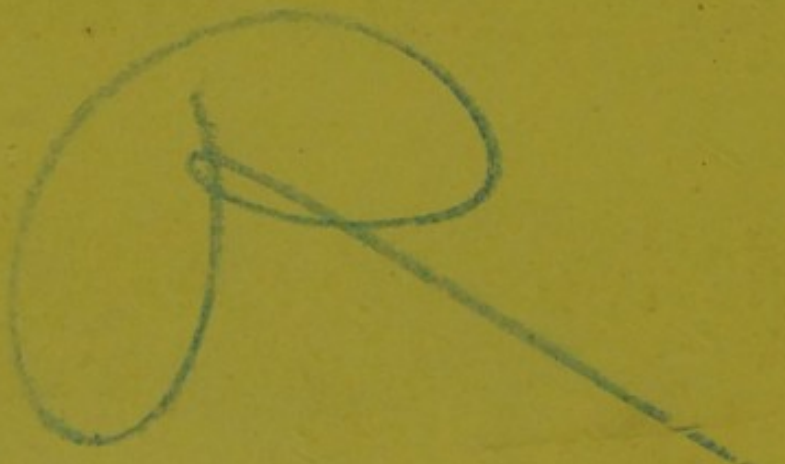
On Sydenham, its climate and palace : with observations on the efficacy of pure air, esoecially when combined with intellectual and physical recreation, in the prevention and treatment of disease / by Alfred Beaumont Maddock.

SYDENHAM,
ITS CLIMATE AND PALACE.



ON

SYDENHAM,

ITS CLIMATE AND PALACE;

WITH OBSERVATIONS ON

THE EFFICACY OF PURE AIR,

ESPECIALLY WHEN COMBINED WITH

INTELLECTUAL AND PHYSICAL RECREATION,

IN THE

PREVENTION AND TREATMENT

OF

DISEASE.

BY

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AND OF THE NERVOUS SYSTEM, ETC., ETC.

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PREFACE.

HAVING observed in others, as well as personally experienced, the injurious and depressing effects of the atmosphere of large cities, and more particularly of this great metropolis,—and by contrast having equally realised the balmy and exhilarating influences of pure country air,—I have been induced to publish this little work, to aid, as far as in my power lies, the praiseworthy efforts of our earnest and indefatigable Sanitary Reformers, in removing some of the remedial evils of the first, and of pointing out the beneficial results of the latter. Though many suburban, as well as more remote, localities may justly participate in the eulogy with which I have described the advantages of a clear and uncontaminated atmosphere, yet it is to SYDENHAM and its neighbourhood that my recommendations are now more particularly applicable.

With regard to the Metropolis, it has been my endeavour to show how much may be accomplished by carrying out the simple and scriptural injunc-

tion, "Wash and be clean." So it was said of old, and the advice is no less necessary now. Cleanse the elements by which man breathes and lives; protect both air and water from pollution; cease from destroying the gifts of God, by negligence or abuse; and the work, as far as mortal aid can do it, is accomplished. Trivial as the details of such admonition may appear to the unthinking, yet the necessity of their instant adoption has been, and still is, too painfully apparent. From the denial of pure air and limpid water, and of the necessary personal ablutions caused by such deprivation, how rife have been diseases of pestilent and infectious character! Yet what more easy than the remedy? The natural salubrity of London is self-evident. The gently-sloping position, its gravelly beds, its copious springs, its squares, parks, and open places, its tidal river, the breezy hills by which it is encircled on nearly every side, all prominently proclaim that its area ought to be, *par excellence*, the chosen abode of health.

How astonishing, then, does it seem, that centuries have passed away, and successive generations have lived and occupied the same spot, with no, or scarcely any, attempt to reap the full value of these manifest advantages!

To the credit of our own times, a portion of the reproach is no longer applicable; a move is at length being made in the right direction, and, though slowly, it is to be hoped surely, some important changes will ere long be effected. The multiplicity of vehicles of every description for conveyance to and from the environs; the deserted city streets by nightfall; the avidity with which every available plot of suburban ground is seized upon by the speculative builder with an innate consciousness that he will not build in vain, demonstrate, with trumpet tongue, that conviction has at length flashed on the torpid mind of the apathetic citizen that there are other objects in life deserving consideration than the acquisition of the "almighty dollar." Indeed, with the riches of Crœsus at command, without health, what would be their value?

Thanks to the unwearied industry and practical science of the present day, the facility of attaining agreeable and salubrious situations is placed within the reach even of the most humble. The cheapness and rapidity of travelling by railway, steamboat, or omnibus, as preferred, enables the merchant, the lawyer, the clerk, the sedentary artisan—all during the busy hours of day "cabined,

cribbed, confined"—to escape from the polluted and stifling atmosphere by which they have been surrounded.

Of all the methods by which health may be restored or invigorated, one of the most important to the hard-worked citizen is the respiration of pure air. Armstrong, the poet of health, has well observed—

> "Ye who amid the feverish world would wear
> A body free from pain, from cares of mind,
> Fly the rank city."

To counteract that enervated condition of the system which so strongly characterises the inhabitants of large towns, the advantages of a pure air are indeed singularly apparent, not alone by its own remedial power, but as greatly assisting the intended effect of the medicinal agency employed.

Often am I asked by valetudinarians—"What place do you recommend as a suburban residence?" To pronounce a satisfactory reply to this inquiry, the desirability has to be considered, of securing not alone a healthy and uncontaminated atmosphere, but of combining with that obvious advantage the hardly less potent assistance of those natural sources of interest which the locality is

capable of embracing, and every adventitious amusement or recreation which accident or design may afford.

The most delicious clime alone, with every superadded charm of scenery, cloudless skies, verdant meads, purling streams, warbling groves—all are alike inefficacious in restoring the shattered frame or soothing the tortured mind. Valuable as are these agreeable aids, yet MENTAL OCCUPATION, with that degree of muscular employment which the peculiar nature of the case may permit, must be appropriately conjoined with the pleasures of the eye and other senses.

As the pious Cowper remarks—

> "A man unoccupied is not at rest,
> A mind quite vacant is a mind distrest."

This guiding principle, in the observations which I shall place before my readers in the following pages, will never be lost sight of. IT IS THE POLAR STAR, TO WHICH ALL OTHER REMEDIAL AGENCIES CLING AROUND AS TO A COMMON CENTRE. In the preference which I have given to SYDENHAM over all other places in the United Kingdom, I have been strictly influenced by this honest conviction—the diversity, the number, and the importance of its attractions, suitable to any change of season,

from the coldest winter to the hottest summer, have been well and duly weighed. The regulated temperature of the Palace, the pleasing landscapes and interesting objects which meet the steps on every side, and the multitude of enjoyments, physical, social, and intellectual, alike proclaim, in language the most forcible, that here may be experienced "TRIA JUNCTA IN UNO."

More cannot, less ought not to be said.

A. B. M.

56, *Curzon Street, Mayfair, W.,*
and
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(opposite the Palace).

PRELIMINARY OBSERVATIONS.

THE DEPRESSING AND NOXIOUS EFFECTS OF A CIVIC ATMOSPHERE.

"It is not air; but floats a nauseous mass
Of all obscene, corrupt, offensive things."—ARMSTRONG.

BEFORE entering on the more immediate subject of this volume—the climate and social advantages of SYDENHAM—it is desirable to introduce a brief account of the principal agents, which are perpetually and remorselessly engaged against our comfort, nay, even our very lives, when surrounded by a civic atmosphere.

To prove the importance of AIR, as regards health and life, we need only ask ourselves—how long could we live without it? For a few days we might exist without food, or for a few weeks with but a scanty supply; but for a few moments only could life be sustained if deprived of atmospheric air. Life is in a great measure maintained and supported by its beneficial influence. The blood that circulates throughout the body, is indebted for its oxygenated state, its florid colour, and its vivifying properties, to its contact with this potent agent, when inhaled by the lungs, in every respiratory act. By its means, the heat of

the animal body is maintained and regulated: carbonaceous, or in other words, putrescent and effete matter, is ejected through the lungs and skin, in salutary exchange for a pure and invigorating atmospheric material.

Although the importance of pure air was understood and commented on, as early as the time of Moses and Hippocrates, yet the knowledge and conviction has been of slow growth, that the air we breathe is as necessary to the sustenance of life as is the food we eat and the water we drink; all consisting of the same ultimate elements, combined in different proportions, and all equally capable of conveying poisonous as well as salubrious materials to the general circulatory system. Life indeed may be considered as in a perpetual contest with death; the reparative and destructive powers continually antagonizing each other, till at length the ordinary chemical influences, which govern both the organic and the inorganic worlds, remain victorious, and death of the individual body is the result.

Even yet, with all our boasted skill, and superiority in general science over our forefathers, we are but little sensible of, or at least evince but slender practical acquaintance with, the important truths connected with a pure supply of air. At every inhalation, a considerable quantity is required, to assist in repairing the waste which muscular motion and nervous excitement have occasioned in the body. Cleanliness itself, though all important, and scarcely too much to be eulogized, is yet hardly equal in necessity to purity of air; though oftentimes we see great attention paid to the former, and but little heed bestowed upon the latter. People of refinement and education, who would

indignantly refuse to enter a room with foul walls, muddy floors, or dirty occupants, will contentedly remain for hours in theatres, saloons, and other places of public resort, breathing the impure exhalations diffused from candles, gas, and the noxious particles necessarily emanating from a congregation of so many human beings,—principally from ignorance of their true position. As the morbid influences which surround them are not seen, are not brought to them in a tangible or material form, like the outer dirt upon the person or the garments, they ignore, or are unconscious of, their existence. Alas! too frequently are they fatally reminded of their apathy or inattention. Pure air and cleanliness are two main contributors to the health and comfort of the body, neither of which is easily attainable by the inhabitants of large cities. The subtle poisons which are perpetually eliminating from decayed organic matter, from diseased and other noxious animals, both human and bestial, from various gas-works and manufactories, in short from a thousand sources of impurity, such as sewers, drains, churchyards, *et hoc genus omne*, are continually waging war on the integrity of animal life. The wonder is, not that life is short, but that our term is so much prolonged, considering the phalanx of combined and powerful influences to which the organic frame is exposed. Happily, in this age, one great source of defilement of the atmosphere, that arising from *intramural burial*, has ceased; at least in this metropolis. Strange it is that our ancestors should have submitted to so gross a perversion and misapplication of Christian houses of prayer. Places of worship for the living, they have never exhibited any special apti-

tude as sepulchres for the dead; yet pride of family, rapacity of officials, and the strong will of custom, for ages in operation, perpetuated such abuses.

The smoke nuisance, again, in times not far remote, was a never-ceasing source of impurity: dense volumes of smoke, loaded with carbonaceous and other deleterious particles, were incessantly contaminating the air, and defiling our houses and furniture. This giant evil, though greatly mitigated by recent Acts of Parliament, is not, nor does it appear likely to be, totally removed. The smoke arising from the several chimneys of 400,000 private houses in this metropolis still retains its fuliginous properties, and envelops us in a perpetual murky asmosphere—a deprivation both of air and light.

Much might be added on the benign and salutary influence of this latter element—how by its diminution diseases are engendered and debility induced; and how necessary is a copious supply for the due and healthy functions of the body; but the subject is too large to enter upon in this place. Suffice it, to attract attention to its importance.

With reference to the impurities received into the lungs, through the extensive diffusion of smoke, it has been stated by Mr. Wright, the Government Inspector of Smoke Nuisance, that upwards of 3,000,000 tons of coals are annually imported into London, and that only 1,000,000 of this large quantity is consumed for manufacturing purposes, the exhalations arising from which are discharged by 96,000 tall chimneys, varying from 20 to 200 feet in height. It is therefore obvious, that fully two-thirds of the entire mass,

or 2,000,000 tons annually, are consumed in the dwelling houses alone of this city—acting in a still more prejudicial manner, by reason of the proximity of their chimneys to the earth, thus bringing their noxious effects more immediately, and without dilution, in contact with vitality.

Furnished with these striking facts, it becomes a question —how to annihilate the smoke of the domestic hearth? It would appear that Dr. Arnott (the inventor of the stove which bears his name) has in a great degree solved this question, by his improvement upon Cutler's consuming grate, which can be worked with the greatest ease and facility, under ordinary domestic supervision. The principle of these grates, (and which may be easily adapted to those in ordinary use,) is that of intercepting the draught below, and kindling the fire at the top. The plan consists in laying on the bars, at the bottom, a thin moveable iron plate, fitted so as to prevent the admission of air from below; building up a stack of coal and cinders on its surface, as far as the topmost bar of the stove; wood and paper being then laid on, and the whole lightly covered with a sprinkling of small cinders. Many advantages attend this method;—economy, less dirt, a cleaner and brighter fire, and no stirring required for many hours.

It being demonstratively shown that the great Smoke Nuisance proceeds mainly from domestic consumption, and not from coal employed for manufacturing purposes, the remedy is simple, and easily obtainable.

Another source of the insalubrity of great cities, is the decomposition and decay of the several animal and vegetable substances, necessarily introduced for the support of

the inhabitants. Putrescent meat and fish, rotten fruit and vegetables, are prolific elements of disease, in the more immediate neighbourhoods of their accumulation. This source of evil might be much mitigated by compulsory enactments, causing such refuse and deleterious matters to be immediately removed into rural or remote districts: there, they would afford an additional item to the fertility of the soil—producing life; here, they operate as harbingers of death.

The atmosphere of London is also fearfully deteriorated by the horrible exhalations which are constantly emanating from what was wont to be called, by Pope and other bards, the "Silver Thames;" but which has now become, instead of a pellucid and health-restoring stream, a receptacle of all imaginable filth, polluting the air and engendering disease. Professor Faraday, writing a short time since on the subject, observed, that "the whole of the river was an opaque brown fluid;" and again, that near the bridges, "the feculence rolled up in clouds so dense, that they were visible at the surface even in water of this kind." Thus, instead of the Thames being even a good sewer, it is really a gigantic cesspool, made doubly dangerous by its being uncovered and exposed to the rays of the sun, as well as being perpetually disturbed by the tides, by the motion of innumerable paddles of steam-boats, and of a thousand other craft that ply upon its surface, even before the very doors and under the noses of the inhabitants themselves, who, poisoned by the vapours it exhales and the smells which it generates, vainly attempt to purify its fetid waters by filtration.

The sanitary improvements which are now in course of operation over the vast area of the metropolis, must in effect become completely neutralised; for it is apparent, as long as the Thames is made the sole or principal reservoir for the sewage matter, so long it must of necessity become more and more contaminated, in direct proportion as drainage is absurdly carried through it. In fact, the practice of draining into the Thames amounts merely to the relief of one portion of the city at the expense of the other. What is required is simply a new outfall, or a system of sewers by which the polluted mass may be intercepted from the river, and carried off to a distant point, where it would be not alone harmless, but become available for useful purposes. This is not merely a social but a commercial question, and which also has considerable agricultural importance. We are positively wasting valuable manure, while we are incurring great trouble and expense in fitting out ships and despatching them to distant countries for that *desideratum* which we have at home. It is to be hoped that the vigilance, intelligence, and energy of the new Board of Works will satisfactorily and speedily solve this important and interesting problem. At Rugby and at Watford this law of nature is strictly observed; an apparatus of pipes and hose conveys the liquid sewage from the streets to the farm, which it irrigates with profit.

It has been asserted, though generally deemed without sufficient proof, that the silt, gravel, and other inorganic materials contained in the bulk of sewage matter, render it unfit for fertilizing the land. If such be true, it will be a scandal indeed, if in this age of chemical and mechanical

inventions, some method cannot be adopted for separating the useless from the useful. Indeed, the experience of Watford and many other provincial towns, though not possessed of the complicated apparatus necessary for the entire purpose, has abundantly shown the fertilizing power of sewage manure.

To prove the beneficial influence of effectual drainage on the salubrity of local places, I subjoin a few statistical facts, as given by the Chief Commissioner of Public Works.

"Returns from 19 towns, in which drainage works have been executed under the Public Health Act, show that the mortality, which previous to these sanitary measures averaged 28 in 1,000, fell after them to 21 in 1,000; and as these towns contained a population of 468,000, the saving amounted to 3,200 lives annually. Croydon is one of the most instructive cases. Tubular drainage was adopted there at a moment when the controversy respecting that system was raging, and grave mistakes having been made in the application of the plan, Croydon became a battle-field for the contending parties. Commissioners inquired, heavy blue books were published, and all the circumstances of the place were minutely investigated and recorded. Dr. Carpenter has given a summary of the results, showing Croydon to be one of the healthiest towns in the kingdom. Notwithstanding an imperfection which still exists in the outfall of the drains, the cleansing of the town, the rapid removal of the sewage, and the supply of pure water, have diminished the zymotic diseases to such an extent that the death-rate, which in 1848 was 28·16, was in the first half of the present year only 15·75; and, comparing the

mean of five years before the works came into complete action and that of five years after, the death-rate is found to have fallen from 28 to 22·9—an annual saving of 196 lives. The outlay, also, has been compensated by such corresponding diminution of expense, that the total amount paid in rates is only 4*s.* 11*d.*, while the average of other neighbouring towns is 5*s.* 9*d.* Bradford furnishes a striking example of improvement. The death-rate, which, on the average of five years previously to 1853, was 28½, has been reduced, on the average of the last five years, to 22 in 1,000. Liverpool, about which much controversy has been excited, owing to the different boundaries included in different calculations, has obtained a reduction of the death-rate of the municipal area from 39 to 27 in 1,000 by the expenditure of three and a quarter millions of money during the last 11 years. In Gloucester the death-rate has been reduced from 27 to 24. The death-rates of large towns are influenced by such various and fluctuating circumstances, that they afford only broad approximations to the conclusions we wish to attain; but in the accurate and well-understood records of public establishments we find safe materials for the construction of sanitary standards."

The condition of some of the ornamental waters in the Parks is not only offensive to the sight and smell, but positively dangerous to health. During some of the warm, close evenings of summer, the effluvia from these waters are perfectly sickening. Such nuisances are easily remediable, and would have long since been effected had there been a man at the head of these affairs with the courage to do his duty fearlessly, as did Sir Benjamin Hall (now

Lord Llanover), who, during his term of office, proved to be the "right man in the right place." He commenced the long demanded improvements in the Parks, which have not inaptly been termed the "lungs of the metropolis," and which, it is earnestly to be desired, will not suffer diminution at the hands of his successors. The water in St. James's Park has been already drained off, and the sewers that used to poison its purity diverted, and the whole thoroughly cleansed, with the addition of proper means to prevent a recurrence to its former disgraceful state. In the Green Park, too, the reservoir at the north side, near Piccadilly, has been filled up and levelled, it long having been an eyesore and a nuisance to the whole neighbourhood from its foul condition. These, with the improvements effected in the Serpentine, will, it is true, entail a considerable expense, but the cost, though considerable, is a mere bagatelle in comparison with the results to be anticipated. England is a far richer country than France, and yet there we see no hesitation in carrying out sanitary improvements, as well as architectural embellishments, not alone in Paris, but in most of the greater towns of the Empire.

Some few medical practitioners, with shame be it spoken, have rendered themselves unenviably conspicuous in endeavouring to persuade the public that the filthy condition of that horrible locality which glories in the name of "Belle Isle" is rather beneficial than detrimental to health. Such men are the obstructives of progress; and if the light which is so abundant in other quarters, finds no admission to their perceptions, far preferable would it be that they should enjoy their ill-concocted notions in retirement than

be allowed to outweigh by futile arguments the sad experience of those whose health has suffered, and whose children have sickened, from the malaria of which these gentlemen are the apologists. But surely a discerning public will not surrender the evidence of their senses, and undervalue the deleterious effects unmistakably produced by the abominable and ever-present effluvia.

The results of a contaminated atmosphere are frequently depicted in the complexion, which becomes pale, puffy, and *exsanguineous*—the general exhibition when man is excluded from the pure breath of heaven. The influence then of a vitiated atmosphere, as I shall presently show, on the digestive organs, through the medium of the skin (between which and the stomach, liver, and other abdominal organs, a most intimate and complex sympathy exists) must obviously become apparent to the observer, and is too truly so in reality to the sensations of the sufferer. The entire digestive phenomena are enfeebled in intensity, and protracted in duration, partly through the medium of the lungs, and partly through the medium of the skin, aided by the influence of *nervous depression;* the cause of which latter is to be attributed to the imperfectly oxydated state of the sanguineous fluid, thus depriving the entire nervous system of its appropriate stimulus.

The inhabitants of large cities are liable to a class of diseases, distinguishable from those of rural districts by an absence of power and tone, no less than by the different and even opposite mode of treatment they require. Thus a disorder which in the country will bear and even demand the abstraction of blood, if occurring in a large town will

scarcely admit of the smallest amount of depletion, and may possibly require the administration of stimulants or even of tonic remedies.

The diminution of nervous power accompanying diseases to which citizens are subject, is a point of no slight practical importance, and which should always be borne in mind, in reference to the treatment of disease. As proving the assertions I have felt called upon to make, I subjoin some apposite remarks and details which have been extracted from the statements of the Chief Commissioner of Public Works, as well as the statistical returns furnished by the Registrar-General.

"England has been divided by the Registrar-General into two classes of registration districts of about equal populations, one consisting mainly of urban and the other of rural inhabitants, and it is found that the rural death-rate reaches only 22 in 1,000, while the urban is 26. The facts we possess at present support the theory that unhealthiness prevails in proportion to the density of population. It is estimated that if all the population were living in healthy condition, and life were only terminated by natural decay, the ordinary age at which men and women would depart would be 80. But it is more important to know that in 64 out of 628 registration districts the average annual death-rate is less than 17 in 1,000 persons living. These districts are salubrious in their natural features, and their population, amounting to 1,000,000, are chiefly employed in agriculture; but, on the other hand, the cottages are exposed to many of the evils that we most denounce; they are not model districts, but they are dis-

tricts from which the chief evils we are seeking to remove are absent, and they furnish a fair practical standard of what is possible to attain.

"While, then, persons die at the rate of 17 in 1,000 in these standard districts, above 22 in 1,000 die on the average of all England, and 36 in the worst urban district; and as 419,815 persons died in 1857, if the mortality of the rest of England had been no greater than it was in these 64 districts, 91,652 lives would have been preserved in that year.

"The light we now possess is sufficient to prove the startling fact, that in England alone a hecatomb of victims, at least 100,000 of our people, are being annually sacrificed to ignorance or disregard of the laws of health, and that in addition to these 100,000 deaths, far more than a million of persons are suffering from serious illness from the same cause. For the more complete striking confirmation of this fact we require that the total mortality should be separated and distinguished according to the diseases by which it is occasioned. An important contribution to this knowledge has been made by Dr. Greenhow. He has extracted from the general returns the mortality occurring from diseases which prevail under those evil conditions of life which are most within the power of the community to remove. These are—1, typhoid fever; 2, diarrhœal diseases; 3, pulmonary affections; 4, contagious diseases of children, consisting of scarlatina, measles, and whooping-cough; and, 5, the nervous diseases of infants. On comparing the mortality of districts at the top and bottom of the scale of health, it appears that the

difference between them is nearly equal to that mortality which occurs exclusively from the five classes of disease thus selected:—

AVERAGE MORTALITY TO 1000 LIVING.

	Total.	More Preventible Diseases.	Exclusive of those Diseases.
In selected rural districts	16	5	11
England and Wales ..	23	12	11
London	27	16	11
Birmingham	27	16	11
Leeds	31	20	11
Manchester	34	22	12
Liverpool district	37	25	12

From which it appears that if the excessive mortality from these more *preventible* diseases could be reduced everywhere to the amount which is found in these selected rural districts, *one-half the deaths in England would be prevented, and two-thirds of the deaths in the district at the bottom of the scale.*"

We are accustomed in figurative speech to deprecate "the torch of war," and to lament over the slain, as if they formed a material element in the universal destruction of mankind. Large, however, as the numbers may be, it must be remembered such horrid casualties occur but seldom and at long intervals; and when contrasted with the deaths arising from our own neglect, or imperfect theories, the sum total exhibits even an insignificant appearance.

It can hardly indeed be disputed that the prevalence and fatality of these five classes of diseases could be greatly mitigated by the energetic employment of comprehensive sanitary measures. The source of typhoid and other con-

tagious fevers, is generally in ill-drained and unventilated places. Seldom do they originate in the homes of the more opulent, though of course they are capable of being conveyed from the hovel to the palace. Cholera, that hitherto intractable disease, commits its fearful ravages with manifold intensity in dense and squalid neighbourhoods. Even pulmonary consumption, that so-called bane of the British Isles, includes among its victims a considerable number of preventible cases. The inhalation of dust, particles of steel, stone, and other irritating substances, by workmen employed in noxious trades, lays the foundation of a large proportion of the mortality from such disorders. Children born under the depressing influences of poverty, dirt, foul air, &c., are peculiarly liable to the early approach of death.

In Mr. Simon's Report to the Board of Health in 1858 it is stated that every year more than 23,000 children under 5 years of age die of inflammation of the respiratory organs, besides nearly 4,000 whose deaths are attributed to phthisis; and these 27,000 deaths are so unequally distributed that the corresponding death-rate, in proportion to the infantine population, ranges from 213 in the healthiest district of England to 2,897 in the unhealthiest. The acute non-infectious diseases, which hold their chief sway in towns, and especially in large manufacturing towns, destroy annually 72,000 young children, and the death-rate they produce in one urban district is seven times as great as in the most healthy rural localities. And if we make a much broader comparison, and compare the average taken from the 2,500,000 who occupy the north-western counties with

that from the 4,000,000 who occupy the south-eastern portion of England, we find the infantile death-rate from these disorders in the north-western to be about $2\frac{1}{2}$ times as high as throughout the south-eastern counties.

Sufficient has been stated on this branch of the subject to show the insalubrity of large towns and cities, and the comparative advantages of rural or open districts, and in conclusion I will sum up in the words of an indefatigable sanitary reformer:—

"If the English race should lose its beauty, health, strength, and life, through the impurities of its dwelling places, the imagination of SWIFT alone could conceive—his pencil depict—the depth of degradation to which the nation might fall."

A great truth is concealed in this warning. Natural ruin is often connected by enthusiasts with inattention to their own peculiar dogmas, but a little reflection will convince us that the highborn destinies of England are dependent upon the native vigour of the race; and the strength and fortitude of individuals composing the race must depend upon the sanitary conditions by which they are surrounded.

THE CLIMATE OF SYDENHAM.

THE Englishman has been described by foreigners, and tacitly admitted by ourselves, as a "grumbling animal;" and one never-failing theme of complaint among us is the uncertainty of the weather, and the unhealthiness of the climate; as if consumption, scrofula, rheumatism, and various other painful and fatal disorders, were confined to our "tight little island." Now, a main proof of the salubrity of climate is to be found in the longevity of the inhabitants, and in that respect England is seen to be in reality the most favoured land throughout the length and breadth of Europe. The average mortality of the metropolis is less than Copenhagen, Naples, Dresden, Amsterdam, Stockholm, Vienna, Venice, &c. &c. Even Montpellier, once so absurdly called the "Queen of Climes," succumbs in salubrity to the monster city of London itself —the deaths there, averaging a far greater number, in proportion to its size and the invalid condition of its floating population.

Were it necessary to go deeply into the inquiry, it would be seen, I repeat, that England enjoys a greater amount of longevity, and a proportionate degree of sound health, than any other European country, and this favourable disposition seems to be on the increase. The pedestrian, the sportsman, the racer, and the athletæ of various other kinds, evince,

not only the healthy nature of their pursuits, but the bracing effects of air, climate, and diet by which their bodily, ay, and in many instances even their mental powers, are sustained, invigorated, and developed.

Much of the salubrity of England may be attributed to its insular position, and the oceanic influences which surround it. With a smaller degree of heat in summer, and less intensity of cold in winter, than is common in continental countries placed in the same degrees of latitude, it enjoys more equality of seasons, and is decidedly, notwithstanding some drawbacks, more conducive to health and longevity.

Diverging now to the more immediate object of this little work—the climate and salubrity of SYDENHAM—it may be stated at the outset, that, from statistical returns, it appears that its mortality averages less in proportion than any of the neighbouring districts of London. At periods when Asiatic cholera, fevers, and fatal epidemics, have been rife in the metropolis, SYDENHAM has been entirely free from their visitation; and it is credibly asserted that not a single instance of diptheria has occurred within the parish. Longevity has been at all times a recommendatory feature in the claim demanded for its salutary qualities, and its elder inhabitants are not without fair pretensions to this claim. In fact, they appear determined to surrender to *time* rather than to *disease*.

To those who seek the greensward, or desire to ramble among the rude productions of our mother-earth, green fields, hedged lanes, rustic strolls, and rural rides o'er hill and dale, with all the glories of bounteous Nature, are to

be enjoyed in this favoured locality: in many parts, indeed, without the slightest interruption, except from the occasional not unpleasant rencontre with a stray specimen of that almost forgotten race of wandering outcasts familiarly known as gipsies:—

> "Down by yon hazel-copse, at evening blazed
> The gipsy's faggot; there we stood and gazed—
> Gazed on her sunburnt face, with silent awe,
> And o'er our palm the silver piece she drew,
> And traced the line of life with searching view."

The soil of UPPER SYDENHAM (with which I include UPPER NORWOOD) is mainly gravel; and thus, being readily absorbent of the heaven-sent draughts, is, like a teazed child's tear, soon dried up, and Nature smiles again.

The village or town of SYDENHAM is divided into two districts—termed UPPER and LOWER SYDENHAM. The larger part of the former is built upon a high table-land, elevated some 400 feet above the level of the Thames, and commands a magnificent panoramic view in every direction; while LOWER SYDENHAM is prettily situated in a basin, surrounded by the delightful villages of Forest Hill, Penge, Anerley, &c.

Thus, so favourably is SYDENHAM placed by nature that the invalid may experience within its precincts *two climates*, entirely distinct from each other.

The air at UPPER SYDENHAM is peculiarly pure and bracing, and, as is commonly remarked, possesses more freshness and elasticity than almost any other locality near to the metropolis. To this, and to the purity of its water, without doubt, is to be attributed, in a great degree,

the visibly marked improvement in health and strength which so many individuals have experienced on removal here; which will sufficiently account for the fact that the large and splendid hotels known as the "Crystal Palace" and the "Queen's," which have been recently erected, have failed in affording the requisite accommodation.

All these form attractions of no common order, and of themselves would be sufficient to make SYDENHAM an eligible residence for those who, for health or for mere recreation, seek a change of air and scene. But, in fact, they are only accessaries (accessaries, however, of no mean order) to other solid claims and advantages which SYDENHAM possesses in its MAGNIFICENT PALACE — to which I shall often have occasion to refer.

It may by some be imagined that the climate of UPPER SYDENHAM is too cold for the generality of constitutions, but it is very erroneous to suppose that cold, *per se*, either imparts or aggravates disease, when uncombined with humidity or fog—from which latter unfavourable qualities the place seems to enjoy almost a perfect immunity. Indeed, the extraordinary rarity of fog in this vicinity has often been the theme of observation and comment in our public journals. This was particularly the case during the last November, when, upon various occasions, although day was turned into night in the metropolis, the sky was cloudless, and the sun luxuriantly shining, at Sydenham and its neighbourhood. Had I not personally and repeatedly witnessed this fact, I could scarcely have imagined that a few miles only could create so sensible a difference in the atmosphere, and such a delightful relief from the

horrors of a November day—thus jocularly described by the inimitable Hood :—

"No sun—no moon—
No morn—no noon—
No dawn—no dusk—no proper time of day ;
No sky—no earthly view—
No distance looking blue ;
No roads—no streets—no t'other side the way ;
No end to any row—
No indications where the crescents go ;
No tops to any steeples ;
No recognition of familiar people—
No courtesies for showing 'em,
No knowing 'em.
No traveller at all ; no locomotion ;
No inkling of the way—no motion ;
'No go' by land or ocean ;
No mail—no post ;
No news from any foreign coast ;
No park ; no ring ; no afternoon gentility ;
No company ; no nobility ;
No warmth ; no cheerfulness ; no healthful ease ;
No comfortable feel in any member ;
No shade ; no shine ; no butterflies ; no bees ;
No fruits ; no flowers ; no leaves ; no birds ;
November !"

With many individuals the sharp cold of a British winter is decidedly conducive to animal vigour. A "fine frosty morning" seems quite a national expression ; and it is doubtful whether congelation could occur to such an extent as not to be designated "very seasonable weather."

If, as it sometimes happens, and more commonly at the commencement of December, a sudden frost should occur, and continues for a few days, what a change is experienced! The whole population is regenerated ; the

healthy man laughs at the uncomfortable feelings of yesterday—the invalid declares that his headache has departed —the nervous feel invigorated and refreshed—and even those who labour under acute diseases respond cheerily to the improved condition of the atmosphere. This change is so striking as to be sometimes even ridiculous. A physician may see a number of patients to-day, and they all complain of the effects of damp and fog and of the inefficacy of his prescriptions. A frost sets in at night; and to-morrow he finds them cheerful, and improved in a manner truly surprising. A sharp frost, indeed, typifies health, good spirits, activity, briskness: it is regarded as a whetstone to wit; jokes are smarter, mirth louder, tempers brighter in a frost. Everything seems disposed to crackle with joy, fire, pride, courage—all the man is brought out. A boastful temperament comes over many persons with frosty weather—their former great exploits, their feats of strength and endurance are remembered—how many miles they walked in one week, in Switzerland, Scotland, or Wales; what cliffs and mountains they climbed: and their incredible triumphs over pheasants, grouse, and foxes. There is something of the ancient giant which takes possession of strong muscular men during frosty weather: a defiance of fate; a self-dependence, and a spirit of universal challenge both to man and nature, approaching to the hoarse truculent inflation of an old Titan. These are the effects commonly experienced on the advent of severe or wintry weather, and it may be fairly assumed that there is something natural in them, by the universality of the feeling.

But every medal has its reverse, and there is another and gloomier side to this pleasing picture, which is too palpably exhibited by the inexorable returns of the Registrar General. When depression of temperature, and inadequate external protection against cold, are associated with defective clothing, fire, or food, the "fine frost" is destruction to the very young and the very old, who have barely enough animal vigour to meet the ordinary demands. Nature's stock of caloric may support the poor, ill-fed, unhoused, and sickly creature while it lasts; when it departs, life goes with it. The miserable dens and murky alleys in our vast metropolis teem with such unhappy creatures, whose weak and trembling forms are ill calculated to sustain the pressure of extreme cold, and reasonably they may exclaim, like the frogs in the fable, "That which is play to you is death to us."

The elevated ground upon which UPPER SYDENHAM stands contributes not a little to the beauty of its scenery and the healthiness of its inhabitants. The beneficial influence of *elevation* on the temperature and general properties of the atmosphere cannot be questioned. In the earlier ages of civilisation, cultivation was almost confined to the high lands and "brae sides," while the richer and fatter soils of the valleys were comparatively neglected: a purer air and more robust health being more frequently experienced in the higher regions. I may here observe *en passant*, that UPPER SYDENHAM is remarkably well-drained and free from surrounding nuisances. Much is dependent on these circumstances. A house may be situated on high ground, surrounded with beautiful scenery,

broad meadows, and ancient oaks. Sunny fields may encompass it, and babbling brooks may cheer the view. To the sight it may lack nothing conducive to its beauty and completeness, yet the sweeping south-west wind may waft to its inhabitants odours from the adjacent cattle-stalls or the surrounding ill-drained yards of agricultural neighbours. Every evening may see approaching through the garden-gate the white coverlet of the adjoining humid meadow. Garbage and refuse of every kind may fester and putrefy, and, though out of sight, yet sufficiently near to be offensive and deleterious. The same stagnant pond may be at once the water-tank and the drain of the whole family. The contents of the cesspool may percolate far below the surface of the earth, and find its way into the cellars and basements of the building. Thus, notwithstanding the apparent eligibilty of the site, the inhabitants become a prey to malaria and fevers in every conceivable form. Fortunately these noxious influences are not propagated to great distances, and the removal of even a few hundred yards will often permit of an escape from such dangers. I have known individuals who had constantly been martyrs to dyspepsia, chronic cough, rheumatism, ague, and depression of mind, while residing in such localities, find themselves almost, or even entirely, free from these evils when they had removed to a residence perhaps only a very short distance from their former unhealthy abodes.

Sometimes, however, it is observed that the climate of valleys is by no means prejudicial to health. A river, or a running stream, is one of the most efficacious means of purifying the atmosphere; the irrespirable vapours, sub-

siding by their specific gravity, are carried away with the water in constant succession; the sea, by its continual afflux and reflux, perpetually imparting to the former fresh supplies of the purest air, and removing by means of the latter all the deleterious vapours which are unceasingly developed. The sea-side also enjoys a high reputation for salubrity, and not unjustly so, when collateral circumstances of temperature and season correspond. Beneficial, however, as the sea-air undoubtedly is, in many instances of disease, or as a general invigorator of the constitution, yet it is a vulgar error to imagine that in all cases a residence by the sea-side is preferable to a more inland locality. Even the most robust individuals are sometimes unequal to the continued inhalation of the saline breeze, and I believe it is not found that the health of the permanent dwellers on the coast is, in the main, of a higher average than in places more remote from the ocean.

The beneficial effects of change of air are in general obvious, and frequently permanent. But it is not simply a mere removal from place to place, but a judicious selection of the local spot best adapted to the peculiarities of the individual case, whether dry, moist, or saline, which is endowed with the curative faculty. Change of place, too, as I shall hereafter show, requires to be tempered with cheerfulness, novelty, and a succession of suitable and tranquil excitement.

LOWER SYDENHAM.

HAVING described the peculiar advantages appertaining to the situation and climate of UPPER SYDENHAM, perhaps somewhat eulogistically, but not more so than a conscientious conviction permits me to do, it becomes necessary to enter upon a brief description of its twin sister, designated at the head of this paragraph.

The climate of LOWER SYDENHAM, as well as that of the neighbouring villages of Penge and Anerley, is in many respects the reverse of that of the Upper town, being mild and somewhat humid, though conspicuously free from fogs.

It is a generally received opinion that, in many constitutions, a moist state of the atmosphere fails to assist the requisite changes in the blood, and to aid in carrying off the fluids exhaled from the mucous and cutaneous surfaces, more especially those of the lungs; thus rendering the powers of life more languid, and the system consequently more open to the invasion of deleterious influences. Less moisture also being exuded, the elements of biliary secretion and the watery portion of the blood become redundant in the vascular system; and hence fevers, functional derangement of the liver, and of the intestinal canal, &c., are promoted. But, notwithstanding this fact, there are numerous individuals, especially those characterised by an irritable state of the

bronchial tubes, to whom a residence in a dry air would be almost intolerable, while the soothing tranquillising effects of a warm and humid atmosphere are almost magical in their powers; and, extraordinary as it may seem, there are many asthmatic individuals who derive more benefit from low-lying situations, imbued with a heavy and even smoky atmosphere, than are experienced in higher, drier, and what would be generally considered more favourable situations.

For many reasons, also, valleys are sometimes found to be the most desirable abodes for certain classes of invalids; for in low grounds, where the density of the air is greatest, more of the vital properties of the atmosphere must be inhaled at each inspiration, with less exhaustion to the muscular and nervous organs, than on hills and table-lands.

To the extremely debilitated, therefore, and to those suffering from exhaustive diseases, the choice should be directed to situations of the above character. When a valley is situated with a considerable exposure to the noon-day sun, or consists only of a soil which too strongly reflects its calorific rays, the side of a hill in a greater or less degree of elevation, may be preferable as a residence to some classes of invalids. The greater degree of coldness of this latter situation, provided the temperature be tolerably steady, and not liable to any sudden alternations, will produce a tonic effect upon the system, which, under some circumstances, more than compensates for the increased rarity of the atmosphere. Although, as a general rule, it may be desirable to exchange an unhealthy

for a more salubrious atmosphere, yet, in advising those suffering under bodily disease, a precise notion of all the contingent circumstances should be obtained. If the complaint affects the mucous membranes, characterised by excessive secretion—if the skin, depicted by cutaneous eruptions—if the glandular system, by indolent swellings and ulcers—if the locomotive system, by chronic gout and rheumatism—and if to these are added a cold skin and a pulse weak and below the normal standard, with general bodily depression and functional torpor—the climate of UPPER SYDENHAM may be indicated. If, on the contrary, the maladies are accompanied with a dry state of the mucous membranes, with a harsh skin, an accelerated pulse, and a predisposition to the more acute forms of inflammation, the milder and more humid atmosphere of LOWER SYDENHAM will be found most advantageous.

But to enter into the constitution of the various ingredients which constitute a good climate would involve so many circumstances, and open so wide a field for discussion—dependent as they must be upon idiosyncracy or peculiarities of temperament, &c.—that a volume would be required for this exclusive theme; and, after all, would be a mere "Utopia," or the beau-ideal of meteorology. Nor is it, indeed, probable that such a climate as might theoretically be constructed of every favourable element alone, can anywhere be found. Besides, after the Valparaiso had been prepared, it would require homogeneity to fit it for universal adaptation. The cloud-berry that flourishes in the Alpine range would perish on the mountain-top.

Few of us can always adapt the requisites of life to the demand—as a lively modern poet observes:—

"It is worthy of note, when two friends meet together,
The first topic they start is the state of the weather:
It is always the same, both with young and with old,—
'Tis either too wet, or else 'tis too cold,
The glass is too low, or else 'tis too high;
But if all had their wishes once granted together,
No mortal on earth could exist in such weather."

It is now my intention to offer a few general observations on some of those classes of DISEASES in which a genial climate, accompanied with change of scene and occupation, are highly efficacious, as remedial agents. Maintaining, as I strenuously do, the propriety of instructing the public in everything which concerns their health and physical happiness, I shall follow the praiseworthy example (as I have already done in several former works) of Sir James Clarke, Dr. James Johnson, Dr. Combe, and others, in couching my language in such plain and simple terms that it may be equally intelligible to the general, as well as the professional, reader. I have long been of opinion that sound practical information afforded to the public on all matters appertaining to health and disease, has a tendency to arm them against the impositions of quackery in all its hydra-headed shapes, and to aid them in judicious co-operation with their medical adviser, in the maintenance or reparation of that invaluable blessing—health. Well has it been said that "Life is not life, but with the enjoyment of health."—

"Non est vivere, sed valere vita."—MARTIAL.

A quotation has too often been made, from the works of one of our greatest poets, that

> "A little learning is a dangerous thing:
> Drink deep, or taste not the Pierian spring"—

which involves, in my humble opinion, a latent error, and which error has been extensively distributed by its continued reiteration. A little knowledge is better than no knowledge at all. The more information upon any and every subject a man can obtain, it must assuredly avail him in some good end. A beginning must be made somewhere, and the wisest among us were once on a level with the most ignorant. Circumstances may not always permit an individual to dive into the *penetralia*, as it were, of scientific or literary research, yet the little his time or means may allow him to acquire, will assist in building up or consolidating his views upon collateral subjects. Lord Palmerston in a late oration most truly observed, "If a man were to enter a town or some foreign country, where there were laws the violation of which was attended with pain, imprisonment, or, it may be, with death, would he not be deemed mad, if he did not take the earliest opportunity to make himself acquainted with those enactments, so that he might avoid the penalties attached to their infringement? Yet there are laws of nature, applicable to the daily pursuits of men, which, if not attended to, inflict bodily pain in the form of disease, imprisonment in the shape of the loss of corporeal powers, and even death, through the neglect of those sanitary conditions on which life depends. How important, then, it is that all classes should be made

aware of those natural laws and regulations which are indispensable to their own welfare and to that of their families."

An experience of more than twenty years has thoroughly imbued me with the conviction that improved and well-understood hygienic rules are more efficacious in averting disease and prolonging life, than the most elaborate or potent medicines ever introduced to the notice of mankind.

Among the disorders which may be averted or benefited by a residence at either UPPER or LOWER SYDENHAM, I may particularly mention CONSUMPTION, ASTHMA, BRONCHITIS, LARYNGITIS, LOSS OF VOICE, SCROFULA, RHEUMATISM, NEURALGIA, GENERAL OR NERVOUS DEBILITY, DYSPEPSIA, and HYPOCHONDRIASIS.

PULMONARY CONSUMPTION.

By the Registrar General's Report, it is proved that this terrible and destructive affection carries off more victims than any other known disease. In one tabular statement, about 60,000 deaths are chargeable to this fatal scourge alone. If in this list are included not merely phthisis proper but pulmonary affections in general, it may actually be reckoned that one death out of every four occurring in England may be attributed to this fell disease. The combined total is truly most appalling—100,000 deaths in every year!

By contrasting the principal disorders in the different districts of Great Britain, it is actually shown that the death-rate of consumption in females averages from 229 to 588, and among men from 66 to 869, out of every 100,000 of the population. In childhood, the contrasts discernible

are equally striking, being from 213 to 2·897. In view of these extraordinary returns, it is impossible to deny that local or personal conditions, or, in other words, conditions more or less within our own control, must be chargeable with a large proportion of these deaths. Doubtless an insufficient supply of clothing, food, and warmth, may be enumerated among the causes which are remediable; but probably, in an equal if not greater degree, must be included in the category, an uncongenial and unhealthy atmosphere.

It has long been a *questio vexata*, whether cold is promotive or antagonistic to consumption. It is supposed by some that the virtue of a climate resides in its warmth—that warmth is naturally adverse to consumption, and that cold is an element highly provocative of the disease.

On the other hand, it is now well ascertained that warm climates exert a far less favourable influence on the tubercular disposition than was formerly assumed. I repeat formerly, for this is now becoming more and more admitted to be an entire mistake—as it is indeed proved, by statistics. It was supposed, for example, that a permanent residence in the West Indies was a certain guarantee for the prolonged life of persons predisposed to consumption, or actually affected with the disease. But British soldiers garrisoned in those climates died in larger proportion than those who had remained at home. The negro population are its frequent victims, and the mixed race—the offspring of the white and black—are positively scourged by its severity. American soldiers quartered in the Southern States are more subject to this disease than are those in

the inhospitable North. Among the Alps, consumption is very rare; even among the inhabitants of regions so elevated that the winters are as long and as severe as those of high latitudes. At similar elevations on the Andes, the disease is said to be equally uncommon. From 8000 to 10,000 feet above the level of the sea appears to be a very favourable altitude for the recovery of persons affected with pulmonary complaints—the snow-line being 15,000 or 16,000 feet. The Baths of Panticosa in the Pyrenees—regarded as an almost infallible remedy for persons even in the last stage of consumption—are 5000 feet above the level of the sea.

Consumptive disorders are equally rare in Greenland, Iceland, Lapland, and Russia; which ought to be their chosen abodes, if abstract cold were an exciting cause Sir George Lefevre, who practised many years as a physician in the latter country, declares that he found consumption to be the minimum of all the diseases which fell under his treatment: indeed, he goes so far as to insinuate, that a residence in those northern climes might act as a specific in all pulmonary disorders. In the Arctic Regions, consumption is altogether unknown. The statistics of the British Army evince the extra frequency of consumption in southern climates in comparison with northern. The proportions at various stations were as follows:—Jamaica, 13 per 1000; West Indies generally, 12; Bermuda, 9; Canada, $6\frac{1}{2}$; United Kingdom, $6\frac{1}{2}$.

Dr. Allen, of Upper Canada, says ('Edinburgh Med. and Surg. Journal,' January, 1844) that long experience and observation have convinced him that cold climates are

more suitable for consumption than those of a warmer temperature, and that Canada is far better adapted than Italy for tuberculous or scrofulous affections. It is a certain fact that these disorders are scarcely seen in Upper Canada, in any of their multifarious forms. "The excellence," Dr. Allen observes, "of this elevated region, for persons of a scrofulous or consumptive constitution, seems to depend on its pure, dry, tonic atmosphere, and its entire freedom from marsh miasmata."

I believe, indeed, that the advantage of continually inhaling a warm atmosphere in such affections, has been very much over-rated. I am confirmed in this opinion by the great Audral, who says, "pulmonary consumption is a disease which is found to exist in all latitudes; but, as persons are much inclined to suppose, its frequency does not increase in the direct ratio of the lowering of the temperature, neither does it decrease constantly in the proportion as the thermometer ascends. In countries where a very low temperature does not change abruptly, there are few instances of pulmonary phthisis." M. Levastier states in a work published by him (*Guide Médical des Antilles, ou Etudes sur les Maladies des Colonies*) that consumption is more fatal in the climate of Antilles than in Europe. He quotes the case of a lady, who in the course of nine days was seized with and carried off by that disease. It is common both among the whites and mulattoes, but still more so in the negro races. He observed, however, that the progress of tuberculous secretion received a temporary retardation on the first arrival in the islands; but after becoming acclimated, on the presentation of any cause, the

disease is quickly endowed with renewed activity, and a fatal termination speedily follows. The same is true of Havanna and of the most celebrated European resorts—Nice, Rome, Marseilles, Villa Franca, Naples, Florence, and Madeira.

Of Montpellier and Marseilles, Dr. Burgess states, "there is no part of France where pulmonary consumption is so prevalent among the native population; in the latter place especially, where the ravages of the disease among both sexes are very great."

All physicians, indeed, native and foreign, acknowledge the prevalence of consumption in Italy. Dr. Balbirnie says that more natives die of consumption in Nice than in any town of the same population in England. M. Vallery states that "it hastens the end of persons attacked by pulmonary consumption." Dr. Pollock, in describing Lombardy, confidently affirms, that "a locality equally injurious to persons suffering from consumption could not be found in any part of the United Kingdom:" and he declares that Genoa, Florence, Naples, and Rome, are in no respect more favourably situated.

Dr. Newton, who practised in the island several years, states that, of those who are sent to and remain at Madeira with suppurating lungs, nearly all die, and in as short a time as they would have done at home, and very probably much quicker. Dr. Mason, who resided there for two years and upwards, arrived at the same conclusions. He observes that the dampness of the atmosphere is so great, that it is impossible to prevent iron in any form from being rapidly oxydised, and that deliquescent substances are rapidly saturated with moisture.

Though many of the profession, more particularly in former years, have recommended the climate of Madeira as being beneficial to such invalids, on account of its presumed equable character, yet we are now arriving at the conclusion that the gradual changes of the seasons, incident to our own islands, are a better preparative for the extremes of cold and heat than most other countries. It is frequently observed by the consumptive, that a very uniform and quiet atmosphere is not so conducive to their comfort, as more variable and slightly agitated weather.

Dr. Combe, during his residence at Madeira, observed that the invalids were better when the atmosphere was somewhat changeable, and the temperature less steady, than when the season was particularly mild and equable. Sir James Clarke states that he has remarked the same effects from a long residence in some of the more sheltered spots in this island. Dr. Gourlay (a high authority) observed that diseases of the lungs were of the most frequent occurrence among the natives of Madeira; and it is well known that the latter have no faith in the curative effects of this climate, and no sooner does an invalid land on the shores of the island than the remark is made—*La vai mais Inglez a l'aranjeira*—"There goes another to the orange-tree:" meaning the English burying-ground.

When phthisis, in the judgment of the experienced medical practitioner, has become confirmed, the abode most suitable for the remnant of existence of the unhappy patient, most assuredly, is HOME. Surrounded by affectionate relatives and sympathising friends, in daily contemplation of the "old familiar forms," in view of the

accustomed objects of his cherished regards, where every look, and tone, and touch, recalls the memory of early though not unforgotten joys, the longing soul quietly "shuffles off this mortal coil," with its last fond earthward gaze consoled by the sorrowing sympathy of surviving friends.

I am disposed to agree with those who think that NATURE HAS ADAPTED THE CONSTITUTION OF MAN TO THE CLIMATE OF HIS ANCESTORS, and I am fully confirmed, from my own individual experience, fortified by most of the highest authorities, that a dry, tonic, and somewhat elevated situation, combined with a regular progression of the seasons, including gentle alternations of genial and cooler temperature, is the locality pre-eminently qualified to arrest the development of pulmonary disease, or to mitigate its ravages when unhappily established. I repeat this assertion, as a general axiom, fully admitting that numerous exceptions have existed and will exist. Occasionally, sufferers from pectoral disease are met with, reduced to a state of debility and attenuation, who are obviously benefited by a residence in moist inland localities, or even by the shores of the sea; but such instances are comparatively rare.

During a tolerably extensive practice, in which I have been favoured with ample opportunities of observing the effects of different and opposite climes, as curative agents in the treatment of diseases, I have conscientiously arrived at the conviction that, in the far greater number of cases, the climate of SYDENHAM and its neighbourhood, combined with the multiplied facilities afforded by the varied and

ever-varying attractions of the world-famed Crystal Palace, are the nearest approach to a panacea for incipient consumptive disorders—or what is professionally termed *consumptive diathesis*—that has yet been obtained. The delightful position of the Palace, its protection within from all vicissitudes of weather, its capability of permitting exercise under all circumstances, the constant succession of mental and bodily amusements obtainable therein, the geniality and healthful fragrancy of its artificial temperature, and the facilities afforded for locomotion to the lame and feeble, unite to form a total of attraction, the development of which has been delayed to our own times.

The necessity as well as the beneficial effects of exercise will be readily admitted, when it is considered how admirably adapted are all the locomotive agents of the body to this end. Curious it is to observe the admirable manner in which each individual muscle performs its allotted function, both separately and in conjunction with its fellows; and our interest is not lessened when it is perceived that, as well as the object immediately contemplated by any given muscular act, other intentions equally desirable are obtained. The brawny arm of the sawyer or the blacksmith evidently portrays the increased development of sinew acquired by his daily toil; and equally, though not always so obviously, is there a corresponding capacity in the nerves and blood-vessels throughout his frame. Indeed, without muscular exertion, the force and rapidity of the sanguineous circulation would become slow and feeble, and the natural tendency of all fluid bodies towards gravitation ceasing to be counteracted by the

impetus of the heart and blood-vessels, the lower extremities would become swelled and œdematous, and dropsy of the whole body would ultimately supervene.

Exercise, though one of the excitements necessary to the preservation of health, under the ordinary circumstances of life, cannot always be suitably enjoyed in fields or gardens when the frame is debilitated by disease; here then the advantages of SYDENHAM are strikingly apparent. Exercise, whether active or passive, can be taken under its hospitable roof, notwithstanding any adverse "skyey influences." Like Burns's 'Tam o' Shanter,'—

> "The wind without might roar and rustle,
> Tam did na mind the storm a whistle,"—

the sojourner within its glazen walls may defy the utmost fury of the elements.

My own experience quite coincides with that of Dr. Balbirnie, who maintains that DEFECTIVE EXERCISE is a powerful predisposing cause of pulmonary affections, by depressing the vital powers, and preventing the free action and development of the lungs, which is absolutely essential to their normal functions. Consumption, I imagine, will never be curable, on an extensive scale, till its remedies are based on free and active exercise of the lungs and limbs, when the bodily powers are equal to the task.

It is very desirable that every consumptive patient should adopt this belief, and receive hope and consolation from the fact, that, when active employment can be systematically pursued, the worst apparent cases are sometimes curable, many more may be greatly relieved, and most admit of

considerable mitigation. Far too long has an opposite and unnatural mode of treatment been adopted; which pernicious error has sacrificed the lives of valuable thousands.

The scope and object of this little work, being more to induce reflection upon those subjects which most importantly control the conditions of health and the duration of life, than to dilate upon the nature of the minute particulars which are comprehended within their range, it will be unnecessary to weary the general reader with amplification.

Although not professing, on this occasion, to enter into details as to the

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of the various pulmonary affections which are found to be so materially dependent upon atmospheric influence, it would seem an omission to refrain from touching slightly on this all-important subject. It has already been pointed out that the quality of the air we breathe is, of all the causes which are concerned or chargeable with the deprivation of health, the most influential. Not only is its temperature liable to perpetual variation, but its electrical condition, its density, and the amount of floating impurities which it contains, are perpetually undergoing alteration. These changes impress their subtle influences on the delicate organization of the lungs, through them to act upon the due oxydation of the blood, and hence conveying salutary or deleterious qualities through every part of the physical frame.

The atmosphere, then, is the cause, either immediately

or remotely, of the far greater part of those diseases which afflict the breathing apparatus. Fever, plague, cholera, influenza, are all carried through the pulmonary system into the general mass of circulatory fluids. So in like manner are conveyed measles, small-pox, and other eruptive disorders, which are so rife under unfavourable conditions of the air. In the same category may also be classed some of the varieties of asthma, bronchitis, and whooping-cough, which are obviously diseases of respiration.

Of all the external causes of consumption in the adult, irrespective of those unhappy instances in which the existence of tubercles is suspected—*ab ovo*, as it were—the most prominent are, decidedly, either the inhalation of *impure air*, or the generation of *local obstructions*, which impede the free circulation of blood, not alone preventing a due oxydation of the vital fluid, but mechanically retaining the carbonaceous and effete particles generated during its passage through the body. Thus is a decided *poison* engendered, and permitted to traverse throughout every muscle, nerve, and fibre of the frame.

Hence, then, arises the very natural inference, that THROUGH THE SAME CHANNELS BY WHICH MORBIFIC OR OBSTRUCTIVE INFLUENCES FOUND ENTRANCE, SHOULD THE CURATIVE AGENTS BE ADMINISTERED. Acting upon this view, perceiving how readily the "bane and antidote" could be brought into immediate contact, I early directed my attention to the investigation of this interesting inquiry, feeling convinced that the supposed incurability of the disease was more attributable to the unsuitable mode in which its rationale was considered, and its relief attempted,

than to the necessarily fatal nature of the lesion itself. Directing my mind to the fact, that the very first visible symptoms of consumption are in the air-passages and lungs, and on which locality (however in its progress it may involve other organs) it never leaves its grasp; considering how much the digestive and assimilative processes are dependent on, and regulated by, the amount of oxygen imbibed by the pulmonary tissues, and receiving the constant waste and innutrition of the system, notwithstanding any amount of wholesome food received into the stomach, I was led to the conclusion that properly adapted MEDICATED INHALATIONS, combined with the respiration of PURE ATMOSPHERIC AIR, containing all its normal elements, in the requisite proportions, were more to be relied on for the cure of this fell disease than any other means that were, or had been, in vogue.

Acting upon these shrewd suggestions of nature, and gratefully receiving those hints so bountifully afforded, I indefatigably investigated the remediable agencies of INHALATION. Though nearly a quarter of a century has elapsed since these views first disclosed themselves to my mind, I have never lost sight of their importance, and the treatment of many thousand cases, during that lengthened period, has convinced me of their truth.

The method of employing medicated inhalations, as explained in my previous works, is exceedingly simple: indeed, nothing can be more so. The patient is provided with a small portable and inexpensive apparatus, called an "Inhaler," into which is poured a certain quantity of warm water. The remedies being then added to and

mixed with the fluid, the medicated vapour is inhaled through a tube of large diameter.

It is necessary that the inhaler should be so constructed that respiration may be perfectly and efficiently performed. The instruments in ordinary use are very defective in this respect, and should on no account be employed, for much injury may be done by the continued *effort* which they render necessary to carry on respiration. The apparatus which I employ does not necessitate the *slightest exertion or fatigue*, and may be used by the most enfeebled patients, no more effort being required than in ordinary breathing.

But easy and simple as is the process of inhalation, the remedies so administered require much care and nicety in their exhibition. The ordinary doses, as administered by the stomach, afford no guide to what should be addressed to the lungs. Acting with increased energy when presented to the thin and transparent membrane, by which alone it is prevented from immediately commingling with the blood, its proportion must be regulated with great skill and judgment. This being premised, it will be readily granted that, in like manner as external ulcers on the limbs or elsewhere are visibly influenced by local applications and by the temperature and qualities of the surrounding atmosphere, so must the minute and delicately organized tissues of the lungs be affected by the tangible properties of those medicaments which are brought, by inhalation, in immediate contact with their surfaces.

My own experience, coupled with that of Drs. Cottereau, Corrigan, Wilson, Harwood, Murray, Sir A. Crichton, M.D., Sir Charles Scudamore, M.D., and many equally eminent

authorities, has well convinced me that incipient pulmonary disease may, in a great majority of cases, be effectually and entirely removed, when the patient fully comprehends his danger and heartily and perseveringly co-operates in the treatment by inhalation. But how melancholy is the reflection, that, in this stage of the disease, comparatively few will be awakened to their danger. They know the insidious, stealthy, painless, treacherous nature of consumption, and yet they will disregard all warnings until it has become *confirmed* in its hold upon the very citadel of life. Alas! how many merchants and others, sighing to be rich, labour on, regardless of all admonitions, and just grasp the golden idol as the chilling hand of consumption is laid upon them, and they are torn away from the enjoyment of their gains, and from all those pleasant dreams with which the spirit of avarice is wont to kindle the minds of its votaries.

In reference to the method of cure which I have so strenuously advocated, I may mention that even so long since as the time of Galen, who flourished A.D. 160, the inefficiency of the ordinary medical modes of treatment is remarked on. In an early French translation of the works of this acute physician, is to be found this remarkable passage:—

"Moreover, consider how many parts or members the medicament is to pass through before it reaches the lung. First, it passes through the mouth, the œsophagus, and the stomach; then to the intestines, and from thence penetrates as far as the veins which are contained in the mesentery, which veins carry it to the concave portion of the liver and from thence to the convex; thence it is

carried to the vena cava, and from it to the heart. We could not deny that the above medicines mingle, in each of the parts above mentioned, with some humour, and undergo some transformation or alteration dependent on the nature of the viscera through which they pass ; thus what remains of the virtue of the medicament is weaker, so that it cannot afford any relief to the wounded part."*

I may here repeat the statement already given in my Treatise on Affections of the Chest,† that, although it is very far from my wish or intention to claim for INHALATION any miraculous results, I can scarcely believe it possible that any attentive and unprejudiced reader can rise from a perusal of the observations and numerous original and select cases of recovery which I have there submitted, without coming to the following conclusions :—

1. That medicines, when inhaled, act locally on the lungs and air passages, and that it is only when so administered that any direct action can be produced.

2. That inhaled medicines act constitutionally as well as locally, and not only so, but more speedily, more powerfully, and with less disturbance of the healthy organism than when administered in any other manner.

3. That inhalation, as a practice, is based upon scientific principles, and its safety and soundness susceptible of demonstration by facts known and recorded by the highest authorities in the profession.

* Le ii. livre de Galien : 'De l'Art curatoire à Gleucon,' p. 245.

† 'Pulmonary Consumption, Bronchitis, Asthma, Chronic Cough, and various other Diseases of the Chest, successfully treated by Medicated Inhalations.' Simpkin, Marshall, and Co, Stationers' Hall Court ; H. Ballière, 219, Regent Street.

4. And, lastly, that the results of this practice show a greater proportion of recoveries than was ever before attained in the treatment of these diseases, and are such as not only to warrant, but to demand, its general adoption.

Besides the devastating disorder familiarly known by its not inapt designation of Consumption, the mucous membrane lining the air-passages, and extending throughout all the cell-like cavities and meanderings of the pulmonary tissue, is liable to the continual attacks of BRONCHITIS, ASTHMA, LARYNGITIS, LOSS OF VOICE, CHRONIC COUGH, with a host of addenda, all capable more or less of being successfully treated by INHALATION. It is manifestly impossible, in this brief treatise, to do more than refer the reader to the author's work on this subject, from which he may, possibly, obtain much cheering and practical information, and to which it is hoped may be appropriated the well-known lines from Horace,—"Delectando pariterque monendo."

SCROFULA.

Although the foundation of a scrofulous habit of body is frequently laid during the early stages of fœtal existence, and even, by many physiologists, is presumed to date its origin *ab initio*—from the very first germs of vitality—yet we cannot divest ourselves of the conviction that it often originates, even in the healthy offspring of healthy parents, under certain unfavourable circumstances; the principal among which are—an habitual exposure to a contaminated atmosphere, the privation of light, and the non-develop-

ment of the muscular system by the indulgence or necessity of sedentary habits.

The established fact of scrofulous affections being so prevalent within the precincts of large cities, and their comparative rarity in healthy rural districts, sufficiently exemplifies the inference that, of all the existing causes, climate and temperature are the most prolific.

From the multiplied evidence which exists to warrant the assertion, there can hardly be a doubt that pure mountain air agrees best with a strumous habit of body, by its bracing and tonic effects counteracting the mental lassitude and muscular debility so commonly experienced in such constitutions; added to which, the pleasurable excitement created by the charms of scenery, the extended field for scientific or artistic investigation, or the pursuit of game, induces the salutary habit of exercise, which, custom converting into second nature, "fits us loosely, like an easy glove."

In countries of the "chilly North," scrofula, like consumption, is but little known. Seldom does it sap the springs of life of the indefatigable hunter or the hardy mountaineer, who generally are gay, careless, and stalwart beings, with cheeks bronzed by the influence of sun and air, and with muscles firm and closely knitted. Contrast these active sons of toil with the squalid forms and sickly faces of their less fortunate brethren inhabiting the plains of Lombardy or the Campagna in the Roman States.

The principal locality in which scrofula takes its abode in the temperate zones is between the 45th and 60th degrees of latitude, and in such unfavoured climes it is

found exhibiting its Protean forms in far greater profusion and fatality when the air is loaded with humidity, contaminated with miasma, or stagnant in circulation.

To the scrofulous, the climate of UPPER SYDENHAM is peculiarly adapted, and more particularly so to children. Scarcely a youth of either sex, however strongly may be implanted in them the seeds of the disease, can reside for a few years in this smiling region without receiving permanent benefit; and many a "Paterfamilias" has had cause to bless the day when he turned his back on the foul and polluted miasma of the leviathan city, to breathe (surrounded with the invigorated treasures of his heart) the pure, the tonic, and the exhilarating atmosphere of SYDENHAM.

In advanced periods of the disease, and in patients who are too prostrated by debility to ascend the breezy hills, and oppose their muscular energies to the blustering winds which occasionally assail such elevated regions, the temperature of LOWER SYDENHAM may be more desirable. The sheltered nooks and valleys, there so abundantly met with, offer abodes congenial to those with exhausted muscular power, and whose respiration is impeded, as well as in doubtful and obscure indications. In the latter category, all suspected invalids should undergo a careful and well-conducted physical examination by the stethescope and pulmometer, aided by the most approved methods of percussion and compression and such adapted modes as the peculiarities of each individual case may seem to demand.

In concluding this subject, I would observe that scarcely

any forms of diseases require more care and selection in remedies adapted to their nature than those usually denominated "scrofulous." Too powerful or grandly striking effects are by no means desirable. A gentle and gradual building up of the dilapidated edifice, mainly through the instrumentality of what may be aptly termed *natural remedies*, is far more conducive to amelioration of pain and to the perpetuation of recovery than the administration of drastic, irritant, and dangerous drugs. I conceive it to be the duty of the physician not to cure disease by physic alone, but to prevent and subdue it by all the various other means which are within his reach, and the more simple the means the stronger the claim upon his attention. A rational exhibition of appropriate medicines, combined with the pure and bracing atmosphere of this neighbourhood and the attractive charms of the never-tiring CRYSTAL PALACE, offer such inducements to the scrofulous as I steadfastly believe are not to be equalled in any country of the habitable world.

RHEUMATISM—NEURALGIA.

It is highly presumptive—indeed, it may be said to be generally admitted—that, in whatever form these painful complaints present themselves, their origin may, more or less, be traced to the influence of cold, combined with moisture, applied to the surface of the body, producing often complete inability to perform the functions of locomotion, and creating considerable, sometimes intense, agony in the attempt.

No medical practitioner—indeed, no ordinary observer—can have failed to notice the effect of atmospheric influence on rheumatism, whether chronic or acute. In the cold and dry form of the disorder, so frequently attacking the muscular system of the aged of either sex, the advent of an easterly or north-easterly wind is a tolerably sure harbinger of increasing sufferings; and, in the acuter forms of the disease, atmospheric changes are ofttimes the sources of aggravation. Probably, the electrical condition of the air has a considerable power on the production or the maintenance of the affliction. The potent agency of electricity, permeating almost every element in Nature, is constantly manifested to us; and in proportion as the subtle fluid is more or less developed and commingled with the vital air, so is the animal frame influenced by its invisible operation.

Every observer of the habits of the lower animals must have seen how sensitive are many of the four-footed tribes to approaching changes in the electrical condition of the atmosphere. Birds, too, are visibly affected by the gathering tempest, and many plants, as is well known, exhibit unusual phenomena under certain electrical disturbance. In what manner, and under what modifications, electricity exercises such potent influences over organised materials, is not, I believe, satisfactorily explained; but, although theoretical reasoning may be defective, yet the visible results are clear and unmistakable. In *a cold and humid* temperature, the amount of electricity generated by the cerebro-spinal apparatus suffers diminution, and, by consequence, the general functions of the body are less

effectually performed, the circulation retarded, the temperature of the surface visibly chilled and exsanguine, and the tone and elasticity of the muscular energy materially subdued. On the contrary, when the atmosphere is *dry and bracing*, the electrical agencies are more freely developed, the muscles, nerves, and circulating fluids of the body become sensible of the general impulse freely bestowed on all alike, and the mental powers are cheered and animated by the equal diffusion, thus offering a corroboration of the old and oft-quoted saying, "Mens sana in corpore sano." Considering *pain* to be occasioned by an unnatural accumulation of the electric principle in an individual nerve, or its extensive sympathetic ramifications, the inference is fairly deducible that it is the *medium* by which Nature prevents its excess or concentration in a vital organ, where its presence might be attended with evil, if not fatal, results.

The agonising and persistent pains of rheumatism, gout, neuralgia, and other kindred disorders, are somewhat analogous in sensation to the startling effects produced by electric or galvanic shocks, which similitude affords additional reason for the probability of their identity.

Many experiments have been performed, which plausibly infer the similarity existing between electric agency and nervous influence, and lead to the belief that, while all the important changes in the body are effected by the power of the organic nerves, by operations closely resembling those of electricity, many of the alterations which the former produce can be mechanically created by the application of the latter principle.

When we regard the above-mentioned effects on the animal system, of cold combined with moisture, and their special influences on these disorders, it will become sufficiently evident how great is the advantage to be obtained by a due consideration of the locality in which such sufferers reside.

All this class of diseases are greatly and injuriously influenced by disordered digestive functions. The stomach and bowels, partaking of the general feebleness of the whole frame, imperfectly perform their allotted part in the economy of nature, and the liver, uninfluenced by the tonic properties of a well-oxydated circulating medium, fails in its due performance; the combined effect of which is dyspepsia and defective assimilation. Thus the nervous system acts upon and deteriorates the nutritive, which, in like manner, performs the same unfriendly office to its coadjutor.

A dry and moderately cold climate is, as a general rule, by far the best adapted for rheumatic, gouty, and neuralgic affections. In Canada they are, comparatively speaking, unknown. A near relative, a barrister, formerly practising in that country, and who had been a martyr to the former complaint while residing in this metropolis, perfectly regained his health after a short sojourn at Kingston; and he assured me that ailments of this character were singularly rare in that colony. In Russia they are scarcely ever met with. Captain Parry, in his interesting account of 'A Voyage for the Discovery of a North-West Passage,' remarks that rheumatism is very seldom known in cold regions. Mr. Edwards, in his 'Report on the

Diseases of the Esquimaux,' observes, "Chronic rheumatism occurs, but it is very rare, and not severe" (Second Voyage, p. 150). This harmless property of extreme cold must, no doubt, be attributable to the absence of moisture in the air. Other examples might be adduced, to show how mistaken are those who suppose that a warm atmosphere, either prevents or cures rheumatic or neuralgic complaints. Suffice it to remark, that in this climate, and, which more immediately concerns our subject, the Reports of the Registrar General convincingly demonstrate, they are far more prevalent and fatal during the summer months than in the opposite seasons of the year.

Further to show the inefficacy of warm latitudes in promoting the cure of rheumatic disorders, I refer to a useless custom which was once extensively in operation. Some years since, patients thus afflicted were exported, as it were, to Jamaica and the other West India islands, thence more frequently to return with every ailment greatly aggravated.

It is now well ascertained, and generally admitted, that occidental climes are among the worst that could be resorted to for these painful lesions. Dr. M'Arthur, who practised for many years in the island of Jamaica, observes, "Chronic rheumatism, when the general health is unimpaired, may be relieved; but when the health is much deteriorated, the powers of the digestive organs much weakened, or the disease attended with profuse perspiration, nothing but a return to a cooler climate can save the patient." Sir James Clarke believes "that the climate is too hot for

the generality of rheumatic patients, seeing that our soldiers and sailors are frequently invalided from the West Indies on account of rheumatism." Dr. Grainger, in his 'Essay on the more common West India Diseases,' says that these diseases are more prevalent there than in this country, especially sciatica; and Dr. Wright adds, that acute rheumatism is frequent in the West Indies. Hereditary gout, Dr. Musgrave states, is often as severe in these islands as in England.

Few individuals have suffered more than myself from general rheumatism and neuralgia of the heart. I may therefore truly say, my own misfortunes teach me to pity those of others—

"Haud ignara mali miseris succurrere disco;"

and have prompted me to pay no ordinary attention to this painful class of diseases, and the result produced upon them by atmospheric influence. The conclusion I have arrived at—partly from the beneficial effects experienced in my own case, as well as from an extended observation among all classes of my fellow-sufferers—is, that for the amelioration of the protean forms of these maladies, more particularly in chronic conditions, the air of SYDENHAM is, above all places, peculiarly—I might almost say specially—adapted. For these reasons, I have pitched my tent at UPPER SYDENHAM.

Fellow-sufferer, "go thou and do likewise!"

GENERAL OR NERVOUS DEBILITY.

By the term "Debility" is generally understood an originally defective condition of the animal system, either

inherited from birth—from a deprivation of the muscular and nervous power, succeeding the termination of disease—or from exhaustion produced by bodily or mental excesses.

Chronic debility is characterised by a want of uniformity in the combination of actions necessary for the due and normal performance of the living functions. This bodily condition is a fruitful source of that class of diseases, termed by physicians NEUROSES, in which irregular or misplaced action forms the most prominent feature. Among the more ordinary sources, as well as the most formidable, are epilepsy, hypochondriasis, chlorosis, and chorea. Be the exciting causes, however, what they may, corporeal debility is certain to be a prominent accompaniment, and by its continuance serves as a nucleus for the further perpetuation of the disorder.

Among the principal causes of debility may be enumerated—

1. VARIOUS CHRONIC DISEASES.
2. LONG CONTINUED AND EXCESSIVE SECRETIONS.
3. DEFICIENT SUPPLY OF NOURISHMENT.
4. OVERTASKED MENTAL AND CORPOREAL FUNCTIONS, OR ABUSE OF STIMULANTS OR SEDATIVES.
5. THE CONTINUED INHALATION OF AN IMPURE ATMOSPHERE.
6. RESIDENCE IN WARM CLIMATES.

The scope of this little work not embracing a diffuse explanation of the various maladies which precede or supervene upon debility, a few observations only on the necessity of conjoining a pure and invigorating atmosphere

with the peculiar mode of treatment best adapted to the individual case, can be afforded.

I have already endeavoured to show, that a continued residence in large cities tends to reduce the strength and vigour of the frame, and strongly predisposes to those diseases characterised by want of tone and power. The influence of polluted atmospheres on the digestive organs through the medium of the skin (between which and the stomach, liver, and other internal organs, the connexion is most intimate) has become too palpable to need enlarging on. To counteract the unnatural torpor of the system—either created by, or the occasion of, debility—the inspiration of the fresh and invigorating breezes of a suitable locality, far away from "the busy haunts of men," is one of the most efficacious prescriptions that can be adopted. Every valetudinarian, indeed, should consider it to be a principal duty, and every healthy citizen should make the attempt, to escape at least once during the circle of diurnal hours from the confined, stifling, and contaminated atmosphere by which he is surrounded, and thus partially, at least, escape from

"Pericula mille sæva urbis."

Probably of all situations congenial to this class of patients, the most desirable is SYDENHAM. In combination with gentle and moderately sustained exercise, the air of this suburban village is endowed with a charm, almost magical in its effects. By its bracing and invigorating properties, a real addition of nerve and muscle is supplied to the exhausted and worn-out frame, whether occasioned by a too "fast" life, by sedentary occupations, or the ill-

judged persistence in unsuitable and deleterious medicines.

With regard to this latter cause, I feel it imperative to hazard a precautionary remark. When from the impurity of the atmosphere—from anxiety created by too close attention to the daily needs of a professional or commercial life—from a too eager search for pleasure—from disappointed ambition, or from any other of the multifarious sources of evil perpetually surrounding us—the health, power, and spirits succumb to their malignant weight, let the afflicted sufferer flee the ignorant quack—his pills are deadly, his draught is poison. Without anatomical, physiological, or chemical knowledge, his practice is blindly empirical; directed without judgment, pursued without remorse. Aptly was it remarked by Dr. James Johnson, that, upon the whole, a greater amount of suffering and mortality is produced by empirical pretenders than is prevented or relieved by the scientific and well-informed practitioner.

From an analysis of the various pretended specifics for "nervous debility," &c., so unblushingly advertised by a legion of obscene empirics (chiefly ignorant Jews), it has been ascertained that they are all, in various proportions, modifications of alcohol or spirits of wine, diluted and flavoured with extraneous matters, according to the dictates of caprice or avarice. The administration of such *drams*—for no other name will express their pernicious nature—may, and doubtless often does, for a brief period arouse the debilitated victim from his lethargic state; but, in lieu of permanently allaying excitability, or of imparting real

power, they contribute only to inflame and irritate the system, and ultimately produce a shattered wreck both of mind and body. Several unfortunate patients of this class were admitted into a lunatic establishment during the time I was officially connected with it, some of whom had been rendered incurably insane by a persistent use of these deleterious nostrums. (*Vide* further remarks on this subject in my work 'On Mental and Nervous Disorders.')

Although Pharmacy may be thus abused, its rational and legitimate employment is not to be despised. On the contrary, Nature has provided physic to relieve the ailments of, as it has food to afford nourishment and support to, the corporeal frame. The suitable and reasonable use of the one is almost as necessary, to rectify occasional deviations from health, as that of the other is to supply ordinary maintenance and preservation.

In cases of debility, especially when accompanied, as they so often are, by mental despondency, to engage the mind in any agreeable occupation or amusement, conjointly with corporeal exercise, is one of the most advantageous means of strengthening the entire system that can be adopted, and

> "To cure the mind's wrong bias, spleen,
> Some recommend the bowling-green;
> Some, hilly walks; all, exercise:
> Fling but a stone, the giant dies."

Doubtless, however, most benefit is derived from those exercises which demand the attention of the patient in their performance. For this reason, so called "constitutional walks" of so many daily miles, without having some further and ulterior end, are rarely found to accomplish

the intended purpose, when they are used alone as remedial measures uncombined with other objects. A walk for the purpose of drinking the water from a chalybeate spring—for botanical, geological, or agricultural interests—to visit schools, or perform offices of charity—will most assuredly prove highly beneficial, from the combined influences of exercise and laudable intention.

In all instances of debility, from whatsoever causes they may originate, nothing is more prejudicial, nor more entirely counteracts the most judiciously contrived arrangements for recovery, than *anxiety of mind.* When the entire attention of the unhappy sufferer is concentrated on his own personal feelings—when his whole time is directed to watching over and analyzing his multifarious symptoms—when the be all, and end all, of his career, is to impose additional accumulations of misery to his already overburdened existence, to mount "Pelion upon Ossa"—little benefit can be derived or expected from the most judicious treatment that can be devised.

HYPOCHONDRIACAL, DYSPEPTIC, AND HEPATIC DISEASES.

Between diseases of the digestive organs and hypochondriasis the connection is intimate and almost inseparable. The maintenance of a healthy standard of the mental functions is principally owing to a due assimilation of the food. Acerbity of temper is often traceable to acid, bilious, or other abnormal secretions in the stomach. He who does not digest well, can neither act nor think correctly. A morbid condition of the liver will tinge the character as

well as the complexion. He whose naturally good feelings can resist the influence of dyspepsia, and whose career of philanthropy is not liable to be checked by obstructions in the biliary organs, may boast of a much deeper and rarer virtue than falls to the ordinary lot of human nature. There can be no question that many important events both for good and evil which occur in the life of almost every individual, and which have been ordinarily attributed to *moral* causes alone, have dated their origin in derangement of the bodily functions. "The stomach," said John Hunter, "is every man's master;" and scarcely a day escapes that we do not feel in ourselves, or see in others, the profound truths lying hid in this forcible axiom—

> "enterprises of vast pith and moment
> In this respect their currents turn away,
> And lose the name of action."

The sympathetic relation which exists between the digestive apparatus and the cerebral organs has been observed in every age and clime. To the philosopher and the clown this striking fact has been equally patent, and the familiar expression of "sick headache" has its descriptive name and its analogous sensations in every land, "from China to Peru."

Whether this morbid affinity is deducible from an unhealthy reflex action of the irritated stomachic nerves—whether it arises from impure and unassimilative particles received into the sanguineous circulation—or whether both or other causes contribute their share towards the creation of the malady—has not been satisfactorily shown. Suffice it, that the evil exists to a very considerable extent.

Diseases characterised by an irregular consent of action between the abdominal and the cerebral nervous combinations, when not of sufficient prominence to induce maniacal symptoms, nor severe enough to create hypochondriasis, are prone to exhibit themselves in some of the varied forms of hysteria, occasionally in the male but far more frequently in the female sex. Not rarely do we perceive instances in which, though the integrity of the mind is not entirely destroyed, yet a mere dim twilight of the faculties usurps the place of that full effulgence of light which is the peculiar characteristic of that being whom the Divine Author is said to have "made in his own image." Often in society do we see individuals who present great singularity and eccentricity of demeanour—rudimentary sketches of those more perfectly developed pictures which are received into our lunatic asylums or idiotic receptacles.

One of the most important requisites in the character of the physician is the capacity of detecting the earliest phenomena of mental disease, so that, by timely care and well-adapted means, he may prevent their growth and progress into more palpable and dangerous forms.

The importance, indeed, cannot be too deeply impressed of the necessity of counteracting a *tendency* to mental derangement; for the time of its first appearance is often the only one in which it may be combated with any certainty of success. The smallest speck on the edge of the horizon —the "cloud no bigger than the hand"—ought to be viewed with awe and apprehension, as omens of great portent requiring the most friendly sympathy and judicious treatment for their dispersion. In the artificial state of

manners in which society has moulded our habits, thousands of individuals fritter away their lives in mental torpor and apathy, who by a proper attention to air, diet, and exercise, combined with a suitable selection of nutritious and easily assimilated food, might enjoy full, free, and energetic play of their muscular development equally with the manifestation of mental gifts ordinarily sufficient for becoming useful, perhaps even ornamental, members of society. The catalogue of evils ends not here. Conjugal and domestic happiness is daily, even hourly, blighted; the "domus et placens uxor" is rendered "a mockery, a delusion, and a snare" through irritability of temper, for which its unhappy possessor is often scarcely accountable, resulting, as it frequently does, from some functional or organic disorder:—

> "We're not ourselves
> When nature, being oppress'd, commands the mind
> To suffer with the body."—SHAKSPEARE.

In a former work ('On Mental and Nervous Disorders') I have endeavoured to show the extraordinary influence subsisting between the body and the mind, that, "like a jerkin and a jerkin's lining, rumple the one, and you rumple the other." How necessary, then, does it become to watch, and to treat with the most assiduous care, the slightest aberration in the temper of an invalid, in whom any derangement of mental manifestation may be suspected. In such cases the practitioner should ever bear in mind the well-known lines from OVID—

> "Principiis obsta; serò medicina paratur,
> Cum mala per longas convaluêre moras."

"From grave to gay, from lively to severe," are very suspicious changes in many classes of patients. A sudden alteration in the habitual disposition of an individual, that is irreconcileable with the ordinary events which the routine of business or pleasure is accountable for, should always be regarded as a signal indicative of physical disorder. Timely regulation of the hepatic and alvine secretions will in most cases afford relief, and in many instances act as a charm in dispelling those abnormal irregularities, serving as a powerful adjunct to

> "cleanse the foul bosom of the perilous stuff
> Which weighs upon the soul."

By universal consent, it is admitted that the brain and its appendages, comprised under the name of *spinal chord*, are the material agencies by which the operations of mind are made apparent. Thought, emotion, perception, memory, all have their origin, in some recondite and mysterious manner, in one or more divisions of the cerebro-spinal system. The spot usually considered as most concerned in the mental operations, is at or around the point of communication between the cerebrum proper, the cerebellum (or little brain), and the nervous prolongation, familiarly known as spinal marrow, which extends downwards throughout the entire length of the spinal bones. This column, consisting of motor and sensatory nerves, closely and inseparably united, sends forth branches in every direction, which ramify in and among every muscle, nerve, and blood-vessel—even the callous bone itself not escaping their penetrating influence.

From the intimate relationship existing between the

brain and the internal organs, both abdominal and thoracic, as well as with the remoter regions of the body, various hidden sympathies and consentaneous emotions are evolved: hence lesions or obstructions to the due transmission of the accustomed nervous influences, necessarily convey an irregular action or false impression, as it were, to the central organ, to and from which, all the filamentary channels of information are conveyed.

Hence, it may be seen, how close is the alliance between mental derangement and physical disorder, and how obviously necessary it is to combine suitable medicinal treatment with moral appliances. Too often has the possessor of an imperfectly organised or overtasked brain, who has manifested threatening symptoms of incipient mental incoherence, been erroneously likened to the unhappy wretch, so graphically described by Molière in his celebrated comedy of 'Le Malade Imaginaire.' Too frequently has his suffering been derided, and attributed to "a distempered imagination," and treated as "airy nothing" without a "local habitation and a name."

For the alleviation of such distressing maladies much depends on the kindness and sympathy of those who are in attendance on, or brought in connexion with, the unhappy sufferer. The acute sensibility of such minds shrinks from the slightest touch of offence—

"Mensque pati durum sustinet ægra nihil."—Ovid.

The attention of the patient may, in many instances, be gently enticed, but seldom can be *forced* from any habitual topic of painful contemplation. In endeavouring to wrest

the thoughts from subjects to which they have long and closely attached themselves, we are almost certain to occasion irreparable lesion. A remark of Mr. George Combe is very pertinent on this occasion. He observes, "Every one, indeed, who has either attended invalids or been an invalid himself, must often have remarked that the visit of a kind and intelligent friend is highly useful in dispelling uneasy sensations, and in promoting recovery, by increased cheerfulness and hope. Such intercourse interests the feelings, and affords an agreeable stimulus to several of the largest organs of the brain, and thereby conduces to the diffusion of a healthier and more abundant nervous energy over the whole system. In nervous debility, and nervous diseases generally, moral management is truly the medical remedy, and depends on the physician, as the friend, and not the mere attendant, of the patient."

Among the most prominent exciting causes which may either originate or aggravate the tendency to such disorders, may be mentioned too severe and long protracted study; an impure and vitiated atmosphere, which imperfectly oxydates the blood and feebly nourishes the brain; the stronger and more vehement passions prolonged to excess; insufficiency or deteriorated quality of food; long-continued grief, anxiety, and other depressing emotions; the persistent cultivation of one especial faculty of the mind to the exclusion of the remainder, &c. To these may be added indolence and mental apathy and deficiency of bodily exercise. With these latter causes may be combined the innutrition supplied to the physical frame by impurity of atmosphere. Though alluded to before, I cannot refrain

from further touching on this point, as occupying a place of paramount importance in the consideration of the subject. It is impossible to say how numerous are the nervous and dyspeptic complaints which arise from the inhalation of air contaminated with deleterious particles. Disease is imbibed at every inspiration. The peccant atmosphere, far from purifying the blood, defiles and poisons it. The attenuated sanguine stream loses its ruby hue, and becomes purple in colour, and venous in quality; retaining among its constituents those effete and deleterious particles which, having served their purpose, are not alone useless and cumbrous, but literally plant the germs of numerous latent disorders. The constitution, unable to withstand the continuation of these adverse influences, succumbs to the evils it can no longer combat, and a whole train of infirmities overshadow the miserable remnant of existence:—

> "When sorrows come, they come not singly,
> But in battalions."

The desponding patient sees nothing but a gloomy prospect to his cares, looking forward to the silent tomb as his only relief from misery. Eagerly seeking the highest obtainable opinion on his case, it yet affords him no satisfaction; his drooping spirits refuse to realize the forcible couplet sung of old by Homer:—

> "A wise physician, skill'd our wounds to heal,
> Is more than armies to the public weal;"

and he looks on all attempts for his relief as "vanity and vexation of spirit."

At length, by accident or design, an atmosphere pure,

fresh, and invigorating, is obtained; speedily, sometimes almost magically, its beneficial influence is perceptible, and, in a shorter space than could have once seemed credible, tranquillity usurps the place of despair—cheerfulness succeeds to gloom—the desire for activity becomes pressing—and the muscular, the sanguineous, and the nervous systems, alike partake of the invigorating influences by which they are surrounded. The mind, gradually, yet firmly, throws off its despondent shroud; and a happy termination, which for a considerable period had been deemed impossible, is viewed as a moral certainty.

Such is frequently the effect of the continued inhalation of a pure and genial atmosphere, combined with suitable diet, appropriate medical assistance, and the adventitious aid of cheerful society and agreeable objects of contemplation.

The records of insanity and other nervous disorders teem with illustrations of the above assertion. How many individuals may be quoted, whose memory can revert to the day when life was inexpressibly sad, when its load of cares was wearisome, and to whom the horizon was one black and murky cloud, rayless and sunless—joy, desire, courage, even hope, was dead within; and to whom the smallest exertion was a trial—the slightest embarrassment an avalanche of danger; in every friendly face was seen an enemy, and the nearest relationship and the fondest affection were viewed with suspicion and distrust. An alteration of localty, the migration to a favourable clime, wrought changes so unequivocal and permanent, that life again became an object of desire, its preservation an end worthy of encouragement.

Externally, and to all appearance, every circumstance had remained the same—enemies, embarrassments, perfidious friends, were still in number "legion"—yet all became then unheeded and despised. The loins were girded up—the armour was manfully buckled on—to fight the battle with adversity. Yet no outward change had occurred—the amendment was *within*. Truly it might have been observed, no longer "the watchman slept upon his post."

From the foregoing observations, it necessarily follows, in the natural sequential order, that, in the recommendation of a desirable abode for invalids of various denominations — whether mentally afflicted or suffering from obvious physical diseases—many circumstances must be taken into consideration before the selection of a suitable spot can be determined on; but it may safely be premised that, in the far greater majority of cases, IT IS NO LESS IMPORTANT TO FIND AMUSEMENT FOR THE MIND, THAN TO PROVIDE WHOLESOME FOOD AND SALUBRIOUS AIR FOR THE BODY.

Enlivening amusements, cheerful conversation, and exhilarating pursuits, awaken and reinvigorate the dormant energies, while, on the other hand, as the poet truly observes—

> "Chiefly where Solitude, sad nurse of care,
> To sickly musing gives the pensive mind,
> There Madness enters; and the dim-eyed fiend,
> Sour Melancholy, night and day provokes
> Her own eternal wound."

It has been pithily remarked by Burton, "Be not solitary, be not idle." It is not always from stagnation, or

even impurity, of the outward sensible and breathing atmosphere, that functional disturbances arise. Oftener does a deficiency of the circulation of thought, and the general ventilation, as it were, of the aggregate faculties of the mind, originate many of those nervous and hypochondriac disorders with which their victims are so terribly afflicted.

Voltaire, in his usual graphic style, has depicted the necessity for mental, in combination with corporeal pursuits :—

"Fuyez les dangers du loisir ;
L'oisiveté pèse et tourmente :
L'âme est un feu qu'il faut nourrir,
Et qui s'eteint s'il ne s'augmente."

Though strongly advocating the claims of a country residence to those suffering from the maladies of which this brochure has attempted a feeble description, yet it by no means follows that situation and its concomitant circumstances are matters of indifference. To those accustomed to the bustle and excitement of large cities, the retirement and repose of a solitary village is often wearisome in the extreme. Remote from sources of amusement, debarred from social and congenial intercourse, without strength or stamina for field diversions, with few agreeable or intellectual thoughts upon which fond memory may sweetly linger, the mind shrinks back upon itself, pities and aggravates its manifold sources of distress.

It was observed by an intelligent person of urban tastes and its concomitant habits, after a short visit to a friend

in the country, on being asked how he enjoyed the *verdant meads*, &c., "They are very well for the cows."

From a careful survey of the peculiar advantages appertaining to the principal localities in England usually preferred by, or recommended to, invalids of the above description, as well as from an ample experience largely acquired, and rendered peculiarly necessary in my own individual case, I have arrived at the conscientious conviction, that of all the residences within a reasonable distance from the metropolis,—perhaps it may even be affirmed, be they situated where they may,—there is no place in which so many physical and intellectual advantages are so happily blended, both so naturally and artificially adjusted, as at SYDENHAM. Its purity of atmosphere, its natural facility of drainage, its charms of scenery, and the combination of fact with imagination, so fancifully realised in the world-famed CRYSTAL PALACE, enable us without metaphor to apply to its manifold beauties and delights the elegantly descriptive line of our own Goldsmith—

"Sweet Auburn! loveliest village of the plain."

MORAL ATMOSPHERES.

HAVING concluded my observations on topics connected with the *Material Atmosphere* by which we are surrounded, by easy transition the mind may be led to contemplate the beauty and holiness of that which, analogically, may not inaptly be termed MORAL ATMOSPHERE. The judicious physician will not alone endeavour to place his patient in the most favourable circumstances as to physical agency, but will tax his ingenuity to surround him with the most fructifying aspects in the social economy of life.

Slender is the chance of an invalid regaining the full measure of health, let him be surrounded as he may by the most salubrious air, the most delicious scenery, the most accommodating soil for carriage or pedestrian exercise, the best stocked preserves, and with every other appliance for physical enjoyment, if the moral aspects of the HOME in which his lot is cast are poisoned by care, anxiety, and other evil influences. If the house is the abode of discontent, wrath, and the circle for the angry passions; if murmuring, peevishness, malignity, selfishness, and other degrading sentiments, occupy the minds of the inmates; as surely will a reflex action be communicated to the patient, as will a lamp ignite on the application of the lighted match. Excellent as may be the material remedies employed, judiciously as the effects of every dose may be regulated and scrutinized, closely as every symptom may

be watched, yet, if the moral atmosphere is badly chosen, or accidentally encountered, but little benefit will result.

> "Small slights, neglect, unmix'd perhaps with hate,
> Make up in number what they want in weight;
> These, and a thousand griefs minute as these,
> Corrode our comfort and destroy our ease."

Especially should cheerfulness, good temper, and honesty of purpose ever characterize those in attendance on the sick: how much, indeed, depends on their forbearance, patience, geniality, untiring energy, and what may be termed a *graceful* mode of performing necessary and unprepossessing details, is known only to those who have suffered the solitude and weariness of the sick-room. As the Scriptures appositely observe, "A soft answer turneth away wrath," so will the gentle administrative hand, with the sympathizing care of a Florence Nightingale, like the Good Samaritan, pour more balm into the breast of the afflicted sufferer than can an entire pharmacopeia of the best selected drugs.

> "Oh! there are looks and tones that dart
> An instant sunshine through the heart."

All honour be to this glorious woman, who in this practically inquiring age, as to what is the true end and scope of woman's life, has fearlessly, at every pecuniary risk, and the disruption of every social tie, staked health and life in the solution of the interesting problem of *woman's mission*.

In her own person, and by her own potent example, has she shown that deeds of kindness, mercy, charity, and

beneficence, bestowed alike on friend or foe, without distinction of sex, age, or person, form the *moral atmosphere* which a true and brave-hearted woman should diffuse around her.

I will close these few incidental remarks with the beautiful lines of the amiable Young:—

> "In age, in infancy, from others' aid
> Is all our hope: to teach us to be kind,
> That's Nature's first, last lesson to mankind."

THE CRYSTAL PALACE.

HAVING freely descanted on the advantages, intellectual, social, and physical, of that unique and transcendent Palace of the People, which appositely bears for title the name which heads this paragraph; having pointed out its manifold attractions, both to the pleasure-seeker, the inquiring student, and the searcher after health, it might be considered an omission not to afford a brief description of what there awaits the expectant visitor; and, as corroborative also of my frequent assertions in its praise, a few of the peculiar attributes of this truly gorgeous edifice are comprised in the accompanying summary.

To those of a refined and cultivated mind, whose taste has been educated to the higher objects of creative art, the Picture Gallery, with its separate compartments for oil and water colours, offers a perpetually novel source of mental entertainment: add to these attractions, the excellence of the numerous Sculpture casts of the most exalted works of genius; the accuracy and elegance of the several Courts designated as Renaissance, Mediæval, Elizabethan, Byzantine, &c., in which the historic student may glean and amass volumes of illustrative information. The Glass, the Ceramic, and the other Departments devoted to the more modern industrial pursuits, offer innumerable charms to the admirers of their several productions. To the Botanist, the extensive collection of tropical and other exotic plants

affords an ample field for interesting inquiry. The ardent admirer of Geology will find that his favourite science has been by no means uncared for; and prominently conspicuous among other treasures, are those wondrous restorations of extinct animals, the contemplation of which ever awakens thoughts of the immensity of time and space. The devotees of St. Cecilia's art, "who drew an angel down," need scarcely be reminded that MUSIC has almost selected this gigantic temple as her chosen home: certainly nowhere can the grand and massive effects of the great masters of harmony be so demonstrated and so powerfully interpreted. To the social economist, the habits of domestic and of regal life, as portrayed in the humbler dwellings of Pompeii and the more gorgeous edifices of the Alhambra, are replete with striking interest. The Ethnologist will there encounter various and interesting specimens of the genus HOMO, affording materials for hopeful as well as saddening reflection. Power-looms, steam-presses, and various other mechanical appliances in the Machinery Department, attest the wondrous constructive powers of the human mind; and to the numerous individuals who take delight or interest in Agricultural pursuits, the multitude of inventions, more or less deserving of observation, will be an additional source of gratification.

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WEEKLY DISPATCH. —"We trust that the work will call the attention of the profession to the important subject of inhalation, which has been so unaccountably neglected. . . . Dr. Maddock has treated this class of disease with circumspection, and has produced a book of great value."—*Oct. 6th*, 1844.

WEEKLY CHRONICLE.—"Dr. Maddock makes out a most decided and satisfactory case in favour of his mode of treatment."—*July 14th*, 1844.

SUSSEX ADVERTISER.—"The volume before us seems to be written under a sincere conviction of the truth of the principles it asserts, and with an earnest desire for the mitigation of the evils of which it treats. Fully participating in so humane a motive, we gladly lend our columns in order to attract the attention of all those who may be unfortunately interested in such a subject. Should the system it advocates fail of the full and complete success aimed at, the fatal termination that now so often—may it not be said almost invariably?—distinguishes consumptive cases, will surely be held sufficient ground for the endeavour to avail oneself of every possible expedient which enlarged experience offers to notice, or which medical skill, excited by the failure of old and long-tried systems, may strive to discover in new."—*Sept. 30th*, 1845.

LIVERPOOL CHRONICLE.—"But very few years since medical science was 'a sealed book' to all but its professors, by whom it was as jealously guarded from the public eye as were the mystic secrets of the Egyptian priesthood from the priest-ridden people. In place of these we have now intelligent and persevering men, gaining medical knowledge, and as eagerly diffusing it among those who trust their lives in their hands; claiming only the superiority which is acquired by exclusive attention and constant practice: and this enlightened policy is fully repaid by the increased confidence which the public place upon really talented men. Of this class is the author of the work before us, a work written with the best feeling which should actuate a medical man, a sincere desire to alleviate the miseries of his fellow-creatures, second only to exertions for his own honourable maintenance. The very clear exposition of the symptoms of incipient consumption, the steps necessary to resist its insidious encroachments, and the very powerful though much neglected remedies suggested for resisting it, altogether contained in this interesting treatise, render it a most desirable acquisition to every person or family in whom there is any hereditary tendency to phthisis."—*Sept. 13th*, 1845.

BRIGHTON GUARDIAN.—"This is a most valuable contribution to the medical literature of this country, and reflects much credit upon the author."—*Sept. 10th*, 1845.

HAMPSHIRE TELEGRAPH.—"The graphic description in this able book, and the treatment pointed out, at once ingenious and natural, together with the proofs adduced of its efficacy and success, induce us to hope that the philanthropic labours of its author may be duly appreciated, and produce those satisfactory results which it seems to us reasonable to anticipate."—*Nov. 1st*, 1845.

READING MERCURY.—"This work is entitled not only to general attention, but also to the particular regard of the medical profession, as well as that of the suffering community."—*Sept. 27th*, 1845.

EXETER GAZETTE.—"The great importance of the question to the many who suffer in various degrees from these distressing complaints will, no doubt, create for this interesting and able work a great degree of interest, which the high and well-earned reputation of the author will tend much to enhance."—*Sept. 27th*, 1845.

HERTFORD MERCURY.—"It would be absurd to deny the fact that diseases of the lungs and heart have been amongst the chief difficulties of the faculty; and comparatively few have been able to give the subject adequate attention, or to make the experiments necessary to enable them to discover anything in the shape of a cure. Too long have they been in the habit of regarding this class of diseases as beyond the reach of medical art; and many a patient has sunk slowly and silently into the grave who might have been saved by greater skill and knowledge. . . . The cases appended to this volume clearly show that some of the author's patients, who were, under his care, restored to perfect health, would, but for their fortunate application to him, have been allowed to perish from what was mistakingly considered an incurable disease . . . We have no

doubt that the book will be extensively read, and that it will be the means of saving many a home from the desolation of having its fairest and frailest inmate death-stricken in the bloom of youth and beauty."—*Jan.* 23*rd*, 1847.

ESSEX STANDARD.—"The treatment is evidently based upon very sound principles."—*Feb.* 20*th*, 1847.

OXFORD UNIVERSITY HERALD.—"Dr. Maddock does not pretend to be amongst those who would say that no case of consumption is incurable; but he raises up in the mind of the reader, by fair means, the conviction that the number of those who are annually carried off by that fearful disease may be very sensibly diminished. We think that no one can rise from its perusal without being satisfied that it is the work of a practical and experienced man; and that it ought, for the sake of those who suffer from consumption, asthma, or bronchitis, to be brought into extensive circulation. It is, in the strictest sense of the term, a valuable work."—*Nov.* 7*th*, 1846.

TAUNTON COURIER.—"The reputation of Dr. Maddock, standing high as it does among the faculty, will experience no slight access of honour among his professional brethren from the very lucid views he has disclosed, in connection with a train of valuable facts adduced in their corroboration; and the public generally will peruse, with convinced judgment and grateful approbation, one of the best expositions of the mode of baffling a mischievous, but certainly not in many cases a cureless malady, which has hitherto appeared."—*Feb.* 4*th*, 1846.

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WESTONIAN MERCURY.—"In his praiseworthy labours Dr. Maddock claims the aid of all, and ours we cheerfully accord him, hoping his work may go far to shake down the prejudices of medical men, and by convincing arguments pave the way for the introduction of large improvements in the mode of curing, and checking the inroads of, these diseases."—*Oct.* 16*th*, 1847.

DORSET COUNTY CHRONICLE.—"The perusal of this interesting volume has convinced us that, however we have been accustomed to consider consumption as incurable, yet if, under skilful advice and superintendence, the author's treatment be adopted before the disease has made too great inroads on the constitution, that it may be arrested in its course, and its victims—often the fairest and brightest portion of our population—be spared to be the ornaments of society."—*Sept.* 10*th*, 1846.

NOTTINGHAM MERCURY.—"Dr. Maddock has deserved well of his country and human nature in general for the attention he has bestowed on this important subject, and the mass of evidence he has brought together in its favour in the volume now before us. A more than ordinarily attentive perusal of this work enables us to recommend it with the greatest confidence to our readers. To many families it will prove, we are convinced, an inappreciable boon."—*Sept.* 24*th*, 1847.

KENTISH INDEPENDENT.—"Inhalation, as a means of staying the ravages of that fearful malady which too often cuts off the fairest and best of the family—which seems, as though with a demoniac choice, to seize upon the most beautiful flowers—which has been characterized in continental countries as the death of the elect—is, we believe, beginning to be accepted by the profession; but medical men are, as a rule, fearful of and averse to innovation; they have long considered

consumption as incurable, and that belief has, perhaps, filled many a too-early dug grave. They require Pelion to be piled upon Ossa in the way of proof. As in other cases, a little 'pressure from without' is sure to be useful, and therefore we wish this work to be extensively read. Dr. Maddock deserves all credit for the moral courage with which he has bearded the lion of prejudice in his den, and for the good feeling and talent with which he has urged his system upon public notice; and we hope that he will publish case on case, meeting incredulity, which is never convinced by argument, with sledge-hammer blows in the shape of facts, until the triumph of true science shall be complete."—*June 19th*, 1847.

WEEKLY LONDON NEWSPAPER.—"A variety of interesting cases are appended to this treatise, which has now reached the second edition, incontrovertibly showing the efficacy of the practice adopted by the author; and, being a gentleman of some years' standing in the profession, and of high attainments and personal respectability, these instances of the successful results of his valuable and judicious treatment are well worthy of serious consideration by all persons interested in this particular class of diseases."—*Feb. 2nd*, 1845.

CAMBRIDGE ADVERTISER.—"It stands to reason that diseases which are induced by the inhaling of a noxious atmosphere—diseases of the breathing organs—can only be effectually removed by medicated inhalations of a remedial character. This truth is clearly propounded and triumphantly argued in Dr. Maddock's work, which breathes no empiricisms, but discusses the whole subject in a logical and philosophical manner, illustrating it with cases."—*Oct. 6th*, 1847.

BATH HERALD.—"We can with great confidence recommend the work to our readers; its style is made sufficiently familiar to bring it entirely within the scope of the non-professional. Our medical friends will find the work of no small value to them, as indicating a mode of treatment which, with the blessing of Providence, may be the means of removing a stain from our system of medicine, and of banishing the dogma 'consumption incurable' to the region occupied by exploded vulgar errors."—*Oct. 9th*, 1847.

BIRMINGHAM MERCURY.—"We do not wonder at such a work as this speedily attaining its fourth edition, and it is destined, in our opinion, to go through several more."—*Nov. 19th*, 1853.

BRISTOL MERCURY.—"We observe that the author does not set up inhalation as an invariable specific, but is content with mere philosophically asserting its ascertained value as a remedial agent, the employment of which may often be attended with complete success or partial advantage. . . . . Dr. Maddock writes clearly, his volume being calculated to be alike useful to the professional, and intelligible to the general reader."—*Nov. 1st*, 1851.

BEDFORD TIMES.—"There seems a disinclination on the part of many to adopt any other than the drenching system to cure all diseases; but it appears to us so very rational that a remedy by inhalation must be more rapid in its effects—more easy of application—and less liable to affect other parts of the system. With this view we may be excused for urging those who feel an interest in the subject, either from painful participation in the disease, or from motives of sympathy for the sufferings of others, to read this work, and give a fair examination of the theory."—*Oct. 31st*, 1846.

HULL ADVERTISER.—"If the lungs be diseased let them be brought under direct treatment, which can only be done by inhalation. But this is an innovation on the faith and practice of M.D.s ancient and modern. Æsculapius prescribed it not, nor Abernethy, nor Sir Astley Cooper; and this doubtless will prove, as to a considerable extent it has already proved, a great hindrance to its general adoption. But facts will ultimately gain ground, excite curiosity, and lead to experiments. Prejudice is simply a usurper, and its dominion temporary. The author details many cases of recovery, and either his statements must be gainsaid, or the voice of the public to every practitioner will be, 'Go thou and do likewise.'"—*Oct. 15th*, 1847.

BRISTOL TEMPERANCE HERALD.—"This is a truly valuable work on a most important subject, written in a style at once clear and intelligible, treated at the same time with much skill, and calculated to confer a great blessing upon society at large."—*March*, 1847.

LEEDS INTELLIGENCER.—"We believe that the original invention of the screw-propeller was abandoned many years ago, because on experiment it was a failure; yet the principle, after lying unthought of for many years, was again tried, and all the world knows the result. Whether a similar fortune is in store for inhalation as a means of exhibiting we will not venture to opine; but we are far from sceptical on the point; and at all events we can say that Dr. Maddock's book contains matter of a highly interesting nature, and its exposition will carry conviction to most minds."—*Dec. 6th*, 1851.

SHEFFIELD INDEPENDENT.—"If repeated calls from the public are any guarantee, Dr. Maddock may boast that this is the fifth edition; and we think that the popularity of the work is owing much to the fair and faith-producing manner in which it is written. . . . . Dr. Maddock's work demands of the faculty a thorough trial; but whether it receives that or not, it will be read by multitudes of the people, who, feeling their lives are at stake, will not wait the medical *imprimatur*, but will make the experiment themselves. It is impossible to read the book without advantage."—*Nov. 11th*, 1854.

LIVERPOOL STANDARD.—"Dr. Maddock is prominently and favourably before the public. He writes like a man of sense, and enforces his arguments as if he believed in their truth, and was merely desirous of having that truth established."—*Nov. 21st*, 1854.

BUCKS CHRONICLE.—"An attentive perusal of this work leaves a firm opinion of the author's ability and experience; and the mode of treatment by inhalation appears so natural and conclusive to the accomplishment of its purpose, that it becomes one of the most important discoveries of the age. Dr. Maddock's known talent is a recommendation to his treatment; and the practice he has so long enjoyed is a sufficient proof that he is becoming of universal benefit to a large portion of our suffering people. . . . . Let us now hope that these dreadful diseases may be arrested—that the cherished friend and the beloved child may be spared us, instead of being plucked unripe from their promising blossom by the unseen power so deadly in its influence, to wither in our gaze, and to sink into rapid decay. Let us hope that the prejudices which have so long fettered the efforts of those who are willing to give up their time, and their own health, in investigating the cause and discussing the remedy of the effect, will speedily disappear; and in their stead that a growing support and an active co-operation on the part of the profession and the public will assist and repay their endeavours."—*Nov. 18th*, 1854.

EDUCATIONAL TIMES.—"We conceive all persons who have the care of children, whether parents or masters and mistresses of schools, should be apprised of Dr. Maddock's facts, arguments, cases, and treatment. We beg to congratulate him on the fifth issue of this work, and hope he will continue to be successful in the alleviation of suffering."—*Nov.* 1854.

DERBY MERCURY.—"The cases stated afford ample guarantee of the efficacy of Dr. Maddock's treatment, which cannot fail to prove of immense service to many thousands of afflicted persons. Dr. Maddock's high standing in his profession well deserves to receive all the impetus towards a still higher point which this volume will doubtless give to it. It merits a wide circulation both on account of its great scientific interest as well as its practical usefulness."—*July 30th*, 1856.

HASTINGS NEWS.—"It is valuable as an illustration of what seems to be a successful method of treating several dangerous diseases of the chest. The treatment has, *à priori*, something in it more reasonable than most curative systems adopted for the same purpose; and these published facts are full of weight and significance."—*Aug. 15th*, 1856.

GLOUCESTER JOURNAL.—"Dr. Maddock's work appears to be eminently worthy of the notice of the profession and the public generally."—*June 7th*, 1856.

NORFOLK CHRONICLE.—"The work is written in a dispassionate and earnest manner, with a remarkable absence of anything like arrogance or dogmatism in the enunciation of his views. The cures are carefully, clearly, and, apparently, very impartially stated."—*June 14th*, 1856.

HEREFORD JOURNAL.—"If we add to this a testimony that the subject is treated with the ability and candour of a skilful practitioner and a gentleman, we shall have said all that we feel called upon to say in the way of criticism."—*Sept. 3rd*, 1856.

BLACKBURN STANDARD.—"We certainly agree with the author that a large proportion of cases pronounced hopeless under the old system of treatment may be either effectually cured or greatly relieved by the *modus medendi* he describes."—*Nov. 16th*, 1854.

DONCASTER CHRONICLE.—"It is indisputable that medicines given by the stomach to suppress cough often destroy the digestive organs. The new method of treatment by inhalation is, it appears, free from such objections as these. It not only does not irritate, but soothes; does not in the least degree interfere with diet or digestion; is not in the slightest degree inimical to the general constitution; and may be employed with advantage in all ages, and in all times and seasons. The value of such a mode of treatment is inestimable."—*Nov. 17th*, 1854.

WELSHMAN.—"Dr. Maddock's plan of treatment is the most promising of all medical systems. We can recommend the volume to the attention of such of our readers as unfortunately need the aid it offers."—*Nov. 17th*, 1854.

LIVERPOOL COURIER.—"The author has conferred a real benefit upon his species by giving to the public the method and details of his successful mode of treating pulmonary, bronchial, and throat diseases."—*Nov. 1st*, 1854.

EDINBURGH EVENING POST.—"The work is evidently based upon sound and enlarged views of the diseases with which it deals, and the facts to which Dr. Maddock refers bear intrinsic evidence of their truth, and are such as to command general attention."—*Sept. 17th*, 1856.

LINCOLNSHIRE TIMES.—"We cannot but laud the perseverance of Dr. Maddock, and do our best to further his object, for his book bears the stamp of honesty and skill. Its perusal will beget, in even the most prejudiced, the conviction that he is a practical and experienced man. He writes simply and honestly; and, content with explaining the rationale of his system, allows the cases of its successful application to speak for themselves. . . . We cannot doubt that it ought to be hailed by the medical profession, and by the public generally, as a beneficent illustration of medical advance—the *best* method of combating these diseases."—*Nov. 25th*, 1856.

SHROPSHIRE CONSERVATIVE.—"We only wonder that the system Dr. Maddock advocates is not more extensively used; we hope for the sake of suffering humanity it will be, and wish him a continuance of the success which has hitherto attended his efforts."—*May 9th*, 1857.

SALISBURY JOURNAL.—"We can confidently recommend it to the study of the medical profession, and to the attention of the public generally."—*May 9th*, 1857.

DERBY TELEGRAPH.—"Dr. Maddock is a man of undoubted talent, and of high standing in his profession, and the community owe him a deep debt of gratitude for making public the means he has adopted for relief from the fearful maladies on which his work treats. We are not at all astonished to find that it has been republished in America."—*May 23rd*, 1857.

RETFORD ADVERTISER.—"The treatment is founded on plain, sure, and intelligible grounds, and we fearlessly assert that Dr. Maddock has rendered an essential service, not only to the profession of which he is so eminent a practitioner, but to suffering humanity."—*May 23rd*, 1857.

COURT JOURNAL.—"It is well known that the treatment of chest-diseases has always been the difficulty of medical men, and the plan proposed in the treatise, of *inhaling a remedy* in place of outwardly applying it, is based upon such sound principles that we feel no surprise at hearing that the old systems of treating pulmonary complaints are gradually giving way, and that the plan suggested by Dr. Maddock is becoming more generally adopted. The cases alone which are appended to the work are worthy of attentive perusal, proving to demonstration the invaluable nature of the treatment by inhalation, which has been the means of restoring to health many who would otherwise have fallen victims to what in

popular language would have been called incurable consumption. In wishing, therefore, that such a work should meet with a wide circulation, we only desire to promote the interests of suffering humanity. We recommend it with the greatest confidence, and entertain no manner of doubt that it will be the means of saving thousands from a premature grave."—*Nov. 8th*, 1851.

WINDSOR AND ETON EXPRESS.—"We are personally acquainted with instances in which Dr. Maddock's treatment has been followed with great success."—*Oct. 28th*, 1854.

PLYMOUTH JOURNAL.—"So conclusive is the reasoning of Dr. Maddock, and so clearly does he show that almost every stage of pulmonary consumption, bronchitis, and other affections of the air-passages and lungs may be cured, that, were we ourselves afflicted, we should certainly at once consult him; and to those who are suffering we strongly recommend this treatise, feeling certain that the proofs which are adduced in support of the practice advocated must appear to any unprejudiced person most convincing."—*July 24th*, 1856.

Equally favourable notices have appeared in the 'Church and State Gazette,' Nov. 2, 1844; 'Bell's Old Messenger,' July 13, 1844; 'Era,' June 23, 1844; 'Court Gazette,' Nov. 16, 1844; 'News of the World,' Sept. 28, 1845; 'Cheltenham Chronicle,' Nov. 13, 1845; 'Bell's New Weekly Messenger,' July 2, 1845; 'Watchman,' March 12, 1845; 'Wesleyan Times,' Feb. 19, 1845; 'British Friend of India,' for March, 1845; 'Kent Herald,' Nov. 10, 1846; 'Hertford County Press,' Jan. 24, 1846; 'Cheltenham Examiner,' March 4, 1846; 'Kentish Gazette,' Jan. 23, 1846; 'Guardian,' Feb. 25, 1846; 'Rochester Gazette,' Dec. 15, 1846; 'Somerset County Herald,' Oct. 16, 1847; 'Derbyshire Courier,' Oct. 30, 1847; 'Newcastle Courant,' Oct. 29, 1847; 'Kentish Observer,' Oct. 14, 1847; 'Dover Chronicle,' Oct. 9, 1847; 'Cheltenham Journal,' Oct. 25, 1847; 'Bath Journal,' June 5, 1847; 'Westonian Mercury,' Oct. 16, 1847; 'York Courant,' Oct. 14, 1847; 'Cheltenham Free Press,' Oct. 4, 1851; 'Chelmsford Chronicle,' Oct. 31, 1851; 'Leader,' Nov. 29, 1851; 'Stockport Visitor,' Oct. 16, 1853; 'Southern Times,' 'Dec. 24, 1853; 'Plymouth Mail,' Sept. 17, 1853; 'Exeter Flying Post,' Jan. 5, 1854; 'Plymouth Times,' Oct. 7, 1854; 'Wakefield Express,' Dec. 16, 1854; 'Boston and Spalding Express,' Oct. 17, 1854; 'Pembrokeshire Herald,' Oct. 20, 1854; 'Derbyshire Advertiser,' Oct. 27, 1854; 'Liverpool Albion,' Nov. 13, 1854; 'Brighton Gazette,' Oct. 12, 1854; 'Darlington Times,' Oct. 26, 1854; 'Lancaster Guardian,' Oct. 21, 1854; 'North Wales Chronicle,' Nov. 11, 1854; 'Weston-super-mare Gazette,' Oct. 21, 1854; 'Leicester Advertiser,' Nov. 11, 1854; 'Sherborne Journal,' Nov. 9, 1854; 'Bristol Times,' Nov. 25, 1854; 'Nottingham Guardian,' Oct. 19, 1854; 'Newcastle Guardian,' June 14, 1856; 'Glasgow Examiner,' July 5, 1856; 'Sunderland Herald,' May 8, 1857; 'Bristol Advertiser,' May 9, 1857; 'Shrewsbury Chronicle,' May 22, 1857, &c. &c. &c.

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