Medical reform, or, Physiology and botanic practice for the people / by John Stevens.

Presented by Mrs Stevens
widow of the late Dr Stephens
Octr 19. 1855

MEDICAL REFORM;

OR,

PHYSIOLOGY AND BOTANIC PRACTICE

FOR THE PEOPLE.

BY JOHN STEVENS, M.D.,

Author of "MAN MIDWIFERY EXPOSED;" "A TREATISE ON THE GENERATIVE ORGANS;" "ESSAY ON FEVER AND CHOLERA."

"Government should at once banish Medical Men and their Art, or they should take proper means that the lives of the people may be safer than at present; whereas, they look less after the practice of this dangerous profession, and the MURDERS committed in it, than they do after the lowest trades."

DR. FRANK.

SIXTH EDITION.

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PREFACE TO THE SIXTH EDITION.

MANY parties have complained that they were disappointed in their applications for this work, through the ordinary channels, the Author begs most respectfully to explain, that such has been the unprecedented demand for it wherever it was known, that the whole of the five first editions were sold within the circle of his own acquaintance, as fast as they could be procured from the hands of the binder; so that no portion of those editions ever reached the appointed publisher.

He would also observe of this edition, that, while making the necessary corrections for the press, he has found little occasion either for making additions or alterations in the prescriptions given in the five first; but what additions subsequent experience has suggested, will be found at the end of this volume.

INDEX.

PREFACE.

In presenting this work to the public, the author thinks it proper to state, that he does so in obedience to the urgent request of a large portion of intelligent individuals, to whom he has had the honour of delivering his course of lectures on Medical Botany; and as this request arose out of the anxiety on the part of the audience to retain their possession of the practical matter contained in these lectures, and to form botanical societies for mutual aid and instructions among the people, the author has endeavoured to meet their views, by presenting to them a work which embraces a complete system of medical reform, as originally taught by the late Dr. Thompson, of America.

It will be seen by this, that the author lays no claim to the primary principles herein demonstrated, but, giving honour to whom honour is due, at once declares the source from whence he has derived this valuable knowledge. But there is one honour to which he confidently aspires, and that is the envied one of being the first in this country to make known to the British public the singular life, medical discoveries, and extraordinary success of this gifted individual. In the United States of America, the Thompsonian practice has proved its astonishing powers, by enabling the people to dispense, in thousands of instances, with the usual medical attendants, and cure every disease that is curable at all, with the greatest expedition, and with an effect that is permanent. Cases that have baffled the most consummate skill of ordinary practice have yielded to its power with a facility that has astonished the public, and established its claim to be considered as almost specific.

This has induced the author of the following pages to adapt it to British practice, by combining the herbs of this country in prescription with those of America which contain similar properties, and which are now regularly imported here for the purpose. The botanic practice, therefore, now submitted to the public, is so arranged as to form a complete "Domestic Medicine," deduced not only from the author's own experience, but from every available source published by the American authors; for it is to be observed, that not only have the writings of Dr. Thompson been care-

fully examined, but all the best authors who have followed in the same career, and made further discoveries, have been called into his aid and made subservient to his purpose.

The avowed object of these pages is to prove that, however lofty Medical Science has appeared when clothed in mystery, or flaunting in the false airs of pedantic learning, it is not, if stripped of that mystery, higher than the reach of the ordinary mind, or beyond the attainment of common sense. Extensive experience justifies him in this remark, that the common sense of the people, when in possession of a *true theory* of medicine, will be found quite capable of curing all diseases to which they are subject. Nor are they disinclined to embrace it; for, wherever he has delivered a course of lectures, such has been the deep interest felt, that he has been invariably requested by the public to deliver the same again, that they might retain the principles developed. And the general request has been, that he should print and publish that information; so that, in presenting this work to the public, he does so to meet an urgent demand. He has carefully selected matter to give confidence in the practice, and to make it most useful to mankind; and, with this view, he confidently hopes that those who purchase will read, mark, and duly appreciate his effort to impart to the people this most valuable information, at a cost that comes within the reach of the millions it is intended to benefit.

In laying down the instructions for the people's guidance, he has given those recipes which he has found the most efficacious, in a practice extending through many towns, and numbering per annum, over the amount of ten thousand patients, chiefly consisting of those who had sought relief in vain, by all other means, and whose testimonials show that he has met with extraordinary success.

Many philosophers, *renowned* both of ancient and modern writers, have recorded their faith, and foreboded a period when the people would become their own doctors; when each father would be the physician to his own family. That day is at hand, and to facilitate the object, many have suggested the formation of friendly Botanical Societies amongst the working classes, and their extension to every part of the kingdom, that the people may mutually assist each other in the study of Medical Botany, and establish and propagate a general knowledge of these principles, so glorious in eradicating disease from society, and relieving it of much of that poverty and deplorable suffering which arise from wrong practice.

INTRODUCTION;

BEING AN

IMPORTANT APPEAL TO THE PEOPLE,

ON THE URGENT NECESSITY OF

MEDICAL REFORM.

TO REFORMERS, THE LOVERS OF TRUTH, THE FRIENDS OF SUFFERING HUMANITY.

It has been our consolation under every difficulty, and the great source of our joy when we have triumphed over it, to be conscious that we lived at a period in human progression, when the noblest aspirations of the mind were received by the understanding, and became united in the hearts of the common people—the millions, whose will is the nation's freedom, whose power is the irresistible lever to remove every ill felt in and through every department of society. Each age has had its attractive cry, around which it rallied all its powers. Reform has been the peculiar charm of this our day and generation, often commencing with the honest convictions of a few obscure persons, or even one individual, acting as a single seed; and germinating beneath the warmth of enthusiasm that rose before the rays of truth, forthwith took root, spread its branches, and showered down its fruits in every direction. Monopoly and the baneful effects of exclusive privilege, have been uprooted, and the tree of liberty established upon their ruin, and this we have lived to behold, in Government laws, in commerce, in the safety of the subject, and the liberty of the press, and lastly, in the noble and grand achievement that has freed the people's *interchange* of the staff of life.

But however great and manifest the good attained in these reforms, upon the broad interest of the masses, there is yet one of deeper consideration—one reform that must prove even more near and dear to the best

feelings and interests of every individual; for if it be true that health stands the first, and is the most important of earthly blessings; if the possession of a sound mind in a sound body be the greatest gift of God to man, then a thorough reformation in the practice of Medicine must be a reform in value beyond all others, involving considerations of the very highest importance; and especially so when we reflect, that the reform proposed excludes from its treatment of disease all dangerous remedies, such as bleeding, blistering, and salivating, the use of poison, or any depletion whatever, and that these experiments are all superseded by a sanatory and more speedy system, a system of universal application and specific power, not only in the hands of a few, but equally so in the hands of all who choose to embrace it. Nor are these the only reasons that give importance to this reform, but the many enormous evils it is meant to eradicate; for, however much mankind may have suffered by oppressive laws, there is no suffering equal in severity to that inflicted by disease, and its usual treatment by doctors; and whatever exaction we examine, we shall find none so uncertain in the amount levied as that of a doctor's bill; no rule regulating a single item, or law restraining the entire amount. The tax-gatherer raps at your door, stands on the threshold, and demands a certain amount levied in proportion to property possessed; but the licensed to kill enters the house of sickness, and, at the bedside, takes in charge, with the authority of law, his exclusive right over the prostrate victim, whose blood he draws, whose frame he tortures, whose bowels he secretly poisons, and whose disease he cures, or, at his will, prolongs; but kill or cure, his charge is made, in amount wholly at his own discretion; and should his depletion be the cause of death, nothing can be said against it—it was done according to rule. Under the protection of his diploma, his class is, virtually, the only one exempt from the criminal laws, or the charge of murder or manslaughter; a dangerous privilege this, invested by the law that chartered his monopoly—a monopoly that prevents people administering to each other, a violation of the first impulse of domestic love and the most important dictates of christian duty.

And what reason can be advanced for the continuance of this cruel oppression, for granting a licence to the few, so eminently dangerous to the many? They answer, the great learning and skill required in the use of dangerous remedies, more especially the use of the many poisons employed. Those depleting agents of the principle, so well expressed by Lord Byron, when he called it the "destructive art of healing;" a principle the professors of the new Botanic practice not only altogether denounce, but entirely supersede by the superior efficacy of sanatory

means; means that are consistent with the principles of life, specific in their operation, and eternal as the laws that govern the universe; the plain demonstration of which banishes at once and for ever that plea of the faculty, and their claim to monopoly or legal protection, whilst this glorious discovery marks this period as the epoch when the people may, by the power it imparts to them, arise from the physical degeneration of ages, to pristine health and life, and by embracing a true theory of medicine, throw off the goading yoke of medical bondage.

The healing art was once the companion of philosophy and handmaid of compassion, and will be again; and, after being long lost in a dark wilderness of error, with greater wisdom will return to the divine rectitude of her original mission; for, as John Wesley says:—

"It is probable Physic, as well as Religion, was in the first ages chiefly traditional; every father delivering down to his sons what he had in like manner received, concerning the manner of healing both outward hurts and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder. It is certain this is the method wherein the art of healing is preserved among the American Indians to this day. Their disorders are indeed exceeding few; nor do they often occur, by reason of their continual exercise, and (till of late) universal temperance. But if any are sick, or bit by a serpent, or torn by a wild beast, the fathers immediately tell their children what remedies to apply. And it is rare that the patient suffers long; those medicines being quick, as well as generally infallible.

"Thus far physic was wholly founded on experiment. The European, as well as the American, said to his neighbour, 'Are you sick? Drink the juice of this herb, and your sickness will be at an end. Are you in a burning heat? Leap into that river, and then sweat till you are well. Has the snake bitten you? Chew and apply that root, and the poison will not hurt you.' Thus, ancient men, having a little experience joined with *common sense* and common humanity, cured both themselves and neighbours of most of the distempers to which every nation was subject."

Such are the memorable words of the great John Wesley, who had studied medicine in his earlier days, and whose judgment and integrity were free and clear upon most subjects. His words, the simple eloquence of truth, convey the proper ideas on the subject before us, better than any words of mine could.

But suppose, in order to escape the prejudice which has clouded our mental vision under the force of customs in which we were born and bred in civilization, suppose that we were to introduce one of John Wesley's

unlettered savages into the great metropolis of this country, and while bearing him company through it, were to discourse with him on our great and manifold means of curing the sick. It is true that we should have from him no scientific response—no scholastic disquisition—no praise on the grand speculative theories of our great medical writers; but we should have, we suppose, what we could obtain by no other means—the expression of disinterested, unbiassed *common sense;* a qualification most needed at the present time in the practice of medicine. He could not fail to be first struck with our many handsome store-houses, filled with remedial agents; the chemists' and druggists' shops, at the corner of our almost every street, with their lights pouring streams of vivid colours across the brood pavement, through jars containing drugs of every tint and hue, like the noon-day sun through the painted windows of a cathedral, and with the internal arrangement of endless gilt phials and labelled drawers. Tell him, then, of our colleges for training men exclusively for the medical profession—of our thousands of books, containing the recorded experience and experiments of ages—of our many different systems of medical treatment; and his admiration would be greatly excited; he would probably exclaim with delight—"Oh, happy people! surely none among you can suffer long, or die but of extreme old age!" Inform him that, in addition to the vast establishments supported by Government, there were daily advertised, occupying whole pages of our many newspapers, some hundreds of patent, (*i. e.* secret quack infallibilities—specifics for every complaint,) "instant relief" for every real or imaginary pain; and his wonder and admiration, carrying his unsuspecting mind beyond its usual control, would raise an extatic feeling of joy and triumph, and his thoughts would rush home to his dark-skinned people, with the magic balm for every wound, the "elixir of life;" the infallible restorative of manly vigour, "the pills," which were to yield to man "the primæval period of existence." But to check such enthusiasm, and cool extravagance into due reflection, it would be necessary to retire from the crowd which he would draw around him, and conduct him round the corner of the street, into the churchyard, and hold with him a sort of Hervey contemplation among the tombs. Say nothing to him of the millions of the poor who have passed unrecorded into oblivious graves. Show him only the ages at which have departed the beloved and honoured few, whose wealth could have at command all these blessings, but the majority of whom have, notwithstanding these, most perversely died far under the very meridian of life. With unqualified sincerity confess to him the statistics of the bills of motality; and prove to his perplexed and astonished gaze, that thirty-five years form the average

of civilized life, while every fourth infant perishes ere the tenth moon wanes to a crescent. After he had recovered his breath, (for we must suppose him to have lost it in surprise at the paradox presented) lead him back to the druggists' shop. Say nothing to him of the many grades of the profession making fortunes upon flesh failings, the invested interests in disease, the respectable livings dependant upon pain, sickness, and death; but explain to his enquiring mind, that three-fourths of those elegantly prepared medicines employed for the cure of the sick, are active poisons, at deadly enimity with human health and life, while those who sold them knew but little of their effects, and those who swallowed them absolutely nothing of their nature, or even of the language in which they were prescribed; and the veil of mystery which dazzled his simple understanding would fall from his mental vision, and his common sense would, for the first time, perceive, in all its naked deformity, the *master-error* of *civilized life.* What would now be his exclamation? "Great spirit of the unbounded waters! whence comes this confusion to thy most favoured sons? How are the educated reasoners turned to a nation of madmen, sporting with fire and weapons of destruction! By what principle can they expect to restore to health the energies of life, by employing means so productive of death?" But, stilling his outbursts, further inform him of our other powerful means for *attacking disease.* Show him the cupping glasses, lancet, and leeches; relate to him how frequently we take from our dearest friends that vital fluid, the blood, which he draws only from his detested foes, accompanied with torture, and followed by dissolution. Surely his untutored humanity would find more to marvel at, deplore and condemn, than he could find to admire in all our beauties of art and triumphs of science.

But again, our rude barbarian, recovering from the shock we had inflicted upon his feelings, might possibly doubt the honesty and truthfulness of his companion, and demand further evidence upon better authority. "My brother," he might say, "let the learned professors speak for themselves; let me hear and know what the fathers and chiefs say of this remarkable uncertainty you have, in the practice of Medicine, strangely and absurdly called 'Science.'" Introduce him, therefore, first to Sir A. Carlisle, who will tell him that "the pharmacopœia of the doctors is a most perfect piece of humbug concocted by imbeciles; that physicians are entirely quacks in their practice. "I never," says he, "could discover any rational principle for a physician's treatment of a case; that is all guess work; that his application of remedies was like throwing mud against a wall—a good deal of which being thrown, some

would stick. In fine, Medicine is a science founded in conjecture, and improved in murder.'" At this announcement, our man of the wilderness might fear falling sick, and, being a warrior, might think of his war-paint, and instinctively feel for his tomahawk. But fear not to alarm him a little. He is trained to be firm and calm under every danger. So he will, under this, *our* perilous position, proceed, and give a knock at the door of Dr. Frank, whose language will be found suited to the capacity of our full-grown child of nature.

Looking through the past history of nations, how universal have been the ravages of war on the face of our globe! Every stone beneath our feet would mark, if graven, the locality of a martyr's grave, and each tree would be found waving over a warrior's tomb. Yet "the ravages of war," says Dr. Frank, "are as nothing, compared to the thousands who are daily murdered in their quiet sick-rooms." Imagine him, a little alarmed, running away from Dr. Frank, to call upon Dr. Dixon, who, being formerly a warrior, like himself, will, with blunt honesty and independence, speak thus to him in his fourth edition of his Stereotyped "Fallacies of the Faculty,"—"Gentlemen, the ancients endeavoured to elevate physics to the dignity of a science, but failed. The moderns, with more success, have endeavoured to reduce it to the level of a trade. Till the emoluments of those who chiefly practise it cease to depend upon the quantity of useless drugs they mercilessly inflict upon their deluded patients—till surgeons shall be other than mechanics, and physicians something more than mere puppets of the apothecary—till the terrible system of collusion, which at present prevails under the name of a 'good understanding among the different branches of the profession' be exposed, the medical art must continue to be a source of destruction to the many and a butt for the ridicule of the discerning few. The wits of every age and country have amused themselves at the expense of the physician; against his science they have directed all the shafts of their satire; and in the numerous inconsistencies and contradictions of its professors they have found matter for some of their richest scenes. Moliere, so long the terror of the apothecaries of Paris, makes one of his *dramatis personæ* say to another—'Call in a doctor, and if you do not like his physic, I'll soon find you another who will condemn it.' Rousseau showed his distrust of the entire faculty when he said, 'Science which instructs, and physic which cures us, are excellent, certainly; but science which misleads, and physic which destroys us, are equally execrable; teach us how to distinguish them.' Quite as sceptical as to its use, and rather more sarcastic in his satire of the profession, was Le

Sage—'Death,' says he, 'has two wings; on one are painted war, plague, famine, fire, shipwreck, with all the other miseries that every instant offer him a new prey. On the other wing you behold a crowd of young physicians about to take their degree before him. Death proceeds to dub them doctors, *(leur donne le bonnet)* having first made them swear never in any way to alter the established practice of physic.' But so completely at variance with each other are even the greatest *medical* authorities on every subject in medicine, that I do not know a single disease in which you will find any two of them agreeing."

After Dr. Dixon (though a sickening affair) we will turn to a few more of the most eminent of modern practitioners.

Dr. Vecimus Knox says:—"After all that has been said in commendation of the uncertain art of medicine, the most sensible physicians admit, that it is to them uncertain whether it has done more harm than good to mankind; this fact being certain, that in the hands of the young, and the rash, and unexperienced, it is dreadfully destructive of the human race."

Joseph Hume, Member of Parliament, said in the House of Commons, in 1834:—"I consider that the medical profession in our country is in a state of absolute barbarism."

Dr. McCullouch, of Dumfries, says:—"Medical men seldom get time to practise on the rich till they have maltreated and murdered the poor; or have got what is called experience: that at least 18 out of 20 British licentiates are not fit to practice, with safety, until they have gained experience in this shameful way; and that the poor themselves must be massacred to make doctors for the rich."

Dr. Majendi, the great French physician, says:—"The most contradictory and inconsistent opinions pervade the whole length and breadth of the medical profession, regarding the origin, the nature, and cause of disease, not merely the more complex diseases, but even the simplest to which mankind are liable. In short, a complete revolution awaits the medical profession." Such is the wretched system that seeks to be endowed with exclusive power to serve the community.

Sir Evrard Home, a high medical authority, says:—"More have been killed in fever, by the use of wine and spirits, than fever itself ever killed."

Dr. Hunter, of Glasgow, says:—"Some diseases are involved in more than hyperborean darkness. Medical language must remain ambiguous and incorrect, and medical practice unsettled and empirical;" which just means what the profession themselves call quackery.

The poor representative of inquiring common sense would now turn

away in disgust and disappointment, and, I fear, conclude with Dr. Rush, called the Hippocrates, or the Father of Physic, of America, that "the whole profession was like an unroofed temple, cracked at the sides and rotten at the foundation." Returning with knowledge of no additional worth to his native land, and confirmed in his contentment with the simple remedies which he had received by tradition from his fathers, and with the knowledge of the medicinal virtues of the barks of his woods, of the herbs beneath his feet, and the flowers of the prairie, he would have to tell his simple-minded brethren that the people of the great cities of Europe were totally ignorant of the valuable knowledge which was generally possessed among themselves, and by which they cured speedily most of those diseases with which they were afflicted, and even some of those that baffled the skill of the most learned and eminent of civilized men.

And now that we have elicited these startling facts and reflections, it must appear manifest, that beneath the base of civilized life there exists a deep gulf, whose descending vortex drags millions to untimely death, and whose festering exhalations poison the vital current of all that lives above or breathes around it; an appalling thought! in which we seem to hear a deep, agonizing, and warning wail from the ghosts of the thousands killed in their quiet sick rooms; a wail which loudly appeals to every god-like virtue that ennobles faith and adorns humanity, which recalls the mind from wondering silence, and hurries resolution into action; for, the deeper we research, the more awful and true this appears. Not a horrible dream, but a dreadful reality. A fact which the advancing tide of intellect must sweep away, or retain only of the shameless fabric a momento of its ruin; a horrible spectacle o'er which future ages shall weep and wonder; like that of the Temple of the Thugs upon the Ganges' silent shore, it will be seen to be built of human skulls, and cemented with human gore.

But, after all, when we behold the vast wealth and interest at stake, arranged for the protection and security of the system on the one side, with ignorance, indifference, or prejudice on the other, the task to remove established errors in the practice of medicine, reform its institutions, or supersede it with a superior system, appears at once to be an effort super-human, if not altogether hopeless and impossible.

There is a mountain to be removed; but there is a power, to which we can appeal, that can remove this mountain—the judgment and will of the people, who suffer, who smart, who bleed! These mighty evils, so deeply felt by each, and acknowledged by all, make, when a path to escape them is pointed out, a powerful incentive to thought, research, and combined

action in the public; and the common sense of the people waits only to be convinced that there is now actually in existence a *complete system of medical treatment*, which each individual can take into his own hands with little trouble, and almost without expense—a system, at once embracing all that is safe and good in all others known, but with new methods of administration—a system safe and certain in the results; reared upon newly acknowledged facts of nature, and founded upon principles which are co-existent and equal in duration with the universe.

To the people—to the million whom it is to serve—I appeal. From the people, said Napoleon, emanates all power. Some would have the new system submitted to the faculty, and through them, to the world; but they cannot be such as know the world, or how the faculty have in every age treated the discovery of truths. My reason for not doing so is on principle. No old established institution was hardly ever known to reform itself. It has either pertinaciously upheld itself in its own conceit of perfection, been reduced to submit to a reform, or been swept away by the force of the advancing intellect of succeeding generations. Such is the institution of medicine. But the generation prophesied by Drs. Ray, Rush, Thompson, Robinson, Hoffman, and many others, is at hand—"when a knowledge of every remedy for every accident and disease shall be made a part of every man's education, and every father shall become the physician to his own family." Dr. Robinson says:—"From all these circumstances, and from the fact, that the healing art is yet in its infancy, by the confession of its most successful and celebrated practitioners; the great and venerable Dr. Rush compares it to an unroofed temple, uncovered at the top and cracked at the foundation—unless you admit his own theory of animal life as a sure and solid basis—for he scatters, like atoms in the sunbeams, all the systems of pathology that have gone before him. From all these facts we ought to deeply ponder the peradventures which providence may solicit, by any means, to diminish the sum of misery, before we spurn from us what has been discovered, tried, and found effectual."

After bewailing the defects and disasters of medical science, Dr. Rush consoled himself with the animating prospects of that hope which he so often proclaimed from his desk—"that the day would come when medical knowledge should have attained to that apex of perfection, that it would be able to remove all the diseases of man; and leave not for a single outlet a single door of retreat, but old age; for such is my confidence, said he, in the benevolence of the Deity, that he has placed on earth remedies for all the maladies of man."

But if it be still thought that we should appeal to the Colleges of Medicine, and the professors, they being the established guardians of the people's health, let us look to the history of some few of the greatest discoveries that have been, and still continue to be, of vast service to the whole human race.

Dr. Dixon says:—"How was the exposition of the circulation of the blood first received? Harvey, its discoverer, was persecuted through life; his enemies, in derision, styled him the *Circulator*—a word, in its original Latin, signifying vagabond or quack; and their efforts to destroy him were so far successful, that he lost the greater part of his practice through their united machinations."

Dr. Harvey says:—"Can anyone behold, without scorn, such drones of physicians, who, after the space of so many hundred years of experience and practice by their predecessors, *have not detected one single medicine that has the least force directly to prevent, to oppose, and expel a continued fever!* Should anyone, by more sedulous observation, pretend to make the least step towards the discovery of such remedies, their hatred and envy would swell against him, *as a legion of devils against virtue; the whole society will dart their malice at him, and torture him with all the calumnies imaginable*, without striking at any thing that would destroy him root and branch; for he who professes to be a reformer in the art of Physic, must resolve to run the hazard of his reputation, life, and estate. To impose upon the world, is to make your fortune—tell it a truth, your ruin is equally sure."

* "Before the discovery of vaccination, *Inoculation* for Small Pox was found greatly to mitigate that terrible disease. Who first introduced small pox inoculation? Lady Mary Montague, who had seen its success in Turkey. Happy Lady Mary Montague! Rank, sex, beauty, genius—these all doubtless conspired to bring the practice into notice. Listen to Lord Wharncliffe, who has written her life, and learn from his story this terrible truth—that *persecution* ever has been, and ever will be, the only reward of the benefactors of the human race. 'Lady Mary,' says his Lordship, 'protested that in the four or five years immediately succeeding her arrival at home, she seldom passed a day without repenting of her patriotic undertaking; and she vowed she never would have attempted it if she had foreseen the vexation, the persecution, and even the obloquy it brought upon her. The clamours raised against the practice, and of course against her, were beyond belief. The faculty all rose in arms to a

* Dr. Dixon's "Fallacies of the Faculty."

man, foretelling failure and the most disastrous consequences; the clergy descanted from their pulpits, on the impiety of thus seeking to take events out of the hands of Providence; and the common people were taught to hoot at her as an unnatural mother, who had risked the lives of her own children. We now read in grave medical biography, that the discovery was instantly hailed, and the method adopted by the principal members of that profession. Very likely they left this recorded—for, whenever an invention or a project, and the same may be said of persons, has made its way so well by itself as to establish a certain reputation, most people are sure to find out that they always patronised it from the beginning, and a happy gift of forgetfulness enables many to believe their own assertion. But what said Lady Mary of the actual fact and actual time? Why, that the four great physicians deputed by government to watch the progress of her daughter's inoculation, betrayed not only such incredulity as to its success, but such *an unwillingness to have it succeed*—such an evident spirit of rancour and malignity, that she never cared to leave the child alone with them one second, lest it should, in some secret way, suffer from their interference.'"

"Gentlemen, how was the still greater discovery of the immortal Jenner received—Vaccination? Like every other discovery—with ridicule and contempt. By the Royal College of Physicians, not only was Jenner persecuted and oppressed; but long even after the benefit which his practice had conferred upon mankind had been universally admitted, the pedants of that most pedantic of bodies refused to give him their license to practice his profession in London; because, with a proper feeling of self-respect, he declined to undergo at their hands an examination in Greek and Latin. The qualifications of the schoolmaster, not the attainments of the physician; the locality of study, rather than the extent of information possessed by the candidate, were, till very lately, the indispensable preliminaries to the honours of the College. *Public opinion* has since forced this corporation to a more liberal course. But to return to Jenner;—even religion and the Bible were made engines of attack against him. From these, Errhman of Frankfort deduced his chief grounds of accusation against the new practice; and he gravely attempted to prove, from quotations of the prophetical parts of Scripture, and the writings of the fathers of the church, that Vaccination was the real *Anti-Christ*. From all this you perceive that mankind have not very greatly changed since the time of Solomon, who, after searching the world 'returned and saw under the sun, that there was *neither bread to the wise, nor riches to men of understanding, nor favour to men of skill.*'"

Sufficient reasons, then, have been given to prove to whom we should appeal, to the profession or to the people; and when the people shall, by hearing, reading, or trial, be convinced of the case, by which a simple but correct system, in accordance with the laws or processes of nature, can cure the malignant forms of disease in the shortest time and with the least expense;—when it shall have been proved to plain common sense that *fever*, the fearful destroyer of one-fourth of mankind, can, with a never-failing certainty, be turned out of danger in ten minutes, and its subsequent weakness cured in half as many days; and inflammation, without leech or lancet, as speedily; when consumption, our climate's curse, and our physicians' despair, yields its fell grasp upon the young and lovely, as to a specific power; when all contaminations of the blood, even to hydrophobia, rabid rage, are expelled; where long disease triumphed, or even death was sudden or certain before;—surely the people will accept the glorious boon, and hail the new light as a gift from heaven. Let the people but avail themselves of all the knowledge of this system, which they have within their reach; let them but learn their simple and pleasant lesson; let the publicity and practice of combined bodies force acknowledgment to the "great fact,"—the mountain will then move; the whole establishment of physic will be revolutionised; and a thorough medical reform will be accomplished. For if the confessions of the faculty be true,—and true they are as proved by the undeniable authorities above produced,—then, what individual, whose age counts forty winters, can say he is not injured; while mercury rots the bones, while arsenic and antimony destroy the tissues; while bleeding debilitates the constitution; whose peace has suffered not in the loss of kindred ties? How many have watched and prayed in vain over dying friends, on whose recovery depend all the joys of existence! Indeed, what calamities may we not count, in the deep grief of parental sorrow, for the young, the lovely, and beloved; in the tears of lonely widowhood; in the orphan's cry of famine; in the country's paüperism; and in all the aggregate of madness and misery which as a polluted stream destroys each herb and flower on its banks! So perishes the happiness of society, in the contaminated blood stream of uncounted generations.

I shall, through the whole course of my address to the people, be found just and liberal towards my fellow-labourers in the same field. I charge not the whole of the faculty with design or dishonesty, in the continuance of this great evil. They are a class of men learned and highly respectable in the wordly sense; nay more, they are worthy of respect. Their diligence is as great, and their philanthropy as good, as can be found in

any other portion of the community. But, as though it were the intent of Providence to show error in a more glaring light, and at the same time acquit them of the guilt of design, they and their families suffer alike with the common lot, and are victims to the all-pervading wrong. Still, while I at once acquit and compassionate them, I must remark, in the words of a celebrated Divine, that "Whatever charity we owe to men's persons, we certainly owe none to their errors." Let me, then, be exonerated from the charge of malice or ill-feeling.

"To err is human; to forgive Divine."

I would have the aroused mind be calm in its judgment, and distinguish between men and men's opinions; and in justice to the faculty, let me be the first to acknowledge and do reverence to the Fathers of Physic, for none have more enlightened the world by the science which they have preserved and developed. The long and tedious process of their education, its vast expense and vexatious trials, and after-toils, are such that all must concede to them the right to the position of respectability, which society so readily yields to them; but only with this view, that they should become the instructors and teachers of the people.

To reform the institutions and practice of medicine, through the mind of the people—to raise a feeling of veneration to God, and of duty to man, through a knowledge of the human frame—to give a god-like aid to deeds of charity—to banish the deepest maladies of the human heart—to eradicate disease, and spare the lives of millions, by rendering physic "a plain and intelligible thing," and advancing its reform, is the object sought in these lectures and publications.

That a universal and sanatory system of medicine would be discovered, and at some time bless the human race, has been the faith of philosophers of every age, embracing the most eminent of the faculty, in every clime, and who were always those foremost to despise protection, and who would have had the profession to stand or fall by its own merits.

Dr. RADCLIFFE, of our own country, said "the whole science of medicine would one day be written on a single sheet of paper."—Dr. RAY—"that there were herbs to cure all diseases, though not everywhere known." And Dr. ROBINSON, while advocating this system in America, says—"And if, perchance, the grand Panacea should be at last found—that Moloy of the Egyptians, and Elixir of the Greeks—who would not deem himself more honoured by contributing the smallest item to the great discovery, for relieving the wretchedness of the human race, than if he had bestowed upon him the empire of the world? I saw *one fever* rage and prostrate its victim, over which the physician's skill had no

influence. To have saved *that life*, to me so *precious*, I would have given the universe, had I possesed it, and would have considered it as but dust in the balance. No doubt others feel as I do. And if the period shall arrive, when the heart-strings shall no more be torn and lacerated, who would not exult in the joyful anticipations of that coming day? And this dream of a universal medicine, which has pervaded the nations of the earth, since the days of Isis and Osiris, is not all a dream:—"*for the days shall come, saith the Lord, when there shall be nothing to hurt, or annoy, in my holy mountain.*" No pain to hurt nor sickness to annoy. But whether diseases shall be banished from the gate, in that glorious period of the millennium, or the grand Catholican be discovered to remove them, the data do not determine; but this we know, we shall have health and peace; and Dr. Rush's hope will be fulfilled, even beyond his most sanguine expectations—" for the child shall die an hundred years old."

And let it be remembered, if this system of practice be true, it will have the peculiar blessing of the Almighty upon its side; because it brings the power, the benefits, and the beneficial results of a safe medicine, within the reach of the poor; into their dear distressed families, who often perish for the lack of the means to procure Medical aid.

This single benefit cannot fail drawing down from Heaven the peculiar blessing of him who bowed his majesty, and left his throne, and veiled his glories, to enter the world and preach the "Gospel to the poor."

———"The pure and uncontam'nate blood
Holds its due course, nor fears the frost of age.
Haste, then, and wear away a shattered world,
Ye slow revolving seasons! We would see
A sight to which our eyes are strangers yet—
A world that does not dread and hate God's laws,
And suffer for its crimes, would learn how fair
The creature is that he pronounces good,—
How pleasant in itself what pleases him!"

THE
HISTORY AND MYSTERY OF MEDICINE.

For the origin of Medicine we are indebted to Egypt. In the days of Moses her medical knowledge was famous, and her physicians were celebrated in his history. The invention of medical science is generally ascribed to Thoth, or the first Hermes, who was regent or king of Egypt, of the second dynasty of Manetho. He published, it is said, six books on physic; and was tutor to Queen Isis, who herself was the discoverer of several medicines, was called by the Egyptians the Goddess of Health, and left her knowledge in the writings of the Cabiri. In course of time, physicians had a provision made them by law, and were required to practice for the army and for strangers travelling in the country, without fee or reward. Their medicines were simple, and prepared from herbs; and their kings caused bodies to be dissected, for the purpose of perfecting them in the art of physic. But they were, unfortunately, confined in their practice by fixed rules and recipes, set down in the sacred registers; and as long as they practised by these rules, they were safe, however fatal the medicine might be to the patient; but the moment they dared follow their own judgment, and deviate from the rules, it was at the hazard of their lives, which they most assuredly lost, if the patient died. Four thousand years have passed since these laws predominated in Egypt; yet the same tyrant spirit of restriction, though indeed less severe in its penalties, exists now in our own country, in this enlightened age; and, while it maintains monopoly and protects corruption, retards, as in Egypt, the improvement of medicine.

The study of medicine was transferred from Egypt to Greece by the sage Chiron, before the Trajon war. The famous Greek, Æsculapius, was the scholar of Chiron, but far surpassed his master in fame. The most dangerous wounds and maladies are said to have yielded to the operations, remedies, harmonious songs, and magical words of Æsculapius. He dedi-

cated all his days to the relief of the afflicted. The Greeks deified him, and erected a temple to his memory. The inscription over the entrance of his temple is at once solemn and affecting—"*Procul este profani.*"—"Far hence, ye profane." The secrets of his art he communicated to none but his children; and they were retained in his family until they burst forth with splendour, and shone out to the possession of the world in the character and writings of the Divine Hippocrates.

Hippocrates was born in the island of Cos, in the year 461, before the Christian era, and was of the Æsculapian family, his father being the seventeenth in the direct line from Æsculapius. The Æsculapian family had carefully prepared the doctrines of their progenitor, and established three medical schools, in Cos, Cnidus, and Rhodes. Their fame had spread when this master-spirit of the healing art, the Homer of medicine, as he has been called, appeared, perceived with his mighty mind the defects in the system of his ancestors, and set himself to grapple with its difficulties, and find out and apply a remedy equal to the vast importance of the subject. As the grand sum of all medical skill, and as the perfection of the accomplished and successful practitioner depends upon the union of *reason* and *experience*, in other words, *theory* and *practice*, Hippocrates prepared himself to add reason and theory to the practical rules of Greece and Egypt, and at once exalt medicine to the dignity of a *science;* and this he accomplished, (notwithstanding that he has been denounced as an empiric,) with a perseverance and success which have, perhaps, never since been equalled, or honoured and distinguished the labours of a single man. *Practice* and *theory* were so remarkably combined and blended in the character of this profound original sage, that his decisions in medicine were received like the oracles of Apollo, with confidence and veneration. In his theory, however, he admitted only principles which might serve to explain the phenomena observable in the human body, considered with respect to sickness and health. Yet, improved and exalted by his new method, the science of physic made a sure and more rapid progress, and a revolution was silently effected, which changed the face of things, and caused it to rank among the most sublime parts of human knowledge.

It would be tedious to detail the happy experiments which he made, the new remedies which he discovered, or the prodigies which he wrought in all the places honoured by his presence, especially in Thessaly, where, after a long residence, he died at the advanced age of ninety-nine. From all that was ever related concerning him, we can perceive in his soul *one* sentiment—*the love of doing good;* in his long life, but *one single act—the relieving of the sick.* His death was greatly deplored by the Greeks—his

memory cherished—and his name revered by all nations. The Divine Hippocrates! the Father of Medicine! are the common appellations by which he is distinguished until this hour.

The next remarkable medical character in antiquity was Celsus, who was born in Rome or Venice, and flourished about the beginning of the Christian era. He seems to have practised on the system of Hippocrates, and to have acquired great skill in inflammatory and malignant fevers, especially the plague. He was much beloved at Rome, and held in high estimation by the Emperors Augustus, Tiberius, and Claudius Cæsar.

Galen ranks in fame next to Hippocrates, on the roll of great and splendid men. He was a most diligent and laborious student, a profound admirer and a close follower of Hippocrates. He travelled through many countries; but when he was in Rome, his great skill in practice excited the envy of the Roman physicians. They branded him with the name of Theorist, and affirmed he used magical words in his practice. He retorted upon them the name of Methodics; but finding the opposition too stormy for him there, after a residence of five years, he returned to Pergamus.

Thus we see in antiquity, the distinction of Theorists and Methodics, as at the present day we have the different sects of Empirics, Dogmatists, Allopathists, or Homœpathists, according as they are attached to any famed system or predecessor. The Methodics adhered to the original form of practising by rule; while the Theorists united argument and observation, after the example of Hippocrates and Galen, bearing in mind the profound maxim of the former, that "To enlighten *experience* by *reason*, and rectify *theory* by *practice*, belonged to men in the pursuit of knowledge, endowed with sense and dignity of soul."

"The Dogmatists," says Dr. Ray, "are certainly so far right, that a knowledge of the animal structure is necessary, in order to know how to repair it, though this knowledge, more properly, belongs to surgical operations. Yet the Empirics, who rely on practice and experience exclusively, and are therefore called quacks, can retort with equal justice upon their opponents, that there is no relation between the animal economy, and functions in a living and healthy state,—and a diseased and dead body destitute of them."

When Galen had been some time at Pergamus, the plague made its appearance at Aquileia and Rome, during the joint reign of Marcus Aurelius and Lucius Verres. The fame of Galen's skill in curing that disease, induced the Emperors to send for him. He arrived, and had the success to cure, among others, the two sons of Aurelius, Commodus, and Sextus, who had been smitten by the infection. This happy event so

established his name, that all hostility against him ceased. After the death of Aurelius, he returned to Pergamus, where he died at the advanced age of ninety years, in the year of our Lord 200. He was naturally of a delicate and sickly constitution of body; yet, from his great skill in medicine, and the temperate manner of his life, he reached an useful and happy old age.

With Galen we close our notice of the great medical men of ancient times. A pleasing melancholy pervades the soul, as we trace the memory of those devoted and magnanimous benefactors of the human race. They seem to redeem the very character of man from all the vile aspersions which have been cast upon it; they shine as splendid beacons on the solitudes of time, to point out to the traveller the road to glory, and the haven of immortality and peace. If we were disposed to hesitate or linger in the pursuits of humanity, these bright examples would spur us on to industry, exertion, and perseverance.

After the days of Galen, several medical practitioners rose, indeed to fame,—such as Erastisratus, Herophilus, Heraclides, Scribodeus, Largus, &c., all of whom maintained their individual notions, and served but to show the turmoils and vicissitudes of medical science in ancient times. But nothing worth noticing in this memoir occurred in the history of medical science, till early in the sixteenth century, when the far-famed Paracelsus appeared, and advanced his *chemical system* to the world. It was diametrically opposed to the system of the Galenists; however, the Galenists held possession of the schools to the end of the seventeenth century. But the followers of Paracelsus acquired the patronage, and were supported by the power and influence of the learned. The Galenists were finally forced to yield; and the *humoral* and *chemical* pathology, which had agitated and divided the schools for two hundred years, began to retire to the shades, and sink under a new and splendid light, which was just dawning upon the world. About the middle of the seventeenth century, the circulation of the blood came to be *generally* known; after the discoveries of the illustrious Harvey, and this knowledge, together with that of the discovery of the receptacle of the chyle and of the thoracic duct, combined finally to expose the Galenic system. A considerable revolution had also taken place in the system of natural Philosophy. In the course of the seventeenth century, Galileo had introduced the *mathematical mode* of reasoning; and Lord Bacon had proposed *his* new mode of reasoning by an *induction* of facts. These new modes of philosophising, as might be supposed, had soon a visible influence on the science of Medicine. A disposition to observe *facts* and make *experiments*

began to prevail in the school, and to fix the attention of keen and accurate enquirers.

The clear view of the organic system of animal bodies, presented by the knowledge of the circulation of the blood, led, not only to a closer acquaintance with the internal structure, but also to the application of *mechanical* philosophy, in explaining the phenomena of animal life. This became the fashionable mode of reasoning till a very late period. But it has been found very defective in explaining the animal economy; and although it is partially in use, and may still continue to be used, it would be easy to show that its application must be very limited and partial. Still, however, down to this period, the physician, whether the Galenist or Chemist, was so accustomed to consider the state and condition of the fluids as the cause of disease, and also the foundation for explaining the operation of medicine in its cure, that both systems were termed the *Humoral Pathology*. It now soon appeared, that Chemistry promised a much better explanation of the system, than the Galenic philosophy had done. This was, therefore, almost entirely laid aside—and chemical reasoning everywhere prevailed.

About the middle of the seventeenth century arose the great *Sydenham*, the first of the moderns, the father of medical science in its present robes of modern fashion. "His writings will be esteemed a standard," says Dr. Cullen, "as long as they shall be known, or shall endure." He did not entangle himself in the thorny paths which led to the mysteries of animal life. His pathology was at the same time both simple and comprehensive. The *oppressed* and *exhausted state of the system* comprised his rationale of disease and mode of cure. The simplicity of his views seem to have laid the foundation for the theories of Rush and Brown. The *morbid excitement* of the first, and the *direct and indirect debility* of the latter—with the unity of disease, the classes of *sthenic* and *asthenic diathesis* (strong and weak affection), and mode of cure, appear to have their origin in the principles of Sydenham.

To add to the science of Medicine, said Sydenham, two facts must be kept in view;—1st, the giving of a full description or history of disease; —2nd, the discovering of a fixed and perfect remedy, or mode of cure. To these high objects did Dr. Sydenham dedicate the labours of his long and useful life; preferring their great importance to the fruitless and unprofitable speculations on *the prineiple of life*. By neglecting these desiderata, he observes, the Materia Medica has been swelled to an unreasonable size, and filled with great uncertainty. To these obvious and valuable facts, the Doctor would add the knowledge of specifics; and

in consequence has been called a quack. But his fame stands too high and bright to be tainted by the breath of scandal. He says, that the only specific we have, is the Jesuit bark: that colomel and sarsaparilla are not specifics; unless it can be shown that the one does not produce salivation, and the other perspiration. He laments that the medical virtues of plant are so little known, though they are the MOST VALUABLE part of Materia Medica.

"It must be confessed," says Dr. Sydenham, "that, although mineral medicines meet the indications of disease, they are not to be relied upon as specifics with the same entire confidence as the vegetable medicines." Here is a strong testimony to the theory of Thompson and the author's practice.

But medicine was still, in modern times, doomed to be harassed with broils and uncertainties. We see Dr. Glissen wearying himself about the vital principle, and contending with vehemence for irritability, as a property of the *vis insita, the innate force.* He falls into confusion about *irritability* and *sensibility*, and attempts to confirm an hypothesis which he frames, by remarking, that there can be nothing in the intellect but what we receive by the senses. Dr. Cullen advanced the same maxim a hundred years after. Baglivi also pursues to a great extent, his observations and disquisitions on the phenomena of the vital principle. Haller maintains warmly, that irritability is independent of sensibility, and *vice versa:* Belloni, that it depends on the accelerated motions of the blood. Dr. Winter wastes his time in tracing all human notions to fibrous irritability and stimuli; and the younger Boerhaave to the moving power of animals. Dr. Kirkland, in his turn, contends that the medullary substance is conveyed by the nerves to the muscular fibres, which caused motion. But Dr. Whytt affirms, that perception was necessary in connection with every or any material substance to produce motion: while Zimmerman and Oederus profusely demonstrate by experiments, that irritation was as general in the animal fibres, as attraction in the universe; and was altogether separate from the mind and soul.

We see how difficult it has been for the professors of this art to fix upon one scheme of principles. Well might Dr. Brown say, that "the science was altogether uncertain and incomprehensible, and could yield no satisfaction to his mind." When the principles are so jarring and incoherent, the practice founded upon them must be defective. This was perceived and confessed by all the faculty in every age.

The new systems introduced in the beginning of the eighteenth century, by Stahl, Hoffman, and Boerhaave, were intended to supply a

remedy. But, alas! they were as defective as they were new; and instead of removing the disorder, they only operated to its augmentation, and inflamed the wound they ought to have healed.

These are painful premonitions to the adventurer in the dark and doubtful journey of physiology and medical science. To find the professors, from the very beginning of this science, but rising, as it were, to overthrow each other; to see a false pathology, a corrupt practice pervading the system from its very foundation, is surely enough to shake the firmness of the utmost confidence in medical science. It is, indeed, melancholy to reflect, that all the industry and labour of man should be fruitless, and buried with his bones. "The *Autocrateia*, admitted in some shape or other, by every sect, had," says Dr. Cullen, "corrupted the practice of all physicians, from Hippocrates to Stahl." This is a sweeping sentence, pronounced upon the *Anima Medica*, by the good doctor of Edinburgh: and his own favourite *Nosology* has received one even more severe and decisive from the pen of Rush.

Let us now come to Dr. Brown. Whatever value there was in Cullen's researches, we shall soon discover in the investigations of Brown. He studied under Cullen; he lived in his family; and has lectured on his system. And Dr. Thompson himself was never more puzzled and confounded, when he had to contend alone the faculty, than Dr. Brown seems to have been in throwing off the entanglements of Dr. Cullen's system. But I shall give the history of his scientific progress in his own words:—

"The author of this work," says Dr. Brown of himself, in the preface of his work, "has spent more than twenty years in teaching and scrutinizing every part of medicine. The first five years passed away in hearing others, in studying what I had heard, and implicitly believing it, and entering upon the possession as a rich and valuable inheritance. The next five years I was employed in explaining the several particulars in refining them, and bestowing on them a nicer polish. During the five succeeding years, nothing having prospered to my satisfaction, I grew indifferent to the subject; and with many eminent, and even the very vulgar, I began to deplore the healing art as altogether uncertain and incomprehensible."

We have here the decision of this original mind on the imperfection of a system, which had been progressing for 4000 years.

"All this time passed away," continues Dr. Brown, "without the acquisition of any advantage, and without that, which of all things is the most agreeable to the mind, *the light of truth;* and so great and precious

a portion of the short and perishable life of man was totally lost. Here I was, at this period, in the situation of a traveller in an unknown country, who, after losing every trace of his way, wanders in the shades of night; nor was it until between the fifteenth and twentieth years of my studies, that a faint gleam of light broke in upon my soul."

Dr. Brown then proceeds to detail the cause of this new beam of light which broke in upon him. He had an attack of the gout in the thirty-sixth year of his age. His mode of living had been generous until the six months previous to his fit of the gout, during which time he had used the most sparing diet. The disease spent its force in six weeks, and did not return until after an interval of six years, and an abstemious diet of six months.

The theory of the physicians' was, that the gout was caused by plethory and excessive vigour. Vegetable aliment was enjoined as the only mode of cure. The rationale from the cure to the proximate cause was certain. But Dr. Brown discovered that the error lay in the proximate cause; and of course must defeat the remedy. For during a whole year of strict adherence to the prescribed regimen, he suffered from severe attacks. In short, he says, "the whole year, except fourteen days, was spent between limping and excruciating pain." Upon this experience and these facts he constructed his new theory. Why, when he lived well, was he exempted from the disease—and, when dieting himself, was he attacked in a manner so formidable and unrelenting? The solution of these questions opened his eyes, and led him forward to an enquiry more comprehensive, viz.:—What is the effect of food, drink, and the aliment which supports life? They produce strength. What is their effect afterwards? Always less and less. What is it towards the end of life? So far from giving strength, they prove weakening: and finally, the very powers which support life at first, prove its destruction at last, but generally through the intervention of disease. From this process of reasoning, he perceived that his disease was occasioned by a deficiency, not a redundancy, of blood: that debility was the cause of his disorder; and that the remedy must be sought in a sustaining and stimulating diet. This he called *direct debility.*

Such was the success of this new practice, that for two years he had only one very slight attack; and this soon yielded to increase stimuli. He computed from this data, that the disease was alleviated in the proportion of 48 to 1. A young gentleman, living with the Doctor at the same time, and suffering under asthma, had, in consequence of the same treatment, only one fit in two years, instead of one every day, while he

pursued the common practice. This mode of practice he found successful in putrid and gangregous sore-throat, rheumatism, inflammation of the joints, all chronic rheumatism, the inflammation which attacks the brain after typhus fever, dyspepsia, and the convulsions and diseases of children. Since all these yielded to the stimulating medicine, he concluded that they were *asthenic.*

For seven years he was able to repel the fits of the gout by this mode of practice. "Led by the hand of nature," the Doctor says, "he walked round the whole circle of *asthenic* diseases, and found that they were all cured by the same remedy—*stimulants.*" With regard to the *sthenic* diseases, the cause and cure of which, he says, nobody understood, all their symptoms were mistaken, and the practice was wrong.

I will here explain these terms, *sthenic* and *asthenic* of the Brunonian system.

Sthenic diathesis, a Greek term, literally *a strong affection,* means in that system, a diseased habit of body, occasioned by excess of stimuli, and is called *direct debility,* as it arises from an overcharged state of the system.

Asthenic diathesis, literally *a weak affection,* means a diseased habit of the body, occasioned by a deficiency of stimuli, and is called *indirect debility,* as it arises from an exhausted state of the system.

The former was to be reduced by depletion; the latter by repletion.

Life was considered as a *forced state,* depending on internal and external *exciting powers* or *stimuli*; and a principle denominated *excitability,* supposed to be allotted to every animate being. *Excitement* was said to be the *effect* produced by the action of the *existing powers on excitability.*

But the detail of the theory of Dr. Brown so resembles, in many respects, that of Dr. Thompson, which I shall hereafter explain, that to give it here, in full, would be superfluous. He seems to have been the first among the modern practitioners whose mind was open to the principles and practice which Thompson afterwards carried to perfection.

In a few years, notwithstanding great opposition, Dr. Brown's theory spread with rapidity over England, France, Italy, Germany, Holland, and America. Even those who objected to his *doctrine* were, nevertheless, influcenced and benefitted by his *practice.* It has been so also with Dr Thompson.

We might now glance at Dr. Rush's theory; but it is, in many respects, like that of Dr. Brown.

DR. RUSH'S THEORY.

I. Dr. Rush, like Dr. Brown, considers life to be *a forced state* and the *effect of stimuli;* and *the stimuli* he also divides into *external* and *internal.*

II. For the principle of life, he adds *sensibility* to Brown's *excitability.* He says that *disease is an unit;* and that it consists in a *morbid excitement;* and the cure for it, in restoring the equal diffusion over the whole body.

III. He blames Cullen for inducing his students, by his nosology, to prescribe for the name of diseases, instead of their proximate causes; and Brown he condemns as equally faulty for reducing them nearly to one class, and accommodating his prescriptions to the reverse states of the body, or to that which constitutes the proximate case.

IV. Air, he says, by exciting respiration, gave the first impulse to life. When man was formed, God breathed into him the breath of life—that is, atmospheric air; dilating his nostrils, inflating his lungs, and thus exciting in him the whole phenomena of *animal, intellectual,* and spiritual life. Hence, life is the *effect of stimuli* acting on an organized body. Life, as applied to the human body, includes *heat, sensation, thought,* and *motion;* and these four, when united perfectly, form perfect life. We now come to Dr. Thompson's theory.

DR. THOMPSON'S THEORY.

All bodies are composed of four elements, *earth, air, fire,* and *water.* Earth and water constitute the solids; air and fire, the fluids of the body. The *healthy state* consists in the proper balance and distribution of these four elements, and *disease,* in their disarrangement. All disease is caused by obstruction. The mode to cure it is by diffusing heat over the system; for *heat* is *life,* and *cold* is *death.* All disease is the effect of one general cause, and, therefore, requires a general remedy. Whatever supports the internal heat, and directs the determining powers to the surface, will expel disease, and save the patient.

Through the long experience of 30 years, Dr. Thompson thinks he has discovered those medicines, and that mode of practice, which will accomplish this object. He has tried them on the most hopeless cases, and always found them effectual. Indeed, such was the nature of his trials and difficulties, that he was called in to the aid of the patient only when given over to death by the other physicians. The progress of his skill was, therefore, tested by a succession of the most desperate and deadly maladies.

If it be objected to his system that the four elements composing the human body are not a correct enumeration of the primary substances, I reply, it is the most *simple*, *obvious*, and *ancient* distribution of the primary elements. It was Aristotle's division, and that of many other celebrated philosophers. Indeed, it is not long since the Physiologists and Chemists began to add to the number of primary elements. From seven to nine and forty-six they have summed up the number at different times; and they are not even yet sure whether the last number should be enlarged or diminished. Indeed, they confess, the real simple elementary principles of matter will never be discovered. The natural division of Dr. Thompson, made in times of old, answers all the purposes of his system, and all the operations of his healing skill.

With these principles Dr. Thompson started, and, as Dr. Robinson says —"from the vale of obscurity he has risen to take his rank among the benefactors of the world; and, with Drs. Brown and Rush, bids fair for everlasting fame. These gentlemen, though they have travelled on far diverging paths, yet, at the end of their journey, they have met almost at the same point. They began their career together, about the end of the last century, and before the close of the present it is impossible to say in what high estimation they will be held by the world, and what extraordinary cures will be effected by their discoveries."

Dr. Brown, by reducing all diseases into two classes, *sthenic* and *asthenic*, ascertained at once to which class the complaint belonged, on visiting his patient, and proceeded to remove the *debility*.

Dr. Rush, by making disease an *unit*, caused by *morbid excitement*, the state or condition of which was to be ascertained by the pulse, could decide with equal facility on the mode of cure—in other words, equalize the excitement.

Dr. Thompson, by considering disease as the general effect of a general cause—*obstruction*, fixed his remedy like the others. Remove the *obstruction* is his cure. Remove the *debility* is Dr. Brown's cure. Remove the *morbid excitement* is Dr. Rush's cure. And all done by diffusive stimulants. The *debility* is to be removed by *diffusive stimulants*. *morbid excitement* by *diffusive stimulants*. The *obstruction* by *diffusive stimulants*.

Medicines, says Dr. Hoffman, contain no incoherent principles of action in themselves. They do not act on the dead body, said Hippocrates; and their action on the living depends on the state in which they find it, whether torpid or irritable, strong or weak; and it is the same with all parts of the regimen, food, drink, air, exercise, or any other.

Medicinal substances may be perfectly understood in their chemical properties, as they are by some apothecaries; and yet we may be quite ignorant of them as to their physical operations on the human frame. This distinction will show that Dr. Thompson may, without a knowledge of chemistry or botany, know the physical operations of his medicines better than the most laborious chemist. The physical operation must be learnt chiefly by experience among the sick, not in the retirement of a school or a laboratory. Hippocrates has given us the clue, when he says, "that medicines affect the body according to the state in which they find it." The state or condition of the body, and the operation of the medicine on that state we commonly learn, as Thompson learned it, by experience.

I am not one of those who think that wisdom is to be obtained by idleness, or gained by chance; yet I know that some of the most valuable discoveries in the world have been made in obscurity, and have sprung, as it were, from fortuitousness—not that I believe that there is anything absolutely fortuitous—but to humble the pride of man, who is too apt to lean on the might of his own arm, and ascribe to himself the merit of great discoveries, the Deity concedes them to the humble and illiterate, while they are withheld from the vain sciolist, or proud aspiring doctor of the schools. Let those who despise Dr. Thompson and his discoveries, because he was poor and unlearned, remember the words of Him who knows the heart, and has given us an admonition which should sink us into the very dust; "I thank thee, O Father, Lord of heaven and earth, because thou hast hidden these things from the wise and prudent, and hath revealed them unto babes."

MEMOIR OF

DR. SAMUEL THOMPSON.

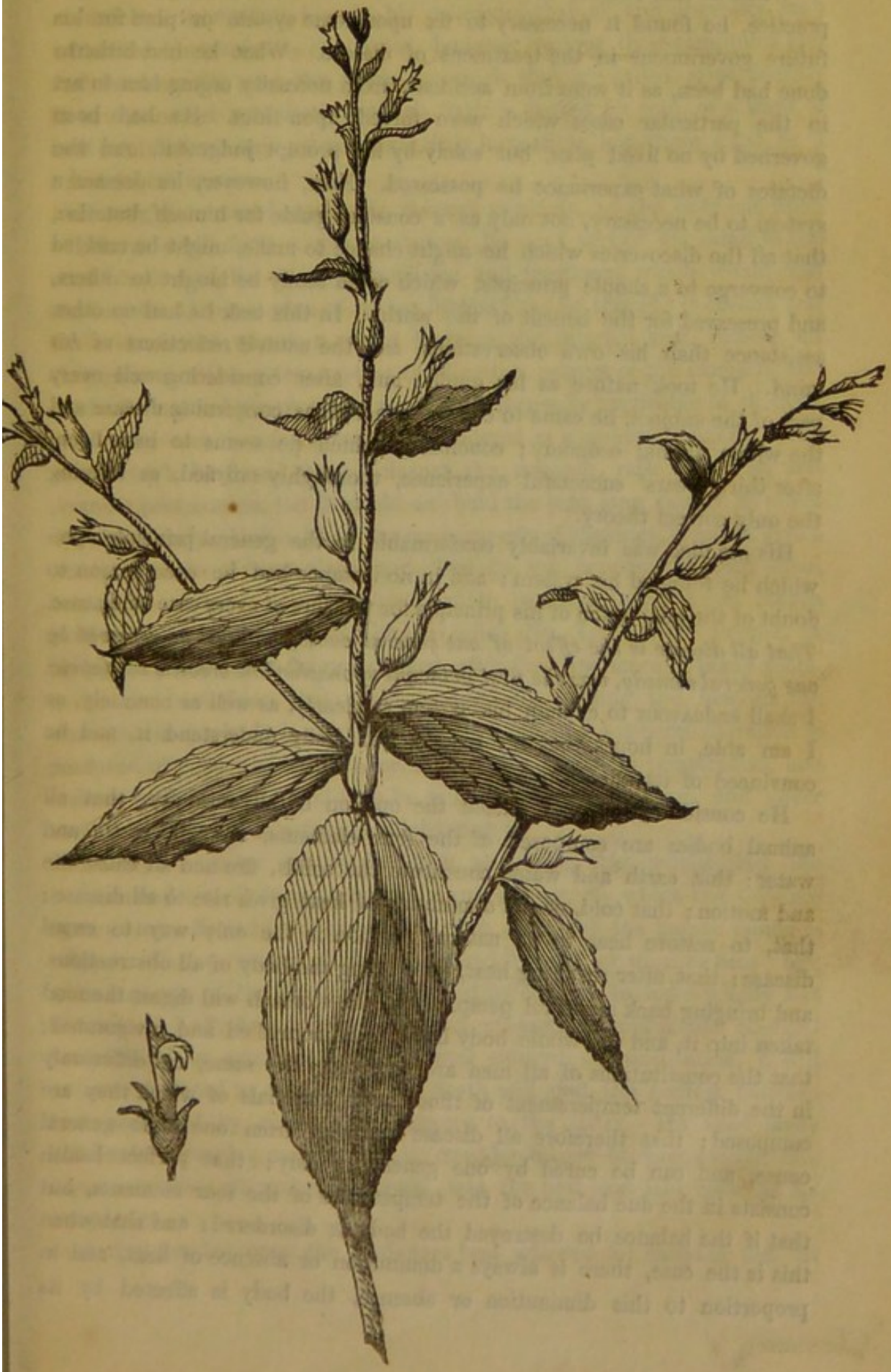
THE system of Medicine now introduced, is not, I freely confess, my own. Neither to me, nor to any of the faculty, is the world indebted for its origin. Let merit be given where merit is due. The merit in this case is wholly and entirely due to the plodding genius of a labouring man of America, the particulars of whose life are most interesting, as they afford one of those instances, of which many have occurred in the history of mankind, that in the obscure depths of life many a brilliant gem is hidden, till a particular concurrence of circumstances brings to light the invaluable treasure, and concentrates on it the gaze and admiration of the world.

SAMUEL THOMPSON was born February 9th, 1769, in the town of Ashted, county of Cheshire, and State of New Hampshire, America. His parents had to depend upon their labour for support. About a-year after the birth of Samuel, they had bought a piece of wild land, on credit, and had to pay for it by what they could make off the land. The country around was a wilderness, only here and there plots being brought into cultivation by men who had taken them in the manner just mentioned. There was not a house of any kind near that of Thompson's, within three miles one way and about one the other. There were no roads, and the wanderer had to find out his way by marks, which he had left upon trees as he passed them on his forward journey. Samuel had not entered his fourth year of life, when he was employed by his father to drive the cows to pasture, and watch the geese, an occupation which kept him all day in the fields. Then it was that he began unconsciously to lay the foundation of his future fame. With the playfulness and inquisitiveness of childhood he amused himself during the time that he was in the fields, with examining the herbs and flowers that grew around him. But about him there was something more than ordinary childish playfulness. He was curious to know what were the names and for what good were adapted all the herbs which he saw growing; and whenever anyone was with him or came

to him, he would endeavour to satisfy his curiosity by making, as well as he could, a variety of inquiries respecting them. All the information which he thus obtained, either by questions or personal observations, he seems to have laid up carefully in his memory, and never to have forgotten. An old lady, named Benton, who resided in the neighbourhood, was of great service in the improvement of his inquisitive mind. As there was no doctor near, she used to attend the family of Thompson, when there was any sickness among them. Her whole practice lay among roots and herbs, which she applied externally, or gave internally, in hot drinks, to produce sweating; and when one sort failed to produce the desired effect, she would try another, till her end was gained in the relief of the patient. In consequence of the benefits which the family of Thompson received from her skill and attention, they became much attached to her, particularly Samuel, who took a great delight in accompanying her when she went to collect roots and herbs, and used to make many enquiries of her respecting their names and use; while she, on her part, felt a pleasure in instructing his young mind in every particular. He has been heard to say, "One day in the fourth year of his life, during the summer season, when he was out in the fields in search of the cows, he discovered a plant, which had a singular branch and pods, that he had never seen before, and he had the curiosity to pick and chew some of the pods." The effect which it produced upon him put him upon one of those playful mischievous tricks in which boyhood delights, and, by way of sport, he used to induce other boys to chew it, that he might see them vomit. For nearly twenty years he carried on his amusement with this herb in this way, without knowing anything of its medical virtues. But these simple experiments eventually led him to observe the value of it in disease. He afterwards gave it the name of the emetic herb, and it became the most important article he made use of in his practice. This was the Lobelia Inflata.

When he had attained his sixteenth year, his parents seeing him still so much taken with roots and herbs, began to entertain a thought of sending him to live with a Dr. Fuller, of Westmoreland, who was called a root doctor. This much pleased him, and he thought he would be more useful than if he was so unfortunate as to follow any other calling or profession. Thompson seems not to have been mistaken in his natural disposition, or gift, if we may take as a criterion the extensive usefulness which marked his practice, the extraordinary success with which he was favoured, and the powerful protection and support which rallied round him when enemies at length rose up against him and endeavoured to arrest his medical career.

THE LOBELIA INFLATA.—No. 1.



When he had come to the resolution to devote himelf entirely to medical practice, he found it necessary to fix upon some system or plan for his future government in the treatment of disease. What he had hitherto done had been, as it were from accident, from necessity urging him to act in the particular cases which were forced upon him. He had been governed by no fixed plan, but solely by his prompt judgment, and the dictates of what experience he possessed. Now, however, he deemed a system to be necessary, not only as a constant guide for himself, but also, that all the discoveries which he might chance to make, might be enabled to converge to a simple principle, which could easily be taught to others, and preserved for the benefit of the world. In this task he had no other assistance than his own observations, and the natural reflections of his mind. He took nature as his guide; and, after considering well every part of the subject, he came to certain conclusions concerning disease and the whole animal economy; conclusions which he seems to have been, after thirty years' successful experience, thoroughly satisfied, as forming the only correct theory.

His practice was invariably conformable to the general principle upon which he founded his system; and in no instance had he ever reason to doubt of the adaptation of his principle for the cure of every case of disease. *That all disease is the effect of one general cause, and can be removed by one general remedy, was the first principle upon which he erected his fabric.* I shall endeavour to explain his system as clearly, as well as concisely, as I am able, in hopes that my readers will easily understand it, and be convinced of its correctness.

He considered, as was indeed the opinion of all antiquity, that all animal bodies are composed of the four elements, fire, air, earth, and water: that earth and water constitute the solids, fire and air cause life and motion; that cold, or the diminution of heat gives rise to all disease; that, to restore heat to its natural position is the only way to expel disease; that, after restoring heat, by clearing the body of all obstructions, and bringing back a natural perspiration, the stomach will digest the food taken into it, and the whole body begin to be nourished and invigorated; that the constitutions of all men are essentially the same, and differ only in the different temperament of those same materials of which they are composed; that therefore all disease proceeds from one same general cause, and can be cured by one general remedy; that perfect health consists in the due balance of the temperature of the four elements, but that if the balance be destroyed the body is disordered; and that when this is the case, there is always a diminution or absence of heat, and in proportion to this diminution or absence, the body is affected by its

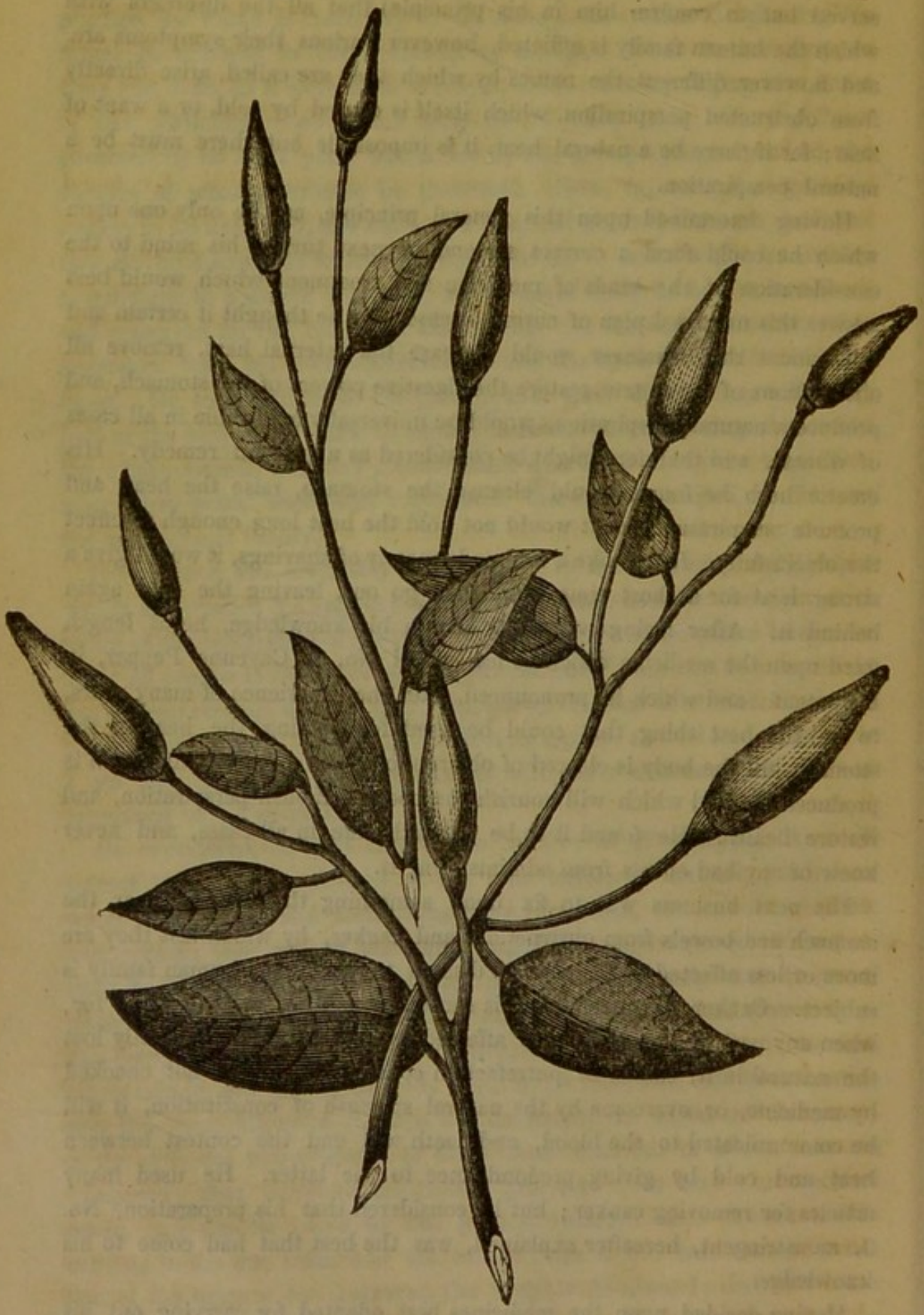
opposite—cold. In short, he considered (and his subsequent experience served but to confirm him in his principle) that all the disorders with which the human family is afflicted, however various their symptoms are, and however different the names by which they are called, arise directly from obstructed perspiration, which itself is caused by cold, or a want of heat; for if there be a natural heat, it is impossible but there must be a natural perspiration.

Having determined upon this general principle, as the only one upon which he could form a correct system, he next turned his mind to the consideration of the kinds of medicine and treatment which would best answer this universal plan of curing disease: for he thought it certain and self-evident that whatever would increase the internal heat, remove all obstructions of the system, restore the digestive powers of the stomach, and produce a natural perspiration, would be universally applicable in all cases of disease, and therefore might be considered as a general remedy. His emetic herb he found would cleanse the stomach, raise the heat, and promote perspiration, but it would not hold the heat long enough to effect the object fully. It was like a fire made merely of shavings, it would give a strong heat for a short time, and then go out, leaving the cold again behind it. After trying everything within his knowledge, he at length fixed upon the medicine which he has called No. 2, Cayenne Pepper, in his patent; and which he pronounced, after the experience of many years, to be the best thing that could be used for holding the heat in the stomach, till the body is cleared of obstructions, and a natural digestion is produced of food which will nourish the body, establish perspiration, and restore health. He found it to be perfectly safe in all cases, and never knew of any bad effects from administering it.

His next business was to fix upon something that would clear the stomach and bowels from obstructions and canker, by which last they are more or less affected in all cases of disease to which the human family is subject. Canker, or putrefaction, is caused by cold, or want of heat; for, when any part of the body is so affected by cold as to have wholly lost the natural heat, canker or putrefaction commences, and if not checked by medicine, or overcome by the natural strength of constitution, it will be communicated to the blood, and death will end the contest between heat and cold by giving predominance to the latter. He used many articles for removing canker; but he considered that his preparation, No. 3, an astringent, hereafter explained, was the best that had come to his knowledge.

Having decided upon the medicines best adapted for carrying out his

CAYENNE PEPPER.—*(Capsicum Annuum.)*



great principle, he settled upon a general plan of treatment for all cases of disease. It was, first to cleanse the stomach by giving No. 1; secondly, to produce as great an internal heat as he could by giving No. 2; and, when necessary, to make use of steaming, especially in fevers; and, then thirdly, by No. 3, to clear off the canker; and, in all cases where the patient had not previously become so far reduced as to have nothing to build upon, he was successful in restoring them to health. He found that fever was a disturbed state of the heat; or more properly that it was caused by the efforts which nature makes to throw off disease; and therefore ought to be aided in its cause, and treated as a friend, and not as an enemy, as is the practice of the physicians. In all cases of disease, he found that there was more or less fever, according to the state of the system; but that all fevers proceed from the same cause, differing only in symytoms, and may be managed and brought to a crisis with much less trouble than is generally considered practicable, by increasing the internal heat till the cold is driven out, which is the cause of it.

Such were the main principle, medicines, and method of treatment which Thompson, after deep consideration, adopted; and we are henceforth to behold him no longer wasting his days against his will in the culture of a farm, but advancing forward with unexampled success in that career of medical practice to which his inclination led him, and for which he was naturally formed. It would be impossible, in the brief sketch which I must here take of his life, to give an account of those numerous instances of cures which he surprisingly wrought. He wrought them, as it were, by magic; there was no species of sickness but what disappeared before him. In every case where his directions were strictly adhered to, and the patient had not previously become so far reduced as to have nothing to work upon, he was successful; though the cases which fell to his share were commonly of the worst kind, being such as had been given up as hopeless by the regular practitioners.

Scarcely had he come to the decision of making medical practice his sole occupation, in the year 1805, when an alarming disease, which was considered to be the yellow fever, spread widely its ravages through his own neighbourhood of Ashted and Walpole. Among the innumerable cases which he attended, he had the fortune not to lose a single patient, while nearly all those who were attended by the regular physicians died. He was so engaged for the forty days' during which this disease prevailed, that he was able to be at home but eight nights, acting as nurse as well as doctor. He found of great use the process of steaming, which he had first discovered and practised in the case of his own child: but experience

taught him that putting a heated stone into a spider or iron basin, and then wetting the top of the stone with vinegar, was an omnipotent improvement upon his original mode. This simple process, together with a little medicine prepared by himself, answered its purpose far better than the bleeding and poisonous physics which were employed by the doctors. While he was attending those who were sick, and they found that his mode of treatment relieved them from their distress, they were ready to flatter and give him credit for his practice; but after he had worn himself out in the service, they began to think it was not done in a fashionable way; and the doctors made use of every means in their power to ridicule him and his practice, for the purpose of maintaining their own credit with the people. This kind of treatment was a new thing to him, as he did not at that time so well understand the craft as he did afterwards, from hard-earned experience. The word quackery, when used by doctors against him, was a very important charm to prejudice the people against his practice.

Thompson went on in his practice successfully; spread his usefulness through the whole extent of the United States; instructed the people in his summary method of curing, and also preventing disease, whenever he saw a desire to learn; and effected, like Hippocrates of old, everywhere the most astonishing cures that were known to be produced by means purely human, and in reality extraordinarily simple. And although many of his disciples and followers met with similar trials and persecutions, Thompson lived to realize a comfortable independence, and to see his mode of practice legalized by almost every government throughout the United States.

DR. THOMPSON'S THEORY.

The propositions, or premises, which form the basis or first principles of the science of medicine, and are also illustrative of the Thompsonian practice:—

1. *Matter*, in all diversity of character, quality, form and combination, may be classed in two great divisions:—namely, *organic*, and *inorganic*, matter.

2. *Organic* matter includes the two vast kingdoms of nature, the *animal* and the *vegetable* kingdoms.

3. *Inorganic* matter includes all the bodies not possessed of life, or such as are not endowed with a capacity for life.

4. Inorganic *brute*, or *dead matter*, is controlled or governed by laws or forces embracing chemistry and natural philosophy.

5. *Organized* or *living* bodies, though influenced to a certain extent by

the laws which influence inorganic matter, are sustained in their living state by vital laws, which hold supremacy over, and control them, modifying and rendering them subservient, on many occasions, to the purposes of vitality.

6. The principal of life is the same in all animated beings; and the animal economy of man is governed by the same general laws which govern all other animal economy.

7. Life, or the living state, is a series of actions or motions in animal matter, of which organized bodies only are susceptible.

8. Without organization there cannot be life. And again, organized bodies, though possessed of a capacity for life, require the aid of stimulants to call them into activity.

9. Animal life cannot be supported by external stimulants only.

10. The influence of heat, or caloric, is necessary for life in organized bodies.

11. Heat, or caloric, is the power or agent by which other stimulants, as atmospheric air, light, electricity, galvanism, food, drink, and medicine, act upon the system.

12. Caloric brings into play that power which is the immediate agent of the varied and complicated actions of the system which forms and fashions the organs, conveys and appropriates nourishment to every organ and tissue, sustains animal matter in a state of composition, selects and expels *effete*, or worn-out matter, by the pores of the skin, the kidneys, and other depuratory organs, carries on all the various secretions, endows the organs with sensation, and enables them to react against or resist the influences that tend to their destruction.

13. The two preceding propositions form the corner-stone or basis of the science of medicine. In the early period of animal life, until the organs become developed, heat is derived from the mother. As the organs become developed, they are endowed with the power of producing or generating heat, and after birth the supply of animal heat is dependant upon this function of calorification, or heat generating power. Thus, vital action, first brought into play by heat, creates the power, or generates the influence necessary for its continuance. Heat is evolved in every part of the system, and the amount of caloric generated will be in proportion as its vital action is greater.

14. As the heat of the system is lessened, in proportion will vital action diminish. If the system is deprived of caloric for a certain length of time, all the preservative, recuperative, and sanative phenomena cease. It is the same also as respects oxygen.

15. The stomach is the seat or throne of the vital powers, the main centre or source from which is radiated the nervous power, which, by the aid of heat and oxygen, carries on and governs the important vital functions of circulation, respiration, digestion, nutrition, assimilation, and the various secretions.

16. The stomach is, in almost every instance, the seat of disease. When this organ is disordered, the power of generating heat and nervous influence is diminished, and consequently the action and functions of other organs become weakened or deranged. In fever, although the heat of the surface is increased above the natural standard, yet the amount generated may be less than is produced in a state of health. The secretions and transpirations from the skin and mucous surface being suspended, the heat is locked up in the system; and this, it would seem, is a wise provision for retaining the heat, in order to sustain the recuperative actions, and thus effect a crisis in disease. Experiments have shown, that in the most inflammatory disease, the blood contains less positive electricity than it does when taken from one in health. As soon as the functions of the stomach and bowels are restored to a healthy condition, a natural warmth and action becomes established throughout the system.

17. The same means that will restore the natural temperature of the system, as pure stimulants and the vapour bath, will also increase the electro-galvanic, or nervous power, which governs the circulation, and all the vital functions.

18. As the natural warmth of the system is reduced either from a disordered stomach, or from any other cause, the nervous power, which maintains an equilibrium in the circulation, is enfeebled; hence, in disease, a loss of the natural balance, or equilibrium in the circulation of the blood is a common occurrence.

19. All undue accumulation of blood in a part, is attended by a deficiency of it in other parts. Thus in fever there is an unnatural quantity of blood on the surface, and a corresponding deficiency inwardly. Determinations of blood to the head are accompanied with a loss of blood in the feet.

20. The same means that will correct a disordered stomach, and raise the heat of the system to its natural standard, will tend to restore the natural balance of the circulation of the blood.

21. As the natural heat and nervous power is reduced either from cold, disordered stomach, or from any other cause, the functions of digestion, nutrition, and assimilation become enfeebled or disordered. The same cause also deranges the secreting organs, as the liver and glands of the

mucous membranes. In many instances, in diseases, the liver ceases to secrete bile: and the excessive thirst accompanying fever arises from diminished or suspended secretions of the glands of the mucous membranes.

22. Whatever will cleanse the stomach, restore the natural heat, and produce perspiration, will also tend to restore digestion, assimilation, the secretions, and in fine, remove every derangement which occurs in the system.

23. The lower order of animals, as the hybernating species, will bear these abstractions; they sink into a state of torpor and insensibility during winter, and on the return of warm weather are re-awakened into life and activity.

24. In the higher order of animals and in man, the abstraction of heat cannot be borne below a certain degree, but for a limited period, without producing disorganization and death. Hence they are endowed with a power to react against cold and other deleterious agents, and by thus establishing a counteracting force or influence, life and organization is preserved against causes tending to their destruction. Many of the symptoms which occur in disease, as pain and fever, are caused by recuperative, life-sustaining actions, the organs being driven, as it were, to a new mode of action, with the design of counteracting the influence of offending causes, and regaining their lost vitality.

25. Fever does not constitute a disease, but is always an evidence of the existence of an offending cause in the system, and which nature is struggling to remove.

26. Living beings are ever surrounded by agents or powers which exert an influence in direct antagonism to the laws of life, tending to subvert or destroy vital action. Thus, the living state is held, as it were, in a balance between opposing powers.

27. The direct effect of cold and other morbific agents upon the system, is to weaken vital action, and to lessen the power of generating heat; hence disease of every form and variety commences with symptoms which show that the vital powers are weakened, these are lassitude, general debility, coldness of the surface and extremities, and chilliness. Cold and damp feet exert an influence in weakening and deranging the natural and healthy order of action in the system, and thus prove a fruitful source of disease. Dampness probably operates as a conducting medium by which the caloric, but more especially the electro-galvanic fluid, escapes not only from the lower extremities, but also from the stomach and all the viscera of the abdomen by means of the nerves, which form a connecting chain of conductors or channels throughout the system for the passage or circulation

of this nervous fluid. As the nervous influence escapes from the system, the functions, over which it has control, become enfeebled and deranged.

28. The first symptoms in disease prove a weakened condition of vital action. As the constitution reacts, a new train of symptoms ensues; the pulse becomes quicker and stronger, the surface becomes hot and dry, and the system is in a state of feverish excitement, or in other words, the patient has a fever. The constitution struggling against disease occasions the fever, and it is by this power of reaction that this disease is overcome. Intermitting fever, as it is termed, commences with a chill. As the system reacts, fever comes on; and the recuperative efforts which occasion the fever, restore the heat, bring on perspiration, and frequently other critical evacuations, more especially from the kidneys, by which the disease is partly or wholly removed, until the return of the succeeding chill, when the constitution institutes the same preservative, recuperative train of action. In eruptive diseases, as small pox, meazles, and scarlet fever, there are always in the commencement general debility, chilliness, and a disordered stomach. These are the direct effects of the morbific agent that produces the disease, and but for a counteracting influence, vital action would be overcome. The constitution establishes a reaction or fever, by which the disease is thrown to the surface, producing an eruption on the skin.

29. The design of reaction or fever is to restore the lost heat and vitality, and remove all morbific and deleterious agents and their effects from the system, and thus preserve it from disease.

30. A course of treatment that will cleanse the stomach and bowels, restore their natural actions, and remove obstructions from the system, will also remove fevers, by assisting to bring about what the fever is endeavouring to accomplish. When the offending cause is removed, there will be nothing to excite fever or reaction. There is another and very opposite plan for subduing fever, to wit: by reducing the vital forces, or the recuperative efforts of nature, by bleeding, purging, and the use of poisonous agents, as nitre and antimony. This, though the fashionable practice, is nevertheless unnatural, unsuccessful, and hazardous to the future health, if not to the life of the patients on whom it is practised.

31. An important indication in the treatment of all acute diseases, attended with high arterial excitement or violent fever, is to overcome the contracted or spasmodic condition of the capillary vessels by relaxing the system with lobelia.

32. To effect a relaxation of the system there is probably no agent of equal value with the lobelia inflata. This medicine exerts a surprising influence in equalizing the nervous power, and in relaxing the system,

without weakening the vital properties. In many instances, however, fever may be removed by the same means alone that will overcome a chill, to wit: pure stimulants and the vapour bath. Medical men of the old school have not made a proper distinction between pure stimulants that strengthen and promote a healthy action, and those agents which occasion morbid excitement at the expense of the vital powers. Brandy and all alcoholic preparations aggravate fever, and hence it is inferred that all stimulants are improper in such cases. A patient in a fever that would be injured by brandy, would in the same condition be benefitted by drinking freely of capsicum tea. It is as contrary to the theories of the regular practice to use capsicum in scarlet fever as in any other form of fever, it being a disease of a highly inflammatory character, and yet a majority probably of the profession make use of this article in scarlatina, and many of them depend exclusively upon it.

33. As a consequence of a reduction and derangement of vital action, there are in disease, thickened morbid secretions, by Dr. Thompson termed "canker," formed on the lining membrane of the stomach and bowels; and which, in acute diseases, as in dysentery, pleurisy, the various forms of eruptive disease, and all other febrile affections, tend more or less to putrefaction, and thus prove deleterious to the constitution. The stomach becoming coated with thickened tenacious secretion, or "canker," is probably a general cause of disease being protracted. It is an observation of Samuel Thompson, that "where there is canker seated in the stomach the tongue is more or less coated with canker," or morbid secretion in diseases, and its appearance affords a criterion by which to judge of the condition of the stomach. A tendency in this "canker," to soften and clean off from the edges of the tongue, is usually one of the first signs indicating a favourable crisis in a disease.

34. To remove the "canker" (I make use of this term because it is the one generally employed and understood by Thompsonians) is of the first importance in the cure of disease. This requires, in the first place, the use of such means as will excite the secretions, and "restore the inward heat," by which, as Dr. Thompson expresses it, the "canker" is ripened, and as these morbid secretions soften they may be removed by the use of Thompson's "No. 3," or "medicines for canker." The tannin and gallic acid contained in these vegetable preparations have a strong affinity for the "canker," and by combining with it, overcome its tendency to putrefaction, and they also detach it from the coats of the stomach, and thus remove obstructions to the secretions, and enable nourishment to be taken up by the chyliferous vessels.

35. In violent local determination of blood to a part or organ, as in croup, inflammation of the brain, violent pleurisy, inflammation of the kidneys, apoplexy, &c., one of the most important indications in the treatment is to overcome this undue determination to the diseased part by relaxing the system with lobelia, either by the stomach, or administered by injection. The same course of treatment is applicable in profuse hæmorrhage, as in bleeding from the lungs, nose, or uterine organs.

36. Finally, Dr. Thompson's "course of medicine" fulfils all the important indications for the cure of disease in general; and, if judiciously applied, will effect a cure in all cases that are curable by means of medicine.

Dr. Thompson is called ignorant; but it is more the ignorance of books, than of experience. He had, and still has, a vast measure of that learning which gives popularity to the physician and confidence to the sick. It is the skill of one who had battled death in a thousand forms and disease under every aggravation.

Dr. Rush, contemporary with Thompson, speaking of the causes of failure in medical practice, makes the inquiry, why ninety-nine cases out of a hundred are lost of those which are called the curable diseases. He mentions first, *ignorance in the physician*, meaning one not qualified either by reading or observation for the practice of medicine. Dr. Thompson does not fall under this charge. By observation he was well qualified.

2ndly. Dr. Rush says, *incapacity in the physician.* Dr. Thompson is clear of this charge also; for he had a natural aptitude and love for medical study. Had it not been for this, he never could have upheld himself against the pressure which weighed him down and impelled him towards the earth.

Dr. Rush says, 3rdly, *want of instruction in the physician*, meaning that, with good capacity, he had received erroneous instruction; and hence his practice is pernicious and ineffectual. Dr. Thompson had the very best of all instructors—necessity and experience—instructors which have seldom deceived man. They have taught him to plough, to find out the utility of corn bread, of potatoes, of wool, of fur, of the simples employed in medicine; in fine, of everything valuable in use among the human family.

Dr. Rush mentions 4thly, *obliquity of mind.* "There are some," says he, "of such perversity of mind, that nothing will teach them propriety, nor enforce upon them the majesty of truth." If ever nature formed a plastic mind for the impression of medical wisdom, that mind was Dr. Samuel Thompson's. The medical profession was the very niche in the temple of nature, for which the Deity designed him.

Dr. Rush mentions, as a 5th reason, or cause of failure in physicians, attachment to other pursuits, and neglect of their own profession. Through every vicissitude, Dr. Thompson has been attached and devoted to his profession. In prosperity and in adversity, in sickness and in health, in prison and at the bar of judgment, he had but one object in his eye, one exclusive sentiment in his heart,—the healing of the sick, the discovery of effectual cures, the perfection of his system, and the relief of the wretched. Of all the causes of failure, by which ninety cases out of the hundred of curable diseases, enumerated by Dr. Rush, are lost, Dr. Thompson stands clear before the tribunal of the whole world. In his whole character he is the very reverse of all those condemned by Dr. Rush. Dr. Thompson had very much of Dr. Rush's own qualifications for the office of a physician; all indeed, but his book learning. He had the same enthusiasm, the same perseverance, the same determination to succeed and to excel, the same activity and taste for observation, and, in one word, the devotion of mind to the healing art, which eminently distinguished that kind and celebrated professor.

Dr. Rush being judge, Dr. Thompson would save the ninety-nine patients out of the hundred of the curable cases: and, in fact, his success has been always even beyond this extraordinary proportion. *He has not, no, nor have his followers, lost one out of the hundred of their patients.* I do firmly believe, that this fact cannot be contradicted. Oh! what a gain is here! What a waste of lives! What destruction of the human race prevented!

Dr. Chaptal, speaking of the heroic medicines, says:—"Should their constant and invariable effects through all Europe be found good and salutary, they ought to be exhibited; but government should impose and interdict upon their use, till the most rigid inspection should have ascertained their safety, and established their success; and not suffer proud and pompous practitioners to sport with the lives and happiness of the assembled millions of Europe." These remarks have been reiterated by Dr. Rush. While pouring the greatest encomiums on the heroic medicines, he adds:—"But in the hands of ignorant pretenders, or proud and careless physicians, they are most fatal and destructive medicines." This will readily account for the fact of the ninety-nine out of the hundred of curable cases being lost. It was nearly a hundred years after the physicians of Europe had introduced the antimonial medicines into their practice, before the College of Paris would suffer their introduction: and that most eminent College of Physicians is now the first to banish the mineral poisons from their practice. They have the distinguished honour of being

the last to receive those dangerous remedies, and the first to expel them from their community. There is, perhaps, no people in the world who enjoy as great a flow of animal spirits as the French. We cannot attribute the whole effect to climate alone. It will not account for the fact. Other climates, equally good and salubrious, do not produce such happy results.

Our object is truth, and not speculation. We have all witnessed the sinking soul and loss of appetite, after a severe course of medicine; this is never witnessed in the exhibition of the botanic remedies; but, on the contrary, a degree of animation and a desire for food, which to myself was perfectly astonishing; and, I presume, must be to every one who perceived it for the first time. The conclusion of my own mind was at the time, there must be something in this medicine extremely congenial to life, and in harmony with all its laws. Its effects upon the patient are like sound and refreshing sleep to the husbandman; he rises restored and strengthened like a giant refreshed. It was so contrary to what I had ever before witnessed, and especially in the same patient who had taken medicine for years before, and always with a loss of appetite, that I could not, without sinning against my soul, withhold my testimony and approbation. We are sometimes forced into opposition with our best friends: it is extremely painful. I was often, since the commencement of these lectures,* on the very point of abandoning them for ever, and wished I had never begun the subject; but as I progressed, and witnessed the salutary result of the new practice, I did verily believe that I was serving God and my country, in striving to diffuse a knowledge of its doctrines.

Nor do I think I can be mistaken; for a practice of forty years over, perhaps, a million of people, in a variety of cases of disease, must be surely calculated to give certainty to the practice, if certainty can ever be obtained in the medical profession.

There are three very important results of this medicine, which I would wish to impress upon my hearers. It removes obstructions, restores the appetite, and invigorates the powers of life. Now these are three essential points in the recovery of a man to perfect health. When all the obstructions are removed, the vital functions have a fair and easy play, acting in harmony and vigour, and the glow of health is diffused over the whole frame. A medicine which has a tendency to exhilarate the mind and rouse the animal spirits, without subsequent depression, proves this single fact, namely, its vast superiority and importance—that it is the medicine

* "Fifteen Lectures upon Thompsonian Practice, and Dr. Robinson's Conversion."

of life and health, and no matter when or by whom discovered, the people should cleave to it as a sacred shield and refuge for their woes. It is a solemn thing to take charge of the sick, and undertake the cure of diseases. There should be no enthusiasm or fancy on the subject; but deep and solemn gravity, and sober thought. Yet the effects witnessed by the operation of this new medicine, are sufficient to rouse the mind to something bordering on the romantic. A regular physician of this city, on beholding the astonishing consequences of lobelia and other medicines, on a patient extremely reduced and emaciated, confessed that it was extraordinary; "but," said he, "it will not last; the effect is only temporary." However, it was not temporary, but permanent benefit which the patient received. If all the sick relieved and cured by this practice could be assembled together, and a fair statement of their cases and cures made out, I am convinced that the world would be amazed at the multitude and the result, as well as at the victory, so signal and triumphant, obtained over sickness, and over death itself.

MEMOIR OF

DR. JOHN STEVENS.

At the request of many parties who felt an interest in the advocacy of medical botany, a brief sketch of the Author of Medical Reform is given to the public, for whom he worked, and in whose cause he died.

It might seem to some superfluous and egotistical to give all the incidents of his career, therefore we must hope that an outline will satisfy, as there can be no refutation, living witnesses having sent in their testimony to the facts herein written, and as the old adage says, "truth may be blamed, but not ashamed."

John Stevens was born November 30th, 1811, at the East-end of London. His parents were in respectable circumstances, as cornfactors, and sent him to a school on the borders of Epping Forest; he remained there until his father's death, when his position in life was changed, and he was brought away, to save the expense attendant on a boarding-school education, and take a part in helping to earn a livelihood for four orphans, younger than himself, and a widowed mother.

He had been intended for the medical profession, and to have graduated under a friend of his parents, but as the rest of his sisters and brothers were to be provided for, with himself, without the help of a father, it was thought advisable now to put him to a mechanical business. His mind was far from being adapted to this, as it was always longing for the food of science; yet there was no choice, and he contented himself with thinking that if his sisters and brothers grew to be somewhat out of his care, he could then turn his energies to what he now wished, by cultivating them gradually for the future.

He was apprenticed to a person of kind disposition, who frequently saw the boy did not mix with others to play, but always appeared to be reading. On several occasions he took him to lectures; once or twice Buckingham was the lecturer, and all who have heard that talented man

will know how a young mind, panting for knowledge, would feel under him; he vowed from thence to be a lecturer as soon as his time was his own, or when loose from his trade.

He was a total abstainer from alcoholic drink, and was allowed by his master money, instead of beer to his meals; with this, and perquisites of the same kind, he bought books, and all the spare time from his occupation read and studied intensely.

At the close of his apprenticeship he began business, and it being in the decorative line, was well employed, through the great taste he showed in fitting-up; but the idea of lecturing still clung to him; business was too still, the energies were more for excitement; still he must seek confidence in the truth he was to preach, through the great authors he read, and be deeply versed in the subjects: all this so necessary determined him to get a ticket for the reading rooms of the British Museum, where daily he devoured knowledge, with which that noble repository is so well filled.

About this time there was much lecturing upon social and political reform, and it may be said, one of the dearest friends he possessed, and himself, thinking they saw good in it for the people, arranged to take the responsibility of a room; he to lecture, and his companion to see to the business of it, without drawing any resource from the heads of whom the opinions had sprung; but it lasted only a short time, as views were thrown out upon different subjects that did not meet their turn of mind, therefore he did not enter into it so fully as other things more congenial to his aspirations.

In a lecture room he met Dr. Coffin and his young wife, and from some introduction became acquainted with him. The doctor was in such a state of pecuniary difficulties that he many times had to give him money to buy food, and he found him one or two patients; he also introduced him to friends who, on several occasions, helped him with money, and in the end sent him to Hull, where he commenced in medical botany.

His talent in the fine arts were great, yet it was a natural gift, and on several occasions, in latter years, he might have held lucrative situations, arising from his ability in drawing and designing, but the quietness of resting in one place did not suit his temperament or disposition.

It must be understood that the desire formed, after hearing Buckingham, had never left him, and in his readings at the British Museum he had been able to store his mind with a great knowledge of antiquity; from it he painted an immense number of views, on glass, to show by the oxygen lime light; he lectured with these illustrations in several public rooms in London, but his health failing, he thought it advisable to have a tour

through the different counties of Lancashire, Yorkshire, &c., to recruit what to every one is the first and best blessing.

In Leeds he again met Dr. Coffin, who was a resident there; the doctor returned some of the obligations he had received from him before, and intimated that his time would be of more benefit to the people in general, if he lectured upon medical botany, or a reform in the present medical world. This was the thing to suit his idea of benefiting the classes, so ridden over both in pocket and in health; his present lectures were giving knowledge, but of that kind that might be dispensed with, when dearer interests were at stake, therefore, to get rid of his present incumbrance, as it had accumulated to a considerable amount of money, he must work his way to London, and settle down for some time to study for his future career, for he could not associate the idea of lecturing to teach the people, without having the essential knowledge so necessary in the practitioner, therefore he resorted to his old place, the British Museum, and read the best authors upon anatomy, physiology, and pathology of disease; he also attended lectures on the same subjects, and painted diagrams, whereby he gained knowledge, by engraving the objects more on his mind.

Through all this he had his daily bread to earn, and did it by the artistical profession of a wood carver, in which he was not to be excelled; he got a situation as foreman over a number of men and boys, by whom he was much respected for his cheerful willingness to teach them a knowledge of the art. In this profession he had to make trial of his skill, and gain to the Englishman, what he considered his due, and, in some measure, conquered, which will be seen by the following instance:—

In 1844, it was given out, through an influential periodical, that in the decorations of the Houses of Parliament there would be wanted artists of great taste, and it was feared the authorities would have to resort to foreigners for the completion, as the English could not compete with them; but specimens might be sent in for inspection, and the committee, Prince Albert at their head, would see them and decide.

He now concentrated his energies to do them a piece of work, that he hoped would, at least, defend his countrymen; and, in a few months finished one, acknowledged by all a masterpiece—it was taken from Bunyan's "Pilgrim's Progress"—"Apolyon striking down Christian in the Slough of Despond." It was sent in to the committee, seen by them and Prince Albert, also the Queen, and acknowledged to be a superior work; they offered him a very lucrative situation; but no! he had gained what he wished for, and one of the London carvers was put in as superintendent of the decorations.

Now he steadily kept his mind to the study of Medical Botany, and having seen Dr. Coffin on the subject, it was arranged for him to go to Leeds, and for some time painted Diagrams on Anatomy, &c., for the Doctor's use; then to begin lecturing. In April, 1845, he left London for, what he thought, a permanent occupation. In May he married a young person he had corresponded with for two years. She being an orphan, he sent her direct to his relatives and friends, in London, for a time, until arrangements could be made for her comfort: moreover, to leave him without incumbrance that would not interfere with his duties or studies, which he took upon him to make very arduous.

In June of this year, 1845, one David Ross, a member of the chartists of Leeds, and who had been in the employ of Dr. Coffin, brought a charge out that he was a Government spy, and had, previous to leaving London, transported some of their body by information given to the Home Office. This to him was serious, and must be refuted. He called a meeting together, where the chartists sat in a body to hear what proofs he could bring forth as to his innocence. When he began to speak at first, they were ready to tear him down from the platform, but before he had done they became hushed and hearkened to his discourse, and at the end passed a vote of confidence, also a vote of thanks for his manliness in his defence; at the same time dispelled from their ranks the author of the scandal. After the meeting closed he posted to London, and as soon as he could get a personal interview with Lord Normanby, who was in the Home Office, he got a note of hand to the effect of never at any time having laid any such information, which he sent to the heads of the chartists body in Leeds, as a further proof of being maligned.

He was almost persuaded by his wife, relatives, and friends, to give up the idea of a public life, and take the situation offered to him in the House of Parliament; but Dr. Coffin's letters were so pressing, the promises so fair, if he would join him, that he decided to do so. He was to have £3 per week, for twelve months, and at the end become partner in the firm. In July 1845, he again joined Dr. C., painted, lectured, and made himself generally useful to the month of November, when a report reached him through the *now discarded Mrs. Coffin*, that the doctor considered his services not adequate to his salary. He sought the doctor to know the truth of it, astonished that there was not moral courage in his employer sufficient to speak to him, without setting an helpless female to do what he ought to have done alone. He saw the doctor and said, " now I come to you with a determination to make arrangements I consider right—you say I do not earn what you give me, I will not eat of your bread or any one's else without giving an

equivalent for it, therefore, I will take from this day to the months' end 30s. per week, I will seek my own places to lecture in, and bring you the proceeds; if at the end of the term I have not succeeded, I will leave you; if I have succeeded I shall expect my first salary again—it is demanded of me by my wife, relatives and friends, for I have left an honourable and lucrative situation to join you, and cannot sit down with the low wages of 30s. when more was, and is, in my reach, through the humble abilities I happen to be possessed of." The doctor consented to this, and he went through the month of trial successfully, not for one moment fancying he was giving cause for jealousy, but when he came to demand his former salary, the doctor told him "he would rather he went back to London to his former profession." "No!" he said, "I shall not do that; in justice to my own firmness of mind, to my own moral courage to defend the people from a monopoly, that, I fear, I see somewhat in you, I will go on; I will leave your ground of lecturing, and not by either word or deed interfere in your concerns." The doctor would hear no reason; he must go back, or lose his friendship for ever. "So be it then; it shall be my duty to forgive, and to forget your injustice, and in the work I have set myself to do, will call out better feelings than I am promised by you."

A Mr. W., a native of America, and one of Dr. Coffin's men, said to him, after other conversation, "Stevens, you have raised jealousy in the doctor, you will gain fame, and he cannot bear the thought of another joining in with him at that; you have made an enemy, and one that will go out of his way to injure you, but go-a-head! fear him not, he envies what he will never reach."

From Leeds he went to Preston, in Lancashire, and took a house ready to receive the little furniture he had forwarded before him; but what was to be done? He was without money, and could not ask his friends for a loan on account of their wish that he should not enter into the contract with the author of his present difficulties. He could not begin lectures without the needful: he had also another depending upon him for food and support. He exclaimed, "had we but a trifle to begin with, I feel a confidence in our future prosperity." A consultation was held, and it was decided between his wife and himself, that she had some little jewellery she would part with for his use; this relief, so much prized, from the source it came, gave him double courage, and he started to Chorley, some nine miles from Preston, where happened the same evening to be a lecture on temperance; at the close of the meeting he gave out his intended lectures, which seemed to strike the people they might be made serviceable to their cause—temperance; they offered him their place of meetings, a

chapel, and told him he should have it free of expense if he would introduce temperance with his lectures there. It being a principle he had always advocated, he readily promised, and succeeded in making many converts. In this town he made many cures of epilepsy, after years of suffering. In Wigan, where he lectured at the same time, he received unlimited kindness from the friends of temperance; he cured persons of diseases that the medical men had given over to die. In Leigh, near Manchester, the people's confidence was won, not only by the good he did in diseases generally, but by seeking out the poor to give them food as well as physic. In Harwich he was sought after by men of considerable intelligence and influence, in vegetarian and temperance—principles which he was urged to give lectures on in Manchester amongst their body; he thanked them, but told them it was forbidden ground to him, for Dr. Coffin was still there, and he had not forgot his promise; this integrity, on his part, when explained to them, gained him friends for life.

In August, 1846, he left Preston for Warrington, he had large audiences and numerous patients, yet, as he did not like the town, he moved again in four months to Birmingham, where he rose fast, making cures almost wherever he administered medicine, and amongst a circle of respectable families was prized as a friend as well as a medical adviser. He gave two courses of lectures in this town; at the same time lectured in Congleton, Cheshire; at the end of the lectures in the latter place, he was presented by the mayor and inhabitants with a handsomely-chased silver box, and an inscription suitable for the purpose it was given.

His next labours were in the Potteries, Staffordshire; he met with opposition from a person by the name of Harle, of the firm of Coffin and Harle, Faulkner Street, Manchester, but in this, as in every other case, *he had truth on his side*, and conquered. Harle was heard to say a short time after, "*he had been sent* to put Stevens down, but it was no go."

In the towns where he had lectured, he was asked for a book to teach the theory he practiced, and shortly after brought out "Medical Reform," the first work printed in England on the Thompsonian practice—previous, he had written a pamphlet on the "Cure of Fever." In the Potteries, as a token of their reception, they presented to him a beautiful tea service, white and gold, with the word "Botany" engraved upon it.

It being in the height of summer, the heat, over exertion, &c., brought on him a severe attack of cholera, and in the collapsed stage in which he was found by a member of his family, and although it was thought too late to save him, his own remedies, in his peculiar system of medicine, was tried, and it succeeded; but before he had got over the effects of the

disease, he lost his first and only child by death, which so preyed upon his spirits, that he determined to change his residence, and Derby presented itself as his next place for lecturing, where, and at Nottingham, he gave two courses each; his patients were numerous, and the call for Thompsonian medicines so great, that in each place he made an establishment for the sale of them. In Nottingham, he had presented to him, by a number of friends, a writing-desk, mounted with silver, and on a plate an inscription of their gratefulness for the information he had given them in his lectures. In Derby, he was sought by some of the highest families, and through being sent to the city of Bath to a case of fever, where the faculty had lost hope of their patients recovery, he was led to promise at a future time to go and deliver his lectures there.

He had for some time corresponded with the professors of the Reformed College, New York, and had received letters of approbation from them; by this introduction he was solicited to become a member of their society, and through Dr. Beach, who visited England in the year 1849, he was granted a certificate of membership, sent over by this venerated and talented advocate of the reformed practice. In July, 1848, he moved again from Derby to Birmingham, gave them another course of lectures, and at the same time lectured in Coventry; in the latter place both audiences and patients were immense; from the room of the Mechanics' Institute he was obliged to go to the Theatre for more convenience of space for his hearers, and some time was set apart for seeing patients; which numbered above 200 per day. At the end of the lectures, sixteen of which he had given to them, he was presented with a large silver salver, inscribed to his usefulness; plate-glass jug and goblett, purposely for taking his glass of water before commencing lecturing, which they observed was his custom.

In December, of this year, he lectured in Bristol, where he made an establishment for the sale of medicines used in the practice; his room of lecturing was in Broadmead, which would hold upwards of 2,000 people; it was crowded each night to suffocation, and hundreds went away that could not be admitted for want of room. Patients were equally numerous, so that the labours of the body, as well as mind, was too much, and sudden colds taken on coming from the heated lecture-room brought on bronchitis, but by the attention of his brother and wife (who he had brought to reside at his establishment in Bristol), and his own prescriptions, he was restored to his avocations for the public.

He saw that it was necessary to remove his family from Birmingham to a nearer place, as the travelling to and fro added to the fatigue; he there-

fore took a house in the city of Bath, twelve miles from Bristol, for their use and comfort.

In March, 1849, he consented, by the solicitation of some friends, to give lectures in Bath, and took a public room for that purpose, but after he had printed and posted bills announcing the lectures, and had incurred other expenses attendant on the course, he was told he could not have the room; some *individuals* connected with it and the *faculty* objected to such lectures being given in it.

This gave him an insight of his future work in that city; he saw he would have to contend greatly with the doctors, and those who have read Thompson's life may picture again the persecuting scandals, and every petty malignancy that Thompson went through, got up to stop his career; but they had one to deal with that was never cowed by threats or persecutions. He knew and determined on his course, and told *them* and the *public* openly on the rostrum, that he defied them, and would, anytime they chose to meet him, one and all, refute their scandal, and expose their practice, as a rotten thing that would fall.

He lectured in the Assembly Rooms, and very shortly made converts to his system of medicine, in fact, rich and poor sought him for all kinds of diseases, and he was very successful in curing, where his *enemies*, the *doctors*, had failed, which gave the people confidence, and had he lived he would never have had to move from there, for the sake of lucre. He was beloved by those who knew him, for he not only spent his talent in lecturing on botany in that city, but gave to them lectures upon peace, temperance, &c.; indeed, he made himself generally useful on such subjects as he thought would enlighten and benefit the public.

His power over the minds of the people was great; the doctors saw it, and could not bear it; it was gall and wormwood, and a fresh stimulant for persecution. They called together a meeting, where one Dr. Sprague at their head, was to refute his theory and expose him as an empiric. The whole body met in the large room of the Assembly Rooms to show up the imposition; he (Dr. Stevens) by some means got a ticket of admittance and walked on to the platform amongst all his enemies—alone—sat and heard what was said, and at the end of the discourse of Dr. Sprague, he rose, and so shamed them with their own words that they dropped out of the room one by one, and left him to the people, who gave him a vote of confidence, and cheered him long and loud.

All this was very well in gaining him fame, but the excitement and anxiety of a large business, with the mental study for his lectures, and editing a monthly periodical, broke up the health of his delicate constitu-

tion, and the exertions of one and all these, seemed to his friends a miracle he had been preserved so long.

In July of this year, 1849, the cholera was making fearful ravages in Bristol and throughout England; he worked manfully to save and cure those attacked by the disease; he lectured nightly upon it, and encouraged by example all those connected with him, in seeking out cases for trial of skill in the Thompsonian theory, and was rewarded by saving hundreds who, after being seized, and some in the collapsed stage, was recovered by the means employed. His shop in Bristol was besieged for the cholera powder, it was bought to keep by them in case of need, and the testimonials of gratitude for his exertions sent in, were many, but in working for them he had forwarded what before had began, and for weeks he lay on a bed of sickness, to all appearance stricken by death, in a low nervous fever.

Now was the time to see how the people had appreciated his services, numerous were the letters of enquiry, as to his health, from all parts where he had lectured, and his patients and friends in Bath were not less anxious, for by their attentions was known their feelings, more than by the words spoken, and when he once more ventured out, he was greeted with that pleasure, so honest and open, that gave him, for a short time, renewed life.

He travelled for a few months to Wales, and in Newport and Cardiff gave them each a lecture weekly, and the day following the lecture saw patients, but to those who knew him in his health, saw that in his last illness his mind and energies had sank with the body; he had lost that elasticity and hopefulness, that characteristic of his former self, which in great difficulty had led him through, and whereby, in many cases, had preserved him from harm.

The inhabitants of Bath, in the year 1850, presented him with an elaborate silver inkstand, as a testimonial of gratitude for the information received in his three courses of lectures, which had been given in different public rooms of that city. He was much affected on this occasion; he frequently said to his family, "it would be the last token of regard *he should* receive from the people;" he felt his time was short with them, and some he told so who tried to cheer him, by telling him "he had weathered *many storms* and would this;" but he would say "no, you do not feel as I feel; my brain is going, my senses, one by one, are leaving me, and in a short time I shall become as helpless as a child;" all this was too true, for the sense of smell he lost first, then taste, the body became emaciated, his nights sleepless, and were spent in seeking that "peace the world cannot give."

It can be no wonder to a reasonable and reflective mind that the brain was worn out, for in the space of five years he had written "Medical Reform," a fever pamphlet, a cholera pamphlet, "Man Midwifery Exposed," "A Treatise upon the Generative Organs," "A Practical Midwifery," edited a monthly periodical, lectured at least three evenings each week, and, upon an average, examined and prescribed for three hundred patients weekly; besides all this he was continually preparing for some war with the faculty, such as the following:—A poor girl who lay ill in the dropsy, and had been told she could not get better, by her doctor, wished, as a last resource, to try the Thompsonian remedies, sent for him; he told her he feared it was too late, but to satisfy her he promised to give her a little medicine, free of expense, which he did, but, as foretold, she died. The parents asked for a certificate from the registrar, and one of the faculty, but was told it could not be granted on account of the deceased having taken Dr. Stevens's medicine; he (Dr. Stevens) heard this, and went to the registrar's office and asked him to call an inquest, and he would be there; but day after day passed, the corpse was still unburied, and as it was in the very height of summer, it became so offensive, that they determined to ask the minister's advice where they were going to inter it. He said, "bring the corpse, I will bury it, without certificate; if they had wanted to expose Dr. Stevens, why not have done it at once, and called an inquest, with *post-mortem* examination, as he requested them, and not keep it above ground to engender disease, as it very soon will do; besides keeping the parents in unnecessary and unjustifiable trouble." This is only one case, but twenty of a similar kind might be quoted if it would benefit the reader.

There was another to contend with besides the faculty, and one who ought to have taken him by the hand and said, "let us fight this good cause together amicably;" but instead, every petty scandal that a little mind could invent, that he might annoy, but he could not injure, for those who knew the two men, saw through the cunning of the one, while they admired the candour of the other. Yet for all this he bore no animosity to the inventor of the falsehoods, and though a mutual friend in London submitted to ask for a reconciliation, so as in the war they were struggling through they might help one another; the answer, in Dr. Coffin's own words were, "he must for twelve months lecture where he (Dr. Coffin) thought proper to send him, and totally destroy "Medical Reform" from the public, and then he would *consider of it.* Of course this could not be acceded to.

On the 11th of September, 1850, a friend of his came from London to

take him to his native air, thinking change of scene, &c., might be of service to him; for some few days on his arrival he seemed better, but after that, day by day, he got weaker, and on the 29th of the same month, in the same year, died, leaving a wife, one child, and another in expectation.

It came like a thunderbolt upon those of his followers, although they had seen him sinking they clung to the hope of his recovery. In city, town, and village they, with one accord, turned their attention to the bereaved and disconsolate widow; they vied with each other in kindness, and in Bath they sent an address to say, if she would stop amongst them, they would do their utmost for her support.

In Liverpool a body of men, who are always as good as their promises, (the Society of Friends, or more commonly called Quakers) by whom he was much respected, upon hearing of his death wrote to London and said, "what can we do for the bereaved family, let us know."

As a lasting testimonial of their esteem, the friends and patients of Medical Botany determined to raise a monument with a suitable inscription upon it, as a memorial of respect for the character of him who had shortened his days in the arduous labours for their good, and erected it over his remains, which were deposited in Kensal Green Cemetery, near London.

Volumes might be written of the cures he made, the testimonials sent in of them, the persecutions and trials he endured from the faculty, and others, and with that true philosophy of spirit, rarely, if ever, retaliated; his course was straight, defending and protecting the cause he advocated.

We hope that he, or they, who may take up the theory or principle to preach to the public may, with the same truthfulness, not only in his teaching but in his living, "go and do likewise."

THOMPSONIAN MATERIA MEDICA.

In order to render the life of Thompson and his medical experience of the greatest practical utility to the reader, in the treatment of disease, the following explanation of the numbers—1, 2, 3, 4, 5, and 6, is given. They are those selections and combinations which Thompson made, after a trial of several hundred articles, during thirty years of extensive practice, and which he afterwards prescribed in every case, subsequently patented in the United States, and sold as a family right, at a cost to the purchaser of twenty dollars.

No. 1.—Lobelia Inflata.

First medicinal property; *an Emetic.*—Take of the pulverised seed, 1 drachm; cayenne pepper, half a drachm. To be taken in a cup of cold water. and when its operation is beginning to be felt, the vomiting to be promoted by drinking hot tea. Should it fail to operate in thirty minutes, let the dose be repeated.

Second medicinal property: *an Expectorante.*—A tincture, made by macerating the green seed, leaf, and pods, in either spirits or acids. Take of lobelia, 1 ounce; cayenne, 1 drachm; proof spirits, or best wine vinegar, 1 pint: macerate twenty-four hours.

For asthma, coughs, and all pulmonary complaints,—Dose: 1 teaspoonful. For children, the dose must be regulated according to age.

Third medicinal property: *a Sudorific and Diaphoretic.*—Take of lobelia, the powdered leaves and pods, 1 drachm; cayenne, 1¼ drachm; Ladies' Slipper, or American valerian, *(Cyprypredum pubescens)*, 2 drachms. The English valerian will prove a substitute for the American plant, should not the latter be found.—Dose: a teaspoonful in half a teacupful of any article in No. 4, hereafter mentioned.

Fourth medicinal property: *Anti-Spasmodic.*—Take of lobelia seed, pulverised, 1 ounce; cayenne, 1 drachm; tincture of myrrh, 8 ounces.

This should be macerated one week, when it will be fit for use. Dose: for the most violent attack of spasms, from one to two teaspoonsful in a cup of penny-royal, or any other herb tea. This is also excellent when used in all cases of suspended animation; also in lock-jaw and hydrophobia. In suspended animation the dose is a teaspoonful every five minutes, till relief is obtained.

The only preparation of lobelia inflata which has been recognised by the Pharmacopæia, is the tincture. It has been generally admitted, both by Thompsonians and others, that heat exercises an injurious influence on the activity of this plant, and hence, preparations in which heat is requisite have been necessarily dispensed with. In some observations of a chemical character on this plant, published in the thirteenth volume of the Journal of Pharmacy, the writer demonstrated several of the conditions under which this change of heat takes place, and showed, that while the active principle, in a free state, was readily destroyed by heat, when it was in saline combination with an acid, it was capable of being subjected to a heat of 212° Fahrenheit, without injury. Anyone may be satisfied of this by making two decoctions of lobelia, into one of which a small quantity of carbonate of potassa is thrown, and into the other as much acetic acid. The former will possess none of the peculiar acrimony of the plant, the latter all.

The object of this communication is to take advantage of the above suggestion in making several pharmaceutical preparations, which require heat in their formation. It is believed that lobelia inflata has yet to receive from professional men, that share of attention which it deserves; and it is hoped, by presenting to the practitioner the virtues of the plant in a condensed form, that he will take up the subject.

Acetous extract of lobelia inflata.—Take of lobelia seed, bruised, 8 ounces; diluted alcohol, 4 pints; acetic acid, 1 fluid ounce. Macerate the bruised seed in the diluted alcohol, to which the acetic acid has been added, for forty-eight hours, and then throw the whole on a displacement filter, and after the liquid has ceased to pass, add sufficient diluted alcohol, that four pints of tincture shall be obtained. Evaporate this by means of a water bath, until it attains the consistence of an extract. The product thus obtained is about one-eighth of the seed employed. In this form (as a pill), lobelia can be administered without that peculiar disagreeable effect upon the fauces, so characteristic of its exhibition in the form of tincture.

Vinegar of lobelia inflata.—Take of lobelia, in powder, 4 ounces; diluted acetic acid, or distilled vinegar, a pint and a half. Macerate the

lobelia in the diluted acid for twelve hours, and subject it to displacement, on a proper filter, until twenty-four fluid ounces are obtained.

Syrup of lobelia inflata.—Take of vinegar of lobelia 6 fluid ounces, sugar 12 ounces. Dissolve the sugar in the vinegar by the aid of heat, remove the scum which rises, and strain.

The oxymel may be prepared from the vinegar in the same manner as oxymel of squills; and a combination of the two has been highly spoken of by a physician, in catarrhal affections. In making an infusion of lobelia, some acid, vinegar, for instance, should always be added.—*American Journal of Pharmacy.*

The following powder, for an emetic, is employed by the reformed colleges of America:—Take of lobelia, 14 ounces; blood root, 8 ounces; skunk cabbage, 6 ounces; capsicums, 4 ounces. Use: This emetic, perhaps, is unsurpassed by any other, for efficacy of action. It is administered in all those cases where an emetic is indicated; and, from its extensive effect upon the system, is very efficacious in breaking up morbid associations, or exciting a healthy action. It is useful in febrile and other diseases, &c., &c. Excellent in the chronic affection of the liver, stomach, and intestines. Drink freely of herb tea. Dose: half a teaspoonful, in boneset tea, every fifteen minutes till it operates. If the first or second doses are rejected, repeat. Boneset facilitates and renders the operation less severe.—*See Family Physician; or Reformed System of Medicine, by W. Beach, M.D.*

No. 2. Pure Stimulants.

First and best stimulant: Cayenne Pepper *(Capsicum Annuum).*—Cayenne is a most powerful stimulant, and will act in accordance with the laws of life, by stimulating all the glands, removing obstructions, promoting perspiration, and thus determining the fluids to the surface. A decoction will remove pain in the stomach, cramps in the stomach and bowels, colic, and cholera morbus. It should at all times be used in combination with any other medicine in accordance with the fundamental principles of this system of treatment. A full dose is half a teaspoonful in a cup of herb tea.

Second stimulant: Black Pepper *(Piper Nigrum).*—Much used for fever, ague, and cholera, and other relaxations of the bowels. The dose may exceed the above, for which it is a substitute.

Third stimulant: Ginger *(Zingiber Officinale).*—Used in all pulmonary affections where there is bleeding of the lungs; also in flatulency, pain in the side, and a sense of oppression in the stomach after food.

No. 3. Astringents.

First astringent: Bayberry Bark *(Myrica Cerifera)*.—Take of the pulverized bark of the root, 1 ounce; Cayenne, 1 drachm. Dose, a teaspoonful in a cup of water, or any of the herb teas. Used in derangement of the stomach and bowels, and particularly after fevers, to remove the adhesive matter, the fur from the tongue and mouth, or diseased slime from the mucous membrane of the stomach and intestines. Also to increase the appetite. It makes an excellent dentifrice to cleanse the teeth and gums, and remove offensive breath.

Second astringent: White Pond Lily *(Nymphæa Odorata)*.—Used as the last, and is a substitute for it. It is particularly good made into a syrup for children while teething.

Third astringent: The Canada Pine or Hemlock Spruce *(Pinus Canadensis)*.—Pulverized leaf and pine's bark. Dose: a teaspoonful in tea of raspberry leaves, or any other herb tea recommended in this work. A decoction of the boughs of this pine tree is excellent for pain in the back arising from disease in the kidneys.

Fourth astringent: Marsh Rosemary (*Statice Caroliniana*).—Used as the above, but particularly useful as a gargle for sore throat and mouth. Also for bowel complaints and fluox albus (the whites).

Fifth astringent: Sumach (*Rhus Coriaria*). The bark of the root, also the berries used for the same complaint as above, more especially in putrid fevers; the bark of the root being a very great antiseptic. In the form of poultices for old ulcers, it is hardly equalled by any, and as a decoction, it is excellent for falling of the bowels and womb. It is remarkable that this species (Coriaria) is the only one of the genus that is not poisonous.

Sixth astringent: Water-Avens Root (*Geum Rivale*).—Used as the former; and is also beneficially substituted for chocolate or coffee. It may be taken as a constant drink by persons labouring under general debility. In all putrid complaints it is a good substitute for Peruvian bark.

Seventh astringent: Cranesbill (*Geranium Maculatum*).—Used also as the above, but particularly serviceable in cholera infantum, or child's cholera; for hœmorrhage of the lungs, bowels, &c., and in all relaxed, debilitated states of the body. When simmered in honey for sore mouth, it has an excellent effect.

Eighth astringent: Oak bark (*Quercus Roboris Cortex*).—Like the above, but chiefly used in decoction for fever, diarrhœa, scrofula, and all cases of canker.

Ninth astringent: Witch Hazel (*Hamamelis Virginica*).—Employed the same as the last. For bleeding at the lungs, and in snuff for bleeding of the nose, it is very effective; also in the form of decoction as an injection into the vagina for prolapsus uteri, or falling of the womb, and as a lotion for falling of the bowels.

Tenth astringent: Red raspberry leaves (*Rubus Strigosus*).—Used both in decoction and powder, and is a good substitute for any of the above astringents. A tea made of the leaves is most excellent for females previous to, and during the time of labour. It ought to be taken instead of the Chinese tea, to brace up the body and keep off faint and languid feelings in hot weather.

Eleventh astringent: The English Tormentil Root, (*Tormentilla Erecte*), introduced and added by the author to the above list of tonic astringents, and employed as their substitute in all cases where the above cannot be procured. It is to be used precisely in the same doses, either in the form of powder or decoction.

Twelfth astringent: The English Meadow-Sweet (*Spiræa Ulmaria*).—The leaf and flowers of this plant may be used in the same way, and for the same purposes as before mentioned. Many of these astringents were compounded together and used by Thompson in all severe cases of cholera diarrhœa, or great relaxation of the bowels attendant upon fevers, agues, &c.; for example: take of pulverized bayberry root bark, white pond lily, inner bark of the hemlock spruce, sumach leaves and berries, equal parts. An ounce of these boiled together is to be steeped in a pint of boiling water, then strained, and a wine-glassful sweetened with sugar to be taken as a dose, to which a teaspoonful of cayenne, and half a teaspoonful of valerian or nerve powder (mentioned after No. 6) should be added. This dose should be repeated three times at intervals of fifteen minutes each. We are also to give the same compound as an injection, if the state of the patient requires it, which will be the case where cold is prevalent, such being indicative of great danger. Also where mortification of the bowels is apprehended, a tablespoonful of tincture of myrrh should be added to each dose, as well as to the injections.

No. 4. Tonics or Bitters.

First, Balmoney (*Chelone Glabra*).—This is a bitter of the first order, it corrects the secretions of bile, creates an appetite, and gives health and activity to the digestive organs. It should be pulverized and used with equal parts of barberry and aspen bark; an ounce of this powder should be put to a pint of hot water, letting it stand a day before using. Dose, half a wine-glassful. When employed as hot bitters, for indigestion, add

a teaspoonful of cayenne to a pint, and take a wine-glassful three times a-day.

Second Bitter (equal to Balmoney): Golden Seal (*Hydrastis Canadensis*). Taken as the above.

Third Bitter: Aspen Bark (*Populus Tremula*).—Used as the above, but particularly where there is constipation of the bowels, or difficulty in voiding urine, it should be combined with the boughs of the hemlock spruce. The buds and small twigs may be taken for worms and disordered bowels.

Fourth Bitter: Barberry (*Barberis Vulgaris*).—Employed in the same way as the former. It is excellent to correct the bile, restore digestion, and remove costiveness.

Fifth Bitter: Dogwood *(Cornus Florida)*.—This used as above increases the animal warmth, strengthens the digestive organs, and obviates female weaknesses.

Sixth Bitter: Golden Thread *(Coptis Trifolia)*.—A substitute for golden seal, or barberry bark.

Seventh Bitter: Horehound *(Marrubium Vulgare)*.—Used more particularly in consumption, and where cough accompanies the disease.

All these tonic bitters may either be employed singly or in combination, and where the American articles cannot be obtained a combination of English herbs will be equally useful thus:—Take a good handful of each of these herbs; horehound, centaury, buckbean, and woodsage, with an ounce of barberry bark. Boil one hour in two quarts of water, strain. and take a wine-glassful three times a-day, for indigestion and all purposes for which the others are used. To make hot bitters, and increase their powers, add to each pint a teaspoonful of cayenne pepper. The dandelion root may also be employed with the above, to great advantage, in all diseases of the liver and kidneys.

No. 5. Sedatives and Nervines.

First article: Peach Tree (*Amygdalus Persica*).—The flowers and kernel in equal proportions. Boil an ounce in a pint of water and add a quarter of a pound of sugar. A teaspoonful of this syrup is highly recommended to children teething and suffering with worms. Also to persons with sickness and irritability of stomach.

Second article: Wild Cherry (*Prunus Virginiana*).—This, says Thompson, is one of the most valuable articles among our tonic remedies. It acts primarily on the nervous system, and has the power of calming irritation, and thus of diminishing nervous irritability. It is used as the former.

Third article: Bitter Almonds (*Amygdala Amara*).—Good substitute for

the first, and proper in combination with any of the articles named under No. 4.

No. 6. Anti-Spasmodics and Stimulants.

Gum Myrrh (*Balsamodendron Myrrha*).—Myrrh is the most powerful antiseptic known, and is highly serviceable in all putrefactions whatever. It is an almost certain remedy for cholera, all cases of putridity of the bowels, female obstructions, and diseases of the lungs. It has gained great and deserved repute as an external application for weak joints, sprains, bruises, &c., when combined with alcohol and cayenne.

A preparation was made by Thompson after the following manner, and extensively used in his practice; he called it No. 6, or rheumatic drops:—Take of gum myrrh, 1 pound; cayenne, 1 ounce; brandy, 1 gallon; the myrrh was dissolved in the brandy by the gentle heat of a water bath. Dose: one or two teaspoonfuls to remove pains and spasms, or to prevent mortification. Either applied internally or externally, or as an injection. When used as an external application in rheumatism add spirits of turpentine; in cases of sprains and burns, add camphor.

In giving these Thompsonian medicines, I am introducing that which was never before published in this country, or even in America, where they are known by some. They have never been published in the explicit form of portion and dose.

Notice.—In proportioning the dose of any medicine to the age of a child, it may be assumed, as a general rule, that a patient of fourteen years of age will require two-thirds the dose necessary for an adult; a child of seven years, one half; of three years, one fourth; and of twelve months, one eighth.

About 60 drops make a teaspoonful: one drachm is also equal to a teaspoonful: and half-an-ounce to a tablespoonful.

Nerve Powders: American Valerian Ladies' Slipper (*Cyprypredum Pubescens*).—For nervous symptoms half a teaspoonful of the powder sweetened in water or tea.

Composition Powder.—Bayberry root bark, two pounds; inner bark of hemlock * spruce, or Canada pine, one pound; ginger, one pound; cayenne, half-an-ounce; cloves, two ounces; to be powdered finely and well mixed. Dose: a teaspoonful to an equal quantity of sugar, in half a teacupful of water.

This powder is generally used in America for making tea for every complaint, and is sold regularly in the shops as composition powders, or Thompson's composition.

* The Hemlock here mentioned is not the English plant, but the Canada Pine, mentioned as the third astringent in page 112—a large tree which grows to the height of 80 or 90 feet. It is called in America the Hemlock Spruce.

ON THE

PROPERTIES OF LOBELIA INFLATA.

THE greatest point of dispute that has arisen on the principles of "medical reform" is upon the question as to whether lobelia inflata be a poison or not. Hitherto it has generally been believed to be possessed of dangerous narcotic properties, which belief has, no doubt, taken its rise from the general opposition of the faculty to the whole of Thompson's mode of treatment; for, had this article been introduced under the wing of the profession, like mercury, arsenic, prussic acid, digitalis, &c., it would immediately have been patronised by every medical school and college in the world. A statement from "Beck's Medical Jurisprudence," although published thirty-seven years since, has been seized upon, and considered as sufficient evidence of its poisonous principles, its opponents quite overlooking the fact that investigations of the most minute description have, since that time, been made into the properties of plants, and their essential differences pointed out, with scientific discrimination.

The following account from the "Staffordshire Mercury," April 9, 1847, will show how the statement above referred to has been dragged down from its musty shelf, and brought to bear against this almost infallible medicine:—

"TO THE EDITOR OF THE STAFFORDSHIRE MERCURY. SIR,—As a great number of persons in this neighbourhood are now taking to emetics, chiefly composed of the powder of lobelia inflata, which I cannot but suppose they are doing through ignorance, it seems little less than a duty imposed upon those acquainted with the properties of this potent and even poisonous drug, to state publicly what these are. Perhaps the readiest and least questionable mode of conveying this desirable information will be by quoting the following passage from the seventh edition of an excellent work, well-known and highly esteemed by the medical profession on both sides of the Atlantic, viz., 'Elments of Medical Jurisprudence, by Drs. Theodoric Romeyn and John B. Beck, Professors of Medical Jurisprudence in the State of New York.

"'Lobelia inflata, L. (Indian tobacco, emetic weed, eyebright), a native of the United States.—This is a powerful emetic, and distressing and long-continued sickness often accompanies its operation. A melancholy instance of death, occasioned by the use of this plant, in the hands of a quack, is detailed in the sixth volume of 'The Massachusetts Reports,' in the trial of Samuel Thompson, an empiric, practising in Beverley, for the murder of Ezra Lovett. In this trial it appeared that the patient being confined by a cold, sent for the pretended physician, who gave him three powders of lobelia in the course of half-an-hour, each of which vomited him violently, and left him in a great perspiration during the night. The next day two or more powders were administered, each of which operated by vomiting, and occasioned great distress. In like manner two other powders were given the subsequent day, leaving the patient in a state of great prostration. Several days after this the physician came again, and, finding his patient still worse, administered several more powders, which occasioned great distress, and at length ceased to operate. Finding that the stomach was not sensible to the emetic effect of the lobelia, the physician repeated the dose, and when the patient complained of great distress at the breast, and said he was dying, the doctor assured him that the medicine would soon get down or operate as a cathartic. However, on the same evening, the patient lost his reason, and beceme convulsed, so that two men were required to hold him, to relieve which, the doctor forced down two more of his powders, and the patient, as was to be expected, grew worse, and continued so till he expired. The doctor, who had thus terminated the disease and the patient at once, was arrested and put upon trial for murder; but the homicide proving a legitimate one, from the want of sufficient evidence of malice prepense, he was acquitted and set at liberty. Horses and cattle have also been killed from eating this plant. I do not exaggerate when I state that, during the last ten years, THOUSANDS OF INDIVIDUALS IN THE UNITED STATES HAVE BEEN MURDERED BY THE COMBINED USE OF CAPSICUM AND LOBELIA, ADMINISTERED BY THE THOMPSONIAN QUACKS.'"

The origin of the above erroneous statement will be found in a note to the "Life of Thompson," written by himself, tenth edition, J. Pike and Co., Columbia, Ohio; and in order to put the English reader in possession of the facts, it is here quoted:—

"As the learned judge could find no law, common or statute, to punish the accused, he directed, or advised, those present to stop this quackery, as he called it; and for this purpose to petition the legislature to make a law that should make it penal for all who should practise without licence from some medical college, to debar them of law to collect their debts; and if this should not answer, to make it penal by fine or imprisonment.

"This hint, thus given by the judge, was seized upon first in Massachusetts; from thence it has spread to nearly all the states in the Union. From this source may be traced all those unconstitutional laws which have been enacted in relation to this subject, and all those vexatious suits which Thompson had to attend in many of the States, from Massachusetts to South Carolina. But Thompson was always able to break them down by

his patent, the patent being from higher authority, which Judge Parsons could not prevent, or perhaps he never thought of. He, however, made his own report, and handed it to the reporter, which is published in the sixth volume of 'Massachusetts Reports,' and is resorted to by all the enemies of the practice, for defence against the system."

I am now happy to introduce the medical opinions which have been written since that period, by the highest authorities, as a contradiction to the above, and a proof of the correctness of Thompson's views.

All the world knows that Dr. Elliotson is at the head of the medical profession in London. First, then, I will give you his opinion: "Lobelia inflata is one of the most important articles in the materia medica; with many it acts as a charm, and in ten or twenty minutes they will be perfectly relieved, so that all the other remedies used in asthma and other diseases of the respiratory organs are nothing to be compared with it." Scarcely second to this eminent man is Dr. Kinglake, of Taunton; he says, "the efficacy of this medicinal article is much enhanced and ensured by its sickening agency. In some instances of difficult respiration it proves beneficial, without occasioning nausea; but when sickness results from its use, so far from that occurrence being a reason for discontinuing it, an additional inducement is afforded for pressing it, until full vomiting and the consequent relief be obtained.

"No apprehension had need be entertained of its acting deleteriously; it may therefore in *all* cases of oppressed respiration, especially, when of the spasmodic character, be fearlessly administered, until full vomiting be produced, when the desired benefit is usually effected.

"Squill, ether, ipecacuanha, ammoniacum, assafœtida, stramonium, &c., appear to be vastly inferior in direct and lasting efficacy to the ethereal tincture of the lobelia inflata: it may therefore be justly considered a remedy of superior value; and if not altogether the desideratum in asthmatic cases, it perhaps exceeds in salutary influence any other known medicinal agent in that description of malady."

It would occupy too much space were I to add the testimony of a host of American physicians, otherwise it would be easy to quote from their works encomiums equally strong with the above. Suffice it here to mention their names, viz., Drs. Robinson, Cutler, Beach, King, and Eberle, of Philadelphia. The last mentioned says, in his "Treatise on the practice of Physic," vol ii, page 219, "of all the remedies we possess, the lobelia inflata is, I think, decidedly the most valuable in this affection (asthma). Within the last five years I have had an opportunity of witnessing its good effects in four cases, and I can truly say, that in two of them it acted

like a charm. I have known the most violent paroxysm of spasmodic asthma completely subdued in less than thirty minutes by this medicine. It appears to me that ergot does not more certainly act upon the gravid uterus during the parturition, than the lobelia on the pulmonary organs in asthma. I have even found it to mitigate the difficulty of breathing which occurs in consequence of organic disease of the heart. Since the publication of the first edition of this work, I have had occasion to prescribe this article in a violent and inveterate case of this malady. The good effects, in this instance, were as prompt and decisive as in any case I ever had previously witnessed. In one hour after the exhibition of the remedy, the patient's respiration was entirely free from difficulty or oppression.

"The good effects of a full dose of this medicine are often experienced in the course of ten or fifteen minutes after it is taken." "By a full dose he means a tablespoonful," says Dr. Graham, from whom this is quoted.

As to the report of the trial mentioned, the reader will find an account of it in the preceding "Memoirs of Dr. Thompson," page 80, &c. It is, moreover, easy to prove that Thompson discovered the medical virtue of this remarkable plant, as stated by Dr. Samuel Robinson, of America, in his lectures, page 140, on Medical Botany. "Lobelia," he says, "discovered and used by Thompson, will penetrate the system, equalize the excitement, remove the obstructions, cleanse the stomach and bowels, purify the blood, remove diseases from the lungs and liver, in a manner far superior to whatever was accomplished by mercury. While it possesses this advantage, which mercury never had, it acts in harmony with all the principles of life; leaves no taint, no disease, no racked and decayed bones and deformed countenances behind. This simple fact, whatever may be said to the contrary, will set it at an immense distance above all the fame that mercury ever can acquire. I think, while I am writing these words, of that awful and terrible day of decision and despair, when all the forms and faces which mercury has mutilated, shall be arrayed against the system of practice; but against lobelia, not one in all that countless multitude shall show a decayed or deformed feature." Could the members of the faculty who are now so busy in abusing Thompson behold this—could they anticipate the scene, they would employ themselves in devising methods (if that were possible) to remunerate the world for the evils they have done it, and the miseries they have inflicted upon its inhabitants.

Lobelia is a most active and powerful medicine. Its effects are to cleanse the stomach, remove obstructions, and promote perspiration. It is perhaps one of the most valuable remedies of the vegetable kingdom.

It is that species of the lobelia termed inflata by Linnæus; but it does not appear that its medical qualities were ever perceived or regarded by the physicians previously to Thompson's time. It is a specific in asthmatic complaints.

Dr. Thompson says of this herb: "It is most powerful in removing disease, and safe in its operation. I have given it to infants of a day old, and men of eighty years. It is innocent in its nature, moving with the general current of the animal spirits. There are two cases where the medicine will not operate, and can hardly be expected to operate; that is, when the patient is dying, and when there is no disease. Where there is no ememy, there can be no war. In the healthy system it will be silent and harmless. It is calculated to remove the cause of disease, and no more, as food is to remove hunger; it clears all obstructions to the extremities, not regarding the name of the disease, until it produces an equilibrium in the system, and will be felt in the fingers and toes, producing a prickling feeling like that caused by a blow on the elbow." "It is also," he says, "of great value in preventing, as well as in curing, disease. A little of it taken into the stomach when a person feels unwell, will immediately throw off the obstructions, or cause of sickness, and save a person from a long attack of pain and fever."

In confirmation of the above authorities, I wish only to add my own extensive experience of lobelia in operation. I am in the constant use of it, amongst a practice of from two hundred to three hundred patients per week, using upon the average two pounds weight per week for several years, as my book will prove, and never in one single case, have I had any fatal results from its most copious use.

DIGESTION.

In a course of instruction for the people, whose minds are totally unaccustomed to the subject, it will be obvious that all technicalities must be avoided; or, if used, must be explained in the most simple language; while the complicated organism and its varied functions must be illustrated by the most striking but familiar similitudes; for we must bear in mind that he is the best teacher who accompanies his lessons with pleasure and entertainment.

It is possible to cure disease, and not understand that *modus operandi*, the mode in which the medicine prescribed operates; or, as Wesley says, "without a knowledge of anatomy or physiology." I would, nevertheless, have all men acquainted with the elements of physiology, so far as to be

enabled to understand the reason of the faith which is placed in the means advised or employed. A knowledge of the vital functions, and of the cause of their derangement, if possessed by the patient, would create confidence in him, and often greatly facilitate his cure; while it would, at the same time, have a tendency to check advertised quackery, and prevent much gross imposition that prevails at the present day. Neither would the ignorance of the patient, or the presumption of the doctor, be so often ludicrously betrayed as it is in a scene thus related by Dr. Johnson:— "An invalid was labouring under a combination of the most dissimilar symptoms, and complained that he could not obtain any satisfactory information as to the nature of his protæan malady, his medical attendant making use of phrases which were, to him, words without meaning. He was told that his *digestion was impaired.* He was asked what he meant by that, and was answered, that his *digestive apparatus was deranged in its economy.* Still no nearer the mark, he looked puzzled and lost; upon which his medical attendant proceeded to make the matter perfectly clear, by saying that his *secretions were depraved, his gastric juice deficient, his nutritive functions feebly performed;* the tone, the energy, the *nisus formativus,* in other words, the *vis vitæ was twenty per cent. below par.* The gazing patient bowed his gratitude for this luminous explanation, and reseated himself in his chair of sickness, as wise, but certainly no wiser, than he was before."*

If the people were educated in a knowledge of the masterpiece of nature, the human system, one-half of the disease and early deaths would be prevented. But as to this important knowledge, they have been kept in worse than Egyptian darkness, being taught at school everything but this, and this being held as above their comprehension, as indeed it is, but only while it is hidden in the mysteriousness of a dead language. But I shall make it my business to instruct them on this subject, in language free from all difficult technicalities; and where I make use of any, I shall take care to give of those a clear and plain explanation. I shall now commence with the organs of Digestion, or, what is the more proper term, Assimilation, which signifies the conversion of food into blood and flesh.

* The Preface of the work entitled "Life, Health, and Disease," by Edward Johnson, surgeon.—Fifth Edition.

DIGESTION.

THE incomprehensible power of the Deity, as it is manifested throughout nature, is ever composing and decomposing the materials of which he framed the universe. All matter has long been ascertained to be constantly undergoing change, though not perceptible to human ken. The diamond descending through generations in the ancestral crown must pass and perish, as the dewdrop that evaporates in the morning's sunbeam, the density of the mass, but making the difference in the durability of the form. When, therefore, we look at the human form, and at the materials of which it is composed, all of so soft and perishable a nature, with the great prevalence in it of the fluids over the solids, as in all organized forms, and these in constant action by exercise and exertion, it is obvious that the change of materials, or waste, must be unceasing and immense. If change, decay, or waste, be the inevitable fate of all matter, dead or living, organic or inorganic, it must be evidently so in a pre-eminent degree in man, the highest organism in the creation. And so it is found and acknowledged to be, by all physiologists. Every time that we breathe the moist vapour which we see on a frosty morning expelled from our lungs carries away with it a portion of ourselves, and dissipates our substance in the original ocean of the common elements which surround us. Through the pores of our skin evaporate, on an average, about two pounds and a-half of matter every twenty-four hours. There are also the evacuations of the fœces, urine, and other secretions and wastes, the uninterrupted action of which is necessary for vigour and health. It is, then, perfectly clear to the most simple mind that, had not the Divine Creator instituted a process by which a constant supply of fresh material was rebuilding up the body and taking place of that which was wasted or evaporated, man, whose life is even now said to be but a span, would then have been but as an ephemera, or creature of a day, or the flower of one sun, or

"As the dew on the mountain,
The foam on the river,
The bubble in the fountain,
Would be gone, and for ever."

But he has instituted a process, called nutrition, and set up machinery for the purpose of collecting and supplying the rebuilding materials simultaneously with the process of waste. He has also, to carry out the design, implanted in creatures a love of self-preservation, as the first law of their nature; and we can readily observe in their habits this powerful law forcing them to action, and marking each species with strong distinct characteristics in accordance with the mode of obtaining food on which they subsist. Most of them pass the chief part of their lives in search of the elements of nutrition: and even with all our boast of superior endowment and proud civilization, it cannot but be observed that the thoughts, actions, and days of most men are devoted to the acquisition of the creature comforts, to the mere purposes of animal existence, although they are so eminently destined for so much higher and nobler attainments.

In drawing comparisons between the nutritive process of man and that of other animals, it has been observed, that, while some of them are confined to the feeding on flesh, as the carnivori, the lion, tiger, hyena, &c., and others, such as the stag, horse, and sheep, are limited to herbage, and most of them determined to a particular climate; man, on the contrary, is a free animal, living everywhere, and devouring everything; the most harmless in appearance, the most destructive in reality; and while the inferior creatures obey, by unerring instinct, the laws of nature—eat, drink, and sleep, in due proportion, and just balance with exhaustion and waste, conserving that harmony in the processes of their bodies which constitutes health, and accordingly are seldom diseased—man, by the abuse of his privilege of free-will, is constantly living and pursuing habits in opposition to all the laws of health and life, and consequently suffering disease, debility, and degeneration. This alarming fact will be manifested as we proceed to show how the laws of health are violated by the customs of society, which by subjecting digestion to various obstructions, produce a diseased morbid state, the most prevalent of all disorders, and known commonly by the name of indigestion, or the more fashionable term dyspepsia. But, though it is prevalent, the faculty confess that they know little or nothing about its cause or its cure; and we find one of the most eminent men of our own enlightened age, Dr. Andrews, a teacher of the medical students, and physician in ordinary to her Majesty, thus expressing himself:—"Indigestion is, without a doubt, the most frequent of all diseases. It occurs in every country, in every season of the year, and in every class of the community. Although it is devoid of the dangers which accompany other diseases, it is, notwithstanding, equally annoying to the patient, destroying many of the sources of his enjoyment. Physicians have

for a length of time made this disease the subject of inquiry; but it yet remains involved in much obscurity. Its pathology is little understood; the method of its treatment imperfectly known; and the greatest difference of opinion exists regarding the extent to which its influence operates in producing other diseases."—*Cyclopædia of Domestic Medicine, page* 527.

Well, good Dr. Andrews, we shall be able, I think, by the aid of a little common sense, to draw this disease out of the obscurity in which it is involved. Digestion we know, at any rate, is that process by which beef and pudding are turned into the blood and flesh of Englishmen. Is it not so?

MASTICATION.

The first process for healthy digestion is efficient mastication, the duty of pulverising, or chewing, which belongs to the teeth—an important duty. By the teeth alone a good physiologist can determine to what class the skull of an animal belongs, as the carnivori, or flesh-feeding animals present a great contrast to the herbivori, those feeding on herbage: for, while the former are shaped for piercing and tearing to fragments the flesh of animals, the teeth of the latter are flat, broad, and indented, for grinding to pulp herbage or grain, preparatory to its descending into the stomach. But man has both of these kinds of teeth, and also some peculiarly his own.

Placed in the front are, first, *incisores*, four in each jaw, scissor, or chisel-shaped teeth, having surfaces which meet and pass over each other in sharp edges, and making an incision of a mouthful at once through what is offered them, as a hungry ploughboy is seen to exemplify upon a thick piece of buttered bread, cutting a railway arch out of it with his incisores.

Next to them, on both sides of the upper and lower jaw, is a sharp-pointed *canine* or *dog-tooth*, so called from its resemblance to a dog's tusk. Not being calculated for dividing, like the incisores, it seems to be designed for laying hold of and tearing substances. Packed closely at the back, of which there are ten in each jaw, are the *grinders*, or *molares*, as the double teeth are termed; *mola* being the Latin word for a *mill;* and before indigestion was known in this country these mills were of great service—

"Meaning the time, ere England's woes began,
When every rood of land maintained its man."

Then luxury and disease were alike unknown, nor even bread and butter considered to be common indispensable articles of food. The healthy vulgar beings lived upon roots, berries, and acorns, and each man was compelled to be his own miller, and in his own mouth, with his own mills,

grind his own corn every time that the stomach demanded a supply. Indigestion was then unknown, for this reason: because, by the time that the stomach was satisfied, the teeth and jaws were heartily tired of their tedious work, and would not further advance with it merely to gratify the palate. People then instinctively knew the proper measure of their natural wants, a matter which they have so far forgotten, that, though eating and drinking are operations repeated three or four times a-day, there are few left among the millions who know how to perform them properly, most either choosing improper things, taking too much, or eating too fast, bolting, or not grinding food sufficiently for the stomach, a frequent cause of indigestion, the stomach having to do its own work, and also that which the teeth have neglected.

The teeth furnish a beautiful example of what has been justly denominated a prospective contrivance. Their presence above the gums at birth would have been only an annoyance. Accordingly, they are then wanting; but nature, which anticipates our needs, places them deep in the jaw, even before birth, to appear in due season. If a section of the jaw of a young animal be made, some of the teeth may be seen just beginning to be formed, others cutting through the bone, while others are passing through their last covering, the gum. In the child, the teeth generally begin to appear from the sixth to the twelfth month, and the first, or milk teeth, twenty in number, are usually completed about the third year. These, again, begin to be shed about the seventh year; and the second, or permanent set, is not complete until about the sixteenth or eighteenth year though in some rare instances children have been born with teeth already grown in their jaws, as was the case with Richard III.

In the process of shedding, the crown, or that part of the tooth which is coming forward, presses upon the fang of the one already occupying the jaw, and causes its absorption. It is the impossibility of growth, in consequence of the non-vital nature of the enamel, which renders the renewal of the teeth necessary. In consequence, also, of the jaw, during youth, increasing its dimensions, mostly posteriorly, it is necessary that the number of the teeth should be increased, in that situation, in order that no part of the jaw may be unfurnished. For this reason, about the time when the human being reaches maturity, a new tooth arises at each extremity of the range, being four new ones in all, which, from the time of their appearance, are called the *wisdom teeth*. There are some teeth which animals of other species do not shed. The incisores of the rodentia, and the grinders of the elephant, &c., continue to grow during the whole life of the animals

But dentition, or the teething of infants, is properly a subject for a separate treatise of itself.

The human teeth are composed principally of two substances, the *enamel*, and the *ivory*, or *bone*. The enamel is placed externally and on the body of the tooth, and forms only a thin layer. It has ninety-eight per cent. of earthy matter in its composition, is so hard as to strike fire with steel, and is viewed by physiologists as void of vitality, so that when once formed, the teeth never increase in size, and when any part of the enamel is destroyed it is never regenerated, and thus it is that broken teeth soon corrode and decay. Still, however, the root or fang is penetrated by a small nerve and artery, which are distributed to the membrane that lines the cavity: and it is to the action of air upon the former, when the cavity is laid open by decay, that the pain of tooth-ache is chiefly owing. The remedies which are generally mentioned as most effectual in removing this pain, are, the essential oil of tobacco (*very dangerous*), kreosote, nitric acid, spirits of cloves, or a heated wire. All these destroy the vital powers of the nerve, and by that means quicken the decomposition of the tooth.

The oil of tobacco can be obtained thus, if any one be anxious to try it. Take a large-sized German tobacco pipe: half fill it with tobacco lighted at the bottom: lightly fill the rest of the pipe with cotton wool, and close the top: blow the smoke through this, till the tobacco is exhausted: compress the oil out of the cotton upon a penknife blade; lightly touch the nerves through the caries, or hollow of the tooth, with the smallest particle of this; and the narcotic poison will destroy it instantly, giving, while it relieves the pain, another proof of the deadly venom of the weed. This is one of those secrets by which a travelling gentleman astonished the natives, and filled his pockets by an advertisement of *instantaneous relief*.

There is a method of arresting the decay of a broken or perforated tooth, which, if practical, should always be resorted to, as soon as the decay is discovered. This consists in plugging or stopping the decayed cavity with a cement prepared for the purpose, sometimes in the following manner:—The decayed part or hole must be so bored, or scooped out with an instrument, as to make the cavity larger than the orifice. An amalgam of silver is then made by putting into the palm of the left hand a globule of quicksilver the size of a small pea, and mixing with it as much silver or gold leaf as it is possible to thrust into or mix with the quicksilver. The heat of the hand expands the mercury during the process, making it receive as much of the harder metal as to form a hard solid, when cool. This cement, while it is in a soft state, is pressed firmly

into the cavity. It hardens and adheres, as it cools; and if properly made and put in, it cannot come out again, as the bulk of it is much greater than the orifice through which it entered. I have myself a tooth thus saved by silver;* and it indicates at this moment no further signs of decay, than it did eight years ago, the time when it was stopped. This molecule of knowledge has been the source of fortune to many an advertising quack; the process, simple as it is, being to be kept a profound secret, and disguised under the mystifying jaw-cracking names of mineral mamoratum, terro metallic cement, and chemical succedaneum. But I shall proclaim all useful knowledge to the people, however loud the cry of "traitor" for betraying secrets, be raised against me by this class, or even by the legitimate sons of the profession.

I shall begin with observing that the internal part of the tooth, or ivory, approaches more to the nature of bone, and is shown to possess vitality, from its capability of adhering to other vital structures. It was owing to this property that Duhamel, a physiologist of the last century, and others, were able to transplant the teeth of one person into the jaw of another, to make them grow upon the combs of cocks, &c. The transplanting of sound teeth out of the jaws of the poor to fill the place of decayed teeth in those of the rich, threatened at one time to become so common, and led to such degrading consequences, wretches even selling their teeth for the demon spirit gin, that Parliament imposed upon the transplanting of teeth a heavy penalty: nor would this have stopped the practice, had it not, happily for the interests of humanity, been discovered that it produced disorders more serious than the deficiencies intended to be supplied.

INSALIVATION.

During the employment of the teeth and jaws, another of equal importance is going on—that of *insalivation*, or the outporing into the mouth of the secretion, called *saliva*, which assists the taste, and mingling with the food, helps much to form a pulp suitable to the passage of the throat, and is the first chemical fluid towards the solution or digestion of the food. Saliva may be easily understood, as its presence is excitable by anything that will stimulate the mouth, even by imagination, the thoughts of pickles, alum, or lemon, &c.

The saliva is secreted, that is, set apart and stored up by glands; two of

* Performed by John Wainwright, surgeon-dentist, 5, Price-street, Birkenhead.

which are placed near the angles of the lower jaw (*submaxillary*); two under the tongue (*sublingual*); and one on each side, immediately before the ears (*parotid.*) They all open into the mouth by means of small tubes or ducts; the four first under the tongue, the two last on the inside of the cheek, opposite the second or third molar tooth of the upper jaw. The fluid trickling from the last mentioned may be seen at any time by turning out the cheeks, and looking for their small openings. Its flow is observed to be increased by pressing with the finger from the ear forwards. The camel is supplied with additional salivary glands in the throat, which are of great service in its long journeys over burning deserts, keeping the mouth moist, and assuaging the great pain from thirst, which must otherwise ensue. It is self-evident that nature, which has nothing throughout her works vain, superfluous, or deficient, had depended much upon this saliva, and considered it of great importance to digestion. But the proud "lords of creation" evince by constant action, that they are pleased to think differently, and are at no small expense and trouble, exhausting taste and ingenuity for contrivances to get rid of, and waste it by every means in their power; and as it is known among them, that anything bitter, pungent or hot, will stimulate, and excite its presence in the mouth, they find out a deadly poison, set fire to it, and draw its acrid suffocating fumes through fashionable tubes, or long pipes, draining off by this delicate and agreeable practice all the natural sauce to hunger's meat, all that turns the dry crust of poverty into a banquet, and compensates the fate of those who toil and need with the joys of health. Instead of reserving the saliva to moisten and aid in the digestion of their food, they spit it out into things they call spittoons, or all about the floor. Here then is a great cause of disease, of indigestion and morbid thirst. Here one bad habit leads to another, still more, if possible, injurious, that of taking drink, more especially intoxicating drink. Is smoking injurious? I am often asked. Is it natural? I ask again. To find out whether a habit be injurious or not, let a man ask his own common sense and conscience, if it be natural. If not, it will be found to be injurious. If the camel smoked and spat, would he not be without water to cross the desert? Tobacco has been called the social weed: philosophers have been addicted to it: poets have sung its praise. No matter. Chemical analysis proves it to be a narcotic poison, at deadly enmity with human life. A small portion of it taken into the stomach, or injected into the bowels, has been known in several instances to kill immediately.*

* See Peter Burn's Teetotaller's Companion.

A social weed! creating sociality! indeed! is not very social, to see an old man and woman, a sight quite common in Lancashire, sitting nearly doubled up with their feet on the fender, smoking and spitting in the fire-place, without even exchanging a word, like two old cats with the mange, singeing their noses in motionless silence, for hours together? Is not this a scene of remarkable sociability? And do not forget to look at the Dutch, who, like Washington Irving's Knickerbocker, sat smoking, and ardently thinking about nothing for hours together. Smoking in company too often betrays a poverty of soul, an incapability of maintaining the spirit of conversation, an unfitness for the joys of friendship, humour and conviviality.

Dr. Andrews said, that the cause of indigestion is very little known. The causes are too numerous and too striking, if people would but open their eyes; it will be generally found to be in one or more of bad habits. Dr. Buchan said that, it is more prevalent in this country than in any other. But such is not exactly the fact; for the inhabitants of the large cities of America seem to suffer even more than we do from the causes enumerated. Their habits of smoking, chewing, and spitting, are notorious; some of them pride themselves on their excesses and indecency, making a boast that tney can spit to a mark all formed round in a circle of two yards diameter, or right slick through the bars of a stove without spoiling the polish; and asserting their independence to spit where they please, converting a decent abode into a pig-stye. A few weeks ago I witnessed a most disgusting instance of this gross indecency. It is almost too sickening to record; but there is perhaps no other way of putting down this abominable impudence, than by exposing it everywhere to disgust and indignation. As I crossed from Birkenhead to Liverpool in one of the steam ferry boats, I observed sitting in the saloon below, four proud young citizens, who were twisting and chewing something in their mouths, and discharging every moment from between their teeth, what they thought fit, in the careless mode of full national freedom, upon the smooth polished boards before them. The sea was rather rough, and a slight storm prevailed; the vessel rolled; many who descended into the cabin, slipped as they passed near the men of liberty, and at last, I had the disgust to see a lady fall with her beautiful dress in the nasty mess. When a boy, I have teazed toads with a stick, and seen the dark bloated reptiles swell and foam; but they never appeared to me half so ugly and repulsive as these accomplished bipeds. It is almost impossible to cure indigestion, while this hurtful and disgusting habit is continued; and many a difficult case which it has been the sole cause, would by total

abstinence from it, without medicine, without any aid, besides the recuperating powers of nature alone, be restored to health.

Tobacco is said to be good for the tooth-ache. It may, indeed, at times, give ease, but yet its action is most injurious to the teeth, those first instruments of digestion. Tooth-ache, and decay of teeth, arise from any disease of the viscera, or organs of digestion; often from the use of mercury, or antimony, upon contracting a dangerous malady; in a word, from any one or from all those habits combined, which produce dyspepsia.

Dr. Solander, who accompanied Captain Cook in his voyages, declares that he was surprised to find all the natives of the South Sea Isles, living to a very advanced age, in full possession of all their teeth, beautifully white, and ignorant of the tooth-ache. But alas for the children of nature! the bliss of their ignorance did not remain with them long after that period. Scarcely a century has passed since commerce reached their shores, and not distinguishing the evils from the benefits of civilization, they embraced both, are now paying in pain the penalty of nature, have the dentist and the doctor among them, and are never more to be free from disease till education shall have rectified the errors of civilization, broken the fetters of evil customs, and restored to them the full mead of healthy liberty in reward for their return to the obedience of nature's laws.

The tongue, and the muscles which move it, and, with the aid of the cheeks, place the food under the teeth, and pass it backward into the gullet, form one of the most curious parts of the masticating apparatus. The mouth, during the presence of food in it, forms a closed cavity, bounded by the lips in front, by the cheeks laterally, by the root of the tongue and the veil, as curtain of the palate (*velum palati*), brought together behind, and preventing any of the food from passing backwards.* To the palate is attached the *uvula*, a conical-shaped pendant, much swelling in sore throats from cold, &c.

When mastication is completed, the food, in a state of pulp, is collected into a sort of ball, and in the act of swallowing, the veil being at the same moment lifted up, is thrown from the back of the tongue into the top of the gullet, called the *pharynx*, which is expanded like a bag, or funnel, to receive it, and has the nostrils opening into it from above the mouth, besides two other openings, called eustachian tubes, which open on its sides and lead to the internal ears.

* The veil of the palate, or a sort of moveable curtain, which hangs down during mastication in such a manner as to prevent the food from passing too soon down the throat, does not exist in birds, or in animals which do not masticate.

Now, if the uvula of the palate were merely raised up, and nothing more done, the food or drink might escape from the pharynx into any or all of the openings mentioned, the inconvenience attending which every-one has experienced, when a morsel of food, or a bit of salt, gets into the nostrils or the windpipe. This, however, is effectually prevented, for the curtain is not only effectually lifted up, but is also instantly applied to the back of the pharynx, so as to cut off the communication with the nostrils and the eustachian openings. This nature, ever an economist, has made one door to shut, or serve the purpose of closing at the proper time, several entries. At the instant that the food is thrown from the tongue, the sides also of the glottis, or opening into the windpipe, are drawn together, and a gristly substance, the epiglottis, is firmly folded back over it. The food, still being forced downwards, passes rapidly over the epiglottis into the gullet, the only opening it now can pass through. It is thus carried, or forced down into the stomach, by the simultaneous action of the muscles of the œsophagus, the tube which descends into the stomach.

It has been seen, that the food, in order to reach the gullet, or tube, which leads directly into the stomach, has to pass the aperture that lets the wind or air into the windpipe and lungs. In looking into a person's mouth, there appears but one tunnel for the conveyance of all things. Nevertheless, there is a branch line a little way down, a sort of grand junction, where the passage for the breath comes into that for the food. Now, it is evident that if it were not for some nice contrivance here, there would sometimes be mistakes, causing collisions of trains, by the food going into the windpipe instead of the gullet. But the windpipe is immediately shut off, not by points, but by a better contrivance—a sort of trap-door, called the epiglottis, a gristly valve-like body, beneath the base of the tongue, which closes quickly at the moment of swallowing. Yet, "it sometimes happens," as Dr. Carpenter relates in his "Animal Physiology," "that if the breath be drawn in at the moment of swallowing, a small particle of the food, or a drop of fluid, is drawn into the glottis; and this action (commonly termed, 'passing the wrong way') excites a violent coughing, the object of which is to drive up the particle, and to prevent it from finding its way into the lower part of the windpipe. It may also happen that a larger substance may slip backwards, by its own weight, into the glottis, when there was no intention of swallowing, and when the larynx was consequently not drawn forwards beneath the tongue. The presence of such a substance in the windpipe excites a violent, and frequently almost suffocating cough, the effect of which is sometimes to drive it up through the glottis, and thus to get rid of the source of irritation.

"But if this does not occur, it is necessary to remove the offending body in other ways; sometimes it may be removed by an aperture made in the windpipe; but if it cannot be laid hold of and drawn through this, the plan recently adopted in the case of Mr. Brunel (engineer), into whose windpipe a half-sovereign had unfortunately found its way, may be advantageously employed. He was fixed upon a board that was made to revolve upon a pivet, in such a manner that his body was brought into a very inclined position, with the head *downwards*, a position which could not, of course, be retained for a long time at once. The coin then dislodged itself by its own weight from its place in one of the bronchial tubes, and was felt to drop towards the glottis. But it there produced so violent an irritation, as to bring on a cough which threatened suffocation, and the attempt was abandoned. It was renewed on another occasion, however, after an opening had been made into the windpipe, for the purpose of extracting the coin through it, which was attempted unsuccessfully; and as the admission of air into the lungs through this opening prevented any chance of uffocation, the inclined position of the body was continued until the coin dropped through the glottis into the mouth.

"The act of swallowing is itself involuntary, and may even be made to take place without the will. This may seem contrary to every one's daily experience, but it is nevertheless true. The movement by which the food is carried back, beneath the arch of the palate, into the pharynx, is effected by the will; but when it has arrived there it is laid hold of, as it were, by the muscles of the pharynx, and is then carried down involuntarily. It has several times happened that a feather, with which the back of the mouth was being tickled to excite vomiting, having been introduced rather too far, has been thus grasped by the pharynx, and has been swallowed. Moreover, we cannot perform the act of swallowing without carrying *something* backwards upon the tongue; and it is the contact of this *something*, even if it be only a little saliva, with the membrane lining the pharynx, that produces the muscular movement in question. This action is one of the kind now denominated *reflex*. It is produced through the nervous system; for, if the nerves supplying the part be divided, it will not take place."

We will now follow the food, as it has passed safely over the epiglottis into the gullet or œsophagus, the direct passage to the stomach, and shaped something like a funnel. The upper and larger portion of it, which first receives the food, and which extends upwards to the nostrils, is called the pharynx; its front communicates with the larynx at the top of the windpipe. The œsophagus is a long narrow tube, which descends

from the pharynx in the stomach, extending in front of the (vertebra) back bone, and behind the heart and lungs. In the act of swallowing, it performs a muscular action by pulling the food downwards; so that anything that has once passed the veil of the palate, even in sleep, is drawn down by it into the stomach. This is one of those curious portions of the animal economy, called reflex, or involuntary. It is thus clear that all the movements of the mouth on one side of the veil of the palate are governed by our will; but the moment food has passed that portal it is beyond our will; it is seized by the muscles of the pharynx and forced down the passage. The muscles move by a set of nerves, which communicate not with the brain, but with the spinal cord. When these nerves are divided the act of swallowing cannot take place, and when the brain is removed in animals, if life be not yet extinct, and these nerves remain uninjured, they can still swallow. It is one of those functions to which we give the name of reflex, or instinctive (as above stated), to distinguish it from those effected by the will, intended to accomplish a certain purpose.

We have the food now propelled downwards into the stomach. Here we must follow it with our mental eye, as though gifted with the second sight of mesmerism, and able to see clearly through all obstacles, even though several walls are between us and the interior of that wonderful apartment of the fabric, into which, we will suppose, we have accompanied a mouthful of food. Of this apartment we must take no hasty survey, nor, like a mercury pill, take a run round the chamber, and a gallop through the bowels, and depart; but contemplate this fountain from which proceed the health, vigour, and power of the whole constitution.

THE STOMACH.

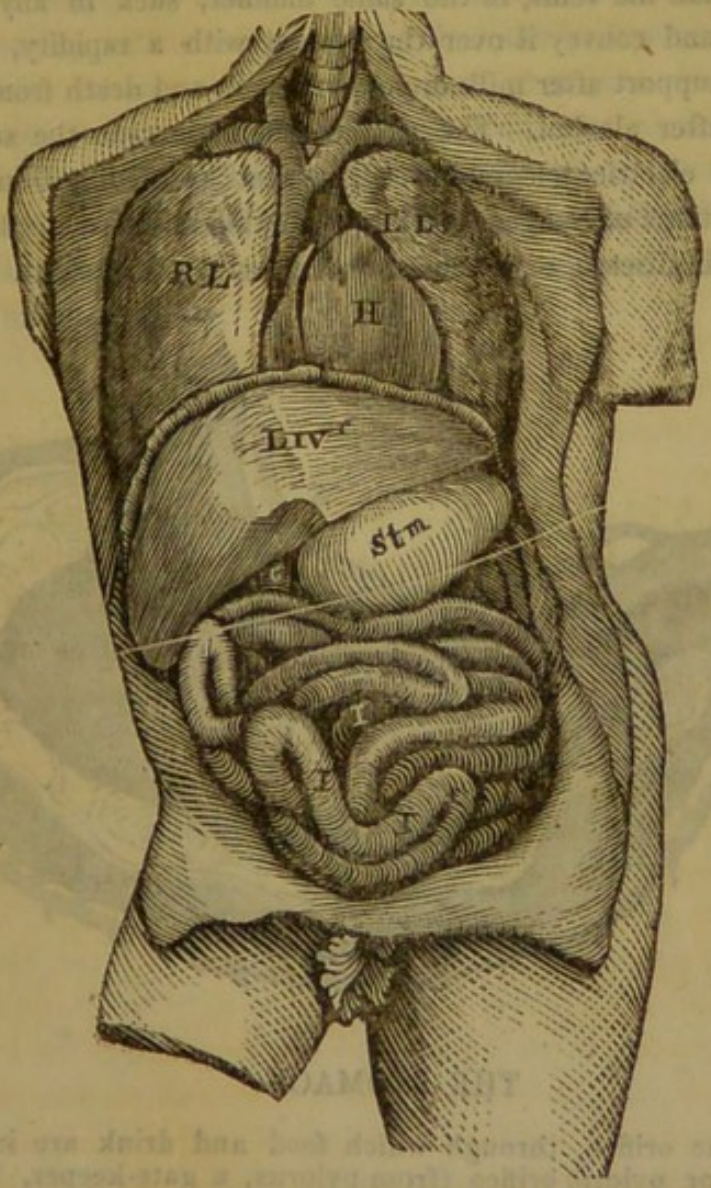
THE stomach is the kitchen to the mansion, said the clever, but eccentric Abernethy. It is the storehouse, from which all the other parts of the body derive sustenance and support; and as the health and strength of the entire fabric depend upon the condition in which this organ is found, and this condition is dependent upon what it is furnished or stored with, which again depends upon the *will* and *discretion* of the individual, it becomes a matter of the greatest moment to understand its nature and operations. We will now take our survey.

The position of the stomach, relative to the chest, bowels, and liver, will be at once seen by inspecting the diagram, on which it is marked Stm.; it is separated from the cavity of the chest by the diaphragm, or midriff, seen like a band over the liver. The right or pyloric extremity of the stomach, marked P, in the annexed cut, lies close to the lower surface of the liver, Lvr., the latter being a little displaced to show its situation. At the lower surface it has the appearance of resting upon the intestines.

The stomach is a membranous bag, seen lying under the lower ribs of the left side, and stretching across the hollow, commonly called the pit of the stomach. The upper end is the entrance for the food from the gullet, called the *cardiac region:* at the lower end is situated the valve, called the *pylorus*, through which the food, when digested, passes into the intestines.

The texture of the stomach consists of three coats, or layers:—1. The *outer one* is smooth and shining. 2. The *middle one* is composed of fleshy fibres, one set running lengthwise, the other in a circular direction. These give the stomach muscular power, and enable it to contract and expand, and also to press upon the food, giving it a churning motion during digestion. 3. The *inner coating* is a smooth but irregular-looking membrane, rather of a rose pink colour, thrown into wrinkles. This, so important in digestion, is studded with little grain-like glands, from which issue the

THE POSITION OF THE DIGESTIVE ORGANS.



H the heart. R L right lung. L L left lung. Lvr. liver. Stm. Stomach. G the gall bladder. I I the intestines.

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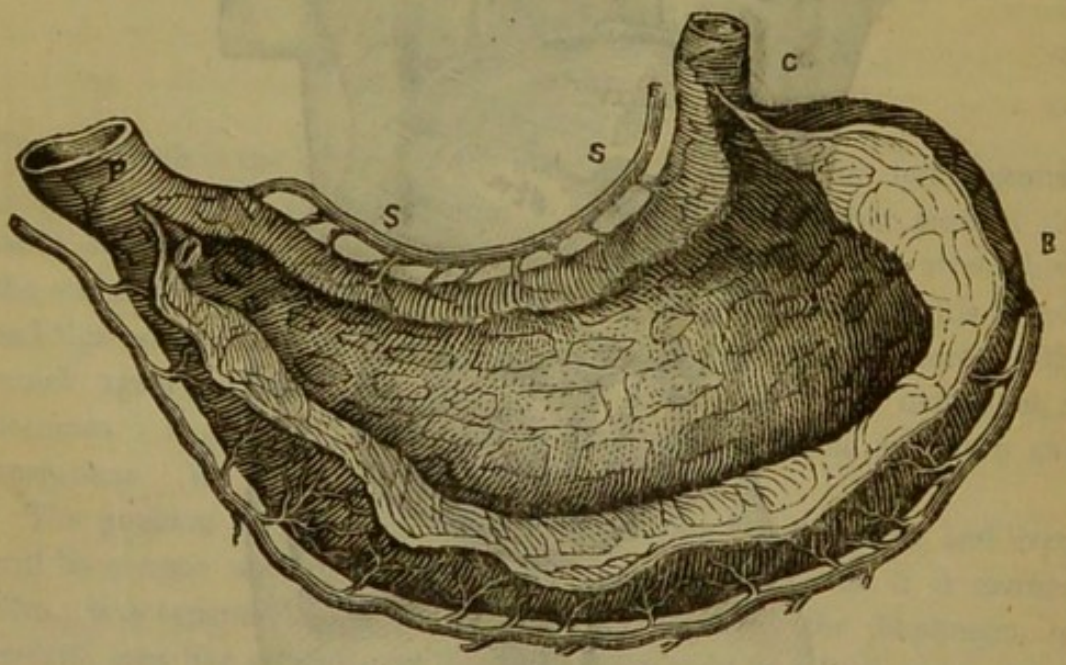
mucous matter, which, as it were, oils and protects its surface from irritation or injury, and plays an important part in its functions. Fine nerves, also blood-vessels, cover it on all sides, like a net. It receives a large supply of blood, which is increased or diminished according to its condition between hunger and fulness. When empty, it is collapsed and loose; when full, swelled out with the blood, active and abundant, making its internal surface red, like an inflamed eye. These terminate in the inner

surface, in the most minute hair-like points, or dots, giving out a fluid secretion; while the veins, in the same manner, suck in any fluid, and carry it into, and convey it over the system with a rapidity, that easily accounts for support after milk or soup, for pain and death from poison, or intoxication after alcohol. The nerves, which pervade the stomach and its region, are electric telegraphic wires, that proceeding from the brain, give the sensations of hunger or fulness, of exhilaration of spirits in health, of depression in disease, or of nausea when foulness is present.



THE STOMACH.

C the cardiac orifice, through which food and drink are introduced. P the pylorus or pyloric orifice (from pylorus, a gate-keeper, because it allows none but digested food to pass out). S S the smaller arch, or curvature. G G the greater arch, or curvature. The stomach for the purpose of showing the pylorus, &c., is here laid open.

Every mouthful enters the stomach by the left, or cardiac opening. The fluid parts are immediately absorbed by the venous capillary tubes, and the solids begin to be acted upon by the gastric juice, which flows out from the little bags, or glands, embedded in the coats of the stomach. Like the salivary secretion, it is poured out in abundance, by the lining membrane being stimulated on occasion of the contact of the food. But only a certain quantity is secreted one period, and this is the exact quantity, and *no more*, than is sufficient to dissolve food enough for the supply of the natural wants of the system. As the solution advances, that which

has become fluid, of somewhat the appearance and consistency of milk-porridge, is moved by the action of the stomach towards the right and inferior opening, called the *pyloric* orifice, the *pylorus*, or guard of the passage, from its resemblance to a guard at a gate, in preventing the entrance into the bowels of undigested food; for no sooner doe the pyloric valve feel the touch of undigested food, than, instead of opening, it immediately closes, and will not admit the unqualified morsel. This function is called eclectic—the power of choosing at will, of which we shall say more presently.

CAUSES OF INDIGESTION.

THE Stomach of an ordinary-sized man is capable of holding from three to three-and-a-half pints; though, by eating immoderately, it will extend to somewhat more, being very elastic; and, indeed, were we to judge by what we sometimes read in the public prints, of gormandising feats performed for idle wagers, by some of the savages of civilization, the stretch to which it will extend is enormous, and altogether incredible. Not that excess is confined to the poor or ill-bred; on the contrary, it is the higher circles, and more in that greater mass—the middle class of society, who ever ape with slavish adulation, the fashionable absurdities of rank and birth, that we are to look for these extremes.

"Fools make feasts (says the proverb) and wise men eat them." Such is sometimes the policy of the wise; not that it is wisdom to indulge at every opportunity in a fool's podigality, either by lending your countenance or endangering your soul or body by placing yourself in the vortex of its seductive attractions.

Men perceive principles the better when they are exhibited in extremes; so, to perceive the more frequent cause of indigestion, we will take a view of an extreme case. Suppose some hale simple-minded country 'squire becomes, in consequence of his "vote and interest," a person of some importance to some more lofty worldling, or influential designer. The fashionable undertakes to draw the unpolished gem from his native obscurity, and introduce him to what is called good society—the gay debaucheries of a London season. To begin, suppose him to have an invite to a city feast; or, if you will, let him go on Lord Mayor's Day to have his good health pre-eminently endangered by the imperative demands of tyrant custom, in the superb glories of a modern spread at Guildhall, when, as the newspapers state, the immense tables groan (I suppose they never grunt) under all the luxury the imagination can conceive, or

gastronomic art execute. Course after course would be served up, consisting of every kind of fish, fowl, meat, and game, disguised in the flowery robes of what Dr. E. Johnson calls the "black art," accompanied with every impenetrable mystery of garnish. Then come the soups and sauces, with turtle, real and mock, and innumerable exquisites, reeking with the balmy spices of every land, from vessels of gold and silver, on which genius has elaborately entwined the graces of nature with the wealth of mines. Now, his stimulated palate and excited curiosity would desire to taste a little of each novelty placed before him, and should he only get a mouthful of a tithe of what he beholds, it is evident that his stomach would be soon filled, like the bag of the bagpipes, with a load far greater than the wants of nature demand, or the exact measure of the gastric juice secreted can compete with. The violation to nature is manifest; but, then up comes the second course, and with it a glorious host of strong inducements, such as he may never taste again, so that he must taste now in order to remember the occasion.

The Turk says "'Tis the last feather on the load that breaks the poor camel's back," and a feather's weight may kick the balance between health and sickness in the quantity taken at a meal. But the back is not flexible, the stomach is; and, in consequence, it is used by some as they use their carpet bag, looking upon it as a thing that can never be stuffed too full, or be made to carry too great a variety of articles. This course and others are despatched, when pies, puddings, tarts, jellies, &c., a load of confections called the lighter articles, assert their authority, being stronger provocation of further filling. In vain the heavy laborious sigh of the prostrated organ, although it has no tongue, pleads for mercy; for now is served up the all-glorious dessert—the choicest fruits of every clime—the sweetest tribute of every soil, from every corner of the sea-washed earth—for it is well said that ships must sail four times round the earth, and touch at every port, before an alderman can dine. Well, our visitor has come this day, determined to be supremely happy, to raise himself to pleasure's highest joys, but, alas! the disappointments of this life! all is vanity and vexation of spirit. He now feels so uneasy, his sense of oppression is so great, he is surely done or rather undone; the stomach is at the height of misery; not a wrinkle is left to move; the muscular power to churn the massive meal is lost; his breath is very short; he would fain retire to breathe the fresh air, but in his bashfulness he feels bound in courtesy to stay and suffer; when, to complete his misery and dismay, a tall, imperative looking person, the toast-master, rises behind the state chair of the city sovereign, and exclaims, in a stentorian

voice, "Gentlemen, charge your glasses." At this signal, to show his patriotism, he is compelled, with the rest, to rise, and in rich wine to place upon that overloaded mass "Her Majesty the Queen." In like manner, in spite of the stomach's heaving remonstrance, "Prince Albert" is next toasted and swallowed. Next, "the Army and Navy," and—oh, mercy! he bolts "the Church." Last, not least, but as if to effect the entire ruin of his constitution, he has, in awful repugnance, to swallow "all the leading members of Her Majesty's Ministry." Thus the soft, flexible stomach, is first stuffed like a carelessly crammed carpet bag, with a jumble of ill-agreeing articles, and is at last turned into a porter's knot, bearing all the weight of the nation.

Now, in this heterogeneous mixture, what must inevitably take place, heated as it is by spices and soaked with alcohol by which the whole is further hardened against the power of the gastric juice, now so inadequate to the disproportionate bulk? There is plethora or congestion everywhere, but digestion nowhere, and the various meats commence a putrefactive decomposition. Fume and smoke, with putrid gases, ensue, while the vegetable parts undergo the acid fermentation, and send up carbonic acid gas till it all turns to a filthy, pernicious mass, producing sour belchings, nausea, pain, and intoxication. Still, if the pylorus, the sentinel, the guardian angel of the bowels, is true to his post, he will not allow this host of mischief to pass into them, for if it be producing distress and injury in the plain chamber of the stomach, it must effect incalculable evil in its passage through the intricate convolutions of thirty or thirty-five feet of bowels.

But there are ways of overcoming the sense, or rather the sensibility of the pylorus, compelling this functionary to yield his trust—felling the sentinel. The patient (for the debauchee is by this time a sick man, getting from bad to worse), as the mass ferments, gets into a fume, and vows he must have relief—must be purged, and is determined to work it all off. Having arrived home, he takes, in order to effect this, some aperient drug, salts or blue pill and black draught; and, as sure as the cannon ball will kill if it hits the soldier, so will this ball of poison stun and prostrate the pylorus. Now the sentinel is dead, the entrance is stormed, the city is taken, and the disease of every dish, like a band of fierce brigands, rush pell mell, with sword and fire, (sharp acidity and inflammation), upon the peaceful inhabitants of the corporation, and soon there is a riot in every street and lane. There is, in fact, a revolution going on. The patient hears a rumbling noise here, and feels a pain there, from one side to the other, fast increasing, till, warned to bear it no longer, he jumps up

and rushes down stairs, and woe betide the unhappy wight that stands in his way. Upon returning, he rejoices that he is relieved and better, and thinks that he has warded all the mischief off; but here he is much mistaken. A gross violation has been committed upon the entire constitution, and more especially upon the electric sensibility of the pylorus, that sensibility of right that guarded over the health of the bowels. It is true that the penalty paid for the first offence against nature's laws may not be very severe, but still it is certain, "for nature (unlike a capricious judge) knows well how to proportion to the fault the punishment it merits, and never fails to inflict her penalty." Thus, of course, by a frequent repetition of such excess, either in the meal or in the mode of getting rid of it, much injury is inflicted; for by this practice the unthinking gourmand continues to distend and weaken the stomach and bowels, and, above all, to destroy the peculiar function of the pylorus, till at last, when indigestion is established the function is lost. Crude and half-digested masses continue to pass, producing diseases and symptoms too numerous to mention. It is in this particular excess that one-half of the diseases in society find their origin or perpetuation, and I have directed the unprofessional reader's mind to an extreme case, that the consequences involved might be the more apparent. Not but that almost every meal is converted (though in a less degree) by cooking into a magic spell, in which the spirit of taste betrays us through temptation's flowery path into the fell grasp of the demon disease. When food is taken into the healthy stomach in due proportion, and of a wholesome nature, however varied it may be, the mere fluid parts are quickly absorbed, and the solids begin to be acted upon by the gastric juice, by the peculiar virtue of which that variety is all reduced into an uniformity as before stated, that is, into chyme. A moderate quantity of animal food is dissolved in about two hours, and an ordinary meal generally in about double that time. As the solution advances, the dissolved parts are gradually moved by the action of the stomach towards the pylorus. The dissolved food, or the chyme, is a greyish, pulpy matter, always, in a healthy state, slightly acid. It passes in successive portions from the stomach into the first part of the intestines, called the duodenum. Here it mixes with the bile or gall (an alkaline fluid, poured out by the liver from the gall bladder), and the pancreatic juice (a fluid resembling saliva), which comes from the pancreas, or sweetbread, a gland lying behind the stomach. Immediately after this mixture, an alteration takes place in the mass, the nature of which is not well understood, but, by experiments performed by Dr. Beaumont, it was found that by mixing chyme drawn

from the stomach of his patient, with bile, it separated into three distinct parts.

A milky layer floated on the top, a whey-looking fluid in the centre, while a reddish brown sediment settled to the bottom. The milky layer appears to consist of fatty particles derived from the food and the bile; the whey-looking fluid is composed of albumen,* one of the chief constituents of all animal solids, being a matter derived from the more nutritious portion of the food; and the reddish brown sediment consists of innutritious matter and bile, destined to be passed out of the bowels. This process is called "chylification," and the mixture altogether, named "chyle," now passes along the bowels, so that that which was bread, cheese, meat, fruit, and vegetables, is now two degrees nearer to being flesh and blood, or a part of our ownselves. The process of digestion is not completed in the stomach, but is thus continued chiefly in the small intestines. From their walls the lacteals or milk-bearers (from lac, milk) absorb the nutritious fluid. These lacteals, infinite in number, are small minute vessels arising on the inner or mucous coat of the small intestines, named the jejunum. The lacteals have a knotty appearance when distended with chyle, being full of valves, by which the chyle is prevented returning. Thus a great portion of the mass is absorbed, while it is being propelled along the first part of the alimentary canal, and the residue is carried through the continuation of the bowels by the contraction of its muscular coats, producing what is termed the peristaltic or wormlike motion of the bowels. The chyle in passing through the lacteals traverses small bodies called the "mesenteric glands," into which it probably undergoes further alteration. As it proceeds the lacteals unite more and more, until they end in a vessel called the "receptacle of the chyle," where the chyle mixes with the lymph brought from other parts of the body. This mixture, or compound of chyle and lymph, then passes through the terminating branch of this system of vessels (called the "thoracic duct," from its passing through the thorax or cavity of the ribs) and terminates in the great vein under the clavian or collar bone, called on this account the "sub-clavian vein." Just before the vein reaches the right side of the heart the chyle is here poured into the venous circulation (the dark blood of the veins), and, as will be seen, the oldest materials of the body mix with the new in preparation. But though mixed with the blood it has not yet the complete properties of that fluid, but with the venous blood enters

* The white of an egg is albumen. This principal ingredient abounds in the serum of the blood.

the heart on the right side; the walls of the heart contract and repel it into a large vessel termed the "pulmonary artery," by which it is conveyed to the lungs; in the lungs this artery branches off, becomes divided and sub-divided, multiplying its branches almost to infinity, traversing the lungs in every direction. The lungs are composed of a countless number of small cells or chambers, into which the blood is conveyed, and each time we draw in a breath of air, the cells are inflated, or filled, thus bringing into contact the blood and air, the air each time changing the dark deteriorated venous blood and the chyle into perfected red arterial blood, which is now endowed with all the properties requisite for the maintenance of heat and nutrition, and capable of supplying the body with the materials necessary for the repairs of all its varied parts. Thus qualified it returns to the left side of the heart, where it is received into the left auricle, and through its valve into the lower chamber or left ventricle, from which, by its contractions, it is forced over the aorta, or main artery. The aorta gives off innumerable branches to every part of the body, which become firmer as they proceed, and multiply as they go, till, infinite in number, they are lost in minuteness in the cellular tissues of the body. The nutritious particles of the blood are conveyed to the cellular tissue in order to re-supply or deposit new matter, wherever there has been waste, or exhaustion, by sweat, by a blow, or a wound, all of which are restored or healed by this process. I have been brief in this description, reserving many observations for the more important subject of the functions and diseases of the lungs.

As we thus observe the dissolving powers of the gastric juice, we must now be convinced that it is necessary, in order to facilitate digestion, that the food should have been well masticated. If it has not, it is evident, as there are no teeth in the stomach for the purpose of pulverisation, that digestion must be retarded, and the gastric juice a longer time in making an impression on the solid lumps which have been forced upon it; thus arise feelings of uneasiness and disorder in the epigastric region, the first sensations of dyspepsia, or indigestion.

Our object is to detect and cure disease; and hence our first enquiry should always be for the cause or causes of it; for in attempting a cure, the cause of the disease must be first removed. The causes of indigestion are numerous. Dr. Buchan said "that the English suffered from it more than any other people;" and he assigns as the causes, the free and immoderate use of malt liquors and late suppers, which, in fact, produce this effect; and to them he might have added, the excessive use of flesh-meat,

often fed to an unnatural fatness. But the habit of insufficient mastication, together with that of smoking and chewing tobacco, renders the Americans as before stated, greater sufferers than the English.

We now come to describe the symptoms felt at the commencement of this complaint. From whatever cause it may arise, there is commonly a general debility of the system without any particular pain. A man upon awaking in the morning, seems not refreshed by sleep, feels lazy, and laden with an unusual indifference to rise. He springs not up with joyful anticipations of the day; the objects that call for action and joy he contemplates with dullness; slowly he dresses; defers all business which should be done before breakfast; thinks comforts can be drawn from a cup of hot coffee, which he must have before all things; should he, while dressing, examine his tongue in the glass, he will find it coated with a whitish brown fur, nauseous and clammy; he takes his breakfast with little appetite or relish; feels dull, low spirited, and irritable in temper; should his wife be talkative, he thinks her a bore, and rudely taxes her with always bothering him when he would be thinking; should the children wish to play with him, he cannot bear with the brats, and orders them away; the coffee is bad, the butter is stale, the eggs or bacon must never again be bought at the same shop; all is bad; and grumbling, he goes out to his business or work. In vain nature smiles around him; the cultured flower uprears its head to please his lack-lustre eye; the tiny primrose peeps from its sheltered bed to emit a smile in the morning sun; but he heeds them not, he has lost those joyous spirits, and that fondness for agreeable objects, which he felt in boyhood. In vain the sparrows cry, cheer up; in vain the lark aspiring sings. He cannot cheer up, the lark is no lark to him, he is sad and dull: but he knows not why. It cannot certainly be the hot supper and grog which he took last night. But it is. Every hour while he is at his avocation he wishes to be away; longs for dinner time, not because he is hungry, but because he wants a respite. Would that it were one o'clock. Arrive at dinner, no appetite; eats of everything in vain, to get a taste or relish. After dinner he is not refreshed; in humour for nothing, fit only to fall asleep. But the time is up; he must go, does go, giving a deep sigh as he moves away with his dull head and heavy stomach. Next wishes it were tea-time; is sure, if he had but a cup of hot tea he would be all right, which indeed may be true, for of all the meals this is the only one calculated to afford him relief or refreshment. He takes tea, and its stimulating effects, raising the internal heat, give him a temporary respite from his morbid sensations. He now thinks it all nonsense, fancy

will shake it off, think no more about it; a friend invites him to the play, or to a party, and treats him to a meat supper, say pork chops, or hot steaks, cheese and porter; he eats heartily, goes to bed heavy—sleeps—dreams; in that dream what horrors! hunted, a hundred to one, by the ghost of a wild boar, or of a mad bull; something with the weight of a horse presses upon his chest—he groans—is alarmed, and awakes his wife in all the horrors of the nightmare. Next day very ill—bowels costive—head aching—very low—a dull pain beneath the shoulder blades—takes a dose of salts—relieved a little—takes another—drags on from day to day, and week to week—takes cold—grows worse—must really get some relief, some advice—goes to a doctor. The doctor hears, if he have patience, the long dull tale of his many little ailments—feels his pulse—looks at his tongue—hem's and ha's—through his spectacles examines his dress and address—concludes him to be respectable—can pay a good fee—oh, awful! the liver complaint; frightens the man, prescribes calomel and antimony to stimulate the liver, opium to ease the pain; jalap, rhubarb, and salts, to purge out the ill effects of the other medicines; port wine and bark, most scientifically to re-supply the strength, which will be greatly reduced by them all. The man takes them, as prescribed, grows worse every week—has a settled head-ache, and swimming in the head, dimness of sight, pains in the back, and in the sides—no appetite—is sore to the touch at the pit of the stomach—gums sore—teeth aching and loose—tongue furred and blistered—emaciated, weak, fanciful. He is now really ill; must go to some other doctor; does go; must do something different; has an inflammation of the cardiac portion of the epigastric region, not serious yet, but approximating to danger; must be bled immediately, blistered too, on the side. More poison! more depletion! As the blood flows, verily life's current is departing, and then are destroyed for ever the stamina of the constitution. Alas! poor victim! mournfully mayest thou now utter,

"Oh! life thou art a galling load,
A long, a rough, a weary road,
To wretches, such as I."

It would be, perhaps, in vain, to show him in his ignorance, or the doctor in his learned or scholastic obstinacy, "that the blood thereof is the life thereof," as expressed by scripture, and so clearly demonstrated by the immortal Hunter. It is the fluid, in which is conveyed to every organ sustenance, heat, and vitality; and whatever was its activity on the

painful part in producing the heat called inflammation, whether the pulse of the patient was heavy and slow, or small and quick, the pale emaciated frame of the patient now proves the deficiency of the vital fluid; low before, he is lower now. He is confined to his bed; from it he may or may not rise. But suppose him to recover after many weeks, he and his wife praise the skill of the doctor in raising him out of the deplorable state in which the other one, two, or four, as the number may be, conduced to cast him. He has been bled, blistered, starved, salivated, and poisoned. The strength of manhood has departed, and he is doomed in weakness and low spirits to pass the rest of his days. The salivating mercury has made him as a walking weather-glass, which feels the change of every wind; and the whole depletion has subjected him to a state which ever after renders him the easy victim and recipient of every epidemic, fever, influenza, cholera, or whatever may be common to the clime or season. If he neglect to muffle himself up in a load of cloaks, he takes cold; if he eat anything rich or fat, he has the bile; and how it is he cannot tell, but he is always so costive that he must depend constantly on pills, and from sad experience losing, like Dr. Bailey, all faith in regular physic, he falls into the hands of the advertising quack, and resorts in despair to the pill, or antibilious pill fraternity. He is now a poor nervous, debilitated, heartless moping creature, or crawling ghost of his former light-hearted, active, courageous self. His complexion alternates between the sallow and the pale; he carries the careworn look of premature age, and is partly sure to die of premature death, which he contemplates in a settled melancholy; and where there is great irritability, or a long-protracted state of these symptoms, it not unfrequently produces monomania or madness, or is terminated by suicide.

The causes of indigestion are various and almost innumerable. I will mention some—Office work, or working the mind without exercising the body; habitually sitting in a cramped position, deep grief, anxiety, snuffing, smoking, and chewing tobacco. Above all, indulging in intoxication, heavy suppers, breathing an impure atmosphere, repeated exposure to cold, long abstinence with much fatigue, mineral medicines, bleeding, and excessive purging. We will commence our remedial measures with

THE NEW TREATMENT.

First, reflect upon your daily habits, and begin by removing any of the above causes, or those which your own judgment or experience tells you

must retard the operation of your digestive organs in their diseased and weakened state. Avoid rich food and strong drink, take no fat, very little butter or cheese, and no flesh of swine or high game. Begin your course of medicine with an emetic of No. 1,* over night, promote it by hot tea, and No. 2, during the intervals of vomiting. The next day continue the treatment by taking a teacupful of a decoction of any articles under No. 4, page 69, made hot with No. 2. Should you feel cold or chilly in bed, or be subject to cold feet, take a *composition powder* every night upon lying down, and sleep with a hot water bottle to your feet. If the bowels continue costive, add an ounce of senna leaves to your No. 4, while mixing it; or regulate the bowels without purging, as directed by the prescription for pills No. 3, at the end of the volume. Should the bowels be relaxed, put in half an ounce of the tincture of myrrh to each day's medicine of No. 4. For the second week's course, add an ounce of golden seal (hydrastis Canadensis) pulverised. If the tongue be much coated it is a proof that the same vicious secretion is continued through the alimentary passages; in which case add a good handful of raspberry leaves to No. 4, or one ounce of the pulverised bark of the bayberry of America (myrica cerifera.) To expedite and complete the cure, rise early every morning, and walk two or three miles.

By strictly following the above treatment, all the morbid feelings accompanying indigestion will quickly depart, and the proper taste, appetite, and strength, will as soon return; but should nervous irritability attend this disorder with false or voracious appetite, the sedatives of No. 5, should be employed in combination with any of the articles mentioned under No. 4, or the following:—

Take of
Bogbean
Centaury
Horehound
Angelica, of each . . . . . a handful
Boil them for one hour in
Water . . . . . 1 quart
Strain and add
Valerian root in powder . . . . ¼ ounce
Bitter almonds ditto . . . . . 1 drachm.

The mixture should be bottled, and well shaken up when taken. Begin the dose with a tablespoonful four times a-day, and increase to half a teacupful each time by the end of the second week's treatment.

* This very singular herb, whose properties are but little known to the common practice at the present time, acts in an unaccountable manner against disease ONLY, and throws no food off the stomach, while it clears it of all diseased matter. It gets rid of the tough, ropy slime, and cold

BAYBERRY.—*(Myrica Cerifera.)*

The medicine should be made fresh every week, as without spirits of wine it cannot be kept longer for use than seven or eight days.

offensive mucous which lines the digestive cavity, all foul undigested food which may have lain there for a great length of time, and relieves at once, and as if by magic, those pains in the side, heaviness, and head-ache, for which the victims of chronic liver and stomach complaints are salivated, blistered, and bled in vain. At the same time, it is to be remarked, that, if there be no disease, there will be no visible action produced by its fullest exhibition.

HEPATITIS, OR LIVER COMPLAINT.

HEPATITIS has generally been considered of two kinds: the acute, and the chronic. The symptoms of the acute, are a sense of weight and pain in the right side and shoulder; sallow or pale complexion; great depression of spirits; loss of appetite; costiveness; urine high coloured, depositing a red sediment and ropy mucus. It is mostly accompanied with febrile affection, dry heat attended with tension and pain in the right hypochondrium (under the right ribs), and is often pungent like that of pleurisy, but more frequently dull. Much uneasiness is felt on lying down on the left side, with difficulty of breathing; a dry cough and sometimes vomiting and hiccough.

The chronic, or long established kind may, besides the above, have flatulency; pain in the stomach; foul mouth and tongue much coated; also all the symptoms of indigestion; a yellow tinge of the skin and eyes clay-coloured stools; weakness and slow progressive emaciation.

These symptoms are, however, often so mild and insignificant as to pass almost unnoticed; as large abscesses have been found in the liver upon dissection, which in the person's lifetime had created little or no inconvenience, and which we may presume to have been occasioned by some previous inflammation.

In the East and West Indies, and all hot climates, inflammation of the liver is a very fatal disease; but in Europe, and in these islands, the disease is seldom attended with fatal consequences of an immediate nature.

When suppuration takes place, the patient mostly recovers, unless the strength has been greatly reduced by the remedial process, or the constitution has given way before. Then it often happens that a hectic fever is produced, and the patient sinks without any bursting of the abscess; but when the constitution is good, and the strength is yet to be trusted to,

adhesions form between the part where the abscess is and some neighbouring part, and the pus is discharged by the different outlets with which this part is connected, by coughing, vomiting, purging, or by an abscess breaking outwardly. In order to give our readers an idea of the errors of the old treatment, we extract a leaf from Hooper on the established mode of combating this formidable disease.

"The treatment of this disease is different in the two forms which it assumes. That of the acute hepatitis only differs from that which is resorted to against all acute inflammation, in the particular way in which mercury is exhibited. As soon therefore as the disease is pathognomonically established, the lancet and purgative are to be resorted to; and in this climate, as boldly and as frequently as against inflammation of any equally important viscus. Twenty ounces of blood are to be abstracted rapidly from the athletic, young, and good-constitutioned subject; and its repetition to be directed according to the effect, and the state of the pulse. The bowels are next to be cleared by five grains of the sub-muriate of mercury, followed by saline purgatives with senna, until the nature of the evacuations show that it is not likely that any fœcal matter remains in the intestines in a solid form, and that the bile passes off freely. Much depends on attending to this circumstance, and guarding against a tardy movement, or lodgment in the seculi of the colon. In the East Indies, where this disease is so frequent, and proves fatal to so many, the bowels are mostly loose, from the great secretion of an acrimonious bile; and it is found necessary to somewhat arrest the peristaltic movement of the bowels, by combining opium with the purgatives. In all cases where it becomes doubtful whether the lancet shall again be resorted to, cupping and leeches are useful; after which a blister, of good size, is next to be applied. As soon as the intestinal canal has been cleansed of all the crude fœcal matter, mercury should be administered in such a way as to effect, as soon as possible, a mercurial action of the gums and mouth. In very acute cases, and especially in those which exist in the East, where a few days determine whether the patient is to live or die, this is attempted by rubbing mercurial ointment into the legs and thighs, and giving calomel and opium in large doses, and frequently five grains of the former, with half a grain of the latter, or five grains of the compound powder of ipecacuanha, every two, three, or four hours. In this country much smaller doses are given, because the disease does not proceed so rapidly; and James's antimonial powder is administered in the dose of five grains, with one of the sub-muriate of mercury, every four or six hours.

"Chronic hepatitis requires the same treatment with the acute, but in miniature. General blood-letting is only to be had recourse to when there is acute pain, and there is no reason why blood should not be abstracted; but cupping, and frequently applying leeches are beneficial."

Now, who with a grain of common sense, or a fair share of humanity, having any knowledge of the poisons mercilessly employed, can read this account without a chill of horror? Well may Dr. Frank exclaim, that "thousands were murdered in their quiet sick rooms." But though this is the treatment relied on by the great mass who are every year, like the sportsman, "licensed to kill," it would be unjust to suppose all alike —obstinate and blind. Dr. Barnwell declares that he has witnessed the destructive effect of mercury, in this disease, on both sides of the Atlantic. "The abuses of mercury," says he, "in cases of acute hepatitis, or in any stage of it, when attended with acute pain, we know to be the most pernicious mode of treatment which it is possible to invent. About fifty years ago, mercury came into general use in India in this complaint, and when the patient died by its application (as they generally did by this treatment), the acute form was set down as incurable;" no doubt it was not the fault of the doctor but the patient. Looking at the above in conjunction with the belief expressed by Dr. Ray, that there are herbs to cure all diseases, though not everywhere known, reason would have supposed that rather than resort to such barbarities, religion and mercy, with streaming eyes and bleeding feet would, o'er rock and thorns have searched each wilderness for that efficient herb; but a stronger perversity prevails through the medical profession. Dr. Graham, whose modern domestic medicine is one of the best publications of the old school, says, "the unthinking and less skilful part of the profession almost universally agree, that mercury is here the fit and only remedy, but those whose experience and judgment are mostly to be depended on, are very cautious in the use of that mineral, and place little reliance on it in the treatment of this disease." Nevertheless, with the usual inconsistency, Dr. Graham relies in a milder form upon all the old system, but concludes with stating, that the dandelion is a very useful medicine for this affection. "A man," says he, "aged about forty-six, living at Wallington, had felt uneasiness in the right side for several years; about two years since it increased to actual pain, which being accompanied with a quick hard pulse, loss of flesh, and considerable debility, caused him to relinquish his employment. All the symptoms concurred in proving this disease to be a severe liver complaint. Many means were tried for many months, as bleeding, cupping, blisters,

mercury, &c., &c., but they proved no remedies to him; at length we advised him to take a teacupful of strong decoction of dandelion twice a-day; he did so, and I saw him no more as a patient. It succeeded to admiration in relieving him and restoring him." Here is a pretty confession! and why not have given him this admirable physic of the fields before, instead of after the expense and torture? Simple Dr. Graham! The public will suspect why!!

Dr. James Johnson says ("Medico Chirurgical Review," Jan., 1829), "the more the dandelion is employed, the more certain proofs it will afford of its utility." A fact which I could testify in more than a hundred cases, wherein I have cured every stage of this complaint, both with a simple extract of the herb and root, or in combination with other medicines that greatly facilitate the cure. One or two instances I will relate, in order to exhibit the new treatment. About two years since, I had a young married woman brought by her husband to me for a large swelling, not much less than an ordinary teacup, under the right shoulder blade. It gave her extreme pain, and caused sickness. It was attended with a dry cough and asthma; she had suffered about four years; had enjoyed what is called the best,—*i.e.*, the dearest advice, and was pronounced incurable. Her complaint was variously stated to be consumption, liver complaint, asthma; but the tumour puzzled all. She was much emaciated, her pulse ran weak and hard, but high and feverish; her appetite was gone; she had been bled, blistered, and several times salivated. Of course she thought the tumour the worst part of her complaint, but I told her that it was the best symptom about her; it was nature struggling to be free, and making an outlet for disease; that it would be worse, become more painful, and that it must be increased and brought to a head. This alarmed her, as she had been told that if it went on to that state it would prove an immense abscess, which would not cease to discharge till it had killed her. Now this was a liver complaint, in which ulceration had taken place, and the tumour was that ulceration seeking an outlet. The other practitioners had suppressed what I increased. I soothed her fears, and commenced with a strong decoction of dandelion, half a teacup four times a-day, made hot with No. 2, a pill every night of No. 1, a vapour bath once every week, with a hot water bath to her feet every night, and after three days, an emetic. In one week her appetite returned, and the cough abated, but the tumour, as foretold, increased both in size and pain. I ordered for it fomentations of hops and poultices of oatmeal. She continued to get better in her general health, and the tumour worse, till the fourth week,

when it showed a white head. I opened it with the lancet, and it discharged about a pint of matter; she was immediately free from all pain; in about two weeks after it had completely healed up, and she declared herself perfectly well. Another extreme case, was of a working man who had suffered for six years, from an immense swelling, covering all the right hypochondrium, accompanied with most of the dull symptoms of chronic liver complaint. I administered nothing, neither did I prescribe much; he had heard all my lectures which were delivered about that time, and treated himself. Having in those lectures recommended the lobelia inflata, and curcuma, or turmeric, he tried both, and finding relief from the first emetic, in two weeks he took five, with large doses of cayenne and curcuma. He came to me to show me his success and thank me. The swelling had all gone except a space at the centre, about two inches in diameter. He had no pain, but a firm belief that a cure would be established, which ultimately took place in about a fortnight afterwards.

For the general treatment of liver complaint, I must remark that, in addition to the hints given in the cure of the two cases above mentioned, the precautionary observations on indigestion will always apply also to this disease; while sick head-ache, foul tongue, or heaviness in the region of the stomach, will indicate the necessity of an emetic of lobelia. Should great heat, inflammation, or feverishness be present, the use of the vapour bath will be highly advantageous.

The best formula to be employed, as a general medicine, is the following:

Take of
- Dandelion roots and leaves . . . about three handfuls
- Bayberry bark . . . . . half ounce
- Poplar bark . . . . . one ounce

Boil one hour in
- Water . . . . . three pints

Strain and add
- Cayenne . . . . . one teaspoonful
- Pulverised curcuma, or the hycrastic Canadensis . . . . . two teaspoonfuls

Mix thoroughly, and take about half a teacupful four times a-day.

One pill at night of lobelia inflata, constituting pills No. 1, at the end of the volume, will, if nausea be not produced by it, prove of much service.

Should the bowels be costive, regulate them with pills No. 3, as desired under the head of indigestion.

JAUNDICE (ICTERUS).

DESCRIPTION.—Jaundice is derived from the French *jaunisse*, yellowness, of *jaune*, yellow; in medicine, a disease consisting in a suffusion of the bile to the surface of the body, whereby the whole exterior habit is discoloured. There is also a species of this disease called the black jaundice.

CAUSES.—The immediate cause of the jaundice is an obstruction of the bile in its passage into the duodenum.

SYMPTOMS.—The jaundice first shows itself by a listlessness, and want of appetite; the patient becomes dull, oppressed, and generally costive. These symptoms have continued but a very short time, when a yellow colour begins to diffuse itself over the white of the eyes and nails of the fingers; the urine becomes high coloured with the yellowish sediment; the stools are whitish or grey; the patient's skin is dry, and he generally feels a kind of itching or pricking pain over the whole body. Sometimes the patient has a continual propensity to sleep, but in others there is too great watchfulness; and sometimes the pain is so great that the patient cannot sleep. The pain comes by fits. As the disease advances, the yellow colour becomes more and more deep; and even the internal membranes, the bones, and the brain itself, become tinged. All the secretions are affected with the yellow colour of the bile, which in this case is diffused throughout the whole mass of fluids; the saliva or spittle becomes yellow and bitter; the urine excessively high coloured, in such a manner as to appear almost black; the blood itself is said sometimes to appear of a yellow colour when drawn from a vein. In process of time the blood begins to acquire a tendency to dissolution and putrefaction, which is known by the patient's colour changing from a deep yellow to a black or dark yellow colour. Hæmorrhages ensue from various parts of

the body, and the patient frequently dies of an apoplexy—though, in some, the disease degenerates into an incurable dropsy.

TREATMENT.—As jaundice is merely a symptom arising from previous disease, it is to be overcome or removed by correcting the derangement of the general health; and though the following has been found the best formula in many cases, judgment should be exercised in accordance with the state of the patient, and choice of the several articles recommended:—

Take of

Barberry bark	half an ounce
Golden seal	one drachm
Cayenne	half a drachm
Water	one pint

Simmer one hour, then strain and take half a wineglassful to a wineglassful, four times a-day. Also, take a lobelia pill night and morning, or three a-day, if nausea is not thereby produced.

Injections of cayenne and barberry are employed several times a-day by the Thompsonians, and are found particularly useful in this disorder, as they cause the bile to flow again into the intestines, to where it belongs. If the stomach is much disordered, it must be cleansed by an emetic.

Dr. Thompson, in treating of jaundice, says, "I have attended many cases of this kind, and never had any difficulty in effecting a cure. My method is to give No. 2, or the composition powders, to raise the internal heat, and No. 1, to cleanse the stomach and promote perspiration; then give No. 4, to regulate the bile and restore the digestive powers. If the complaint has been of long standing, and the system is much disordered, they must be carried through a regular course of medicine; and repeat it as occasion may require; and at the same time give the bitters two or three times a-day, until the appetite is good, and digestion restored." Sometimes jaundice is occasioned by gall-stones being lodged in the gall-ducts, attended with violent paroxysms of pain in the right side, near the pit of the stomach, and continued straining efforts to vomit; the stomach, at the same time, forcibly rejecting anything that is swallowed. In a case of this kind the vapour bath must be applied, and the system placed in a state of relaxation, by lobelia, administered by injections, together with full and frequent doses of the third preparation of lobelia, until the symptoms are relieved. Gall-stones have been removed in many instances by the operation of emetics.

"Straining efforts to vomit, when the system is warmed by the vapour bath, or by the application of hot bricks wrapped in damp cloths, around the patient, and relaxed by the influence of lobelia, will form the surest means of removing obstructions either in the gall-ducts or in the liver. A warm stimulating poultice applied to the pit of the stomach may relieve pain in the liver.

"Bitters, such as barberry, golden seal, and Thompson No. 4, put into hard cider, will be found good for the patient in many instances. Celandine, agrimony, blood-root, hempseed boiled in milk, besides many other articles and compounds, have been recommended as specific remedies for jaundice; not one, however, can be relied upon. Although patients may recover from jaundice under the use of celandine, hempseed, or some other of the reputed specifics, there is no evidence that the disorder would not have been removed sooner under the Thompsonian treatment, after other various remedies and modes of treatment had been tried without success; but I have yet to see the first cured by other treatment, after the Thompsonian practice, judiciously applied, has failed." —*Comfort's Botanic Practice.*

Dr. A. Sherman states that tincture of blood-root is a remedy for the preceding complaint; from ten to fifty drops, three or four times a-day, in water or herb tea.

The following observations are from Dr. Graham:—

"The preceding means will generally succeed in curing jaundice, and are very safe; but I have confidence in raw eggs; and if the patient prefer trying this simple remedy first, he cannot be said to act unwisely. The late Charles White, a surgeon of eminence and ability, at Manchester, held the use of raw eggs in great estimation, and makes the following sensible remarks on the subject, in his 'Treatise on the management of Lying-in Women,' page 74, third edition, 1785:—'It is not improbable that the temporary jaundice, to which women with child, new born infants, and even adults of both sexes are frequently subject, owes its origin to the stoppage of the mouth of the *ductus communis choledochus* (the duct which carries the bile into the intestines), by some tenacious gluten obstructing either totally or in part, the passage of the bile into the duodenum, and thereby occasions its return into the blood. The attention I have paid to jaundiced patients of both sexes, and every age, who have been frequently cured by taking raw eggs in cold spring water, has inclined me much to this opinion. My supposition is, that eggs act as a dissolvent of the gluten which obstructs the mouth of the duct, thereby

opening a free passage for the bile into the duodenum. We know that yolks of eggs will destroy the tenacity of gums and resins, and render not only them, but also oils and natural balsams, miscible with water.

" 'The first trial I had of this remedy was upon myself, about fourteen years ago, when I had been afflicted with the jaundice many weeks, and was much reduced, no bile having for a long time passed into the intestines. When my skin was almost black, and after I had in vain taken large quantities of soap, madder, steel, rhubarb, and aloetic medicines, an officer of marines told me that if he might be allowed to prescribe, he would immediately cure me. I laughed at his proposal, when he told me that some years before in the Mediterranean, he was troubled with the same disorder, to as great a degree as myself, and that after he had ineffectually tried all the remedies the surgeon of the ship could think of, a Spanish physician at Minorca had assured him that he could cure him in a few days, by this simple prescription only:—Two raw eggs, the whites as well as the yolks, to be taken every morning in a glass of water, fasting, with the addition of an egg every four hours during the day. That, in three days after following this advice he began to perceive the bile in his stools, though none had appeared for many weeks before; that he immediately began to recover, and was very soon effectually cured. Upon considering the dissolvent property of the yolks of eggs, and that eggs must at least afford a nourishment totally void of acrimony, I began to entertain a more favourable opinion of the recipe.

" 'I tried it, and found it had exactly the same effect which he had promised me. Though I was certain no bile had passed through me for six weeks before, upon taking the eggs only three days it began to flow, and in only one day more in as great plenty as I could wish. I continued, however, to take them several months, and have never since had a return of the disorder. I have recommended the use of them to many persons under the same complaint, and have always had the satisfaction of finding their success, except in cases where the disorder was occasioned by a diseased liver, or by stones in the gall-bladder.' "

HYPOCHONDRIA.

This disease is more than any other characterised by great depression of spirits, whims, and strange conceits, with obstinate and groundless apprehensions, capricious temper, and want of resolution in all undertakings. The whims that are sometimes entertained are so ludicrous that to be grave exceeds all power of countenance. One fancies himself swollen so big as not to be able to pass out of the door; another, that he has shrunk away; one thinks again he is as heavy as lead, and incapable of moving; while another says, "he is too light to be trusted in the wind." Many are tormented with visionary notions of concealed disease, and despair of ever being cured.

"Greding gives an account of a medical practitioner who applied to him for assistance, under an impression that his stomach was filled with frogs, which had been successfully spawning ever since he had bathed, when a boy, in a pool in which he had perceived a few tadpoles. He had spent his life in trying to expel this imaginary evil, and had travelled to numerous places to consult the first physicians of the day upon his obstinate malady. It was in vain to attempt convincing him that the gurglings he heard were from extricated and erratic wind." "He argued himself," says Greding, "into a great passion in my presence, and asked me if I did not hear the frogs croak."

It not unfrequently happens, that a rich and independent man firmly believes he must die of poverty, or in a workhouse; sometimes there is a sudden and irresistible desire to commit crime, upon which fact, persons in high life have been defended and excused when detected in petty theft, though we seldom hear of the disease being pleaded for the poor. The disorder may arise from a weak mind brooding long in retirement over some real calamity, inactivity having reduced the circulation, and debili-

tated the brain and the whole nervous system; but it more frequently arises from a long protracted indigestion, or disease of the liver and bowels; and as these organs will be found to be disordered, arising from either cause here mentioned, the complaint should be treated precisely as prescribed for in these disorders; the only thing further to be recommended to raise the spirits, or tranquilise the nervous system, would be the addition of an ounce of valerian root, to be added to the bitter decoction, and the patient should be induced to enter into company, active labour, or exercise in the open air.

INFLAMMATION OF THE STOMACH.

Description.—This is an inflammation of the coat or coats of the stomach, characterised by fever, great anxiety, heat, pain over the region of the organ, increased when anything is taken into the stomach, hiccough, pulse small and hard, with great debility.

Causes.—Inflammation of the stomach is produced by acrid substances, such as arsenic, antimony, mercury, &c.; likewise by food or drink of an improper kind; drinking cold liquor when the body is heated. It may be brought on by inflammation of some of the neighbouring parts attacking the stomach, or a sudden check of perspiration from any cause.

Symptoms.—Violent burning, heat, pain, and swelling, are felt in the stomach, particularly after any liquor has been swallowed; hiccough, cold extremities, hard, quick, and tense pulse; pain, which is produced by pressure. There is also great thirst; when anything is eaten or drank it produces great difficulty of breathing and swallowing; sometimes syncope and fits will ensue. There is restlessness, with continual tossing of the body, and great prostration of strength.

Treatment.—As the welfare of the whole vital economy depends in a great measure upon the healthy condition of the stomach, we shall resort

to active and energetic treatment in order to check the disease as speedily as possible. Hence it is proper to administer a Thompsonian *course of medicine*, which will not only cleanse the stomach, but counteract the morbid determination of blood to the organ, and by equalising the circulation will immediately subdue inflammatory action.* After the course the patient should be kept in a gentle perspiration, and for this process a heated brick wrapped in damp cloth may be placed at his feet, and a tea made of the composition powder, and strained, but given in small but repeated doses; or if this be not at hand, a tea of cayenne pepper and ginger, in equal proportions, rendered mucilaginous by the addition of linseed, Iceland moss, or comfrey. The same should also be applied as an injection into the bowels. The region of the stomach should be rubbed frequently with Thompson's No. 5, or pepper sauce and flannels, or poultices applied to it.

All acrimonious and irritating food and drink are carefully to be avoided. The weakness of the patient may deceive the bystanders, and induce them to give him wines, spirits, or other cordials; but these never fail to increase the disease, and may occasion sudden death. The food must be light, thin, cool, and easy of digestion; it must be given in small quantities, and should neither be quite cold nor too hot. Thin Indian meal gruel has a charming effect in this complaint; light toasted bread dissolved in cold water, or very weak chicken broth are proper. The drink should be clear whey, barley water, in which toasted bread has been boiled, or decoctions of mucilaginous vegetables, as marsh mallows and slippery elm or linseed tea. Some idea may be given of the extent of injury inflicted on the constitution, through the errors of the common practice, by the following quotation from Dr. Graham, whose treatment is generally of the milder kind. "There is no case of inflammation in which bleeding is carried to a greater extent than in that of the stomach. Recourse must be had to it immediately the disease begins to show itself, and if the symptoms do not yield, it must be carried as far as the habit will bear. And so far from only letting blood when the pulse is full and strong, the *smaller and weaker* it is, generally speaking, the more necessary does copious and early blood letting become. After a large quantity of blood has been taken away, the inflammation will suddenly disappear, but we must be prepared for a recurrence of the disease, which

* See directions for a course of medicine.

to a greater or less extent almost always happens."* The gentle prescription is followed with the administration of calomel and opium, blisters and clysters. If a patient recovers from the poison and torture, it is but to drag his ruined frame over a few weeks to the tomb, which effectually hides the murder, scientifically, fashionably, and legally committed; on which to comment further would be an insult to common sense.

HEARTBURN.

DESCRIPTION.—This disease is an uneasy sensation about the part called the pit of the stomach; it is attended with great anxiety, difficulty of breathing, want of strength, inquietude, vomiting, coldness, and trembling of the extremities. Those whose stomachs abound with acid, or with bilious disorders, are the most subject to this complaint.

CAUSES.—The causes are various, as wind, acid, and other acrimonious humours in the stomach; it may arise from debility of that organ, or a loss of its mucus; worms, and frequently spicy and pungent food, and transition of rheumatism or gouty humours to the stomach, or an ulcer in any part of it. It may be occasioned by fat meats, especially if cold liquors be drank too soon after. If it proceeds from bilious matter, it is attended with bitter and nauseous eructations or belchings, as well as by a yellow or greenish discharge by vomiting, collections of blood from the region of the stomach, plethora, or spasms.

TREATMENT.—Where the complaint appears to proceed from acidity, or sourness of the stomach, with belching, heat, pain, &c., use the combination of tonic bitters as directed in page 69. Should this fail to remove the disease (which is rarely the case), a mild *emetic* may be given,

* Should an inquest sit upon the body after this treatment, the verdict by the direction of the medical coroner, is sure to be, "Died by the visitation of God," instead of the truth, "Died by the visitation of the doctor," which in nine cases out of ten is the fact.

succeeded by a purgative. If it proceeds from wind, give a wine-glassful of the infusion of spearmint, commonly called spearmint tea, as in page 117.

The food should be such as is very easy of digestion.

CRAMP IN THE STOMACH.

DESCRIPTION.—This is a violent and painful disease, generally attacking persons very suddenly, and is extremely dangerous; weakly and nervous constitutions are the most liable to it. It may arise from acrid matter, or from a check of perspiration.

TREATMENT.—Friction should be immediately employed over the region of the stomach, and continued until a preternatural degree of heat is produced, and the pain subsides. Should this, however, prove ineffectual, half a teaspoonful of cayenne pepper may be given in half a tumbler of water or tea; at the same time let spearmint or peppermint tea be given, or, as a substitute, any common herb tea. The feet must also be bathed in warm water, and red pepper and spirits be applied hot over the region of the stomach. Should this fail to afford relief, apply a heated brick covered with a towel, and steeped in vinegar, to the breast, as hot as can be borne. This also has removed a severe cramp, or pain, in the stomach, when other means have failed. The person attacked may also take a teaspoonful of the nerve, or composition powder, page 71, to be repeated every fifteen minutes till relief is obtained. Or, the remedies recommended in inflammation of the stomach. The vapour bath might also be applied, if necessary.

I have found the meadow sweet *(spiræa ulmaria)* to act with immediate control over the cramp in the stomach, either as a strong tea made of the leaves, or a drachm of the pulverised root or seed. Any of the above plans may be usefully combined with it. Or

Take of

Pulverised seed or root - - - - - - - half a drachm
Tincture of myrrh - - - - - - - - - - - - one drachm
Cayenne - - - - - - - - - - - - - - - half a teaspoonful

This is for a dose, which may be repeated every half-hour until all pain subsides. If the patient be also subject to flatulency or wind in the stomach, the tincture of assafœtida should be employed in the same proportion, in the place of myrrh. This prescription should be kept ready, should the patient be subject to the disorder.

ACIDITY OF THE STOMACH.

This is generally caused by the presence of rich food and fatty matter, in a week debilitated stomach. When the system has been impaired by excesses, or mineral treatment, it is a common practice to use alkalies, such as pearl-ash and sal æratus, but these weaken the organ, and at best only afford temporary relief. The same may be said of carbonate of soda, and for this symptom of disorder there is scarcely any medicine so commonly used.

Dr. Graham, speaking of this, condemns the practice, and says, "Indeed, if we may judge from the frequency with which we witness professional men prescribe carbonate of soda, we must regard it as a most valuable remedy; this I formerly thought, but closer observation, and greater experience of the operation of medicines, fully convinced me that *this is a great mistake*, and that there are few medicines frequently employed which are more debilitating to the stomach, and through it, to the whole frame." A more sanitary anti-acid than any of the former, and which may be beneficially employed in this complaint, is lime water made thus:—Take of fresh burnt lime two ounces, put it in an earthern vessel and pour on half a gallon of cold water; stir it well up; then allow it to settle about three hours, and strain. The dose of lime water for an adult is from two to four ounces. It should be combined with equal portions of milk, and the dose be repeated three or four times a-day. Should this fail to give relief, let the patient take a lobelia emetic, and resort to the prescription given for indigestion.

VOMITING (EMESIS.)

It is sometimes the case that persons are taken with vomiting without any apparent cause, and when it does not proceed from other complaints, or, in other words, it is not a symptomatic disease. The stomach, from various causes, becomes irritable, and everything taken into it is ejected; when this is the case, and it does not apparently proceed from particular disease, our attention must be directed exclusively to the symptoms of vomiting.

An infusion of spearmint, made with two drachms of the dried plant, to half a pint of hot water, and taken as a dose, is frequently very efficacious. It may be repeated as often as is necessary. A strong infusion of cloves seldom fails to stop vomiting. Half an ounce is to be put to a pint and a quarter of boiling water, and macerated for two hours. The dose is three tablespoonfuls three or four times a-day.

When the above means prove ineffectual, which is scarcely probable, recourse must be had to the vapour bath, or the application of heated bricks, wrapped in damped cloths, to the feet and sides of the patient, administering cayenne tea, or pepper sauce, in tablespoonful doses. By this treatment the circulation is equalised, and the vomiting and irritation of the stomach subside. The above medicine may be used simultaneously with the bath. The article termed pepper sauce may be obtained of most druggists. It is made of the West India bird peppers, which are collected when green, and packed in barrels, with salt sufficient to preserve them. When they arrive in this country they are taken from the brine, put into bottles, and covered with good cider vinegar, which constitutes the pepper sauce. If the peppers are of a good quality, and have been well preserved, vinegar may be applied to them a number of times before their strength will be exhausted.

COLIC (COLICA.)

DESCRIPTION.—Colic is characterised by great pain in the bowels, seated principally in the umbilical region, and extending to the stomach, accompanied with nausea, retching or vomiting, and often a spasmodic contraction of the muscles of the abdomen, or belly, attended with griping and twisting sensations, from which pressure on the bowels affords some relief, and which distinguishes it from inflammation of the bowels.

Colic is divided into several kinds, by most medical writers, as

FLATULENT COLIC.—When there is costiveness, griping in the bowels, a rumbling noise, distention of the stomach, pain severe, with an inclination to vomit, &c.

HYSTERIC COLIC.—When there is nausea and sickness at the stomach, severe spasms, costiveness, and dejection of spirits, &c.

BILIOUS COLIC.—When there is a bitter taste in the mouth, thirst, febrile heat, a vomiting of bilious matter, and costiveness.

PAINTER'S COLIC.—Occasioned by the absorption of lead, to which painters, glaziers, potters, and miners are most subject.

This disease is called colic, from its being more directly seated in the intestine called the colon, than any other.

CAUSES.—The disease is produced by various causes, such as crude and acescent food, wind, a redundance of acrid bile, long continued costiveness, hardened fæces, certain metallic poisons, derangement of the stomach, recession of gout or rheumatism, hysteria, the application of cold and moisture, worms in the intestines, and from swallowing poisonous substances, as lead, mercury, and other pernicious mineral medicines.

In all cases there is evidently an irritating matter in the alimentary canal, which produces spasmodic contraction of the intestines and abdominal muscles, and sometimes violent inflammation, coldness of the extremities, distension of the stomach by a collection of wind, vomiting, obstinate costiveness, and sometimes an evacuation of fæces by the mouth (a very disagreeable and distressing symptom), called the iliac passion. The pain

changes its situation, and is not confined particularly to one spot. The faculty have divided and named the disease, multiplying the species, and formed them into several genera; but for the public, sufficient description is here given to distinguish it from any other complaint, more especially as one sanatory mode of treatment is given that will in all cases prove efficient.

Flatulent Colic.—When not dependent upon deep-seated disease is generally cured by the new system with very little difficulty, by first expelling the wind and removing the constipation of the bowels by a mild laxative, such as senna, manna, rhubarb, or pill No. 3, with half a teaspoonful of composition powder, or, if not at hand, even with equal portions of cayenne and ground ginger, given in a cup of spear, or peppermint tea, every hour till the wind is expelled and relief obtained. I have seen all the first symptoms cured by cayenne alone.

Assafœtida pills, or our pills No. 4, will also be found excellent; indeed, in all stages of this disorder, assafœtida is highly serviceable, more especially given in a clyster, thus:—

Take of

Assafœtida - - - - - - - - - - - - - - - - two drachms
Cayenne - - - - - - - - - - - - - - - - one teaspoonful
Warm gruel or herb tea - - - - - - - - - - one pint

This may be repeated once in every two hours. Where there is costiveness the tea may be made of senna, or mountain flax, rhubarb, and a teaspoonful of pulverised aloes may be used.

In bilious, and also painter's colic, half a drachm of the powdered lobelia should be used in the injection, and retained there for some time, if possible. The latter complaint comes on more gradually than any other form of colic, and should be treated like the flatulent; injections here are of great importance, and should never be omitted. Medicine should be always given with a view to keep up the perspiration; the vapour bath should be applied, or instead, heated bricks, wrapped in damp cloths, placed at the sides and feet while the patient is in bed. Cloths dipped in vinegar and cayenne, laid on the abdomen, will much assist in allaying pain in the bowels. Should the stomach be much disordered, or the case be severe, or obstinate, an emetic or full course of medicine should be given, and the convalescence promoted by the tonic and astringent bitters of Nos. 3 and 4.

Common treatment in colic: calomel, laudanum, volatile alkali, castor oil, nitrate of silver, conserve of roses, brandy, &c.

DYSENTERY (DYSENTERIA.)

DESCRIPTION.—This is an affection or inflammation of the alimentary canal, characterised usually by nausea, pain, fever, tenesmus, with fetid or bloody evacuations; it is also known by the name of bloody flux.

CAUSES.—Whatever has a tendency to obstruct perspiration may give rise to this complaint. Morbid humours are retained in the circulation, mixed with the blood, and thrown upon the intestines, causing irritation, inflammation, and all the phenomena of the disease. Unwholesome diet, unripe fruit, damp beds, wet clothes, &c. It often proves fatal in the army and navy to a great extent.* Sudden changes of weather, with humid or moist air, may act as a predisposing cause of the disease.

PROXIMATE CAUSE.—It would appear that the immediate exciting cause of the dysentery is a peculiar acid, the same as in the cholera morbus, which is secreted by the liver, and which corrodes and irritates the mucous membrane of the intestines, as nitric, or other acids, so frequently and injuriously employed in the old practice of medicine.

SYMPTOMS.—An attack of dysentery is sometimes preceded by a loss of appetite, costiveness, flatulence, sickness of the stomach, and a slight vomiting, and comes on with chills, succeeded by heat in the skin, and frequency of the pulse. These symptoms are in general the forerunners of the griping and increased evacuations which afterwards occur. When the inflammation begins to occupy the lower part of the intestinal tube, the stools become more frequent and less abundant; and in passing through

* The old school practice having no settled, or specific treatment for the disease, they salivate and bleed their patients to death, or let men die while they dispute. From these causes it has frequently happened that more men in a campaign have been lost by the doctors, than have fallen in the field; and the consequence of their ignorance is as great during its prevalence in all large towns. It was the most destructive power against the British army in Holland, in 1748, and in the Peninsula, under the command of the Duke of Wellington.

the inflamed parts they occasion great pain, so that every evacuation is preceded by a severe griping, as also a rumbling noise. The evacuations vary both in colour and consistence, being sometimes composed of frothy mucus streaked with blood, and at other times of an acrid watery humour, like the washings of meat, and with a very fetid smell. Sometimes pure blood is voided; now and then lumps of coagulated mucus, resembling bits of cheese, are to be observed in the evacuations, and in some instances a quantity of purulent matter is passed. Frequently the discharge consists merely of mucus, without any appearance of blood. While the stools consist of these various matters, and are voided frequently, it is seldom that we can perceive any natural fæces among them; and when we do, they appear in small hard balls, which being passed, the patient experiences some temporary relief from the griping and tenesmus. From the violent efforts which are made to discharge the irritating matters, a portion of the gut is sometimes forced beyond the rectum, which, in the progress of the disease, proves a troublesome and distressing symptom; as does likewise the tenesmus, there being a constant inclination to go to stool, without the ability of voiding anything, except perhaps a little mucus. More or less fever usually attends it, with the symptoms which have been described, throughout the whole of the disease, where it is inclined to terminate fatally; and is either of an inflammatory or putrid tendency. In other cases the febrile state wholly disappears after a time, while the proper dysenteric symptoms probably will be of long continuance; hence the distinction of acute and chronic dysentery.

Treatment.—The Thompsonian course of medicine fulfils all the necessary indications for the cure of dysentery. The course should be repeated daily in bad cases.

Dr. Thompson, in his narrative, makes mention of a malignant form of dysentery which prevailed in the town of Jerchico, in 1807, where, out of twenty cases under the treatment of the medical faculty, but two recovered. The inhabitants became alarmed, and sent an express for Dr. Thompson, who began to treat the disease according to his system of practice, and of thirty cases which came under his treatment, all except two recovered. "I had," says the doctor, "but little medicine with me, and had to make use of such as I could procure at this place. I found the cause of this disease to be coldness and canker; the digestive powers being lost, the stomach became clogged, so that it would not hold the heat, I made use of red peppers, steeped in a tea of summer berries, and sometimes the bark and berries, to raise the heat, and clear off canker, which had the desired

effect. After taking this tea, those who were strong enough I placed over a steam as long as they could bear it, and then put them to bed. Those who were too weak to stand, I contrived to have set over the steam, and this repeated as occasion required." To restore digestion, the doctor made use of a syrup made of black birch bark, and cherry stones bruised.

The composition powder, rubbed with a little sugar, and then adding sufficient lukewarm water to make it easy to swallow, will prove more effectual than the tea of composition.

When the patient is not very irritable, and the tongue thickly coated and not very dry, the following preparation will prove highly beneficial, given every hour or two: namely, take two teaspoonfuls of No. 6, one teaspoonful of bayberry powder, and one teaspoonful of sugar. Mix these well, and if too thick to swallow, add a little warm water.

The vapour bath is singularly beneficial in dysentery, and may be frequently administered, and will afford much relief to the patient. After the bath, and when the patient is rubbed dry, apply stimulating ointment, the third preparation of lobelia, or No. 6, over the surface. In less severe attacks of this disease and in all cases of the chronic form, even of one or two years' continuance, I have EVER been successful in curing it by the following prescription :—

Take
Raspberry leaves - - - - - - - - - - - - - - - two good handfuls
Boil one hour in
Water- one quart
Strain and add
Pulverised tormentil root - - - - - - - - - - - - - one drachm
Gum catechu- three grains
Tincture of myrrh- - - - - - - - - - - - - - - - - - one drachm
Cayenne pepper - - - - - - - - - - - - - - - - - one teaspoonful

Dose, from a tablespoonful to half a wine-glassful four times a-day.

Pill No. 1, at night and morning. All the astringents of Thompson, found in No. 3, are proper in this disorder; but this perhaps is most common, and of the best to be found in England. Common allspice, nutmegs, and cloves, are all highly beneficial to mix in the food or physic during this disorder.

It is necessary, also, in almost every stage of the complaint, to keep up a gentle perspiration, or moisture of the skin. As the disease is sometimes occasioned by translations of morbific matter to the intestines, means must

be used to throw them off by the excretion of the skin. For this purpose let teas be frequently given made of angelica, raspberry leaves, and ginger, and a hot brick, wrapped in cloth wet with vinegar, be put to the feet. As soon as the cutaneous vessels have become thus stimulated, a portion of the morbific agents are translated from the mucous membrane of the intestines, and expelled through this medium. Copious perspiration, however, is not called for in the complaint; a general and uniform moisture of the skin is all that is required. When the pain is located more especially in one particular part, or where there is very great distress accompanying the disease, fomentations will be found a valuable auxiliary.

The following may be applied: Take hops, tansey, and horehound, a handful of each; boil in vinegar, enclose in a flannel bag, and apply to the abdomen, or belly: to be often renewed. They divert the humours from the intestines to the surface, and assist to remove pain, spasm, tension, &c.

"In protracted and unusually obstinate cases, syrup made of the black-berry root may be used. It has effected a cure when all other means have proved unavailing."—Dr. Beach.

Regimen.—Good nursing in this, as well as in other diseases, is very important. The excrements should be immediately removed and buried under ground. Change the clothes often, and admit fresh air into the room. Great attention to diet. The following is good: Take a table-spoonful of wheat flour, and add cold water sufficient to moisten it, then add one pint of milk; boil for fifteen or twenty minutes, remove from the fire, sprinkle in a small quantity of cinnamon, and sweeten with loaf sugar; let it be taken in moderate quantities through the day.

Cold water, with wheat bread well toasted put into it, makes a very good drink. The best diet in dysentery and bowel complaints is rice (the flour of it, if it can be procured), to be scalded in water, and then boiled in milk.

Common practice: Iron, calomel, opium, salts, sub-nitrate of bismuth, &c.

SUMMER COMPLAINT, OR LOOSENESS (DIARRHŒA.)

DESCRIPTION.—This disease is characterised by frequent discharges from the bowels, with a pressing down, or disposition to evacuate their contents. It is attended with more or less griping, but generally without much fever.

CAUSES.—Whatever increases the action of the intestines may produce the disease; but, probably, the most common of all is unripe fruits, and too great quantities of any kind; also, retained perspiration, and vitiated agents or humours, which, not being expelled by the skin, are thrown upon the liver and mucous membrane, causing a vitiated and unhealthy secretion of bile and mucus.

SYMPTOMS.—In diarrhœa each discharge is usually preceded by a murmuring noise and flatulence in the intestines, together with a sense of weight and uneasiness in the lower part of the bowels. The appearance of the stools is various; sometimes they are thinner than natural, from the admixture of a large quantity of fluid, poured out by the exhalents of the intestines, than common; sometimes slimy and green when first discharged, and are of a dark brown colour, and very fetid. As the disease advances the stomach becomes affected, and sickness, nausea, and vomiting occasionally prevail; the countenance turns pale, and the skin is dry and rigid. If it continues for any length of time, universal emaciation, dropsy of the lower extremities, and relaxation of every part ensue, together with a great loss of strength.

"Diarrhœa, dysentery, and cholera morbus, may arise from the same cause, or combination of causes, all of which can be cured by the same remedies. The distinguishing signs between diarrhœa and dysentery: In diarrhœa, the bowels are in a relaxed condition, with copious evacuations, consisting chiefly of imperfectly digested food, and generally free from blood or mucus. In dysentery, the bowels are costive, the natural fæces retained, and the stools consist principally of blood and mucus, small in quantity, and the disease is attended with severe griping, and a frequent inclination to go to stool.

"Treatment of Diarrhœa.—In slight cases, a few doses of composition, or bayberry tea, with the addition of No. 6, will in general check the disorder, and correct the digestion. A variety of other remedies may be used for this complaint, such as cholera syrup, Thompson's No. 5 syrup, lavender brandy, burnt brandy and loaf sugar, chalk mixture, lime water, and purified charcoal.

"Diet.—Especial attention to diet is necessary in all cases of bowel complaints. In general, milk porridge, well prepared by first browning the meal over the fire, will agree with the stomach, and in some cases will check the disorder, by confining the diet to it alone, or with the addition of stale bread cut thin and toasted thoroughly.

"Boiled rice and milk, Bermuda arrow root, elm gruel, sago, tapioca, fresh eggs slightly cooked, essence of beef, boiled chicken, crust coffee, and Irish moss, are such articles as are generally adapted to cases of diarrhœa. Rice scorched, ground, and made into coffee, sometimes proves of itself a remedy for this complaint."—*Comfort's Thompsonian Practice.*

"The following syrup, or cordial, is excellent for bowel complaints, particularly chronic, or of long standing, of children and adults. Take two quarts of ripe *blackberries*, add one pound of loaf sugar, half an ounce of nutmeg, half an ounce of cinnamon, quarter of an ounce of cloves, and quarter of an ounce of allspice: boil all together for a short time, and, when cold, add one pint of imported French brandy.* After standing for a few days in a close vessel, or bottle, it may be strained. This makes a very rich, pleasant, and efficacious syrup, and may be given after the bowels have been well cleansed. Dose, from a teaspoonful to a wine-glassful, according to age, three or four times a-day. How much better this than mercury!"—*Dr. Beach's Reformed Practice.*

For a general prescription for this complaint, I believe none can excel the one given for dysentery.—(See Dysentery, p. 123.)

* The author takes this opportunity to observe, that being an advocate for the total abstinence from all intoxicating drinks, he also disapproves of the administration of alcohol in medicine; but when he has occasion to quote the prescriptions of others, he is bound to give them entire. He is aware that it will be maintained by some, that spirits are absolutely indispensable—that vegetable extracts will not keep without them. This may be true in many cases; and also, that many of the gums, such as assafœtida and the invaluable myrrh, cannot be dissolved and introduced in a liquid form into vegetable preparations, without alcohol. But even these facts do not compel us to administer it: for when these gums and extracts are once mixed, or compounded, the spirit can be drained off by a slight heat, before the compound, or draught, is taken by the patient; and thus the scruples of all parties may be satisfied, without in the least reducing the efficacy of the prescription.

CHOLERA MORBUS.

The cholera morbus generally comes on very suddenly. It usually commences with nausea, and pain in the stomach, followed by severe griping and distress in the abdomen. These symptoms are immediately succeeded by vomiting and purging, which generally continue in paroxysms until great prostration follows. The stools are at first thin and watery, and generally tinged with bile. After the disease has continued for a short time, the evacuations are very bilious. As the disease advances, the vomiting, retching, purging, and pain are severe and incessant. The peculiar feature of the complaint is a spasmodic affection of the abdominal muscles and extremities. The person is drawn up on every attack, or in every paroxysm, often causing him to scream aloud with dreadful agony. The thirst is usually very great, but almost every liquid taken into the stomach is immediately ejected. As the disease progresses the pulse becomes small, feeble, and intermitting; there is coldness of the extremities, countenance pallid and expressive of great distress, a cold sweat breaks out, and great prostration follows.

Cholera morbus is a very common and dangerous disease, often proving fatal in twenty-four hours, and the malignant type of it in a few hours.

Treatment for the milder form of this disorder: Apply the prescription and practice recommended in dysentery. For the more severe symptoms, use the vapour bath, and carry the patient through a full Thompsonian course (as in Asiatic cholera).

ASIATIC, OR INDIAN CHOLERA.

The malignant Asiatic cholera, which a few years since swept off so many thousands, sometimes suddenly attacks people in good health, without any notice of its approach. It appears to be only an aggravation of the common cholera, or a more malignant type of the same.

At first the patient is usually affected with nausea, or pain of the bowels, or pains and cramps in the legs, but very often there is no warning at all. The patient is seized with spasmodic pain in the bowels, sickness, and purging, in which the discharges become peculiar, not natural, or bilious, but as it has usually been described, like *rice water*, and so rapid is the advance of the disease that a person may rise in health, and may die before noon. This terrible disease is soon confirmed, leaving no doubt concerning what is the matter; the countenance soon becomes so altered that all the features of the face contract and shrink; the eyes are sunk in the head, with a dark circle around them, the lips are blue, the heat and pain of the stomach are extreme, yet the skin is cold and livid, covered with a cold perspiration, it loses its sensibility, so that blisters when applied will not rise, yet the spasms of the patient are dreadful, beginning like cramp in the feet; the sudden attacks of pain run up the legs and arms, as though they were breaking, to the trunk and midriff, which contract in violent spasms; at the approach of death these spasms leave, the action of the heart, pulse, and organs of respiration rapidly diminish, the system loses all power to retain the heat, the blood thickens, the course of the larger veins are black and marked, even the tongue is cold, a greater cold and dampness is on the skin, the eyes become glazed, presenting a ghastly image of death; yet the patient often continues sensible until life is quite extinguished.

This dreadful disease is recorded to have first made its appearance in Hindostan, in 1817, from whence it spread over Arabia, Persia, Russia, Poland, and Germany, and arrived in England in 1831 and 1832. The awful ravages it then committed must be fresh in the recollection of many at the present time, and also the long-winded controversies and fierce contentions, between the members of the faculty in the public prints at the time, disputing while people were dying, not only as to whether the disease was, or was not, infectious or contagious, but as to what should be the proper mode of treatment; powerfully illustrating the old adage, "that when certain characters fall out, honest men hear the truth." Upon this memorable occasion they betrayed in their quarrels the total absence of all *rational principle* in their theory of disease, presenting in the opposite extremes of the prescriptions administered, their cruel experiments and almost universal failure. They exhibited, in fact, a mass of contradiction and absurdity, that ought to have opened the eyes of the poor gulled public to the heap of error and ignorance to which they had legally to trust their lives, and to have roused them against the attack of the powerful enemy who was spreading terror and death all around them. Many startling passages from the epistles which, in the newspapers of that period, unblushingly met the front of day, might be quoted in proof. But it is shorter, and some relief, to turn to the confession of one honest man, Dr. Elliotson, who said, "with respect to the treatment, we had better say nothing about it; it is my private opinion that no good has been done; the mortality has not been diminished by any of the measures hitherto adopted." So that the parish, corporation authorities, also the whole of the public, paid the doctors thousands of pounds, and received no protection or benefit whatever for the vast sums they gave to this legal and respectable fraud. But this was not altogether the case in America. There the Thompsonian system was making its way; there the old and new modes of practice were brought into contrast, and perhaps never in the history of our race was the simple truth of a theory better made known by its fruits, or error better exposed by the mischief it committed, for the American doctors went "more-a-head" into the extremes of bleeding and poisoning, and signally failed, by killing more patients than those in England, and they became, in many instances, so alarmed for themselves, that they fled the town, leaving the people entirely in the hands of the Thompsonians, who lost not a single patient, when the disease was taken in time. Some of the experiments of the faculty, as they are by themselves recorded, are truly barbarous and revolting. Such

as giving ten grains of calomel* every hour, applying boiling water to the belly, the application of ice, searing the back with hot irons, &c. One practitioner, writing to an official, said, "I have drawn as much blood as would float the President, and given as much calomel as would freight her, and yet they die." How surprising, after so much zeal to save them!

Dr. Mattson, in his improved "Guide to Health,"† says, "I heard professor Hayward state to his class, that he had injected three pints of preparation of soda into the veins of a cholera patient at one time, and three gallons within the space of three hours; but he acknowledged that this treatment always proved fatal, or rather, that patients invariably died."

When the disease prevailed in Boston, the consulting physicians of the city having been requested by the mayor and aldermen, to prepare some instructions for the relief of persons attacked, until medical advice could be obtained, they recommended *two hundred drops of laudanum to be taken in hot brandy and water in the course of an hour, and the application of a mustard poultice over the whole surface of the bowels;* a purgative was also to be administered. Such was the treatment to be pursued previous to the arrival of a physician, who, in language of Dr. Drake, "generally came in time to order a ———————— coffin for the unfortunate patient."

Now, it is apparent to every person of reflection, that the *laudanum*, *brandy*, *mustard poultice*, and *purgative*, as recommended by the Boston physicians, would be sufficient, in many instances, to destroy a person in health, and it need not excite our wonder, therefore, that these pernicious agents should have proved fatal to those who were suffering from an attack of cholera.

* "Boston Medical Surgical Journal," vol. 9, p. 122; "Thompsonian Recorder," vol. 2, p. 386.

† On the Thompsonian System.

CHOLERA.

Amongst all the diseases we shall have to describe, perhaps there is none that so strongly exhibits and proves the truth of the Thompsonian theory, that "life depends upon heat," a diminution of which is disease, and its absence, death; for, whatever may be the real cause amongst all the various causes assigned for this disease, such as atmospheric changes, miasma, &c., one fact, of all others, is most certain, that an attack of the disorder is always attended by a great and rapid loss of animal heat, on the restoration of which depends the success of any treatment, and subsequent fate of the patient; and whatever article be chosen to check the diarrhœa, remove obstructions, and restore circulation, this one fact must never for a moment be lost sight of.

As this disease is so rapid in its progress, the first simple stimulant at hand may be given, such as pepper or ginger, with any of the astringents of No. 3, or grated oak-galls, roasted acorns, powdered, or antispasmodic tincture. No. 6 should be adminstered while other articles are in preparation. No time should be lost in preparing the vapour bath, the heat of which should be increased as high as the patient is able to bear it without fainting, which he will be the better able to sustain, from the stimulating teas, which may be made thus :—

Take of
- Angelica and raspberry leaves . . two good handfuls
- Add of cayenne ..... a level teaspoonful
- Ground ginger ..... ditto
- Cinnamon and cloves ..... half a drachm

Boil the whole in
- Water ..... one pint

To be strained and sweetened with sugar, and given as frequently as possible, till general warmth and circulation are restored. Should this not

be effected speedily by the above tea, give the same, reduced to one-half its strength of cayenne, as an injection into the bowels, first straining it through a piece of linen; but if time will allow a preference, give the following:—Half-a-pint of strong decoction of green oak-bark, poured boiling hot over half a teaspoonful of cayenne and half a teaspoonful of lobelia; add two teaspoonsful of the simple tincture of myrrh; let this be be cooled down to blood-heat; before it is injected care should be taken that the pipe of the syringe is smeared with hog's lard, tallow, or sweet oil. In restoring the general warmth, injections are much relied on by all Thompsonian writers. They are thus spoken of by Dr. Thompson:—"Whatever is good to cure disease, when taken into the stomach, is likewise good for the same purpose given by injections, as the grand object is to warm the bowels, and remove the canker. In all cases of dysentery, cold, piles, and other complaints, where the bowels are badly affected injections should not be neglected; they are perfectly safe in all cases, and better that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when all other means would fail."

If the patient is in a collapsed state, two or three teaspoonsful of the anti-spasmodic tincture, No. 6, should be added to each teacupful of cayenne and raspberry-leaf tea, more especially if spasms be present. The heat of the vapour bath should be increased gradually, in proportion as it can be borne by the patient, wetting his face and breast occasionally with cold vinegar and water, if there are any signs of fainting. As soon as perspiration ensues, an emetic should be administered, and repeated the following day. The treatment should be followed up by administering the general prescription given for dysentery, with which may be usefully combined any of the articles mentioned as astringents. Mucilaginous articles, such as comfrey, gum arabic, and poplar bark, are also useful for their soothing and healing properties on the stomach and bowels, the lining membranes of which are much irritated in this disorder. After all purging and pain is subdued, restore digestion with the tonic bitters, spiced bitters, or No. 5 syrup. The diet should be as recommended in diarrhœa. Salt should be added to the food, as this is an important article to most patients recovering from sickness, and those recovering from cholera generally have a craving for salt food.*

* "Thompsonian Recorder," November 3rd, 1832, Columbus, Ohio.

Many patients have a great aversion to cayenne pepper taken in either form, on account of its pungency; but in an extreme case, such as an attack of cholera, it must be persevered with, and the dose should be increased as much as it is possible to bear. Dr. Mattson informs us that cayenne pepper alone has cured some aggravated cases of cholera; one case he relates of a captain of a western steam boat, who was attacked suddenly with the disease, during its prevalence in America, in 1832, and in half an hour was deathly cold, scarcely able to speak, and almost without pulsation at the wrist; half a tumblerful of pepper sauce was administered, and repeated in a short time; the pulse soon became perceptible, the extremities manifested a glow of returning warmth, the haggard visage became placid and serene, and without further treatment the patient speedily recovered.

CHOLERA INFANTUM.

Infantile cholera, or diarrhœa, is a complaint having all the symptoms of adult diarrhœa, and arises from similar causes. Though in many instances it is rapid in its course in infants, in general it is more protracted, and more often becomes chronic than that of adults; the belly is then swollen and hot, while the limbs are wasted, cool, and flaccid, the discharge from the bowels is green and acrid, the child dozes with its eyes half closed, and rolls its head when awake, the face is shrunken and pallid, and the lips are blue. The Thompsonians recommend the same general treatment as that for adults, which I have no doubt is effective, though to give cayenne will appear very severe; but we are certain it cannot be injurious, and, therefore, must be resorted to in extreme cases. I have never failed to cure this disorder in infants, both in its acute and chronic form, when the faculty, at the infirmaries, would give nothing but their sentence of death.

I have succeeded by the following simple preparation : Take of raspberry leaves, angelica, and valerian roots, a good handful each, boil for an hour in a pint of water, strain and add of pulverised gum myrrh, two teaspoonfuls. Give two teaspoonfuls every two hours, and the warm bath from five to ten minutes at a time twice a-day. While in the second give an emetic thus : Steep a teaspoonful of fine pulverised lobelia seed in half a teacupful of hot raspberry leaf tea, sweetened with honey, and well mixed ; give a teaspoonful of this every five or seven minutes, till full and free vomiting is produced ; after the emetic, the medicine should be continued as before, adding a little spearmint to the other articles composing the tea, and tormentil root, should the relax be found obstinate. If the abdomen be much swollen, it should occasionally be rubbed with a weak solution of vinegar and mustard, upon removal from the bath, followed by an application of warm flannel. Injections are highly serviceable to the infant, as to the adult, in this disorder, and will aid in reducing the diarrhœa and swelled state of the bowels ; but they must, like the doses of medicine, be modified to suit the age of the patient—for which purpose take of pennyroyal and comfrey, make a strong tea, strain off and add ten drops of tincture of myrrh to one ounce of tea, for an injection. Sometimes the dysentery syrup, given in doses of half a teaspoonful, and repeated every hour, will arrest the discharges, and frequently be found sufficient to cure the chronic form of the disorder.

INFLAMMATION OF THE BOWELS (ENTERITIS.)

This disease, which is highly characterized by fever and fixed pain in the abdomen, accompanied with vomiting, is generally occasioned by long continued costiveness, eating unripe fruit, exposure to cold, &c. The symptoms much resemble those of colic, and should be met with similar treatment, namely, a full course of medicine, the vapour bath, and an

emetic, which should be immediately administered. The injections should be given with a view to relieve the bowels as soon as possible, for which purpose we may use senna tea, sweetened with treacle, and combined like that given in colic (see Colic, p. 122). Should not this treatment arrest the complaint in a short time, the following fomentation may be applied. Take tansey, wormwood, and hops, or camomile, boil all in vinegar and water, then enclose in a cloth or bag, and apply to the abdomen, changing them often.

Common practice: Copious bleeding, mercury, opium, castor and croton oil.

COSTIVENESS (CONSTIPATIO.)

This is a certain state of the bowels, which may be either constitutional or symptomatic; generally the latter. There is a retention of the excrements, with hardness and dryness of the evacuations, which are often difficult, and sometimes painful. Persons of sedentary habits are very liable to this complaint, especially those of a nervous or choleric temperament, or who are subject to disease of the liver or spleen. With the defect of stools there generally exists either nausea, want of appetite, flatulency, pains in the head, or a degree of feverish heat.

There is, perhaps, no other complaint for which people take the liberty of prescribing for themselves so much as that of costiveness; and, perhaps, there is none which they more frequently fail to remedy, or more often increase and establish, by the very means taken to cure it—the medicine employed for the purpose chiefly consisting of drastic purges; and purging being but a forcing of nature, a violation of the functions of the bowels, in which the nerves connected with the peristaltic motion become more and more weakened every time purging is resorted to, at last inducing an indolent action or actual prostration; or else nature, in self-defence, sets up a powerful astringent, re-action, producing much greater costiveness than before; and thus it is in this complaint. Hundreds have in vain taken all the nostrums advertised, while druggists have gained a good

living by the penny spent by the people in salts, senna, jalap, aloes, rhubarb, magnesia, blue pill, and all the simples known to move for a time that unmanageable part of themselves—the bowels. But if the people have erred in this it can be no wonder, taking their example and advice from the faculty, who employ the same, and frequently rely upon more dangerous means.

Poisonous drugs given in other diseases, by weakening the bowels, leave this habit upon the system. The cause may also arise from excess in eating and drinking, not only of spirituous liquors, but of tea and coffee, the use of bread made of superfine flour, especially if adulterated with alum—a common practice with bakers, to whiten their bread. Hence, in this disorder, it will be found highly beneficial to abandon this for brown bread, or bread made with unbolted wheat, which will frequently regulate the bowels without the use of physic.

I will here state that in my treatment of disease, for the reasons given before, I never employ an active purge, but at the same time always endeavour to induce a natural stool by regularity of the bowels. In order to effect this I have never directed the remedy for costiveness wholly and directly to the bowels, but sought a remedy in the proper action of the entire system, and especially one that would tranquillise and strengthen the nervous system. And after trying many things of a comparatively innocent nature, as mild aperients, have found nothing to equal the lobelia inflata, administered in such doses and in such a manner as not to vomit the stomach, but to ensure its passage through the bowels, and by this method I have succeeded in the longest standing and most obstinate cases.

But in order that my readers should be in possession of all the benefits of my experience, I will give several remedies for this one complaint, more especially when the system is not influenced by the presence or symptoms of any other, on which it is the more frequent attendant. If, however, other diseases be present, particularly foulness of the stomach or lungs, then this is not so likely to succeed until such is removed, because enough lobelia will not pass through the bowels, but, by disturbing this foulness, will be thrown up with it, exciting sickness. But should there be no disease or foulness present in the stomach or lungs, than any quantity of the lobelia, from a grain to half-an-ounce, will not vomit but pass through the bowels, producing (after from six to twelve hours) a bland and natural stool motion. As a proof of its efficacy in this disorder, I may state that I was drawn to the discovery from the many chronic cases of constipation I found in my practice, to which I could give but a

temporary relief by all other means. The first of this character on whom I succeeded was a lady, aged fifty-three, who had suffered from extreme costiveness for more than twenty years, sometimes having no passage in the bowels for more than a week. After trying aperients for a length of time in vain, I began to reflect that if this be a disease of the bowels, or even the liver or nervous system, the lobelia, acting only where there is disease, may prove effective here. I therefore carried her through a course of medicine to clear the system. I found she could take two pills at night, which were after a time increased to six, without nausea; and these, by passing the bowels, succeeded in producing not a purge, but a natural evacuation at last, every morning, aided by the daily effort which in time, without the pills, became sufficient, followed by a cessation of all the unpleasant accompaniments of the costiveness. Such, too, has been the result of perseverance with many others whose habit had resisted aperients and enemas.

Let the patient begin by taking at night two of the pills, and if no nausea is produced, increase the number each night until it is, or a motion is effected the next morning, washing down each dose with a tumbler full of cold water; and after breakfast never let him or her fail to make the effort to procure a motion; thus the habit will assist the lobelia, and the lobelia the habit.

With a few persons it may happen that sufficient lobelia cannot be taken without nausea or restlessness. Where such is the case, one or two of the aperient pills, No. 3, can be taken with the lobelia, facilitating the motion without purging, and these omitted as the regular habit is gained. Where there is but a temporary constipation, either with or without other disease, the pill, No. 3, will be found all sufficient to remove it; the patient should regulate the dose to the state of the bowels, taking care not to purge, the combination in this pill being prescribed with this view.

In addition to these pills for costiveness the use of injections should not be forgotten, as being always of more service and less injurious than cathartics. Indeed, where a motion is required immediately, they should be had recourse to before physic of any sort. Half-a-pint of warm water will in all ordinary cases procure a motion in ten or twenty minutes; but where the fæces are unusually hard the following should be employed:—

Take of

Treacle . . . . . two tablespoonfuls
Salt . . . . . one tablespoonful
Warm water. . . . . one pint

This may be rendered more effectual still by the addition of half a teaspoonful of lobelia powder.

There are persons constitutionally costive, whose bowels are not moved more frequently than once a-week, and yet whose general health remains good. Such instances are rare, for most persons feel more or less uncomfortable without an evacuation as often as once in twenty-four to forty-eight hours.

Where costiveness arises from the want of exercise, nothing will properly supply the place of it; it should be punctually practised; the shower-bath is good; also brisk friction over the abdomen with a coarse towel with salt and water. Astringent food should be avoided. Some fruits are good, such as prunes, figs, and black currants. Dr. Thompson recommends the practice of eating an apple after dinner; a roasted apple for supper will be found by some to supersede all other physic in procuring the morning evacuation.

WORMS (VERMES.)

THERE are several kinds of worms, at times, found in the human body, but these three are most frequent, namely, the tænia, or tape worm; the teres, or round worm; and the ascarides, or seat worm.

The tape worm is white, very long, and full of joints, which frequently comes away broken in the stools; this, like the round worm, is bred in the small intestines, and is sometimes found in the stomach; the seat worms commonly lodge in the rectum, and cause aching in the seat.

The presence of worms occasion paleness of countenance, and, at times, flushing in the face, starting and grinding of the teeth in sleep, the appetite sometimes bad, but more often eager, and at times quite voracious. The bowels of children suffering with worms are generally hard and swollen; there is frequent pain in the side, accompanied with dry cough; worms will occasion convulsions, and often epileptic fits. It will be proper to observe that all these symptoms may exist in consequence of a disordered state of digestion, or without the presence of worms. Nothing is more common than for the doctor to make a guess at a child having worms, and administer such medicines for their destruction, as requires but a larger dose, or longer perseverance of the same, to destroy the child. The reader may find in most medical works many poisons differently prepared for this purpose: many of these, as secret remedies, are sold and taken; they bring away worms, but not the disease, or even the cold mucous slime in which the worms reside.

"The reason," says Dr. Thompson, "why children are more affected with what are called worm complaints, is because they are more subject to be disordered in their stomach and bowels than grown persons. When children are sick, and their breath smells bad, it is said they have worms, and everything is laid to them; but this is owing to disease caused by canker, for there is nothing in the nature of worms that can affect the breath."

In cases of this kind, the only thing necessary is to cleanse the stomach

by getting rid of the cold phlegm, and restoring the digestive powers, when there will be no difficulty with the worms.

The practice of giving poison to kill worms in the stomach and bowels is injurious, as Dr. Thompson relates, from the doctor who attended the following cases:—"Three children had what he called a worm fever, and he undertook to kill the worms. One of the children died, and the doctor requested permission to open it, to find out what would destroy worms, in order to know how to cure the others, but the parents would not consent. A second died, and the parents consented to have it opened, but, after searching the stomach and bowels, to their surprise no worms could be found. The third soon after died." The fact was, their death was caused by canker on the stomach and bowels, and the medicines given increased the difficulty, by drawing the determining powers inward, which aided the cold to promote the canker.

TREATMENT.—The difficulty of ascertaining whether a child that is sick has worms, should occasion no embarrassment with regard to the treatment to be pursued. The stomach and bowels being disordered, the indications for the treatment will be the same, whether the patient be affected with worms or not.

"I have had," says Dr. Thompson, "a great deal of experience in what are called worm complaints; and, after having become fully acquainted with the real cause, had no difficulty in curing all that I have undertaken.

"My practice," says he, "has been what I recommend to others to do in cases that are called worm complaints; to give the composition powder, or No. 2, to warm the stomach, a tea of No. 3 to remove the canker, and the bitters, or either of the articles described under No. 4, to correct the bile. If they are bad, carry them through a course of medicine, and give the bitters. When there are nervous symptoms, give the nerve powder. Injections should also be frequently given. The butternut syrup is very good. If there should be danger of mortification, make use of No. 6, both in the medicine given and in the injections."

The composition I have found to be most effectual when the powder is given in lukewarm water, or in strong decoction of bayberry or sumach. This mixture given two or three times a-day, together with small doses of the tincture of lobelia, repeated every two or three hours, will, in many instances, remove all symptoms supposed to be occasioned by worms.

Although it will be readily admitted that worms are more numerous and occasion more disturbance in patients whose digestive functions are most impaired by excess or improper diet, or those whose bowels secrete a larger amount of slimy mucous, it will be always safe to treat the patient

as Dr. Thompson recommends; yet, in some, worms appear to be hereditary, and exist independently of any excess of this secretion, resisting alike the remedy even of such a course of treatment. There have been many conjectures as to the origin of worms: Cuvier says they can only propagate themselves in the interior of the bodies of other animals. There is hardly any animal which does not give support to several kinds of them, and frequently the same species of them does not inhabit more kinds of animal than one. They are not only found in the intestinal tube, and the ducts communicating with it, but also in the cellular tissue, and the substance of the brain, liver, and other organs. The difficulty of conceiving how they arrive in these situations, together with the observation that they are never met with out of the living body, has caused some natuarlists to believe in their spontaneous generation. But it is now sufficiently settled, not only that the greater part of them produce either eggs or living young, but that they have distinct sexes, which copulate like other animals. We are therefore obliged, says Cuvier, to believe that they are propagated by germs sufficiently minute to enter the smallest passages, and that animals sometimes contain these germs at the time of birth.

In a disorder so common, and one which frequently resists so many medicines resorted to (for what will expel them from one person will not from another), it will be acceptable to have at hand several modes of treatment, providing such be of a sanatory character.

The following prescription I have tried in many cases, and been successful:—Tansey boiled in milk, to which a teaspoonful of the flower and seed pulverised may be added. Dose, from a teaspoonful to half-a-pint fasting, and at bed time. This will be found highly serviceable in round or tape worms.

The following is strongly recommended by Dr. Beach, of the reformed practice:—"I have found it highly efficacious in removing worms of all kinds." Take the pods of cowage, dip them in treacle (I prefer butternut reduced with treacle), then with a knife scrape off the hairs along with the syrup; when the mixture attains the consistency of honey it is fit for use: Dose, for a child three or four yeare old, one teaspoonful, given in the morning three or four mornings successively, then follow by moving the bowels with senna and manna. Increase or decrease the dose according to the age of the patient.

Salt is obnoxious to all kinds of worms, and persons troubled with them should lessen their usual quantity of sugar and increase that of salt, for the former encourages, while the latter expels them.

There are few cases that would resist the use of salt, could the patient be induced to take a sufficient dose, which, for an adult, would be from half-an-ounce to an ounce, dissolved in half-a-pint of water, and taken fasting, repeated at the end of three or four days.

I received the following information from one of my patients who had formerly suffered from worms, and had by accident expelled what medicine had not effected (for he had tried many things for them) a large quantity of tape worms, so much so, that he thought he had got rid of them altogether. He had been out, working in the fields all day, with very little provision with him, and returning home at night more hungry than usual, eat plentifully of a cake his wife had been making of oatmeal; while eating, he thought he tasted more salt than usual, and made the remark, when it recurred to her memory that she had salted the cake twice; he eat till satisfied, and in the morning discharged the tape worm dead, and mingled in immense slime. Salt seems to be nature's antidote for worms of every kind; it may be employed as an injection, more especially for seat worms.

A mode of punishment formerly existed in Holland, which places the effects resulting from a total disuse of salt (more especially in moist climates) in a striking point of view. The ancient laws of the country enacted that certain convicted men should be kept on bread alone, *unmixed with salt*, as the *severest* punishment that could be inflicted upon them in their moist climate; the effect was horrible—these wretched criminals are said to have been devoured by worms engendered in their own stomachs. —Dr. Graham.

I will here give our remedies. Lime water. When the stools are green, or of an acrid character, or if the patient be affected with sour breath, and acid eructations, lime water should be given to correct the secretions. The usual way of administering lime water is to add about an equal quantity of boiled milk, and take it two or three times a-day: Dose, a teacupful.

I have found this equally useful in many cases, producing good effects with great rapidity, and not requiring any preparative treatment. Pomegranate bark, boil two ounces in a pint-and-a-half of water down to a pint, and take the whole in the morning, fasting, in four or five draughts, leaving half an hour between each draught. If it does not bring away the worm the first day, repeat the medicine a second, third, and even fourth time, just as directed above.

PILES (HÆMORRHOIDS.)

The piles are produced by great fulness of what is called the hæmorrhoidal veins, forming small tumours, either in the anus or protruding beyond it. In some cases they are attended by a discharge of blood upon going to stool, and are then called bleeding piles; when they are in a state of chronic tumour with painful swelling without bleeding, they are then called blind piles. In severe cases a portion of the intestine falls down every time the fæces are passed, and requires to be pressed up with the hand. The piles are generally owing to costiveness, and weakness of the bowels. There are few complaints in which attention to diet has a more beneficial effect than in piles, they are often brought on by high living, and may be removed by an opposite course, or spare diet; brown bread, or rye bread should be preferred, no wines or ardent spirits should be used. A long established ease is found very obstinate and difficult to cure, requiring much perseverance in the remedies prescribed, and even an alternate change in the medicine, which should generally consist of the tonic bitters recommended for indigestion. In treating piles, the first thing is to regulate (not purge) the bowels, resorting to the same remedy recommended for costiveness. If the piles are irritable, a strong tea made of raspberry leaves should be employed as an injection twice a-day warm, sumach leaves, or decoction of oak bark. When the smarting ceases, a small portion of ginger, or No. 6, may be added to the tea. The injections should be strained, or the sediment may occasion pain. The following ointment may then be applied, confined by a bandage on a piece of lint- Take cranesbill finely powdered, an ounce; fresh lard, seven ounces; blend them together. Gall ointment has also been strongly recommended. Take of oak gall, in very fine powder, one ounce, lard, seven ounces.

"A decoction of the root of cranesbill (geranium maculatum) simmered

gently, until of the consistence of molasses, is a valuable remedy in piles. If the piles are internal, the liquid thus prepared, should be injected into the rectum on going to bed; or a rag, saturated with it, may be introduced into the rectum over the finger, so as to bring it in contact with the affected parts, allowing it to remain until the next evacuation. The injection should be nearly cold. Dr. Quin informs me that he never knew more than two or three of these applications to be required in effecting a cure, even in aggravated cases. If the piles are external, the medicine may be confined to the diseased parts by means of a bandage.

"The decoction for internal use is prepared by boiling an ounce of the root in a pint-and-a-half of water until the quantity is reduced to a pint. The dose of this is half a teacupful, more or less."—Dr. Mattson.

A piece of cotton dipped in the essence of spearmint and applied to the piles will usually give immediate relief. "I have," says Dr. Mattson, "recommended this in a number of cases where the patient was threatened with an attack of piles, and seldom knew it to fail in removing the complaint. The application may require to be repeated two or three times; it produces pungent sensations, which become very painful in fifteen or twenty minutes, when it may be removed."

Such relief may be also obtained by steaming the parts, or applying a warm poultice made of yarrow, comfrey, or slippery elm, the pulp of rotton apple, or a poultice of elder. A regular Thompsonian course of medicine will, by equalising the circulation, relieve and greatly aid the cure of piles. There is also a preparation much used in America, called "Ward's Paste;" the following is the mode of preparing it:—

Take of

Pepper	eight ounces
Elecampane root, powdered	eight ounces
Fennel seed	sixteen ounces
Honey	one pound
Sugar	one pound

Mix these in a mortar to form a paste: Dose, A piece as large as a nutmeg twice a-day.

DIET.

From what has already been said of digestion, it will readily be conceived of what importance is the consideration of diet, both as to the recovery of the sick and the maintenance of health and longevity. Upon diet a host of excellent essays have been written and published, and to do justice to the faculty, I would observe that they have been far more ready to give excellent advice, than their patients or the public have to follow it. Some physicians in the present practice have even gone so far as to prefer prescribing a strict regimen, and wholly depending upon the change produced by it restoring the patient; while others who are depending upon medicine to correct disorder, are constantly complaining that all their skill is foiled by the eating and drinking propensities of their patients.

I do not know anything more annoying than to be thus foiled by the imprudence of the patient. Certain it is that health and sickness are dependent upon the peculiar state of the fluids and solids, which in unceasing progression are undergoing the necessary changes; all the particles of matter becoming useless and morbid in their turn, are then thrown out of the system, escaping by the several excretions, and their places being as readily supplied from the food and drink digested and received into the circulation. It is therefore certain and self-evident that diet should be at the very basis of all medical treatment; and due regard should be paid to this in every complaint, regulating the quality and quantity to the condition of the patient, the demands of the body, and the capabilities of the digestive powers at the time; and when it is considered that the digestive organs so sympathise with other parts of the system in disease, becoming in almost every complaint oppressed, weakened, or deficient in nervous energy, the importance of a selection of diet becomes the more apparent.

Nothing is more common than invalids inquiring what they should eat or drink? This fact, together with the indiscretion and gross (if not fatal)

errors committed by friends, in giving indigestible food and strong drinks to the sick, cannot be too forcibly impressed upon those studying the principles of this work. It is upon the supposition that that which is strong in its nature must impart strength when taken into the system; hence strong drinks are given, and persisted in, often counteracting the efficacy of the medicine, and completing the ruin disease has commenced. How often is the question put to me—May I take a little port wine? Should I not give him or her a little red wine? Surely he requires something to strengthen him, he is gone so very low. And thus prejudice, encouraged by the old practice of medicine, makes it difficult to convince them that strength is only to be got from what we digest of the food we eat, and that alcohol in any form arrests digestion, not only by saturating the food, but by blunting the nervous energies of the stomach, so that strength is never derived, but greater weakness. Alcohol, ever injurious to the healthy, should never be given to the sick; but if thirst be present, milk, barley water, herb teas, linseed tea, whey gruel, and other teas here recommended will be most proper. In relaxed condition, port wine has been thought to be indispensable from its astringency, but this is far succeeded in the same properties by the raspberry leaf, and our other sanatory astringents. Next to the eating and drinking errors, people mistake that which is palatable for that which is proper for the stomach when weakened by disease. It is not strong food that can impart strength, only such as the stomach can master, or the gastric juice dissolve, that can be assimilated and impart nutrition.

It is also a most pernicious error to provoke an appetite, or force a patient to eat against his inclination; for, when the system can assimilate food by the secretion of sufficient gastric juice, the same will be manifested by appetite. This should be remembered, that salt provisions generally are inadvisable, more especially the flesh of swine, ham and bacon, whose savouriness may tempt the sickly palate of the patient, or induce the nurse to give, in her anxiety, that the sufferer should eat something. These should ever be avoided. Also, butter, cheese, and things of hard or difficult digestion in health, become highly injurious in disease. Articles of a light nature, and what are known to be easy of digestion, should be selected for the sick, admitting more solid food as recovery advances. In order to direct the judgment to a proper selection, the following excellent tables, as derived from experiments made by Dr. Beaumont upon the celebrated case of Alexis St. Martin, wherein is given the average digestibility of each article, are here subjoined:—

DR. BEAUMONT'S TABLE,

SHOWING THE MEAN TIME OF DIGESTION OF THE DIFFERENT ARTICLES OF DIET.

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Rice	boiled	1	
Sago	ditto	1	45
Tapioca	ditto	2	
Barley	ditto	2	
Milk	ditto	2	
Ditto	raw	2	15
Gelatine	boiled	2	30
Pig's feet, soused	ditto	1	
Tripe, soused	ditto	1	
Brains	ditto	1	45
Venison steak	broiled	1	35
Spinal marrow	boiled	2	40
Turkey, domestic	roasted	2	30
Ditto ditto	boiled	2	25
Turkey, wild	roasted	2	18
Goose	ditto	2	30
Pig, sucking	ditto	2	30
Liver beef, fresh	broiled	2	
Lamb, fresh	ditto	2	30
Chicken, full grown	fricasse	2	40
Eggs, fresh	hard boiled	3	30
Ditto ditto	soft ditto	3	
Ditto ditto	fried	3	30
Ditto ditto	roasted	2	15
Ditto ditto	raw	2	

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Ditto whipped	ditto	1	30
Custard	baked	2	45
Codfish, cured, dry	boiled	2	
Trout, salmon, fresh	ditto	1	30
Trout, salmon, fresh	fried	1	30
Bass, striped, fresh	broiled	3	
Flounder ditto	fried	3	30
Catfish ditto	ditto	3	30
Salmon, salted	boiled	4	
Oysters, fresh	raw	2	55
Ditto ditto	roasted	3	15
Ditto ditto	stewed	3	30
Beef, fresh, lean, rare	roasted	3	
Ditto ditto dry	ditto	3	30
Ditto steak	broiled	3	
Ditto with salt only	boiled	2	45
Ditto with mustard, &c.	ditto	3	30
Ditto fresh, lean	fried	4	
Ditto old, hard, salted	boiled	4	15
Pork steak	broiled	3	15
Pork, fat and lean	roasted	5	15
Ditto recently salted	boiled	4	30
Ditto ditto	fried	4	15
Ditto ditto	broiled	3	15
Ditto ditto	raw	3	
Ditto ditto	stewed	3	
Mutton, fresh	roasted	3	15
Ditto ditto	broiled	3	
Ditto ditto	broiled	3	
Veal, fresh	broiled	4	
Ditto ditto	fried	4	30
Fowls, domestic	boiled	4	
Ditto ditto	roasted	4	
Ducks, ditto	ditto	4	
Ditto wild	ditto	4	40
Suet, beef, fresh	boiled	5	3

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Suet, mutton	boiled	4	30
Butter	melted	3	30
Cheese, old, strong	raw	3	30
Soup, beef, vegetables and bread	boiled	4	
Ditto marrow bones	ditto	4	15
Ditto beans	ditto	3	
Ditto barley	ditto	1	30
Ditto mutton	ditto	3	30
Green corn and beans	ditto	3	45
Chicken soup	ditto	3	
Oyster soup	ditto	3	30
Hash, meat and vegetable	warmed	2	30
Sausage, fresh	broiled	2	20
Heart, animal	fried	4	
Tendon	boiled	5	30
Cartilage	ditto	4	15
Beans, pod	ditto	2	30
Bread, wheaten, fresh	baked	3	30
Ditto corn	ditto	3	15
Cake ditto	ditto	3	
Ditto sponge	ditto	2	30
Dumpling, apple	boiled	3	
Apples, sour and hard	raw	2	50
Ditto ditto mellow	ditto	2	
Ditto sweet ditto	ditto	1	30
Parsnips	boiled	2	30
Carrot, orange	ditto	3	15
Beet	ditto	3	45
Turnips, flat	ditto	3	30
Potatoes, Irish	ditto	3	30
Ditto ditto	roasted	2	30
Ditto ditto	baked	2	30
Cabbage, head	raw	2	30
Ditto with vinegar	ditto	2	
Ditto ditto	boiled	4	30

As a still further assistance to those who have charge of the sick, the following recipes are offered. In all preparations of food simplicity should be observed; the fewer the dishes the better:—

White Bread.—Bread should be made of unbolted wheat flour, or only the very coarsest part separated, ground coarse, and made in the usual manner. This keeps the bowels regular, while that made of superfine flour causes costiveness and dyspepsia, by a deficient stimulus imparted to the intestines.

"The ancients," says Dr. Scott, "considered that bread most wholesome and nourishing which was made of flour retaining the whole of the bran that is contained in wheat." Hence the Greek wrestlers used no other bread than that made of coarse unsifted flour; and this they considered so strengthening and nourishing, that they called a brown loaf, coliphium, which imparts strength of limb. It would be well, then, if those who suffered from irregularity of the bowels made use of this kind of bread only, as well as others. The heat and friction of the mill-stone serve in some measure to render fine flour insipid and lifeless.

Wheat Pudding.—Mix coarse wheat flour with milk (water will answer), put it into a bag and boil it well. To be eaten with molasses or sauce.

Minute Pudding.—Boil milk, sweet or sour, and thicken with flour. To be eaten as above.

Bread Pudding.—Soak bread crusts in cold water till soft, squeeze dry, to one pint of which add one quart of milk, three eggs, and a teaspoonful of sugar. It may be baked or boiled.

Toast.—Toast bread slowly till very brown, pour on it a little milk or water, and add butter. It generally rests on the stomach.

Rye.—Rye bread is a wholesome article of diet, much more so than common wheat bread.

Rye Pudding.—Milk thickened with rye flour, and eaten with butter and molasses is very good.

Best Indian Bread.—Take one quart of sour milk (or sour buttermilk), add to it two teaspoonsfuls of sal œratus, four eggs, and Indian meal, sufficient to make it of the consistency of mush pudding; bake it in a tin pan for an hour with moderate heat. The best Indian bread ever used.

Indian Pudding.—This is used daily in most of the eastern states. Indian flour mixed with milk or water, and kneaded well till a batter is formed, then put it in a bag and boil six hours, then cut in slices and eat with molasses and butter, or sauce. A superior and wholesome dish.

Rice is a very valuable grain and supports millions in the east. It digests well and is highly nutritious.

Rice Flour may be used in various ways. A gruel made of it is excellent in all kinds of bowel complaints, with the addition of a little nutmeg and cinnamon.

Custard.—One quart of milk, five eggs, a small teacupful of sugar, a little salt and nutmeg; bake it at a moderate heat three quarters of an hour.

Potatoes generally digest well. The mealy kind should be used; to boiling water add the potatoes, with a little salt, boil till a fork passes easily through them, pour off the water and let the vessel stand by the fire till they are perfectly dry.

Tapioca Jelly.—Pick the tapioca clean, soak it five or six hours in water, and spread it in a flat dish, pouring on additional water until it covers the tapioca an inch in depth, simmer over a slow fire until the jelly is formed. This contains a large amount of nutriment, and is easy of digestion; it may be eaten with sugar and milk.

Wheat Jelly.—Take of wheat in its natural state any desirable quantity, soak it twelve hours in soft water, and boil it four hours, allowing the water to evaporate, excepting enough to form the wheat into a jelly. This may be eaten with sugar or treacle, and is an excellent article for the sick and convalescent. It is highly nourishing and serves to regulate the bowels without possessing any of the objectionable properties of a purgative.

Blanc Mange.—Wash half-an-ounce of Irish moss in hot water until it becomes slimy, then rinse it in water about blood heat, add the moss, together with two lemon peels cut into thin slices, and a small portion of salt, to a quart of milk; put these over a slow fire and stir constantly until the liquid becomes of the consistency of cream, take care that it does not boil; strain through a cloth or fine sieve, and pour it into cups to harden, previously dipping them into cold water. It should be turned out into a plate and eaten with sugar and milk.

Beef Tea.—Take from one to two pounds of fresh lean beef, cut it into small pieces, sprinkle it with a little salt, put it into a clean dry porter bottle and cork it moderately tight. Set the bottle in a kettle of water an hour or more, then remove it before the bottle is taken out, or it may otherwise be broken by the change of temperature. This essence of beef tea is highly nutritious and easy of digestion; it forms an important article of diet in disease attended with extreme debility, as advanced stages of fever, pleurisy, small pox, dysentery, &c.

To make Crust Coffee.—Take an ounce of the crust of stale wheaten bread and thin slice it, toast thoroughly, so that there shall be no part of it unbrowned; pound it, and pour on boiling water, and after steeping for ten minutes, strain, and it is ready for use. It may be sweetened, and a portion of milk or cream added, if the patient prefer it so. Crust coffee is nourishing and generally agrees well with the sick.

To make Panada.—Take some slices of stale wheaten bread, pare off the crusts and boil them in water four or five minutes; then take out the bread and a little of the water it was boiled in, beat it fine, and add sugar and nutmeg, and, if proper, a little fresh butter.

I would now observe, that in suggesting the use of these little things in food, in proportions highly beneficial, I do not wish to restrict the sick wholly to these, neither do I dictate the length of time they should be confined to the exclusion of more solid commodities; on the contrary, a very common error should be guarded against, that of partaking too much of what some call slops, as the important fact should be recognized, that the stomach is incapable of digesting food while diluted with warm fluids. Before digestion can proceed, the liquor that we take must be absorbed through the coats of the stomach into the blood, before the gastric juice can take its place, or act in sufficient quantity upon the food, so that tea, coffee, and soups may all be made to act injuriously by distending the stomach and wasting away the gastric juice. This may also act as a caution to those in health, it being one of the objects the author has in view, that of calling the attention to the preservation of health and the prevention of disease; and nothing will contribute more to this end than a *well regulated diet* and *regimen*.

It is very natural and very customary for us to indulge our propensities and appetites until some derangement of our digestive functions is the consequence; and then, instead of avoiding the exciting cause of the evil, we resort to medicine for a remedy, which, at best, is a poor substitute. But, by paying proper attention, persons who are born with, and enjoy a good constitution, will attain a healthful and long life; and even those who are delicate and tender will arrive at an advanced age by these means.

COMMON COLDS AND COUGHS (TUSSIS.)

As it will be found demonstrated in the Thompsonian theory, that almost every form of disease originates in the diminished temperature of the body, arising from obstructed digestion, circulation, or checked perspiration, so, attention to a common cold, as a preventative to further consequences, must be considered of great importance, however simple may be the exhibition of the first symptoms.

Most persons affect to despise colds, and, as long as they can walk about, scorn to be confined by what they call a *common cold*. Hence it is that colds destroy such numbers of mankind. Like an enemy despised, they gather strength from delay, till at length they become incurable.

Most of the symptoms attending ordinary colds are such as usually prevail in the first stages of almost all diseases, such as chilliness down the back, cold and loss of circulation in the extremities, followed by lassitude and loss of appetite.

A cold is usually accompanied with a weight and pain in the head, oppression at the chest, and some difficulty of breathing; a sense of fulness and stoppage at the nose, watery inflamed eyes, soreness of the throat, cough, pains about the chest, cold shiverings, succeeded by transient flushes of heat, pains in the neck and other parts of the body, and increased secretion of mucus from the nose, throat, and lungs, in consequence of a slight inflammation of the mucous membrane of these parts, and in many instances with some degree of fever and head-ache.

Common Cough.—A cough is generally the effect of a cold which has been improperly treated, or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shows a weak state of the lungs, and is often the forerunner of some acute and dangerous disease of the respiratory organs, such as inflammation of the lungs,

pleurisy, bronchitis, or consumption; or, where the constitution is strong, the cough not terminating in any of these, may, by being frequently repeated, become permanent, and settle down into an incurable asthma.

In the treatment of common colds it is obvious that the first thing to be thought of is how to raise the internal heat, and determine the fluids to the surface of the body, the fulness and complexion of which vital action has been diminished by the cold. To effect this an ordinary cold may require nothing more than an occasional dose of cayenne; but when more obstinate, a teaspoonful of composition powder, given in a teacupful of herb tea every four or five hours. The tea may be made of pennyroyal, yarrow, or angelica, sweetened with honey or treacle; all these herbs being diaphoretic, or of a sweating nature, will open the pores of the skin, and restore perspiration. But should the patient be compelled to follow an employment that exposes him to the open air, the same dose of powder during the day will be better taken in cold water, and the sweating teas reserved for night upon going to bed, before which let the feet be bathed for ten minutes in warm water, and a double dose, or at least half-a-pint of tea be given upon lying down, when a bottle of hot water, or a hot brick wrapped up in a wet cloth, should be placed at the feet, taking care to sprinkle with vinegar that side of the brick and cloth which is placed next the feet. If the throat be sore, either place a stocking round the neck, or a cloth dipped in cold water and carefully wrung out, twice folded, with a dry cloth over it perfectly inclosing the one beneath.

Should there be violent cough, with difficult expectoration, give a teaspoonful of the acid tincture of lobelia night and morning, or a few drops of the same may be taken upon a piece of lump sugar two or three times a-day. This treatment should be repeated for several days, but if the symptoms do not signally abate, carry the patient through a course of medicine, or give an emetic with a vapour bath. Let the patient remain in doors and shielded from cold as much as possible, till relief is given and a cure effected, which is generally found in a short time by the sweat given in bed by the method here recommended, as a prevention to cold; persons who are little exposed are more liable to take it, and should wear flannel next the skin, but particularly over the chest, adapt their dress to the changes of the weather, and be cautious when they come out of hot or crowded rooms. Bathing the surface with cold salt water every morning, or taking the shower bath daily, are excellent preventives against the liability of taking cold.

INFLUENZA (TUSSIS EPIDEMICUS.)

Between this disorder and that of a common cold there are but few differences, as what *may* make up the symptoms of the one may also accompany the other, except that this, by attacking a great number of persons at the same time, partakes of the character of an epidemic. There is, however, generally a thin discharge from the nostrils, rheumatic pain, hoarseness, and great debility.

The treatment should be precisely the same as that of a common cold; the food should be light, nourishing, and easy of digestion. The bowels should be kept regular, and the hoarseness relieved by a gargle of vinegar and cayenne. (See Sore Throat.)

QUINSY, OR INFLAMMATORY SORE THROAT (CYNANCHE TONSILLARIS.)

When the tonsils, commonly called the almonds of the ear, or the mucous membrane lining the throat, become inflamed, it is termed *quinsy*, or inflammatory sore throat. It generally affects the young and sanguine, and it occurs more especially in the spring and autumn. It may arise from any of the causes of common cold, especially sitting in a draught, sleeping in a damp room, newly whitewashed; it is often occasioned by omitting some part of the covering usually worn about the neck. The

disease advances; the difficulty of swallowing and breathing becomes greater; the speech is very indistinct; the dryness of the throat and the thirst increase; the tongue swells and is encrusted with a dark fur, and the pulse is full, hard, and frequent. In a few cases, small white sloughy spots are to be observed on the tonsils, and in very violent ones there is complete deafness. When the symptoms are considerable, the whole face partakes of it; the eyes are inflamed, and the cheeks florid and swelled; respiration is performed with difficulty, and the patient is obliged to be supported in nearly an erect posture, to prevent suffocation. Even delirium and lethargy sometimes supervene and stop respiration. Sometimes both tonsils are very much inflamed and swelled, so that it becomes exceedingly difficult to give any kind of nourishment; in some instances patients are entirely unable to swallow; in some an abscess is formed. It may terminate in suppuration, and often subsides without it; terminating by what is called resolution. This disorder, which frequently proves fatal in the old practice, is soon relieved by this.

I was once called in to a patient—a poor bricklayer—whom the parish doctor had just left, after passing his sentence of death, by saying that it was quinsy, and that he had done all that he or any one else could do. I found him so far gone as to be speechless, and apparently insensible: breathing with great noise and difficulty, and otherwise suffering most of the extreme symptoms here described. I was merely passing the door and accidentally seen and called in, so that I had few things proper at hand. However, I immediately ordered hot bricks with vinegar cloths, one to be placed at his feet and one at each side of the chest, while a cloth was dipped in a decoction made with hot vinegar and cayenne, and applied round the neck, and a teaspoonful of the same poured down his throat every ten minutes. I saw him safe into a sweat, and after ordering a decoction of horehound, raspberry leaves, and ginger, I left. Passing the door at the end of the following week I called to inquire the fate of the patient, when I was informed that he had been at his work three days. This may serve to show how great a tendency nature has to recover when her energies are in the least assisted.

Where there is great difficulty in swallowing, inhaling the vapour of vinegar will give relief until a free passage can be got, when gargles made with hot vinegar, poured upon bayberry and cayenne, should be used. These excite the secretions and aid the removal of the mucous fur from the throat. The tincture of lobelia should also be combined with them, even though it may occasion vomiting. Should an abscess be discharged,

add a portion of No. 6 to the gargle. "In place of a poultice," says Dr. Comfort, "spread a plaster of stimulating liniment or salve on a piece of silk, oil cloth, or bladder, and apply to the throat." This last application is preferable to a poultice at night, on account of the liability of the poultice becoming dry and cold. Some persons are predisposed to quinsy; these should make it a practice to gargle the throat every morning with cold water.

PUTRID SORE THROAT (CYNANCHE MALIGNA.)

This disorder is at first very similar to the inflammatory sore throat, or quinsy, but soon partakes more of the character of a contagious fever. The throat becomes of a deep fiery red, interspersed with ash-coloured specks, changing into ulcerations of a dark foul appearance. In some cases the throat assumes that of a large whitish stain, which soon becomes an extensive slough; the tongue is covered with a thick brown fur, the inside of the lips is beset with small blisters, and a thin acrid matter runs from the mouth and nostrils; the slough of the throat corrodes deeper and deeper, spreading through the whole alimentary canal; this turns to gangrene, when it terminates fatally. When the disease takes a favourable turn, about the second or third day, a scarlet eruption breaks out, spreading from the face over the whole body; the breath is very offensive, making the disease epidemic, so that when one in family has it, unless there be great care, all the rest are liable to be attacked.

This disorder requires the general treatment laid down for quinsy, but from its dangerous nature requires to be more prompt and active. Courses

of medicine should be given, and "it is," says Dr. Mattson, "sometimes necessary to repeat them two or three times in twenty-four hours;" there should be a free use of the composition powders, cayenne, and bayberry, or raspberry leaf tea.

If the patient is unable to swallow, an injection should be given, repeating it once or twice until it produces the requisite degree of relaxation. It should be made thus:—

Take of

Composition . . . . . a teaspoonful and a half
Pulverised lobelia . . . . . half a teaspoonful
Boiling water . . . . from half-a-pint to a pint

After it is lowered to blood heat, strain or pour off the liquid and administer warm, previously smearing the pipe of the syringe with hog's lard.

If the bowels are irritable, a teaspoonful of honey or treacle should be added; and if they are loose, discharging acrid corroding matter, add two teaspoonfuls of pulverised gum myrrh, or No. 6.

Sometimes the throat is so filled up with mucus and acrid matter as to render it necessary to force a passage by clearing off the filth. When this is to be done it should be with a small sponge fixed to the end of a piece of whalebone, dipped in strong astringent tea, made of bayberry, oak bark decoctions, or raspberry leaf. This is more especially applicable to children, where they cannot be made to gargle.

Pepper sauce is a useful medicine in affections of the throat; and in the absence of this, the following:—

Take of

Cayenne . . . . . a teaspoonful and a half
Fine salt . . . . . half a teaspoonful
Boiling water. . . . . a teacupful

A tablespoonful of this may be given every fifteen minutes.

While perusing medical works upon the nature of this disease, it is curious to observe so many of the authorities pressing and recommending the most copious use of cayenne pepper as a gargle in this disease. Dr. Thomas, in his modern practice of physic, says he gave it while in the West Indies to children (in quantities far exceeding that of our prescriptions), saving many, by its efficacy, where all other means failed.

Dr. Stephens, while at St. Kitt's, says he took two tablespoonfuls of small red pepper, or three teaspoonfuls of common cayenne, and two teaspoonfuls of fine salt, mixed them together, and poured upon them half-a-pint of boiling water; this was strained, and half-a-pint of good vinegar added; of this liquor when cold a tablespoonful was given to an adult every half hour, and the throat frequently gargled with it.

Dr. Stephens asserts that he employed this remedy in about 400 cases, and with surprising success, the ulcers in the back part of the mouth soon cast off their sloughs, and began to heal; a general pleasant warmth was diffused throughout the system, and the vital powers speedily resumed a more natural condition. When the Thompsonian practitioner hears the surgeons and druggists assert, that cayenne will burn the liver, cause inflammation, and otherwise act as a poison on the system, let him refer them to the account that we have here, not upon the mere faith of a theory, or vague assertion, but upon the extensive experience of high authority, and that too when the pepper is given in an inflammatory and dangerous disease, bringing this powerful stimulant in very contact with the inflamed surface, when, instead of injury, a CURE is the result.

Common practice.—Nitre, muriatic acid, bleeding, blistering, scarification, iodine, lunar caustic, port wine and brandy.

CROUP (CYNANCHE TRACHEALIS.)

DESCRIPTION.—This is an acute inflammation of the mucous membrane of the trachea or windpipe, characterized by fever, cough, and hoarseness, difficulty of breathing, with a considerable degree of spasmodic affection.

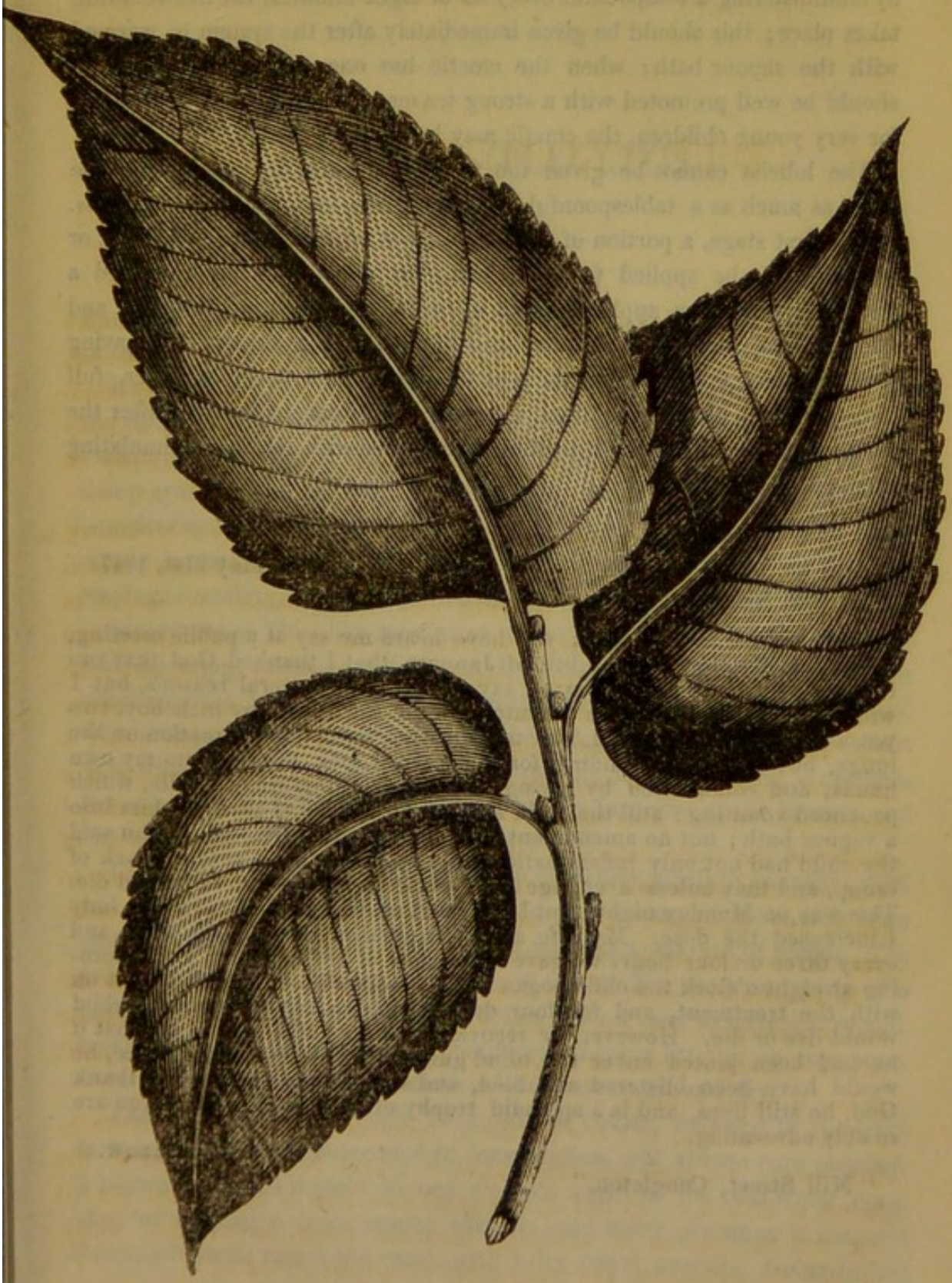
CAUSES.—The usual causes of croup are, cold, exposure to a damp atmosphere, and whatever checks perspiration. It prevails chiefly in winter and spring.

SYMPTOMS.—The symptoms of this complaint are, difficulty of breathin g and a peculiar whistling noise. It is attended with a cough, which generally increases until it becomes very troublesome. It occurs in paroxysms, which agitate the whole frame; great thirst, restlessness, and expectoration of mucus, which is raised with a great deal of difficulty; the head is thrown back in great agony, as if attempting to escape suffocation. The cough is generally dry; but if anything is spit up, it has either a purulent appearance, or seems to consist of films resembling portions of a membrane. Where great nausea and frequent retchings prevail, coagulated matter of the same nature is brought up. There is an uneasy sense of heat over the whole body, a continual inclination to change from place to place, and frequency of the pulse. Very often the symptoms suffer considerable and sudden remissions, and exacerbations take place.

In an advanced stage of the disease, respiration becomes more difficult, and is performed with still greater difficulty and some degree of spasmodic affection, being repeated at longer periods and with greater exertions, until at last it ceases entirely.

This disease has, in a few instances, terminated fatally within twenty-four hours; but more generally, when it proves fatal, it runs on to the fourth or fifth day. In this disease great quantities of lymph are poured out into the trachea or windpipe, bronchial tubes, larynx, &c., which produce the suffocation and many other symptoms attending it.

SLIPPERY ELM.—*(Ulmus Fulva.)*



TREATMENT.—In the early stages of croup a full course of medicine should be given, with an emetic composed of the acid tincture of lobelia, by administering a teaspoonful every six or eight minutes, till free vomiting takes place; this should be given immediately after the system is warmed with the vapour bath; when the emetic has once begun to operate, it should be well promoted with a strong tea made of sumach and bayberry—for very young children, the emetic may be made in the tea.

The lobelia cannot be given too freely to a child in croup; in some cases as much as a tablespoonful has been given at a time with success. In the first stage, a portion of raw cotton wet with camphor, whiskey, or vinegar, may be applied to the throat, but when it is far advanced a poultice should be applied, made of pulverised cayenne, lobelia, and slippery elm, wet with hot water and applied to the throat. By having two of these, and changing them as the one applied becomes cooler, full benefit will be obtained without exposing the throat to the air: after the removal of a poultice, the skin should be bathed with No. 6, or stimulating liniment.

"Congleton, May 21st, 1847.

"To Dr Stevens.

"Dear Sir,—I think you have heard me say at a public meeting, held at Congleton, on the 9th of January, that I thanked God that you ever set your foot in our town I say so again for several reasons, but I will only mention one:—In the latter end of April last, my little boy, two years and eight months old, was taken with a violent inflammation on the lungs, but instead of sending for a doctor, I took the case into my own hands, and commenced by giving him the acid tincture of lobelia, which produced vomiting; still the child seemed no better. I then put him into a vapour bath; but no amendment. I then called on Dr. ——— who said the child had not only inflammation on the lungs, but a severe attack of croup, and that unless a change took place in two hours, he would die. This was on Monday night: but I still went on with OUR TREATMENT, only I increased the dose. My wife and I sat up all night with the child, and every three or four hours we gave him a dose of the mixture; next morning at eight o'clock the child began to have convulsive fits, still I went on with the treatment, and for four days could not tell whether the child would live or die. However, he recovered, and I feel bound to say that if he had been placed under the blind guides of the old school practice, he would have been blistered and bled, and starved and killed; but, thank God, he still lives, and is a splendid trophy of the grand system you are so ably advocating.

"D. BARLOW.

"Mill Street, Congleton."

PLEURISY (PLEURITIS.)

PLEURISY is an inflammation of the pleura, which lines the internal coat of the thorax, and covers its viscera.

Its causes are cold applied to the skin; sudden and great distention of the pleura in drawing breath; drinking cold liquors, after being heated by violent exercise; cold, northerly winds; sleeping without doors, on the damp ground; wet clothes, &c. Generally speaking, whatever obstructs perspiration, may occasion pleurisy. It may also be produced by drinking strong liquors, or it may be brought on by violent exercise, as running, leaping, wrestling, lifting heavy burthens, blows on the breast, &c.

SYMPTOMS.—This, like most other forms of fever, begins with chilliness and shivering, which are followed by heat, thirst, inquietude, and the other common symptoms of fever. After a few hours the patient is seized with a violent pricking pain in one of his sides, commonly about the short ribs, which sometimes extends itself towards the back bone, sometimes towards the shoulder bone, and towards the fore-part of the breast; and this is attended with frequent coughing.

The matter which the patient spits up is, at first, small in quantity, thin, and mixed with particles of blood; but, as the disease advances, it is more plentiful and more purulent, but seldom without a mixture of blood. The pulse is remarkably strong, and seems to vibrate like the tense string of a musical instrument; and the blood drawn from a vein, as soon as it is cold looks more like melted suet. Sometimes there is little or no expectoration, and hence pleurisies are distinguished into moist and dry.

TREATMENT.—A thorough Thompsonian course, followed by the tincture and bitters recommended in consumption, will always cure pleurisy. I have also known it yield in one night to a part of the cold water cure, that of dipping a large coarse towel in cold water, wringing it out, and binding it twice round the chest, with a dry towel over it. Going to bed

with this, the hot-water bottle to the feet, and a dose of yarrow and cayenne, or four or five compound cayenne pills, will often effectually overcome the attack.

Old School treatment:—Profuse bleeding, both from the lining of the chest and pocket.

ASTHMA (ASTHMA.)

Asthma is an affection of the lungs or the bronchial vessels, generally of a spasmodic nature, that occurs in paroxysms which take place usually at night. It is characterised by frequent, difficult, and short respiration, wheezing, stricture of the chest, and a cough; all which symptoms are aggravated when in a peculiar position. It more generally attacks those of a full or plethoric habit.

When there is a great discharge of mucus from the lungs it is termed *humid;* but when it is attended with little or no expectoration, it is termed the *dry*, or spasmodic asthma. It more generally attacks men than women.

Asthma, but more particularly the spasmodic, is brought on by almost everything which increases the action of the heart, and which stimulates and fills the vessels of the mucous membrane. Thus, it is produced by intense heat, lightness of air, severe exercise, strong mental emotions, full meals, stimulating drinks, exposure to cold, fogs, or foul air, and by irritation of smoke, dust, or flue, floating in the air. Asthma having once taken place, its fits are apt to return periodically, and more especially when excited by the causes mentioned.

Treatment.—During a paroxysm, or fit of the asthma, the patient must be placed in an erect position, and his feet immediately immersed in warm water, with a view to equalise the circulation, or to divert the blood or humours from the lungs and bronchial vessels. An infusion of sage, or

penny-royal, may be given at the same time, to excite gentle perspiration, which course will soon afford relief. Should the paroxysm, however, be very severe, attended with a sense of suffocation, &c., administer immediately, in a cup of warm tea, an ordinary sized tablespoonful of the tincture of lobelia, to be repeated every half-hour if the first portion does not afford relief.

This medicine exerts the most astonishing effects in this complaint. (See page 65.) It is no sooner introduced into the stomach than the tension and spasm is removed, by dislodging collections of mucus in the bronchial vessels, and thereby giving free admission of air into the lungs; and it is invariably attended with a salutary effect.

Having suspended the paroxysm, the next step will be to effect a radical cure, and this is more seldom done than it might be, for the reason that asthmatic patients generally discontinue the medicines when they become comfortable. But when the patient wishes a cure effected, he must persevere in the use of proper means. It may be necessary for him to repeat the dose of the tincture, or powder of lobelia, once or twice a-week, sufficient to excite general vomiting, in addition to the expectorants of the same, like those advised in consumption. The treatment should be similar in its general principle, as the same bitters and tinctures, though these additional hints will be found of peculiar service in asthma.

Let the patient chew and swallow a clove of garlic every morning before breakfast. When the skin feels cold and moist the stimulating liniment should be used; No. 6, or pepper sauce, should be applied over the surface before going to bed. A plaster of stimulating liniment spread over a piece of oil skin and bound on the pit of the stomach, will have a tendency to prevent the occurrence of the paroxysm. Inhaling the fumes of yarrow and lobelia, boiled in vinegar, will give also great relief.*

* Here I will take the opportunity of mentioning a work that has been lately published by a gentleman in Birmingham, on Consumption and Asthma, which, although it is not in all its parts conformable to the new treatment, still contains a great deal of valuable matter. It is entitled, "Consumption of the Lungs and Asthma arrested and cured, in the majority of cases, by Inhalation and other rational means," by Daniel Carr, M.D.

The system here advocated, namely, Inhalation or the drawing in of medicinal vapours to the lungs themselves, by means of an apparatus termed an inhaler, has been effectual in the cure of the worst cases, from the immediate access which the medicines gain to the part diseased. In the work above named, all the remedies and plans are given out at length, and fully explained. It is published by Effingham Wilson, Royal Exchange, London.

During the intermissions, and when the patient is afflicted only with cough, difficulty of breathing, &c., the following medicine may be taken :—

Take of

Liverwort (hepatica triloba)	a quarter of a pound
Solomon's seal (convillaria multiflora)	four ounces
Skunk cabbage (icterodes fœtida)	four ounces
Common horehound (marrubium vulgare)	four ounces
Blood root (sanguinaria Canadensis)	two ounces

Bruise, and add a sufficient quantity of water. Boil until the strength is extracted, strain, and continue to boil until there are four quarts of the liquid; then add five pounds of honey and half-a-pint of brandy; let it settle, and it is fit for use. Of this let a wineglassful be taken three or four times a-day. During the time that this is taken, give an infusion of horehound, warm at night, and cold through the day. It will be necessary to keep a determination to the surface.—Dr. Beach.

DISEASES OF THE KIDNEYS AND BLADDER.

INFLAMMATION OF THE KIDNEYS (NEPHRITIS.)

Inflammation of the kidneys is known by fever pain in the region of the kidneys, and shooting along the course of the ureter; drawing up of the testicles, numbness of the thigh, vomiting, urine high coloured and frequently discharged, costiveness, and colic pains. It is symptomatic of calculous, gout, &c.

Causes.—The causes which produce this complaint are external contusions, strains of the back, acrids conveyed to the kidneys in the course of the circulation, violent exercise either in riding or walking, calculus concretions lodged in the kidneys or ureters, and exposure to cold. In some habits there is an evident predisposition to this complaint, particularly the gouty, and in these there are often translations of the matter to the kidneys.

Symptoms.—This disorder is characterised by an acute, pungent, or more frequently an obtuse or dull pain in the region of the kidneys, shooting along the course of the ureters, or ducts which convey the urine from them to the bladder, pains in the back, groin, and testicles of the same side, together with a retraction. It is moreover accompanied with bilious vomiting and great debility.

In the treatment of this disease, give the diuretics recommended in nflammation of the bladder, let a loose cloth be dipped in cold water, wrung out, and, folded flat and rather tight, be bound twice or thrice round the loins with a dry cloth over it. Hot bricks in vinegar cloths should be placed at the feet. Three or four of the diuretic pills should be taken, with a good dose of the diuretic tea upon lying down in bed.

Old school practice—blood letting, blisters, opium, &c.

INFLAMMATION OF THE BLADDER (CISTITIS.)

This disease is characterised by pain in the region of the bladder, attended with fever and hard pulse, frequent painful discharges of urine, with suppression and general tenesmus.

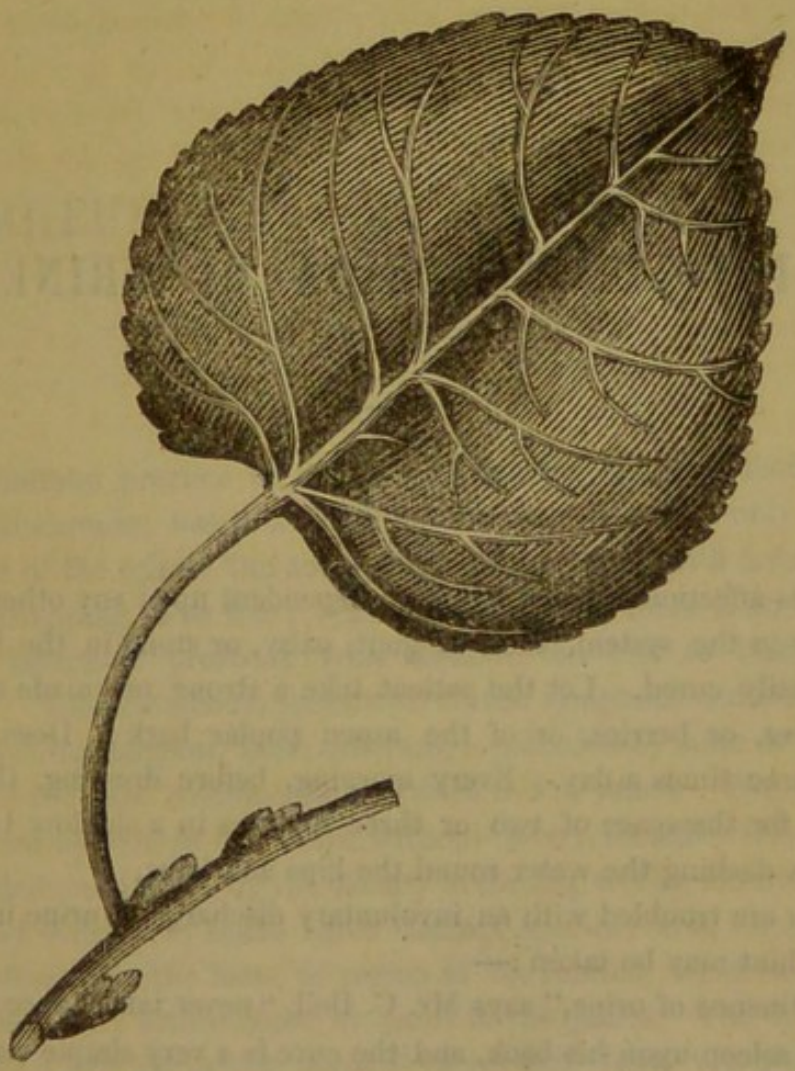
Causes.—It is occasioned by an improper use of acrid medicines (such as cantharides), inflammation extending along the urinary channel, permanent or spasmodic stricture, local irritation from the lodgement of a stone, hardened fæces, or a diseased state of the prostrate gland, and mechanical injury, as well as by all the usual causes of inflammation.

Symptoms.—Where this disease exists, an acute burning pain, and some degree of tension at the bottom of the belly are felt, with a constant desire to make water, a difficulty in voiding it, a total stoppage, a frequent inclination to go to stool, much uneasiness and heat, a general febrile disposition.

Treatment.—When the symptoms are violent, a partial *course of medicine* should be given, and repeated at intervals of three or four days; between the courses diuretics should be taken, such as a decoction of dandelion, broom tops and poplar bark; boil with a quart of this decoction,

Bucha leaves - - - - - - - - - - - - - one ounce
Juniper berries - - - - - - - - - - - two ounces
Sumach leaves and berries - - - - - two ounces

POPULUS.—*(Tremuloides.)*



Simmer, covered one hour, strain, and take for a dose from half to a teacupful four or five times a-day.

Should this not prove efficient, take in addition one capsule of balsam of copaiva with each dose of the former. A poultice should also be applied to the abdomen constantly, till relief is obtained; it should be made by stewing wormwood and tansey in vinegar, thickened with Indian meal or linseed.

Injections into the rectum have a highly beneficial influence over the bladder, allaying the pain and subduing the inflammatory action; these should be composed of linseed, with half-a-teaspoonful of lobelia, macerated and strained. The bowels should be kept rather open, and the heat maintained with pills made of cayenne and Canada balsam; from four to eight a-day will be a good substitute for the copaiva.

INVOLUNTARY FLOW OF URINE.

When this affection is not a symptom dependent upon any other disorder, or debility in the system, such as gout, palsy, or stone in the bladder, it can be easily cured. Let the patient take a strong tea made of sumach bark, leaves, or berries, or of the aspen poplar bark: Dose, a wine-glassful three times a-day. Every morning, before dressing, the patient should sit for the space of two or three minutes in a shallow tub of cold salt water, dashing the water round the hips and loins.

As some are troubled with an involuntary discharge of urine in bed, the following hint may be taken :—

"Incontinence of urine," says Mr. C. Bell, "never takes place but when the boy is asleep upon his back, and the cure is a very simple one. He is to accustom himself to sleep upon his face or side: the urine is not passed, nor is he excited to the desire of making urine while he sleeps in this posture. The circumstance is unaccountable, until we reflect upon this master-spring of the neck of the bladder—*the sensible spot, a little behind and below the orifice of the bladder.* When a person lies upon his belly the urine graduates towards the fundus, but when he lies upon his back, it presses up this sensible spot, and distends that part of the bladder which is towards the rectum."

RHEUMATISM (RHEUMATISMUS.)

It is the common practice to divide this disorder into two distinct kinds —acute and chronic; but it is usually found that the one is only the commencement of the other: the acute, being accompanied with inflammation, is nature struggling to be free; while in the chronic there is no inflammation, and nature is prostrate with disease, too low to make further resistance. The acute commences with all the symptoms common to cold, such as shivering, languor, head-ache, and is preceded by more or less fever, after which the pain commences and fixes in the joints. The chronic is distinguished by pain in the joints, without fever, therefore this disease is again divided and named by the faculty according to the locality in which it settles, of which they make three distinct species; first, lumbago, from its being situated in the loins, or region of the lumbar, vertebræ; sciatica, affecting the hip; arthrodynia, or pains in the joints. The doctor takes care to give a long particular account of each of these, too glad to make several diseases out of one, so they not only multiply human ills in this way, but by giving a long disquisition upon every division, and a precise and different prescription for each, succeed in making a mystery, and thereby giving importance and dignity to all their proceedings. But there is yet another form of this disorder, which is not an error of nature, but a disease which is a disgrace to the doctors—mercurial rheumatism, which they confess is brought on from repeated salivation by mercury, given as medicine in other diseases. Nine out of every ten cases of chronic rheumatism are owing to the fact that those powers with which nature has endowed the healthy constitution to resist the elements and endure their changes, have been enfeebled by this preposterous treatment.

Rheumatism, in every form but the last, is brought on by exposure to cold or damp, by persons not accustomed to it; allowing the feet to

remain long wet, lying in damp beds, travelling all night, living in a damp house, or remaining in wet clothes. It is brought on by perspiration being checked by any of these causes, more especially while under the influence of mineral treatment for some other disorder.

Now, however much the faculty may divide this disease and prescribe (as Dr. Rush says they do) for the names instead of the disorders, we shall treat every kind alike, upon one simple rational system, including even that one of the doctor's own making—the mercurial rheumatism.

Perhaps (with the single exception of fever) there is no disease upon which the reformed practice produces such signal benefit as that of rheumatism, by giving internal stimulants. The animal heat is increased, the capillaries are expanded, the circulation is restored, by propelling the morbid matter to the surface, while the vapour bath opens the pores of the skin, and lets out the stagnant fluids; it also relaxes the stiffness of the joints and muscles, and thus, in a few hours, the most excruciating pains are relieved.

But it is only in the acute form, while the blood has sufficient vigour to produce fever or inflammation, that the vapour bath can be so successfully employed. In the first instance, in chronic, or long-standing and much debilitated cases, the animal, or internal heat and vigour of the circulation must be aroused and increased, first by stimulants, and this should be effected by doses of cayenne, or composition powder, taken to the amount of half-a-teaspoonful, in herb tea, made of either angelica, sage, penny-royal, or yarrow, or all of them in equal combination; nutmeg and cinnamon may likewise be added with advantage. The following pills should be taken to the number of three or four a-day.

Take of

Pulverised gum guaiacum - - - - - -	half-an-ounce
Balsam of copaiva - - - - - - - - - - -	one drachm
Canada balsam - - - - - - - - - - - - -	one drachm
Pulverised lobelia - - - - - - - - - - -	one drachm

Let half-a-gallon bottle of hot water be placed to the feet, wrapped round with a cloth, wet with vinegar and water, every night, in bed.

In a day or two, when it is evident the heat of the body is increased, seen by an increased pulse, and warmth in the extremities, give the vapour bath once every other night, and should the digestion be disordered, evinced by foulness of the tongue, let the patient take the lobelia emetic immediately after the bath, at least once a-week, and be followed by the

tonic bitters, as a general medicine, adding to each pint half-an-ounce of No. 6. With regard to local treatment the steam bath should be employed, confined to the part affected.

Should a joint or joints be affected after steaming every night, rub in Dr. Thompson's No. 6, with equal portions of oil of turpentine, or dip a towel in cold water, wring it out and fold it in three layers, slightly sprinkle it on one side with cayenne, and bind it round the joint, taking care to bind tightly over it a dry cloth to confine the other, and place, if it be the knee or ankle, a hot brick to the foot. In addition to these means another liniment may also be used, which I have found succeed when the former has not proved sufficient :—

Take of

No. 6	one pint
Acid tincture of cayenne	two ounces
Oil of camphene	two ounces
Oil of cedar	half-an-ounce
Oil of spearmint	half-an-ounce

Mix and shake well together.

I have only now to add, that I have used these means upon rheumatism of every form, and some have been of so serious a nature, and of so long an endurance, as to have been given up both by the doctors and themselves—some going for years upon crutches and sticks, and in some instances, even unable to rise from their beds.

A CASE OF MERCURIAL RHEUMATISM.

"This is to certify, that about eleven years ago I was confined with my first child, and in about a week after my confinement, I was seized with a pain in my leg and up my bowels, accompanied by a swelling, which continued to get worse, so much so that I was unable to move it; a doctor attended me, and said that I was dangerously ill, and must keep my bed; he gave me some powders and a draught, and ordered leeches to be placed on my bowels, and as soon as they were taken off, a blister placed on; I was directly afterwards bled in the arm—all in one day. My bill that day was £1 4s 6d. I continued under this doctor for three weeks, and got a little better, but was so lame that I could not get about without great difficulty, the least exertion obliging me to rest my leg or go to bed. I had a great many hard places come about my leg, so much so that I thought they would burst. I had advice from many medical men, including a physician of Coventry, but I could obtain no permanent relief. I then applied to Dr. Stevens for advice, as I was altogether bodily ill,

and so reduced that I and all around expected my recovery impossible. It is now six weeks since I first came to Dr. Stevens, who carried me through a course of medicine, in which I took a steam bath every other night, for three weeks, together with four or five lobelia emetics; the treatment began to remove the pain from the first. I have been under Dr. Stevens for six weeks, and I can now state, that I am well in health, and three weeks ago walked eight miles in one day, without inconvenience, or being in the least degree fatigued.

"Witness my hand, this 18th day of March, 1847.

"E. GARDNER.

"Bridge Street West, No. 3 Court, Birmingham."

GOUT (PODAGRA.)

THIS is a disease to which some families are particularly predisposed, from which circumstance it has been considered an hereditary disease of the constitution. It, however, usually attacks in fits or paroxysms, sometimes without any warning, but in most cases its approach is felt by drowsiness, debility, numbness of the limbs, and lowness of spirits. The attack generally commences in the ball of the great toe, or some other part of the foot; it may also attack the knee, hand, and even the internal organs—such as the heart, stomach, and kidneys: its attacks usually occur in spring and autumn. Dr. Hall says, "its effects are felt more by the male sex than the female, through intemperance principally, but by no means exclusively." It is generally dependent on a deranged state of the digestive organs, luxuriant living, with indolent habits and free indulgence in wine, spirits, and other fermented liquors. I have known several who, after drinking, are attacked with a fit of the gout.

TREATMENT of gout, with additional hints, given in the following:—The gout may be cured by the precise treatment of rheumatism. If the feet or hands be inflamed or swollen, a fomentation made of burdoch or yarrow, and after the local application of vapour of vinegar as hot as it can be borne, raw cotton may be applied, moistened with No. 6, or a poultice be made of Indian meal, vinegar, and cayenne; by these means the pain and swelling will be reduced. The diet should be light, and consist chiefly of vegetables; or, at least, all fat and butter in any form should be avoided for a time.

Treatment of the old school—bleeding, salivation, opium, ether, nitre, large and frequent doses of colchicum.

or windpipe, and consist of two portions denominated right and left, which are separated from each other by a membranous curtain called the mediastinum. This curtain stretches from the spine to the sternum, or centre of the chest, and thus divides the chest into two complete cavities leaving no communication between the right and left lung, except through the medium of the windpipe, which is common to them both. The lung in the right cavity of the chest is divided into three lobes—that in the left into two. The shape of the lungs corresponds with the cavity they fill, being rounded next the ribs, and concave where they rest on the arch, formed by the muscular partition which separates the chest from the abdomen, called the diaphragm. The lungs are covered, upon the outer sides, by a serous membrane, termed the pleura, which also lines the thorax, being reflected, that is, one surface being placed opposite the other. The pleura of the outer surface of the lung is in contact with that which lines the inner sides of the thorax, both being kept moist and free from friction by a beautiful slimy fluid secreted from them, making the surface of each so smooth as to glide insensibly over the other in every act of inspiration.

The substance of the lungs consists of four kinds, viz., the vesicular, vascular, bronchial, and parenchymatous.

The vesicular is that substance which is composed of the minute air cells. The vascular invests those cells like a net-work. The bronchial consists of the branches of the windpipe ramifying the lungs in every direction, and terminating in the air cells. The parenchyma is a spongy substance which connects all these parts together. The windpipe through which the air passes into the lungs, divides into two lateral branches; these are, the bronchia, seen in the diagram, to divide and subdivide into an immense number of little tubes, constituting the air passages of the lungs on their way to the air cells. These cells are lined with a delicate mucous membrane, which is plentifully supplied with minute blood-vessels. This membrane is continued throughout the air passages, and has been estimated by Keile and others to be equal, in extent, to 21,906 square inches. Hence it will be seen that the lungs are capable of containing a large amount of air. The quantity which enters at each inspiration is said to be about forty cubic inches, and an equal quantity is given out at every expiration. Thus, if there are twenty inspirations in a minute, which are rather more than the average number, the quantity of air that would enter and pass out in this time would be 800 cubic inches, and, in the same ratio, it would amount to 48,000 cubic inches in an hour. The surface of

the air cells is said to equal the whole surface of the body, which may serve to show what a volume of air is inhaled at every breath, and the effect of good or bad air or health. It is computed that the lungs consume a gallon of air per minute. The air breathed is returned loaded with watery vapour, which is calculated to amount to nearly twenty ounces in a-day.

The lungs then may be compared to a bellows, which expands by every inspiration, by inhaling the air, and collapses by every expiration, by forcing the air from it; and it is in part owing to this constant motion that they become more difficult to heal when diseased than other organs.

The reader having made himself acquainted with the construction of the lungs, the office they fulfil, and their situation in the body, will at once understand how any obstruction in ANY COMPARTMENT of these organs, must, by ceasing to admit air into the air cells, deprive the blood of its DUE amount of oxygen, thereby diminishing the animal heat of which the oxygen is the agent and chief origin, and causing a loss in the natural stimulation and energies of the whole system; obstructive matter accumulates more or less in every disease of the lungs, by a vicious secretion of phlegm on the mucous lining of the windpipe, as in bronchitis and humid asthma, and even, in fact, by the phlegm generated by a common cold; yet it is never so bad as that occasioned by consumption, where ulcerated tubercles having broken, and discharged their purulent matter one into the other, the collected mass has filled the air cells, festering and blocking up large portions of the lungs themselves. The causes of consumption are various, but it shall be my care to point out the most prominent, in order that danger may be avoided; more than half of these consist of the same causes that would produce a common cold in a healthy or robust individual, and which, by being repeated or neglected on a delicate one, become the forerunner of the disorder; perspiration being checked upon the surface is thrown from the skin inwardly, in the form of extra secretion of humid matter, in the centre of the body upon the bowels, but more often the morbid fluids are determined wholly to the lungs, and appear as phlegm.

There are also certain diseases which predispose the system to this disorder, especially if contaminated with mineral poisons, such as mercury, opium, and nitre, given in the measles, small pox, all kinds of fever, and in venereal complaints. But still more frequently it is derived from bleeding to reduce inflammation, more especially inflammation of the lungs; hundreds recover from an attack of this for a short time, but to linger out a more miserable and protracted approach to the grave by consumption.

Many employments produce the disorder, such as those which expose the workman to damp or dust, unwholesome air, the fumes of chemical operations, wherein are employed arsenic, lead, sulphurs, &c., and where gas is burnt in close situations; it may also arise from great anxiety, or close application to study, without using proper exercise, frequent and excessive debaucheries, and drinking freely of strong liquors; great evacuations, as in diarrhœa, diabetes, excessive venery, fluor albus, immoderate discharge of the menstrual flux, and the continuing to suckle too long under a debilitated state: intemperance in living, and folly in dress, continue to cause this disease; thin dress, tight lacing, till a female can hardly stand or breathe; one minute in a heated room or crowded assembly, in a state of perspiration, the next, in extreme cold air; a cough follows, is badly treated or neglected, tubercles are formed, and consumption becomes established.

The symptoms accompanying consumption, in its first or incipient stage, are so like those exhibited in slight cases of bronchitis or asthma, that it generally gives rise to much speculation ere it be decided whether tubercles are yet formed, or whether an ulcer has broken in the lungs: in the first place the cough becomes habitual, frothy phlegm is spit up, the breathing becomes impeded and short upon the least exertion, a sense of tightness and oppression of the chest is felt, the body becomes gradually leaner, with great languor, the voice frequently becomes changed by falling to a whisper or hoarseness: in this state the patient often continues a considerable length of time, during which he is, however, more readily affected by slight colds, and upon one or other of these occasions, the cough becomes much more troublesome and severe, particularly at night, whilst the expectoration is greatly increased towards morning; by degrees the matter which is expectorated, becomes more viseid and opaque, being on many occasions streaked with blood: in some cases, a more severe degree of bleeding at the lungs attends, and a considerable quantity of florid frothy blood is thrown up, the breathing becomes more difficult, and the emaciation and weakness are increased; at a more advanced period, pain is felt on one side, which prevents the person from lying on that side, and even where no pain is felt in the side, it often happens that the patient cannot lie as easily on one as the other side, without a fit of coughing being excited, or the difficulty of breathing being much increased: the pulse at this stage will be found to be full, hard, and hurried, at the same time the face flushes after eating, and at other times is sallow, pale and dejected, the palms of the hands and soles of the feet, are affected

with a burning heat; the urine is at this time highly coloured, and generally deposits a branny, slimy, red, sediment; the tongue is beset with apthæ or canker, and there is a blue or pearly whiteness of the eye; the bowels are usually costive, but in more advanced stages a diarrhœa often comes on; cold, clammy, sweats break out in sleep towards morning, followed by greater debility; in the last stage of the disease, the emaciation is so great, the patient has the appearance of a walking skeleton, his countenance is altered, his cheek bones are prominent, his eyes look hollow, the feet and ankles swell and burn with pain, but become cold a few days before death, which is generally preceded by diarrhœa.

From what has already been described, the reader will learn that what distinguishes consumption from all other diseases of the lungs, is the formation of tubercles; these are formed by the disease, and swelling of minute glands, situated in the tissue lining the air cells: it is the office of these glands to secrete a mucous fluid, which in health may be said to be the oil that saves all wear and friction to that ever-acting machinery, the breathing organs; but when severe cold is taken by a check being given to perspiration, this secretion is diseased and much increased, becomes phlegm as formerly described, and instead of facilitating the breathing, becomes an obstruction to it; a cough is then excited, which is but an effort of nature to throw off the obstructive matter, but when this power is insufficient, or the cough, for the immediate comfort of the patient, is suppressed by opium, or any of its many treacherous preparations, this obstructive matter not only remains, but increases the inflammation and swelling of the glands, until they have become tumours or tubercles, which in the incipient or early stage, are not larger than fine shot, but which finally increase and become as large as a nut; they often exist in clusters, and if numerous, run into each other, forming hard yellow masses like cartilage; when any of these soften and break like ulcers, they discharge great quantities of matter and sometimes blood, and although much of it is expectorated from time to time, yet what remains in the lungs is sometimes such an immense quantity, that when the mass is seen, the wonder is, not that the patient could not breathe better, but that he could breathe at all with such an accumulation.

Now, one of the first and most striking advantages seen in the new system of treatment, over that of the old, consists in the facility it affords of removing this mass of filth, as the founder of this system expresses it, by removing obstruction; and in no disease is it more useful and obvious

than in this—by emptying the lungs of this foul accumulation; in fact, SIMULTANEOUSLY VOMITING THE LUNGS WITH THE STOMACH. What! vomit the lungs! the faculty will exclaim. Nonsense! impossible! —and, then, with the same sneer of scepticism that it is the fate of all new things to be opposed by, they will proceed: "If you could only do that, then there would be at least a chance for the cure of consumption. Could we see some but relieve these internal ulcers of their purulent matter as we do those formed upon exterior parts of the body, by removing the pus as fast as it is formed, the disease might then be arrested, and cured under favourable circumstances."

No medicine, that has as yet been employed by the old practice, has ever had the least effect towards this most desired object; but other means have been attempted, notwithstanding that the experiments have proved as fatal as the disease. In order that the reader may judge of the value of the Thompsonian discovery in removing this matter, I will describe one or two of the schemes resorted to in the old practice for the same purpose:—first, then, there is COUNTER IRRITATION, not only by blisters, but, by the rubbing in, over the region of the lungs, the tartarized antimony, drawing the chest into postules—setting up an artificial disease to cure a natural one, by detracting the morbid tendency of matter in the interior to the surface: next, the moxa, consisting of a small cone of cotton wool dipped in spirits, placed below the sternum, and set on fire; this, burning down, blisters and wounds; the sickening agony occasioned excites the lungs to convulsive throes, by which they emit some portion of the obstructive matter: then comes experiment the last, and not the least desperate—that of making an opening direct into the lungs, dividing the ribs, cutting through the pleura, and by the insertion of an instrument, fairly pumping out the purulent mass. This is horrible in the extreme, and the question may be asked, how any one could submit to such a trial? This question may be answered by asking another: When the poor are by the power of the law delivered over to the LICENSED, how can they resist, however cruel, the experimental murder?

TREATMENT.—Now comes the first agent described in Dr. Thompson's Materia Medica, and whose peculiar medical virtues were discovered, successfully tried, and published by him as a boon to the world. The lobelia inflata, acting as an emetic, discharges in a wonderful and almost unaccountable manner the whole accumulated matter and phlegm from the lungs, at once sparing the victims of disease all the agony suffered in those cruel and abortive experiments, tried by many other remedies, and

removing, what is confessed to be, one of the greatest obstacles in the way of cure; this it does too, often with less disturbance than is frequently occasioned by a fit of coughing. It not only can be safely given to persons of all ages, and in almost every condition, but it can be repeated as often as the matter accumulates, evinced by the difficulty of breathing; while in the mean time, the acid tincture of the same, by milder action, so aids the expectoration, by easing the violence of the cough, that it relieves the breathing, and keeps the lungs clear, at times, entirely, after the previous operation of the emetics.

It will now be proper to proceed to the details of the new treatment in this disorder, the whole of which, in every particular, must consist of aid, and must support a renovating process, not only directed to one organ, the seat of disease, but to all.

This intention, therefore, must be kept in view with regard to the entire system, and it must be accompanied by a watchfulness that would remove all obstacles, such as may have been contracted in the daily habits: for example, smoking, indulgence in strong drinks, living upon indigestible food, sleeping in an unfavourable room, or living in a damp or close confined situation; for this disease, acknowledged to be incurable in the old practice, is also the most difficult we have to encounter in the reformed treatment, and it is only by strict adherence to the principle in every point of view, that we can hope to be successful. These hints being remembered, the medicine must be prescribed with the view of carrying out the great principle of raising the energies by a diffusion of warmth through the circulation; hence, cayenne must be combined with the tonic and astringent bitters. I usually give these for the *first few days* to prepare the system for the emetic; the more especially if the system has been reduced under the old practice, which I often experience, from the use of ether, or nitre, depressing and cooling, and causing a sense of chilliness throughout the frame. If such be the case, perspiration must be the first thing restored; to effect this, either the composition powders, or spiced bitters, may be taken, in the usual dose of a teaspoonful four or five times a-day, or cayenne and ground ginger in equal portions, in raspberry leaf, or angelica tea, may serve in the absence of the former articles. Pills No. 2, from three to six per day, will also aid in raising the heat, and are preferred by many, who object to the pungency of the cayenne. The hot brick, or water bottle, wrapped up in a cloth, wet with vinegar, should be placed at the feet, in bed, at night, to complete the circulation. When perspiration is restored, the emetic should be given: a dose of composition,

or cayenne, should always be given fifteen or twenty minutes previous to the emetic, in order to sustain the energies of the stomach and lungs under the operation. In ordinary cases the emetic may be prepared as already described, but where there is great debility, the following is found to be the best mode of administration :—

Take a large tablespoonful of bayberry, or No. 3 powder, and an even teaspoonful of cayenne; pour on half-a-pint of boiling water, and then add a teaspoonful of nerve powder; when it settles, strain it, and whilst warm, add four teaspoonsful of lobelia powder; sweeten with honey or treacle. This may be taken at once, or at intervals of fifteen or twenty minutes. The stronger the bayberry tea the more easily will the emetic operate. Drink should not be given to promote its operation till after vomiting has commenced; this may be in five minutes, or not till after the lapse of an hour, and it is much better that it should remain in the stomach for this time. When its operation is felt, it should be promoted by warm teas, made, either of vervain, raspberry, or bayberry, with cayenne, which should be given freely. During the operation of the emetic the patient should be kept warm by a fire, shielded from the air by a blanket, and his feet should be placed upon a hot brick, or in hot water.

The next object for consideration is, the best combination of tonic bitters to suit the various symptoms indicated, at times, in this disorder. White bitter horehound is a herb which, on account of its well-known expectorant nature, is most excellent in all diseases of the lungs, and, although other herbs are found useful combined with it, to promote digestion and purify the blood, yet here this should take precedence of all others in the decoctions, the first of which should be made thus :—

Take as much horehound as can be thrust into a saucepan or pot, containing two or three quarts of water; this should be covered and made to simmer two hours, then take the bunchy out, drain out the liquor, and again add to it a handful of each of the following herbs :—horehound, hyssop, penny-royal, ground ivy, and an ounce of bayberry bark; let these simmer the same as the former, strain off, and while hot add to each pint

Cayenne pepper . . . . . a level teaspoonful
Honey, or Spanish juice . . . . . two drachms

When cold, pulverised carbonate of ammonia, a teaspoonful: Dose, increasing from half to a full wine-glass, four times a-day.

The ammonia should never be omitted except in cases accompanied with diabetes. Let this formula be continued for a week or two, or in fact, as long as it appears to improve the health of the patient; should it appear to have lost its effect, it may be changed by retaining the horehound, cayenne, Spanish juice, and ammonia, and exchanging the other herbs for these:—vervain, coltsfoot, agrimony, raspberry leaves, two ounces of poplar and one of Peruvian bark. Should the patient expectorate blood, the last mentioned herbs, with the exception of the horehound, should be exchanged for those of cranesbill, comfrey, and oak bark, given in a strong decoction, to which tincture of myrrh may be added, in the proportion of half-an-ounce to a pint. Dr. Comfort, in his Thompsonian practice, recommends a decoction of bayberry and sumach berries; also the LOBELIA EMETIC, given in a full course, proves the most certain remedy for bleeding at the lungs, by equalising the circulation: such I have found to be the case. Dr. Chapman, of the reformed practice, declares, that "more than thirty years' experience has convinced him that emetics are the most effectual means of checking bleeding from the lungs —rarely failing, and no danger attending the operation, when under the direction of a judicious practitioner." Persons (says Dr. Comfort) not in deep consumption, who are liable to attacks of raising blood from the lungs, will, by taking an emetic, or full course of medicine, as soon as there are symptoms which indicate approaching hæmorrhage, in most instances be spared the bleeding; and this will not only be a means of preventing hæmorrhage at the time, but will also prove the most effectual means of restoring the general health, and thus remove the predisposition to raising blood. Common salt is a remedy generally resorted to for spitting of blood, which, together with placing the feet in warm water, will sometimes be successful in stopping the bleeding.

Should the bowels be loose, or any symptoms of diarrhœa present themselves, a strong decoction of tormentil must be drunk freely, as a tea made from both the herb and root, bruised or pulverised: it should be well boiled and strained, and half-an-ounce of simple tincture of myrrh, or No. 6, added to a pint of the decoction. If the purging does not abate, the same articles with half-a-drachm of prepared chalk, should be given warm as a clyster. So efficacious is the tormentil and myrrh thus combined, in checking every kind of diarrhœa, that out of some hundreds of cases I do not recollect one in which it has failed to check the disorder from whatever cause it had proceeded—not excepting the last stage of consumption, where this alarming symptom is generally the forerunner of death; but it

sometimes appears in the earlier stages, when every effort should be made to check it—for which also see the prescription for dysentery, page 122, which can be resorted to for the same purpose.

TORMENTIL *(Tormentilla erecta.)*

Having arranged the bitters, I would, however, observe that any of those found in the materia medica of Thompson will be found useful in combination, or as changed in the decoctions recommended; but whichever are chosen for the various purposes of assistance to the functions for increasing the appetite, digestion, &c., or to suit the peculiar symptoms presented in the disorder, the lobelia, as an expectorant, must never be omitted.

Although the acid tincture given in a dose of one teaspoonful, night and morning, is the general form to administer it, still it requires modification to suit all individuals: generally speaking, if a larger quantity, or more frequent doses, be taken, without producing enough nausea to retard the appetite, the better.

I have mostly found adults capable of taking the simple preparation of page 65, in doses from one to three teaspoonsful; the vinegar, or syrup of lobelia, page 67, would suit some better; to others, these are particularly objectionable: should this be the case, the following syrup will be the best substitute, as it is always found to be for children, and most efficacious for coughs of every kind:—

Take of
Good West Indian molasses, free from sediment . one quart
Strong acid tincture of lobelia . . . . . six ounces
Essence of spearmint . . . . . half-an-ounce

Dose, a teaspoonful, more or less, to suit the patient.

It will be proper to observe, that these cough mixtures are not given for the purpose of STOPPING the cough, which is sometimes the avowed object and effect of nearly all the advertised cough nostrums of the day, compounded chiefly of the deadly drug opium. These treacherously suppress the effort of nature to cast off diseased matter; the patient often purchasing peace at the expense of a loaded chest, shorter breath, and almost certain ruin, in consequence of the accumulated phlegm.

Contrary to this, the lobelia tinctures are the most powerful expectorants ever discovered; by seconding the efforts of nature, in bringing up the phlegm and matter, they at once help to clear the lungs, relieve the breathing, and, without suppressing, reduce the violence and shorten the paroxysms of the cough.

COLD NIGHT SWEATS.—This symptom, so weakening to the patient, can be cured by rubbing the skin night and morning, with a course towel, dipped in and wrung out from a stimulating mixture made thus:—

Take of
Hot vinegar. . . . . one pint
Hot water . . . . . one pint
Salt . . . . . one tablespoonful
Cayenne . . . . . one teaspoonful

To be used cold. This is seldom known to fail, not only to check the cold perspirations, but to brace up the muscular system and refresh the patient.

DIET.—The most nourishing kinds of food should be used, such as eggs, custards, &c. Meats should be eaten underdone, avoiding veal,

pork, and all food fried in fat, or saturated with butter; new milk is particularly beneficial.

TESTIMONIALS to the success of this mode of treatment:—

It is the common practice of most parties producing testimonials to the curative powers of their peculiar remedies, to overwhelm the reader with the number of their successful cases; I, too, might have done this, and have swelled the book and astonished the public; but I must prefer only one or two good and EXTRAORDINARY CURES, WELL AND RESPECTABLY ATTESTED, and as a proof of the correctness of this theory, and the success of this mode of practice, the following are given:—"ALL the parties mentioned are now living, and ready to confirm the facts, if applied to; while at this moment I have a letter lying before me from the mother of the first patient, who says, "Our Hannah has grown both stout and strong, she eats well, and sleeps well, and I could not tell you how well she looks; her health is better now than I have ever known it to be since she was a child."

"Wigan, February 3rd, 1847.

"SIR,—For the benefit of all suffering in consumption, I feel that I ought to make known the extraordinary and perfect cure of my daughter, through your treatment. After being ill, and suffering great langour and debility, so that she was often obliged to be off work for three days together, from April to the 10th of September, 1845, when she became much worse, and gave up work altogether. I took her to a doctor, who was considered to be eminent in his profession. He said that she was in a consumption, and suffering also from her age, being in her fifteenth year. He gave her two emetics and other medicine. She began to have great pain at the chest, and to swell in her legs; but had at this time a good appetite. The doctor said that she might eat whatever she liked. He ordered her to go into the country for a fortnight. She went to her aunt's at Billinge, but returned much worse. He now ordered her to drink porter and wine, and eat as much bacon as she wanted. She stayed at home a month, when by his orders I again sent her into the country for a fortnight. But when she had been there twelve days, her aunt sent word that she had grown much worse. I went to the doctor and told him. He said that she must stay a month longer, and sent more medicine. I sent this message. But the day after, she became so much worse, that they got a conveyance and sent her home. They were afraid that she was dying during the night previous. I was quite shocked when I saw her; she had become so much worse. I went to let the doctor know. He came, said that she was much worse, and seemed puzzled what to do with her. But he still continued to attend her, and she still grew worse, till at length I made up my mind to ask him if he could do her any good, and how soon he could have her at work again. He shook his head, and said 'not before Christmas, if she ever worked again. She is far gone in consumption.' This was in February, 1846. I had paid for his medicine and attendance as I had them; so I left him, and went to another; he also said that she was far gone in consumption; but

that he would try his best to bring her round. She was under him three weeks; and every time that she took his medicine we expected her to die. She still kept growing worse, when we heard of your delivering lectures on consumption in this town. She went under your care; and you yourself did not give us much hope at first, for you said it was a very doubtful case, and promised nothing until you saw the effects of the first week's treatment. You gave her with other medicine, three lobelia inflata emetics at different times. She parted with a vast mass of filth from off her lungs, parts of which were rotten, and swam on the surface of what she threw up, and the smell was extremely offensive. After the last vomit she began to mend fast, and in thirteen weeks she regained perfect health and strength.

"The minister who attended her during her illness, and who attests this statement, thought and said for some time, that she was past all aid of medicine. But, thanks to God, your inestimable treatment has been successful, and she is now in perfect health; and that, I will now tell you, only at the small cost of thirteen shillings and tenpence halfpenny. She was forty weeks and four days off her work altogether. She is now stout and strong, attends regularly two power looms at Mr. Eckersley's mill, and has not, since last June, had one hour's illness. Her father, and myself, will ever feel most grateful to you for the cure, and would be happy at any time to confirm our statement to any enquirer.

"We remain, yours respectfully,

"CHARLES ANDERTON.
"RACHEL ANDERTON.

"No. 12, Adelaide-street, Wallgate, Wigan."

"We certify to the truth of the above statement:—

"W. ROAF, Independent Minister, Wigan, Feb. 8th, 1847.
"JOHN BARRET, Independent Minister, Wigan, Feb. 8th, 1847.
"THOMAS COOK, Justice of the Peace, Wigan.
"J. T. MACMINN, Sabbath-school Teacher, Wigan.
"GEO. ESPLIN, Watch Manufacturer, Wigan.
"DANIEL DAVIES, Hatter, Wigan.
"PETER GRANT, Secretary to the Wigan Temperance Society."

This cure is rendered more remarkable from the fact that several of the family have died of consumption.

PLEURISY (PLEURITIS.)

PLEURISY is an inflammation of the pleura, which lines the internal coat of the thorax, and covers its viscera.

Its causes are cold applied to the skin; sudden and great distention of the pleura in drawing breath; drinking cold liquors, after being heated by violent exercise; cold, northerly winds; sleeping without doors, on the damp ground; wet clothes, &c. Generally speaking, whatever obstructs perspiration, may occasion pleurisy. It may also be produced by drinking strong liquors, or it may be brought on by violent exercise, as running, leaping, wrestling, lifting heavy burthens, blows on the breast, &c.

SYMPTOMS.—This, like most other forms of fever, begins with chilliness and shivering, which are followed by heat, thirst, inquietude, and the other common symptoms of fever. After a few hours the patient is seized with a violent pricking pain in one of his sides, commonly about the short ribs, which sometimes extends itself towards the back bone, sometimes towards the shoulder bone, and towards the fore-part of the breast; and this is attended with frequent coughing.

The matter which the patient spits up is, at first, small in quantity, thin, and mixed with particles of blood; but, as the disease advances, it is more plentiful and more purulent, but seldom without a mixture of blood. The pulse is remarkably strong, and seems to vibrate like the tense string of a musical instrument; and the blood drawn from a vein, as soon as it is cold looks more like melted suet. Sometimes there is little or no expectoration, and hence pleurisies are distinguished into moist and dry.

TREATMENT.—A thorough Thompsonian course, followed by the tincture and bitters recommended in consumption, will always cure pleurisy. I have also known it yield in one night to a part of the cold water cure, that of dipping a large coarse towel in cold water, wringing it out, and binding it twice round the chest, with a dry towel over it. Going to bed

with this, the hot-water bottle to the feet, and a dose of yarrow and cayenne, or four or five compound cayenne pills, will often effectually overcome the attack.

Old School treatment:—Profuse bleeding, both from the lining of the chest and pocket.

ASTHMA (ASTHMA.)

ASTHMA is an affection of the lungs or the bronchial vessels, generally of a spasmodic nature, that occurs in paroxysms which take place usually at night. It is characterised by frequent, difficult, and short respiration, wheezing, stricture of the chest, and a cough; all which symptoms are aggravated when in a peculiar position. It more generally attacks those of a full or plethoric habit.

When there is a great discharge of mucus from the lungs it is termed *humid;* but when it is attended with little or no expectoration, it is termed the *dry*, or spasmodic asthma. It more generally attacks men than women.

Asthma, but more particularly the spasmodic, is brought on by almost everything which increases the action of the heart, and which stimulates and fills the vessels of the mucous membrane. Thus, it is produced by intense heat, lightness of air, severe exercise, strong mental emotions, full meals, stimulating drinks, exposure to cold, fogs, or foul air, and by irritation of smoke, dust, or flue, floating in the air. Asthma having once taken place, its fits are apt to return periodically, and more especially when excited by the causes mentioned.

TREATMENT.—During a paroxysm, or fit of the asthma, the patient must be placed in an erect position, and his feet immediately immersed in warm water, with a view to equalise the circulation, or to divert the blood or humours from the lungs and bronchial vessels. An infusion of sage, or

penny-royal, may be given at the same time, to excite gentle perspiration, which course will soon afford relief. Should the paroxysm, however, be very severe, attended with a sense of suffocation, &c., administer immediately, in a cup of warm tea, an ordinary sized tablespoonful of the tincture of lobelia, to be repeated every half-hour if the first portion does not afford relief.

This medicine exerts the most astonishing effects in this complaint. (See page 65.) It is no sooner introduced into the stomach than the tension and spasm is removed, by dislodging collections of mucus in the bronchial vessels, and thereby giving free admission of air into the lungs; and it is invariably attended with a salutary effect.

Having suspended the paroxysm, the next step will be to effect a radical cure, and this is more seldom done than it might be, for the reason that asthmatic patients generally discontinue the medicines when they become comfortable. But when the patient wishes a cure effected, he must persevere in the use of proper means. It may be necessary for him to repeat the dose of the tincture, or powder of lobelia, once or twice a-week, sufficient to excite general vomiting, in addition to the expectorants of the same, like those advised in consumption. The treatment should be similar in its general principle, as the same bitters and tinctures, though these additional hints will be found of peculiar service in asthma.

Let the patient chew and swallow a clove of garlic every morning before breakfast. When the skin feels cold and moist the stimulating liniment should be used; No. 6, or pepper sauce, should be applied over the surface before going to bed. A plaster of stimulating liniment spread over a piece of oil skin and bound on the pit of the stomach, will have a tendency to prevent the occurrence of the paroxysm. Inhaling the fumes of yarrow and lobelia, boiled in vinegar, will give also great relief.*

* Here I will take the opportunity of mentioning a work that has been lately published by a gentleman in Birmingham, on Consumption and Asthma, which, although it is not in all its parts conformable to the new treatment, still contains a great deal of valuable matter. It is entitled, "Consumption of the Lungs and Asthma arrested and cured, in the majority of cases, by Inhalation and other rational means," by Daniel Carr, M.D.

The system here advocated, namely, Inhalation or the drawing in of medicinal vapours to the lungs themselves, by means of an apparatus termed an inhaler, has been effectual in the cure of the worst cases, from the immediate access which the medicines gain to the part diseased. In the work above named, all the remedies and plans are given out at length, and fully explained. It is published by Effingham Wilson, Royal Exchange, London.

During the intermissions, and when the patient is afflicted only with cough, difficulty of breathing, &c., the following medicine may be taken :—

Take of

Liverwort (hepatica triloba) ..... a quarter of a pound
Solomon's seal (convillaria multiflora) ..... four ounces
Skunk cabbage (icterodes fœtida) ..... four ounces
Common horehound (marrubium vulgare) ..... four ounces
Blood root (sanguinaria Canadensis) ..... two ounces

Bruise, and add a sufficient quantity of water. Boil until the strength is extracted, strain, and continue to boil until there are four quarts of the liquid; then add five pounds of honey and half-a-pint of brandy; let it settle, and it is fit for use. Of this let a wineglassful be taken three or four times a-day. During the time that this is taken, give an infusion of horehound, warm at night, and cold through the day. It will be necessary to keep a determination to the surface.—Dr. Beach.

DISEASES OF THE KIDNEYS AND BLADDER.

INFLAMMATION OF THE KIDNEYS (NEPHRITIS.)

INFLAMMATION of the kidneys is known by fever pain in the region of the kidneys, and shooting along the course of the ureter; drawing up of the testicles, numbness of the thigh, vomiting, urine high coloured and frequently discharged, costiveness, and colic pains. It is symptomatic of calculous, gout, &c.

CAUSES.—The causes which produce this complaint are external contusions, strains of the back, acrids conveyed to the kidneys in the course of the circulation, violent exercise either in riding or walking, calculus concretions lodged in the kidneys or ureters, and exposure to cold. In some habits there is an evident predisposition to this complaint, particularly the gouty, and in these there are often translations of the matter to the kidneys.

SYMPTOMS.—This disorder is characterised by an acute, pungent, or more frequently an obtuse or dull pain in the region of the kidneys, shooting along the course of the ureters, or ducts which convey the urine from them to the bladder, pains in the back, groin, and testicles of the same side, together with a retraction. It is moreover accompanied with bilious vomiting and great debility.

In the treatment of this disease, give the diuretics recommended in nflammation of the bladder, let a loose cloth be dipped in cold water, wrung out, and, folded flat and rather tight, be bound twice or thrice round the loins with a dry cloth over it. Hot bricks in vinegar cloths should be placed at the feet. Three or four of the diuretic pills should be taken, with a good dose of the diuretic tea upon lying down in bed.

Old school practice—blood letting, blisters, opium, &c.

INFLAMMATION OF THE BLADDER (CISTITIS.)

This disease is characterised by pain in the region of the bladder, attended with fever and hard pulse, frequent painful discharges of urine, with suppression and general tenesmus.

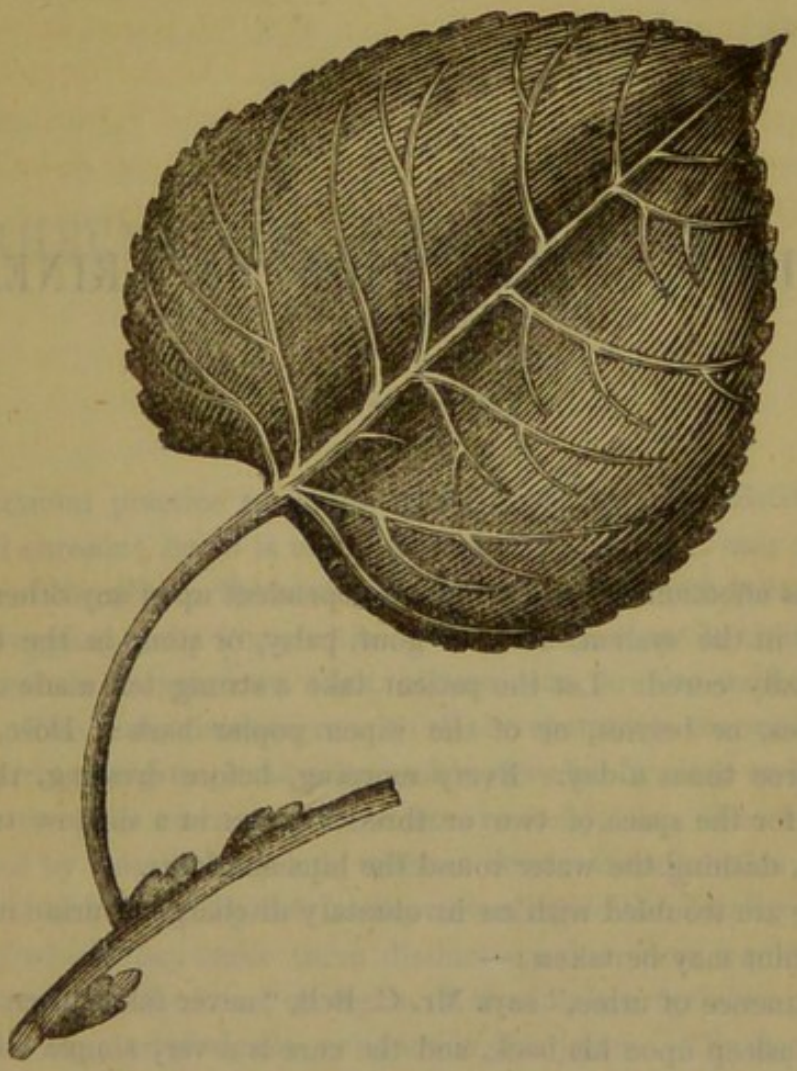
Causes.—It is occasioned by an improper use of acrid medicines (such as cantharides), inflammation extending along the urinary channel, permanent or spasmodic stricture, local irritation from the lodgement of a stone, hardened fæces, or a diseased state of the prostrate gland, and mechanical injury, as well as by all the usual causes of inflammation.

Symptoms.—Where this disease exists, an acute burning pain, and some degree of tension at the bottom of the belly are felt, with a constant desire to make water, a difficulty in voiding it, a total stoppage, a frequent inclination to go to stool, much uneasiness and heat, a general febrile disposition.

Treatment.—When the symptoms are violent, a partial *course of medicine* should be given, and repeated at intervals of three or four days; between the courses diuretics should be taken, such as a decoction of dandelion, broom tops and poplar bark; boil with a quart of this decoction,

Bucha leaves - - - - - - - - - - - - - one ounce
Juniper berries - - - - - - - - - - - two ounces
Sumach leaves and berries - - - - - two ounces

POPULUS.—*(Tremuloides.)*



Simmer, covered one hour, strain, and take for a dose from half to a teacupful four or five times a-day.

Should this not prove efficient, take in addition one capsule of balsam of copaiva with each dose of the former. A poultice should also be applied to the abdomen constantly, till relief is obtained; it should be made by stewing wormwood and tansey in vinegar, thickened with Indian meal or linseed.

Injections into the rectum have a highly beneficial influence over the bladder, allaying the pain and subduing the inflammatory action; these should be composed of linseed, with half-a-teaspoonful of lobelia, macerated and strained. The bowels should be kept rather open, and the heat maintained with pills made of cayenne and Canada balsam; from four to eight a-day will be a good substitute for the copaiva.

INVOLUNTARY FLOW OF URINE.

When this affection is not a symptom dependent upon any other disorder, or debility in the system, such as gout, palsy, or stone in the bladder, it can be easily cured. Let the patient take a strong tea made of sumach bark, leaves, or berries, or of the aspen poplar bark: Dose, a wine-glassful three times a-day. Every morning, before dressing, the patient should sit for the space of two or three minutes in a shallow tub of cold salt water, dashing the water round the hips and loins.

As some are troubled with an involuntary discharge of urine in bed, the following hint may be taken :—

"Incontinence of urine," says Mr. C. Bell, "never takes place but when the boy is asleep upon his back, and the cure is a very simple one. He is to accustom himself to sleep upon his face or side: the urine is not passed, nor is he excited to the desire of making urine while he sleeps in this posture. The circumstance is unaccountable, until we reflect upon this master-spring of the neck of the bladder—*the sensible spot, a little behind and below the orifice of the bladder.* When a person lies upon his belly the urine graduates towards the fundus, but when he lies upon his back, it presses up this sensible spot, and distends that part of the bladder which is towards the rectum."

RHEUMATISM (RHEUMATISMUS.)

It is the common practice to divide this disorder into two distinct kinds —acute and chronic; but it is usually found that the one is only the commencement of the other: the acute, being accompanied with inflammation, is nature struggling to be free; while in the chronic there is no inflammation, and nature is prostrate with disease, too low to make further resistance. The acute commences with all the symptoms common to cold, such as shivering, languor, head-ache, and is preceded by more or less fever, after which the pain commences and fixes in the joints. The chronic is distinguished by pain in the joints, without fever, therefore this disease is again divided and named by the faculty according to the locality in which it settles, of which they make three distinct species; first, lumbago, from its being situated in the loins, or region of the lumbar, vertebræ; sciatica, affecting the hip; arthrodynia, or pains in the joints. The doctor takes care to give a long particular account of each of these, too glad to make several diseases out of one, so they not only multiply human ills in this way, but by giving a long disquisition upon every division, and a precise and different prescription for each, succeed in making a mystery, and thereby giving importance and dignity to all their proceedings. But there is yet another form of this disorder, which is not an error of nature, but a disease which is a disgrace to the doctors—mercurial rheumatism, which they confess is brought on from repeated salivation by mercury, given as medicine in other diseases. Nine out of every ten cases of chronic rheumatism are owing to the fact that those powers with which nature has endowed the healthy constitution to resist the elements and endure their changes, have been enfeebled by this preposterous treatment.

Rheumatism, in every form but the last, is brought on by exposure to cold or damp, by persons not accustomed to it; allowing the feet to

remain long wet, lying in damp beds, travelling all night, living in a damp house, or remaining in wet clothes. It is brought on by perspiration being checked by any of these causes, more especially while under the influence of mineral treatment for some other disorder.

Now, however much the faculty may divide this disease and prescribe (as Dr. Rush says they do) for the names instead of the disorders, we shall treat every kind alike, upon one simple rational system, including even that one of the doctor's own making—the mercurial rheumatism.

Perhaps (with the single exception of fever) there is no disease upon which the reformed practice produces such signal benefit as that of rheumatism, by giving internal stimulants. The animal heat is increased, the capillaries are expanded, the circulation is restored, by propelling the morbid matter to the surface, while the vapour bath opens the pores of the skin, and lets out the stagnant fluids; it also relaxes the stiffness of the joints and muscles, and thus, in a few hours, the most excruciating pains are relieved.

But it is only in the acute form, while the blood has sufficient vigour to produce fever or inflammation, that the vapour bath can be so successfully employed. In the first instance, in chronic, or long-standing and much debilitated cases, the animal, or internal heat and vigour of the circulation must be aroused and increased, first by stimulants, and this should be effected by doses of cayenne, or composition powder, taken to the amount of half-a-teaspoonful, in herb tea, made of either angelica, sage, penny-royal, or yarrow, or all of them in equal combination; nutmeg and cinnamon may likewise be added with advantage. The following pills should be taken to the number of three or four a-day.

Take of

Pulverised gum guaiacum - - - - - -	half-an-ounce
Balsam of copaiva - - - - - - - - - - -	one drachm
Canada balsam - - - - - - - - - - - - -	one drachm
Pulverised lobelia - - - - - - - - - - - -	one drachm

Let half-a-gallon bottle of hot water be placed to the feet, wrapped round with a cloth, wet with vinegar and water, every night, in bed.

In a day or two, when it is evident the heat of the body is increased, seen by an increased pulse, and warmth in the extremities, give the vapour bath once every other night, and should the digestion be disordered, evinced by foulness of the tongue, let the patient take the lobelia emetic immediately after the bath, at least once a-week, and be followed by the

tonic bitters, as a general medicine, adding to each pint half-an-ounce of No. 6. With regard to local treatment the steam bath should be employed, confined to the part affected.

Should a joint or joints be affected after steaming every night, rub in Dr. Thompson's No. 6, with equal portions of oil of turpentine, or dip a towel in cold water, wring it out and fold it in three layers, slightly sprinkle it on one side with cayenne, and bind it round the joint, taking care to bind tightly over it a dry cloth to confine the other, and place, if it be the knee or ankle, a hot brick to the foot. In addition to these means another liniment may also be used, which I have found succeed when the former has not proved sufficient :—

Take of

No. 6	one pint
Acid tincture of cayenne	two ounces
Oil of camphene	two ounces
Oil of cedar	half-an-ounce
Oil of spearmint	half-an-ounce

Mix and shake well together.

I have only now to add, that I have used these means upon rheumatism of every form, and some have been of so serious a nature, and of so long an endurance, as to have been given up both by the doctors and themselves—some going for years upon crutches and sticks, and in some instances, even unable to rise from their beds.

A CASE OF MERCURIAL RHEUMATISM.

"This is to certify, that about eleven years ago I was confined with my first child, and in about a week after my confinement, I was seized with a pain in my leg and up my bowels, accompanied by a swelling, which continued to get worse, so much so that I was unable to move it; a doctor attended me, and said that I was dangerously ill, and must keep my bed; he gave me some powders and a draught, and ordered leeches to be placed on my bowels, and as soon as they were taken off, a blister placed on; I was directly afterwards bled in the arm—all in one day. My bill that day was £1 4s 6d. I continued under this doctor for three weeks, and got a little better, but was so lame that I could not get about without great difficulty, the least exertion obliging me to rest my leg or go to bed. I had a great many hard places come about my leg, so much so that I thought they would burst. I had advice from many medical men, including a physician of Coventry, but I could obtain no permanent relief. I then applied to Dr. Stevens for advice, as I was altogether bodily ill,

and so reduced that I and all around expected my recovery impossible. It is now six weeks since I first came to Dr. Stevens, who carried me through a course of medicine, in which I took a steam bath every other night, for three weeks, together with four or five lobelia emetics; the treatment began to remove the pain from the first. I have been under Dr. Stevens for six weeks, and I can now state, that I am well in health, and three weeks ago walked eight miles in one day, without inconvenience, or being in the least degree fatigued.

"Witness my hand, this 18th day of March, 1847.

"E. GARDNER.

"Bridge Street West, No. 3 Court, Birmingham."

GOUT (PODAGRA.)

THIS is a disease to which some families are particularly predisposed, from which circumstance it has been considered an hereditary disease of the constitution. It, however, usually attacks in fits or paroxysms, sometimes without any warning, but in most cases its approach is felt by drowsiness, debility, numbness of the limbs, and lowness of spirits. The attack generally commences in the ball of the great toe, or some other part of the foot; it may also attack the knee, hand, and even the internal organs—such as the heart, stomach, and kidneys: its attacks usually occur in spring and autumn. Dr. Hall says, "its effects are felt more by the male sex than the female, through intemperance principally, but by no means exclusively." It is generally dependent on a deranged state of the digestive organs, luxuriant living, with indolent habits and free indulgence in wine, spirits, and other fermented liquors. I have known several who, after drinking, are attacked with a fit of the gout.

TREATMENT of gout, with additional hints, given in the following:—The gout may be cured by the precise treatment of rheumatism. If the feet or hands be inflamed or swollen, a fomentation made of burdoch or yarrow, and after the local application of vapour of vinegar as hot as it can be borne, raw cotton may be applied, moistened with No. 6, or a poultice be made of Indian meal, vinegar, and cayenne; by these means the pain and swelling will be reduced. The diet should be light, and consist chiefly of vegetables; or, at least, all fat and butter in any form should be avoided for a time.

Treatment of the old school—bleeding, salivation, opium, ether, nitre, large and frequent doses of colchicum.

FEVERS IN GENERAL.

FEVER constitutes perhaps the largest proportion or class of diseases which assail the human family; and, notwithstanding the numerous enquiries, experiments, and theories on the subject by medical men, from time immemorial, the *nature*, *cause*, and *treatment* remain the same; and there is, at this day, no uniformity, either in opinion or practice; they all go blindly to work to cure it, like the physician mentioned by D'Alembert. He compares him to a blind man armed with a club, who comes to interfere between *nature* and *disease;* if he strike the disease, he kills the disease; if he *strike nature*, he *kills nature*, or the *patient*.

Of all the diseases to which humanity is subject, there is none which (under its various forms) sweeps to untimely death so many victims as that of fever; and there certainly is no disease on which the old and new treatment can be brought to exert their skill, or in which their respective merits would be at once tested, and the vast superiority of the one over the other displayed, than in this disease. For, while it will be seen by the following various opinions and lamentable confession of the faculty, that for want of a rational principle, they seldom succeed,—the Thompsonians, professing that rational principle, have one mode of treatment, in which they are never known to fail. Now, although I might at once give this new treatment, and leave its simplicity alone to convince common sense of its correctness, yet I would establish the truth of this statement, by laying before the reader the opinions of the faculty, and mode of treatment recommended by them, in contrast with the new, and I may say infallible practice of Dr. Thompson and his disciples.

"This is the disease," says Dr. Robinson, "which to break, to baffle, to conquer, to subdue, the learned colleges of physicians have tried all their efforts, and spent their skill in vain. It must run its course is the common

sentiment. If one mode of treatment fail, we must try *another*, and *another*, and *another*, till the exhausted imagination, the worn out resources of the materia medica, and the dying patient, arrest the hand of the experimentor (and I might have said, tormentor), or nature triumphs equally over nature and disease.

"The practice of medicine is, perhaps, the only instance in which a man can profit by his blunders and mistakes. The very medicines which aggravate and protract the malady, bind a laurel on the professor's brow; when at last the sick is saved by the living powers of nature struggling against death and the physician, he receives all the credit of a miraculous cure; he is lauded to the skies for delivering the sick from a detail of the most deadly symptoms of misery into which he, himself, had plunged them, and out of which they never would have risen, but by the restorative efforts of that living power which, at once, triumphed over *poison*, disease, and death."

Dr. Donaldson, who published a new "Theory and Practice of Fever," remarks as follows:—

"From a retrospective glance at the history of our science, we are forced to acknowledge that there is, perhaps, no subject which is more eminently calculated to humble the pride of human reason than this one. For, in relation to this subject especially, pathology has been in a continued state of revolution and instability. The human mind has been engaged with this subject for near three thousand years. Theories have risen and sunk again in a continued and rapid state of succession; each has had its hour 'to strut upon the stage,' and its votaries to yield it faith; but the stream of time has hitherto overturned all these unsubstantial, though often highly wrought fabrics.

"In fact, no physician whose works I have read, no professor of medicine whom I have heard speak on the nature of diseases, has ever discovered, or even hinted at, the nature and cause of fevers; all have delivered theories which amount to open acknowledgments of their ignorance of it, or have candidly professed the universal ignorance of all physicians in the world, of the former and present times, respecting the nature of these diseases.

"I observed the plan of cure followed by the East Indians in fevers. I saw the practitioners cure the most vehement cases of intermittent fevers in the space of a single day, with such mathematical precision and certainty as I never beheld in any region of the earth, by *purging*, *vomiting*, *sweating*," &c.

Dr. Robinson says, "The causes which have conspired to cover with uncertainty the treatment of fever, and to arm the members of the faculty often against each other, are numerous and important. A brief detail will unfold the many causes of error, and the fatal consequences which often result from the established practice.

"1st. The symptoms of fever are mistaken; and one disease, or stage, or state, or class, is treated for another; and the physicians declare the symptoms are so often blended, complex, and proteiformed and fashioned, that it is impossible to comprehend them. This is one source of uncertainty in practice.

"2nd. Nosology, or the mournful and dreary list of the names of thirteen hundred and eighty seven diseases, besides the new diseases, so difficult to be understood, to be remembered, or distinguished, is another source of uncertainty in practice.

"3d. Theories constructed on false principles mislead the physician, and direct him to the use of wrong medicines; for false theories will make false practice. These are the causes of uncertainty of practice.

"4th. Error in judgment, from misapprehending the remote, the exciting, or the proximate cause of disease, destroys the certainty of practice, and brings death to the patient.

"5th. Medicines used in the cure of fever, of the most dangerous nature—poisons of the rankest dye, and most fatal tendency—are often the causes of sudden death, and destroy, or ought to destroy all confidence in the established practice. It is, in truth, like running the gauntlet amongst armed Indians, or red-hot ploughshares, to escape from the poisons of medical practice.

"Now, the great superiority and certainty of Thompson's system, consist in the simplicity of his practice, and the safe and certain operation of his remedy. And, although Thompson seems to have been utterly unconscious of the hazards and difficulties of the established practice—yet, when these were brought to light, they served to confirm him in the value and universalities of his discoveries; because, if all the wisdom of the schools, and genius, and ingenuity of practitioners, had been baffled and confounded through the lapse of four thousand years, it was evident that the discovery of an universal remedy for fever must be found in another department than that of the established science! And in that department Thompson arose to eminence, and received 'his degree from the hand of nature.' In that great laboratory of medical science, where nature makes our food and fashions our medicines, Thompson

spent thirty years of his life. A quack is one who, in unblushing ignorance, palms his detestable and deadly nostrums upon the public, of which he knows nothing! Thompson laid before the public, without a shadow of concealment, remedies, the healing virtues of which he had tested by a practice of thirty years, and with invariable and indisputable success. But some of the most learned of the faculty, who have attended to the effects of this new practice, have given their decided testimony to its power and efficacy."

Prejudices, rank and strong, as might have been expected, have prevented the popularity of a "safe and simple method of cure," which bids fair, were it universally introduced, to banish diseases and untimely death from the nations of the world; to introduce the dawn or that redeeming day, when sickness shall not be seated in the constitution to emaciate the body and prostrate the mind; but shall be met and expelled at its very entrance, by a remedy that shall neither entail debility nor chronic maladies on the patient.

A CONTRAST BETWEEN THE PRESENT ESTABLISHED PRACTICE, AND THE NEW BOTANIC PRACTICE, IN CASES OF FEVER.

1.—*The Present Established Practice in Cases of Fever.*

The practice which is in common use, in cases of fever, is thus given under the head of Febris, *(fever)* in Hooper's Medical Dictionary:—

"An attack of fever is mostly announced by languor, debility, and sluggishness of motion. The face and extremities become pallid, the features seem sunk, the bulk diminished, and the skin contracted. A sensation of cold is next experienced down the back, as if a cold wind, or cold fluid were descending along it, and this feeling gradually extends over the whole body, while it is, perhaps, in reality, morbidly warm. At

this stage, the mind is often restless, confused, and forgetful. The appetite departs, nausea following, and often vomitings. The breathing is irregular, and perhaps laboured. There are also dull pains wandering about the joints and limbs, except one fixed in the small of the back, which is often acute and gives great distress. The secretions are universally diminished; the mouth dry and parched, causing thirst; the skin shrivelled and dry; the urine scanty; the bowels confined. These symptoms are sooner or later changed into flushings of the face; the skin fills out; feels universally hot; the pulse quickens; and the mind, perhaps, wanders. Such are the phenomena of fevers in their regular and distinct forms." Hooper here enumerates upwards of fifty different sorts of fever. Amongst the most malignant and fatal of them, as that known under the name of *typhus fever*, is chiefly prevalent in this country; *its* distinctive symptoms and mode of treatment are most to be noted. Hooper on this fever writes thus :—

"At the onset of this fever, the patient is seized with dejection of spirits, extreme depression of strength, and pains in the back and head. The eyes appear full, heavy, yellowish, and often a little inflamed. The tongue is covered with a brownish mucus, and soon becomes dry and parched; there is oppression of the heart; anxiety, sighing, and mourning; the tongue, gums, lips, and teeth are covered with a brown and blackish fur; the speech becomes inarticulate, scarcely intelligible; the patient mutters and is delirious. The fever continuing to increase, the breath becomes highly offensive; the urine deposits a black and fetid sediment; the stools are dark, offensive, and pass off insensibly. Blood often issues from the gums, nostrils, and other parts of the body; vibices appear on the surface; the pulse intermits and sinks; the extremities grow cold; hiccough ensues; and then follows death.

"When *typhus* does not terminate fatally, it generally begins to diminish about the fourteenth day, and goes off gradually without any evident crisis. It is not uncommon, however, for *sleep and perspiration* to announce a favourable change."

Treatment.—"The bowels, if torpid, should be stimulated by gentle purgatives; the disordered state of the abdominal secretions obviated by occasional doses of calomel [poison]. Diarrhœa, if excessive, should be restrained by cretacious mixture, combined, if necessary with small doses of *opium* [poison]. The hot and dry state of the skin obviated by saline-diaphoretics, with minute doses of *antimony* [poison], and sponging the surface with tepid vinegar and water. If great debility prevail, wine, in

moderate quantities, may be given. The practitioner who regards fever at inflammation of the brain, bowels, or any other part, and acts exclusively upon this supposition, will *destroy many patients*, who, if left to nature, would have recovered.—A moderate general bleeding at the beginning, is generally beneficial—and still more, frequent leeches.—With regard to *mercury*, patients have died of fever while their mouths were sore with it. In many cases, no effect has been produced by its fullest administration.—*Wine* is the best stimulant in typhus—*opium* in small and repeated doses —camphor may be usefully combined with it. Sulphate of quinine is much relied on by some practitioners, but generally does *more harm than good* where there is local inflammation. Blisters afford a means of combating inflammation after blood-letting, but they often increase the general irritation and distress." So far, HOOPER, who finds plenty of faults, but no good remedy.

Enough of these quotations; they are tedious and disagreeable, but they have been necessary, in order that every one may see, from works of high standing and authority, that some *practice, safe and certain*, is yet wanting for the cure of fevers; some remedy, *infallible* and also *general*, by which not only one species, but every species whatever of fever can be at once cured; which, in a word, can be applied, without fear, for the immediate result, to every case that occurs. Such is the new remedy. The faculty, we see, have never had any principle on which to act; all has been guess-work and discrepancy, scarcely two agreeing together in any point, except that the means employed should be *injurious ones*, such as frequent blisters, copious bleeding, refrigerating medicines, or *active poisons*, such as mercury, antimony, tartar emetic, calomel, &c., everything, in fine, but *sweating*. Should the patient who is under such treatment, recover, after a long and fearful struggle with the poison and malady, the primitive powers of the constitution are gone for ever, and he remains a victim, suffering and dragging out the rest of his days in the morbid feelings of a mercurial or drug disease. Let us now see the treatment under the new Botanic Practice.

2.—*The Treatment for Fevers under the New Botanic Practice, calculated for the cure of the whole number of upwards of fifty, enumerated by Hooper, whether they present some or all of the symptoms mentioned by him.*

The method here given is one which has proved to be infallible. Mark it well!

If the disease be taken in the early stages, give the patient a teacupful

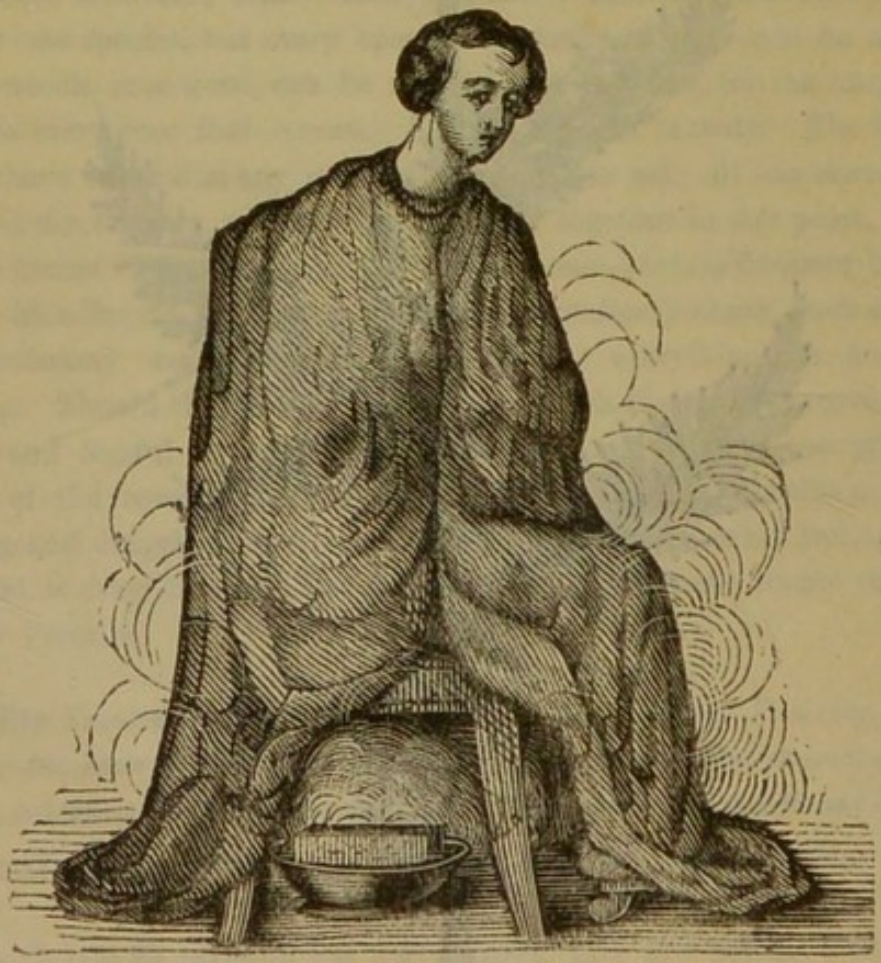
of strong tea, made from the root and leaves of angelica; or from the leaves, flowers, and stalks of yarrow, or penny-royal, or fever-few, or vervain; any of which herbs will do, but angelica is best; next to it yarrow (a cut of which I have presented, on account of its being so common as to be always at hand), and then the others.

YARROW.

To the teacupful of strong tea, add a moderate teaspoonful of cayenne pepper. Then put the patient to bed, covering him well up; fill three bottles with hot water, wrap them in cloths soaked in vinegar and water, and place one to the feet, one to the right side, and the other to the left side of the patient, near the abdomen. Repeat the above dose of tea and pepper every two hours, till perspiration becomes copious. After the sleep which follows this, the body must be rubbed down with a cloth damped with cold vinegar and water. This rubbing must be done quickly, and must not exceed two minutes, and the patient then dried, by being rubbed with a dry towel. As Hooper says, "the perspiration announces the turn of fever."

If, on the following day, there should be nausea, vomiting, or the presence of mucous fur, or canker in the mouth, on the tongue, or in the throat, give an *emetic of lobelia inflata.*

Should the above method fail to produce perspiration, a failure scarcely possible, the patient should be placed in the domestic vapour bath, which can be easily given in this way:—Make two bricks nearly red hot; put



VAPOUR BATH.

them standing on their narrow sides in a flat tub, dish, or any other convenient vessel; place the vessel, with the bricks thus in it, under a chair; then immediately set the patient on the chair, naked; at once envelope him and the chair in a blanket sufficiently large to reach the floor and exclude the air; give him the dose of tea and pepper as before; opening then the blanket at the bottom, pour boiling water out of the teakettle into the dish, taking care not to pour it on the bricks, but rather down the side of the vessel till it rises half up the sides of the bricks.

An immense steam will immediately arise, enveloping the whole surface of the body. Should it be, at any time, too hot for the patient, let a small portion of the blanket be opened; the air will partially cool him instantly, then close the blanket again. The half-immerged bricks will cast up a steam for half-an-hour; but from five to ten minutes will generally be found sufficient (if the vapour bath be properly administered) to turn a fever. The turn is known by the sweat exhibited on the face and forehead. When this appears fully, throw off the blanket and remove the bricks. Then immediately let two persons, with coarse cloths, wet with cold vinegar and water, in equal proportions, bathe the patient all over as speedily as they can, not exceeding, if possible, a minute. Rub him then with dry cloths, till the skin glows, and put him, at once, in blankets, to bed.* To keep up the circulation, place to his feet a hot brick, wrapped, as before, in cloths, soaked in warm vinegar and water. If the mouth be foul with mucous fur, or canker, give *an emetic of lobelia inflata*, and promote its operation by drinking hot tea. The patient will now probably fall asleep, after which, give him a wineglassful of a medicine prepared in this manner:—Take a good handful of these herbs; horehound, agrimony, centaury, and angelica, and one ounce of barberry bark; boil them one hour in two quarts of water, strain them, add one ounce of ground ginger, and half-an-ounce of pulverised gum myrrh. Let the patient take a wineglassful of this medicine as soon as he awakes, and afterwards, four times a-day; abstain from fat, cheese, beer, wine, and spirits; be careful not to expose himself to cold, and *he will entirely recover in a few days.*

In a letter received by the author from Mrs. Coward, Follyfield, Leigh, near Bolton, where he lectured during the prevalence of typhus fever last summer, she writes, "I have attended twenty cases, in which I applied

* See also directions for giving a course of medicine, which will be necessary, and even more efficient in very bad cases.

your remedy, all of which recovered, and were at their work one week afterwards—while many of them were up and out in three days, some the very next day: and I know others who have met with equal success." He himself took the fever after visiting patients at Leigh, turned it in one night, and lectured the next night twenty-nine miles from home. Though in a very weak state, he took no harm. A case was related by a man a few weeks since, in the town hall of Congleton, before Mr. Alderman Warrington, Mr. Alderman Andrews, and an audience of about three hundred. He cured his wife in one night, who, when she was first attacked was unable to walk up stairs. If this statement be doubted, the penny Post will find any person here named, who, for the sake of humanity, will return an answer to vouch for its accuracy. The expense of the medicine administered for curing the fever by this method does not exceed one shilling. In the common system, fever is attended with many weeks' loss of time, great danger, and, "live or die," a doctor's bill of many pounds.

ERUPTIVE DISEASES.

SMALL POX (VARIOLA.)

Description.—Small pox is a disease of a very contagious nature, marked by a fever which is usually inflammatory, but now and then is of a typhoid nature, attended with vomiting, and upon pressure of the stomach, with pain ; succeeded after a few days by an eruption of red pimples on different parts of the body, which in the course of time suppurate and scab, and at length fall off, leaving behind them little pits in the skin, and, in severe cases, scars.

Dr. Thompson calls this disease "the *highest* state of canker and putrefaction the human body is capable of receiving." It was formerly one of the greatest scourges of the human race, and it has been estimated that before the introduction of vaccination by Dr. Jenner, that 450,000 individuals died annually of small pox in Europe.

The small pox is distinguished into distinct and confluent, implying that in the former the eruptions are perfectly separate from each other, and that in the latter (at all times the most dangerous) they run much into one another.

It generally comes on with some symptoms of a cold stage, and commonly with a considerable languor and drowsiness. A hot stage is soon formed, and becomes more considerable on the second and third days. During this course children are liable to frequent startings from their slumbers, and adults, if they are kept in bed, are disposed to much sweating. On the third day children are sometimes affected with one or two epileptic fits. Towards the end of the third day the eruption com-

monly appears, and gradually increases during the fourth; appearing first on the face, and successively on the inferior parts, so as to be completed over the whole body on the fifth day. From the third day the fever abates, and by the fifth it entirely ceases.

When the pustules are numerous on the face upon the sixth or seventh day, some uneasiness in the throat, with a hoarseness in the voice, comes on, and a thin liquid is poured out from the mouth. These symptoms increase with the swelling of the face, and the liquids of the mouth and throat becoming thicker, require some exertion to be thrown out, and there is at the same time some difficulty in swallowing, so that liquids taken into the mouth are frequently rejected by the nose. But all these affections are abated as the swelling of the face subsides.

TREATMENT.—In the first, or cold stage, the patient should be kept warm with doses of spiced bitters, or composition powders. When the fever is established, the covering should not be too great, or the room too hot, while the pock is filling; let the room be warm, but ventilated, taking care to avoid the possibility of a chill. The clothes should be changed every day, care being taken that they are perfectly dry and well aired before they are put on. Should the patient be a child, simple herb tea, such as penny-royal, sweet marjoram, or angelica, will be sufficient medicine. An occasional emetic and vapour bath will prove highly beneficial in any stage. "While steaming," says Dr. Comfort, "the patient may be washed, or sponged over, with soap and water, or with a weak solution of sal æratus, in water: a strong decoction of cayenne and raspberry leaves should be freely given." To prevent, or lessen, the pitting of the face, take of camphor half-an-ounce, and dissolve in olive oil, two fluid ounces; this will form a liniment to be used soon after the eruption appears. The mucilage of slippery elm applied as a poultice, will afford much relief, and if kept spread over the face, is said entirely to prevent the pitting.

When the eyes are sore, or inflamed, they should be kept covered with soft clothes, wet with rose water, or raspberry leaf tea; and if there should be the least tendency to costiveness, injections of warm water should be administered night and morning. A bottle of hot water should be kept constantly at the feet in bed.

The patient should abstain from *all* animal food, and subsist for a time on nourishing vegetable diet, such as sage, rice, tapioca, wheat jelly, &c.*

* Chicken pox and swine pox may also be treated upon the same advice and prescription.

"The distressing and often fatal consequences that have happened in cases of the small pox are more owing to the manner in which it has been treated than to the disease. The fashionable mode of treatment in this disease has been to give physic, and reduce the strength, by starving the patient and keeping him cold. This is contrary to common sense, as it weakens the friend and strengthens the enemy, and the same cause would produce similar effects in any other disorder. All that is necessary is to assist nature to drive out the canker and putrefaction, which is the cause of the disease, by keeping the determining powers to the surface, in which case there will be no danger. The same manner of treatment should be used in this complaint that has been directed for the measles. The canker-rash, and all kinds of disease that a person is not liable to have but once, such as chicken pox, swine pox, &c., are from the same cause, and must be treated in a similar manner."—Dr. Thompson.

MEASLES.

This disease commences with head-ache and chills, followed by fever, hoarseness, sickness, difficulty of breathing, with swelling and redness of, and heaviness about the eyes, tears, and running of the nose, the tongue becomes coated, and the breath offensive. The rash appears on the third or fourth day, first, on the face, spreading over the body, and reaching the feet in about twenty-four or forty-eight hours. The red spots much resemble flea bites, which run into each other and form patches; these begin to fade in about three days. The measles and scarlet fever are much alike, but the former may be distinguished by the hoarse dry cough, watery eyes and nostrils, and above all, the natural colour of the skin between the patches.

"This disease is very common, especially among children, and is often attended with fatal consequences when not properly treated. It is a high state of canker and putrefaction, and if the determining powers are kept to the surface it will make its appearance on the outside, and go off of itself; but if cold overpowers the inward heat, so as to turn the determining powers inward, the disease will not make its appearance, and the patient will become much distressed, frequently producing fatal consequences, if some powerful stimulant is not administered to bring the disorder out. To give physic in cases of this kind is very dangerous, as it strengthens the power of the cold, and keeps the canker and putrefaction inside, which sometimes fixes upon the lungs and causes consumption, or turns to the stomach and bowels, when they die suddenly, which has been the case with hundreds for a few years past. I have attended a great many cases of the measles in the course of my practice, and never lost one; and never have known of any that died of this disorder who were attended by any of my agents. When the symptoms make their appearance, give a dose of the composition powder, or of No. 2; then give the tea of No. 3, to guard against canker, and add some No. 2, to overpower the cold, and when the second dose is given, add No. 1, to clear the stomach and promote perspiration. As soon as this takes place, the disorder will show itself on the outside. By continuing to keep the determining power to the surface, nature will take its regular course, and the disease will go off without injuring the constitution. If the bowels appear to be disordered, give an injection, and be careful to keep the patient warm."—Dr. Thompson.

In addition to these hints, it will be proper to observe that the vapour bath and an emetic, in the early stage, will prove highly beneficial, whilst the hot brick should be employed the whole time. The general treatment for small pox should be applied, modified to suit this disorder.

SCARLET FEVER.

The early symptoms of this disorder are so much like those of the measles, that, for the first day or two, one disorder is often mistaken for the other. However, in this disease, the eruption makes its appearance in about two days, and in twenty-four hours spreads itself over the whole body, giving to the skin a peculiarly red appearance, which is mostly universal, but sometimes it is seen in patches. It is of a deeper colour in the evening, and diminishes towards the morning. The face is usually swelled, the throat sore, and the tongue, though coated in the middle, is of a deep red colour at the point and edges. The eruption generally fades in five or six days, and scales off. When the disease partakes of a malignant type, it is accompanied with ulcerated sore throat, diarrhœa, deafness, bleeding from the nose and mouth, with delirium and stupor. When this disease is mistaken for measles, under the old school practice, it may prove of serious consequence, which cannot be the case under the new, for there the indications of cure are precisely the same for both diseases, each requiring to be treated upon the same general principles.* [See measles, also treatment for fever.] If the throat is sore, follow the practice recommended under sore throat or quinsy.

SCALD HEAD.

This disease is a chronic inflammation of the skin of the head, in which a peculiar matter is secreted. At first, the eruption is confined to a small portion of the head, but by degress its acrimony is spread over the whole

* These observations equally apply to swine pox and chicken pox.

scalp. To accomplish a cure, the hair should be cut clean off; a bladder should be fitted to the head, rubbed with Thompson's healing salve, and frequently changed and cleaned. This will shield the sores from the air, while constitutional treatment must be employed for the purification of the blood, and to cast out the morbid matter by perspiration. Another preparation, highly recommended by Dr. Comfort, consists of

Liver of sulphur	three drachms
Spanish soap	one drachm
Lime water	eight ounces
Rectified spirits of wine	ten drachms

To be mixed and melted together, and applied to the affected parts night and morning. This is also excellent for the itch.

SCURVY.

The symptoms of this disorder are so well known that a description will not be needed. The disease breaks out in its most aggravated form among seamen, during long voyages, arising from want of fresh vegetables, and the excessive use of salt provisions. On land it more frequently arises from a sudden or frequent check being given to perspiration, and it is found to prevail with persons working in damp situations, or in the presence of furnaces and hot stoves. The internal treatment should be precisely the same as that recommended in scrofula, while the parts affected should be steamed over the fumes of yarrow, and an ointment rubbed in after. "Meadow fern ointment" will be found excellent for this purpose, also the tar ointment and dock salve; so that when the disease does not yield to the one to the satisfaction of the patient, he can employ one of the others. The ointment or liniment should always be applied immediately after the skin is dried from steaming.

SCROFULA, OR KING'S EVIL.

THIS disease, perhaps, more than any other, is ascribed to hereditary taint, and certainly children who have the misfortune to be born of sickly parents are most liable to it, especially if those parents have been given debauchery, or have suffered from venereal disease, or the mercurial, or drug disease, induced by the depletive treatment of this or any other disorder. It is often left after measles, fever, or hooping cough; but apart from all this, it may arise from living in a low, damp, confined situation, breathing a foul atmosphere, or from unwholesome food.

The symptoms first present themselves by the appearance of small knots under the chin, in the neck, and behind the ears; these gradually increase in size and number till they form one or more large hard tumours; these often continue a long time without breaking, and when they do break, they discharge a thin watery humour, matter, and blood. Other parts of the body are likewise liable to its attack; as the arm pits, groins, feet, hands, breasts, &c. This is one of the many scourges of mankind, in the shape of disease, that the faculty have to confess their total inability to cure. Hear what learned quackery says of itself, from the mouths of some of their most respected oracles:—

Dr. Cullen says, "We have not yet learned any practice which is certainly, or even generally, successful in its cure." Dr. Mackintosh, in his "Practice of Physic," remarks, "We are told by almost every author to correct the bad habit of the body,' and improve the state of the constitution; but, as far as I am aware, we have never yet been told a proper method to bring about this desirable object, or indeed, in what the bad habit of the body consists." Professor Hayward, of Hayward University, America, after observing to his class, that "the excessive use of mercury is supposed to develope scrofula," remarked, "almost every

article of the materia medica has been tried in the disease, and abandoned, and sometimes patients recover their health under any mode of treatment, provided it be not too severe or violent."

Dr. Buchan says, "this disease, which so completely baffles the regular practitioners, often yields to the remedies of old women and quacks."—Prodigious! And pray what is the reason of this signal failure of the faculty, and vexatious success of quacks? Why this:—That while the licensed to kill employ mineral poisons, deplete and increase the general debility—the quacks, having no license to kill—adhere to the sanatory herbs only in their treatment. These aid the powers of nature; assimilate with and purify the fluids; stimulate the absorbments, and expel morbid matter: and though this disease is exceedingly slow and sluggish, requiring much patience and perseverance, I have been wonderfully successful with it under the Thompsonian treatment.

TREATMENT.—First let the patient remove to pure air, the sea side, if possible—next abstain from all fat and grease, more particularly flesh of swine—let a *course of medicine* be taken once a week—and employ a shower bath of salt water, made artificially, if sea water is not to be had—

Take of

Burdock seeds, leaf, and root . . . . . two handfuls
Cleavers. . . . . one handful
Avens root and leaf . . . . . one handful
Yarrow . . . . . one handful

Simmer two hours in two quarts of water; strain, and add cayenne, one teaspoonful; carbonate of ammonia, one teaspoonful: take from half to a full wineglass four times a-day. As it is necessary to change the medicine after a week or ten days, take the following—

Coltsfoot . . . . . two handfuls
Ground ivy . . . . . one ditto
Angelica . . . . . one ditto
Agrimony . . . . . one ditto
Dandelion . . . . . two ditto

When boiled and strained, add of cayenne and ammonia as in the former prescription.

The following is strongly recommended as an alterative medicine, by Dr. Wood, of the American reformed practice,—Take of queen's delight,

prickly ash bark, unicorn root, guaiacum, and sassafras bark and root powdered, equal parts—to a quarter of a pound of the powder add a quart of water, and simmer in a covered vessel till reduced one-third, strain and add sugar in the proportion of three quarters of a pound to a pint of liquor: scald the sugar, skim, and add the tinctures of queen's delight and prickly ash bark in proportion of two ounces of each to a pint of syrup. The dose is from one to two teaspoonfuls four times a-day. This syrup is used also in syphilis, ulcer, scurvy, and all impure conditions of the system.

The tumours, if not too far advanced, may be often dispersed by dipping the hand in cold salt brine and vinegar, and rubbing them well night and morning; also by a cloth wrung out in the same, being bound round the part affected with a dry cloth over it, and kept on every night in bed. If they are broken, they should be dressed with a cancer plaster during the day, and a slippery elm or linseed poultice, or a poultice of white pond lily at night, in which a small portion of lobelia and cayenne may be put. One or two, as the patient can bear, of Pill No. 1, should be taken after dinner and at bed-time. These will not only correct the secretions, but prevent costiveness.

ERYSIPELAS—ST. ANTHONY'S FIRE, OR ROSE.

This disease is characterised by redness of the skin, swelling, smarting, itching, and burning pain, and the formation of pimples and blisters on the inflamed surface.

The face and limbs are most liable to attack. When it attacks the face the swelling is often so severe as to close the eyes. This disorder frequently takes the chronic form, the fits or flushes coming on periodically when such is the case, steaming should be immediately resorted to, which

will be made more beneficial if produced from a strong decoction of yarrow, instead of simple water; yarrow poultices are good applied to the surface, but a poultice made of slippery elm bark is far superior; indeed, Dr. Beach says, "it is a sovereign remedy." "In cases of simple ulceration," says Dr. Comfort, "use a poultice made of slippery elm, white pond lily root, ginger, and pounded cracker;" when the disorder attacks the face, it should be steamed and poulticed at night, and during the day dressed with yarrow ointment. I have, however, cured it with an ointment made of dock root and finely pulverised lobelia.

An entire course of medicine should be frequently given, followed by the tonic bitters, or a strong tea made of agrimony, clivers, speedwell, and yarrow; the latter never should be omitted. The food should be light, such as slippery elm gruel, crust coffee, milk dishes, custards, boiled chicken, &c.; all spirituous liquors should be avoided, also flesh of swine, fat, and high game.

Old practice:—mercury, antimony, arsenic, and if on the leg, to score it and rub in Spanish fly or blister salve; this is proposed by Professor Lawrence, whose ingenious cruelty ought to have been rewarded by a taste of his own experiment.

INFLAMMATION OF THE BRAIN (PHRENITIS.)

DESCRIPTION.—Phrenitis is an inflammation of the membranes, or brain itself. When it occurs independently of any other disease, it is termed *primary*. It is called symptomatic when it is produced by some other disease, as fevers, eruptions, &c.

CAUSES.—*Proximate cause.*—Whatever causes a determination of blood to the head, produces an inflammation of the brain, or membranes. Hence

we find that in this complaint the blood recedes from the extremities, thereby producing coldness, and flows in an unusual quantity to the head, in consequence of which there is heat, inflammation, &c.

Sometimes there is a discharge of mucous from the nose; occasionally blood. It is usually attended with a tremor of the joints, grinding of the teeth, twitching of the muscles of the face, which is often florid, then suddenly turning pale, with a general derangement of the internal functions and whole system. The length or duration of this disease is very uncertain. When the head is shaven and blistered, the patient leeched, cupped, and dosed with poisons, the malady often proves fatal in five or six days.

TREATMENT.—*Indications of cure.*—The indication of cure is to divert the blood from the brain by restoring the circulation in the extremities; in other words, by equalising the circulation.

TREATMENT.—Bathe the feet in warm water, to which has been added a little pearlash, or ley. Let this be repeated at least twice in twenty-four hours.

The most prompt and energetic treatment is required in this disorder, to recall the blood from the brain and restore the equilibrium of the circulation; hence a *full course of medicine* should be given, after two or three injections, to evacuate the bowels. The head should be kept elevated, and bricks wrapped in cloths, wet with vinegar, should be placed at the feet and sides. While the head continues hot, cloths, wrung out of cold vinegar and water, should be applied to it. When inflammation is checked, restore the strength with the tonics and strengthening medicines.

PALSY (PARALYSIS.)

PALSY is a disease principally affecting the nervous system, characterised by a loss or diminution of motion or feeling, or of both, in one or more parts of the body. When one entire side of the body, from the head downward, is affected, it is distinguished among the professional men by the

name of hemiplegia; if one half of the body, taken transversely, be the seat of the disease, it is named paraplegia; and when confined to a particular limb, or set of muscles, it is called paralysis.

Causes.—It may arise in consequence of an attack of apoplexy. It may likewise be occasioned by anything that prevents the flow of the nervous power from the brain into the organs of motion; hence tumours, over distention, and effusion often give rise to it. It may also be occasioned by translations of morbid matter to the head, a suppression of usual evacuations, and the pressure made on the nerves by luxations, fractures, wounds, or other external injuries. The long continued application of sedatives will generally produce palsy, as we find those whose occupations subject them to the constant handling of white lead, and those who are much exposed to the poisonous fumes of metals or minerals, are liable to be attacked with it. Whatever tends to relax and enervate the system, may likewise prove an occasional cause of this disease.

Symptoms.—Palsy usually comes on with a sudden and immediate loss of the motion and sensibility of the parts; but in a few instances it is preceded by numbness, coldness, and paleness, and sometimes by slight convulsive twitches. When the head is much affected, the eye and mouth are drawn on one side, the memory and judgment much impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, and has been of long duration, it not only produces a loss of motion and sensibility, but likewise considerable flaccidity and wasting away in the muscles of the parts affected.

In the early stage of an attack of palsy, a vigorous course of treatment should be resorted to, in order to restore the lost function of the part affected, whether it be occasioned by pressure of blood upon the parts, or from loss of circulation; or even should it depend upon disease originally seated in the brain, *a course of medicine* restoring digestion, and all the secretions and evacuations, must be adopted, and as in most instances the bowels are torpid or insensible, the course should begin with injections containing strong stimulants, in order to produce the desired effect. A tablespoonful of the third preparation of lobelia, in half-a-pint of bayberry tea is a suitable injection for palsy; though in some instances double this quantity will be found necessary to make a sensible impression on the bowels. Strong tonics will be beneficial, such as peruvian bark, No. 4, bitters, wormwood and quassia to equal portions of valerian root. Friction of the parts affected will be highly serviceable two or three times a-day; this can be done with the flesh brush, salted towel, or pepper sauce. Occasionally a pepper poultice or mustard plaster should be applied to the

nape of the neck, extending eight or ten inches down the spine; when mustard is applied, it should not remain on so long as to produce a blister.

I have succeeded in curing several cases of paralysis of many years' standing, by carrying them through a Thompsonian course of treatment, for three or four weeks, so as to restore digestion and circulation, and then applied the powers of medical galvanism.

EPILEPSY, OR FALLING SICKNESS (EPILEPSIA.)

Epilepsy. called also Falling Sickness, is a sudden privation of sense, accompanied with unusual motions and violent convulsions of the whole system. It occurs in paroxysms, which, after a period, leave the patient nearly in his former state; but they are generally succeeded by languor, debility, stupor, and drowsiness. It takes place more frequently among young children than grown persons. It occurs also periodically, and oftener in the night than in the day time. It is frequently an hereditary disease, attacking several in the same family.

Causes.—Blows, wounds, fractures, and other injuries done to the head by external violence, together with plethora of the vessels of the head, of water in the brain, disease of the spine and nerves, but it more frequently arises from the presence of worms, or disease of the stomach and bowels.

I have been exceedingly fortunate in curing this disorder; for, having had so many cases of the worst kind brought to me in every town and village wherein I delivered a course of lectures, I paid particular attention to the disease, in order to cure what it appeared no one else could, cases

of ten or twelve years' standing; and, after mature observation and study, I succeeded.

I found that in nearly every case the attack was preceded by a spasm of cold, or a cold chill, the blood having left the extremities and probably the head, or that it had rushed to the head, causing, like apoplexy, a pressure on the brain; in either case the loss of equilibrium of the circulation caused sudden loss of the senses and all nervous power. By frequent tendency to this, the nervous system contracted the vicious habit of periodicity. Question: could I balk or break that habit after clearing the system of all obstruction? This I did on the principle that "heat is life." I made powders of equal portions of cayenne, scullcap, and lobelia, half a teaspoonful of each; these were kept in readiness by the mother or nurse, and as soon as the warning symptoms were perceived, this dose was drank in water or tea, the feet placed in hot water or the patient made to walk quickly up and down the room. The two first patients I tried this on were cured with one dose. One was a young woman who had suffered fits for six years, having two a-week; the other was a man who had them for twelve years, and had been confined in Leyland workhouse three or four years at a time, and having three or four fits a week. I took his case free, and rescued him and his family from the workhouse, for he being a strong man was able immediately to follow his employment. Having once prevented the fit and caused an outburst of perspiration in its stead, the interval between this and the next fit will be a longer period than usual, and the next fit weaker than usual, and so on, intervals growing longer and fits weeker, until the fits occur no more. During this, however, the hot brick and cloth shonld be placed at the feet every night, and strong decoctions of valerian and scullcap should be given, or the following:—

Take of

Decoction of valerian - - - - - - - - - - - - one pint
Skunk cabbage - - - - - - - - - - - one teaspoonful
Pulverised assafœtida- - - - - - - - one teaspoonful
Oil of anniseed - - - - - - - - - - - - - twelve drops

Dose, from two to four tablespoonfuls four times a-day.

Should worms be suspected, use the remedies recommended under that head, (see worms) and to be sure of removing any obstruction in the

stomach which may be the cause, commence with a course of medicine; this alone will often prove a cure. As to diet, all the precautionary observations upon digestion will equally apply to this disorder.

APOPLEXY.

The immediate cause of a fit of apoplexy is loss of the equilibrium of circulation, by a rush of blood to the head and pressure on the brain, suppressing at once the functions of the nervous system; amongst the remote causes are advanced age, intemperance in eating and drinking, blood letting, sedentary pursuits, with intense and long continued study.

In the old school practice, blood letting is immediately resorted to in this disorder, and it is thought by the people, in consequence of this common practice of the faculty, to be the only course that can save the patient's life; this is, however, so far from being the fact, that it has been proved by Dr. Dickson, Magendie, and most eminent men as physiologists, that apoplexy not only can be and is produced by blood letting, but that it is the very worst course to be pursued, more being lost by it than would be if nothing had been done. The proper course is to restore the equilibrium, and as it will always be found that the blood has left the feet, that the head is hot with an overcharge of blood, while the feet are cold for the want of it, put the feet into hot water immediately; give also a strong dose of cayenne while the vapour bath and emetic are preparing, which should be administered as soon as possible.

ST. VITUS'S DANCE (CHOREA SANCTI VITI.)

The prominent symptoms of this distressing disorder consist of twitching, and jerkings of the face and limbs; by degrees these increase until, in

many instances, almost every muscle of the body is afflicted with spasmodic contractions.

These are almost exclusive, and confined to one side of the body. The patient is often unable to stand, or even to direct his hand to his mouth. The disorder generally arises from derangement of the digestive organs, but the occasional causes are sudden fright, anger, exposure to cold, repelled eruptions, and suppression of the menses; the disease may continue for a few days, months, or years; girls afflicted with this disease are seldom cured until menstruation is fully established.

TREATMENT.—Observe the general advice given on paralysis; the following, however, will be found highly efficient:—

Take of

Wormwood	one handful
Valerian root	one ounce
Gentian root	one ounce
Peruvian bark	half-an-ounce
Scullcap	one ounce

Simmer the whole, covered in two quarts of water, two hours: strain and administer from half to a wineglassful four times a-day.

Should the scullcap not be at hand, use as a substitute skunk cabbage, or a large handful of mugwort; a pill of No. 1 should be taken night and morning. After breakfast, the shower bath of salt and water should, if possible, always be employed, and the patient well rubbed after with a rough salt towel, or a towel damped with vinegar, salt, and water.

TIC DOLOUREUX (NEURALGIA.)

THIS disorder commences with acute pains shooting from the head, ear, cheek, nose, and palate, but more often the jaws and teeth, attended with twitches of the muscles. It attacks suddenly and is very peculiar. The pain darts along the affected nerves, and occurs in paroxyms of the most

excruciating agony, succeeded by intervals of intermission. The pain may be compared to a sharp instrument piercing the flesh, and generally draws tears copiously from the eyes. It is, under the old treatment, sometimes protracted for years (which may be seen in Hooper's Medical Dictionary); that after the patient has had the nerves of his jaws severed with the lancet from time to time, and taken copious doses of opium, he, at last, dies, wasted and worn out with fatigue and agony. Under the new treatment it is easily cured, sometimes in a single night. Where there is little derangement of the digestive organs, Dr. Thompson says, "in order to effect this, take a dose of the tea of No. 3, with a teaspoonful of No. 6 in it, for the canker; then tie a small quantity of No. 2 in a fine piece of cloth, wet with No. 6, and put it between the teeth and cheek, on the side where the pain is; sit by the fire, covered by a blanket, and breathe the warm air from the fire; this will prick the glands and cause the saliva to flow very freely, which will take out the soreness and relieve the pain. The face may be bathed at the same time with No. 6. If the case is of long standing, so that the system is affected, and this does not remove the complaint, give a dose of No. 1. If it is caused by decayed teeth, fill the hollow with cotton wool, wet with the oil of summer savory, or spirits of turpentine, which will deaden the nerve and stop its aching. This is good in all cases of the tooth-ache, and will generally effect a cure without extracting."

GIDDINESS (VERTIGO.)

DESCRIPTION.—Vertigo, or dizziness, is generally symptomatic of some other disease, such as dyspepsia and hypochondria; or it may be a premonitory symptom of apoplexy, or over-determination of blood to the head.

SYMPTOMS.—The patient is suddenly seized with a sense of swimming in the head; everything appears to him to turn round; he staggers, and is in danger of falling down. This complaint is attended with very little

danger when it arises from hysterics, or any nervous disorder; but when it arises from plethora, or an unnatural quantity of blood in the head, there is danger of apoplexy.

This complaint often proceeds from difficult or obstructed menstruation.

TREATMENT.—The feet should be placed in warm water; give the spiced bitters, or composition powders, one day, and the nerve powder the next. Should it arise from disordered stomach (and nine cases out of every ten do) the emetic will give signal relief; the shower bath should be used; brown bread should be eaten in preference to white, and butter and all fat cheese and grease should be avoided.

Old practice: Bleed, make worse, and bleed again; second doctor then finds out there is some other disorder, and this treatment was all wrong, and that the patient wanted more blood, and now dies of weakness.

TETANUS, OR LOCKED JAW.

THIS may be caused by sleeping in the open air, the use of narcotic poisons, but it more frequently occurs from wounds in the hands or soles of the feet, or injury to the toes, where a nerve is partly divided, or lacerated, without being completely severed. The muscles of the lower jaw become contracted and hard; at length the patient cannot open his mouth at all. "There is," says Dr. Beach, "no disease which is treated with such a variety of medicines as the lock jaw. There are as many different applications as there are physicians, none of which seem to have much effect."

Although the faculty seldom, if ever, cure a case of lock jaw, with all the variety of means they employ, the Thompsonians seldom fail with one specific mode of treatment, at once simple but effective, thus:—Pour into the mouth between the teeth, or by aid of a squirt, one, two, or even three teaspoonsful of Thompson's No. 6, every five minutes, till the

jaws loosen; the vapour bath should now be given, and two or three injections, containing rather more than the usual quantity of lobelia; this tends, in a powerful manner, to subdue the spasms. When the patient can swallow, carry him through a thorough course of medicine, making free use of cayenne, bayberry, scullcap, and the common tonic bitters.

If the disease arise from a wound, apply the following poultice:—To a pound of fine oatmeal add a pint of yeast and a tablespoonful of ground ginger; mix, put them near the fire till they begin to rise, then spread and apply it. The poultice must be kept warm and changed night and morning.

"When a punctured wound is received in the palm of the hand, or sole of the foot, for instance, from a nail or pin, the wound should be enlarged a little with the point of a small lancet, bistourie, or penknife, and No. 6 or spirits of turpentine, poured in, and this repeated several times a-day, and a warm poultice applied, with a view to cause suppuration; or beat the part gently with a piece of wood, or the handle of a knife, with a view to attract blood to the part, and to excite adhesive inflammation. Lock jaw rarely, or never, occurs from such wounds when they discharge matter. 'It has been observed,' says Dr. Ewell, 'that the less inflammation there is in the injured part, the greater will be the liability to tetanus. This circumstance has suggested the propriety of exciting inflammation in the wounded part by means of irritating applications.' In almost every instance where lock jaw has been brought on from punctured wounds, as when a nail has penetrated the foot, the disease has not appeared until after the wound has closed, and the part free from inflammation."—Dr. Comfort.

HYDROPHOBIA, OR CANINE MADNESS.

Cause.—In the human species it is always the result of a specific virus or contagion received from the bite of an animal labouring under the disease.

Magendie, in some remarks or hydrophobia, says—"Formerly, when an individual was seized with this terrific affection, the mode of treatment

was as follows—and, indeed, these charitable plans were employed at no very distant period from our own:—The wretched sufferer was either stifled between two mattresses, or bled from the four extremities, and allowed to perish from the loss of blood: or he was put into a sack, and thrown, sack and all, into a river. These methods of treatment, originally adopted from ignorance, were continued up to our own time, with the most culpable indifference."

TREATMENT.—The vapour bath, of itself, is said to be an invaluable agent in the treatment of hydrophobia. M. Buisson read an interesting paper on the subject before the Paris Academy of Arts and Sciences, in which he gives the particulars of his own case. He was called to a woman who was labouring under hydrophobia, and some of the poisonous saliva coming in contact with an ulcerated sore on one of his fingers, he contracted the disease himself. He says, "The ninth day after the accident, I suddenly felt a pain in my throat, and a still greater pain in my eyes; my body seemed to have become so light, that I fancied I could leap an immense height; and the skin on my ulcerated hand became so acute in feeling, that I thought I could have counted every hair on my head with it without seeing. The saliva was continually rising in my mouth, and not only the sight of shining objects, but the very contact of the atmosphere, became painful to me. I felt a desire to run about and bite every animate and inanimate object but my fellow creatures; in fine I experienced great difficulty of breathing, and the sight of water was more distressing to me than the pains in my throat. These effects returned at intervals of five minutes from each other, and it appeared to me that the pains originated in the diseased finger, and extended as high as the shoulder."

"M. Buisson," says a London medical journal, "concluding from these various symptoms that he was suffering under hydrophobia, resolved to make an end of himself by suffocating himself in a vapour bath. With this view he raised the heat to 140 degrees of Fahrenheit, but was delighted no less than surprised, to find that all his pains disappeared. He went out of the bath completely cured, made a hearty dinner, and drank more freely than was usual with him. He adds, that he has treated more than fourscore persons, who had been bitten by mad dogs, in a similar manner, and that they all recovered, with the exception of a child seven years old, who died in the vapour bath he was administering. The writer prescribes for all persons who have the misfortune to suffer from the bite of rabid animals, a certain number of vapour baths, and violent perspira-

tion every night, produced by covering themselves with blankets, with a feather bed above them; this perspiration to be aided by drinking copiously of a hot decoction of sarsaparilla."

This may serve to give confidence in the following:—Upon an attack, first give a teaspoonful of No. 6, with a teaspoonful of lobelia tincture; let double the quantity be added to half-a-pint of warm water in an injection; apply the vapour bath as soon as possible, and give the lobelia emetic as soon as perspiration appears; this should be attended with all the requisites for a *full course of medicine.* The course may be administered every twelve hours, and if the paroxysms are severe, the patient should be kept in them twice the usual time. The wounds should be cauterised or washed with No. 6, and a poultice of yeast, meal, and Venice turpentine applied, to keep up a discharge as long as possible. Stimulating teas of valerian, raspberry leaf, and cayenne should be given, and, if at hand, strong tea of scullcap should be preferred to all others (see scullcap).

PALPITATION OF THE HEART.

This is nothing more than a symptom of disease—though treated by the licensed to kill as a disease, for which they bleed, blister, salivate, and torture the patient into consumption and death. Though a symptom very distressing, it always depends upon other organic or functional disturbance, such as indigestion, consumption, liver complaint, or general nervous debility; and I have always found it easy to cure in prescribing for one of these disorders; relief being immediately given when the perfect equilibrium of circulation is restored. The nervine and vapour bath will generally effect this in a very short time.

HYSTERICS (HYSTERIA.)

HYSTERIA, or hysterics, is characterised by a grumbling noise in the bowels, followed by a ball ascending to the throat, attended with a sense of suffocation, stupor, insensibility, convulsions, laughing and crying without visible cause, sleep interrupted by sighing and groaning, attended with flatulency.

SYMPTOMS.—However dreadful and alarming an hysteric fit may appear, still it is seldom accompanied with danger, and the disease never terminates fatally unless it changes into epilepsy or mania, or the patient is in a very weak and reduced state.

TREATMENT.—First loosen the dress, and then give two teaspoonsful of Thompson's No. 6, to be followed by a tea made of cayenne, bayberry, scullcap, or valerian, containing about half a teaspoonful of lobelia to a pint; give a teacupful every ten or fifteen minutes, until perspiration ensues; at the same time put the hot bricks and vinegar cloths to the feet and sides. If this does not succeed, give *a course of medicine* with stimulating injections: composition powders will often effect a cure in mild cases. Great attention should be paid to diet. Exercise should be taken in the open air, and the spirits enlivened by cheerful company.

PAINFUL AND IMPERFECT MENSTRUATION.

THIS is owing to a weak action of the vessels of the uterus.

This complaint is a common, and, generally, extremely harassing affection. In many cases, severe pains are felt in the loins, back, and lower part of the abdomen, for six or eight hours previously to the appearance

of the menses, and sometimes the menses become suddenly arrested. At the same time violent pains in the hips, sides, loins, back, and thighs, with a distressing sensation of forcing, or bearing down, is felt. Cold is very frequently the cause of this, and heat will generally remove it. Therefore the vapour bath, or a regular course, will, in most cases, be efficient, when these distressing affections occur. Also, let the patient sit over the steam of a strong decoction of mugwort, and foment the abdomen with hot bitter herbs, such as wormwood, tansey, and hops. Injections into the vagina of warm mugwort and yarrow tea are also excellent for the purpose. Take also of the following tea, made of equal portions of

Penny-royal, mugwort, and thyme - - - - - one pint
Guaiacum - - - - - - - - - - - - - quarter of an ounce
No. 6 - - - - - - - - - - - - - - - quarter of an ounce

Take a wineglassful every two hours during the distressing symptoms.

Profuse Menstruation.—In the old system females often fall victims to this distressing complaint. The principal thing to be observed in the new, consists of that which will stop any other hæmorrhage, namely, to relieve the tendency of blood to the part affected, and thus equalise the circulation. I once cured a case given up as lost, by ordering my patient to take, upon first rising in the morning, a strong dose of cayenne, and at the same time to sit in a shallow bath of cold salt water for two minutes; thus, while the cayenne in the stomach drew the circulation to the centre of the body, relieving the pressure of blood on the capillaries, the cold water contracted and closed their mouths: the cure was quick and permanent.

FLUOR ALBUS, OR WHITES.

This complaint is always attended with general debility, and a permanent cure is only to be looked for in a restoration of the vigour of the whole system; for this, give a course or two of medicine, and follow it up as for indigestion. Inject also into the vagina, with a female syringe, a decoction of bayberry and cranesbill every morning, sponging the body with cold salt and water. Nourishing diet, and exercise in the open air, are indispensable.

SUPPRESSION OR RETENTION OF THE MENSES.

In obstinate cases the system should be first warmed with the usual stimulants, composition powder, or spiced bitters; they should be given in penny-royal tea; when circulation is restored, a vapour bath, or full course of medicine, once a-week, will prove, in most cases, highly beneficial, and, after a few weeks, will generally produce the desired effect. Emmenagogues, or forcing medicines, should not be used to bring on the menses, except there is a struggle or effort of nature to effect it, which may be known by the periodical pains, pressing down about the hips and loins; when this occurs let the patient drink freely of a tea made of mugwort, to which add a small quantity of cayenne and lobelia; let the patient also take three drops of the oil of juniper upon lump sugar four or five times a-day.

DROPSY (HYDROPS.)

Dropsy is a disease which consists of an unnatural accumulation of fluid, either in the cellular tissue, or any of the cavities of the body, as the chest or abdomen. This disease is divided into several kinds by the faculty, and named according to the locality in which it may be situated. Thus, if the

effusion take place in the abdomen, it is called ascites; if in the chest hydrothorax; and if in the cellular tissue, anasarca. Now, whatever may be the remote causes of dropsy, such as mercury, blood letting, cold, or habits of intemperance, the immediate, or proximate cause, consists of a weakness in the absorbent vessels, which are unable to take up and expel the morbid fluids through their natural channels, the skin and the kidneys, so that, in general, it may be said to be obstructed urine and perspiration. In the commencement of dropsy of the cellular membrane or tissue, it shows itself by a swelling of the feet and legs towards evening, which, for a time, disappears again in the morning. The tumefaction soon becomes soft and inelastic, so that when pressed upon by the finger it retains the pit, or mark, for some time; the skin is paler than usual, and looks like lard, when pressed. By degrees the swelling ascends and occupies the trunk of the body, and at last even the face and eyelids appear full and bloated; the breathing then becomes difficult, and thirst is considerable. The bowels are generally costive.

Treatment.—Let the locality of the dropsy be in whatever part of the body it may, its cure must depend upon the restoration of the lost powers of the excretory organs; for this purpose the vapour bath fulfils the most important indications in the treatment of this complaint. My usual plan and advice is, first to warm the system with frequent doses of cayenne, or composition powder, four or five times a-day, for the first two or three days, giving also the diuretic mixture advised in inflammation of the kidneys, and every night placing the hot brick and vinegar cloth to the feet, in bed; also gently moving the bowels with pills No. 3. After thus preparing the system, the patient should be carried through a regular or partial course of medicine two or three times a-week, until all the swelling is reduced, and the perspiration and urine are completly restored. The perspiration during each course should be as profuse as possible, and in severe cases the patient may remain half-an-hour, or even an hour in the vapour bath. (See course of medicine.) Upon those days when the courses of medicine are omitted, the skin should be briskly rubbed every night and morning with a coarse towel, or flesh brush. There are a great variety of diuretics employed by the Thompsonians in the cure of dropsy, although their chief reliance is upon the constitutional treatment recommended. The following diuretic was a great favourite with Dr. Parish:—"Take parsley root, mustard seed, horse radish, and burdock root, in equal proportions, bruised or grated; put them into a stone jug with a portion of sound cider; from half a teacupful to a full one to be taken three or four

times a-day. If this should increase the flow of urine it should be continued, unless it disagrees with the stomach." "Haarlem oil," says Dr. Comfort, "has been used with surprising effect in some cases of dropsy. The dose for an adult is twenty drops, taken in a tablespoonful of boiled milk, and repeated three or four times a-day." Amongst the best diuretics are cleavers, yarrow, broom tops, juniper berries, and above all, the wild lettuce: this latter plant was a favourite with Dr. Thompson, who says, "he once cured a patient of this disease without any other remedy." "I have found," says Dr. Mattson, "the following to answer a very good purpose:—Take of juniper berries, pounded, one tablespoonful; poplar bark, cayenne, bayberry, and scullcap, or valerian, each a teaspoonful; lobelia, half-a-teaspoonful; boiling water, one pint: steep, and sweeten to suit the taste. This may be kept warm and the whole taken in the course of twenty-four hours." See also other diuretics recommended in this work, any of which it will be proper to employ in this disorder; so that where one prescribed cannot be obtained, the reader's judgment will lead him to another to supply the place.

SORE AND INFLAMED EYES.

This is generally caused by exposure to sudden changes of heat and cold, sleeping in a draught, or from fine particles of dust getting into the eyes. The eyelids swell and become glued together by the discharge of matter, and the light is difficult to be borne. When inflammation has been dependent only upon the above causes, I have found it easy to be removed by a weak infusion of lobelia, combined with raspberry leaf. This is excellent for the sore eyes of children; and in adults, where it can be better borne, a stronger and more effectual remedy can be made by adding one-third of tincture of myrrh, with a small quantity of cayenne, macerated

in it and well strained. In removing pearls from the eyes, I have found an excellent remedy in a decoction of the larger celandine, to which a small quantity of cayenne and lobelia has been added. In every case of bad eyes I have also dipped small fine linen rags in this, and laid them in the form of small pads bound on over the eyes at night in bed; these act as poultices, and rapidly reduce inflammation. It should be observed that, when disease of the eyes arises from constitutional disorder, such as scrofula, venereal taint, &c., no effectual cure can be expected until the system is thoroughly cleared by the remedies recommended for these disorders.

BURNS AND SCALDS.

The principal object to be effected in these cases, is to shield the wounds or suffering parts from the irritation of the air, and to employ for this purpose, something of a healing nature; and as the acute sufferings of the patient render an instant application of the utmost importance, I shall mention several modes of doing this. If the burn or scald be confined to an arm, foot, or leg, immerse it in treacle; this will immediately remove the pain; after this, wet linen or calico rags can be bound over it, and instead of taking off the same, which would only expose the part to irritation, keep it wet with cold water, and bind a dry cloth over it.

A poultice made of slippery elm, milk, and olive oil, is strongly recommended by some Thompsonians; also, raw cotton, covered with bladder, skin, or oiled silk. But whichever of these applications is made use of, it should remain on for at least a day.

Remedy for a burn.—Take of fir balsam a tablespoonful, more or less, and double the quantity of sweet oil. Spread this on a piece of fine linen, and apply to a burn or scald, where the skin is off. It will generally effect a speedy cure.

CHILBLAINS.

If the parts have been recently frozen or frost-bitten, the fire must not be approached, but the cold gradually abstracted. The affected part may first be immersed in snow or cold water, which will remove the frost, after which let brisk friction be used with oil of turpentine: if there is much pain, apply a slippery elm poultice every night, and during the day dress the broken parts with the fir balsam recommended in burns and scalds.

BLEEDING FROM THE NOSE.

The vapour bath, by equalising the circulation, will generally stop bleeding from the nose, or any other locality, where there is but a small hæmorrhage, caused by the rupture of the small arteries, or capillary vessels, but this is not always convenient or necessary. The following directions are usually sufficient:—Snuff up the nose cold bayberry tea or alum water, or moisten a piece of cotton, dip it in fine powdered bayberry, and put it up the nostrils. At the same time take a strong dose of cayenne, apply a cold wet towel a few minutes to the nape of the neck, and hold up the left arm in a perpendicular position. Placing the feet in warm water is also a great assistance.

BONE SETTING.

"THERE is one part of the new practice," says Dr. Robinson, "which I wish to recommend to general notice—Dr. Thompson's method of reducing the contracted muscles, in the occurrence of broken bones and luxations. It is very simple and effectual, and of such power and influence over the contracted muscles, that the patient can have the bone set, or the luxation reduced, almost without any pain. The great importance of this simple practice need not be impressed on those who have witnessed the agony of setting bones, and reducing luxations, in the usual and established practice. I have known a piece of the bone sawed off, in order to its being set, such was the contraction of the muscles. This state of terrible suffering to the patient, and, moreover, being rendered by it lame for life, was so dreadful to behold, that Dr. Thompson's simple mode of reducing the muscles, is, of itself, sufficient to *immortalize his name*, if he had never made another discovery."

This simple mode of setting bones, praised so highly by the above eminent physician, has, both in the cities and wilds of America, saved hundreds the long protracted agony usually occasioned by all the delay, machinery, and force, not to say expense, of the old system. Others have often described this method, but I prefer giving it in Dr. Thompson's own words. He says—

"In cases where a joint is put out, or a bone broken, give a dose of No. 2, or the composition powder, with half a teaspoonful of nerve powder, which will promote perspiration, prevent fainting, and quiet the nerves; then wrap the part in cloths wet with water as hot as it can be borne, and pour on the warm water, placing a pan underneath to catch it for a short time; when the muscles will become relaxed, so that the bones may be put in their place with little trouble. I was once called to a

woman who had put her elbow out by a fall from a horse. It was badly out, being twisted about one quarter of the way round. I stripped her arm, and wrapped a towel dipped in hot water round it from the wrist to her shoulder, then placed a pan under her arm, and poured on the water from a pitcher as hot as she could bear it for about fifteen minutes. I then took off the towel, and directed one person to take hold of the arm above the elbow, and another below, to steady it; and then placed my fingers against the end of the bone on the other side, and my thumb against that on the upper side, and by a gentle pressure each way, set the joint without pain, or force on the muscles, to the astonishment of all present, who calculated that it would require the strength of several men. I then wrapped it up in the same towel, which had become cold; this brought the muscles to their proper place. I put her arm in a sling, and she walked home that night, about a mile, and the next day was well enough to knit all day. In case a shoulder is out of joint, I relax the muscles in the same manner, and put the arm over my shoulder and lift it up, which has always put the joint in its place without danger, and with very little pain to the patient; and then, by applying cold water, the muscles will become braced, so that there will be no danger of its getting out again.

"I once knew a case where a man had his hip turned out, and several doctors had exhausted all their skill in vain to set it, when one of my agents being present undertook it by my plan of treatment, and after he had relaxed the muscles sufficiently, put his knee against the hip joint, and placing his hand upon the inside of the knee, turned his leg out and pressed the joint into its place without any difficulty."

SYPHILIS, OR VENEREAL DISEASE.

THERE are two distinct forms of this disease; the one commences with heat and pain in the urethra, with great scalding upon passing the urine and attended in a few days by a constant discharge of white matter; this is called gonorrhœa, or clap.

The other, having none of these symptoms, commences with what are called chancres, which are small ulcers situated upon or under the glands of the penis. The virus of both kinds of this disorder is contagious, capable of being communicated, by accident, to persons innocent of that to which it is usually chargeable. Yet impure connexion is the well known and general cause of the complaint. The reason why this disease creates so much fright and alarm is owing to two causes; the first is the disgrace which is attached to the character by contracting it, and the second is owing to the manner in which it has generally been treated: the faculty, for the most part, obstinately adhering to the notion that it is impossible to be cured without salivation. Indeed, there is, perhaps, no disorder wherein mercury is more relied on, or produces more lasting and ruinous consequences.

The grand principle which is supposed to be held in view in the old practice is, that no two contagious diseases can exist at the same time in the body; so the mercury is given to produce an artificial, or drug disease, and thus the poison of the one is made to absorb or kill the virus of the other. Now, however, much it may be thought by the old school that mercury is indispensable, so far from its being so with the new, I am happy to say that I have often cured inveterate cases by the botanic practice alone, some of these, too, of four and six years' suffering, where the syphilitic virus had diffused itself through the whole system, and become what is termed, confirmed lues. These persons had been alike the victims, for a time, of licensed and unlicensed quackery, and had in vain tried one doctor after another, who, after plundering them of all they could get, left them in a state utterly hopeless of ever obtaining relief from this source.

In the treatment of gonorrhœa I usually commence with the following mixture:—Take two good handfuls of cleavers, poplar bark, sarsaparilla, valerian, and cubebs, of each an ounce; simmer, covered in two quarts of water, for two hours; strain, and add cayenne and lobelia, each a level teaspoonful, and tincture of guaiacum, half-an-ounce. Dose, a wineglassful three or four times a-day. This will generally be found sufficient to effect a perfect cure in a short time, if commenced in the first or second week of the disease; but if of long standing, copaiva balsam should be taken in doses consisting of two or three capsules night and morning, or three times a-day. To check chordee, a piece of gum camphor, the size of a pea, should be taken at bed-time.

Injections into the urethra are of signal benefit, both before the inflammation becomes very active, and even after it is subdued, or the disease

has left a gleet. These may consist of an infusion of lobelia, raspberry leaves, or sumach, rendered pungent with a few drops of No. 6, or tincture of myrrh. They should be milk warm, and administered immediately after passing the urine. The parts, loins, and pudenda, should be well washed night and morning, in cold salt water, and where there is swelling of the testicles they should be steamed. The vapour bath should be rendered acid with vinegar. In the treatment of females, the injection, per vaginum, should be employed three or four times a-day, and the medicine taken as before recommended. A course of medicine is not generally necessary in gonorrhœa, unless the health is otherwise greatly impaired, or where there has been former treatment, with mercury and nitre left in the system.

SYPHILITIC SORE, OR CHANCRE.

This species of the venereal commences with the formation of a small pimple, which, in a few days, breaks into an open sore, or ulcer; it is either situated upon the glans penis, or in the skin that covers it. When this is badly treated, or neglected, it soon assumes a highly malignant character; sometimes it is slow in its progress, at other times it spreads with great rapidity, occasioning extensive sloughing of the parts, and is contagious. The viris will likewise be carried all over the system, engendering what is called secondary symptoms. In this state it is liable to break out in various parts of the body, often attacking the nose and eyes, and sometimes destroying these important organs.

This kind of venereal may be easily cured if taken in its earlier stages. The ulcer should be well washed with strong soap suds at least night and morning; after which, the rheumatic drops, or tincture of myrrh, should be laid on with a pencil or feather. Great benefit will be derived from a poultice made with finely pulverised bayberry, or sumach, wetted with tincture of lobelia; its moisture often renewed with the same. In some cases this is changed, with benefit, for a poultice of lobelia. In bad cases, or under bad treatment, both this kind, and that of gonorrhœa, is often attended with swellings in the groins, called buboes. These, if not dispersed, suppurate, and discharge large quantities of matter. When the buboe appears, in either case it should be fomented with warm bitter herbs, and cotton wadding several times folded and dipped in the rheumatic drops, should be bound on the parts.

The internal medicine should be given upon constitutional principles; the warmth of the system should be raised with frequent doses of cayenne and spiced bitters; lobelia pills should be administered as the patient can bear, without producing nausea.

This should be accompanied with a general medicine, made according to the mixture for gonorrhœa, in which the sarsaparilla and cubebs may be changed for wood sage. (See also prickly ash bark.) This medicine, well persevered in, will be found to succeed in all mild cases, but where there has been old treatment employed, or the disease has deeply entered into the system, a regular course of medicine, per week, becomes indispensable to arouse and aid the powers of nature to expel the poison. As in any other eruptive disorder the diet should be light and free from salt.

THOMPSONIAN COURSE OF MEDICINE.

Of all the discoveries ever yet made with a view to expel disease from the human system, and restore it to healthy action, none have ever approximated to a tithe of the excellence that can be claimed and proved in defence of this peculiar treatment. *The course* may be said to be a concentration of all the Thompsonian remedies brought to exert their full influence upon the whole system at one and the same time, making the *modus operandi* of all specific, and philosophically in accordance with the principle that "heat is life"—simultaneously arousing into powerful attraction every function of the system, expanding the vessels, increasing circulation, secretion, and excretion, and thus exciting, these powers to their fullest extent, to expel the morbid matter by every natural channel. The results of the Thompsonian course, when well and fully administered, often appear miraculous: this is the case in fever and inflammation, sometimes even in chronic cases, by removing, in a single course, distressing symptoms, that have defied the application of other treatment for years.

To describe the course briefly, it may "be said to consist of injections to evacuate the bowels, astringents to cleanse the mucous membrane of the alimentary canal, stimulants and vapour bath to promote perspiration, and emetics to free the stomach from its vitiated contents."

"This," says Dr. Mattson, "is the *one remedy for all diseases*, which the diplomatised physicians long condemned as unphilosophical and absurd. I do not hesitate to say, however, from what I have seen of the routine practice in our public institutions, that a *course of medicine* will do more in a few hours towards the removal of disease, than is often accomplished by the old school physicians in weeks, or even months. It tends directly to tranquilize the circulation, remove obstructions, invigorate the skin, promote appetite and digestion, and every organ and part of the body to a natural and healthy condition. If these results are produced, it matters not what may be the type of the disease, for nothing further can be done towards the perfection of a cure."

Before commencing the directions for *the course*, I would have it observed, as already remarked in the indications of cure for the several diseases, that in all chronic cases, or where the system is cold and torpid, it should be first warmed, for a few days, with the stimulants usually recommended; but in acute or sudden attacks of disease it may be administered at once.

When it is decided that a patient shall be carried through a full course of medicine, the vapour bath should be the first thing administered. This can be done in several ways; the most simple is quite effective, and is usually adopted. This is to place the patient, divested of his clothes, in an open-bottom chair, throwing a large blanket, or quilt, around the neck, leaving the head, or face, uncovered. The covering should be large enough, while loosely enveloping the chair and patient, to exclude the air from entering the bottom, by falling in ample folds upon the floor.

The feet should either rest upon a stool, or the chair rail, exposed to the steam, or be placed upon a warm brick, enveloped in a cloth, wet with vinegar. A shallow tub, pan, or dish, should be placed under the chair, containing two common bricks made red hot; these should be set upon their narrow sides at first, in order that when more steam is needed it can be increased by laying them flat. Care should be taken that these are perfectly dry before being put in the fire, and red hot at least on one side previously to being placed in the pan: other bricks should be kept in readiness in case they should be wanted. About a quart, or as much hot water as is necessary, should now be carefully poured in from the sides of

the pan, so that the vapour rises not too suddenly upon the patient. If a tablespoonful of vinegar be poured upon the bricks at the same time, it much improves the penetrating powers of the steam, and in cases of fever or eruptions should never be omitted.

Should the vapour bath rise too hot for the patient, a slight opening in the front, or raising the bottom of the blanket will permit a rush of air, which immediately reduces it to a proper temperature. The feelings of the patient are generally sufficient to decide when this should be done, but care should be taken in steaming a child, or in a case of paralysis. In such instances, one person should attend and guard against too great a heat, by holding his arm uncovered in the bath during the process.*

The temperature at which the bath can be taken varies much, rising from ninety-eight to one hundred and fifteen degrees. The patient should be instructed to bear as high a temperature as possible, which, it should be borne in mind, he is better enabled to do, by raising the internal heat. This will be effected by drinking freely of the cayenne and bayberry tea, or, as Dr. Thompson expresses it, by keeping the fountain above the stream—that is, the centre hotter than the surface of the body—by which the fluids are in constant determination to the surface, and made rapidly to pass off in perspiration. If, however, the patient should become faint and languid during the steaming, his face and breast should be wetted with cold vinegar and water, or a tumblerful be dashed over him; this will immediately revive him, and prove refreshing and grateful. He should continue in the bath until free and copious perspiration ensues, which will generally be found to take place in the course of fifteen or

* Other methods of steaming may be resorted to with more convenience, such as converting the box of a regular shower bath to this purpose, steaming from bricks, or by means of a small tin boiler and pipe, leading the steam into it; this is most convenient, as a shower bath can be taken at the close of the first process. Where a person is too feeble to sit up, the steam can be applied in bed. The patient should be placed in the centre of a large quilt; several bricks wrapped in wet cloths should be placed down each side at a little distance, say three on each side, and the sides of the quilt thrown over him, confining the heat and moisture. If the bricks are placed on two narrow boards, the rest of the bed clothes will be thus shielded from dampness. Another method is, to put a slight frame-work made of hoops or laths over the patient, throw a sheet over this, and convey the steam under cover by means of a pipe, or by basins and hot bricks. One other plan is, by placing the patient on a mattress between two rows of chairs, and throwing a quilt over the backs, keeping his face uncovered at the end, and conveying the steam in at the bottom. "Patients," says Dr. Comfort, "who are extremely weak, will bear steaming this way from half an hour to an hour, aided by the stimulants and cold water dash occasionally."

twenty minutes. One or two good draughts of the stimulating tea should be always taken during the bath. The vapour bath should be immediately followed by a cold shower bath, or where this convenience is not at hand, as a substitute, cloths should be dipped, by the attendants, in a pail of water, or weak vinegar and water, and dashed as quickly as possible all over the body of the patient. This removes offensive matter, restores the tone of the skin, and braces up the muscular system. This should never be omitted at the close of the bath, unless the patient is extremely feeble.

Dr. Mattson observes "that whatever may be said in opposition to this practice, it is based upon correct principles, and is productive of beneficial results. The momentary application of the water does not occasion a chill, but quickens the circulation and causes the blood to flow in an increased quantity into the vessels of the skin, giving it warmth, fulness, and a bright glowing colour. Under these circumstances the patient is much less liable to take cold, or to be injuriously affected by the atmosphere. The moment the shower bath is administered he is refreshed and invigorated."

After the cold dash, the patient should be rubbed briskly from head to foot with coarse towels, and put to bed either between blankets, or in a warm bed. Hot bricks are to be put to his feet, and stimulants to be frequently employed, in order to maintain a gentle perspiration. Having decided upon the form in which the vapour bath is to be employed, and observed the foregoing particulars, the next thing to be provided is the tea for the course, and though this may be made as recommended in fever, the best to be employed is the following:—

Take of

Powdered bayberry . . . . . five heaped teaspoonsful
Scullcap, or ladies' slipper . . . . . two teaspoonsful
Cayenne . . . . . half-a-teaspoonful
Boiling water . . . . . one quart

Steep it in a covered vessel and set it by the fire to be kept warm.

The course is now to be commenced by giving the patient a cup of the above tea, well sweetened. This is to be followed by an injection, prepared by steeping half-a-teaspoonful of lobelia in half-a-pint of the tea, adding about two teaspoonsful of treacle. This is to be strained from the sediment and administered when lukewarm. When it is necessary to make a powerful impression upon the system, the quantity of lobelia should be increased, adding also a tablespoonful of No. 6; the latter being always

employed in cases of diarrhœa. Sometimes nausea, or pain, follows the injection, especially if it be long retained in the bowels; but so far from this exciting alarm, it is generally attended by the best effects, arousing the sensibility of the stomach and bowels against disease.

As soon as the bowels have been evacuated by the injection, the bath should be employed, and another cup of the tea given. If the patient be chilly, or the perspiration tardy, it may be repeated every ten minutes. Great advantages are derived from this tea; the rough, or astringent properties of the bayberry, cleanse the coats of the stomach from the cold mucus, whilst the cayenne, as a pure stimulant, diffuses heat over the system, supports the equilibrium, and invigorates the excretory organs to loosen and cast out all morbid matter.

The Emetic.—This should be given immediately after the bath, when the patient is in bed. For the course it should be prepared thus:—

Take of

Lobelia (pulverised seed) . . . . . one teaspoonful
Cayenne . . . . . half-a-teaspoonful
Valerian . . . . . one teaspoonful
Treacle . . . . . two teaspoonsful

Mix these well in a tea-cup two-thirds full of hot bayberry tea, to be taken lukewarm. This is not expected to vomit till a similar dose is taken in about half-an-hour or an hour; and if the latter does not act, the patient may be allowed to remain quiet for another hour, when the bayberry tea may again be given. Although this quantity is generally found to be sufficient to produce active vomiting, yet a third dose is often given in larger quantities for the purpose. It is at all times better that it should remain an hour during the course, as it renders the operation more easy and effectual. Sometimes the patient falls asleep during the emetics, when it is better that he should not be disturbed.

The Second Vapour Bath.—"The proper time," says Dr. Comfort, "to administer the last steam bath in a course of medicine, as a general rule, is, when the patient ceases to sweat, or becomes restless after the operation of the emetic. If the patient continue to reach and vomit a long time, there is nothing so effectual to settle the stomach as steaming. When this is continued long enough, the patient must be showered with cold water and vinegar, rubbed dry, and kept warm, as after the former bath. He must also be placed in a warm room, and warm bed, at

all times taking care that the clothes are frequently changed, and that nothing is left damp about the patient.

This finishes a *full course of medicine*, which may last from three to six hours, for it is better to allow the emetic to remain an hour or two, than forcing the patient to drink largely of teas as soon as it is taken—consisting of a vapour bath, followed by an emetic and stimulating teas.

A Short or Partial Course is more often administered than the *full course;* for, except in deep seated chronic disorders, such as dropsy, or rheumatism, or in very severe and desperate cases of virus, such as hydrophobia and confirmed lues, the full course is seldom applied, or needed; not that it is at all productive of danger, though alarming symptoms sometimes attend it. In this country, where the Thompsonian system is as yet but little known, people, through fear and ignorance, are apt to become excited, and call in a doctor; serious consequences then follow, for the faculty are, at all times, too ready to exert all their powers to crush a rival system. It is from this consideration that I would advise the botanic friends before administering a course, to well acquaint the patient and his friends of the possible symptoms attending it.

"The alarming symptoms do not often occur," says Dr. Thompson, "excepting in a chronic disease; then they indicate a crisis." He has known a patient sob for hours, without being able to lift his hand to his head, and yet be on his feet the next day, attending to his business. He remarks that "persons who have taken a considerable quantity of opium will sometimes be thrown into a state of unconsciousness, and appear to be dying, but in a few hours awake, as if from a refreshing sleep, and speedily regain their health and vigour." But all these distressing symptoms are more liable to occur where the system has not been sufficiently prepared for the course.

MATERIA MEDICA.

PURE AND HEALTHY STIMULANTS.

Capsicum Baccatum and Capsicum Annuum.—It has long been a subject of deep importance to physicians to find a stimulant at once powerful and not narcotic. Bark and spirits both fail in this respect, and laudanum destroys sensibility, and deadens the vital powers. Capsicum supplies this grand desideratum. It is a stimulus, at once powerful, permanent, yet not narcotic. It supports the natural heat of the viscera and internal action beyond anything heretofore known. It restores the equilibrium of the circulation, by rapidly diffusing its warmth over the whole system. This article is called No. 2, by Dr. Thompson, in his Materia Medica. It is one of the greatest value in his practice, making a part in almost every prescription, and constitutes the chief ingredient employed by him and his followers in acting upon the fundamental principle of his theory, that "heat is life," &c. Of capsicum there is a great variety, many species growing both in the East and West Indies, South America, and Africa. These are all of very different qualities; nevertheless, the pods of them all are ground up and sold for cayenne pepper.

It should, therefore, be well understood, that the African cayenne, called capsicum baccatum, or bird pepper, is the one that far excels all others for medical purposes; and although the same species from the West Indies is the nearest to this in quality, still the African is to be preferred whenever it can be obtained pure; but as this brings the highest price in the market, it is seldom to be met with free from adulteration at the grocers' or apothecaries', or even in the hands of the wholesale dealers

from whom they are supplied; and this is a matter of deep concern, both to the sick and the practitioner. It is not of so much consequence that one kind of cayenne is sold for another, as that all in a ground state are liable to pernicious adulterations, and others are reduced in quality by mixing other ingredients with them, such as curcuma, logwood, the bark of the sycamore, dye stuff, and even red lead. Some of these things may be detected, others escape the most rigid scrutiny. Red lead may be detected by boiling the pepper in vinegar, filtering the solution, and adding to it the sulphate of soda; by this process, a white percipitate powder will be formed, which, after being dried, exposed to heat, and mixed with a little charcoal, will yield a small globule of lead. Another way is, to burn cayenne on a clean tin on the fire; if a black sediment remain, red lead, or some other mineral, may be suspected. The only certain security against adulteration is the plan that I adopt, namely, to purchase in the pod, and have it ground under my own inspection.

Dr. Samuel Thompson, treating of cayenne, observes:—"When I first began to use this article it caused much talk among the people of Portsmouth and the adjoining towns. The doctors tried to frighten them by telling them that I made use of cayenne pepper as medicine, and that it would burn up the stomach and lungs as bad as vitriol. The people generally, however, became convinced by using it, that all the doctors said about it was false, and proved their ignorance of its medical properties, and that in making these assertions they were influenced by a feeling of malice towards me. It soon came into general use, and the knowledge of its being useful in curing disease was spread all through the country. I have made use of cayenne in all kinds of disease, and have given it to patients of all ages and under every circumstance that have come under my practice, and I can assure the public that it is perfectly harmless, never having been known to produce any bad effects whatever. It is, doubtless, the most powerful stimulant known. It is congenial with nature, having a direct tendency to sustain the natural heat of the system, on which life and heat so materially depend. It is extremely pungent, and when taken, sets, as it were, the mouth on fire. This burning, however, continues but a few minutes, and I consider it essentially a benefit in many cases, as it causes a free flow of saliva from the glands of the mouth and throat. To one not fully acquainted with the effects of cayenne pepper, it may appear to be a strange practice to give this article in cases of fever. Singular as it may seem, it is nevertheless true, that, excepting lobelia, there is no other article of equal value with cayenne pepper in the cure of fevers in

general. The declarations of physicians that the use of cayenne internally will aggravate fever, or that it will increase inflammation in the stomach and bowels, are contradicted by the experience and observation of thousands of men and women possessed of as much sense, and as capable of appreciating the effects of this medicine, which they have tried, as men of the medical profession."—COMFORT'S THOMPSONIAN PRACTICE.

The next pure stimulants to cayenne are black pepper and ginger. See page 68.

Allspice.—This is a good stimulant and aromatic; it warms and strengthens the stomach, disperses wind, promotes urine and the menses, and fortifies the nervous system. It is excellent to cover other medicines, prevent sickness and vomiting. The same also may be said of nutmeg and cinnamon, articles both well known.

Clove (caryophillus aromaticus).—The common cloves of the shop need no other description; they are of a hot pungent nature, being the most acid of all the aromatic class. They are not only stimulant but antiscorbutic; excellent in colic and cramps; dispel wind; and create an appetite. The oil of cloves is one of the best remedies for the tooth-ache, by dipping a small piece of lint in it and applying it to the aching tooth.

Aniseed.—Aniseeds have an agreeable aromatic smell, and are cordial and warm to the taste, with a slight degree of sweetness. They are a good substitute for cayenne, in the medicine for infants, and serve to cover the disagreeable taste of other articles. They remove griping pains, purging, and tough phlegm; stay the hiccough, and operate gently, by sweat and urine.

Angelica.—This is a large and beautiful plant, grown by gardeners, and also found wild in some parts of this country, mostly in woods. It sometimes grows to the height of six or eight feet; the stalks are robust, and divided into branches; the leaves are large, much resembling those of celery; the flowers are small, standing in vast clustres, forming an umbel. Every part of the plant is useful in medicine, but the roots and seeds in the highest degree.

Angelica contains in itself several valuable principles, and, perhaps possesses the highest medical virtue of any one plant growing in this country; being hot and pungent, it is a stimulant. As a diaphoretic, or sweating herb, it is unequalled; hence I have always employed it when it could be procured. In fevers it is also diuretic, acting beneficially upon the kidneys and bladder; excellent in dropsy and inflammation of the kidneys. Indeed, I know of no disease, except diabetes, in which this

valuable plant could not be administered with benefit. It is cordial, sudorific, and stomachic; and highly beneficial in the diseases of infants, when combined with raspberry leaf. I have found it, as it were, a remedy for all disorders; in fact, combined with an astringent, it fulfils all the indications of cure in the new system. The roots and stalks are sometimes candied, and in that state are equally efficacious, and more agreeable to the taste. The angelica is far from being so nauseous as many other articles; even the pungency is not felt in the mouth until some time after it is chewed, and is therefore but little felt when made into decoctions. Some idea of the virtues of this plant may be gathered from the following:—I was once advising a patient, for a severe cold, to take a dose of angelica upon going to bed, that he might be thrown into a sweat. A labouring man who stood by, exclaimed, "Ah, that will cure you: it always cures me." He then declared to me that he had had a plant of it growing at the bottom of his garden for many years: all his family had been at times ill with the different diseases to which children are subject, but they never had any other doctor or physic; the angelica proved an universal remedy, and had cured them of all complaints. Angelica is a hardy, thriving plant, will grow almost anywhere, and can be propagated by seeds, or separating the roots. I should, therefore, advise all my botanic friends who have gardens, to grow angelica.

Peppermint (mentha piperito).—This plant is at once sudorific and antispasmodic: it may be administered with much advantage in all nervous affections of the stomach, such as flatulence, colics, spasmodic vomitings, &c. It is an useful adjunct to other medicines, facilitating their action, and concealing their odour and unpleasant taste. It is excellent to allay vomiting, and may be given in powder, infusion, or the essence of the shops, which I have employed most successfully to cover the taste of lobelia, given in syrup or tincture. A dose of the oil is from one to three drops—taken upon lump sugar.

Spearmint (mentha veridis).—This mint possesses similar virtues to the former, and is also an excellent remedy in gravel and suppression of urine. The oil is valuable in rheumatic affections. Cotton, wet with the tincture, is said to afford immediate relief from the piles.

Penny-royal (mentha pulegium).—This herb grows common in our gardens, and is well known. It is an article of great value in medicine, and a tea of it may be used in all cases of sickness: it is warming to the stomach, and if drank freely will produce perspirations. In carrying a person through a course of medicine, a tea of this may be given for

drink; it will soothe the operations of other medicine. Penny-royal is carminative, stimulant, diaphoretic, and emmenagogue; and in its last character is a popular remedy, both in this and other countries, for the suppression of the menses; it may also be employed with other herbs. While boiling this, the mints, and all other herbs that are aromatic, care should be taken to keep the vessel closely covered, or their essential oils and volatile principles will be driven off.

EMETICS.

These are medicines that produce vomiting. The principal emetic is lobelia inflata, of which I have given a full description in previous pages.

The secondary emetics are blue flag, vervain, bayberry bark, groundsel, mustard, skunk cabbage, and blood root. If the stomach is very much disordered, a tea of bayberry will operate as an emetic, but not otherwise. The secondary emetics are never recommended where the lobelia inflata can be procured. [See lobelia inflata, pages 65, 67, &c., and index.]

ASTRINGENTS AND DETERGENTS.

"Strange as it may appear," observes Dr. Comfort, "it is nevertheless true, that one of the most important indications for the cure of disease has been, as yet, overlooked by the medical profession, viz., the removal of morbid secretions from the stomach and bowels, by the use of astringents,"

The faculty use astringents of a binding nature, and prescribed with this view, but Dr. Thompson, by a long course of experiments, discovered a number "good for canker," as he terms it, which may be taken without producing costiveness. Bayberry, sumach, white pond lily, and wild raspberry leaves, are the articles principally employed for cleansing the stomach and bowels of morbid secretions, or "canker," and to overcome this tendency to putrefaction.

Bayberry (myrica cerifera).—This is a shrub found in most parts of North America, where it grows to the height of from ten to twelve feet. The stem of the bayberry is covered with a greyish bark, and is thickly branched at the top; the leaves are a shiny green upon the upper surface; the flowers appear in May, and are succeeded by small berries. (See cut in page 104.) These berries, by boiling, yield a wax similar to bees' wax, from which the plant derives the name wax myrtle, or candle berry.

Of all the articles mentioned under the head of astringents, the bark of the bayberry root is the best, and the one most generally employed in this system of practice. As an internal remedy it is most valuable in cleansing "canker" from the coats of the internal organs. It is astringent, bitter, and pungent, producing a stimulating effect upon the mouth, leaving it clean and moist. In the stomach it combines with the vitiated secretions upon its surface, causing them to be detached. It produces also the same effect upon the mucous membrane of the bowels, and, used as a gargle, in putrid sore throat, detaches flakes of offensive matter. It makes a good wash, or poultice, for old sores and ulcers, formed by scrofula. Sprinkled in a fine powder three or four times a-day it is an effectual remedy for proud flesh. Combined with blood root, as a snuff, it is a remedy for polypus.

Bayberry is a valuable remedy in diarrhœa. The decoction administered in doses of a teacupful, with a tablespoonful of rheumatic drops, and repeated two or three times a-day, will scarcely fail to effect a cure in any ordinary case. The powder makes an excellent dentifrice; it not only cleanses the teeth, but renders the gums sound and healthy. It is said to cure the head-ache.

"In some parts of Massachusetts," says a medical writer, "it is used as a common remedy in scarlet fever, and is given without any regard to quantity." "I have been credibly informed," says Dr. Mattson, "by parents, that they have cured their children of scarlet fever with this article *alone*, after the attendant physicians had given them up as hopeless."

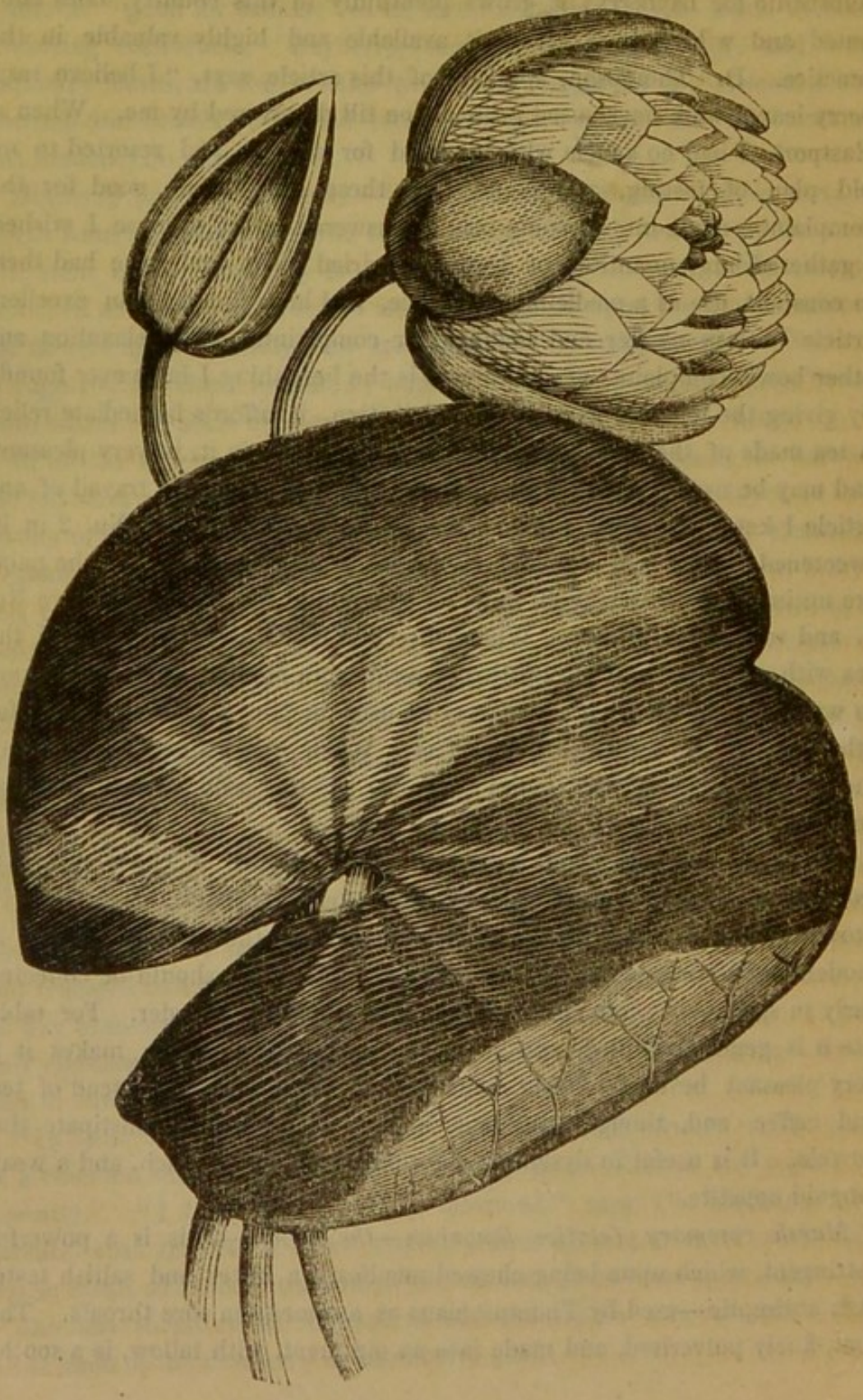
The best substitute to be found in this country for this valuable shrub is the bark of the dewberry or blackberry root.

Wild red raspberry (rubus strigosus—the leaves.)—The leaves of the raspberry is a good astringent, and are also slightly bitter; it is a good substitute for bayberry; it grows plentifully in this country, both cultivated and wild, which makes it available and highly valuable in this practice. Dr. Thompson, speaking of this article, says, "I believe raspberry leaves were never used in medicine till discovered by me. When at Eastport, I had no article with me good for canker, and resorted to my old plan of tasting, and found that these leaves were good for this complaint: made into a strong tea, it answered every purpose I wished. I gathered large quantities of leaves and dried them, and have had them in constant use as a medicine ever since, and have found it an excellent article both in canker and many other complaints. For relaxation and other bowel complaints of children, it is the best thing I have ever found: by giving the tea, and using it as an injection, it affords immediate relief. A tea made of the leaves and sweetened, with milk in it, is very pleasant, and may be used freely. It is the best thing for women in travail of any article I know of. Give a strong tea of it, with a little of No. 2 in it, sweetened, and it will regulate everything nature requires. If the pains are untimely, it will make all quiet; if timely and lingering, give more No. 2, and valerian in the tea. When the child is born, give it some of the tea with sugar and milk in it; this prevents sore mouth. The tea is good to wash sore nipples with. It may be used in No. 3 as a substitute for other articles, or alone, to good effect. When this cannot be obtained, the dried leaves of the ladies' mantle, or the wild tansey, may be substituted.

Aven's root.—This plant is known by the name of chocolate root, from its having been used as a substitute for that article or coffee. It grows wild and plentifully in this country (see the cut); the root is moderately astringent, and slightly bitter. The root should be collected early in spring, cut into slices, dried, and reduced to powder. For table use it is generally boiled, and sugar and milk added, which makes it a very pleasant beverage, being much used in New England instead of tea and coffee, and, though astringent, it does not appear to constipate the bowels. It is useful in dysentery, bleeding from the stomach, and a weak languid appetite.

Marsh rosemary (statice limonium—the root).—This is a powerful astringent, which upon being chewed manifests a bitter and saltish taste. It is antiseptic—used by Thompsonians as a remedy in sore throats. The root, finely pulverised, and made into an ointment, with tallow, is a sooth-

WHITE POND LILY.



ing application for the piles; and is employed to cure cancer, made into a plaster with the cancer balsam, or by sprinkling the powder in a thin layer upon the cancer, and the balsam applied over it. The mouse-ear, a small plant growing plentifully in this country, is a powerful astringent, and a good substitute for the above. I have known the application of a poultice of this cure the cancer, when all hope was abandoned—for the surgeon's knife.

Cranesbill (geranium maculatum).—This plant may be found in most parts of the country; it is astringent. I have found a decoction of this, one of the most useful things to stop internal hemorrhage, particularly bleeding of the lungs. An injection of the same is efficacious in gleet and fluor albus.

White pond lily (nymphœa odorata).—The root of the white pond lily is astringent, and may be employed in combination with, or as a substitute for, bayberry and sumach. The difficulty of collecting and preserving this root, and the fact of its being inferior to bayberry and sumach, has occasioned it to be used very little these last few years by Thompsonians, except in making poultices. This root should be collected in autumn, or very early in the spring, washed clean, cut into slices, and strung upon threads to dry. It makes a good wash for sore eyes, or a gorgle for sore throats. A decoction injected into the urethra is a valuable remedy in gleet. The root of the *yellow water lily* is similar in properties, but inferior.

Sumach.—There are two species of the sumach used in medicine, the smooth or upland sumach (rhus glabrum), and mountain or dwarf sumach (rhus copallinum). The root of the latter plant, according to the travellers, Lewis and Clarke, is regarded as a specific by the Chippewa Indians in the venereal. They use the decoction, which is said to be a sovereign cure taken in gonorrhœa. It is also praised by several practitioners for the same purpose.

The upland sumach (rhus glabrum) is the species most commonly in use. The stem rises from six to twelve feet high, and is divided into straggling branches. The leaves are arranged in two rows, on a smooth foot stalk, consisting of nine or ten pair, with an odd one at the end. The flowers are disposed in thick clusters, and are succeeded by red berries, covered with down. This, and the other sumachs, grow wild in North America, but are cultivated and flourish in gardens here. Sumach berries are astringent and pleasantly acid. The tea, sweetened with honey, is useful in stranguary and bowel complaints, and as a gargle in

sore throats, and for cleansing the mouth in fever. It is the colour of wine, and makes a pleasant medical drink for children. The powder from sumach berries and No. 6, makes a valuable remedy for tetter and ringworm.

The leaves and berries of sumach are diuretic, but the latter are the most effective.

Peruvian bark (cinchona officinalis).—This excellent bark, so much employed by the faculty at the present time, as a tonic and to counteract the intermittent nature of fevers, is so well known as to be called *the bark*. The history of this bark is not only interesting, but furnishes us with another proof, that at times the unlearned may by some accident possess a specific for a disease for which the learned have no cure. In Hooper's Medical Dictionary it will be found thus :—

"Geoffrey states "that the use of this bark was first learned from the following circumstance: Some of the trees being thrown by the winds into a pool of water, lay there till the water became so bitter that everybody refused to drink it. However, one of the inhabitants being seized with a violent paroxysm of fever, and finding no other water to quench his thirst, was forced to drink of this, by which he was perfectly cured. He afterwards related the circumstance to others, and prevailed upon some of his friends who were ill of fevers to make use of the same remedy, with whom it proved equally successful. The use of this excellent remedy, however, was very little known till about the year 1638, when a signal cure having been performed by it on the Spanish viceroy's lady, the Countess del Cinchon, at Lima, it came into general use, and hence it was distinguished by the appellation of *cortex Cinchonæ* and *pulvis comtissæ*, or the Countess's Powder. On the recovery of the countess she distributed a large quantity of bark to the Jesuits, in whose hands it acquired still greater reputation, and by them it was first introduced into Europe, and then called Jesuits' bark. It was at one time sold for its equal weight in silver, which caused it to be very little used, until Talbot, an Englishman, used it in France as a secret remedy; he employed it as an infusion in port wine. So successful was his practice, that Louis XIV. was induced to purchase the secret at a large price."

This bark is both astringent and tonic, and proves highly serviceable combined with any of the tonic bitters, or with cloves and cayenne, or with equal portions of spiced bitters. A tea made of equal portions of bark and liquorice root is a good remedy for the colic in infants, where the attacks of colic come on periodically. The dose of the powder is from ten grains to a drachm, taken in milk, or liquorice.

Sulphate of Quinine is the concentrated essence of Peruvian bark, and is supposed to contain in a small convenient compass all the virtues of the bark, which others think very doubtful, as the medical virtues become changed by the manufacture, and in consequence of the high price at which it is sold, it is subject to much adulteration. A pill containing a grain of quinine is supposed to be equal to a drachm of bark.

Tormentil (tormentilla erecta).—This plant, of which a cut will be found at page 185, is undoubtedly one of the best astringents found in this country. It is well adapted to check diarrhœa, let it arise from whatever cause it may. I can justly say I have employed it with surprising success in cholera, summer looseness, and diarrhœa attendant upon consumption. The greater virtue resides in the root, though in making tormentil decoction, both root and leaf should be employed; I have, however, generally combined the powdered root with tincture of myrrh for diarrhœa (see diarrhœa): the pulverised root is good to sprinkle upon old sores. "I once," says Dr. Thornton, in his "Family Herbal," "witnessed most extraordinary cures performed by this root. A poor man, fond of botanical excursions, either by tradition or accident, knew the powers of this root, and by making a strong decoction of it, sweetened with honey, he cured agues that had resisted the bark, long-standing diarrhœa, ulcers of the legs, turned out of hospitals as incurable, the worst scorbutic ulcers, fluxes, &c., so as to excite the attention of Lord William Russell, who allowed him a piece of ground out of his park to cultivate his plant, which he kept a secret."

There are many other articles which, as astringents, might here be enumerated, did space permit. The best substitute for the above, however, would be oak bark and cranesbill; the common garden sage, too, possesses astringent, nervine, and diaphoretic properties, and is therefore most excellent to employ in the same cases as the above articles.

Catechu.—Acacia Catechu is the systematic name of the plant growing in Hindostan, from which this resin is extracted. It is one of the most valuable astringents; indeed, of all the astringents known, it is said to contain the largest amount of tannin, and is most efficacious in diarrhœa, in whites, and bleeding from the anus and womb. Combined with the lobelia tincture, I have found it highly beneficial in dry obstinate coughs; it is also excellent when slowly dissolved in the mouth, to arrest the approach of hoarseness and sore throat from swelling of the uvula and fauces; combined with one-fourth of pulverised myrrh, it is a good dentifrice; and with tincture of myrrh, a cure for sponginess of the gums. The dose of catechu, in substance, is ten grains to a drachm; of the tincture, one to three drachms.

TONICS.

Bitters.—To strengthen the system and promote digestion, tonics are used after the system is cleared of disease, either of "canker," inflammation, or fever. They increase the appetite and promote digestion. They act first upon the stomach, then upon other organs, such as the liver, and ultimately invigorate the whole system. They are all rendered more beneficial when combined with the stimulants.

Tonics are generally bitter, but all bitters are not possessed of tonic properties, many possessing, like opium, narcotic properties; others are carthartic.

The vegetable kingdom supplies us with a much greater number of tonic bitters than any other medical property. Those offered to the public in this work, we believe to be a selection of the best.

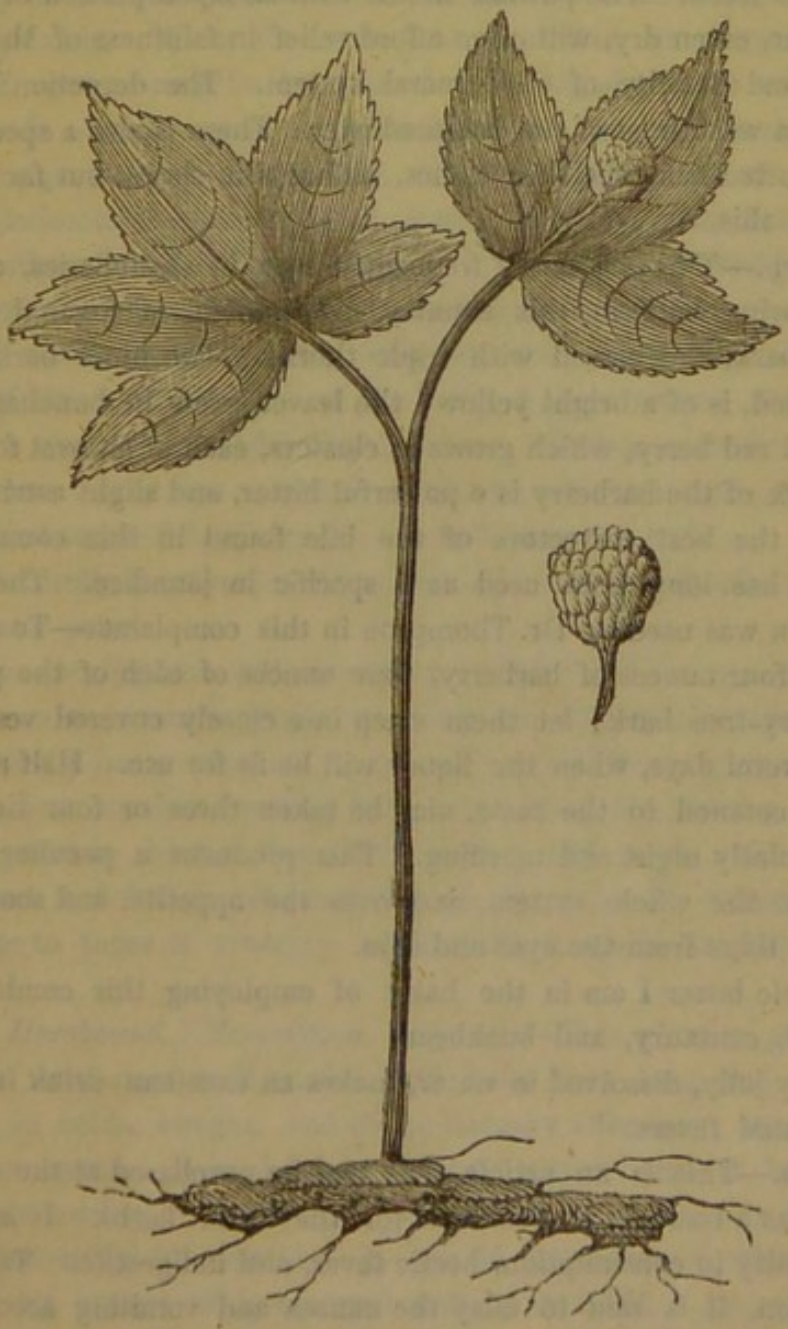
It is beneficial to change one tonic for another, after using each a few days or a week, as the too constant employment of one loses its effect upon the system.

Populous Tremuloides.—This is also called white poplar, or quaking aspen, from the leaves being constantly in motion. It is common to this country as well as America; there are two other kinds besides this, the bark of which may be used for the same purpose; it is the inner bark which is employed. The proper season for collecting it is in the spring, before the bud breaks into leaf; the outside coat should be separated, and the bark laid in the sun for a day or two, with the smooth side upwards, and then removed to a loft where the sun shines upon the roof. To comple the process of drying, care should be taken to keep the pieces of bark from coming in contact. Poplar bark, with the addition of sugar, is considered a pleasant bitter. The decoction is a valuable remedy in debility, emaciation, want of appetite, faintness of the stomach, worms, and impure blood. As a diuretic it is excellent in gonorrhœa, gleet, stranguary, and obstructed urine.

Poplar bark, combined with ginger, is highly beneficial in consumption.

It is one of the chief ingredients employed in the spiced bitters. "The inner bark of the poplar made into tea," says Dr. Thompson, "is one of the best articles to regulate the bile and restore the digestive powers, I ever used." Poplar growing upon dry land is preferred; that grown upon moist and swampy soil is frequently found to operate as a purgative. It should be observed, to prevent mistakes, that the tall taper poplar is not employed, but all those of a wide spreading form.

GOLDEN SEAL (HYDRASTIS CANADENSIS).



Golden Seal (hydrastis Canadensis).—This root, very common in America, is called Ohio curcuma, orange root, tumeric root, yellow puccoon, balm, &c. This is highly and justly esteemed throughout the United States as an excellent medicine in dyspepsia, loss of appetite, general debility, and all affections of the liver; for this latter purpose I have been in the habit of employing this article with surprising effect. The powder given in some of our bitter herbs, such as centaury and bogbean, in proportions of from two teaspoonsful to a pint, has removed the worst symptoms of chronic liver complaint, of years' standing, in the course of a week. The powder mixed with an equal portion of powdered lump sugar, eaten dry, will often afford relief in faintness of the stomach, languor, and debility of the general system. The decoction is in great repute as a wash in sore and inflamed eyes. There is also a species of this plant imported from the East Indies, and sold in shops, but far inferior in quality to this.

Barberry.—This is a shrub frequently seen in shrubberies, and sometimes growing wild in this country. The stem is covered with ash-coloured bark, and armed with triple thorns. The inner bark, which is the one used, is of a bright yellow; the leaves grow in bunches; it bears a beautiful red berry, which grows in clusters, each of an oval form.

The bark of the barberry is a powerful bitter, and slight astringent. It is one of the best correctors of the bile found in this country, and a decoction has long been used as a specific in jaundice. The following preparation was used by Dr. Thompson in this complaint:—To a gallon of cider add four ounces of barberry, four ounces of each of the poplar and wild cherry-tree bark; let them steep in a closely covered vessel by the fire for several days, when the liquor will be fit for use. Half a teacupful of this, sweetened to the taste, may be taken three or four times a-day, but particularly night and morning. This produces a peculiar sensation throughout the whole system, improves the appetite, and soon removes the yellow tinge from the eyes and skin.

As a tonic bitter I am in the habit of employing this combined with horehound, centaury, and buckbean.

Barberry jelly, dissolved in water, makes an excellent drink in all kinds of pestilential fevers.

Columba.—This is an article that can be purchased at the shops, and employed as a tonic, as a substitute for the bitter herbs. It is esteemed by the faculty in consumption, hectic fever, and indigestion. Taken freely in decoction, it is said to allay the nausea and vomiting accompanying pregnancy.

Wood Sage (*teucrium scorodonia*).—This is a most powerful bitter, grows wild and very common in this country; found mostly upon banks under hedges, and by the side of woods. A decoction of this herb not only answers all the indications for which other tonic bitters are given, acting upon the liver, correcting the bile, and promoting digestion; but the young shoots, or leaves in a green state, make, without exception, the best poultice for erysipelas and ulcerated sore legs, I ever used. My usual plan of employing this herb is, to boil or simmer it, covered with the smallest quantity of water, answering the purpose of bringing it to the consistency of mashed greens, and at the same time retaining its juice as much as possible. When the wound is insensible, or sluggish, a small quantity of cayenne may be introduced. The leg should be well steamed every night in a local vapour bath, for fifteen or twenty minutes, rubbed dry, and the poultice applied thickly, so as to remain moist all night, as a good circulation in the part is, of all things, desirable. The hot brick and vinegar cloths should be applied to the feet of the affected limb. By persevering in this local treatment, in conjunction with a course, or partial course, of medicine for a week, with the other indications of cure for impurity of blood, or bad habit of the body, I have caused deep wounds to heal in a week or fortnight, that had been running sores for the period of seven years. It is also excellent, combined with tormentil, or bayberry, when applied to scrofulous sores in the neck, arm, or feet.

Taken inwardly it promotes the menses, the urine, and aids in the relief of rheumatic pains.

Buckbean or Bogbean (Menyanthe trifoliata).—This is a herb much better known to country people than doctors and apothecaries. It has long and justly been esteemed for its tonic and bitter properties. It has frequently been used in brewing beer when there has been a scarcity of hops; it grows to about a foot high, in bogs and ponds; the leaves are thick, round, and fleshy; all proceed from the root. Its virtues are great, and similar to those of centaury, with which I am in the habit of combining it.

Bitter Horehound (*Marrubium Vulgare*).—This plant is pectoral and tonic; its virtues are well known, and have been long and deservedly esteemed in colds, coughs, and all pulmonary affections; used either in decoction or syrup. It is, I think, the best expectorant to be found in the materia medica of the schools, which list is remarkably deficient of articles containing this virtue. It should be observed, that, however excellent any extract of horehound may be in itself, it is rendered ten

times more efficient in power when combined with ginger or cayenne, and till more so in conjunction with lobelia, as recommended in consumption, page 184.

As it sometimes proves highly beneficial in the treatment of disease to change one medicine for another, and at other times it is difficult to procure a herb specified, it is well to be furnished with the names of several that will act as substitutes for each other; with this view the following herbs are mentioned; they are all of a sanatory character, and possess virtues similar to the tonics already given:—These are tansey, dandelion, chamomile, wormwood, botany, burdock, water horehound, and feverfew.

Quassia.—This tree, the wood of which contains the pure bitter principle, as it were, in a concentrated form, is a native of Jamaica and Surinam. It was at the latter place, during the rage of a most malignant fever, that the virtues of this wood were discovered by the negro slave, Quassi, who for a time employed it as a secret remedy, curing with ease wherever he tried, those cases of fever which completely baffled the skill of the doctors. At length one of them, a Mr. Rolander, a Swede, at a considerable price purchased a knowledge of the remedy; thus adding another to the facts in the history of medicine, of the superiority of EXPERIENCE, unlettered though it be, to learned theory without it.

Quassia is an excellent tonic, and may be employed in general debility given in decoction with other tonics, such as columba, gentian, horehound, and other English herbs.

Centaury.—Centaury is justly esteemed one of the most efficacious bitters indigenous to this country. It is stomachic, febrifuge, emmenagogue, and vermifuge.

DIURETICS.

DIURETICS consist of those articles that have a specific effect in promoting the flow of urine, by increasing the action of the kidneys. The woods and fields furnish us with a great number of herbs containing more or less of

this property. I shall particularise a few of the best, and mention others as their substitutes. It should, however, be remembered, that in reminding the practitioners of these medicines that have a direct tendency to increase the action of a particular organ, the obstruction of whose function is apparent, it should never be overlooked that such disorder is dependent upon constitutional debility. It should, therefore, be treated upon general principles, so that, except in slight cases, the herbs and compounds given in this work must be considered in the light of auxilaries, rather than specific remedies, or "certain cures."

Broom Tops.—A decoction of the young sprouts of broom has long been known and justly valued as a powerful diuretic. This may be made by boiling two or three ounces of the green tops in a quart of water, reduced to a pint. Taken in doses of half-a-wineglass to a glassful every second or third hour till it operates.

Juniper Berries.—The common juniper is a native of this country, although the greater quantity used here are brought from Germany, Holland, and Italy. They are powerfully diuretic and cordial; both the tops and berries may be used, but the latter are preferred. These are much employed in the manufacture of gin, and this beverage, it is well-known, possesses a diuretic power which often affords persons troubled with a retention of urine, or a tendency to dropsy, an excuse for indulging in this liquor. But I can assure all such, two-pennyworth of juniper berries made into tea, would go further to produce the desired effect, than sixpence spent in gin. The best mode of employing juniper is, by infusion of the bruised berries: this may be made by slowly simmering in a covered vessel, or by steeping three ounces in a pint of boiling water. The virtues of juniper depend upon an essential oil, which, like the berries, can be bought at the shops. The proper dose of this is, from six to twelve drops, taken upon lump sugar, or combined in mucilage and sugar.

Bucha Leaves.—The bucha plant is a native of the Cape of Good Hope. The leaves are so much like those of senna, that the one might well be mistaken for the other. They are cordial, being a pleasant aromatic and powerful diuretic. They are used by the natives of the Cape as a certain remedy in all disorders of the kidneys and bladder. The usual form of employing buchu is in infusion; made by steeping an ounce of the leaves in a pint of boiling water: this should be allowed to stand, covered. The dose of infusion is from one to two teacupsful three or four times a-day. Buchu leaves can be bought at the shops.

Cleavers, or clivers.—This is a slender plant, found climbing about our

hedges; it is pointed and rough to the touch, bearing small burrs containing the seed. It has long been known for its powerful diuretic and antiscorbutic properties: it is found highly serviceable employed in stranguary, dropsy, gravel, and all obstructions of the urine.

I have been in the habit of using the expressed juice of the green state, and, at other times, a strong decoction of the dried herb, and found it alike efficacious in all eruptive diseases. In gonorrhœa and confirmed lues it has appeared to excel all the expensive preparations of the dried herb sarsaparilla.

In preparing a decoction it should be macerated over night, and simmered for an hour, or more, the next morning; by boiling, much of the virtue is lost.

Parsley, wild carrot, dandelion, strawberry shoots and leaves, are all good diuretics in decoction, either simply, or compounded with others, and taken in the same manner as the former articles.

Balsam of copaiva.—Balsam of copaiva is an excellent and powerful diuretic, and has long held high repute in all diseases of the urinary organs. It is also taken at times with much advantage in old coughs; it has long been employed in gonorrhœa and fluor albus. A dose of copaiva is from fifteen to thirty drops, repeated three or four times a-day; it is usually taken in oil of cinnamon or peppermint, to cover the exceedingly nauseous taste. Recently, however, this article has been enclosed in capsules, by which both the taste and odour are completely disguised. For suppression of urine, see the article on dropsy.

Ground ivy (*glechoma hederacea*).—This herb is aromatic and diuretic; its virtues are similar to those of clivers; it is, as the old herbalists state, good to sweeten the blood.

ANTISCORBUTICS.

It was formerly supposed that these were specifics for "sweetening the blood," as the old writers used to express it. For this purpose, a number of articles were classed under this head, and doubtless many drinks and decoctions of sanatory herbs were found to have the effect of removing

humours and eruptions of the skin—the manifest impurities of the blood. But it should be borne in mind that these could have proved efficient only in proportion as they met the other indication of cure—such as restoring digestion, sustaining the vital action, and determining the fluids to the surface; it will, therefore, be seen, that every article employed by us must act as a purifier of the blood. However, I shall name a few articles which, used upon general principles, and in conjunction with stimulants, prove antiscorbutic; these are yarrow, cleavers, ground ivy, dock root, dandelion, burdock seed, root and leaf, and vervain.

Yarrow (*achillea millefolium*).—Of this plant little description is here needed, as I have already given a cut of it at page 207. It is a herb so common as to be met with in almost every field. It has a strong aromatic and pungent taste, with some bitterness and slight astringency. It is tonic, stimulant, diaphoretic, and diuretic; thus answering all the intentions of this mode of practice. It is useful in a low debilitated state of the system, accompanied with nervous weakness. From its warming nature, also, it is serviceable in flatulent colic.

A decoction of yarrow, warmed with cayenne, and sweetened with sugar, may be drank freely for a cold, or employed for fever, and taken in this form, has always proved highly beneficial in diseases of the skin, and all impurities of the blood.

Dock root.—There are several kinds of the common dock, all containing similar properties, but that growing with a sharp pointed leaf is the one preferred: the root is the part used in decoction for the itch and the scurvy. For external use, a salve should be made thus:—Bruise or grate the fresh roots until they are soft and fine; then add either cream or hogs' lard sufficient to make an ointment. This mixture should be kept in a warm place for twelve hours, when it is fit for use. It should be applied on going to bed at night. This is very effective, rubbed into the skin for the itch, which it is said to cure in a few days. For burdock and other remedies, see scrofula.

PURGATIVES.

PURGATIVES are agents which quicken the peristaltic motion of the bowels, and increase the secretion of fluids from the mucuous or inner coat. For the reason stated under the head of costiveness, I never purge the bowels, and the medicines here enumerated are used rather in the mild form of laxatives, or aids to nature, than for the purpose of *forcing* the bowels.

Rhubarb.—Of this article there are two sorts; that of Turkey is considered the best. It is a valuable and singular cathartic, differing from all others in the materia medica. It operates first by evacuating the intestinal canal, and then gently astringing or restoring the tone of it. The dose for an adult is about a teaspoonful of the powdered root, but this must be regulated according to the habit of the patient at the time. See also pills No. 3.

Senna.—This is a medicine well known to mothers, an infusion of which is a good laxative mixed with cayenne, ginger, and the tonic bitters. It may be employed to regulate the bowels of either children or adults; and is at all times preferable to salts, or any mineral drug that can be employed.

Mountain flax.—This may also be employed for the same purpose, and is in some cases preferable to senna; such as rheumatism and dropsy, accompanied with costiveness. The mountain flax acts also as a diuretic: it is best used in decoction, and may be simmered with the other articles employed for this purpose.

Butternut (*juglans cinerea*).—This is the only purgative Dr. Thompson ever recommended; he employed it in the worm complaints of children. The extract is obtained from the bark of a kind of beech tree. It is considered very applicable in all cases of habitual costiveness, as it is not apt to leave the bowels in a costive state like other cathartics. It may be made into syrup, by mixing it with honey or treacle, or be taken in the

form of pills, being of itself of the proper consistency. When given alone in doses of from fifteen to thirty grains, it operates as an active cathartic, without occasioning heat or irritation.

Aloe (*aloe spicata—juice of the leaves*).—There are three kinds of aloes in commerce, viz., the socotrine, the hepatic, and the horse aloes. The first is the kind generally made use of by physicians; it is a warm stimulating purgative, operating with peculiar force upon the large intestines. It is frequently found useful in the obstruction of the menses: it both warms the habit and quickens the circulation. It is an excellent article in dyspepsia, and enters into the formula for pill No. 3; indeed, this article forms the basis of nearly all the aperient pills in common use.

NERVINES.

Nervines are those medicines which have a tendency to allay excitement and irritability of the nervous system, without impairing or blunting sensibility. Nervines are essentially different in their action from narcotics, for the latter, such as opium, morphine, stramonium, &c., impair the functions of the brain, as well as of the whole nervous system, and the patient becomes stupid or insensible, sinking into a dull, heavy sleep. At length he awakens, if the poison does not prove fatal, and finds himself afflicted with head-ache, tremors, nausea, a parched tongue, and hot and dry skin. The sanatory nervines employed by us, produce none of these effects, but while they soothe, seem rather to invigorate, so that there is scarcely a disease in which they may not be employed with manifest advantage.

American valerian (*cypripedium pubescens*).—There are several species of this plant, called by different names, such as mocassin flower, Noah's ark, wild lady slipper, umbel, and valerian. All the species possess the

same medical properties. The root is the part employed for medical purposes. When dried and pulverised, it constitutes the nerve powder, employed as a nervine by Dr. Thompson, in all cases where he found restlessness or great nervous excitement. This powder, says he, is the best nervine known. I have made use of it, and have always found it to produce the most beneficial effects in all cases of nervous affection and hysterical complaints. In fact, it would be difficult to succeed in my practice, in many cases, without this important article. It is perfectly harmless, and may be used in all cases of disease with safety. It has been supposed by the doctors to be of a narcotic nature, but this is a mistake. They have drawn this conclusion, I suppose, from its tendency to promote sleep, but this is altogether owing to its quieting the nerves and leaving the patient at ease, when nature requires sleep to recover the natural tone of the system. A teaspoonful may be given in hot water, sweetened, and the dose repeated, if necessary, or the same quantity may be mixed with a dose of either of the other numbers when given, or put into injections; and where there are nervous symptoms, it should never be dispensed with.

English valerian (*valeriana officiualis*).—The common wild English valerian appears to possess all the virtues of the article used by Thompson. I have long been in the habit of employing it for the same purposes, and with the same good results. I have also employed the American, if possible, to discover its superiority, and am happy to say, that that of our own growth, when fresh dried and properly pulverised, appears quite equal as a nervine. It is excellent in lowness of spirits, epilepsy, and restlessness; I have also found it to act most beneficially in diseases of the bladder. It may be given in decoction, by boiling an ounce of the roots in a pint of water, or the powder taken with equal quantities of mace, or cinnamon, two teaspoonsful to a dose.

There are other English nervines, which, though they possess not equal power with the above, may be employed like it. These are mugwort, rue, tansey, the garden sage. and lavender. The gum assafœtida is also antispasmodic and nervine.

Scullcap (*scutellarin lateriflora*).—This herb is generally called blue scullcap, and is known also by the name of mad dog weed and hood wort; it grows in damp ground and by the side of streams. In general appearance it much resembles the lobelia inflata. It has been but lately introduced into the Thompsonian practice in America, but its powers as a nervine are spoken of in the highest praise by all who have employed it.

Dr. Mattson says, "scullcap has a prominently bitter taste, and is the best nervine I ever employed; it is also tonic and antispasmodic. My attention was first called to this plant by a distinguished merchant in Boston, who told me that he had been subject to great nervous excitement and severe tremors, so that he could not hold a pen to write. He was recommended to use a tea of scullcap, and accordingly, on retiring to bed, he ordered a pint of tea to be prepared, the whole of which he drank during the night, and when the morning came, greatly to his astonishment he found himself perfectly calm and able to write without difficulty. He continued to use the tea after that period, when occasion required, with uniform good results."

Dr. M. here also relates a case of delirium tremens, which he cured by administering a tea made of this herb.

Dr. Andrews has used scullcap with advantage in the delirium of typhus fever; he is in the habit of steeping an ounce of the dried herb in a pint-and-a-half of hot water, and giving a tablespoonful of the tea, without sweetening, every half-hour, or hour, until the delirium subsides.

"Scullcap," says Rafinesque, "has lately become famous in the cure of hydrophobia; this property," he continues, "was discovered by Dr. Vandesveer, about 1772, who used it with the utmost success until 1815, when he died; he is said to have prevented a vast number of persons and cattle from becoming hydrophobic, after they were bitten by rabid animals. His son is said to have relieved, or cured, forty persons of hydrophobia in three years, in the states of New York and New Jersey, by the use of this medicine." What reliance may be placed upon these statements I am not prepared to say, but from the well-known effects of scullcap on the nervous system, I should be disposed to think favourably of it as a remedy even in hydrophobia. Dr. Logan states "that he has made extensive use of this plant as a nervine, and that he has never been disappointed in its effects.

LIST OF COMPOUNDS.

Thompson's composition powder:—

Take of

Bayberry	one pound
Best ginger	half-a-pound
Cayenne	one ounce
Cloves	one ounce

All finely pulverised and passed through a sieve.*

"If there is a panacea in the world," says Dr. Mattson, "it is this preparation." It is a safe and gentle stimulant, equalising the circulation, strengthening the digestive organs, producing a moist condition of the skin, and, in a word, enabling the different organs to perform their functions in a natural and healthy manner. It may be used with safety in all cases of disease. The usual dose is a teaspoonful, scalded in a teacupful, or two-thirds, full of boiling water, sweetened and drank warm.

Spiced bitters:—

Take of

Poplar bark	one pound
Ginger and golden seal	five ounces
Cinnamon and cloves	three ounces
Prickly ask bark	two ounces
Cayenne	one ounce
Sugar	pound and a-half

* This mixture is supposed to be a great improvement upon that given in page 71.

These are all to be finely pulverised, mixed, and run through a sieve. If prickly ash is omitted, the cayenne should be increased. Mode of administration the same as composition.

Ladies' spiced bitters.—This is made by adding pulverised myrrh and unicorn root to the common spiced bitters, in equal quantity with the cloves, which constitutes what is termed ladies' spiced bitter, or woman's friend. This preparation is well adapted to cases of general debility, and especially in complaints peculiar to females.

Head-ache Snuff.—Take finely pulverised bayberry and scent it with oil of golden rod, or any other pleasant scent. This is useful in head-ache and colds: it has been employed beneficially in polypus of the nose, but is not so efficient for this as powdered blood root.

To make conserve of hollyhock.—Take of poplar bark, bayberry, golden seal, cloves, cinnamon, and American valerian, each an ounce, and half-an-ounce of cayenne, all finely pulverised; mix them well together, and pass the compound through a sieve. Incorporate this powder, and half-an-ounce of the oil of penny-royal, thoroughly, with one pound of hollyhock blossoms, previously pounded into a jelly, and form it into balls the size of a large marble; dry them, or put it into jars to preserve it in a moist state. Employed in the same cases as the spiced bitters.*

Antispasmodic Tincture.—Take of pulverised lobelia seed half-a-pound; cayenne and scullcap each two ounces; rheumatic drops, half-a-gallon: infuse for a week or more, in a closely stopped vessel, shaking two or three times a-day.

This is an invaluable preparation, and is used in violent and critical cases of disease, such as locked jaw, epilepsy, convulsions, croup, fainting, hysterical attacks, apoplexy, hydrophobia, and suspended animation; it traverses the frame of the patient with wonderful rapidity, and rarely fails to restore him: Dose, from one to two teaspoonsful, repeated frequently till relief is obtained.

Cholera Syrup, or restorative cordial.—Take of poplar bark one pound, bayberry one pound, boil them a few minutes in two gallons of water, then strain and add seven pounds of good sugar; simmer until the sugar is dissolved, then skim it, and add half-a-pound of finely pulverised peach meats, and three quarts of tincture of myrrh. Dose, half-a-wineglassful three times a-day. This syrup is useful in all cases of recovery from sick-

* All the articles used in these compounds may be reduced in due proportion and any quantity made at one time.

ness, attended with a weak and relaxed condition of the bowels, and will keep good for years.

Nervine Tea.—Take of scullcap, in powder, two teaspoonsful; cayenne, the eighth of a teaspoonful; sugar, three or four teaspoonsful; boiling water, one pint. Steep in a covered vessel until cool enough to use. If desirable, add the essence of cinnamon, to give it a flavour. This tea is highly useful in all nervous affections. If the scullcap cannot be procured, the ladies' slipper, or English valerian, may be substituted.

Diuretic Tea.—Take of cleavers and spearmint one good handful of each; juniper berries, two ounces; a red beetroot, cut into thin slices; water, two quarts: to be simmered on a slow fire until it is reduced to one, strain, and keep in a cool place. The dose, from one to two tablespoonsful, three or four times a-day. This is an excellent remedy for stranguary, gravel, or suppression of urine.

Soothing Drops.—Take of valerian tea, sweetened with honey, three teaspoonsful; tincture of lobelia from eighteen to twenty drops. A teaspoonful of this mixture will generally put a restless infant to sleep. The dose may be repeated, if necessary. The same is useful in a harsh dry cough.

CAYENNE, SIMMERED IN VINEGAR.—Take of cayenne a teaspoonful; vinegar, a gill: simmer for four or five minutes. This is employed for bathing sprains, swellings, rheumatic joints, palsied limbs, and parts that have lost their sensibility. It is useful in external application to the throat, in quinsy; to the side, in paralytic affections; and to the abdomen, in swelling and tenderness of the bowels. A flannel may be saturated with it, and laid on the affected part, if the disease is severe or obstinate.

Eye Waters.—These are prepared in various ways, thus:—1. Take of pure cayenne, one grain, infuse for twelve hours in a wineglassful of hot water, and filter. 2. Take of lobelia, bayberry, and cayenne, of each half-a-grain, infuse as before, and filter. 3. Take of raspberry-leaf tea, rendered pungent by rheumatic drops, filter as before.

Tincture of Scullcap.—Take of scullcap, powdered, three ounces; alcohol, one pint: infuse for ten days in a close vessel and strain. This is employed in nervous tremors, St. Vitus's dance, convulsions, locked jaw, and hydrophobia. The dose is from one to three teaspoonsful, mixed with a tea of cayenne, or of composition. It may also be added to injections, in the quantity of a tablespoonful to each, where a nervine is required.

Tincture of Myrrh.—Take of myrrh, powdered, an ounce and-a-quar-

ter; alcohol, one pint: infuse for ten days, or a fortnight, and strain. This is applied to fresh wounds and indolent or offensive ulcers. Diluted with water, it is used as a wash for sore mouth, spongy gums, and ulcerated throat. A tablespoonful is a valuable addition to an injection intended for the relief of diarrhœa, or dysentery. For internal use, half-a-teaspoonful may be taken at a dose.

Tincture of fir balsam.—Take of fir balsam one ounce, alcohol one pint. Shake them well together. This is applied to fresh wounds, burns and ulcers, and is taken internally as a remedy in coughs, soreness of the bowels, gravelly complaints, gleet, and fluor albus. The dose is a teaspoonful, repeated two or three times a-day. In some instances it will greatly aggravate a cough, unless given in very minute doses.

Poultices.—These are applications intended to soften and relax the skin, allay pain and inflammation, hasten the discharge of matter from tumours or swellings, and cleanse ill-conditioned sores.

Indian meal poultice.—Stir Indian meal into boiling water until it is of the desired consistency. This forms an excellent emollient poultice, and, with the addition of cayenne, lobelia, or rheumatic drops, has been the means of dispersing cancers and scrofulous tumours. It may be applied to gouty feet, and to stiff painful swelled joints.

Yeast poultice.—Take of wheat flour one pound, and add half-a-pint of yeast. Expose the mixture to a gentle heat until it begins to rise. This form of poultice is gently stimulant, and is sometimes applied with much benefit to foul gangrenous ulcers, the fetor of which it corrects, while it is supposed to hasten the separation of the slough or dead part.

Charcoal poultice.—Take wood charcoal red hot from the fire, and as soon as it ceases to burn, reduce it to a very fine powder, mix this with a poultice of slippery elm,* Indian meal, linseed, or comfrey. "Charcoal recently prepared," says Dr. Wood, "has the property of absorbing and neutralising those principles upon which the offensive odour of putrefying animal substances depend."

Cayenne poultice.—Mix a teaspoonful of cayenne with a poultice of Indian meal, or linseed, or comfrey; this may be advantageously employed in cases of weakness of the spine, chronic rheumatism of joints,

* Slippery Elm.—This is an American tree, but the broad leaf elm of this country possesses similar mucilaginous properties, and the bark of the young shoots with the buds, can be used for the same purposes as the slippery elm.

white swelling, hip disease, chronic pleurisy, painters' colic, lumbago, palsy, and indolent ulcers.

Healing salve.—Take of Venice turpentine, bees' wax, and mutton tallow, equal parts; add the yolk of an egg and a small portion of honey; melt. This salve is applied to fresh wounds; it excludes the air and favours the healing process.

Cancer plaster.—Take the heads of red clover, fill a brass kettle and boil them in water for one hour; then take them out, and fill the kettle again with fresh heads, and boil them as before in the same liquor, strain it off and press the heads to get out all the juice; then simmer it over a slow fire till it is about the consistence of tar, when it will be fit for use; be careful not to let it burn; when used it should be spread over a piece of bladder, split and made soft. By employing this salve, accompanied with constitutional treatment. Dr. Thompson became celebrated in America for the cure of cancer in the breast, without cutting. It is useful to running sores, and the success that has attended its employment has won the approval even of the medical faculty. The Boston Medical Journal says, "on ulcerated surfaces, deep, ragged-edged, and otherwise badly conditioned burns, there is nothing to be compared with this plaster."

Strengthening plaster.—Take Burgundy pitch and Venice turpentine, each two ounces; melt them together, and add a teaspoonful of cayenne pepper, and when it cools, if it be found too hard, melt it over again, and add a portion of sweet oil. Used for spreading on soft leather, and applied to a weak back, &c.

Liniment for rheumatism and tic douloureux.—Take of spirits of wine or turpentine half-a-pint, cayenne a teaspoonful, spirits of hartshorn half-an-ounce, oil of camphine one ounce, camphor half-an-ounce, oil of cedar and spearmint each a quarter of an ounce; mix and shake well together. This is applied externally with the hand, using considerable friction.

Tar ointment.—Mix an ounce of tar with an ounce of melted tallow, and stir the mixture until cold. This ointment is an useful application to tetter and scald head.

Thompson's healing salve.—Take of bees' wax and fresh butter each four ounces, turpentine six ounces, Canada balsam three ounces; simmer by the fire until all the wax is melted, and then strain. This may be employed to protect injured parts from the air, with a view to assist the healing efforts of nature.

Volatile liniment.—Take of Candia soap, cut or scraped into shreds

three ounces, camphor an ounce-and-a-half, tincture of cayenne half-a-pint, spirits of turpentine half-a-gallon. Infused in a closely stopped bottle for a-week, shaking it two or three times a-day. This liniment is superior to any other with which I am acquainted for bathing sprains, bruises, rheumatic joints, and parts that are the seat of pain. It is equally beneficial in numbness. When it is applied, the part should be rubbed briskly for ten or fifteen minutes with the hand. It is highly useful as an application to the side in pleurisy, and to the abdomen in tenderness or swelling of the bowels. If it is not sufficiently powerful, an additional quantity of the tincture of cayenne may be added.

Stimulating liniment.—Take of gum elastic, cut into shreds, four ounces, linseed oil a pint, simmer them over a slow fire, stirring constantly, until the gum is dissolved, which will be in five or six hours. Then add three quarters of a pound of beef tallow, and continue the simmering until it is melted. When about blood heat, an ounce of each of the oils of spasmodic tincture of cayenne may be added. This liniment is highly serviceable as an application to the surface of the body after a vapour bath, or a course of medicine, particularly in the winter season. The skin should be rubbed with it thoroughly from head to foot. Patients who are labouring under chronic diseases, and possess but little animal heat, are greatly benefitted by this practice. The liniment forms a coating for the skin, and shields it from the air, without interfering at all with its functions. In night sweats, rheumatism, ague and fever, asthma, croup, consumption, dyspepsia, and tic douloureux, it may always be employed with advantage. If not sufficiently stimulating, it may be combined with a portion of cayenne, reduced to a very fine powder.

Ointment for itch, tetter, and other cutaneous eruptions.—Take four ounces of fresh dock root, wash it well and grate it fine; add half-an-ounce of bees' wax, half-an-ounce of lobelia, and half-a-pound of fresh lard or cream; simmer for twelve hours over a slow fire. Apply two or three times a-day, washing the affected parts occasionally with Castile soap.

Ointment for sores and ulcers.—Take the yolks of three eggs, and one fluid ounce of Canada balsam; stir until they are formed into a paste. Spread this upon soft leather, and apply it to the ulcer, which should be previously smeared with lard, to prevent the plaster from adhering too closely. Renew every twenty-four hours, previously washing with mild soapsuds. The application is an excellent one, and may be used also in bruises, inflammations, and wounds. Applied to boils, it will frequently disperse them.

Nerve Ointment.—Take of purple archangel, wormwood, chamomile, and meadow fern burrs, equal parts; pack them closely in a suitable vessel, and cover them with porpoise, goose, or turtle oil—the latter is the best. Simmer over a slow fire for twelve hours, stirring occasionally, and keeping the vessel covered; strain, and when milk warm, add half-an-ounce of the oil of spearmint to each pint of the ointment. Preserve in a well-corked bottle. Instead of spearmint, Dr. Thompson adds one ounce of the spirit of turpentine, but I consider the former preferable. This is employed in bathing sprains, bruises, swellings, stiff joints, and contracted sinews and tendons, rubbing the affected part briskly with the hand when the application is made, and wrapping it in flannel to shield it from the air. The ointment is also applied to corns. It may be rendered more stimulating, if desirable, by combining with it a portion of antispasmodic tincture, or tincture of cayenne.

Pill No. 1.—Take of pulverised seed of lobelia one ounce, scullcap or valerian one scruple, cayenne one scruple, as much mucilage of gum Arabic as will form these into pills. These pills may be employed in all deep-seated diseases, such as rheumatism, dropsy, gout, syphilis, scrofula, jaundice, and costiveness. The patient taking as many, in divided portions of the day, as can be borne without producing nausea.

Pill No. 2.—Take cayenne pepper one ounce, Canada balsam one scruple, mix with as much mucilage as will form into pills. These are employed to raise the animal heat, whenever the patient has an aversion to the use of cayenne in tea.

Pill No. 3.—These are aperient pills, for the purpose of correcting the bile, and mildly relieving the bowels.

Take of

Best socotrine aloes pulverised	two ounces
Best Turkey rhubarb	half-an-ounce
Hydrastis Canadensis, or curcuma	half-an-ounce
Cayenne	quarter-of-an-ounce
Castile soap, finely scraped	quarter-of-an-ounce

The whole to be mixed with fresh bullock's gall; the gall having been previously reduced to one-half its bulk by heat in an oven.

Pill No. 4.—Take of pulverised gum assafœtida one ounce, cayenne half-an-ounce; to be formed into pills with mucilage of gum Arabic.

Drying and preserving roots and herbs.—The best season for gathering

herbs is just as the flowers are budding. They should be cut, and all decayed leaves be pulled off. The herbs should be hung up in small bunches, and when dried be put up in paper bags, or be cut up and put in boxes or closely confined drawers, so as to be free from air.

Roots should be dug up in autumn, when the plant has ceased to vegetate. Roots and barks may be dried either thrown out on the floor of a dry warm room, where they can be exposed to the sun, or in an oven submitted to a moderate temperature. When dry, they should be pulverised and put into air-tight vessels, or packed in boxes and secured from air and dampness.

CONCLUSION.

In concluding this treatise, I wish to assure the English public, that I have presented them with a complete digest of the Thompsonian practice, which may be relied upon with safety. In America, this system has saved the lives of millions, and it is my ambition to place the healing art on an equally firm basis in this country. I have used the humble abilities that have fallen to my lot, for this purpose, and if my little work shall prove instrumental in affecting this valuable reform here, in only a slight degree, I shall congratulate myself that I have not lived in vain.

J. STEVENS.

APPENDIX.

A CASE OF ULCERATION OF THE LUNGS.

"Belper, April 3rd, 1848.

"To Dr. Stevens.

"Sir,—I make this statement of my case in order to do justice to your peculiar mode of practice, and at the same time to gratify the wishes of the many friends who have anxiously watched the progress of my remarkable recovery.

"In the early part of January last, while in the service of W. Evans, Esq., of Allestree Hall, I, with five other servants, were taken ill about the same time, with influenza. These were all successfully cured in two or three days, by Mrs. Greaves, the housekeeper, by following the prescription and method given in your work, 'Medical Reform,' but unfortunately, I refused to be thus treated, from a prejudice I then entertained against it, and at the same time requested to be attended by the family doctor. This being kindly consented to, I was at first treated for influenza, but soon grew worse, and complained of a severe pain in the right side, extending to my right arm, which I was unable to raise to my head. I could not lie on my right side, and from the violence of my cough could get very little rest night or day; had no appetite and suffered great debility. I had been ill about three weeks, when I became alarmingly worse, and upon one occasion I made an attempt to rise in bed, when a sense of suffocation seized me, and I believed I was dying; something broke in my right side, and an immense quantity of blood and

matter rushed through my mouth and nose, and I think, had it not been for one of your emetics of lobelia inflata, which was given me at the time, I must have been then lost. This threw up about a pint of matter, smelling very offensive. The doctor was sent for, who now said, that a large ulcer had formed on my right lung, and broken; he gave me no encouragement, and upon my expressing a wish to see my family, he said, 'the sooner I was sent home the better, for it would be a long time before I was well, if ever I recovered.' I had no hope; could not be removed, as all around me thought I was dying. You was sent for in the last extremity, when your opinion was asked; you much doubted the result, but said, 'nothing but the American course of medicine could save my life.' In three days you prepared me for this, and then you commenced the course, when in about three hours you carried me through this singular process. I vomited again another pint of matter, and sweat profusely; during this period all my pains left me, and my appetite returned. Those of my family who were there, and saw the process, watched with deep anxiety, and saw the result with astonishment, yet with delight. That night I slept well, and by strictly adhering to your prescriptions, was enabled to walk my room in three days, and in one week came down stairs. In four weeks from the first of your attendance, I ceased to take the medicine, and have never had any relapse from the first, which is seven weeks since, and I consider myself completely cured.

"MARY SPENDLOVE.

"We certify to the truth of this statement:—

"W. EVANS, Esq., M.P., for North Derbyshire.
"Mrs. EVANS.
"THOMAS GREAVES, Butler to W. Evans, Esq.
"MARTHA GREAVES, Housekeeper to Ditto.
"ELIZH. MOREY, Lady's-maid to Mrs. Evans."

A CASE OF FITS.

"Yoxhall Lodge, near Burton-upon-Trent.

"Dr. STEVENS,

"RESPECTED SIR,—As I now consider that time has confirmed the cure of what was a severe affliction for ten years, I most willingly give you a statement of the facts for publication. I am now twenty-nine years of age. About ten years since I was first attacked with what the doctors called epileptic fits. At first they came but once a month; but the second year increased to once a-week. I went under three medical men at different times, and one physician in London, but continued to grow worse and worse, until during the last two years I have been so bad as to compel my friends to bind me down in bed, where I have remained INSENSIBLE to all that was passing for TWO WEEKS at a time. Fortunately my sisters had received great benefit from your treatment and recommended my parents to apply to you. I continued under your treatment for eight weeks; my health, which was very bad, has continued to improve the whole time, and I have never had a fit from the first of taking your medicine.

("Witness,)

"MARIANN ROBINSON.
"JOHN ROBINSON."

CASE OF LIVER COMPLAINT.

"New Hall, Shelton, May 26, 1847.

"To Dr. STEVENS.

"RESPECTED SIR,—I feel it my duty to write to you respecting the wonderful cure of my son.

"You will remember when you first saw him, he was *pillowed* up in an arm chair scarcely able to bear himself up; we then told you, as far as we could, how he was, and that his medical attendant pronounced him *incurable*, being in the *last stage of consumption*, and that nothing could be done for him. But, sir, was it so? Let the case speak for itself. With the first dose of your medicine he began to *improve;* he continued to do so, and in *eight weeks* he was perfectly cured and able to attend to his school duties once more.

You are at liberty to make what use of this communication you may think proper. It is my opinion that wonderful cures of this description ought to be made known to the world.

With best wishes for your welfare,

I am, yours respectfully,

JOSEPH BRADLEY.

P. S. Should any one doubt the above statement, a line or two addressed to me shall receive immediate attention; or should any one call upon me they can see my son and receive further information.

This was a case of ulcerated Liver, mistaken for consumption.

MRS. JOHN STEVENS

Begs to announce to the public that she has made arrangements for the importing of all the American articles, as used in the Thompsonian Practice, and as she can offer them as good and as cheap as any other house, she hopes for a continuation of that patronage of the Medical Botanists so kindly bestowed on the Author of this work (her lamented husband).

She also begs to say, she holds the Copyright and publishes all the works written by John Stevens, which she will supply to Agents, and the Book Trade, at the lowest remunerating prices. All letters addressed to her residence, will be attended to with punctuality.

Gerrard Street, Halifax.

List of Agents where the Works and Medicines may be obtained as prescribed by Dr. Stevens.

London.—Mr. William Gaines, Herbalist, Covent Garden Market.
„ Mr. William Emmett, 1, Charles Street, East, Tottenham Court Road.
Bristol.—Mr. G. Stevens, 97, Old Market Street.
Bath. —Mr. G. Stevens, 1, Union Passage.
„ Copestick (Brothers), 13, Stall Street.
Bradford.—Mr. William Cooke, News Agent, Vicar Lane.
Leeds. —Mr. F. White, 37, Lady Lane.
Glasgow.—Mr. John Dale, successor to R. Johnson, 270, Buchannan Street.
Newcastle-upon-Tyne.—Mr. T. Wood, 16, Trafalgar Street.
Liverpool.—Mr. W. Meakin, Nelson Street, St. George's Square.