled with sensations of that nature ought never to be without the *Pills*, and by taking them occasionally an apoplectic fit may always be prevented. Should this precaution be neglected, and the fit having taken place, the following treatment must be immediately adopted:—The head and shoulders must be placed in an elevated position, and the legs and feet put into hot water. A laxative clyster must be given every two hours, and as soon as the patient is able to swallow, five or six of the *Oriental Pills* must be dissolved in cold water and administered. No blood must be extracted, as it is useless, and always attended with bad effects; but the head must be covered with linen rags kept continually wet with cold water, or vinegar and water. The *Pills* must be repeated every day for a week after the fit, and afterwards every third day for some time. If the patient should recover by these means, he should keep the bowels regular with the *Oriental Pills*, and abandon all rich diet, wine, spirits, and malt liquors.

Those who are constitutionally predisposed to apoplexy,—namely stout persons with short necks,—will find great advantage by frequently abstaining totally for a whole day from animal food. Surely there need be no difficulty in this, when so imperatively required. Howard, the celebrated philanthropist, used to fast one day in the week. Napoleon, when he felt his system unstrung, suspended his wonted repast, and took exercise on horseback. The list of distinguished names might, if necessary, be increased; but why should authority be adduced in favour of a practice which the instinct of the lower animals leads them to adopt whenever they are sick? I know well enough that this advice will be disregarded by many a bloated wiseacre of our day, whose only objects of life seem to be eating and drinking. I further know that such people are the very first to mock and sneer at those religionists (the Catholics) who make it a duty to avoid animal food at least one day in each week, although both morality and physiology incontestably sanction and justify the practice.

Bleeding is *always* injurious in cases of apoplexy; for by depressing nervous energy it generally hinders, and in every case protracts, the cure. Dr. Holland says that if the seizure be of a sudden kind, bleeding is often pursued with an urgent and dangerous activity. Yet the first resource of a surgeon in a case of apoplexy is the lancet: the first thing he thinks of is, how he can most quickly open the floodgates of the heart, to pour out the stream of an *already enfeebled existence*. Sir Walter Scott had a series of fits of apoplexy, and he was bled—bled; and what did such a practice avail him? It shook his whole system, and left him at last in a state of irrecoverable prostration. Mr. Lockhart, his biographer, states how weak the bleeding always made him. Indeed, how could it possibly act in any other manner? Can it not be almost mathematically demonstrated, that whatever debilitates the whole frame must still further increase not only the tendency to apoplexy, but also its danger, by confirming the original weakly condition of the coats of the blood-vessels, and thereby rendering the chances more certain of a rupture, and effusion on the brain? Had the cold dash been resorted to during the fit, and a tonic, combined with a sedative, been given during the period of immunity, Sir Walter Scott might have lived several years longer to delight the world with his literary productions.

In the *Medical Gazette* is given an account of some experiments made by Dr. Seeds, who bled some healthy dogs to death, and from which I learn the following particulars:—All the large veins of a dog were opened. At first the pulse was accelerated; soon after it became slow and languid. The breathing was at first hurried; soon it became slow and laborious, and at last convulsive. In one hour the dog died. On dissection, the membranes of the brain were loaded with *turgid vessels*, and sanguineous effusion had taken place. Indeed—~~states the narrative—~~the *turgid state of the veins of the head* was very remarkable.

I have made the last quotation to illustrate the consummate ignorance and wilful blindness of those medical men who still persist in abstracting blood to *cure the very symptoms which arise from loss of blood!* Mark the following case:—

The *Lancet* a few years ago contained the details of a coroner's inquest held in London on the body of a man who, in the act of disputing with his employer, "turned suddenly pale, and fell speechless and insensible for a time, breathing heavily until his neckerchief was loosed. In falling, his head struck the edge of a door, and received a deep wound three inches long, from which blood flowed enough to *soak through a thick mat on the floor.*" He gradually recovered and was taken home, and his wife sent for a "doctor." And what do you think, reader, the doctor did? You will, perhaps, say that he would give him a reviving cordial, and order him to keep at ease. No: after the man had lost blood enough to soak through a thick mat, the "doctor" bled him again to above three pints! The bleeding occupied twenty minutes. He had convulsions on Saturday, after which he lay nearly still, occasionally moving his head. On Sunday he was more exhausted. On Monday afternoon he died. If ever a calf was bled to death that man was. Mark, he had convulsions; and Dr. Trotter says, "No fact is better known to the medical observer than that convulsions are a common consequence of large loss of blood." Now, was it possible that he could live after such a loss of blood? Most assuredly not. But now for the result. The coroner had the corpse opened, when—just as in the case of the dog that was bled to death—the veins were found to be turgid and congested throughout, which is always the case after great loss of blood. This the ignorant coroner did not know, and both he and the still more ignorant jury were convinced that the man had not been bled enough! But how did the late Mr. Wakley, editor of the *Lancet*, comment on the case? Why, he passed it over without one word of reprobation; and yet this was the man who professed to be a medical reformer!

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## P A L S Y.

Palsy is frequently the consequence of a fit of apoplexy, and all the causes of apoplexy may give rise to this complaint. It consists in the loss of the power of motion and sensibility in certain parts, mostly arising from deranged general health. In some cases, however, palsy proceeds from a disorganising process going forward in the brain or spine, from falls, blows, and other accidents;—in which case the patient will be compelled to pass the remainder of his existence with one part of the body unsubservient to his will. In cases arising from such a cause there is no cure.

TREATMENT.—When palsy arises from nervous and muscular debility, the only aim should be to re-establish the general health and strength, which plan will generally be efficacious, and succeed in a majority of instances. The bowels must be kept regular by the use of the *Oriental Pills* and a suitable diet, whilst the *Solar Elixir* will reinvigorate the brain and nervous system; but if the complaint has been of long duration, it will, perhaps, be a length of time before the affected parts resume their proper functions; hence the necessity of persevering with the medicines until some decided benefit be gained. In addition to using the external application ordered on the paper accompanying the medicines, the patients must rub the affected parts two or three times a day with a coarse towel or flesh-brush, and take as much exercise as possible in the open air.

The medicines have been very frequently used with success in the cure of paralysis; but want of room obliges me to notice only a case or two.

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### PARALYSIS CURED.

A singular case of paralysis came before me on the 3rd of June, 1844, of a labouring man, aged forty-six. He had enjoyed good health until about ten years before, when he had an attack of cholera; after which time he frequently complained of pain and dizziness of the head, *with defective appetite, and uneasiness of the stomach*, proceeding from

debility of the digestive organs. On the 6th September, 1842, he was seized with palsy of the left side and leg. The muscles of the bladder were also paralysed, as he had great difficulty in making water. He was bled, and had blisters applied to the spine, and also took medicine from his surgeon. On his applying to me he was scarcely able to walk with crutches, trailing his affected leg, as he was not able to move it in the slightest manner. I ordered him the medicines, and also a shower-bath every evening at bed-time; and warm fomentations, with the use of the flesh-brush twice a day. As he resided some distance from me, I saw no more of him until October the 7th (same year), when he was considerably improved, insomuch that I deemed it necessary to order him to work again, thinking that exercise would hasten his recovery. He said that, prior to taking the medicines, he had not had a single night's rest for above two years, and that after he had taken them three days he slept soundly the whole night, and from that time he had been gradually recovering. He had no difficulty then in making water, and could walk without assistance, being able to move the affected leg without difficulty.

This patient totally recovered from the paralysis, and remained well for several months, when I was informed he had taken typhus fever, of which he died.

#### DEBILITY AND PARALYSIS.

Letter from a young man residing near Halifax, dated September 13th, 1854 :—

"Sir,—I think it right to acquaint you with the benefit I have received by taking your medicines, and to solicit your advice, as I am not altogether better. I am twenty years of age, and have been doctoring about as many months. My complaints—for I have more than one—began whilst I was at work in a manufactory. At the outset, I felt a peculiar feebleness come suddenly over me, and my eyes became affected, so that I could not see anything very distinctly; and afterwards a dizziness came on, so that I could hardly keep from stumbling, and had to give up working. I went to a doctor, took his medicines, and otherwise acted up to his advice for about eight weeks, without any benefit. I next consulted two homœopathic doctors, who said it was the optic nerve that was affected; but, be that as it might, I received no good from them; on the contrary, whilst under their hands I nearly lost the power to use my legs and arms, and felt so weak that in attempting to walk I tottered like a drunken man, and it required a great effort to walk half a mile. My feet were always cold, and my head hot and confused. One of my eyes was drawn aside, and the eyelids drooped down so that I had no power to lift them up. The homœopathic doctors, I believe, used their best skill, but I got worse and worse.

"I next consulted a surgeon, who said my complaint was congestion of the brain, and the spine was affected. He put on four leeches at the back of each ear, and kept the place bleeding about twelve hours by putting on warm flannels, which nearly finished me. I continued within doors a fortnight, and when I did get out I could not walk above a few yards. Week after week went on, and still I could not walk any better nor see any better, and the eyelids still drooping, when the surgeon told me I should never have power to lift them any more.

"My friends next fetched a *Herbalist* from Leeds, who promised a ready cure. He gave me for several days a medicine he called *lobelia*, which made me vomit very much, and I shall never forget the horrid feelings which came upon me whilst taking it. You may easily think how weak it made me, for what with it and the former leeching, I had only strength left to enable me to get in and out of bed. I then heard, for the first time, of your *Solar Elixir*, and procured a large bottle, which did me a very great deal of good. The first dose seemed to put fresh life into me, and then I saw plainly the great worth of the strengthening system you recommended. I continued to take the medicines until I had taken seven bottles, which gave me a good appetite, and I got my strength as fast as I had before lost it. I can walk five miles, and my eyelids don't now drop; but still my sight is not fully restored, and I cannot keep my feet warm except when walking. Will you please to tell me what I must do to strengthen my sight, as I have recommenced work, and wish to continue at it?"

Here was a case of general prostration, with paralysis of the optic nerve, clearly arising from nervous debility, suddenly produced by some depressing cause, and as clearly requiring restorative means only for its cure,—such as strengthening medicines, shower baths, and nourishing diet, which if resorted to in the first instance, the complaints might have been subdued

in two or three weeks at the most. Instead, however, of such self-evident, common-sense treatment, the very reverse was persisted in; and what with one absurdity and another, the patient might consider himself fortunate in escaping with his life. With respect to the means used by the tribe of ignorant pretenders to medicine called "*herbalists*," who infest like a swarm of locusts the manufacturing districts of Yorkshire, it is a marvellous thing how people in this age should trust their lives to the keeping of such unprincipled charlatans, who, as may easily be ascertained by any inquirer, consist of uneducated individuals from the very lowest stratum of society, yet take upon themselves the responsibility of administering articles (of the nature and properties of which they know comparatively nothing) to cure diseases about which they know less than nothing! As to homœopathy, it was absolutely needless having recourse to a treatment which simply consists in leaving nature to itself; but indeed it was better to do this, than apply to those practitioners who can apply no better means than the blister and the lancet.

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### ST. VITUS'S DANCE.

This disease attacks young persons of both sexes indiscriminately, and consists of a particular species of convulsive fits, wherein the patient is agitated with strange notions and gesticulations, which ignorant people believe to be the effect of witchcraft. It is solely a disease of the nervous system, proceeding from debility and irritation, particularly the reflex actions, from irritation of the cerebellum and spinal cord.

Although the treatment of this complaint has in some cases been prolonged for a few weeks, yet it is not difficult to cure. The medicines must be taken regularly every day, and either a shower bath or sponging with cold water must be used every evening at bed-time, with plenty of exercise during the day.

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#### CASE OF ST. VITUS'S DANCE.

Extract from a letter received from a patient residing at Sedbergh, near Darlington, dated October 29th, 1857:—

"It is now two years since my wife, with our little boy, visited you. He was at that time afflicted with St. Vitus's dance. I return you my sincere thanks for the kind advice you then gave them, which was the means of restoring him to perfect health. By following your instructions as regards shower baths, and taking your medicines, he got completely better."

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### FEMALE COMPLAINTS.

There are two critical and important periods in the life of females, in which the constitution undergoes a material change—viz., the *commencement* and *cessation*. The first happens between the ages of fourteen and sixteen years, and the latter commonly from the ages of forty to fifty. It is necessary to make a few remarks respecting the management to be observed at both these particular times, as on this greatly depends the future health.

At the commencement in early life, indigestion and bodily debility are the causes of this salutary change not happening in due time, as the nourishment derived from the food being insufficient to supply the body with its due degree of strength, the heart, which is the principal instrument of circulation, can scarcely propel the blood in its vessels, so as to occasion a

distribution of that vital fluid to the different parts of the body ; therefore, its due office cannot be accomplished ; hence proceed obstructions attended with flatulency, palpitation of the heart, sick headache, and a throbbing or tremulous emotion of the internal parts, especially after exercise ; heart-burn, and distension of the stomach ; pains in the breast and side, with shortness of breath ; appetite is whimsical and much impaired. The countenance is sometimes wan and sallow ; there is coldness of the feet, weariness, depression of spirits, and reluctance to take exercise. Sometimes the patient appears on the verge of consumption, or running rapidly through its stages.

To assist the efforts of nature at this critical period, the whole constitution must be strengthened (a circumstance of the utmost importance to the patient's future welfare, though in general disregarded). This can only be done by such medicines as are calculated to give strength to the digestive organs and the system in general—combined with proper diet, moderate exercise, and natural rest, which will powerfully assist the animal economy to effect its proper office ; by the same means the secretions will be promoted, and nature be enabled to remedy those disorders which before have resisted all ordinary medicines.

Wherever, therefore, this salutary operation does not take place in its proper years, the *Oriental Pills* and *Solar Elixir* have had the happiest effects, after the usual course of bleeding, leeching, blistering, and plaistering have been found worse than useless.

*Suppressions.*—Between the ages before-mentioned, suppressions often occur from torpitude of the extreme vessels of the uterus, in consequence of deficient nervous power in these vessels, whereby they are unable to fulfil their office. Anything which depresses the nervous and muscular systems may be the cause of suppression,—such as sudden frights, cold, wet feet, bodily illness, grief, anxiety of mind, costiveness, &c.

*Painful Catamenia.*—These periodical returns of suffering and misery arise from a painful spasmodic action of the secerning vessels of the uterus, from deficient nervous energy ; and if their recurrence be not obviated by suitable constitutional remedies, the life of the patient is not only embittered, but all hopes of a family prohibited. Both this and the former complaints are frequently accompanied with various unpleasant effects, such as hypochondria, hysterical affections, fainting, shortness of breath, swelling of the feet and legs, eruptions on the face, &c. All females, whether nursed in luxury or in the midst of want and misery, are subject to the ordinary causes which produce these complaints, and therefore all suffer alike from them.

*CURE.*—The cure of these complaints, as in every other disease, must be attempted by increasing the tone of the system in general ; and as the turbid action and spasmodic constriction of the uterine vessels are subordinate to due nervous power, it is evident that if the system be once brought into good health, the balance of action will be restored, and the affected vessels will soon fall into the common train of healthful order. It sometimes, however, happens that the catamenia are retained and impeded from *local obstructions*. In these cases there is one sure remedy left,—in a happy marriage.

The *Oriental Pills* and *Solar Elixir* are fully acknowledged by all who have tried them to be most efficacious in female disorders ; and certainly no medicines hitherto known have been more successful in these cases. Multitudes who have apparently been running through the stages of consumption, and affected with fainting, languor, pain in the breast and side, cough, shortness of breath, palpitation of the heart, swelling of the feet,

depraved appetite, and all other symptoms arising from *irregularities*, have been completely cured by their use. Indeed, within the last few years, these medicines have been administered in some thousands of cases of this nature, and with gratification I add that, to my knowledge, they have only failed in four cases, and these arose from negligence in not acceding to the given directions.

It would be invidious to publish cases of this description, seeing that their peculiar delicacy forbids the mention of all names. I shall only insert one case, and that merely for the information of such unfortunate females as may be suffering under the same untoward circumstances.

#### CASE.

A young lady, aged nineteen, had been afflicted with *chlorosis* nearly four years. She was afflicted with pains in the stomach and side, with loss of appetite, severe nervous headache, and swelling of the feet and ankles; shortness of breath; her eyes were afflicted with continual pain and dimness of sight. She was attended by two medical men, who applied leeches to the head and different parts of the body; she was bled twenty-nine times in three years, until scarcely enough blood was left in the body to support life! The disease continued to increase, until at length the physician pronounced that the constitution was breaking up, and the patient was declared incurable. Her distressed mother accidentally got one of my pamphlets, which induced her to apply to me. On my first seeing her she had a blister on her side, and another on the stomach, and her voice was nearly inaudible from bodily weakness.

I immediately removed the nauseous blisters, and ordered two tea-spoonfuls of the *Solar Elixir* three times a day, in a wine-glassful of weak port wine and water, and her feet to be bathed in warm water once a day; this she continued for three weeks, when she was enabled to leave her room, which she had not done for weeks previously. She continued taking the *Solar Elixir* in the infusion of chamomile, for three months longer, with the *Oriental Pills* twice a week; at the end of which time she was completely restored to health.

Did ever treatment by the most consummate charlatan the world ever produced, equal that to which this female was subjected by the practitioners who first attended her? On such an outrageous practice a popular medical writer observes,—and his words deserve to be printed in letters of gold:—

“The use of bleeding, leeching, blistering, and cupping, it is to be hoped, will soon die away—such treatment is never safe, nor even necessary. Too many practitioners forget that nature commonly resorts to the mildest measures, and that by these the greatest advantages are gained. Her mode of operation is, uniformly, not to pull down, but to build up; and the means she employs are those which secure to the patient at once an increase of strength, comfort, and health. This should be our aim; and it is of importance that the public should be impressed with the fact, that commonly whatever plan of management distresses the patient, and increases the distemper, is certainly inappropriate and injurious.”

*Catamenia Excessive.*—This may arise from accidental causes, as a violent shock or jar, a fall or blow; but generally it arises from a relaxed state of the solids, consequent on a low state of the vital energy. In these cases the patient must take the following powder about half-an-hour before meals, in half a tea-cupful of water, to which must be added two tea-spoonfuls of *Solar Elixir*:—

*Rp.*—Powdered kino, 6 grains; powdered catechu and cinnamon, of each 12 grains. Mix for one powder.

*Catamenia Ceasing.*—At the time of *cessation* in later years, many females experience disorders which, if neglected, prove extremely troublesome and dangerous; such as restlessness, flushing heats, sleepless nights, troublesome dreams, spasmodic pains in the stomach and bowels; the legs and ankles swell, and are attended with pain and inflammation; sometimes the body swells, and puts on the appearance of dropsy. When the *Oriental Pills* are taken at this period of life, according to the directions, I never knew them to fail in removing these troublesome symptoms.

*Leucorrhœa*.—This complaint is commonly called "whites," and needs no description here. It proceeds from relaxation and indigestion; hence is mostly found among the weakly and delicate. It is also a penalty attached to those females who, in abeyance to fashion and folly, cruelly forbear to suckle their own offspring.

TREATMENT.—The general health must be renovated by strengthening medicine, assisted by nourishing but not rich food, and exercise. A dose of the *Solar Elixir* must be taken in a wine-glassful of either the infusion of chamomile or Calumba root, about half-an-hour before meals, three times a day, and the *Oriental Pills* once or twice a week. The case is sometimes tedious, particularly where females will not give up their indolent habits and enervating luxuries.

*Hysterics*.—This complaint consists of a convulsive struggling, alternately remitting and increasing; sometimes attended with a sense of suffocation in the throat, drowsiness, spasms in the bowels, and a fickleness of temper. It occurs most frequently between the ages of fourteen and forty years, but I have seen it at a still greater age. The predisposing causes of hysterics are those which depress the nervous power, such as inactivity and a sedentary life, grief, anxiety of mind, surprise, and sudden joy or fear.

Printed directions, as before observed, accompany the *Oriental Pills* and *Solar Elixir*. In all cases of suffering to which the female sex is prone, these medicines cannot be too much recommended, as they afford vigour to the system, without which a cure cannot be effected. Their good effects in female disorders arise from their tonic and detergent operations on the uterus, and in removing a disordered condition of that organ,—a common cause of abortion and sterility. These medicines are earnestly recommended to those ladies who, from repeated and difficult labours, are afflicted with weakness and infirmities, in which case they are extremely useful, strengthening at the same time the stomach, the back, the weakened organs and the whole constitution.

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## DROPSY.

This disease consists in a collection of serous or watery fluid in the cellular membrane, or in different cavities of the body, and is designated by different names, according to the part in which the fluid is lodged; but under whatever form dropsy takes place, it is clearly a disease of debility, and its exciting causes are those which produce deficient nervous power. It may arise in the following ways, according to the constitutional predisposition:—

1st.—Deficient nervous power, by inducing indigestion, may produce disease of the kidneys, by the morbid matter which is transmitted through them; or defective nervous power may produce inactivity of the kidneys; in either case these organs will be unable to separate the urine from the blood, and hence an accumulation of water in the body will be the consequence.

2nd.—Deficient nervous power may produce debility of the capillary vessels, which takes place in inflammation, whereby arises an effusion of serum too abundant for the absorbent vessels readily to remove; this is generally the origin of *ascites*, or dropsy of the belly, from inflammation of the *peritoneum* or membrane covering the bowels. *Hydrothorax*, or dropsy in the chest, arises from previous inflammation of the *pleura* or membrane covering the lungs;

3rd.—Deficient nervous power may produce debility of the absorbent

vessels, whereby the lymphatic exhalation is not taken up so quickly as it is excreted by the exhalent arteries. In the majority of instances dropsy arises in this manner.

CURE.—The proper treatment of dropsy consists in restoring vigour to the nervous system, by which the absorbent vessels and kidneys will be stimulated into activity, whereby the load of water which oppresses the system will be eliminated by the bladder and skin. If the constitution is not fairly worn-out, or the kidneys diseased, the following remedies will seldom fail of curing this disease:—

Take a dose of the *Oriental Pills* two or three times a week, and the *Solar Elixir* as ordered in the printed directions wrapped round each bottle.

The skin must be kept in healthy action. For this purpose the patient must have a warm bath every alternate night while using the medicines; but if a warm bath cannot be conveniently had, the body must be well washed once a day, and in every instance well rubbed with a hot towel, so as to produce a glowing warmth. After the water is removed from the body, every means should be used to prevent its re-accumulation, by improving the general health and vigour. The patient must then take a table-spoonful of the *Solar Elixir* in cold water after each meal, and one *Pill* every night, at bed-time, for some months. The medicines, with good nourishing diet, and plenty of exercise in the open air, will prevent a relapse.

#### DROPSY, JAUNDICE, AND GENERAL DECAY.

CASE OF A HIGHLY-RESPECTED ENGLISH MERCHANT.

“Arlington Hotel, Fleet-street, London,

“June 3rd, 1847.

“Sir,—Having been urgently employed, during the whole of 1846, in New York, I was suddenly seized, during the very hot weather in August, with the yellow fever, and confined to my room for seven weeks. In October I managed to stir out, but greatly emaciated, yet there seemed to be a progressive amendment, until I unfortunately took cold, which brought on jaundice, and soon afterwards dropsy; and, from the more serious attention of my physician, I surmised that my constitution was breaking up, and consequently arranged my affairs. I became slowly worse, when, early in December, Mr. Mackinnon, from Delaware, having occasion to be in my presence, warmly urged me to take your medicines, and, fortunately, he had some by him—the remains of a parcel forwarded by you to his son, whom they cured of consumption.\* Although that gentleman was a stranger to me, he very kindly wrote off to his home in the country for them. I received four large bottles of *Solar Elixir*, and a large box of *Pills*. I found relief from the first dose of *Pills*, and in a few days there was a visible improvement, which induced me to believe that my previous gloomy forebodings were misplaced, and that I might look forward to a cure, in which I was not disappointed; for, before I had finished taking the medicines, I was enabled to attend to my duties, which, at that time, became of an arduous character. On leaving America, five weeks ago, I was in perfect health.

“Having to go to the Cape of Good Hope the latter end of this month, and knowing, by experience, the hazards of foreign climates to European constitutions, I shall take the precaution of being provided with your valuable medicines. Having such confidence in them, I verily believe they would cure me of any disease. Will you please, therefore, send me directly two cases of *Elixir* and *Pills*, and one pamphlet, all packed in one box, for which I shall enclose in this letter the amount.

“I am, sir, yours obediently,

“To Dr. Charles Rooke.”

“R. HITTON.

#### DROPSY, ASTHMA, AND LIVER COMPLAINT.

Mr. Edward Roe, Smalley, near Derby, applied by letter, in July, 1856, in which he stated that he had been in an indifferent state of health for eight years. “In January last,” he wrote, “I caught a severe cold, which made me very ill. I applied to a surgeon, who said I had asthma, with irregular action of the liver and kidneys. He used remedies, but

\* The case is inserted on a future page.



I got very little relief, which induced me to try another, and still with no better success; he said my complaint was on the lungs, and that good nursing would be the best thing. From a third I derived some relief. He said my heart and kidneys were diseased, and water was collecting in the body, which sure enough was the case, as my complaint in a little while got worse, and has ended in dropsy. Although able to walk about, still I cannot do any work, as the least exertion causes difficult breathing and much perspiration. When stooping there seems a great weight and oppression in the lungs, which makes me think the water has reached my chest. I have procured an *Anti-Lancet*, and wish to take your medicines, as I feel myself getting gradually worse every day. Please send me instructions how to proceed, so that I may do what is right."

I ordered the *Solar Elixir* to be taken in the infusion of buchu, prepared as ordered in the printed directions: the *Pills* three times a week. From the medicines much benefit was soon derived, but still all the complaints were not subdued, which induced the patient to come to Scarborough in September for a personal interview. Finding that the medicines had been attended with such favourable results, I directed a continuance therewith; and on December 4th, 1856, a letter was received from Mr. Roe, containing the following extract:—

"I am perfectly cured of the dropsy, having none of its symptoms left, and am reduced to my former size, which I attribute to your valuable medicines, and strict attention to your instructions. I told you, when in Scarborough, that a young woman here had an ulcer on the cheek of fourteen years' standing, when you ordered your *Pills* and the application of some ointment. She is much better, and hopes the complaint will ultimately be cured. Wherever your medicines have been tried in this neighbourhood, they have done good. A young lady has been thoroughly cured by them of a nervous headache, which has long distressed her. A working man has taken your *Pills* for indigestion, which he has been troubled with for thirty years. He says they have done him a vast deal of good, as he is now apparently well and free from pain."

Mr. Bryan Barnes, chemist, St. Peter's-street, Derby, in alluding to Edward Roe's case, observes in a letter:—

"There are other very marked cases in this part, of a highly favourable result derived by individuals from taking your *Oriental Pills* and *Solar Elixir*; but I cannot succeed in getting a testimonial from any one of them, arising from a strong objection to have their names made public."

Above sixty other cases of dropsy have already been cured by these medicines; and if the directions are properly adhered to, they will seldom fail to remove the disease, provided the kidneys be not organically diseased. When the complaint does not arise from organic disease of these organs it is not difficult to cure; but so long as medical men confine their attention to merely relieving the *effects* of disease, their efforts will seldom be crowned with success. It is only by removing the *cause* of the disease that we can expect a rational cure.

#### DROPSY, &c.

Extract from a letter from Mr. J. A. McGill (at Mr. Chadwick's, Guildford-street), Leeds, dated October 14th, 1861:—

"I feel it a duty incumbent on me to acquaint you with the benefit which my parents have received from your medicines.

"Nine years since my father suffered greatly for six months with what the doctors called *gall-stones*. During that time four medical men attended him, three of whom considered him incurable. One of our neighbours in Armley, where my parents reside, informed us of the benefit she had derived from your medicines, which induced my father to send for a small supply. He took them, and was well in a fortnight.

"Three years ago my mother was attacked with the dropsy in its worst form. Her body and legs were swollen to an extraordinary size. A near medical man attended her most assiduously, and she, on her part, as faithfully obeyed his instructions; but without avail, as the complaint continued to increase, and to all appearance every hope

of life was gone. On the doctor informing us that he could render no further aid, your medicines were had recourse to, and which were used according to the printed directions. In a few days she could move her feet and legs, which she had not been able to do for some weeks before. In a week she was able to leave her bedroom and attend to her household duties."

## SCROFULA AND SCURVY.

Scrofula is called, in popular language, King's Evil, which absurd title it has inherited ever since the time of Edward the Confessor, it being historically related to have been cured by him, and also by several succeeding kings of England and France.

This disorder was known to the ancients. We find mention of it in the works of Hippocrates, Galen, and many of the Roman and Arabian writers. Although medical men have been acquainted with the existence of this disease for above twenty centuries, yet, with all their chartered wisdom, they are totally ignorant about it, both as regards its nature and treatment. Hear the confession of a modern writer on this subject:—"Scrofula being one of those many diseases that so often put practitioners to the blush, from never having discovered a proper remedy for it, nothing positive or certain can be said about it."—*B. Bell, on Ulcers.*

If any one asks why this disease should have been so little understood, I reply, because the medical sects have in all ages founded their false systems on the fancy and supposition of their leaders, instead of on physiology; and such is the fate of the human race to be continually misled by blind authority, until, perhaps, some original mind is bold enough to throw off the trammels of scientific despotism, and open a new track for the inquirer after truth.

This disease, as stated on page 16, is precisely of the same nature, and has the same origin, as pulmonary consumption, both being dependent on the presence of *inorganisable* matter in the system, which is absorbed by the lacteal vessels, occasioned by debility and defective digestion. In consumption the matter is deposited in the *lungs*, whilst in scrofula it is deposited in the *lymphatic glands* and the joints. It is, however, very often deposited both in the lungs and lymphatic glands, and hence the reason why both diseases are often met with in the same person.

That this view of scrofula is correct, *post-mortem* examinations on persons who have died of this disease have frequently proved. *Sæmmering* states, in his *De Morbis Vasorum Absorbentium*, that he found, in the thigh of a woman who had died of scrofula, the lymphatics so exhausted, that a single touch made the lymph flow in abundance. *Morgagni*, *Schreger*, *Meckel*, *Bichat*, and *Baillie* have each found, by anatomical investigation after death, that the chief seat of scrofula was in the lymphatics. *Dupuytren* found, on operating on a woman who laboured under a scrofulous abscess in the thigh, the lymphatic vessels enlarged and full of pus. *Majendie* also relates a similar occurrence. (See his *Physiologie*, t. 2, p. 218.)

**SYMPTOMS.**—The commencement of this disease is often concealed or disguised under the appearance of a singular glandular swelling, sometimes blotches on the face or back. The scrofulous tumours may appear under the chin or behind the ears, the armpits, groin, feet, hands, breast, &c. Those obstinate ulcers which break out upon the feet and hands, with swelling, and little or no inflammatory redness, are of the pure scrofulous kind. The white swellings of the joints are precisely of the same description, for when opened they discharge a pure scrofulous matter. How stupidly ignorant.

then, are the medical men who, in attempting to cure those swellings, inflict upon their innocent victims the torture of the seton, the moxa, leeching, blistering, &c. ! Happy indeed is the patient if, after such cruel and blind endeavours, he is dismissed with only a stiff joint ; for in most cases he has been obliged to submit to the pruning-knife. Although the chief seat of this disorder is in the central lymphatics, yet it spreads to the mucous membranes, and it then becomes a constitutional disorder. The whole of the chylopoetic system, the joints, and spine, become affected. The eyes are sometimes the seat of this disease, when they are weak and watery, and the eyelids are affected with chronic inflammation, frequently terminating with loss of sight.

In protracted cases of scrofula, the bones become distorted, softened, and very often disorganised ; their extremities become developed, spongy, and carious, and filled with a corrupted fluid. The very marrow becomes diseased, and the cartilages and ligaments ulcerated or absorbed. In hereditary cases of scrofula, the bones remain tender, and easily bend under the weight of the body, and it occasions the most singular distortions. The lymphatics in these cases are swelled or dried up, or filled with corrupted matter, such as emanates from the head in persons affected with *tinea capitis*. All the rickets and spinal distortions met with in this country, are so many forms of scrofula of the bones. Anatomical investigations prove the correctness of my assertions. How puny, then, how unaccountably futile and absurd, are the efforts of medical men in striving to cure, by mechanical means, a malformation that is produced and kept up by a disease which diet and medicine, and change of air, can alone remove ! Crooked legs and distorted spines will never be properly cured but by suitable medicines, exercise, and diet. All mechanical means contrived for the cure of those distortions only accelerate the fatal catastrophe to which scrofula, if not timely checked by the means I shall point out, inevitably sacrifices its victims.

The disease which the ancients designated LEPROSY is another aggravated form of scrofula. The disorder which the moderns have named *elephantiasis*, *ichthyosis*, *eczema*, are different varieties of the same disease—scrofula.

This disease often attacks children in many different forms ; in which cases it is frequently inherited from parents whose constitutions have been impaired by scurvy, scrofula, debauchery, misery, mercurialism, and other similar causes. Children born from parents with diseased constitutions *must*, sooner or later, become the victims of some of the many forms of scrofula, as rickets, herpes, spinal distortions, scald-head, cancer, &c. “ Examples are odious,” says a female writer, “ or I could enumerate more than one regal family in Europe who have bequeathed, among other things, those diseases to their posterity for two or three generations.”

*Exciting or Producing Causes.*—Everything which has a tendency to produce nervous debility and reduce the powers of the system, may be the cause of scrofula ; but it is generally produced by poor diet, impure air, living in close confined apartments, &c., or syphilitic taint.

In those deep dark valleys of the Alps,—where the sun never shines, where the inhabitants continually live in their damp and dismal dwellings, feeding upon unwholesome food and drinking bad water,—scrofula is a very common disease. Indeed, dark, dreary abodes always favour the production of this disease. Plants deprived of light grow sickly, slender—decay, and die ; and darkness has the same effect upon animal life. If man is obliged to live in dark valleys or dark lanes, and dark rooms in crowded cities, he too sickens—he decays, and he dies. External injuries—as blows,

bruises, and the like—may appear to cause scrofulous ulcers and tumours; but when this happens, there is always the humour lurking in the constitution, and the blow is only the exciting cause of bringing the humour to one head.

**SCURVY.**—This is a very common disorder, but one which exhibits many very different external symptoms; and hence, perhaps, may be attributed that multitude of absurd theories which have been published respecting its nature and origin. A few of these discordant opinions of authors as to the causes of scurvy, may serve the reader as a specimen of what can be collected from books on this subject:—

One writer (Dr. Darwin) tells us that the proximate cause of scurvy is a putrid state of the vital fluid.

Dr. Cullen states that it is a preternatural saline state of the blood, and that an ammoniacal salt pervades it.

A third attributes the disease to a superabundance of alkali.

A fourth, to an accumulation of carbon in the blood, and a deficiency of oxygen.

Dr. Sir Gilbert Blane considers that it is caused by a defect of the living tone, and irritability of the fibres in general, particularly those of the vascular system; and also by a diminution of their simple elasticity and cohesion.

Dr. Trotter says that the proximate cause of scurvy is something abstracted from the body by the remote causes. While

Dr. Sir Arthur Clarke writes that scurvy is now seldom met with, not even at sea!

We need not wonder, on reviewing these conflicting opinions, that the cure of these diseases should, in all ages, have baffled the researches of medical men; and that they should still continue to be the scourge of the human race in various parts of the world, is not a matter for surprise.

**SYMPTOMS.**—Although scurvy is so prevalent in this country, there are scarcely two patients afflicted with it whose symptoms are exactly alike. It may, however, be known by some of the following symptoms:—A violent intolerable itching on different parts of the body, particularly when over the fire or warm in bed; unusual weariness, heaviness, and difficulty of breathing, especially after motion; sometimes rottenness of the gums, which are apt to bleed at the slightest touch; an offensive breath; stiffness and crackling of the joints; difficulty of walking; sometimes a swelling, and sometimes a falling away, on the legs, on which there are livid, yellow, or violet-coloured spots. The face is generally of a pale or sanguine colour.

As the disease advances other symptoms come on,—as rottenness of the teeth; foul obstinate ulcers on the arms, shoulders, and legs; dry scaly eruptions on different places; wandering pains invade all parts of the body, both external and internal; sometimes the pains are violently gnawing, darting, bounding, and shoot through the legs and arms, being most excruciating when the legs are exposed to the open air; at last a wasting or hectic fever comes on, and the miserable patient is often carried off by dysentery, diarrhœa, dropsy, palsy, fainting fits, or a mortification of some of the bowels.

I must here remark that a *scorbutic humour* in the blood does not always manifest itself outwardly by blotches and spots upon the skin, but often lurks within, and occasions such symptoms that the patient has no idea that the effects are produced by such a cause. Sometimes it appears under the form of a red florid colour in the face and other parts, and attended with an

inflammatory heat, which goes and returns at intervals. In this state it is often mistaken for erysipelas, and treated by bleeding and calomel, which, by debilitating the constitution, and impoverishing the already vitiated blood, produce dropsy, consumption, and death.

All the various appearances on the skin,—such as pimples, scales, bubbles, scald-head, prurigo, ringworms, herpes, tetter, &c.—are so many different modifications of scurvy, and arise from corruption of the blood. It is strange, incomprehensibly strange to me, that physicians should have so long amused themselves and the public in giving costly pictures of these various scorbutic symptoms, and giving to each some choice and dainty name; but it is lamentable, indeed, to find that they have been treated as so many distinct disorders.

The mischief which is daily caused by the profession in that respect is incalculable. I have examined the atlases of Willan, Rayner, Bateman, and Alibert, and find them incapable of imparting one single sound idea upon the nature, cause, and treatment of scorbutic disease. They are mere curiosities of literary stupidity, and will serve for future generations to turn into ridicule and scorn.

Scurvy is merely a modification of scrofula. They both proceed from a depraved action of the digestive organs, from defective nervous power, whereby the chyle is poured into the blood in a vitiated state, and hence that fluid becomes clogged with impure humours, which nature is constantly striving to expel by the perspiratory pores of the skin, and that organ consequently becomes covered with blotches and running sores.

*Producing Causes.*—Everything which produces debility, so as to impair the action of the stomach, may be the cause of scurvy. It is generally caused by living too much on smoke-dried and salted animal food, which affords little nourishment; impure air; depressing passions of the mind, &c. This disorder often follows other diseases which enervate the constitution, such as measles, small-pox, hooping-cough; and, indeed, from any other disease which weakens the body and vitiates the humours. It may also arise from an hereditary taint.

**CURE OF SCURVY AND SCROFULA.**—These disorders are curable in every form in which they may appear, and in every stage, except when the constitution is fairly worn-out. But I beg my readers distinctly to understand, that I do not mean to assert that those diseases are conquered when the form under which they first appeared has been subdued.

Scorbutic complaints were, for a long series of years, imagined to be very far beyond the power of medicine; and many an unhappy mortal has gone nearly through the whole *Materia Medica* for this disorder, without receiving any real benefit; the utmost exertions of human skill have been employed, but all in vain. The remedies which have been prescribed in all its different stages are almost innumerable; mineral and tar-waters, for their warm and stimulating qualities; the cold bath, for bracing the solids and quickening the circulation; anti-scorbutic vegetables, for purging and sweetening the blood; next came outward applications, as plaisters, lotions, salves, caustics, issues, baths, fumigations, &c. When these failed, mercury or mercurial salivation was resorted to, which, in fact, was but to give the human frame its last vehement shock, and to send the wretched patient in agonies to the grave.

The cure of scrofula and scurvy can only be effected, as in all other diseases, by promoting the general health, and restoring healthy action to the digestive organs, whereby the blood will acquire its healthy properties, the local tumours be absorbed, and the ulcers healed. These intentions can only be effected by tonic and alterative medicines, united with exercise, fresh and pure air, cleanliness, and proper food.

The action of tonics and alteratives have been explained on page 27 of this book, which I wish the reader to peruse before he proceeds further. The *Solar Elixir* and *Oriental Pills* possess those properties in an admirable degree; and with the aid of proper food, air, &c., will cure those diseases in every case, unless the constitution is quite broken up. In making this statement, I am fully justified from an extensive practice in those cases.

*Directions* are sealed up with each box of *Pills*; and a "*scorbutic ointment*" is there ordered to be rubbed on scrofulous tumours, and applied to ulcers, &c., which ointment I have been obliged, in consequence of other engagements, to discontinue preparing, but I will forward to my agents the recipe for its preparation, whenever it may be required. \*

Scorbutic and scrofulous complaints are frequently engendering in the constitution for years before their external symptoms are manifested; and as there is not then any part of the body free from the morbid humour,—the chyle, the lymph, and the blood being all tainted therewith,—it must be evident to every invalid that, in some protracted cases, it will require a long time to eradicate the virus from the constitution; it is therefore absolutely necessary that the medicines be *persevered with* in such cases. To those who are suffering under long-standing complaints, of either a scorbutic or scrofulous nature, it ought to be a cheering consolation to be assured that the most aggravated cases have given way to a steady perseverance in their use. Some of these cures will be alluded to in the following pages, whilst very many others are attested in letters in my possession,—all serving to justify the statement that the *medicines are the most successful remedies that were ever administered for the relief and cure of these complaints, in whatever form they may appear*. Whoever, then, commences using the medicines for disorders of this nature, must implicitly attend to the directions given with each, both as to the regularity in taking them, and also with respect to diet, &c.

REGIMEN, &c.—Persons afflicted with scrofula or scurvy must be particularly attentive to cleanliness, as those disorders are always increased by dirt. The insensible perspiration is intended by the Creator to purify or remove from the body the waste matter, such as gas, salts, and other impurities, which are continually being deposited in the blood by the chyle. Now, when the insensible perspiration is checked by dirt or cold, the impure matters are fixed in the blood, and thus increase the complaint; hence the necessity of washing the whole body frequently with warm water and soap, which I entreat may be done by patients in every case.

The diet must consist of, as much as possible, fresh provisions. Milk may be partaken of freely, as may also oranges, apples, tamarinds, watercresses, &c. When the patient is thirsty, his drink may be sharpened with cream of tartar, or aromatic sulphuric acid. A strict abstinence must be observed from fat, cheese, salt provisions, and all spirituous and strong drinks. Avoid cold sea-bathing in all cases of scurvy, as it might repel the disorder from the skin to the more vital parts, and produce serious internal disease. Tepid or hot baths, however, in either sea water or fresh water, are excellent auxiliaries to the treatment of scurvy. In all scrofulous complaints, the sea air and bathing in the sea, in suitable weather, most *powerfully* assist the treatment. A residence of above thirty years at the seaside, has enabled me to verify my observations in very many hundreds of scrofulous cases. Adult persons must take as much exercise as possible in the open air. Children and young persons must run and dance in the green fields and flowery meads, under the canopy of heaven.

\* In consequence of the great difficulty experienced by invalids in procuring the ointment genuine, I have re-issued it under the name of "*DR. ROOKE'S GOLDEN OINTMENT*," and it can be obtained of all chemists, price 1s. 1½d. per pot. (June 1st, 1870.)

## CASES.

The great number of cases of Scrofula and Scurvy which have been cured by these Medicines is a satisfactory proof that they are curable by proper means; but from the supposed stigma attached to these complaints, nearly all persons are averse to their names being published, and, therefore, only a very few cases are here printed, the facts of which were satisfactorily attested by myself previous to publishing them.

There is a very prevalent opinion, both among professional and unprofessional persons, that scurvy and scrofula (particularly the latter) are incurable; but, as it will be perceived, some of the following cures were effected several years ago, and not one instance has ever occurred amongst them where the complaint has returned again; which is certainly a conclusive argument that the opinion alluded to is unfounded.

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CURE OF A SCORBUTIC DISEASE OF NEAR TWENTY YEARS' STANDING.

Mr. Thomas Gardiner, residing near the "Victoria Rooms," Bridlington Quay, had been severely afflicted with a scorbutic complaint in the leg and other parts of the body, for upwards of twenty years. He wrote in his first letter as follows:—"When about thirty years of age (I am now fifty-two) I had the typhus fever, which left me very lame in the legs, which became swollen to a great size, and several wounds broke out, discharging much offensive matter; the pain which I endured in my legs was very violent, sometimes amounting to agony; indeed, it is impossible to describe the pain I suffered for months in succession. I have been employed as a sawyer in a raft-yard for the last nineteen years; but during that time I have been frequently obliged to lay off work for weeks together, and compelled to walk with sticks. I took a variety of patent medicines, and had medicines from several surgeons, which seemed to relieve it for a little while, but very soon I was as bad as ever. I had also a breaking out of red pimples on different parts of the body, attended with an excruciating itching, swinging, burning pain, particularly during warm weather, or when warm in bed. It is ten weeks ago since I commenced taking your Pills, and the swelling in the legs has gone down and the wounds are fast drying up, therefore I am in hopes they will completely cure my complaint."

The complaint was at length perfectly cured, and he is now (April, 1861) in good health, and free from the least symptoms of his former disorder.

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SCURVY.

A young lady had been suffering from a violent scorbutic humour in the face and other parts of the body, for three years, occasioned by a sudden check of perspiration, after going incautiously in the cold night air from a heated ball-room. She visited and used the waters of Harrogate and Buxton, without benefit; and also applied to a celebrated physician, who attended her for four months until she paid nearly £100 for medicines and medical advice, when, instead of relief, her constitution was so far reduced from maltreatment that she could scarcely walk, when the sapient doctor was obliged to recommend her to Scarborough for the benefit of the sea air, &c. She was completely restored to health. The eruption disappeared within three months and she is at the present time enjoying perfect health and strength.

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SCURVY.

A gentleman in Scarborough had been dreadfully afflicted with a severe scorbutic eruption for nearly eighteen years, which was excessively troublesome every spring and autumn; at those seasons it covered nearly the whole body, and discharged a most offensive humour, attended with a burning, swinging pain. The disorder preyed very much upon his general health, and reduced him to a very feeble state. His medical man was frequently applied to, but his skill was useless; several patent medicines were also resorted to, which proved equally ineffectual. He began taking the medicines in January, 1839, and in a few months was restored to a sound state of health, and has remained well ever since. As the gentleman is in an extensive way of business, it would be invidious to publish his name; but scorbutic patients applying to me, either personally or by letter, will be referred to himself.

## SCURVY.

A child, aged four years, residing in Scarborough, was much afflicted with a scorbutic complaint almost from birth, which appeared in large blotches on the head and limbs; it was also affected with inflammatory sore eyes, arising from the same cause, and if the disorder had not been eradicated, it would eventually have become blind. Its arms and shoulders were covered with blotches and white scales, which rendered it a disagreeable spectacle. It was put upon a course of medicines as follows:—Half a *Pill* was directed to be taken every alternate evening; thirty drops of the *Solar Elixir* in a little water three times a day, and a little of the ointment ordered in the printed directions to be applied to the eyelids every night. In six weeks the young patient was perfectly cured, to the no small satisfaction of its parents.

## VIOLENT SCORBUTIC DISEASE.

Copy of a letter received from the Rev. Thomas Crumpton, a respected Baptist minister in Hull, dated October 19th, 1843:—

“Sir,—I have long been desirous of coming to Scarborough to consult you, but have hitherto been prevented by severe bodily affliction; I must, therefore, explain my case to you as clearly as possible.

“I am about sixty years of age, and have long suffered from illness, for which I have consulted many eminent medical men in different parts of England, who all agreed that my constitution was materially injured by deep thought (too often, alas! combined with grief), and long-protracted study. My strength and spirits failed me at first, and I became feeble in body, depressed and distressed in mind; with pains in the loins, shoulders, and head; cramp in the legs and hands, noise in the ears, and distressing dreams in the night; defective digestion, torpid state of the liver, occasional vomiting, giddiness in the head, and temporary suspension of thought.

“Last year an ulcer broke out in the right leg, which discharged much matter. It became inflamed, and a kind of scorbutic disease has now spread all over the leg, which is attended not only with a peculiar feeling as though fire was under the skin, but also with a distressing itching, which is very troublesome both day and night. Indeed, such is the distress (at times) which I feel, from a combination of ills, that the mind is nearly overwhelmed, and the whole frame is frequently convulsed, as if struck with a paralytic fit.

“Your *Oriental Pills* and *Solar Elixir* have been recommended to me by Mr. Lightfoot, Northgate, Darlington, who I understand has received much benefit from them, and, if you can honourably advise me to go through a course of them, I am fully willing to do so. Waiting your reply,

“I am, sir, yours very faithfully,

“THOMAS CRUMPTON.

“Providence Grove, Anlaby Road, Hull.”

The following was received from the same gentleman, announcing his cure:—

“Hull, January 12th, 1844.

“Sir,—By referring to my letter of October 19th, 1843, you will see the statement of my long and distressing afflictions, and the fear that I then had that my case was almost hopeless. But I have now the happiness to state, for your satisfaction, that my leg is cured, and my nervous depression and general state of health are much better than could have been expected at my time of life. I have regularly taken the medicines, and my case fully proves their efficacy, and that they are what you describe them to be.

“A deep sense of my obligations to God, and my relative duty to man, will lead me at any time to answer the inquiries of any person you may refer to me; and I think every minister, and all who follow sedentary employments, should occasionally take the *Oriental Pills* and *Solar Elixir*.

“I am, sir, yours very gratefully,

“To Dr. Charles Rooke.”

“THOMAS CRUMPTON.

Those who hold the opinion that these diseases are incurable, I refer to the following extract from another letter by Mr. Crumpton, then on a visit to Liverpool, dated June 23rd, 1847: “You will be glad to learn that my leg continues perfectly well, and my health is mercifully good. I have met some persons here who saw me twenty years ago, and they are pleased to say that I am looking as well or better than at that time.” This extract surely



speaks for itself. But I may claim the reader's observance of the fact, that these medicines *totally* eradicate all such disorders from the system, and do not merely *repel the symptoms inwardly*, as is too often the case by mere local treatment, after which they break out again in a more aggravated form.

Mr. Crumpton died in Leeds, on September 25th, 1869, aged eighty-seven years. The complaint never returned.

#### SCROFULA.

The following letter was received in 1844, from Mr. William Lightfoot, tallow-chandler, Northgate Street, Darlington (since removed to Sedgfield, Durham—see page 79):—

"Sir,—I write to say that I have seen a little boy, nine years of age, suffering, as two medical men who have also seen him say, from a white swelling of the knee-joint, supposed to have been caused by a fall two years ago. In other parts the leg is quite pined. He suffers dreadfully in pain nearly day and night, and has been confined to bed for the last three weeks. His health is very bad, and I think his constitution is scrofulous. Do you think there are any hopes of his health, so as to save his leg?"

"He has a sister about two years younger, who some time since had the scarlet rash, and her constitution being feeble, it has fallen on her eyelids, which are very sore and much inflamed. I imagine that she is scrofulous also. Can you cure her, think you?"

"Their father, who resides in Darlington, having heard of the benefit which I had received by taking your medicines, sent to make some inquiries; so I called to see the children, and promised to write to you about them. Your reply at your earliest convenience will oblige,

"To Dr. Charles Rooke."

"Sir, your obedient servant,

"WILLIAM LIGHTFOOT.

A *white swelling* is a commonplace term applied to a scrofulous symptom; it being nothing more or less than a collection of the scrofulous matter on the joint, brought together by a blow or bruise. Such swellings are purely constitutional: and, when treated accordingly, are very easy to cure. I again repeat,—that all *local* complaints, not of an accidental nature, arise from constitutional causes; and it is sad trifling with human life when such complaints are treated by local measures only, as such are sure to fail; the consequence will be, that the accumulated morbid matter gradually softens and produces disease both of the bone and ligaments of the joint, which tend to cripple the patient during the remainder of life. Too often, however, it happens, that amputation of the limb is considered the grand remedy, and accordingly the patient becomes a maimed victim to that practice which trusts more to the knife than to proper constitutional treatment. Well might the late Joseph Hume, M.P., exclaim,—“I consider that the profession of medicine in our country is in a state of barbarism.” On the same “operating” treatment Dr. Cumming remarks,—“The man who wantonly wields the bloody knife, for the sake of experience or a vain display of his adroitness, is a human savage, in whose breast soft pity never dwells.”

As for sore eyes, mentioned in the foregoing letter, it is a scorbutic affection depending on a morbid state of the blood from previous debility. Sometimes this local complaint, like white swelling, is first perceived after measles, scarlet fever, or small-pox; but these, as well as all fevers, I have before shown arise from morbid matter pervading the whole system; and when purging is neglected in these diseases, there need be no wonder that such an excess of morbid matter should produce scorbutic and scrofulous complaints, but which might be prevented in all cases by using the *Oriental Pills*.

Second letter from Mr. Lightfoot:—

"Darlington, July 16th, 1855.

"Sir—You may perhaps think me unkind in not writing sooner, but I have delayed

until now in order that I might have good news to send. With regard to the little boy, he took the medicines, and used the outward application recommended by you, which soon removed the pain, so that he was enabled to get out of bed in three weeks, and by continuance with the means he was raised to health and strength, and has had no return as yet. The knee-joint is brought to its natural size like the other.

"The little girl's eyes soon got better, and the cure has now stood for some months. The eyelid is perfectly clear, and her health is good.

"I remain, sir, your obedient servant,  
"To Dr. Charles Rooke." "WILLIAM LIGHTFOOT.

In the last letter the children's father was mentioned; but as there is a reluctance to such complaints being made public, I forbear to insert it, but will send it and the address to any person applying for it by a prepaid letter

*Blotches and Pimples on the Face, &c.*—The stomach, as before observed, is composed of three membranes. The inner or mucous membrane is in a direct chain of communication with the external skin, which is joined to it at the mouth, &c.; and hence is explained the sympathy which exists between them, and the action and reaction of one on the other. We thus see how disorders of the stomach may give rise to complaints of the skin, as blotches, &c. The use of the *Pills* will totally eradicate those complaints of the skin, and render the complexion clear and healthy.

#### SCURVY.

*Eruption and Scurf on the Face.*—The following was received from Lady ———, and, by her permission, it is not only printed, but I am at liberty to refer any *female inquirer* to her:—

"London, March 1st, 1845.

"Dr. Rooke,—I was recommended by the Dowager Lady ——— to take your *Oriental Pills* for a long-standing, and to me unpleasant, complaint, namely, an eruption and scurf on the face and neck, which, I had been given to understand, were of a scorbutic nature, although I could not readily believe such to be the case, as my family was remarkably free from complaints of that nature. Be that, however, as it may, the symptoms were frequently very distressing, for ever and anon they appeared with redoubled violence, attended with much irritation; and at those times my vision of distant objects was very defective, and the eyelids were slightly inflamed. I tried all the cosmetics, &c., of any note in Europe, besides various medicines and lotions ordered by my physician; I also went from one mineral spa to another—and all without advantage, so that I lost all faith in everything. You may, therefore, imagine with what pleasure I inform you that the symptoms have entirely vanished by the use of your *Pills*. My complexion has resumed such a fair and healthy appearance, that I have frequently been regarded of late, and even by near acquaintances, as a stranger! You are at liberty to refer those of my sex who may be similarly suffering, to me, for any additional information. If you will send me £5 worth of the *Pills* I will give them to the poor. "I am, sir, your obliged ———."

Lady ——— was in error when she imagined that her complaint was not scorbutic. It certainly was produced, as all such cases are, by a morbid humour in the blood, which the alterative properties of the *Oriental Pills* entirely removed. A *fair complexion* altogether depends on a healthy state of the stomach and purity of the blood; and hence these *Pills* are far more conducive towards improving the looks than all the cosmetics ever invented, some of which are frequently attended with destructive consequences.

#### SEVERE SCORBUTIC COMPLAINT.

In April, 1852, Mrs. Boddy (then residing at Burlington Quay, but since removed to Haigh's Yard, Burton Head, Sheffield), brought her little son, then aged four years, to Searbro', for medical advice. He had been most severely afflicted with a scorbutic complaint since he was ten months old. There are few medical men who have had more experience than myself in this disorder, but I do not remember ever seeing a patient

more afflicted therewith. He was altogether, even including his face, covered with the eruption, which was so irritable, when warm in bed, that he lay and cried through many a night. Divers means were tried, without effect, to lessen the virulence of the complaint, for a cure was not expected. In July, 1854, his mother having occasion to write about the health of another child, observed in her letter as follows:—

“With regard to our little boy, his complaint proved so very obstinate, that although he began to have better nights after taking the medicines a few weeks, yet we were obliged to continue them at intervals, less or more, for eighteen months, when the eruptions, which had been gradually lessening, totally disappeared, and he has been for several months perfectly well in every respect. My husband joins with me in thanks for your advice, and I beg to add that we have no objection to your making known the cure.”

#### CURE OF A SCORBUTIC COMPLAINT IN THE LEG, OF FOURTEEN YEARS' DURATION.

William Croser, aged sixty-two years, servant to Miss Brooksbank, Healaugh Hall, Tadcaster, had been afflicted with scorbutic ulcers of the right leg, surrounded with external inflammation of the skin, and attended with much pain and irritation, also a considerable discharge. He had suffered under the complaint fourteen years, and had been in Hull Infirmary five weeks, also three times in York County Hospital, besides having the advice of various other medical men, and had taken divers medicines, with outward applications, but nothing seemed to be of utility. The complaint also incapacitated him from doing even light work, but he was still retained in his situation by the benevolent lady, in whose family he had long lived; and being in Scarborough in November, 1854, he applied personally, with her sanction and approval, although he stated he had not much hope, considering his age, of ever getting better of a complaint from which he had suffered so much and so long. Proper diet and other measures were pointed out to him, and he obtained a perfect cure in a few weeks. The medicines were procured from Mr. Burdekin, bookseller, York, who, in April, 1855, communicated the circumstances of the cure.

This long-standing complaint was cured with constitutional remedies, which purified the blood and strengthened the whole system, by which means all chronic complaints may be cured—or at any rate relieved—no matter by what name they are called.

#### CANCEROUS TUMOUR.

Mr. Noble, of Hackness, near Scarborough (parent of the eminent British sculptor of that name), had a cancerous tumour for six years, which was exceedingly painful at times, so that it incapacitated him from following his employment. He applied to a medical man, who proposed to take it away by an operation, to which, at length, he partly consented, when he fortunately heard of these medicines, which he commenced forthwith to take, and used an outward application, as directed. In a few weeks the tumour totally disappeared, and never again returned during the subsequent twenty-three years of life. Mr. Noble died in December, 1862, at the age of eighty-one.

After morbid matter is produced in the blood from any cause which lowers vital power (as before explained) the efforts made by nature to eliminate it from the system may give rise to tumours; the irritation proceeding from these tends in its turn to still further lower nervous energy, and thus to increase ill health. It must, therefore, be evident how futile it is to attempt to cure tumours by merely *local* applications. Such complaints can only be cured—if curable at all—by remedies like the *Oriental Pills* and *Solar Elixir*, which will restore the blood to its healthy integrity, and give tone to the whole constitution.

#### SCURVY.

A gentleman, residing near Boroughbridge, who had been suffering from an inveterate scorbutic eruption on the upper lip and part of the face, for above two years, applied personally on November 7th, 1857. He said the complaint was frequently attended with very great irritation, more unendurable than even the pain itself. He had used internal and external remedies, prepared by two medical men, for several months, without any permanent benefit.

He commenced taking the medicines, adopted the necessary collateral measures before recommended, and applied the ointment ordered in the printed directions, which entirely removed the complaint in a few weeks. On February 6th, 1858, he wrote in a letter:—

“With much pleasure, you may be sure, I now write to inform you that the complaint which had so disagreeably and inconveniently afflicted me so long, has entirely disappeared. I have adhered to your valuable advice and medicines, and I trust a permanent cure is effected.”

There need be no fear that the complaint will return again, providing the exciting causes which produce it be avoided. But let it never be forgot that from like causes will arise like effects. A cough may be thoroughly cured, yet a subsequent cold may produce another cough; an inflammation may be quite cured, but in after-life similar causes may again produce inflammation; yet how erroneous it would be to conclude from the last attacks that the original ones were never cured! In like manner, however, people reason when they say that scurvy and scrofula are incurable. One would suppose that common sense alone ought to teach every person, that although these complaints may have been perfectly cured, yet, if exciting causes, similar to those which produced them in the first instance, be allowed to operate in future life, they will again produce similar complaints. It is, therefore, obvious, that after patients have been cured, they must thenceforward guard as much as possible against everything which enfeebles the system.

In the case last mentioned, the medicines were procured from Mr. Moore, chemist, Scarborough (since removed to Ossett, near Wakefield), who received a letter from the same gentleman, dated July 5th, 1858, containing the following extract:—

“I now write for another small supply of Dr. Rooke’s medicines and ointment; not for myself, I am glad to say, but for some of my neighbours, to whom I gave most of the last supply, and which have had such an excellent effect, in some cases of scurvy, that I have applications for more. As for myself, I continue quite free from the complaint.”

#### SCROFULA AND CHRONIC INFLAMMATION OF THE EYES.

Extract from a letter received from Mr. T. Allen, Neswick, near Driffield, dated March 6th, 1863:—

“About eighteen months since I brought a nephew of mine to you for advice. He had been for upwards of a year afflicted with scrofula and chronic inflammation in the eyes, and had been pronounced by several doctors to be incurable. I wrote to his father to bring him into Yorkshire to see if a change of air would do him any good, so he came accordingly; but I could not see, after he had been with us a few weeks, any improvement. I happened just then to read your *Anti-Lancet*, which induced me to bring him to you to try if your treatment would be of service. Your medicines, with suitable diet, &c., completely cured him in a month, and from that time till now he has remained quite well and strong. I cannot tell how grateful his parents are to you; they will, I am sure, recommend your medicines on every opportunity, and be assured I will do the same.”

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#### ASTHMA.

This complaint is divided by medical writers into two species, termed *humoral* and *spasmodic*; both, however, are strictly the same disease, and originate in the same cause, and which produces different symptoms according to the structure of the chest. Asthma makes its appearance in every variety of constitution, but it occurs most frequently among persons termed *nervous*, and is the result of protracted nervous debility and indigestion; it being always preceded by a sense of fulness about the stomach, lassitude, flatulency, headache, and other symptoms of disordered indigestion.

The immediate cause of asthma is debility of the air-passages of the lungs; and it has been explained in the *Origin of Diseases*, that the effect of debility in any part is the secretion of serum or mucus from the part; and so it is in this disease. The bronchial tubes, or air-passages, are weakened and relaxed, and consequently, secrete a superabundant quantity of mucus, which, by clogging up those passages, causes the breathing to become impeded, whence arise the wheezing cough and choking sensation so peculiar to this complaint. The cough is an instinctive effort of nature to expel the mucus which clogs the air-passages, and on its expulsion relief is generally, but not always, experienced. Although the thoracic convulsion at the commencement of the paroxysm is altogether a remedial effort, yet, in some cases, the convulsive action of coughing is so violent as to produce spasmodic stricture of the bronchial vessels; and, spreading thence to the muscles of respiration, occasions a suffocative tightness of the chest, and the patient is threatened with immediate suffocation.

If asthma be allowed to proceed, every subsequent paroxysm generally increases in violence, arising from the air-passages becoming more and more relaxed from each attack, until at length the patient may die of suffocation from the accumulated mucus, as *post-mortem* examinations have often shown.

*Treatment.*—In asthma, as in other diseases, the object ought to be to purify the blood, and restore nervous and organic power, so that the digestive organs may resume their healthy action, and the air-vessels be enabled to throw off the load of mucus which impedes their functions. This mode of curing asthma will appear plain enough, and feasible enough, when it is considered how closely connected the air-passages are with the stomach, through the medium of the *pneumo-gastric nerves*. Disorder of the stomach, acting through these nerves, will produce cough, and increase asthma when it is already established; and therefore those remedial means which improve the digestive functions, will alleviate cough and asthma. In the early stages, asthma may be thoroughly cured by bringing the system into a state of good health, whereby the air-vessels will partake of the general amendment. In long standing cases of old people, however, asthma may exist after the stomach is brought into healthy order, and general good health re-established, in consequence of *organic injury* of the air-vessels; and under such circumstances it cannot be cured, as no remedial means whatever can restore *organic alteration* in any vital organ; but even in such cases it may be greatly relieved, so as not to cause much inconvenience to the patient. It cannot, however, be cured in any case, by remedies given to palliate the urgent symptoms only; and hence when sedatives and anti-spasmodics are given alone, uncombined with tonics, they have rarely been attended with any decided advantage.

If the *Oriental Pills* and *Solar Elixir* be taken as directed, in the early stages of asthma, they will re-invigorate the relaxed air-passages, restrain the secretion of mucus, and seldom fail of curing the disease. In long-standing cases, where *organic disease* exists in those passages, the medicines will greatly subdue irritability, mitigate the complaint, and retard its paroxysms.

Exciting and keeping up a healthy action of the skin, in this as well as in every other complaint, is of the utmost importance, and therefore the patient must wash the chest and back with warm water once a day, during the paroxysm, and take a quantity of hot gruel after the evening dose of the medicine, so as to induce perspiration, which seldom fails to give powerful relief.

Asthmatical patients must use very great discretion in their diet, and practise self-denial as to many things. Coffee, malt liquors, foreign wines, and rich food, must be carefully avoided. Plain nourishing diet ought to be used, but the stomach must *never be overloaded* at one meal, as it would greatly increase the difficulty in breathing. If two table-spoonfuls of gin, and thirty drops of sweet spirits of nitre, be mixed in half a tumbler of warm *soft water*, and sweetened with a little honey, and taken after dinner every day, the mixture will act medicinally, and be of considerable service.

That the invigorating mode of treating asthma here given is the only rational way of curing the disease, is evident from the many letters which I am continually receiving from persons who have been cured in the early stages, and much relieved in long-standing cases, by the medicines. I will insert a few cases of aged persons who were *perfectly* cured of the complaint.

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#### ASTHMA.

Mrs. Bowes, nearly seventy years of age, was much afflicted with asthma for several years. The cough and difficulty of breathing were frequently so violent during the night, as entirely to preclude her from obtaining any rest for two hours together. She commenced taking the medicines when residing at Falsgrave, in February, 1837, and very soon found more relief than what she ever expected to obtain from medicine, as she had previously taken very much without experiencing any tangible good. It was several months before the complaint was entirely subdued, but she still continued to take the *Oriental Pills* occasionally for many years afterwards.

Here was a most distressing case of asthma, which mere palliative remedies could not even relieve, yet was thoroughly cured by means which strengthened the whole system, and gave fresh vigour to the relaxed air-vessels. The patient was afterwards wont to say, "as she got better in health, the cough and bad breathing left her." These few simple words explain the whole mystery of relief and cure of asthma;—objects which can only be effected by restoring nervous energy to the enfeebled air-vessels, whereby the secretion of mucus (which impedes their action) will be lessened, or altogether removed. Mrs. Bowes died in 1863. A few weeks afterwards her daughter, Mrs. Lancaster, sent the following statement in reply to my application:—

"East Sandgate, Scarboro', March 3rd, 1864.

"I hereby certify that my mother, Elizabeth Bowes, never had any return of the asthma after the complaint was removed by Mr. Rooke's medicines in the spring of 1837. She became very feeble during the last few months of her life, and at length died on the 31st day of October, 1863, in the ninety-seventh year of her age.

"To Dr. Charles Rooke."

"ANN LANCASTER.

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#### ASTHMA.

The following letter was received from a lady residing in Whitby, dated the 24th January, 1845:—

"Sir,—It is with pleasure I have to inform you that I have been taking your invaluable medicines. I am nearly fifty-four years of age, and have suffered very much for the last twenty-five years from nervous weakness and spasmodic closing of the chest; the latter complaint affecting me at times most severely. Four months ago I had a most severe attack, which left me very weak, so that I was confined to my bed above three months afterwards. Before that time I was seldom able to leave my bed before dinner. Providentially I heard of your medicines, which I immediately procured; but being so very weak, I could only take a tea-spoonful of the *Solar Elixir* and one *Pill*; but by continuing it regularly every day, I was so much better before finishing the bottle, that I was enabled to take a table-spoonful, and also to leave my bed in the morning. What added greatly to my comfort, I was enabled to sleep the night through, which I had not done before for many long wearisome years. My appetite is now very good, and I am getting quite strong; and as soon as the present very inelement weather is over, I shall be

enabled to go out and attend the means of grace, which to me, who have been so long confined within doors, will be no little comfort. It has been an invaluable medicine to me, as I now feel quite well of the shortness of breath and closing. Being on intimate terms with my kind doctor, I should not like my name published, but will certainly recommend your medicines; and if you will have the kindness to send to me one of your *Anti-Lancets*, I will send it to my friends in the country.

"I am, sir, your obedient servant,  
 "To Dr. Charles Rooke." "ANN B———.

#### SEVERE CASE OF ASTHMA CURED.

A lady, the wife of a respectable surgeon, who resided at Weavertorpe, near Driffield, had long suffered from an asthmatical disease, combined with indigestion and general ill health. The regular routine of professional medicine was fairly tried by her husband, without any diminution of the complaint, which, on the contrary, seemed to be fast wearing out the little remaining strength. She was brought to Scarborough in the summer of 1849, to see what change of air and the attendance of a clever surgeon residing here, could effect; but she derived no benefit whatever from the medicines prescribed, and as for the sea air, she had little of it, for, feeling so utterly exhausted and enfeebled whilst here, she could not move about, but spent most of the time in bed. When about to be removed to her home, I accidentally, whilst visiting a patient in the same house, saw both her and her husband. As the popular expression is, the poor sufferer appeared worn to a shadow, but having learnt that the constitution was good prior to the invasion of the complaint, I thought there was at least a probability that it might be alleviated, if not cured; accordingly, I represented the urgent necessity of a constitutional treatment of a purely restorative character, and offered to supply the *Solar Elixir* gratuitously, having always done so to medical men whose prejudice did not prevent their trying it. The patient and her husband were willing enough to try a plan which, he said, was at least reasonable, and therefore desired me to use my best endeavours with the *restorative* treatment I had so earnestly urged.

The *Solar Elixir* was directed to be taken three times a day, in a small tea-cupful of the *infusion of hops*: half a tea-spoonful of carbonate of soda to be mixed with one of the doses every alternate day.

Two table-spoonfuls of gin to be taken in warm water, sweetened, twice a day, and one or two of the *Oriental Pills* occasionally.

A *cough mixture* was ordered to be taken night and morning. The chest, arms, and back, to be sponged with tepid water once a day, and then to be well rubbed with a coarse towel.

To use a good nourishing diet, as soon as the appetite was sufficiently restored.

These instructions were faithfully attended to; and in a few weeks afterwards I received the following letter from her husband:—

"Wednesday evening, October 10th, 1849.

"My dear Sir,—I am sure you will be very glad when I inform you that my wife continues to improve daily. She has had no attack of asthma of any severity for near nine weeks, so that we confidently hope the paroxysms are about to be conquered. She still takes the Tolu cough medicine night and morning, and also the tonic medicine (*Solar Elixir*) you so kindly furnished us with; and she desires me to say it is nearly finished, and therefore she will be extremely obliged by another small supply sent by the carrier, who is instructed to call for it at your house as he passes from Scarborough. We feel extremely obliged by your kindness, and Mrs. Atkinson hopes ere long to see you personally to express her thanks for your attention.

"Believe me, dear sir, yours faithfully,

"To Dr. Rooke."

"JOHN ATKINSON.

The patient perfectly recovered by taking the medicines, and adopting the collateral measures recommended. Some medical men who heard of the case felt *interested* enough to remark that "the symptoms were only suspended for a time, and would return again some day;" to which I may observe that the "some day" never came. The lady lived seven years afterwards, quite free from asthma, and then "died of old age." Since then her husband has also departed this life.

Extract of a letter written by a mechanic in Bishopwearmouth, dated March 22nd, 1856 :—

“ You will likely have thought it strange that I did not write before respecting the state of my health. I wished to give your medicines a fair trial, and considered it best not only to see their effects, but also to observe how I passed through the winter, as my health during that season, in several past years, was so bad that I was unable to work except at short intervals.

“ I informed you in my last letter that I had long had a bad appetite and weak digestion, as nearly every article of diet disagreed with me. I was very short of breath, had a severe cough, and much discharge either from the lungs or air-vessels. These complaints were always worse from October to March, when my strength was so prostrated that I could scarcely walk. I had to be repeatedly taking medicine, which at the most only relieved me.

“ When your letter arrived in November, I was in bed, in consequence of weakness caused by the cough and discharge—which latter was frequently streaked with blood. I commenced taking your medicines, which must have completely rooted out the complaints from me, as I begun to recover rapidly, and in three weeks I was nearly as well as ever I was in my life. I begun work, and although it was at the time of year when my complaints used to be at the worst, yet this winter I have lost no time, having now been at constant work for four months,—a thing which I have not been able to do during the last eighteen years.”

From what has been previously stated, it need scarcely be again repeated, that deficiency of nervous energy produced indigestion, when the muscular system became enfeebled. The cough and expectoration were merely some of the effects of the enervation, and sufficiently pointed out the absolute necessity of a restorative treatment, which, if adopted in the first instance, instead of employing mere palliative measures, the complaints would not have run through a period of eighteen years.

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#### ASTHMA.

Extract from a letter received from Mr. John Bell, Great Broughton, near Workington, Cumberland, dated August 17th, 1860 :—

“ I have to return you my sincere thanks for the benefit derived from the use of your *Oriental Pills*. From the age of five to nineteen I have been troubled with asthma; sometimes so severe that I could scarcely sleep for one hour in a night. Now I am free from its symptoms.”

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#### ASTHMA.

Extract from a letter from Mr. W. Purvis, grocer, 62, East Holborn, South Shields, dated January 30th, 1861 :—

“ I have great faith in your medicines. I was labouring under a severe asthma for a long time, and I had the advice of several doctors in this town, but to no avail. I commenced to take the *Oriental Pills* and *Solar Elixir*, and persevered with them for several weeks, and I may bless the day I ever heard of these medicines, for they cured me of the distressing complaint; at any rate I have had no return of it since.”

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COUGH: DIFFICULT BREATHING; PAIN IN THE SIDE, AND GENERAL WEAKNESS; OF TEN YEARS' DURATION.

Letter from Mr. G. Murray, Longtown Moor, near Carlisle, dated February 23rd, 1863 :—

“ Sir,—A niece of mine, about thirty-five years of age, has been for the last ten years afflicted at times with cough, shortness of breath, pains in the chest and side. She has been confined to bed from great weakness during the last twenty-four weeks. All remedies from her doctor have failed in doing her any good. Being recommended by a friend to try your medicines, she has been taking both *Pills* and *Elixir* during the last fortnight, and feels herself something better, but she is still confined to her bed. We should be thankful if you could give us any further advice respecting her case: the doctor says she is free from consumption.

“ To Dr. Charles Rooke.”

“ Yours respectfully,  
“ GEORGE MURRAY.”



If the invalid was "free from consumption," she was not free from disease of the air-vessels; a disease about as afflictive in many cases as consumption itself. It did not matter, however, which complaint it really was, as the *Restorative* treatment is alike applicable in both cases. The *Solar Elixir* was ordered to be taken in the infusion of Calumba Root three times a day, with a little carbonate soda added to the mid-day dose, and the *Pills* two or three times a week at bed-time. The following is the second letter received from Mr. Murray, dated June 28th, 1863:—

"Sir,—It is with great pleasure I inform you that my niece has recovered, and is better now than she has been for more than the last ten years. Before using your medicines she was frequently very sick, and threw up four or five times a day, but she throws up nothing now. Milk and bread now agree well with her, but whenever this diet was used during her long illness she invariably threw it up. During the first twenty-one weeks of her confinement to bed she was severely blistered for the pain in the side and chest, but with no perceptible good result, and she got gradually weaker, and to all appearance she seemed to be in the last stage of existence. The doctor told us he could do nothing more for her.

"A friend, as I informed you in my last letter, told us about the *Oriental Pills* and *Solar Elixir*, so we procured some, and my niece took them as ordered in the directions. The first dose of *Pills* made her worse, but the third dose removed the pains before mentioned. The *Elixir* strengthened her, and then her cough gradually got better; but it was more than a month before she could leave her bed-room. She has now been at work in the house for eleven weeks, so that we may truly say, by the blessing of God and your medicines, she seems a miracle to all who knew her. You are at liberty to publish this if you think proper.

"I remain, yours respectfully,

"GEORGE MURRAY.

"To Dr. Charles Rooke."

Not having seen Mr. Murray's relative, I am unable to tell whether she is permanently cured or not; but if *not* cured, surely to procure a cessation of her sufferings for a few months—perhaps years—and be enabled to work in the meantime, was better than lying, coughing and racked with pain, in bed. Should similar complaints hereafter occur, then it is hoped that a similar *Restorative* treatment will again remove them. At any rate, to attempt the cure of such diseases by *depressing* means, will be worse than no means at all.

#### ASTHMA—GREATLY RELIEVED.

Extract from a letter received from Mrs. Elizabeth Prewer, residing at Breckles, Norfolk, dated December 31st, 1868:—

"I write to you for, and on behalf of my mother, who is very ill. I will describe her complaints after first relating my own case. I had long suffered severely from asthma, when one day your *Pills* and *Elixir* were highly recommended to me. I took them according to the printed directions, and am happy to inform you that I am wonderfully better. I continue taking them, and think they will cure me in time. For many years I have not felt so well as at present. I have in my turn recommended these, to me, most valuable medicines, to many people in this part; one gentleman, at my suggestion, procured some medicines from you, and a few days since he told me they had done him much good."

#### PULMONARY CONSUMPTION.

"With step as noiseless as the summer air,  
Who comes in beautiful decay? Her eyes  
Dissolving with a feverish glow of light:

—and on  
Her cheek a rosy tint, as if the tip  
Of beauty's finger faintly pressed it there:  
Alas! Consumption is her name."

In the whole catalogue of diseases there is not one the nature of which is more properly expressed by the name it is called, than CONSUMPTION. The very word describes its character, which simply means a *consuming* or

*wasting away.* It is a very melancholy and fatal disease ; for, according to Sydenham, the sixth part of mankind dies thereof ; a computation which extensive modern statistical researches find correct to this day. This cruel scourge is found everywhere on earth ;—in the great cities of civilised men, as well as in the wigwams of barbarism. *It spares neither age nor sex,* rank or fortune—being common alike to the rich, as well as to those who dwell amidst want and misery. The helpless and the old frequently feel its influence ;—but generally it is the kindest, the best, and the loveliest amongst the young, whom it selects for its victims. It enters into families unseen and unlooked for ; and with blighting steps it pursues the noiseless tenor of its way. It is like the vampire, that drinks up the vital stream, and still fans with its wings the never-dying hopes which perpetually flutter in the hectic breast. An elegant writer—whose works I could read with pleasure every day of my life—makes the following touching remarks on this destroying disease :—

“Consumption! Terrible, insatiable tyrant! who can arrest thy progress, or number thy victims? Why dost thou attack almost exclusively the fairest and loveliest of our species? Why select blooming and beautiful youth, instead of haggard and exhausted age? Why strike down those who are bounding blithely from the starting-point of life, rather than the decrepit beings tottering towards its goal? By what infernal subtlety hast thou contrived hitherto to baffle the profoundest skill of science, to frustrate utterly the hopes of experience, and disclose thyself only when thou hast irretrievably secured thy victim, and thy fangs are crimsoned with its blood? Destroying angel! why art thou commissioned thus to smite down the first-born of agonised humanity? What are the strange purposes of Providence, that thus letteth thee loose upon the objects of its Infinite goodness?”

**SYMPTOMS.**—This disease consists in a general emaciation of the body, attended with debility and cough, hectic fever, and purulent expectoration. Its first symptoms are often insidious and obscure. It generally commences with unusual languor, and the patient breathes with more difficulty than formerly, and complains of pain and oppression of the breast after motion. He has a short tickling cough occasionally, but does not complain of its being troublesome, and rarely expectorates at the same time. The appetite is often bad, and attended with loathing of food, flatulence, and pain at the stomach and side ; and the perspiration is increased, particularly in the night. Sometimes a fit of coughing comes on in the morning, and the patient feels relaxed and enfeebled. An expectoration by-and-by takes place,—at first of a frothy mucus, which afterwards becomes more copious, viscid, and opaque, and is frequently tinged with blood. Sometimes “*hæmoptysis,*” or expectoration of blood, occurs in a more naked form, and to a greater extent.

As the disease advances, the breathing becomes more and more difficult ; the emaciation and weakness go on increasing ; a pain arises in one or both sides, which is increased by coughing, and sometimes it becomes so acute as to prevent the patient from lying upon the affected side. The face now begins to flush towards evening ; the pulse increases in quickness ; the urine is highly coloured, and deposits a branny sediment ; the palms of the hands and soles of the feet are affected with a burning heat ; the matter now expectorated is purulent.

The fingers are shrunk, except at the joints, which become prominent, the nails are of a livid colour, and much incurvated ; the cheeks are often flushed with red, and the eyes sunken. Indeed, the symptoms which are daily displayed are of the most sorrowful kind to the agonised friends. The crimson flush on the cheeks, the vermilion hue on the lips, and the evening fever, are followed by cold colliquative sweats, hollow, pale, languid countenance, prominent cheeks, augmented expectoration, and progressive

emaciation. The eyes assume a peculiar glossy hue, as if they borrowed their brightness from some fair spiritual world. The voice of the patient becomes softened to an angel tone,—preparing itself, as it were, in anticipation of the change it is so soon to assume in that region where sickness and death are no more known. It is a peculiarity attending the disease, that the poor wasting being is continually forming the consoling idea of hope, until the dark curtain of the sad drama is about to fall. Then, alas! the delusive visions fly; then the grave stricken patient exclaims:—

“ Ah! I had planned full many a sanguine scheme  
Of earthly happiness—romantic schemes,  
And fraught with loveliness; and it is hard  
To feel the hand of death arrest one's steps,  
And hurl one's soul untimely to the shades,  
Lost in the gaping gulf of blank oblivion!”

The last stage is mournful and distressing to behold. The patient is troubled with severe diarrhœa or looseness, the hair falls off, the voice becomes hoarse, the feet and legs swell, and very often dropsy in various forms makes its appearance. In some cases delirium occurs, and continues until life is extinguished; but in many patients the senses remain entire. At length the eyes sink, swallowing becomes difficult, the feet and legs grow cold, and death closes the heart-wringing scene.

*Exciting causes.*—It is astonishing what a variety of different opinions have been held on this disease by medical men. Sir A. Clarke makes such a confession of professional ignorance as it has seldom been my lot to read. It is both a painful and ludicrous exhibition of the conflicts of human opinion. He says:—

“ Stohl attributes the frequency of consumption to the introduction of Peruvian bark; Morton considers the bark as an effectual cure. Reid ascribes the frequency of the disease to the use of mercury; Brillionet asserts that it is cured by this metal alone. Rush says that consumption is an inflammatory disease, and should be treated by bleeding, purging, cooling medicines and starvation; Salvadori says that it is a disease of debility, and should be treated by tonics, stimulating medicines, and a liberal diet. Galen recommended vinegar as the best preventive of consumption; Dessault and others assert that consumption is often brought on by a common practice with young people of taking vinegar to prevent obesity. Dr. Beddoes recommended fox-glove as a specific in consumption; Dr. Parr found fox-glove more injurious in his practice than beneficial.”

I now tell you, reader, that these inconsistent men laugh at, and call the celebrated physicians Paracelsus, Cardan, and Van-Helmont, quacks, because they cured diseases by charms, astrology, and magic; but is there anything more to laugh at in this, than in the above contradictions of the drug and poison physicians? Surely the remedies of a spell-quack are as likely to cure consumption as those of the poison-quack, and very much more likely than those of the bleeding-quack. But again:—

Dr. Young says that “the want of proper nourishment is the most frequent cause of consumption.” If so, I ask how does it happen that the disease so frequently occurs in the families of the opulent? Dr. Lambe fearlessly asserts, on the contrary, “that an excessive use of animal food is among the most prominent and producing causes of the disease!” Each of these physicians assigns a different cause for consumption, and each has a different treatment! No wonder that the complaint is deemed incurable.

It is the object of this book, as stated in the Introduction, to show that all diseases arise from debility, or depression of nervous power; and in no disease is this important fact more verified than in the one under consideration. Manifold as may be the exciting causes of disease, they *always* act on the system by first depressing nervous power, and the organs of nutrition generally suffer next. This is peculiarly so in *pulmonary consumption*; its commencement being always preceded by derangement of the digestive organs. The health of the whole body is so closely dependent on the healthy

action of the organs of nutrition, that when their functions are disturbed the system suffers; and if the unhealthy action be not timely removed, a foundation is laid for disease which will affect different organs, according to constitutional predisposition. In other words, whatever organs are weakest will be first affected.

If the reader will turn to page 7, he will find a description of the *lacteal* vessels, which arise on the inner coat of the intestines. Their use (as there stated) is to absorb the chyle and convey it to the blood, with which it is mixed in the subclavian vein. The *lacteal* vessels perform their functions by means of nerves, and when these nerves become deficient in power, they are incapable of discriminating between the *chyle* and the *inorganic matter* of the intestines, and in consequence absorb a portion of the latter, which is then carried into circulation and mixed with the blood, and by it deposited in the *lungs*. The atmospheric air in the lungs can effect no change on it, and there it remains as a foreign body.

The most absurd and contradictory opinions have been held as to how inorganic matter is originally generated. Men's minds have run bewildered amid the regions of fancy and conjecture, in order to devise complex and intricate theories, but which have not stood the test of observation. The explanation which I have given above, as to the origin of tubercular matter, is founded on physiology and organic chemistry, which alone ought to guide all inquirers on this important subject.

Numerous experiments have been instituted on the subject of absorption, and many with the view of detecting as to whether or not the lacteals absorb any substance except chyle. *Lister* and *Musgrave* show that they do absorb inorganisable matter; and *Haller*, *Hunter*, and *Cruikshank*, have all given similar evidence.

In Dr. Carswell's excellent work on *Pathological Anatomy*, is a plate representing tubercular disease, showing the "lacteals dilated, and filled with tuberculous matter; one of them is completely filled with it." Now it is quite contrary to physiology to ascribe a great quantity of inorganic matter, found in the lacteals, to any other origin than the intestines.

"That the tubercles exist in the blood," says Dr. Hastings, "before they are deposited in the solids, may be inferred from the fact that, upon examination after death, almost every organ of the body is found more or less covered and inflated with them; a condition which it is difficult to understand, except upon the supposition that the disease previously existed in the blood." Physiology and organic chemistry, I contend, cannot explain the origin of tubercular matter in the blood, in any manner except by its absorption from the intestines by the lacteal vessels.

The inorganic matter is deposited in two distinct forms in the lungs. It is sometimes diffused indiscriminately in minute grains throughout the substance of the lungs; but generally it is found congregated in small round bodies, each formed by a collection of particles deposited together. These little bodies are termed *tubercles*, and which differ very materially in size, being in some cases so small as scarcely to be obvious, while in others they vary in bulk from that of a millet seed to that of a filbert. The irritation produced by the tubercles when in the lungs, leads to all the melancholy consequences observed in pulmonary consumption.

Very frequently, however, it happens that the morbid matter is not deposited in the lungs, but in other parts, as in the *lymphatic glands* and in the joints; in those cases the disease which is produced is termed *scrofula*, and it must, therefore, appear obvious that this disease and pulmonary consumption are radically one and the same—differing only in locality. Their results, however, as might be expected, are widely different, according to the structure of the parts implicated. Pulmonary consumption and scrofula cannot take place until inorganic matter is absorbed by the lacteals, and conveyed into the blood: and that this view of the origin of these disorders is correct, is fully borne out by the important fact, that the *matter contained in tubercles is identically the same in colour and elementary particles with*

that contained in scrofulous abscesses; and, moreover, the success which has attended, and continues to attend, the restorative treatment of these diseases, is also good evidence as to the correctness of their pathology.

The tubercular matter does not possess any vital power, and there is no medicine, or other agency whatever, that can make the system *re-absorb* that matter, and yet it must be removed from the lungs before a cure can be effected. The effect of tubercles on the lungs may be illustrated by a familiar circumstance of every day's occurrence. Suppose a thorn-prick is run into the finger and allowed to remain, what is the consequence? Being a foreign body, inorganised, and unnatural to the part, irritation and inflammation of the part soon after ensue, as is manifested by heat, swelling, redness, and pain. Purulent matter, the consequence of inflammation,—is then formed; the skin becomes tender, and ultimately giving way, the matter is discharged, and along with it the prick. The irritation, inflammation, and the pain then disappear; a healthy action takes place, and the vessels of the part throw out lymph to supply the waste, and fill up the ulcer that has occurred; which finally becomes covered with skin, when the whole object is accomplished.

The means employed here are the very same which nature has recourse to in order to throw off the tubercular matter from the lungs. When tubercles are first deposited in the lungs they are firm, and, like the prick in the finger, they irritate and inflame the bronchial tubes or air-passages, producing cough, and pain in the chest and sides. *This forms the first stage of pulmonary consumption.*

In process of time a softening takes place around the outer edge of the tubercles, and a kind of milky pap is formed, which is transformed into pus, and in this state is expelled, with the tubercular matter from the substance of the lungs, through the bronchial tubes, and thence expectorated. When the tubercles have been thus softened, decayed, and expectorated, there remains behind a cavity or ulcer. *This forms the second or last stage of pulmonary consumption.*

Pulmonary consumption has thus the same origin as every other disease, namely, deficient nervous power, producing disorder of the digestive organs; and, therefore, whatever has the power of depressing nervous energy may be the cause of consumption. If the foregoing theory of pulmonary decay be correct (and the discoveries in physiology and animal chemistry prove it so), then the usual mode of treating it is absolutely contrary to nature, and productive of evil. This view of the disease, however, I am happy to say, has been held by men of the first rank and talent.

"I have," says Abernethy, "in the course of my inquiries had several opportunities of examining the bodies of patients who apparently died of *phthisis* (pulmonary consumption), combined with disease of the digestive organs. In these cases both the history and dissection tended to prove that the *chylopatric viscera* were the seat of the greatest and most established disease, and that the pulmonary affection was a secondary disorder."—"I am convinced," writes Mr. L. Parker, "from long and close attention, that the stomach is a most common source of pulmonary disease." See also Gilbert's excellent work on *Pulmonary Consumption*.

Indeed, the appearance of this malady may convince the most ordinary observer that it is a disease of debility. Its very first symptoms are lassitude, disorder of the stomach, a sickly appetite for certain kinds of food, and dislike for others. The patient feels unwell, but does not know how or why; and so the complaint proceeds, debility marking its progress from its origin to its termination.

TREATMENT.—It is the opinion,—and, alas!—too often a fatal one,—of many physicians, that pulmonary consumption is incurable; and certainly,

if the opinion be founded merely from the countless thousands of deaths which have occurred from this disease, it would appear to be justified, there being upwards of *sixty thousand* dying of it yearly in Great Britain alone. It requires, however, no great powers of medical reasoning to prove that the majority of this vast number do not die so much from the disease, as from the mistaken mode of its treatment. From the unfounded notion of its incurability, the only aim of medical men is to relieve the symptoms, while the cause of the disease remains unsubdued. There are, notwithstanding the popular opinion of its fatality, a multitude of instances where the disease, though clearly developed, has been arrested by proper management, and the individuals lived to old age, and ultimately died of other maladies.

Nothing can be more discordant and chaotic than the remedial means proposed by different physicians in this disease; some adopting one plan and some another. "Blood, blood, take some blood—small repeated venesections will be found most useful," says one. "A copious venesection is more advisable," says another. "No lancet, no cupping apparatus; we must administer medicine in infinitesimal doses," says another. "Giving globules is sheer nonsense! Apply leeches; leeches will do most essential service," says another. "It is not sufficient to abstract blood, we must lower the diet; no meat or food that increases the blood," says another. And so they go on, bleeding and starving their poor patients. Such treatment will subdue some of the symptoms for a brief period, and then its advocates fancy they have gained a victory. Strange infatuation! Do they not know that the power of organic action to throw off disease depends entirely on nervous energy, and to decrease that energy by means which lower vital action, is but to hasten the progress of disease? Is it not invariably found, that after the trifling benefit gained by bleeding, the disorder shortly afterwards assails the patient with redoubled violence? Although this obvious consequence of debilitating measures has been verified in myriads of instances, yet the antiphlogistic men continue to bleed to the utmost extremity in every case of consumption attended with pulmonary irritation. Another class of medical men, on the contrary, adopt scarcely any means, but invariably send consumptive patients to the Continent; and with what result, the monumental inscriptions on the tombs of English subjects who sleep at Leghorn, Naples, Rome, Montpellier, Madeira, Malta, &c. &c., will abundantly show.

To one class of practitioners I say, What effects have your enfeebling means of bleeding, leeching, cupping, setons, &c., except the certain one of relaxing the already too much relaxed constitution? You have treated tens of thousands of patients in this manner, and in spite thereof you have allowed tens of thousands to go untimely to the grave. Surely the effects of pulmonary tubercles and ulcers, such as cough, expectoration, and night-sweats, sufficiently weaken the patient, without such fatal auxiliaries of the medical art being applied! And, on the other hand, the sending of patients from the comforts of home to a foreign land is a dreadful alternative. Where there is the least chance of recovery, the patient may be cured in England; but if the lungs are so extensively injured that there is no hope, then subjecting such patients to the inconvenience of travelling will but hasten the final termination.

As regards the influence of climate much diversity of opinion exists. Consumptive patients seldom endure more than three or four months in Italy. Dr. Renton states that of forty-seven patients sent to the Isle of Madeira, thirty-two died within six months after their arrival, six after a second winter's trial, and six after their return to England. It has even become a remark among the boatmen, who say on landing one of these unfortunates on the island, "*La vai mais hum Inglez a laranjeira*"—*There goes another Englishman to the Orange Tree (or Protestant burying-ground)*. In that island it appears that whole families are occasionally swept away by pulmonary consumption. Sir A. Crichton objects to the north of Italy and south of France; on the other hand, Sir C. Morgan has advocated Italy. Dr. J. Johnson and Dr. Sinclair express a favourable opinion of Sicily and Malta; on the contrary, Dr. Pugh denounces Naples and Nice.

After all these discrepancies, multitudes are hurried abroad every year in the last stage of consumption, deserting the comforts of home and country in the fruitless pursuit of a shadow. Should the suffering and dejected pilgrim escape a foreign grave, he has to retrace his long and weary way without one ray of hope, but with the image of death staring him full in the face. It is absurd, it is cruel, thus to send the suffering patient from his sympathising kindred and friends to die in a foreign land. Decay loses half its misery when it is within hearing of well-known voices, when it is surrounded by familiar faces, and among scenes that the poor invalid has known from early infancy. Fatigue and anxiety are carefully avoided; and at last he is buried near that altar where he was wont

to worship, and is wept over by his own friends. But too often, alas! the patient is hurried away from his own valleys, from familiar faces, from his happy, happy home, to inhabit some half-furnished marble palazzo; to encounter the oppressive *marin* of Nice or Montpellier. Far away from kindred, with strangers around him; a language he does not understand; doctors in whom he has no confidence; religious comforters in whom he has no faith; with a deep and every day more vivid recollection of domestic scenes now separated from him for ever—heartbroken, home-sick, friendless, and uncared for, he dies! I trust the consumptive readers of these sad truths may be induced never to give up the comforts of their English homes for anything less than Heaven.

“Consumption is incurable,” say the wilfully ignorant; who, however, can give no good reason for such an assertion. “*It is frequently curable,*” say I; and my reasons are as follow:—Pulmonary consumption, as before remarked, consists in a decay of the lungs from ulceration, arising from causes already mentioned. An ulcer is a breach of continuity in any of the soft parts of the body, attended with a secretion or discharge of dead putrid matter. Every day’s experience shows us that ulcers are healed in the external parts of the body; if, therefore, ulceration has taken place in the lungs, why should it not heal there, under proper treatment, as well as elsewhere? Under proper constitutional treatment, in very many cases, a complete and permanent cure has been effected. On the tubercular matter being completely discharged, and, consequently, the source of irritation removed, the morbid action gradually subsides, the discharge ceases, and lymph and fibrin are gradually thrown out; these line the inside of the ulcer, and then form a membranous covering around it, and (as in the case of the prick in the finger) this being completed, recovery is established.

“Very frequently,” as Dr. Carswell observes, “the ulcers possess the power of contraction, so as to diminish the bulk of excavation. As this contraction proceeds, a puckering of the surrounding lung takes place, which is most conspicuous where the pleura is forced inward by the retrocession of the pulmonary substance.” See Dr. Carswell’s *Illustrations of Pathological Anatomy*, one of the most valuable works on the subject which the physician can possess.

*Post-mortem* examinations have, in numerous instances, proved the correctness of these statements. What becomes, then, of the opinion of those who say that pulmonary consumption is incurable?

If the ulcers are cured by either of the above processes, and the body be strengthened by the plan here given, the patient must recover. If I am to believe my senses, and form a judgment from the cases which have already recovered by the use of the *Oriental Pills* and *Solar Elixir*, I must unhesitatingly declare that pulmonary consumption, in many instances, is curable.

The reader must not be surprised at my belief in the curability of this disease. I do not stand alone in this opinion, as the following extracts will prove:—Majendie says, “I assert and maintain, that I have cured individuals having all the symptoms of incipient phthisis, and even those in a more advanced stage.” Dr. Hancock writes that “Rush, Portal, and the most judicious physicians, have constantly regarded consumption to be a *disease of the constitution*, not consisting merely of ulceration or loss of substance in the lungs—of course not to be disposed of by stethoscopes, or any oracular mummery. Hence, too, we see the reason that consumption formerly, in the times of Morton, Sydenham, Bennett, and others, was not regarded as an incurable disease.”—*London Medical and Surgical Journal*.

Sir James Clark, physician to Victoria, the Queen of Britain, asserts, “That pulmonary consumption admits of cure is no longer a matter of doubt. It has been clearly demonstrated by the researches of Lænnac and other modern pathologists.” Dr. Carswell says, “Pathological anatomy has, perhaps, never afforded more conclusive evidence in proof of the curability of disease than it has in that of *tubercular phthisis*.” Abernethy says, “Can consumption be cured? Bless me! that’s a question which a man who has lived in a dissecting room but a day would laugh at. How many people do you examine who have lungs tubercular, which are otherwise sound! What is consumption? It is tubercle and ulceration of the lungs; then if these tubercles were healed, and the lungs otherwise sound, the patient must get better.”

It appears that the late Rev. Dr. Stewart, of Scotland, was very successful in the cure of pulmonary consumption. He always considered it in the

same light as myself—namely, as a disease of debility, requiring mild tonic remedies in every species of the malady. He writes as follows:—

“In treating breast complaints, it has long been with me a maxim to overlook, comparatively, the idea of inflammation, except in the very first stage, and to aim gradually, prudently, and steadily, at regaining a cool, braced, and properly seasoned state of the constitution, as my first object. Many reasons incline me to suppose that what in the progress of breast complaints is called an inflammatory state of the lungs, is not really so; and, at any rate, I know from a good deal of experience, that it yields more readily to a different mode of treatment than that commonly in use. I have likewise found that the kind of practice which aims at overcoming this supposed inflammation, by lowering the strength in various ways, almost never fails to superinduce, in the same proportion, the most painful irritability of the nerve; which at length counteracts the very ends which are in view, by exposing the patients to a perpetual fever from the most trifling cause. And I may add that, by relaxing what is already too much relaxed, making the constitution naturally very tender and susceptible of cold, it puts it beyond our power, with all the precaution we can use, in a varied climate like ours, to prevent the frequent, and therefore dangerous, occurrence of some new irritation in the breast and throat.”

All medical men who understand aright their profession, will acknowledge that the views entertained by Dr. Stewart are correct both in theory and practice. The only efficacious treatment consists in employing all feasible means for restoring nervous and muscular energy, so as to prevent a future absorption of inorganisable matter by the lacteals, as well as to enable nature to throw off the tubercular matter which irritates and oppresses the lungs. As a cure can only be effected after the tubercles are removed and ulceration taken place, it will be perceived how critical is then the case; hence, after any of the symptoms of pulmonary consumption are manifested, the sooner the restorative treatment is commenced the better. The Roman poet wisely wrote—

“Principiis obsta:—sera medicina paratur,  
Cum mala per longas invaluere moras.”

The prominent symptoms—such as pain and irritation of the chest, cough, and diarrhœa, which are more or less present in every case—must be mitigated by the following means, which do not depress vital power:—

*Pain and Irritation in the Chest.*—Take from one to three or four of the *Oriental Pills* at bed-time, occasionally (*not every night*), which will relieve the pain and irritation at the chest and side. The chest and back must be sponged every night with tepid water containing a little vinegar, and then rubbed with a coarse towel.

*Cough.*—To mitigate the cough, the *Solar Elixir* must be used as ordered on the paper of directions.\*

*Diarrhœa or Looseness.*—This is often a troublesome symptom in consumption, to relieve which procure about a dozen powders, each containing—

*Rp.*—Compound powder of chalk, with opium, twenty grains; powdered catechu, ten grains. Mix.

Take one powder well mixed in a little water, three times a day. Discontinue the powders as soon as the diarrhœa ceases.

*Obstinate Costiveness.*—Take from one to four of the *Oriental Pills* at bed-time, as often as necessary to keep the bowels regular. Should the bowels be quite regular, the *Pills* need not be taken, except to relieve the pain and oppression of the chest, as before directed.

**MODE OF CURE.**—“*Diseases are cured by their opposites*,” is an aphorism not more ancient than true. When cavities or ulcers are found in the lungs, in consequence of the tubercles giving way, they become filled with corrupt putrid matter, which nature strives to expel by expectoration. It is then—or never—that remedial art is brought to bear in assisting the healing efforts of nature, by means which possess properties opposite to

\* Crosby's “BALSAMIC COUGH ELIXIR” is an excellent medicine for allaying cough in pulmonary consumption. It may, I understand, be obtained of all chemists and medicine vendors.



what are secreted by the ulcerating process. Such means are combined in the *Solar Elixir*, which, as before observed, is composed of some of the richest balsams in the world. In pulmonary disease, this noble medicine enriches the whole mass of blood, and gives it a due degree of velocity; it increases the vibrations and elasticity of the vascular system, by which a revulsion is made from the lungs. It liquefies and balmifies the mass of fluid which is continually passing through the lungs, and impels with a greater impulse against the obstructed vessels, whereby the obstructions are forced open, the offending matter removed by expectoration, and the ulcers healed by the healthy blood which flows freely thereto. (See printed directions.)

*Night Sweats.*—Procure in a bottle one ounce of *diluted* phosphoric acid, and mix five or six drops with each dose of the *Elixir*, and continue every day until the night sweating disappears. Indeed, if the patient be not much troubled with flatulence, this acid may be continued a little while with advantage, as it will relieve the cough, restrain spitting of blood, and act beneficially in other respects.

**DIET.**—It is a matter of very great importance in pulmonary consumption, that the system be well supplied with nutritious food; hence the patient must live generously, as nothing will retard improvement so much as a diet which is insufficient for the full support of the body. For *dinner* use either beef, mutton, poultry, or game, with bread or potatoes. Beef-steaks or mutton-chops, with bread, form an excellent dinner for consumptive invalids. If the patient cannot use animal food, he may take beef-tea, or broth made of chicken or lamb. Avoid pork, veal, pastry, and vegetables; but jellies, preserves, and ripe fruits may be used plentifully.

For the *morning and evening meals* use milk and bread, providing milk agrees, and can be obtained pure—if not, then use tea, or beef-tea with bread. Avoid coffee and rich cakes.

Increased experience in treating pulmonary consumption has convinced me that diffusible stimuli, as wine and spirits, are frequently beneficial in a medical point of view; and it is only in that respect, and not as indulgences, that any right-thinking medical man would order them. From half a pint to a pint of port wine may be taken every day in divided portions, about two hours after each meal. If wine disagrees, or the patient cannot procure it, then take instead one or two table-spoonfuls of gin in half a tea-cupful of the infusion of hops, two or three times a day; or the same quantity of rum may be taken in milk as frequently, every day. If the patient feels that the use of either of these articles exerts a beneficial influence, they must be continued so long as necessary. On the contrary if stimulants disagree and produce an increase of the symptoms, they must be discontinued.

*Hæmoptysis, or Spitting of Blood.*—Should this occur, the patient must procure in a bottle the following mixture:—

*Rp.*—Diluted sulphuric acid, half an ounce; tincture opium, half an ounce. *Mix.*

Take from twenty to thirty drops in a wine-glassful of water twice a day until the symptom disappears. The *Solar Elixir* and all stimulants must be discontinued until the expectoration of blood ceases, when they must be again taken. The same remarks apply to *hæmorrhage* or rupture of a blood-vessel, which sometimes occurs in consumption, in which case the patient must take the same quantity of drops; observe perfect rest, and use a milk-and-bread diet for a few days.

All the before-mentioned doses of medicines are for grown-up persons only. For younger patients, the doses must be proportioned according to age. The preparations recommended must always be procured of respectable chemists.

CLIMATE.—Change of air often affords a chance of doing good, even in hopeless cases of consumption, and it is never advisable to throw away a chance. Patients residing in a maritime atmosphere will obtain the most complete change by going, if possible, into some warm and sheltered situation in the country. On the other hand, patients dwelling in cities or country places will find the most beneficial change by going to the sea-side, taking care to avoid the east coast of our island during the spring months, as its atmosphere at that season is too cold and irritating to the lungs. In going to the sea-coast, however, patients will do wisely in avoiding the favourite places of resort for those affected with this complaint, as the *ennui* and depression of spirits incident to continually looking on groups of invalids are intolerable to a patient of previous active habits of life, and consequently such a change is far more likely to be injurious than otherwise. Still less is it expedient to adopt the custom of subjecting patients to the inconveniences and discomforts of an abode on the Continent. All the advantages to be derived from a change of air can be obtained in England and the Channel Islands, which afford at all seasons of the year many excellent situations for consumptive persons—excellent not only as regards climate, but also as furnishing special inducements to exercise both the body and mind; but I can only determine the locality most suitable for any particular case by seeing the patient. Those who cannot conveniently leave home for change of climate, must go out as little as possible in rainy, cold, and foggy weather; but if obliged to be out at such seasons, then wear round the mouth a *respirator*.

The following cases of chest diseases, including several of pulmonary consumption, comprise but a few of those which have been successfully treated by restorative means. Very many other cases of recovery are recorded in my note-book, but they are the cases of persons who scruple to have them published. Why people should desire that their testimony in favour of the mode of treatment which rescued them from impending danger should be withheld, is not for me to say; certain it is—they were ill once, are better now, and, as is the way of this world, care no more about it. Were there no other cases on record, however, these published would prove that pulmonary consumption is curable; but let me not be misunderstood to mean that every case of this disease can be cured, for *many cases—even in the premonitory stage, and in defiance of every effort—terminate fatally; and if the lungs be much injured by ulceration, so that their function of changing the venous blood into arterial be also destroyed (as described on page 7), and consequently that fluid be no longer fit for the purposes of nutrition, the patient must die of general emaciation and decay.* All that medical treatment can then do in such mournful cases, is to smooth the patient's melancholy passage to the grave.

#### PULMONARY CONSUMPTION.

On July 12th, 1840, I received the following letter from a lady, describing her daughter's case:—

“———, July 11th, 1840.

“Sir,—I write soliciting your advice for my daughter, who has been in a declining state of health for some years. She is twenty-four years of age, of a tall and slender frame of body, and has from her youth been apt to perspire greatly after the least amount of exercise. About six years ago she walked two miles to visit a friend, and I presume had sat in a damp room, for after her return home she was attacked with a severe cold, and closing of the chest. She got rid of the cold, but soon after a teasing cough came on, which greatly increased in violence during the succeeding winter, but in

the following summer was much easier; yet it came on again in the following autumn, when she began to spit blood, and to my great sorrow, I was then told it was consumption with which my poor daughter was afflicted. She has been better and worse to this time, and many persons are surprised that she has continued so long. At present she spits very much matter of a tough description, and she is rendered unable to walk from weakness and a troublesome pain in the side. Her feet swell much every evening, but, strange to add, she looks the picture of good health. The finger-nails are bent inwards, and her hands are very thin; indeed, her whole frame is greatly reduced.

"A young person in this town has been cured by your medicines of a lingering complaint, but whether the same as my daughter's I cannot say; but if you think, after the above account, that the medicines will be of service, please inform me, and any suggestions you make in the way of treatment will oblige,

"To Dr. Charles Rooke."

"Sir, your obedient servant,

"M. H———."

In my answer I directed the whole body to be washed every alternate day with tepid water and vinegar, and a table-spoonful of the *Solar Elixir* to be taken in milk three times a day, and to be persevered in. In three months I was informed her cough was easier, and her strength much improved. Another supply of medicine was sent, which she continued to take at intervals until June, 1841, when she was so much improved that she could ride on horseback with ease twelve miles. The finger-nails had become nearly straight; the swelling of the feet had not occurred for three months, and in every respect she was slowly, but surely, recovering. Her cough and expectoration were much better, but not altogether removed, at which her friends lost all patience, and sent for a physician from a distant town, who immediately apprised them that the case was *phthisis* (pulmonary consumption), and that the patient could not recover; on hearing which, the *Elixir* was discontinued, and a little cough mixture substituted. In the November following I read her death in a provincial newspaper.

I have stated, on a former page, that many medical men regard every case of consumption as incurable, and hence thousands are given up in despair. So it was in this case; the patient was declared in consumption, and she was abandoned to her fate. The mixture afterwards given was only intended to relieve a symptom—not to cure. The *Solar Elixir*, conjoined with the collateral treatment before recommended, I am thoroughly convinced, will effect a cure in all curable cases of consumption; but perseverance is essentially necessary, for when the strength is greatly reduced, and the lungs oppressed with morbid matter, convalescence cannot be suddenly effected. I am extremely sorry the *Elixir* was not continued, as perfect recovery would undoubtedly have resulted in a few months; but I believe the medicine was given up on the ground of expense, although the parents were wealthy. On looking over the correspondence, I find that £11 worth of *Elixir* was altogether supplied; and what is that sum compared with the charges of some medical men?

#### PULMONARY CONSUMPTION.

By those who are suffering under consumption, and to whom this book may perchance come, the perusal of the following most remarkable cure is requested—a more astonishing case of the power of medicine has never been, nor ever will be, published:—

Mrs. Cockerill, Yeddingham Bridge Inn, near Malton, had been for some years affected with great weakness and difficulty of breathing, especially after attempting to take exercise, or on going upstairs. She had a teasing cough, and spitting of blood, with alternate pains in the breast and side. She tried various means for the cure of these complaints, but found no relief from anything. In October, 1840, she came to consult my late lamented friend, Dr. John Bowen, Physician-in-Chief to the French Military Hospitals of Algiers, who had been sojourning a few weeks in Scarborough in the summer of that year, but had been suddenly called away on official duty a few days prior to Mrs. Cockerill's arrival, when, in consequence of that disappointment, she was induced, on the recommendation of a friend, to apply to me.

On examination, she stated that the complaints under which she had so long suffered

were much increased of late. She had then the hectic fever very severe every night, and partly in the forenoon of each day, and her face had the crimson flush peculiar to consumption. She had a considerable cough, and the sputum was often tinged with blood; also frequent sickness, and rising in the throat, with occasional vomiting of food. She was much emaciated, and her debility had so much increased, that she could scarcely walk. The hair came off, and the feet were subject to swell in the evening. The stethoscope was not applied, as I was not at that time sufficiently acquainted with its use; and, moreover, had not *then* a very exalted opinion of its merits. All the symptoms, however, were those of *phthisis*, or what is commonly called pulmonary consumption, and of the last stage. The case appeared so utterly hopeless, that I did not order any medicine whatever; and gave it as my decided opinion that she could not live to the end of the year, and therefore only ordered her diet, &c. She had heard, however, of the good which these medicines had effected, and, on returning home, procured, entirely on her own responsibility, a supply from Mr. Wrangham, chemist, Malton, and by taking them a few weeks had found so much benefit that she was induced to persevere, and at length finally recovered.

A medical man who had seen her sometimes previous to her applying to me, was also of opinion that she was in the last stage of *phthisis*; but afterwards, when I informed him that she had got better, he was much surprised, but said that the symptoms were only arrested for a time, and that the disease would assuredly return, when death would ensue. He wished me to wait a reasonable time before publishing such a remarkable case, in order to see if a relapse did not occur, when I promised to wait for four years, which time has long gone by, and she is still living, and is at present (April, 1864) in very good health.

#### PULMONARY CONSUMPTION.

Miss Greenidge, residing at North Burton, near Scarborough, aged eighteen, came under my care on the 8th of September, 1842. For the year previous she had suffered from cough and expectoration, which was frequently mixed with blood, and once or twice she spat it in a considerable quantity; she had also difficulty of breathing and pain in the side; was much emaciated, and so weak that she could scarcely stand. None of her family had died of consumption. On applying the *stethoscope*, there was dulness of sound over the superior part of the chest; the respiratory murmur over the left clavicular region was harsh and grating, and a dull sound was elicited on percussion. All the symptoms indicated pulmonary consumption, which were progressing very rapidly on her application to me. I ordered a warm bath, and she took the medicine regularly under my inspection for only a few weeks, when she left Scarborough perfectly well. She has now (January, 1867) been married several years, resides in Driffield, and is enjoying good health.

Had this patient been bled, according to the established custom, it is extremely probable she would have died, as she was labouring under a miserable degree of weakness, which would have been increased by loss of blood. Spitting of blood and hæmorrhage, in every case except those arising from accidents, arise from debility and weak construction of the blood-vessels; and yet the lancet is the first thing thought of, and death the general result of the measure! And can it be otherwise, seeing that whatever debilitates the whole body must assuredly increase the original weak construction of the vascular coats of the blood-vessels? Tell me not about hæmorrhage arising from too great a plenitude of blood—such a theory is absolute nonsense, and the practice founded thereon is fatal in its tendency. I again repeat that it arises from real weakness of the coats of the containing vessels of the ruptured parts. Who are the most subject to the bursting of blood-vessels? Not the strong and robust—but the weak, the sedentary, and delicate. Behold the pale countenance of the unfortunate individual who is dying of consumption! He was attacked with spitting of blood, and subjected to the cruel discipline of the lancet. Did that poor creature make too much blood? I knew a family of four persons who were reduced from affluence to poverty, and for nearly five years were obliged to live solely on tea, &c., without tasting animal food. In the fourth and fifth years of their indigence, three out of the four had rupture of the blood-

vessels, which entirely arose from weakness of the vessels themselves, occasioned by the general bodily debility brought on from poor living. This happened in 1826-27, when, in the last-named year, a rich relative died, and bequeathed to them much property; and since that time, having had a sufficiency of good nourishing food, they have not had the least symptom of their former complaint.

Bleeding is adopted in these cases under the false notion of causing a revulsion from the ruptured part; but will the opening of a vein stop hæmorrhage? No: both veins go on bleeding, till the patient faints or dies. To bleed in cases of ruptured blood-vessels is positive madness; it is murder committed under the sanction of a diploma. Yet this is the daily practice of many practitioners.

#### PULMONARY CONSUMPTION.

A. C., a lady aged twenty-six years, came to Scarborough to place herself under my care on the 2nd of June, 1843. She stated that about three years ago she lost her appetite, and became greatly depressed in consequence of the death of a sister from consumption. Her symptoms continued to increase, notwithstanding everything was done which a kind surgeon and feeling relatives could devise. At length she was taken to Brighton, and its air and company relieved her greatly; but the day before her departure she was caught in a shower of rain, while perspiring with walking; from which she apparently sustained no ill until after her arrival home, when she was attacked with cough, spitting, and oppression of the chest, for which she was bled and blistered, which gave relief for a few days, when the symptoms again returned, and were accompanied with weakness and restlessness. Blistering was again resorted to, but with no benefit. She then first felt an acute pain in the side, and her face became flushed in the evening. She continued better and worse, alternately, for some months, when an eminent physician was sent for, who informed her friends the case was one of *phthisis* (pulmonary consumption), and he advised a removal at once to the south of France, as the only feasible means of benefiting her. Against her removal, however, there were many untoward hindrances, which it is not necessary here to mention. She, therefore, remained at home for nearly two years longer, during which time many additional symptoms presented themselves; such as swelling of the feet, night-sweats, shrinking of the fingers, and general emaciation. A relative sent her the *Anti-Lancet*, which induced her to come to Scarborough at all hazards to consult me, where she arrived in a very exhausted state.

June 3rd.—This morning I found the patient excessively weak, the journey having greatly aggravated all her symptoms, except her spirits, which were preternaturally buoyant with hope. I directed her to be sponged all over with warm vinegar and water every day, with friction, &c.; to abandon at once the use of tea and coffee, and to commence with a milk diet—but her stomach being so weak, the milk had to be diluted for the first month with water. She commenced with the *Solar Elixir*, as ordered in the printed directions, in order to relieve her cough and strengthen her body.

June 14th.—This day the patient was a little easier, but in other respects she was no better, and I began to doubt of her recovery; but as her mother seemed to place such confidence in the treatment, I determined to continue my efforts for the patient's benefit. Her bowels being costive, she took the *Oriental Pills*, which relieved her.

June 19th.—She was now beginning to improve very perceptibly every day, and the weather being favourable, she spent much of her time in the open air. She now expected a more healthy-looking matter, and her breathing was considerably improved. Pain in the side was much lessened, and she slept better during the night.

July 23rd.—Much worse, having caught cold carelessly; difficulty of breathing, pain in the chest, pulse 120. I ordered her into a warm bath, and three or four *Pills* to be taken immediately, and to keep her bed until the inflammation was subdued. In a week she was again able to leave her room, but weak and dejected.

July 30th.—She was attacked with diarrhœa, which, however, yielded to the powders (ordered on page 131). She was directed to continue the *Solar Elixir* as usual.

August 22nd.—Much improved; the cough had now left her, and she was ordered to take the *Elixir* in water only, three times a day. She was now able to walk with ease up the Sea Cliff steps; her appetite was good, and in every respect she was favourably progressing.

Nov. 13th.—According to all appearances, the patient was completely cured. She had no cough, and her strength being quite restored, I did not deem it necessary for her to remain longer in Scarborough; and I do not remember ever feeling greater satisfaction of

mind than when accompanying the patient and her mother to the coach, where I bade them farewell.

Ordering this patient to the Continent in her feeble state, was recklessly exposing her to the greatest peril. Of course, such advice could only be given in consequence of having no confidence in the mere palliating system of treatment which is so commonly adopted in England.

April, 1865.—I have recently ascertained that the lady is still living, and in excellent health.

#### SYMPTOMS OF CONSUMPTION.

Miss S———, of H———, F——— near Bridlington, had been affected at intervals for three or four years, with cough and shortness of breath. She applied on the 16th of November, 1843, at which time she was troubled with cough and expectoration, which latter was frequently tinged with blood; she also complained of loss of appetite, with pain in the breast and side; and was much emaciated from general debility. On examining the lungs with the stethoscope, the indications were such as warranted the most prompt and energetic measures being immediately adopted, it being evident that the patient was rapidly advancing in pulmonary consumption, which disease was hereditary in her family, a sister and other kindred having died thereof. She was ordered suitable diet, and to take the *Solar Elixir* in a little milk three times a day, before meals, and the *Oriental Pills* at bed-time occasionally; and to wash the chest every night at bed-time with tepid water, and to be afterwards rubbed with a hot towel until re-action was produced. She called again in a fortnight, considerably improved, and at the end of the year was completely restored to good health, and is at this time perfectly well.

#### PULMONARY CONSUMPTION.

On the 27th February, 1844, I was called on to attend a gentleman aged twenty-two years, residing in the country, who had commenced taking the *Solar Elixir* for pulmonary consumption. He had enjoyed good health until about eighteen months previous, when, being from home, he was caught in a heavy shower of rain, and a few days afterwards he complained of cold shiverings, loss of appetite, and a difficulty of breathing, which symptoms gradually decreased in a few days; but a cough then came on, which has gradually increased ever since. On my first visit he had much expectoration, and complained of palpitation of the heart, with pains in the side and back; pulse oppressed, and at 107; his feet were generally cold and swollen in the evenings; the joints of the fingers were prominent, and he was greatly emaciated.

The patient's mother informed me that his father, two brothers, and a sister had died of consumption within six years; and as they commenced and were afflicted in a similar way to this, her present and last remaining son, she could not bring her mind to believe that there was the least chance of recovery. The same medical gentlemen attended the other cases, and in this instance they also concluded that the case was *phthisis*, and as the disease was so marked on the father's side of the family, they, of course, held out no hopes of any ultimate good. Percussion yielded a dull sound over the upper part of the chest, and the respiratory murmur was harsh, whilst below the right clavicle it was inaudible.

As the patient complained of flatulence and griping in the bowels, I ordered the *Elixir* to be taken in a small tea-cupful of the infusion of Calumba Root, with a small tea-spoonful of carbonate of soda added occasionally, which were to be taken about one hour before each meal, three times a day. The first bottle afforded him great relief, and at the end of the first fortnight his appetite was much improved; and the pain in the bowels having greatly subsided, he discontinued the infusion and soda, and took the *Elixir* in milk only. At the end of March, the night perspirations had ceased; his cough had much decreased, but the expectoration continued much the same as at first.

April 18th.—I perceived much further improvement had taken place. The spitting was evidently decreasing, and he was enabled to take horse exercise. The signs, both by auscultation and percussion, had almost returned to a healthy standard.

June 2nd.—Visited him for the last time, when I found him in good health, and he had not taken any of the medicine for three weeks. On examining the chest, I found that percussion yielded a natural sound, and the respiratory murmur was also healthy.

December, 1864.—This gentleman is still living, and in robust health.

#### PULMONARY CONSUMPTION.

R. J. Wightman, Esq., aged 34, from Birmingham (now residing at Hampstead, near London), applied on the 8th of July, 1844. He had for the last four years suffered at

intervals from cough, expectoration, difficulty of breathing, and cold sweats during the night. Within the last two months he had daily grown weaker, and emaciation had increased to an alarming degree. He had also an acute pain in the left side, and the expectorated matter was frequently tinged with blood.

On applying the stethoscope, the respiratory murmur over the right clavicle was feeble and harsh, whilst dulness of sound was perceived on percussion over both the anterior and posterior parts of the chest. As he was now suffering under the debilitating effects of *diarrhœa*, he was ordered the powder mentioned on page 131, to be taken three times daily, and a table-spoonful of *Solar Elixir* in milk at bed-time, which he continued for seven days, when the *diarrhœa* abated. He then commenced taking the *Elixir* three times a day. On the 30th of the same month he began to improve. The expectoration and night-sweats were much abated, and his strength was considerably renewed. In seven weeks after, he was so much improved that he fancied himself able to undergo the same amount of exercise which he had subjected himself to when on a previous visit to Scarborough ten years before. As too often happens under recovery from disease, he was careless in the extreme; and on the 24th of September he accompanied some friends to the neighbouring moors on a shooting excursion! In the evening he was utterly exhausted, and during the same night was suddenly attacked with violent coughing and spitting of blood, more excessive than on his first application, which continued at repeated intervals for seven days, and seemed to defy all efforts used to check them, which, together with loss of voice and swelling of the feet, made me apprehensive that the case would terminate fatally, and accordingly I wrote to apprise his friends of my fears.

His confidence, however, in the medicine was unabated under his relapse, and he continued to take the *Elixir*, with fifteen drops of laudanum added to each dose, which was adhered to for another fortnight, when he began again to improve, so that the laudanum was discontinued, and he took the *Elixir* only, in milk, daily, which he persevered with until the middle of November, when he left Scarborough—certainly not perfectly cured, but in a fair way for ultimate recovery. He took with him a quantity of the medicine, and, repeatedly hearing from him, his last letter is as follows:—

“Hampstead, January 10th, 1846.

“Dear Sir,—I was grievously disappointed at not receiving your visit to London in September, as promised, but shall be glad to see you at your earliest convenience.

“I rejoice to inform you that my health continues most excellent, so that I have not had the least symptom of any return of my former complaint during the winter. As I have six bottles of the *Elixir* by me, they shall be given to any poor patient whom you may order to apply for them, as I sincerely trust I shall not again require to take more; but should I at any future period have to put myself under your professional care—which I am not at all anxious to do—a supply of the medicines could easily be sent for.

“If you should be inclined to insert my case in any medical publication, I do not see any cogent reason why you should not avail yourself of such an excellent opportunity; for cures like mine, one would think, cannot be too widely disseminated, and I shall always be happy to answer any inquiries respecting it. I hope the sale of your noble medicines is increasing, which is the sincere wish of,

“Dear sir, yours faithfully,

“R. J. WIGHTMAN.

“To Dr. Charles Rooke.”

This gentleman took the *Elixir* until May, 1845, since which time he has continued well, and in all human probability, will not have a relapse. The wilfully obstinate may, after all, think the case was not one of consumption, and may consider me mistaken in the responses of the stethoscope. I must admit that in some cases of consumption we cannot place implicit reliance on that instrument, as the various stages of the disease have been run through without any other stethoscopic signs than those of simple chronic bronchitis. In the present case, however, there were all the external symptoms usually manifest in consumption—as the hectic flush, the form of the body, swelling of the feet, and bloody expectoration; with other symptoms denoting the deep-seated disease which was fast hurrying him on to the grave. It most assuredly was an advanced stage of consumption, and shows the importance of giving the *Elixir* a fair and lengthened trial; for when this disease is cured it is only effected by perseverance.

## PULMONARY CONSUMPTION.

"E———, June 18th, 1845.

"Sir,—I take the liberty of addressing you, to ask your advice under the following circumstances:—I am twenty-six years of age, single, tall, and of a spare figure when in health, but am now almost reduced to a skeleton. I have a very distressing cough, and spit a quantity of phlegm, which tastes very salt; my hair falls off, and I sweat excessively during the night, particularly on my chest. My bowels are very much relaxed, and generally have been for the last six months, attended with severe griping pains. My appetite is tolerable, yet my strength is gone; my countenance is always pale, never flushed. I do not keep my bed, as my cough is worse when in a reclining posture, more especially when lying on my left side. My feet and legs swell towards evening.

"I have been a governess, and suppose that my complaint was brought on by long confinement, connected with many distressing mental annoyances. I have been very deaf since the commencement, which increases daily. It is five months since I was obliged to discontinue my employment, and then applied to a medical friend, who, after many urgent solicitations on my part, confessed that it was consumption with which I was afflicted, and gave me no hopes whatever of recovery. Soon after I casually heard of Mrs. Cockerill, of Yeddingham, being cured by your medicines of a similar complaint. My mother procured for me a bottle of your *Solar Elixir* at Mr. Burdekin's, bookseller, York, which I have nearly finished taking, but do not think that I am either better or worse for taking it, and will procure more to-morrow; but shall esteem it a favour if you will let me hear from you as soon as possible. I forgot to say that I am much troubled with faintings; and my head is even now so dizzy that I write with difficulty, but I hope that you will find it legible.

"I am, sir, yours respectfully.

"H. J———.

"To Dr. Charles Rooke."

I ordered her to continue the *Elixir*, and if she should finally recover, to remove to the south of England, but not to follow any sedentary employment. She took the medicine until March of the following year, when, being restored to health, it was discontinued. In April she wrote as follows:—

"Devonport, Devonshire, April 21st, 1846.

"Sir,—I have removed here, and am remaining a short time at the house of a relative, and shall follow your advice in fixing my residence in this direction; but, alas! I shall have to commence teaching again, as I see no other line which I can pursue, but will not confine myself so close as in Yorkshire. I am happy to inform you that I continue well in health, but am still delicate, yet I hope the fine climate of this county will agree better with me than my native air.

"A young lady in Plymouth intends writing to you in a day or two. She is suffering in a much similar manner to myself when I first wrote to you, and I hope your medicine will be as successful in her case as in mine. If you should have to send her any *Solar Elixir*, please to enclose me a box of *Pills*, as I can procure none here

"I am, sir, yours obediently,

"HARRIET J———.

"To Dr. Charles Rooke."

## EXTREME DEBILITY AND APPROACHING CONSUMPTION.

"Low Coniscliffe, near Darlington, August 17th, 1847.

"Sir,—I am greatly obliged to you for replying to my father's letter of the first of last July. At that time I was so weak that I could scarcely walk, and had a constant pain in my side. I also sweat much, and my face was flushed, which induced some to think I was beginning in consumption, and as far as I am able to judge, such was the case. I took the *Solar Elixir*, and found it to improve my strength every day. As your medicine has restored me from the brink of the grave, I think it right you should publish my case if you think proper.

"Wishing you health and peace,

"I am, your obedient servant,

"To Dr. Charles Rooke."

"MARY I. GLASPER.

## PULMONARY CONSUMPTION.

A young lady, aged nineteen years, residing near York, had experienced good health until the age of seventeen, when she complained of weariness after exercise, followed by difficulty of breathing, cough, and expectoration—the latter being frequently tinged with



blood. She applied to a surgeon in her own neighbourhood; but justice compels me to state that he had not the requisite time allowed to try those means which he considered likely to benefit her, as the patient and her friends became uneasy, and she was put under the care of the physician, from whose prescriptions it was evident that he considered her case to be pulmonary consumption. She remained under his treatment some months, consequently he had every opportunity given of curing her, but she continued gradually getting worse, so that it was at length considered best to suspend the use of medicines for a few weeks, in order to see how she might be without them.

On my first seeing her, which was purely accidental, she was very weak, so that she could not even walk a short distance without exhaustion; the cough was excessively teasing, and there was nearly constant pain in the side. Auscultation afforded a dull sound over all the upper anterior and posterior portions of the chest. In this state, it was suggested by her parents that she should go to Scarborough, which I did not altogether sanction, fearing the sea-air would prove too irritative; however, hither she came in August, 1848, and immediately commenced taking the medicines, which were procured of Mr. Ireland, chemist, in this town; and in a few days she began to improve, when, after a sojourn here of about eight weeks, she returned home well.

This lady called personally in the summer of 1856, and informed me that she had been in excellent health ever since leaving Scarborough, in the autumn of the before-named year.

#### PREMONITORY SYMPTOMS OF PULMONARY CONSUMPTION.

A young lady, aged twenty-three years, applied on July 4th, 1849, complaining of general weakness, emaciation, loss of appetite, cough, frequent night perspirations, pain in the side and chest, with shortness of breath. These symptoms, with others which had been gradually increasing for three years, clearly indicated a strong tendency to pulmonary consumption, which complaint she stated was hereditary in her family, some of her near kindred having died thereof. She was instructed to adopt the *tonic* plan of treatment—namely, to take strengthening medicine, to use nourishing food, and to remain for a short time in the bracing sea-air. These directions were closely attended to, and with what result the following letter will show:—

“December 26th, 1849.

“Dear Sir,—I embrace the present moment of writing to acknowledge my thankfulness for your kind services to me, and am happy to inform you that my many complaints are gone. I am now quite well, and have been enjoying better health for the last few weeks than what I have done during some years past. I am stout and strong; indeed, I never was better in all my life than at this time.

“Lest my illness should again return, I propose keeping a small quantity of your invaluable medicines by me, as I need not inform you that there is none to be had in this out-of-the-way district. With gratitude to the Giver of all good for the restoration of my health,

“I am your obliged servant,

“To Dr. Charles Rooke.”

“C. L.

#### GENERAL DEBILITY AND SYMPTOMS OF PULMONARY CONSUMPTION.

Miss Lamb, of North Grimston, near Malton, Yorkshire, applied in the month of August, 1846. She was then exceedingly weak, short of breath, slight cough, and pain in the side, with other symptoms indicating the approach of consumption. She took the *Pills* and *Solar Elixir*, which were procured of Mr. Wrangham, chemist, Malton, and promised to send an account of the final result. The following letter was received from her accordingly:—

“Grimston, October 17th, 1849.

“Sir,—After the lapse of some time I now inform you of the state of my health, and beg to return many thanks for your services to me, as I firmly believe that it was you who saved my life. My health has been good for considerably above two years, so that I have not

taken any of the *Solar Elixir* during that time, but a *Pill* I take occasionally. You will, perhaps, remember the time when I first commenced taking the medicine; and you are at liberty to publish my case. As some persons thought my complaint would return again, I have delayed writing on that account longer than I think was necessary, as there have not hitherto been any signs of the old symptoms returning.

"I am, sir, yours obediently,

"To Dr. Charles Rooke."

"ELIZABETH LAMB.

#### PULMONARY CONSUMPTION.

A young man, residing at Greenfield, near Alnwick, Northumberland, applied personally July 19th, 1853. He had all the appearance of one suffering under disease of the lungs. In the previous March he was attacked with cough and expectoration of blood; afterwards he became very short of breath, and had pain in the side. On examining the chest, the sounds elicited by auscultation and percussion indicated that both the lungs were ulcerated. I promised to use my best endeavours to subdue the symptoms, but as the complaint was far advanced I certainly had not much hope that a cure could be effected, which doubt was not at all lessened by the patient informing me that "consumption was a family complaint," his father and a brother having both died thereof.

The following are the memorandums in my Case-book, taken from letters which the patient wrote subsequently to the personal interview:—

July 26th, 1853.—No better. Ruptured a blood-vessel twice since leaving Scarborough.

August 10th, 1853.—Strength has begun to improve a little, by taking the *Solar Elixir*.

Sept. 5th, 1853.—Has again been expectorating blood. Ordered the *Solar Elixir* to be discontinued for a fortnight, and directed a mixture containing tincture opium and diluted phosphoric acid, to be taken three times a day.

Sept. 19th, 1853.—Spitting of blood has somewhat abated. Night-sweats and pain in the side entirely gone.

Sept. 27th, 1853.—Spitting of blood has ceased. Ordered the *Solar Elixir* to be recommenced, with suitable diet, &c.

Not hearing from the patient again for a long time, I concluded that he had died. In January, 1859, however, I received from him another letter, written on behalf of a brother who had also begun to show signs of consumption. The last letter begins thus:—

"Alnwick, January 4th, 1859.

"Sir,—I called on you in July, 1853. I was then very ill; but as you made notes of my complaint I need not here mention more particulars about it. I could not gather from you that there was much chance of getting thoroughly well again; and for two years I could not work at all, but during that long time I continued to follow up your directions. I took a great quantity of the *Solar Elixir*, which in the long run quite cured me. I am now living in Alnwick, and able to work for my bread."

I withhold this young man's name, as it will be impossible for him, in the situation he holds, to answer letters; but to any person who can conveniently see him, I will give both his name and place of abode.

#### PULMONARY CONSUMPTION.

Extraordinary recovery of a young lady suffering under most of the symptoms indicative of PULMONARY CONSUMPTION. She does not wish her name to be published, but allows the letter containing the following extract to be seen by any female:—

"Tattershall, October 21st, 1853.

"Sir,—I have suffered for some time under pulmonary consumption—or, at any rate, I have had every symptom of that disease except swollen legs, but have had a great deal of pain in them. I have been ordered principally *Cod-Liver Oil*, which I have taken ever since last December; but finding very little relief I have been persuaded by my sister (who has been greatly benefited by your treatment) to take the *Solar Elixir*, which at first I thought to be quite useless, as I was fast sinking, being quite unable to walk. My health had been good until three years ago, when I had the jaundice, and was a long

time before I got better of that complaint. In July, 1852, I was again taken ill, and thought it a return of my former complaint, but it proved otherwise. I became feeble, and had a great deal of pain in the side and breast. A cough came on that gradually increased, and I expectorated a small tea-cupful of thick matter every morning. I have also spit blood at intervals since last Christmas.

"I resided in London about eight years, and have had what was considered the best medical advice; but, before leaving, the medical men whom I had consulted gave me very little hope. Indeed, one of them seriously told me, on my inquiring, that the symptoms were such as justified him in warning me that '*there is another world besides this*;'—these were his words, and for that candid opinion I could not but feel grateful, although from it I gathered that my complaint was considered dangerous. I left London last December, and came hither to my native village, where I remained a few months; my health somewhat improved, so that I again returned to London; but diarrhoea came on so bad in August last that it was thought impossible for me to recover, as the medicine I took did but little good. I was again ordered into the country as soon as I could be safely removed, but the journey made me worse. On arriving here a second time I got extremely weak, although the diarrhoea gradually subsided; and, as before mentioned, it was then I began to take the *Solar Elixir*; and it has almost performed a miracle. Although I have taken it for such a short time, my friends are astonished to see me, and say I am like one raised from the dead. I have walked about two miles to-day, and have an excellent appetite at present; although before commencing with the *Solar Elixir* I could scarcely take food enough to keep me alive. My cough is very much better, so that I have given up taking the cough mixture. All the other symptoms are removed, except that occasionally I become rather hoarse; but I wish to persevere with your medicine, as I have great hopes a cure will be effected by it."

I have not seen this lady, but have since been informed that she is better. There is every reason to believe that either the lungs or the air-vessels were seriously affected. Hence the doubts expressed as to her recovery; and hence, also, the reason why the case was abandoned to the *palliative* treatment only.

**SIMPLE COUGH.**—There are other modes or channels besides the *lacteal* vessels, through which disorders of the stomach may affect the lungs. Morbid affections of the stomach are frequently propagated along the mucous membrane of the *oesophagus*, and down the *windpipe*, and so produce irritative cough. The term *stomach-cough*, so frequent among country people, is a well-founded observation; and when these coughs are not timely removed they frequently end in asthma. It is evident they can only be cured by restoring the stomach to a healthy state; and hence it will appear how very futile are those medicines of a *sedative* nature only, which are so commonly given in those cases. The following case was one of this nature, and had the complaint not been arrested it would undoubtedly have terminated in consumption or chronic asthma:—

#### COUGH AND DEBILITY.

The following extracts are from a letter from Mr. W. Avery, haberdasher, No. 1, Shepperton-street, Islington, London, and published by permission of the writer. Mr. Avery had been unwell for a long time; his illness being accompanied by debility and cough, with other symptoms of a consumptive tendency. He commenced taking the medicines in September, 1854, and on February 12th, 1855, wrote as follows:—

"With pleasure I write to inform you that your *Pills* and *Solar Elixir* have done me a great deal of good. I have not had a return of the winterly cough to which I have hitherto been subject for several years. All the other symptoms have disappeared, and I am happy to inform you that I feel altogether quite well. A sister-in-law has been liable for a long time to bad health, and at intervals been attacked with severe pain in the heart. She is taking the *Pills* and *Elixir*, which have greatly improved her general health, and relieved the painful symptom alluded to. I recommend the medicines as much as possible, as I believe they will cure—or at any rate greatly alleviate—all long-standing complaints."

## ALLEGED CONSUMPTION.

Letter from Mr. James Dickenson, bootmaker, of 6, Ford-lane, Broughton-road, Salford, Manchester, dated June 30th, 1855 :—

"Dear Sir,—About three years ago I happened to fall in with a friend who was in possession of your *Anti-Lancet*, from whom I borrowed it. After carefully reading it I felt pleased with the restorative treatment therein recommended, and thought that such a plan could alone be of avail in all long-standing complaints connected with weakness; accordingly I lent the book to an acquaintance who was suffering from consumption—at least more than one doctor stated the complaint to be such, and he certainly had the prominent features common in that disease, as cough, expectoration, gradually increasing weakness, and night-sweats. My friend being left to his fate by the medical faculty, he, after considerable trouble, at last obtained some of your medicines, which he took, and is now as well as ever he was in his life. This well-known fact caused such a call for your pamphlet in this neighbourhood, that it has been lent and better lent to so many different people, that it is lost at last, and as I cannot get another here, will you be kind enough to send me two or three copies by post, so that I may keep one of them and lend the others?"

"To Dr. C. Rooke."

"I am, dear sir, yours truly,

"JAMES DICKENSON.

## DEBILITY, RHEUMATISM, AND APPROACHING CONSUMPTION.

Extract from a letter received from Mr. M. Taylor, chemist, of Kirkby-Stephen, dated October 17th, 1856 :—

"I am very glad in being able to dispatch a favourable report respecting the friend I wrote to you about a short time ago. His cough is entirely gone, also the pain in the hips and legs. Indeed, he is completely better in every respect, although still continuing to take the *Solar Elixir* in the infusion of Calumba Root. He desires me to convey to you his best thanks, with a grateful acknowledgment of your kindness.

"I have heard of another successful issue derived by an invalid from taking your medicines: but want of opportunity has hitherto prevented me from ascertaining the particulars."

## SYMPTOMS OF PULMONARY CONSUMPTION.

A gentleman residing in Newcastle-on-Tyne had for a considerable time suffered from symptoms indicative of pulmonary consumption, or at least bordering on that disease—such as debility, cough, expectoration, and hectic sweats. He commenced taking the *Solar Elixir* in 1856, and the following extract from a letter written by him on January 8th, 1857, is confirmative of its efficacy :—

"It is about three months since I discontinued the *Solar Elixir*, and I thank you, and bless the day I became acquainted with that noble medicine, as it has done me a great deal of good. I feel stronger now than I have done for three years previous. My cough and expectoration are much better, and my appetite is about as good as at any period of my life. I am thankful that I have so far recovered as to be able to follow the employment in which I am now engaged."

## HÆMOPTYSIS AND OTHER SYMPTOMS OF PULMONARY CONSUMPTION.

Robert Hunt, joiner, aged 19, Churchtown, near Southport, Lancashire, applied by letter, January, 26th, 1857. He wrote as follows :—

"Having been informed of the good effects of your medicines in disease, I take the liberty of laying a description of mine before you.

"I have been long subject to spitting of blood, accompanied with a sort of thick matter, and a tickling cough. I have palpitation of the heart, and a constant pain in the left side. My appetite is bad, and I sometimes feel cold chills; but more frequently I am in a hot perspiration, particularly during the night. These perspirations, or something else, make me feel very restless, and I cannot sleep. I am nineteen years of age, and before being taken ill was serving my apprenticeship to the building trade; but I have been off work since July last. I have been under the care of different medical men, but do not recover; on the contrary, some of them say I am in a consumption, and cannot recover.

"Some people tell me I ought to be thankful to leave this bad world, and that to die of consumption is the easiest of all deaths! It sadly troubles me to hear such talk; for it is anything but easy to die of consumption—if that is really my complaint. As to the world, it has not done me any wrong, and it would be a selfish thing on my part to wish to leave it so long as my parents are living. They have, I assure you, sir, been very kind in getting for me all the medical means which their hard earnings could procure; and I wish to get better again, and to work for their sakes. I hope you will do what you can for me.

"To Dr. Charles Rooke."

"I am yours, &c.,

"ROBERT HUNT.

Robert Hunt took the medicines, and attended to other matters as directed. He gradually recovered till he was perfectly well, as the following extracts from subsequent letters will prove:—

"Churchtown, July 18th, 1857.

"I am most happy to tell you that I am now able to work a little—a thing which I never expected once, and I am persuaded I should not have done so again had it not been for your *Solar Elixir*. I am not thoroughly well, but still I am a wonder to everybody that knows me. I have great occasion to be very glad that I ever heard of your medicine. It has certainly been costly, as we have purchased a good deal besides that which you gave me. Still the expense has been trifling, compared with some doctors' bills I have heard about. Should the complaint come on again, I will inform you."

Extract from last letter received from Robert Hunt:

"Churchtown, April 2nd, 1859.

"A person here, who is ill, desires me to write to you for advice on her account: at the same time you will doubtless think it strange that I did not write before now respecting myself. I have been quite well a long time, and you may print my case in the *Anti-Lancet*, as it may be the means of pointing out to despairing sufferers the bridge that carried me safely over a dangerous disease. You have the particulars in my former letter."

#### PULMONARY CONSUMPTION.

The following case exhibits, perhaps, one of the most rapid cures ever effected in consumption. It is a case which cannot be read otherwise than with deep interest by those suffering under the same disease. Want of opportunity has prevented me ascertaining whether the name of the patient might appear in these pages; but she will not, it is hoped, see any impropriety in some of the particulars of her case being here recorded. The lady procured the medicines she used from Mr. Moore, chemist, Scarborough (since removed to Ossett, near Wakefield), who observed the extraordinary cure.

On Saturday, January 9th, 1858, a lodging-house keeper in Scarborough personally applied to request me to visit as early as possible a young invalid lady, who, with her sister, had just arrived at her house from the country. The former, she said, was much exhausted with her journey, and seemed to be in a dying state. I certainly felt grieved to learn that any person should be taken on a journey at all under such circumstances; but I immediately called on the patient, and ascertained that she had been suffering for several months under the symptoms of pulmonary consumption, and had been treated by a medical man for that disease. She had cough, purulent expectoration, pain in the chest, and hectic flush. The sounds heard within the chest by means of a stethoscope indicated that both lungs were ulcerated. Her strength was so much exhausted that she could not walk during the six previous weeks, and had to be carried to and from bed. Similar assistance had also to be rendered her when passing to and from the railway carriage, so that the journey of twenty-four miles was taken under most hazardous conditions.

To my inquiry respecting the means which had already been used, I was informed that the patient had taken Cod-Liver Oil, and various medicines, but without any perceptible benefit. To relieve the pain the doctor proposed the application of leeches to the chest, but the suggestion was opposed. He informed the patient's kindred that she could not exist beyond a month at the most; and on learning that she had been taken to Scarborough, he expressed his conviction that she would die on the way.

I ordered a mixture to subdue the cough and produce sleep; also strengthening means to be commenced forthwith, as there was no time to be lost. Two days afterwards the patient felt considerable relief, so that I directed an airing to be taken for one hour or more every day, in an open carriage, subject, of course, to her own

feelings and the state of the weather. Recovery was so rapidly manifested, that on the Wednesday night following she walked up-stairs to bed without assistance. Day by day she continued to improve, and in less than a fortnight the carriage was abandoned for foot exercise. Such were the good effects of the tonic treatment, combined with the bracing marine atmosphere, that in another month she was enabled to walk four or five miles a day.

On the 1st of March following the lady left Scarborough, *all the symptoms being gone, and she was perfectly well in every respect.* She wondered what some of her acquaintances would think when they saw her return home in good health, for they had plainly said, when she left them, that they had rather follow her to the grave than see her start on a journey in such a hopeless state. She further told me that when it was proposed to apply leeches, she felt such an antipathy to "those horrid *vampires*," as she *APTLY* called them, that she verily believed, had they been applied, she should have expired immediately.

To adopt a plain method of reasoning: *the lungs either were or were not diseased.* If they were uninjured, then it is impossible to tell from the symptoms when they are affected. It cannot be questioned, however, that the patient's former doctor had treated her for pulmonary consumption: and on her arrival in Scarborough she had all the symptoms peculiar to those who die of ulcerated lungs, as *post-mortem* examinations have in numerous instances verified. Hence I am quite justified in asserting that she was suffering under that disease; and the case shows that even under the most dangerous circumstances much good may often be effected, and a considerable hope of recovery afforded, by judicious treatment. Let it be once again stated, however, that the most likely method of doing good is not by blindly following the customary routine of medical art, which, although it claims as its object the preservation of life, yet strangely adopts that practice which is most likely to subvert the very ends it has in view! Although the loss of blood would have been small had this patient been leeches, yet, taken in conjunction with her dread of the *reptiles*, it is probable this double cause would have hurried on the general emaciation and vital depression at a rapid and uncontrollable rate. Indeed, leeching might, as she said, have caused instant death.

#### SYMPTOMS OF PULMONARY CONSUMPTION.

Mr. Robert Waters, aged twenty-eight, farmer, Bilsdale, near Helmsley, Yorkshire, was afflicted, during the year 1857 and the beginning of 1858, with most of the symptoms of pulmonary consumption, which, it was supposed, were brought on by sleeping in a damp bed, as soon afterwards he was attacked with a severe cough, loss of appetite, and weakness. By-and-by pain in the chest came on, and the expectoration was tinged with blood. He had hectic flush on the cheeks, and the night perspirations were so profuse that the bed-clothes had to be changed every morning. He became greatly emaciated, and the finger-nails were curved inwards. Being unable to leave the house, his father (who lives at Langtoft, near Driffield) applied personally on his behalf, and communicated to me the foregoing particulars, from which I concluded that the lungs had become diseased, as all the symptoms could not be very well attributed to bronchitis.

I ordered the cough mixture alluded to in the printed directions, the *Solar Elixir*, and suitable diet, &c. I never saw the patient; but he procured the medicines of Mr. English, chemist, Pickering, and took them as directed. On June 10th, 1858, his father again called on me, and stated that the medicines and other means recommended had completely cured the complaint; and further stated that the case might be published.

Here was another instance of a person, evidently sinking from debility and disease of the lungs, thoroughly restored by strengthening means. It affords me much gratification to learn that the "tonic treatment" of pulmonary consumption, which I have uniformly advocated for above a quarter of a century (as may be seen by referring to the first edition of this pamphlet, published in 1839), is now gradually becoming adopted by some of the most enlightened physicians in this and other countries. It is lamentable,

however, to think that a great majority of medical men seem still to entertain a persuasion that it must of necessity be a fatal disease ; and, acting on the strength of this erroneous notion, they have made but few efforts in the way of improving its treatment. I would recommend all who thus allow their ardour of investigation to be checked by such a chilling opinion to carefully peruse a paper on "Consumption," of the utmost interest, printed in a former number of the *British and Foreign Medico-Chirurgical Review*, by Dr. Walshe, one of the physicians to the Consumptive Hospital near London, whose vast experience in this disease surely enables him to know every circumstance connected with its curability. It is the best statistical account of consumption ever published in this country, and contains an explicit statement of the *complete cures* which have been effected in this complaint. See also an article on the "Arrest of Phthisis," by Dr. Flint, in the *American Journal of Medical Science*, for January, 1858.

#### ARREST OF PULMONARY CONSUMPTION.

Copy of a letter from Mr. James Thompson, grocer, Maulds Meaburn, Westmoreland, dated July 6th, 1859 :—

"I had the *Anti-Lancet* sent to me by a friend, and I have just sent to Kirkby-Stephen for some of your medicines.

"It is now twelve months since I started to be very unwell. At first I lost my appetite, and a cough came on, with slight expectoration, and frequently profuse night-sweats. A doctor attended me for four months, when he said he could do no more for me, as I was in a consumption, and could not get better. Another doctor was then sent for, who thought he could do me good, but after attending me for eight months, I find myself gradually getting weaker, and worse in all respects. My cough is now so bad that I cannot get any sleep at nights. I sweat so much that all the bed-linen has to be changed every morning. I expectorate very much thick matter, and which is frequently tinged with blood. Recently I have got up a great deal of blood: on two occasions as though a blood-vessel had burst. I have now kept my room for twenty-three weeks, and never had any fresh air all that time. My appetite is quite gone, and I can take nothing but milk. I have taken various medicines, and much Cod-Liver Oil; but nothing has given me any relief.

"That my lungs are considerably diseased I have no doubt, and I am given to understand that the complaint will soon end fatally; still, I wish to try your medicine as a last resource; not with a view of its curing me, but to procure some relief to my sufferings. Please write and tell me how to take the medicine; and I hope you will use your best endeavours to ease the cough and lessen the night-sweats, for these are dreadful. Will you further inform me if I may go into the open air, as I can still walk a little, and I would like to get into the fields again."

It required no personal interview, no sounding of the chest, to convince me, after reading the letter, that my correspondent was suffering in an advanced stage of phthisis, and it was probable remedial aid would not be able to effect more than that of subduing its most distressing symptoms, and checking for a time its rapid progress. With this view, I ordered a mixture for the cough, and directed a table-spoonful, or less, of *Solar Elixir*, to be taken in a wine-glassful of either the infusion of Calumba Root or cold camomile tea, about half an hour before meals, three times a day; and, as the medicine would improve the appetite, to follow it up with good nourishing food, port wine, &c. In another letter I received from the same patient, dated September 24th, he observes :—

"The night-sweats have left me altogether, and I have not spit any blood for these last eight weeks; in other respects I also feel a little improvement. I should like to see you, should you have occasion to come into this part."

It was now evident that some of the worst symptoms were considerably subdued; and although the existing destruction of the lungs was such as to preclude all hope of recovery, yet, by continuing the use of the medicine,

and observing good management in other respects, the disease, it was thought, might be kept in abeyance for a considerable period : so it happened, for ten months afterwards I received the following letter :—

Maulds Meaburn, July 24th, 1860.

“ My last stock of medicine is nearly finished, and I now enclose an order for more. I go out a little every day when it is fine, but this wet summer is sadly against me. To-day I have walked half a mile, which is a great thing for me to do, when once I did not expect to go out of the house again.

“ My cough is much easier, and, although I am very emaciated under my clothes, I look better in the face, which I attribute to getting into the fresh air and sunshine. The pain in the chest is considerably better than what it was a few months ago. In all respects I am better now than when I first wrote to you. The medicine has undoubtedly stopped the progress of the disease so far, for, had it not been for it and the cough mixture, it is more than probable I should have been dead above a year ago, as I then found myself quite done. I am altogether a wonder to every one who knew the condition I was in when I began with the *Elixir*. All my friends had then given me up ; they were sure I could not live more than a few days.”

The general emaciation complained of plainly enough denoted how greatly the function of the lungs was impaired. Despite this, however, Mr. Thompson continued to live under the supporting treatment till August, 1861, when the following letter informed me of the

#### FINAL TERMINATION.

“ Dear Sir,—I write to inform you of the death of my dear father, which took place on the 14th of this month. It was his wish that I should write to thank you for your kindness to him. To the last he firmly believed that if he had taken your medicines in time he would have been cured ; but as it was, he said they had prolonged his life above two years, for, at the time he began taking them, his doctor said positively he could not live three weeks longer ; his friends also thought him in a dying state. For several months past all who knew him were utterly astonished that he continued so long. You are quite at liberty to publish his case, for a more remarkable prolongation of human life under such a destructive disease was perhaps never recorded.

“ I am, sir, yours, &c.,

“ To Dr. Charles Rooke.”

“ WILLIAM I. THOMPSON.

I publish this case with the object of showing that, even in the most desperate instances of pulmonary consumption, where extensive disorganisation of the lungs leaves no chance of recovery, the disease may be controlled for a considerable period by the use of the medicine, assisted by suitable diet and judicious management of all feasible restorative means.

#### PULMONARY DISEASE.

The following letters were received from Mr. S. Waud, draper, Malton, and are here published with his express sanction ;—

“ Malton, April 30, 1860.

“ Dear Sir,—Mrs. Waud has been taking your medicines for the last four months regularly three times a day, in the infusion of Calumba Root, with the *Pills* at regular intervals. In accordance with your printed directions, she was sponged with tepid water once a day, and then rubbed with a coarse towel ; plasters made according to the recipe on page 122 of *Anti-Lancet* [23rd edition] were applied to the chest. We wish gratefully to acknowledge the great benefit she has received, but find the complaint is still in a great measure unsubdued.

“ Mrs. Waud has felt the complaint coming on during the last two years. It first commenced with weakness, and she felt exhausted after the least exercise ; by-and-by followed a bad cough, and profuse expectoration at intervals, with pain in the left side and chest. On commencing with your medicines, she had been in bed a month, with all the worst symptoms of her case daily increasing, and which were now attended with profuse expectoration. Alarming paroxysms of difficult breathing came on regularly, at the hours of one and four A.M. ; these paroxysms were so bad we were afraid she would die from suffocation. During the first six weeks of taking your medicines the change was really wonderful ; since then she has not made much progress. There is still considerable perspiration, and short breathing comes on every morning, although greatly subdued to what previously existed.



"As we wish to continue the use of your medicines, will you please inform us if Mrs. W. is taking them in the way best adapted for her advantage? And any other suggestions you may make in the way of treatment, will greatly oblige,

"Yours most respectfully,

"To Charles Rooke, M.D."

"S. WAUD.

There are some cases of pulmonary disease which require a lengthened course of the *Solar Elixir*, even when it is aided by the auxiliaries of a suitable climate, supporting diet, &c., in order to effect a cure, or even an amelioration; and as the patient had derived considerable advantage by the use of the medicine, I therefore ordered it to be continued, and taken as heretofore, and to be followed up with restorative diet, &c.

Second letter:—

"Malton, September 10th, 1860.

"Dear Sir,—I am happy to inform you that Mrs. Waud is very much improved in every respect. She enjoys her food better; sleep more profound and refreshing; cough, pain in the chest, and shortness of breathing entirely gone; pain in the side almost removed, so much so, that for a whole day together she scarce feels anything of it, and when she does it is then very slight. She still continues to use the medicines, and follows the other treatment recommended.

"A more signal recovery—thus far, at least—bearing testimony to the power of your medicines and restorative mode of treatment in removing pain and suffering, there cannot, I think, well exist. Prior to taking the medicines, Mrs. W. was to all human appearance on the very verge of the grave, but is now to me as one given from the dead. Her strength is not fully regained, but I hope, with the blessing of God on the means employed, she will be fully restored. Should there be a relapse, through cold or otherwise, I will inform you.

"We cannot say too much in favour of your valuable medicines, and accordingly we advocate their use on all suitable occasions. There are at least half-a-dozen people in this town taking them through our recommendations, and in every instance with a favourable result.

"Believing, as I do, that the restorative treatment is, of all others, the most feasible in every disease arising, like the one alluded to, from general weakness, and with a sincere desire for the dissemination of such a view, you are therefore quite at liberty to make the circumstances of the case as public as possible.

"I am, dear sir, yours most respectfully,

"To Dr. Charles Rooke."

"S. WAUD.

Doubtless some persons, particularly those who are captiously disposed to cavil, may say that "the prominent symptoms in this case are only arrested, but will either sooner or later return again." It is possible there may be a relapse under the operation of similar causes to those which originally produced the disease; but I trust that, with care and good management, it may be averted. It was surely something, however, for the patient to experience, even for a brief period, a cessation of suffering like that described, and I am quite convinced that there are no other means at present known, than those of an alterative and tonic character, which could have had the least chance of effecting such a desirable object.

Although Mr. Waud has, in the most frank and praiseworthy manner, allowed the publication of his letters, yet I trust that strangers will forbear writing to him on the matter, as his business vocation will leave him little leisure for correspondence of that nature; but I am sure he will speak personally as to the amount of suffering which Mrs. W. experienced, and the benefits she derived from the medicines, to all who will call on him.

#### PULMONARY CONSUMPTION.—MY OWN CASE.

In April, 1852, I was attacked with a severe inflammation of the lungs, brought on by having incautiously slept in a damp room. I took the *Oriental Pills*, used sweating medicines, hot fomentations, &c., and recovered. On visiting a patient in a distant part of England two months afterwards, I again caught a severe cold; this time I know not how. Another inflammation of the same part ensued, and I got better by adopting the same treatment as before; but these illnesses, so closely succeeding each

other, left an unavoidable amount of debility, and, before fully recovering my former strength, I had to be exposed a good deal to the night air, and frequently to unsuitable weather during the day, and I may add, without exercising sufficient care. A cough, with expectoration, came on; followed apace with night perspirations, and severe irritation and pain in the chest—symptoms I too well knew were produced by the presence of tubercular or inorganisable matter in the lungs. I used my own tonic medicine, along with suitable diet, to assist vital energy in throwing off the morbid matter which oppressed the lungs.

In August of the same year, business to which I must attend called me to London—ill as I was. On my way thither a blood-vessel gave way, and I arrived at the house of a friend in the metropolis in a very exhausted state. At once I sent to a chemist for an astringent mixture, composed of equal parts of tincture opium and diluted sulphuric acid (as ordered for others under similar circumstances, on page 132 of the *Anti-Lancet*), twenty drops of which I took in water every eight hours, and remained at rest for a few days. Just then the night perspirations were somewhat diminished, but the expectoration greatly increased, and the matter expectorated was purulent, and often streaked with blood: a true indication that ulceration had taken place.

Prior to leaving London, I determined to test whether my own surmises as to the condition of the lungs were borne out by auscultation and percussion. With this view, therefore, I called, on the morning of the 18th of the month before-mentioned, at the residence of Dr. Elliotson, in Conduit Street, Regent Street, and desired that gentleman to sound the chest. After he had done so most carefully, I told him, that being myself a medical man, I wished, for professional reasons, to know his diagnostic opinion fully, as derived from examination, when he at once said—

“*The apex of the right lung is ulcerated.*”

I then informed Dr. Elliotson that I purposed to carry out a restorative treatment, having no confidence in any other; a view in which he coincided.

A fortnight after my arrival at home, another blood-vessel burst during a fit of coughing, which all but proved fatal. It reduced me to a deplorable state of weakness, so that a walk of a few yards was not only sufficiently exhausting, but it occasioned a most indescribable feeling of weariness in the lower extremities—a sort of weariness which I am sure no medical man can conceive the distressing nature of except from personal feeling. The night perspirations again came on with redoubled increase—another symptom which must be felt to be rightly understood. Just at this stage, a medical acquaintance by chance called on me, and, after observing the condition I was in, he informed Mrs. Rooke on leaving, that he did not think I should live a month longer.

The following was the treatment adopted:—

With the view of giving energy to the system and improving the appetite I took a table-spoonful of the *Solar Elixir* in a small tea-cupful of the infusion of Calumba Root, about half an hour before each meal, three times a day.

About one hour *after* each meal I took three table-spoonfuls of Cod-Liver oil floated on a little cold water, in which had previously been mixed thirty drops of *diluted* phosphoric acid.\*

Cod-Liver oil simply acts as a very nutritious article, and beyond that it has no medical efficacy. *Diluted* phosphoric acid has a tonic effect which tends to check night perspirations, and when it is taken along with the oil, it makes the latter agree better with the stomach: two great objects gained.

To mitigate the cough, and ease the pain and oppression within the chest, I took a mixture exactly similar to that recommended in such cases in the bill of directions, and had two hot baths; but good nourishment and the use of my own two medicines in keeping the digestive functions in good

\* It was the pale Newfoundland Cod-Liver oil, unmedicated, which I used personally: and it is that description which I invariably recommend in consumptive cases, being *that alone which can be depended on for purity*. This oil is obtained only from the livers of the *Gadus Morrhua*.

The much vaunted “Pale Brown” oil is, for the sake of economy, prepared from the livers of the inferior kinds of Codfish, and, moreover, is frequently mixed with oil obtained from the *Skate*, *Ling*, and *Dog-fish*, all of which are useless as nutritious agents. The brown colour is partly due to putrid or decomposed livers, and partly to acrid matter being generated during the preparation of the oil in iron cauldrons. “The disgusting odour and nauseating qualities of the pale-brown oil,” observed the late Professor Pereira in his *Materia Medica*, “preclude its repeated use.”

The “ozonised” and “medicated” oils ought never to be taken internally, on account of the disordered action their lengthened use produces in the digestive organs.

order, undoubtedly did much towards checking both the cough, pain in the chest, expectoration, and night perspirations. At any rate, as I gained strength these symptoms gradually diminished.

I used suitable diet: the best I found to be mutton-chops and beef-steaks, with bread. I would strenuously urge all consumptive persons never to use rich food of any description. Confectionery and made dishes render the stomach intolerant of that food which alone can afford nutrition to the system.

Stimulants are exceedingly serviceable in a medical respect during the languor and depression resulting from a deranged action of the lungs, either from tubercular matter or a cavity, and may be taken with much advantage at any time of the day, no matter whether pulmonary pain and irritation be present or not. In my case I totally disregarded all idea of febrile and inflammatory action, and aimed solely at bracing up the constitution by every feasible means. With this intention, I assisted the means already stated, by taking rather more than half a pint of port wine, in divided portions, every day, and with a beneficial effect, I have no doubt.

I continued to use the aforesaid means for five months, and recovered—with *much difficulty*, I must confess, but still it was a recovery, or otherwise the disease would have returned ere now—April, 1869, nearly seventeen years ago. Had I been *bled*, with the object of relieving the pulmonary oppression and pain, I should not have survived to tell the tale of my sufferings. If the reader asks, Who but a fool would bleed under such circumstances? I reply, that the practice still flourishes vigorously among the "General Practitioners" of Great Britain; and some of the more recent works on pulmonary consumption enjoin copious and repeated *bleedings* during the existence of similar symptoms to those I experienced.

Again, had I used merely the palliative means so long in vogue, or adopted the vagaries of homœopathy, the end of the disease would have been just what it always was, and for ever will be under such trifling and foolish treatment—fatal.

Those professional persons who do not believe in the curability of pulmonary consumption, on reading my case may say that the complaint was not in reality that disease, but rather bronchitis, or something else rather than diseased lungs. To this I may observe, that if the lungs were not affected by tuberculous matter, and afterwards became ulcerated, it is utterly impossible to distinguish when the lungs *are* or *are not* diseased. I had the chest sounded by one of the most learned and trustworthy physicians of our age. Dr. Elliotson is the author of a standard work on human physiology, besides several other productions of distinguished reputation. He was also physician to St. Thomas's and University College Hospitals for several years, and had had, moreover, an extensive private practice. Now, surely, he was capable of ascertaining the state of the lungs by auscultation. I have stated what his opinion was: an opinion which was amply verified by the progress of the symptoms. My disease was a clearly marked case of pulmonary consumption, and it was as clearly cured.

For the further satisfaction and consolation of any person similarly suffering, I very gladly state that, since my case was cured by restorative means, a book has been published, entitled, *The Pathology and Treatment of Pulmonary Consumption*, by J. H. Bennett, M.D., Senior Professor of Clinical Medicine in the University of Edinburgh, and Physician to the Royal Infirmary of the same town; in which book is advocated a restorative treatment of the disease: a treatment, let me add, to which I solely attributed the successful results obtained in very many cases of the disease, some of which were recorded in the *Anti-Lancet* at least fifteen years before the work just mentioned was published: When alluding to consumptive invalids emigrating to favourite places of resort on the Continent, or sojourning in some costly locality in England, Dr. Bennett observes:—

"It is important, therefore, to remember that the most highly praised hygienic remedies in consumption are not always applicable, and that at best they are adjuncts or means useful for carrying out an analeptic (restorative) treatment of the disease. This last is the

only method capable of causing its arrestment, and, subsequently, of bringing about a permanent cure; perfect recovery having taken place among the lower and middling classes of society, irrespective of all those vaunted aids which wealth alone can procure."

Professor Bennett thus plainly avows that pulmonary consumption has been perfectly cured, and I think every rational person will acknowledge that this learned and much experienced professor ought to understand something about the matter. Some of the best informed physicians in England, however, also admit that the disease is curable under certain circumstances. It is only provincial surgeons who persist that pulmonary consumption is incurable; but as to the real value of such an opinion the reader may guess, when I tell him that most of those practitioners are utterly unacquainted with the real nature of the disease: neither the study of it or its treatment is enjoined for the surgical diploma. And what, therefore, constitutes their treatment of it? Why, the idea of restoring depressed vital energy, and nourishing the emaciated body, seldom occurs to those persons: but they bleed to combat supposed inflammation; they use lowering means to subdue febrile irritation; and give palliatives to relieve other symptoms. "Under such a system of practice," observes Dr. Bennett, in the work before quoted, "it need not be wondered that consumption should be regarded as almost a uniformly fatal disorder."

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## THE FOLLOWING LETTERS AND EXTRACTS

FROM letters, were sent to the author of this pamphlet by respectable people, who have either personally experienced beneficial results by using the medicines, or seen their excellent effects in the cases of others.

From Mr. Hick, chemist, Wath-upon-Dearne:—

"Several individuals have been benefited by taking your medicines; and, as a consequence, the sale extends."

From Mr. William Adamson, family and dispensing chemist and druggist, Stockton-on-Tees:—

"I am very much pleased with the effects your medicines have recently had on some cases of disease, and of the very high terms in which many persons speak of them; some of those very persons were formerly much prejudiced against patent medicines, but were induced to try yours on my recommendation."

From Mr. Abbott, Apothecaries' Hall, stamp-agent, Darlington:—

"In reply to your inquiry, I beg to inform you that I have sold your medicines, procured from wholesale agents, for many years, and I have conscientiously recommended them from seeing their excellent effects on various patients; indeed, it is highly gratifying to me that these valuable medicines prove an exception to the abominable mass of quackery so shamefully advertised in the public papers."

From Mr. Fairbairn, chemist, Alnwick:—

"I am happy to inform you that several persons in this town and neighbourhood have received very great benefit by using the *Solar Elixir* and *Pills*. I have applied to many to allow their cases to be published, but all object to have their names made public; yet, without exception, all are willing to allow me to refer invalids to them."

From Mr. D. Jackson, chemist, Skipton-in-Craven:—

"Your medicines are well liked in this neighbourhood, and do a great deal of good among invalids."

Extract from a letter written by Mr. T. Thompson, chemist, Richmond, Yorkshire, dated May 10th, 1853:—

"A person here, upwards of seventy years old, who does not wish his name to be mentioned, told me the other day that one bottle of your *Solar Elixir* did him more good than thirteen bottles of medicine he had had from his medical attendant. He is still taking it, and from the use of which finds great relief."

Extract from a letter written by Mr. R. Jackes, grocer, Blyth, Northumberland, dated September 27th, 1853 :—

“I have myself been witness to some cures performed by the medicines, which may almost be deemed miraculous when the extremely debilitated state of some of the patients is regarded, and given up, as they were, by the best medical men of the locality. Some were confined to their beds with weakness and copious blood-spitting, apparently on the very verge of the grave; yet, to the astonishment of their acquaintances, and contrary to the expectations of the patients themselves, they have been raised up, and are now robust, healthy, and strong. A person who has just been here, had for some time past been afflicted with giddiness of the head, which laid him aside from his employment; but he had not taken the medicines fourteen days before he was enabled to resume his work.”

Extract from a letter dated August 8th, 1854, from Mr. Wilson, of the firm of Thomas Pease, Son, & Co., chemists, Darlington, who have been agents for the sale of the medicines since 1839, and have repeatedly observed their good effects in that now populous district :—

“I earnestly recommend your medicines, firmly believing them to be valuable remedial agents.”

#### TUMOUR.

Extract from a letter received from the Rev. M. Welburn, vicar of Ampleforth, Yorkshire, dated August 31st, 1855, who after describing the case of a poor man (a parishioner), thus observes :—

“I advised him to come to you, believing that you would be able to cure him, as you removed the tumour from my son's breast.”

From Mr. W. Kemp, chemist, Horncastle :—

“Your medicines are much inquired for, and several respectable persons in this neighbourhood have experienced great benefit by taking them.”

Extract from a letter written by a clergyman residing in Darlington, dated December 8th, 1855 :—

“Dear Sir,—I have hitherto delayed writing to you until I had given your excellent medicines a due trial. I am most thankful to inform you that your advice has been of the greatest benefit to me. My health appears in every way better, my appetite is good, and all my friends congratulate me on my improved looks.”

From Mr. Stainthorpe, 181, High-street, Gateshead, Sept. 8th, 1856 :—

“I am happy to inform you that the sale of your *Oriental Pills* and *Solar Elixir* gradually increases as their good qualities become more known.”

#### VARIOUS DISEASES.

Extract from a letter received from the Rev. J. P. Shepperd, Smethwick, near Birmingham, dated October 6th, 1856 :—

“You may remember me writing to you from Eccleston Parsonage, Lancashire, in the early part of this year. I have obtained at various times a considerable quantity of your valuable *Oriental Pills* and *Solar Elixir*, either direct from yourself or from your agents in towns near which I have resided. I have given most of the medicines to the poor in my parish, and have ever found them beneficial. Many persons in the last stages of consumption (when a cure was impossible) have been strengthened, and their lives evidently prolonged for several months, from a judicious use of those extraordinary remedies; and, surely, it was an object gained when a parent could be enabled to live a little while longer, to see *those* a few times more whom he was about to leave to a cold and heartless world at the best. In complaints of an enfeebling character the medicines are really precious. I can bear testimony to their great value to myself personally; for when weakened in body from excessive parochial work during the

winter of 1854 and 1855, I experienced great relief from them, and think that ministers and public speakers will be thankful to know the value of the *Elixir*."

From Mr. Cooper, chemist, Church, Lancashire, December 1st, 1856 :—

"Your medicines have had a marvellous effect upon a female in this neighbourhood, who for several years was severely afflicted with pain in the side, for which it was difficult to account. She was unable to lie on the affected side without experiencing an intolerable increase of suffering, yet, strange to relate, the first bottle of the *Solar Elixir* entirely removed the pain, which has not again returned."

Extract from a letter received from Mr. Watson, assistant engineer of Her Majesty's ship *Vivid*, dated Woolwich, December 29th, 1856 :—

"I have used your *Oriental Pills* at intervals, for some years, with much benefit."

From Messrs. White & Donington, chemists, Long Row, Nottingham, February 21st, 1857 :—

"We think a much larger quantity of your medicines could be sold if they were well advertised. They only require to be known to command a large sale. They give general satisfaction here."

From Mr. J. H. Wice, chemist, Wakefield, July 1st, 1857 :—

"During the five years which I have been agent for the sale of the *Oriental Pills* and *Solar Elixir*, I must have sold them to many hundreds of different persons; and in all practical instances I have endeavoured to ascertain whether their use was followed by benefit. A sense of duty to yourself impels me to give this voluntary testimonial, that in almost every instance they realised the expectations which people had been led to entertain respecting them, and in some cases the results were wonderful—invalids apparently past all hope of recovery, having tried other medicines and means in vain, found the *Solar Elixir* to be in reality the 'reanimating balm' it is described to be.

"I can unhesitatingly recommend these medicines as the most valuable remedies ever offered to the public."

From the Rev. James Smith, Congregational minister, Bishop Auckland, August 11th, 1857 :—

"I have studied the 'Theory of Disease,' as advocated in the *Anti-Lancet*, and certainly regard it as the most rational and satisfactory of any of the prevailing systems of the healing art. It cannot, I think, fail to command the entire confidence of every unprejudiced mind. With this conviction in my own mind, and the high character I hear of your medicines, I shall not fail to recommend them whenever an opportunity occurs. I am persuaded they only require to be known and fairly tried, in order to be duly appreciated."

From Mr. J. Booth, chemist, Blackburn, November 5th, 1857 :—

"I have sold your medicines for nearly three years, and during that time I have frequently heard that remarkable benefit has been derived by those who have taken them."

From the Rev. G. Cowl, St. Martin's Road, Guernsey, April 14th, 1858 :—

"I am happy to inform you that your medicines, under God's blessing, have been effectual in restoring my wife to health. You may make public the fact, if you think proper, as it may do good by inducing other sufferers from indigestion and its train of complaints, to adopt the same means of cure."

From Mr. James Robinson, chemist, Askrigg, September 15th, 1858 :—

"I cannot let this opportunity slip of thanking you for furnishing to the world medicines so truly valuable as your *Oriental Pills* and *Solar Elixir*. I am fully persuaded that I owe my present improved health—if not my life—to having used them.

"In the month of March last I had a fall down some stone steps, from which I felt

no inconvenience at the time, excepting pain from a bruise on the elbow. In a few days, however, I had severe pains in the back, with an obstinately confined state of the bowels. Day after day I grew worse, and became exceedingly weak, so that I could scarcely walk about, and people who knew me thought I was going off. In this neighbourhood I have some medical friends who kindly visited and prescribed for me various means, but which were of little avail. In the month of June I commenced taking your medicines, and now, although my age is sixty-four, I feel as well as I was for many years previous to my illness."

From Mr. John Cropley, Korroit Creek, near Melton, Australia, September 8th, 1858 :—

"I should feel greatly obliged if you could send me some of the *Oriental Pills* and *Solar Elixir*. When in England eight years ago, I was very weakly and likely to go off in consumption, as some of my kindred had already done. I then resided at Swineshead, Lincolnshire, and procured from you some of the medicines, which entirely cured me. Within the last few months I have had several attacks of indigestion, and severe pain in the head, which at times nearly drives me mad. The causes of my complaints I attribute to change of occupation, and other causes. Medical men have done me no good, and my only hope now is in your medicines, which I greatly regret not to have procured sooner."

From Mr. J. P. Naftel, chemist, Guernsey, January 22nd, 1859 :—

"I have a very favourable report to make of your medicines, which have been of great service to many persons in this island."

From a female living at Poadhole, Lincolnshire, March 7th, 1859 :—

"My husband had for a long while a severe pain in the back, for which he tried many things without benefit. He at length heard of your medicines, which he procured of Mr. Watkinson, bookseller, Spalding, which quite cured him, and he has had no return of the complaint."

From a gentleman residing at Brandling Place, Newcastle-upon-Tyne, March 9th, 1859. He had long suffered severely from a painful neuralgic complaint :—

"I am certain that I have derived more benefit from the *Solar Elixir* and *Oriental Pills* (brought under my notice by merest accident), than from the quarts of mixtures and other medicines I took previously. Although my complaints are not entirely subdued, yet I have a confidence in the medicines—grounded on experience—which I have never been able to feel for any other compounds I have taken."

From Mr. R. W. Baxter, Medical Hall, 100, West Street, Leeds, dated September 12th, 1860 :—

"We go on steadily with the sale of your medicines. Often I hear them spoken of in high terms of praise by purchasers."

From Mr. John Shepherd, bookseller, Eastgate, Louth, dated September 29th, 1860 :—

"I am happy to inform you that the sale of your medicines has increased tenfold here during the last three years."

From Messrs. Robert Shaw & Son, chemists, Alford, dated October 8th, 1860 :—

"We have procured two or three large bottles of *Solar Elixir* and some *Pills*, for the Rev. T. Taylor, minister of the Free Wesleyan Church here, who had been a considerable sufferer from nervous debility, defective memory, general languor, &c. He has been greatly benefited by the use of the medicines.

"Mr. Stephenson, farmer, Cumberworth, also speaks very highly of the same medicines, which he has used for scurvy.

"Both these gentlemen allow you to publish their names if you think proper."

From Mr. R. W. Hewitson, Piper Hole, Ravenstonedale, Westmoreland, dated October 10th, 1860 :—

“Having been in the habit of using your medicines in my family for some time, and finding them most beneficial, I therefore trouble you for a small supply, to be kept by me for use as occasion requires.”

From Mr. Brown, chemist, Tyne Street, North Shields, dated March 18th, 1861 :—

“We find the sale of the medicines considerably increasing, and our customers speak favourably of their good effects.”

From Mr. T. S. Alder, chemist, 3, Adelaide Place, Newcastle-upon-Tyne, April 19th, 1861 :—

“I find the sale of your medicines steadily increasing in this neighbourhood. I have recommended them to several of my customers, and am glad to inform you that in all cases much benefit was derived from their use.”

Extract from a letter from Henry Constantine, Esq., Carlton, near Bedale (author of “The Best Method of Reclaiming Heath Land,” and several other works), March 20th, 1861 :—

“I do not wish to be left without your medicines. Though seventy years have passed over me, they appear to be very beneficial towards strengthening my rather weak frame.”

The following extract was cut from a letter sent to Mr. J. Close, poet, Kirkby-Stephen, by a gentleman residing near Penrith, Cumberland, dated January 30th, 1861 :—

“I was acquainted with Dr. Rooke’s *Anti-Lancet* before you sent me a copy. I recommended the *Solar Elixir* to a lady, who has been restored to health by it, although we all thought she was in the last stage of consumption. The lady has recommended it to another invalid only last week.”

#### INDIGESTION, DEBILITY, AND ASTHMA.

A young man, a mechanic, residing in Newcastle-upon-Tyne, applied by letter, dated August 9th, 1859. He stated that he had, for a long time past, suffered considerably from general weakness, loss of appetite, difficulty of breathing after a little extra exertion. As these symptoms had been gradually getting worse, he began to fear they might, if not checked, terminate fatally.

In reply, I advised my correspondent as to matters necessary to be observed, and heard no more from him until May 11th, 1861, when he again wrote as follows :—

“You will perhaps recollect me writing to you in August, 1859. The urgency of my case was the only reason which induced me to trouble you at all, as I could not afford to pay you for advice at that time. I had paid another doctor for advice as well as medicines, and received no benefit. I resolved, however, to send you a fee as soon as convenient—and here it is at last. I trust you will excuse my tardiness, for my former ill health had compelled me to incur some debts, which several months of regular employment have only just enabled me to clear off. By the aid of your medicines and advice, I soon recovered my health; but even had it been otherwise, your promptitude in answering my letter was worthy of commendation. I am all right now, except being very thin, but do not think that of much consequence.”

Cases of inherent gratitude for services rendered have been to me few and far between. Now and then they have occurred, however, and the one above related is one of these. Just now I recall another case. It was, I



believe, in the year 1843, that a poor woman belonging to the tribe of outcasts called *gipsies*, brought her daughter, then suffering from inflammation of the lungs. I ordered her suitable remedies, and placed in her power the means of procuring them. I saw the patient no more; but two years afterwards her mother again called, and said: "I have now come to thank you, sir, for curing my daughter; and her father has sent you this basket," placing on the table as she spoke the elaborately-wrought article, and seemed greatly disconcerted at my declining its acceptance. Notwithstanding that ingratitude is everywhere denounced as one of the most hideous traits in the human character—"abhorred both by God and man," everybody says—still the despicable thing is common enough in all conscience. I cannot tell the number of instances in which strangers have written in this wise,—"*If I only get better, I will not forget to pay you for corresponding with me;*" or, "*You may publish my case after my recovery.*" But, after recoveries were effected, the promises were forgot.

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From Mr. Ruston, chemist, Maryport, Cumberland, Jan. 8th, 1862 :—

"Your medicines do great good, and are much liked in this part."

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From Mr. Ashton, chemist, Lord Street, Southport, April 16th, 1863 :—

"I dispose of as many of your medicines in this district as of all other proprietary medicines put together: a tolerably conclusive proof that they serve the purposes for which they are recommended."

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From Mr. Leigh, chemist, Bishop Auckland, June 3rd, 1863 :—

"I am pleased to inform you that your medicines are in great demand in this neighbourhood. I frequently hear them very highly praised for their curative properties."

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From Mr. Bigott, chemist, Buxton Road, Huddersfield, June 24, 1863 :—

"It is only a short time since I commenced to sell your medicines, but they have already done good in many instances; one young man remarked that '*taking the Solar Elixir was like imbibing new life.*'"

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From Rev. S. Lucas, Wesleyan minister, Houghton-le-Spring, Durham, September 2nd, 1863 :—

"I am thankful to say that, having used your *Oriental Pills* for several years, I have found them very beneficial to my health."

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Extract from a letter received from Mr. Smith, chemist, 84, Stafford Street, Walsall, Staffordshire, dated February 25th, 1864 :—

"It is with great pleasure that I inform you of the good results attending the use of the *Oriental Pills* and *Solar Elixir*. They have been in great demand since they were made known here. Sundry persons have informed me of the benefit which they or their friends derived by using these medicines. I am personally acquainted with a young gentleman who had been under medical treatment for some time, and who had tried numerous things, but without any lasting avail. He then tried your medicines, and now says they have done him more good than all the other things put together; and such is the value of them to him that he says if the smaller box of the *Oriental Pills* were charged *one guinea* he would cheerfully give it. It is indeed a satisfactory proof of the efficacy of these medicines, when people, after using them, recommend them to others: a circumstance which has frequently occurred in this neighbourhood."

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From Mr. Tighe, chemist, 4, High Street, Exeter, March 9th, 1864 :—

"I am happy in being able to tell you that I hear *very favourable* reports of the good effects of your medicines."

Thus much in favour of the *Altera-Tonic* or *Restorative* Treatment of Diseases : a treatment which will, ere long, be adopted by the most intelligent of medical men in every nation.

Want of room alone precludes the insertion here of more letters or testimonials. The few cases contained in the foregoing pages are but a very small selection from a great multitude of others successfully treated by *Altera-Tonic* means; and these are simply published to show strangers that, however desperate a complaint may be, it should not be abandoned as utterly hopeless until the medicines and collateral means recommended have been tried, as they have restored many to health after all hopes by other remedies had fled. Thousands of letters are in my possession; many of them telling of cases most unpromising, which nevertheless changed their aspect and looked bright after but a short course of the *Solar Elixir*. Instances are related in which a cure was altogether frustrated by the great extent of organic disease existing in one or other of the vital organs, yet the complaints connected therewith were frequently arrested in their course, and the patients continued to live for weeks, months, and even years. To prolong life, and assuage sufferings which cannot be cured, are surely objects to be desired by many invalids; and to afford relief at the very extremity of life, where death is inevitable is also something.

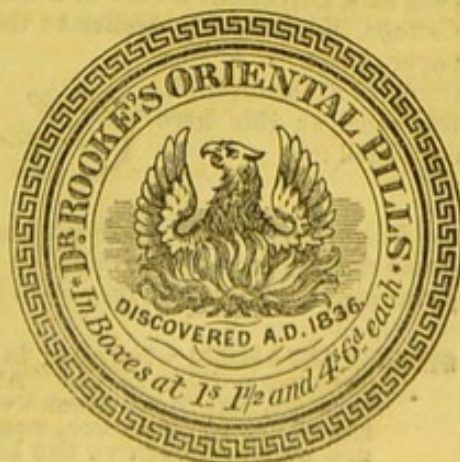
Few people who have observed the progress of these medicines during the last twenty years will deny their powerful efficacy; but it has been often said that the *Solar Elixir* is expensive. To which I would reply, that the articles of which it is prepared are obtained with much labour and difficulty in the East, and are expensive when they reach this country. The process of preparing the medicine is long and tedious. The contents of a case of twelve large bottles will last several weeks or months in taking, whereas a patient will not have many visits and nauseous draughts from a surgeon before the account amounts to five guineas.

If patients or their friends do not complain to pay medical men all reasonable charges for professional services rendered in time of sickness, why should they complain of the cost of a respectable private medicine, when it is effecting a beneficial result? Many persons, however, in extreme poverty, cannot afford to pay for medical aid in any shape. To such I have given advice and medicines free of charge in more instances than I care to tell; and, so long as the *Oriental Pills* and *Solar Elixir* are prepared by me, I shall continue to supply them gratuitously to invalids in indigent circumstances, so far as my means will allow. Amidst all the vicissitudes of life, the object ever most dear to me has been to relieve the miseries and remove the pains of my fellow-beings. It is truth, and not vanity, when I state, that many a poor, dejected, and forsaken creature has been restored to health by my means; and such instances have afforded me a peace and satisfaction to which other delights of this world bear no resemblance.

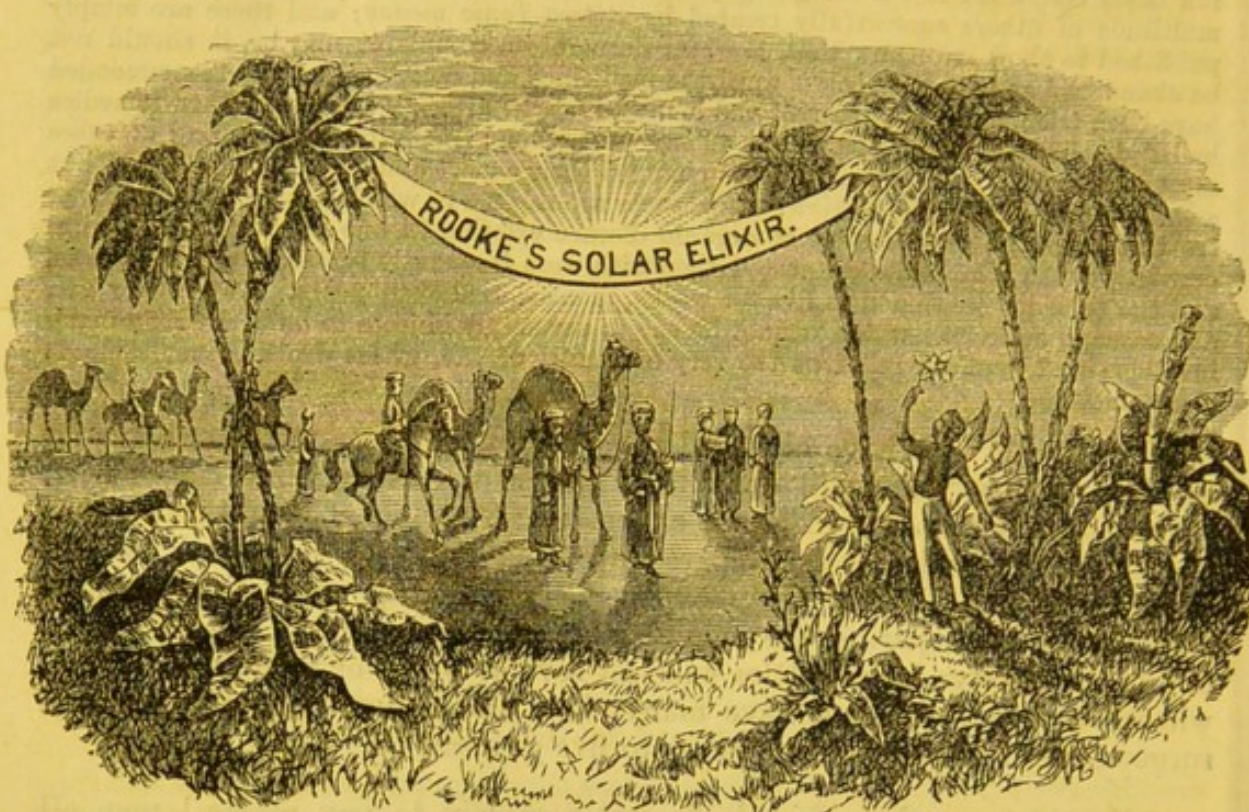
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#### HOW THE MEDICINES CAN BE OBTAINED.

The ORIENTAL PILLS are put up in boxes at 1s. 1½d. each; or family boxes containing five small ones for 4s. 6d., duty included. Each box is wrapped in blue paper with a label on the outside exactly similar to that which is here appended :-



The SOLAR ELIXIR is contained in moulded square bottles, at 4s. 6d., or large bottles containing three of the former, at 11s., duty included. Each bottle is enclosed in a white wrapper, on which is a view of the "*Balsam Merchants of the Oriental Regions*," exactly similar to this here appended :—



#### CAUTION AGAINST COUNTERFEITS.

Each wrapper is sealed with the *Scarborough Arms* in red wax, and signed with my autograph, exactly similar to this here appended :

*Charles Rooke M.D. (Giessen.)*

On the glass of each bottle is affixed a label containing my own *Coat of Arms*, similar to this here given; and signed with my autograph, the same as that on the outside wrapper.

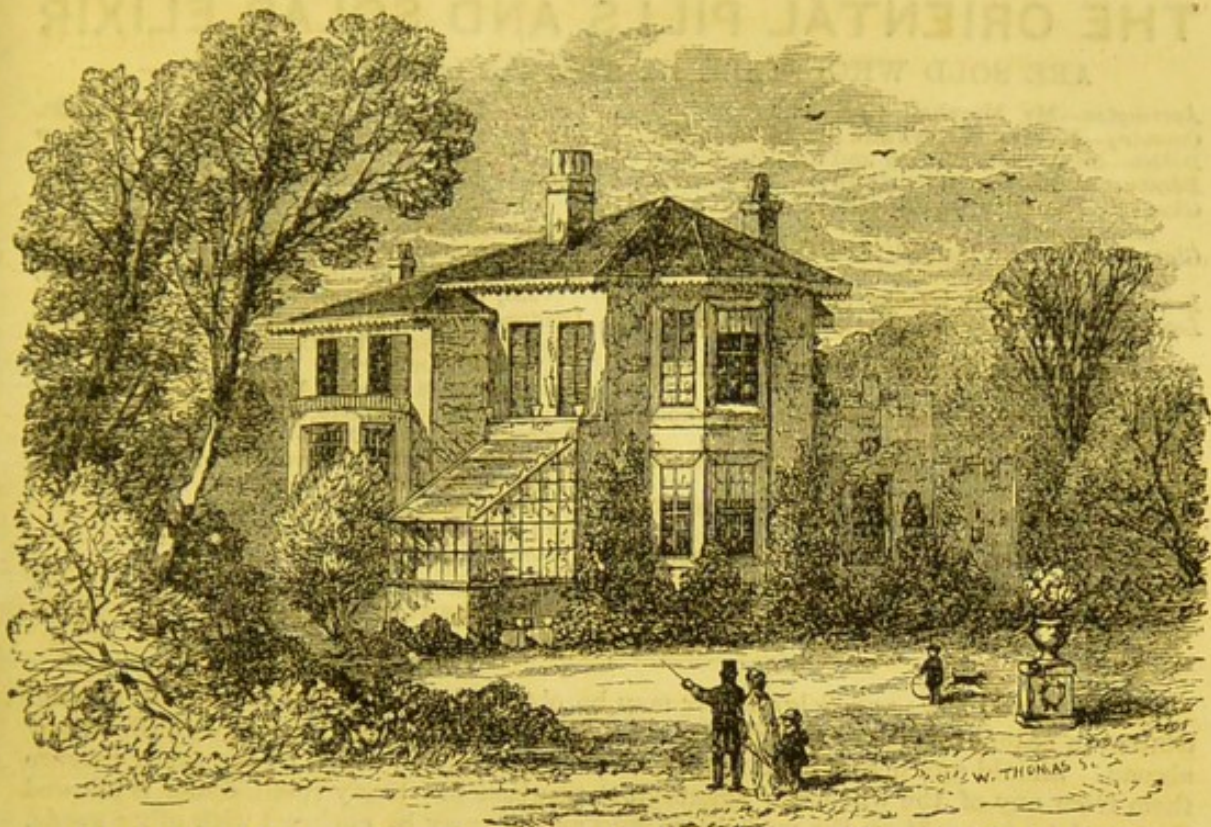
PRINTED DIRECTIONS.—In addition to a private mark on the printed Paper of Directions affixed to each box and bottle, there is at the beginning of each said Directions a view of *Belle Vue Cottage, Scarborough*, similar to the view given on the next page; and at the end of each paper there is a *fac-simile* of my autograph, the same as this here appended :—



*Charles Rooke M.D. (Giessen.)*

Unless each Paper of Directions contains a similar autograph (both as to CHRISTIAN name and SURNAME), in addition to the view of *Belle Vue Cottage*, the medicines are not genuine; in which case they must be at once returned to the Dealer who sold them.

NO CHARGE whatever is made to the agents for any of the copies of the present edition of the "*Anti-Lancet*," as it is not my wish that any should be sold, but in all cases be given GRATIS to those who may wish to peruse them. It is, however, respectfully requested that persons to whom copies are given, will have the kindness to lend them to any invalid.



Belle Vue Cottage, Scarborough, the Residence of Charles Rooke, M.D.

The ORIENTAL PILLS and SOLAR ELIXIR are proprietary medicines, being prepared by myself only; and having—according to law—registered in Stationers' Hall, London, the titles to the Labels, Wrappers, and Directions affixed to the said medicines, I shall prosecute any person making or selling any imitation of either the Medicines, Labels, Wrappers, or Directions. To counterfeit any of these renders the offenders liable, under the "*Merchandise Marks Act*," to "fine and imprisonment for two years." And, according to the same Act—"Every person who shall aid, abet, counsel, or procure the commission of any such offence, is also made liable to a similar conviction."

### NOTICE TO INVALIDS.

If invalids residing in remote districts find it difficult to obtain the medicines from provincial agents, they can easily procure them direct from Scarborough, as there is a railway communication from thence to every part of England; and as the transmission of parcels is now effected so rapidly, a patient living in any district of Great Britain may receive the medicines in three or four days from the time of the order being sent. On the receipt of all orders to the amount of 23s. and upwards, the medicines will be carefully packed in portable boxes, and immediately forwarded to any address. As the cost of carriage for small parcels is moderate, I will therefore prepay it, if possible, to all places within 400 miles' distance. The arrangements, however, of the various railway companies are not yet in such a state of completion as to enable me to *prepay* the carriage of a parcel to *any* town or station within the distance stated; hence in all cases where the carriage can only be paid a part of the way, the remainder will be allowed for by enclosing either some extra medicine, or postage-stamps.

INVALIDS RESIDING IN FOREIGN COUNTRIES are informed that the medicines can be conveniently sent to any place abroad; and if any order amounts to £10 and upwards, the carriage and freight will be *prepaid to any foreign sea-port* to which British merchant ships have access. Payment for medicines by foreign patients may be made by bill or draft, payable at any bank or mercantile house in the United Kingdom.

TRAVELLERS AND EMIGRANTS.—Persons who go to, travel, or reside in hot climates, become languid and relaxed in their whole system, often soon after their arrival. I would therefore advise such as are about to leave England for the East or West Indies, or any other torrid clime, to take with them a quantity of these medicines, as they cannot store more important articles for health or life. The *Oriental Pills* and *Solar Elixir* will keep good in all climates, and for any time. The *Elixir*, if even left uncorked, will retain its delicious fragrance and taste for some months—a property which cannot be said to belong to any other medicine in the world.

# THE ORIENTAL PILLS AND SOLAR ELIXIR

ARE SOLD WHOLESALE BY THE FOLLOWING AGENTS:—

- Accrington—Mr. Marshall, Chemist.  
 Coventry—Messrs. Wylays and Brown, chemists.  
 Dublin—Messrs. H. Bewley and Co., chemists.  
 Edinburgh—Messrs. Raimes and Co., Leith-walk.  
 Glasgow—The Glasgow Apothecaries' Co., Virginia-street.  
 Glasgow—Messrs. Hatrick and Co., wholesale chemists.  
 Leeds—Messrs. Hirst, Brooke, and Co., chemists.  
 Leeds—Messrs. Goodall, Backhouse, and Co., chemists.  
 Liverpool—Messrs. Raimes and Co., 58, Hanover-street.  
 Liverpool—Messrs. Evans, Sons, and Co., wholesale chemists, 56, Hanover-street.  
 London—Messrs. Sanger and Sons, 150, Oxford-street.  
 London—Messrs. F. Newbery and Sons, 37, Newgate-street.  
 London—Mr. Edwards, 38, Old Change, Cheapside.  
 London—Messrs. Barclay and Co., Farringdon-st.  
 London—Messrs. Sutton and Co., 10, Bow Churchyard.  
 London—Messrs. Butler and Co., wholesale chemists, 4, Cheapside.  
 London—Messrs. Evans, Lescher, and Co., 60, Bartholomew-close.  
 London—Messrs. Langtons, Scott, and Edden, 226, Upper Thames-street.  
 London—Messrs. Millard and Sons, 44, Barbican.  
 London—Messrs. Tidman and Sons, 21, Wilson-street, Finsbury.  
 Manchester—Messrs. J. Woolley, Sons, and Co., wholesale chemists, 69, Market-street.  
 Newcastle-on-Tyne—Mr. J. Ismay, chemist.  
 Newcastle-on-Tyne—Messrs. Taylor, Gibson, & Co.  
 Thirsk—Mr. Foggitt, chemist.  
 York—Messrs. Raimes and Co.  
 York—Messrs. Clark, Bleasdale, and Co.  
 York—Mr. G. Dennis.  
 South Australia—Mr. Robert Fawcett, wholesale chemist, Kapunda, near Adelaide.  
 New Zealand—Mr. J. Baxter, wholesale chemist, Christchurch.

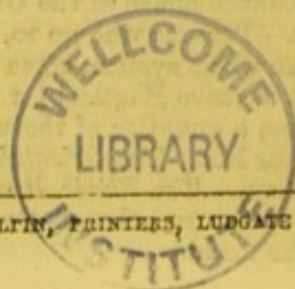
The *Oriental Pills* and *Solar Elixir* may be obtained of all chemists and other retail dealers in patent medicines throughout the United Kingdom, and in every British Colony abroad. Should any dealer have neither of the medicines in stock, he can easily procure them from any of the wholesale agents just mentioned. Every retail dealer is allowed the usual trade profit on the medicines; and as they may be enclosed with other goods, which all respectable tradesmen are regularly receiving from one or other of the fore-named towns, the purchasers of the smallest quantity of either the *Pills* or *Elixir* will not have anything extra to pay for carriage.

It has come to my knowledge, however, that sometimes when intending purchasers have asked a provincial dealer for either the *Pills* or *Elixir*, they were informed he had "none in stock," and forthwith he recommended them to take some other medicines, on which, forsooth, he had perhaps *more profit*. Unprincipled proceedings like these cannot but be at once manifest: seeing that the customers were induced to go, perchance, for the first time, to those dealers through reading the *Anti-Lancet*, and consequently went to them at *my cost*. When such attempts are made to impose on those requiring the *Oriental Pills* and *Solar Elixir* by having other articles of inferior value, or perhaps no value at all, forced on them, it will be better to go to an upright dealer at once, who will readily and willingly procure the medicines as above stated.

Nearly all long-standing complaints require a course of the medicines more or less protracted, in order to mitigate or cure them; hence it is necessary to inform invalids so suffering, and who may be desirous of giving the medicines a fair trial, that the *Solar Elixir* is put up in deal boxes, each box containing twelve bottles at 11s. each, for the sum of £5 5s.; and other boxes, containing eleven bottles of the *Elixir* and two large boxes of the *Oriental Pills*; by purchasing which £1 7s. is saved. *These boxes can be obtained by patients direct from myself in Scarborough.*

POST OFFICE ORDERS must be made payable to "CHARLES ROOKE, *Belle Vue Cottage, Scarborough.*" If the amount to be remitted does not exceed 23s., it may (if inconvenient to procure a post-office order) be sent in penny postage stamps.

The ORIENTAL PILLS and SOLAR ELIXIR are always kept in stock and sold retail by



## APPENDIX.

### FURTHER ILLUSTRATIONS

OF

DISEASES RELIEVED AND CURED

BY THE

# Alter-a-Tonic or Restorative Treatment.

**VITAL EXHAUSTION; SEVERE COUGH, WITH EXPECTORATION;  
GENERAL PROSTRATION; DEATH EXPECTED.**

AN EXTRAORDINARY CASE.

THE following letter was received from the Rev. D. Waters, Great Bridge, Tipton, Staffordshire, dated May 19th, 1865. It communicates the beneficial effects obtained by the use of the *Solar Elixir* in a case of utter prostration, and when death was expected:—

“Respected Sir,—I have much pleasure in relating a remarkable case of cure effected, by the blessing of God, through means of your medicine, the *Solar Elixir*.

“The person to whose case I refer is a member of the Independent church in this place, of which, until lately, I was the pastor, and therefore I had the fullest opportunity of knowing the particulars connected with her illness from its commencement until her recovery. I was accustomed to visit her at least weekly, and sometimes more frequently. In addition to her husband, John Harrison, there resides with her in the same house, her father—Benjamin Smith—and her mother, all of whom are prepared to authenticate the following statement:—

“Mrs. Harrison was confined in September, 1864, and for about seven months afterwards declined in strength, and became so seriously reduced, that her medical attendant and all her friends despaired of her life. She had a most afflictive cough, accompanied with such abundant offensive expectoration, that all believed she was the subject of Pulmonary Consumption, which would speedily terminate her existence. She was literally a living skeleton. Her thin, sharp features were ghastly in the extreme; and her mother told me that her body and limbs were just the fleshless framework of the human system covered with skin. She was as helpless as an infant, and could not change her position in bed, or raise herself up in any way whatever without assistance. She lay during the day in a temporary bed down-stairs, but had to be carried for that purpose in a chair; and all who visited her expected she was dying; and repeatedly did I leave her with the conviction that I should never again see her alive. When I called one morning, her mother was engaged putting away her clothes, and said to me, with tears, as I entered, ‘She will never need them again;’ and to all appearance, her fears would soon be realised.

“Thus I left her, when, in March last, I went away on a visit to Derby, where I was presented with a copy of your *Anti-Lancet* by Mr. Nesbit, a missionary there, which he urged me to read; and, from personal experience, he strongly recommended your medicines. I read your book with great care, and was both instructed and deeply interested by the Theory of Disease therein enunciated; and seeing a similar case to that of Mrs. Harrison’s described, it struck me very forcibly that the *Solar Elixir* might possibly prove beneficial in her desperate case. On my return from Derby I lost no time, therefore, in calling and stating my conviction. I gave her friends your book, and they determined to make a trial of your medicine. It was procured, and used for a few weeks, and the result is, she is now completely restored, and enjoys better health than she did for a long time previous to her confinement: indeed, her recovery, so contrary to all human probability, has produced quite a sensation in the neighbourhood, and induced others to procure the medicine for their invalid friends.

“I saw Mrs. Harrison in a friend’s house yesterday, along with her mother, who declared, with tears of joy, that her recovery was most extraordinary, for which she was devoutly thankful to Almighty God.

"I could state other cases—Mrs. Waters for example—in which your medicines have been of the greatest benefit, but opportunity does not offer at present. I shall, however, recommend your medicines wherever I go; for I shall remove from this place probably in a few weeks.

"You are at liberty to use this communication as you please; and strangers may write to Mrs. Harrison herself, who lives in Howard Street, Dudley Port, Tipton, Staffordshire.

"To Dr. C. Rooke."

"I am, yours respectfully,

"D. WATERS.

There cannot well be a more signal instance bearing out the important fact advocated in the *Anti-Lancet*, that diseases, by whatever name called, arise from Depression of Vital or Nervous Power, than that above related. The particulars thereof are lucidly told by a gentleman whose education and vocation enabled him to give testimony as to the deplorable state of feebleness and disease which Mrs. Harrison was suffering under. She was, clearly enough, sinking into the grave. If there were no other cases recorded, surely this one would be sufficient to attest the great value of the *Restorative* treatment over all other treatment. Hence no case of disease, however hopeless it may seem, should ever be abandoned in despair until the *Restorative* medicine—the *Solar Elixir*—be fairly tried. At any rate, that is to say the least of it, there is in every case of illness a chance that it may do good; and it is left, therefore, for the friends of any suffering person to determine whether it is prudent or humane to withhold a chance.

#### RELIEF OF COUGH, LANGUOR, AND GENERAL DEBILITY.

Mrs. Harrison's case was again favourably alluded to in another letter which I received from the same gentleman a few weeks afterwards. The letter informed me that a young man belonging to the same family had been taken ill, and was suffering considerably from severe cough, pain in the side, shortness of breath, constant languor, and general weakness. Some *Solar Elixir* was sent to him, which he used as directed, and with a beneficial result, as stated by Mr. Waters as follows:—

"Dear Sir,—I visited Mr. Smith's family yesterday, and found the young man, for whom you kindly sent a supply of your valuable medicine, progressing very favourably indeed. When I wrote you on his behalf, he was almost unable to go out into their small back-garden for exercise and air; but now he can travel a few miles without any inconvenience. His cough is almost gone; and last Sabbath he walked a mile and a half to a place of worship, and never had occasion to cough once during the service. The whole family feel deeply grateful for your extreme kindness in sending the liberal supply of medicine, and for the marvellous benefit derived from its use.

"Mrs. Harrison continues in good health, and is now able to perform her domestic duties with ease and comfort.

"Accept *their* acknowledgments for your generous liberality.

"To Dr. Rooke."

"D. WATERS.

#### TESTIMONIAL FROM WESTMORELAND.

Mr. A. Thompson, residing at High Hall, near Kirkby-Stephen, wrote on June 17th, 1865, describing a scorbutic complaint with which a relative was troubled, and observed in a P.S. to his letter:—

"Your medicines are the only ones used in our family, as they are unquestionably the best we ever tried. They give very great satisfaction in this part to people who use them. I may allude to one poor woman whose friends had been sitting up through several nights, expecting that death might occur any moment. I do not know from what complaint she was suffering. Some person, however, recommended your *Pills* and *Solar Elixir*. I saw her the other day, and she seems almost as well as ever she was, and this with only using the medicines a little while.

"To Dr. Charles Rooke."

#### PULMONARY CONSUMPTION.

Copy of a letter received from Mr. F. Procter, 17, John's Terrace, Walmsley Street, Spring Bank, Hull, dated September 19th, 1865:—

"Dear Sir,—I have great pleasure in adding my testimony to the wonderful efficacy of your medicines in my own case, the particulars of which are as follows:—

"I had been in bad health for nearly three years, yet able to follow my employment, as engineer, until the spring of 1864, when a slight cough with expectoration, sometimes tinged with blood, came on. As the summer advanced, I had considerable pain in the right shoulder; and that, with loss of appetite, bodily weakness, and profuse night sweats, made me feel very ill. A doctor attended me for a short time, when he candidly told me that I had all the symptoms of Consumption, and that medicine would do me no good, but change of air might relieve me in some respects. I went to my native place in July, where, by accident, I got one of your *Anti-Lancets*. I commenced taking the medicine at once; but did not feel much benefit at first. Perhaps you may remember that I called on you just a year ago, and received instructions evidently applicable to my complaints; for, following the instructions you kindly gave me, they were attended with the best possible results, as I am at present in better health than I have been for several years past.

"I took the *Solar Elixir* regularly, and the *Oriental Pills* occasionally, from the month of July, 1864, till the same month this year. Should I have any symptoms of another attack, I will let you know.—With best wishes for your own health, I am yours gratefully,

"FRANCIS PROCTER.

"To Charles Rooke, M.D."

It has been my lot during the last thirty years to see, and to hear of, a great number of persons suffering under organic disease of the lungs; many of these, by the aid of *Restorative* remedies, recovered, are living now in this autumn of 1869, and in all human probability will live to be old people. In other cases the disease was checked and kept in abeyance by the use of the medicines alluded to; and life, contrary to every expectation, was prolonged for months, and in some instances for years. (See a case of this nature recorded in the *Anti-Lancet*, page 146.) On the contrary, other persons affected with the same disease (but certainly with prostrated and sadly worn-out constitutions) have long ago, despite the use of *Restorative* means, gone to their eternal homes. Although the strengthening treatment did not effect a cure in these cases, yet it is consoling to know that such treatment mitigated the patients' sufferings, and tranquillised their onward journey to the grave.

Pulmonary Consumption is a very deplorable disease under any circumstances, and those affected with it may be assured that if *Restorative Means* will not succeed in enabling the system to eliminate from the lungs the matter which retards their functions, and otherwise to assist the constitution to rally, no other treatment will succeed.

#### PROLONGED DISEASE.

The following note, dated November 25th, 1865, was received



from G. C. Kernot, Esq., M.D., Surgeon, residing at No. 5, Suffolk Terrace, Upper North Street, Poplar, London :—

“To Dr. C. Rooke,—Please send a copy of the *Anti-Lancet*, for a lady who has used your *Oriental Pills* and *Solar Elixir*. Nothing she took gave her any relief, until she tried these medicines. She has regained perfect health from her distressing and prolonged disease.”

I do not know the nature of the disease alluded to in Dr. Kernot's note, but it afforded me pleasure to learn that the lady recovered her health by *Restorative* means.

#### INFLAMMATION AND VOMITING OF BLOOD.

The following statement is the concluding portion of a letter received from Mr. Robert Hamilton, Market Street, Kilsyth, Scotland, dated December 14th, 1865 :—

“I have observed, as before remarked, the good effects of your medicines in the case of a friend of mine. He was suffering from inflammation of the right lung, and was all but given up by his doctor. He was compelled to lie on his back, as he could not lie on either side; and more than once he vomited nearly a pint of blood and purulent matter. Some person advised him to try your medicines, which he accordingly did, and in one week he could lie on one side, and in three weeks he could sleep when laid on the other. To test the medicine, he suspended its use for a week—and had a relapse; he again resumed it, and with the same degree of improvement. In a short time after that, and when considerably better, he again stopped the medicine, and, strange to say, he again relapsed, which so convinced him of the great value of the *Elixir* and *Pills*, that he continued to use them till he was completely better, which was in about three months; and now he is as well as ever he was in his life.”

It is stated in pages 66-7, *Anti-Lancet*, that inflammation, wherever situated, arises from *relaxation* of the *cells* and *capillary vessels* of the affected part, and therefore *stimulating* and *strengthening* means, when properly managed, constitute the most natural and judicious treatment. When this treatment is adopted, the stimulating means, whatever they may be, *must be continued without intermission both day and night*, so long as necessary; and, lest there should be any neglect or mismanagement in this respect, I cannot advise the *Solar Elixir* to be used in active inflammation—unless I was personally present to see that it was regularly and properly administered—but rather recommend that the disease be first subdued by the means pointed out in the printed directions which are folded round each of the medicines; and, when this object is effected, then use the *Solar Elixir*, with suitable nourishing diet, to restore vital energy. In the case above mentioned the good effects of the *Restorative* remedy, when regularly used, are manifest, and the untoward result which arose from its too early suspension is equally clear.

#### SEVERE SCORBUTIC ULCERATION.

Extract from a letter received from Mr. Tighe, Chemist, 4, High Street, Exeter, dated January 23rd, 1866 :—

“At the request of a young lady who has been using your *Oriental Pills* I write to inform you of the wonderful benefit she has derived from their use. For ten years she was afflicted with an ulcerated sore leg, and so bad was it, that *for the space of nine months she was confined to her bed*. After trying most of the medical gentlemen

of note in this town, without obtaining any relief, a friend induced her to give your *Oriental Pills* a trial. Fortunately for her she did so; and, after taking only three boxes of the smaller size, the wounds on her leg completely healed, and she is now apparently as well as ever she was in her life. I wish particularly to impress upon you that this communication is made at her *special request*; for its accuracy I can vouch; and you are welcome to give it publicity if you think it desirable.

"To Dr. Charles Rooke."

I trust that every right-thinking person will agree with me in considering it desirable that such a case should be made known as extensively as possible, so that those suffering under a similar complaint may be apprised of a remedy, and withal a very economical one, for this troublesome complaint. The *Pills altered and purified* the blood of the morbid matter it contained, and at the same time produced a proper action of the skin; hence, when these objects were effected, the patient was *sure* to get better.

#### DEBILITY FROM DEPRESSED VITAL POWER.

Extract from a letter received from Mr. Cook, Post Office, Seaton Ross, near York, dated January 24th, 1866:—

"Some time ago I showed one of your *Anti-Lancets* to a friend of mine residing at Selby, who seemed more like a corpse than a living man. I saw him again on Tuesday last, when he was quite a new man, having regained both strength and colour. He used your medicines with an appropriate diet."

#### EPILEPTIC FITS, &c.

Extract from a letter received from Mr. Wm. Foster, Greengrocer, No. 23, Frances Street, Hull, dated February 27th, 1866:—

"Perhaps you will remember me writing to you some time since respecting my two daughters, both of whom were sadly afflicted with what the doctor called epileptic fits. They both recovered by using your *Oriental Pills* and *Solar Elixir*. It is two years ago; and they have not had any return of the fits since. I have reason to be thankful I ever heard of these valuable medicines, for, in addition to my daughters, they cured my son of a complaint somewhat like consumption."

#### SCORBUTIC COMPLAINT OF LONG DURATION ALLEVIATED.

Copy of a letter received from Mr. John Hodgson, residing at No. 33, Short Street, Hull, dated March 5th, 1866:—

"By referring to my letter to you in August, 1864, you will see an account of my—to me—most afflictive scorbutic complaint on the legs. I think I mentioned in my letter that I had used several medicines and outward applications without any perceptible benefit; and I often thought that I should never get any better, more especially as I had attained the age of sixty-seven years. However, I took your *Oriental Pills* and medicine for a short time only, which not only relieved the complaint, but improved my general health.

"I feel it my duty to make known to you, and others also, the benefit I have derived; and I will gladly reply to any inquirers you may refer to me."

#### DIARRHŒA, SICKNESS, DIFFICULTY OF BREATHING, AND GENERAL PROSTRATION.

Extract from a letter received from Mr. Wilson, Botanical Dispensary, Crook, Durham, dated March 6th, 1866:—

"I am requested to send you some particulars of a wonderful *cure* effected through using the *Solar Elixir* and *Pills*. Mrs. Stevens, who resides in this neighbourhood, was suffering from severe diarrhœa and vomiting. Scarcely anything

would stay on her stomach; it was thought that the latter organ was ulcerated. She had also a most distressing cough, and great difficulty in breathing. The best medical advice in this part was obtained for her; but it was of no avail. Her husband, about a year ago, informed me that he was afraid he was going to lose his wife, as she had then taken nothing for six days. I advised him to try your *Elixir*, as I thought she was in a state of such prostration, that if anything would do her good, it would. And, accordingly, his wife commenced with it; and before she had used two small bottles, she began to improve a little, and ere she finished the next bottle (a large one) she was quite restored. She took a small dose of the *Oriental Pills* occasionally. Her husband recently called here and thanked me for recommending him to procure the medicines for his wife, and, as before stated, he wished me to inform you about the matter."

The complaints alluded to were the direct effects of indigestion, arising—as is explained in the *Anti-Lancet*—from the want of nervous and muscular power of the stomach. The medicines restored the defective action of that organ, and then the train of evils enumerated gradually ceased to exist.

#### GENERAL WEAKNESS, WITH SEVERE INTERNAL PAIN.

Copy of a letter received from a tradesman in Wakefield, dated June 29th, 1866:—

"I beg to inform you that I have looked over your book, and think it is possible you may be of service in relieving or curing my wife. For a considerable time past she has been very unwell, and attended by a doctor more than three months; but he has given her up at last, and says he can do her no more good. He recommends change of air as the only thing that will be likely to do her good.

"I will describe to you, as well as I can, her complaints. She is twenty-eight years of age; and has suffered from ill-health for five years. More than three months ago, she was seized with a severe pain in her inside, which continued for above a fortnight, and was accompanied with purging the whole of that time, so that she became very feeble indeed. This abated a little for more than a week; then spasms of the stomach came on, which have more or less continued ever since; and, as I said before, the doctor can do her no good. If your medicines will do good, please say how they are to be taken, and other advice you think proper will be thankfully received."

The medicines were directed to be used for indigestion, combined with acidity and flatulence. To carefully avoid coffee, malt liquors, vegetables, pastry, and rich articles of diet. The result is stated in an abstract taken from the next letter received from the same correspondent:—

"Wakefield, August 22nd, 1866.

"I am glad to inform you that my wife is a great deal better. She is like another person altogether. We got the medicines, which have done her a great deal of good. When she had taken three large bottles of *Solar Elixir*, with some of the *Pills*, the pains had all left the stomach. She has recommended the medicines to other people, and says they are not too dear, considering the good they do. Her friends are surprised at the great change for the better in her. We thank you for it."

#### CHEST COMPLAINT; SYMPTOMS OF CONSUMPTION.

Extract from a letter received from Mrs. Metcalf, residing at Middleton Row, near Darlington, who, after describing her own complaints, observed as follows:—

"June 18th, 1866.

"I have a brother who, in November, 1864, was to all appearance in a deep consumption. He was weak, and had cough, with spitting. He would not have any medical advice in this neighbourhood, but read your *Anti-Lancet*, and he perceived therein what he thought described his complaint; so he at once commenced to use your *Pills* and *Elixir*, which, in two months, effected so much good, that he was able to resume his work, and is at present in the enjoyment of good health."

### CONSUMPTION.

Extract from a letter received from a young lady residing at Hanley, Staffordshire, dated June 20th, 1866, who, after stating the symptoms of a complaint a friend was labouring under, thus remarked :

"I have been endeavouring to persuade my friend to try your *Solar Elixir* and *Pills*, as they have been a great blessing to one of my sisters, and also to an acquaintance. My sister was given up, in the spring of last year, as consumptive, and with no chance of recovery ; but she has rallied under the use of the medicines, and is now able to go about again. She always keeps a supply of the medicines by her, for use, should they ever again be required."

### ILLNESS OF TWO YEARS' DURATION.

Copy of a letter received from Mr. Thos. Jarvie, No. 68, Kent Street, Bolton, and dated June 22nd, 1866:—

"You will oblige by sending me one of your books, by post, for a friend of mine, who is, it is said, suffering under a consumption in the first stage. He has tried several doctors ; but not one of them has done him much good ; so I advised him to give your medicines a trial. I told him that I owed my life to the *Solar Elixir* and *Pills*, after having suffered during two years with illness, and receiving no benefit from the medical men whom I tried."

### SCORBUTIC COMPLAINT OF SEVERAL YEARS' DURATION.

Copy of a letter received from a gentleman residing in West Hartlepool, whose name and address shall be furnished when required:—

"May 4th, 1866.

"I have been for many years sadly troubled with eruptions on the face, accompanied with much redness, which to me has been a great source of annoyance and pain, besides the unpleasantness of facing people, being occupied in a large place of business in this town. I can assure you that I have felt my position keenly. I have been taking your *Pills* and *Elixir* for about a month, and must inform you that even now I feel much better. The discoloration and the spots on my face seem much better, the inflammation is much subdued, and therefore I purpose continuing your medicines according to the instructions given on the paper of directions ; and if they cure me, of which I make no doubt, I will let you know. I had previously tried various lotions, pills, ointments, &c., without receiving any benefit.

"If you think proper to furnish me with any information which will aid me in completing a cure, I shall be exceedingly obliged."

Last letter from the same correspondent, dated July 12th, 1866:—

"I wrote you a few weeks ago, stating that I had commenced taking your medicines as prescribed in the *Anti-Lancet*. I am now happy to inform you that the improvement has been great, and marked with the most beneficial results.

"My bodily health has been much better—in fact, I have never enjoyed better health in my life than I do at the present, which I solely attribute to the use of your medicines. The discoloration and eruptions which were so very unpleasant, have nearly disappeared, so that my face has a more healthy appearance than has been the case for years ; and I am certain that, in a short time, the cure will be completed. I tender my best and sincere thanks for the kind suggestions you gave in reply to my first letter."

### PRESUMED CONSUMPTION.

On May 8th, 1866, I received a letter from a young person, informing me that in a former letter, which had been sent a few months previous, certain symptoms were described with which the writer was affected, and which were believed to be those of consumption. I

had not the slightest recollection of having received the letter alluded to, and want of leisure precluded me from searching for it among a multitude of other letters. It did not signify much, however, what its contents were, as the latter communication explicitly stated that the writer took the medicines, and adopted the collateral means given in the printed directions, and that she (for it was a lady who wrote) was quite well, but particularly requested that her letters should not be published.

Surely no right-thinking person could imagine that the lady had acted wrongly by having recourse to the *Solar Elixir* and *Pills* after other means, as she stated, had altogether failed. If she herself considered that using the medicines was in any way derogatory to her, it was then, in that case, a pity she used them at all. Invalids holding such a view had better apply to other doctors and adopt other means. It is now (December, 1869) a few months over thirty-three years since these medicines were first published, and during that period thousands of persons who had been cured or benefited recommended them to others, so that they have gone forth to the utmost ends of the earth, and been used by people of all nations; and if they had not been of utility—of *very great utility*—in mitigating some diseases and curing others, there would not have been any *personal* recommendations of them, in which case the demand for them would, most assuredly, have ceased long ago.

Letters are being received every day, from strangers to me, respecting benefit derived by using the medicines, and almost invariably the writers observe that they have recommended them to others. I could relate very many instances of this nature, but have only room here for the following extract from a letter received from a poor man living near Liverpool:—

“I hope this will find you well. I have taken your medicine as you directed me, and I am a great deal better after ten years of illness and suffering from pain. I can walk three miles without resting; but before I commenced taking your medicine, I could not walk a furlong without resting. I have been using the medicine ten weeks. I have lent your book and recommended your *Solar Elixir* to several poorly persons about here. One of my old masters I formerly worked for, when able to work, I expect has written to you about himself. He saw what good the medicine had effected on me.”

Perhaps this poor person may never thoroughly recover; but if he does not, it was nevertheless something for him to obtain the relief he alludes to.

CHARLES ROOKE, M.D.

## THE ORIENTAL PILLS AND SOLAR ELIXIR

Are prepared only by Charles Rooke, M.D., Scarborough. The PILLS are sold in Boxes at 1s. 1d. and 4s. 6d. each; the ELIXIR in Bottles at 4s. 6d. and 1s. each, duty included. Round each Box and Bottle are wrapped Directions for the guidance of Patients in all Diseases.

Observe that on the Government stamp attached to each *Bottle* and *Box* there are the words, “Charles Rooke, Belle Vue Cottage, Scarborough,” engraved thereon, without which the medicines are not genuine.

# Caution to Strangers

AND ALL WHO USE THE

## *ORIENTAL PILLS AND SOLAR ELIXIR.*

---

SCARBOROUGH, *May*, 1873.

IT has been ascertained that persons have assumed my name, and are travelling about the country, with the object of extorting money from Invalids by professing to render medical advice, and vend worthless mixtures miscalled medicines. In January, 1863, I received several letters from South Shields, Newcastle, and other places, informing me that one of these persons had adroitly ascertained, by inquiry, the names and addresses of individuals who were using the *Oriental Pills* and *Solar Elixir*, whom he then visited, and introduced himself, saying, "*I am Dr. Rooke, of Scarborough,*" at the same time exhibiting a copy of the *Anti-Lancet*; which false assertion was made to enable him the better to dispose of a useless mixture which he then and there prepared.

The person above alluded to, when apprehended, gave his name as RICHARD LOWES, Sunderland; a joiner by business. He was tried and convicted at the Durham County Sessions, April 7th, 1863, and sentenced to three months' imprisonment with hard labour. At the trial it was stated that the principal ingredient in the mixtures which the prisoner supplied to some of the prosecutors was water, disguised with lemon-juice and yarrow!

I again plainly inform strangers that I never, on any occasion whatever, visit patients—neither do I ever authorise any other medical man to visit them, without their special request to do so; hence all persons assuming my name, or otherwise alleging that I directed them to call on those using my medicines, are IMPOSTORS, and render themselves liable, on receiving money under such false pretences, to penal servitude or imprisonment.

*As a FURTHER CAUTION to those requiring the medicines so long prepared by me, purchasers are particularly requested to observe that the outside wrapper of the SOLAR ELIXIR, and also the paper of directions accompanying each medicine, is signed with my autograph,*

*both exactly similar to the one*

*here appended:*

*Charles Rooke M.D. (Glasgow.)*

Without this autograph in the places indicated, the medicines are not genuine.

## ADDITIONAL FACTS

CONFIRMING THE ALTERA-TONIC TREATMENT OF DISEASES,  
As Explained and Recommended in the *Anti-Lancet*.

### VARIOUS COMPLAINTS.

Testimonials received from Messrs. Reinhardt & Sons, Chemists,  
76, Briggate, Leeds, Nov. 24th, 1864:—

“Dear Sir,—During the last seven years we have frequently had great pleasure in hearing our customers relate the great and lasting benefit which they and others had derived by using your medicines. We could furnish you with several instances of persons who had long suffered under either stomach, chest, or liver complaints, and had been much relieved, or cured; but most people, from various motives, seem reluctant to have their names published. We may, however, allude to two cases.

“A gentleman residing at Sherburn, in the West Riding, who had long been afflicted with a disease, the nature of which we did not clearly ascertain, was, a year ago, given up by three medical men, who all agreed that recovery was impossible. He was induced to try your *Oriental Pills* and *Solar Elixir*, and soon began to improve. He is now able to go out on horseback daily—in fact, he seems to be completely cured, although, perhaps, he may always be a delicate man.

“An elderly female, who lives in a somewhat close and confined part of this town, had suffered greatly for some years from ill-health, complicated with an internal complaint. Your medicines have done her more good than any other means, a variety of which had been tried. Her husband has often told us that he believes *she would not have been alive now* but for your medicines.

“To Dr. Rooke, Scarborough.”

“We are, yours respectfully,

“REINHARDT & SONS.”

### DEBILITY AND ILL-HEALTH.

Copy of a letter received by Mr. Smith, Chemist, Walsall:—

“Walsall, April 19th, 1864.

“Dear Sir,—After many years' suffering from general weakness, and ill-health thence arising, and having taken many kinds of medicine to no purpose, I was induced, on the strong recommendations of others, to procure some of the *Oriental Pills* and *Solar Elixir*, and which have been of the utmost utility to me. I am stronger and altogether better; in fact, I never felt better in my life, and this desirable state has been effected from but a brief use of the medicines, for which I beg to thank you sincerely.

“As the medicines have had such an extraordinary beneficial effect on myself, I consider it a duty both to you and my fellow-creatures to recommend them to other sufferers, and with this view I send this brief epistle.

“I am, yours obediently,

“CHARLES RIDDING.”

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Are prepared only by Charles Rooke, M.D., Scarborough. The PILLS are sold in Boxes at 1s. 1½d. and 4s. 6d. each; the ELIXIR in Bottles at 4s. 6d. and 11s. each, duty included. Round each Box and Bottle are wrapped Directions for the guidance of Patients in all Diseases.

Sold by all Chemists and Medicine Vendors.

