

A treatise on the cure of stammering : with a general account of the various systems for the cure of impediments of speech, and a notice of the life of the late Thomas Hunt / by James Hunt.

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ON THE CURE
OF
STAMMERING

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A TREATISE
ON THE
CURE OF STAMMERING.

THE
OFFICE OF THE
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NAVY





THE LATE THOMAS HUNT ESQ^R

Originator of the System for the Cure of Stammering

FROM A MARBLE BUST.

47553

A TREATISE
ON THE
CURE OF STAMMERING,

WITH A
GENERAL ACCOUNT OF THE VARIOUS SYSTEMS FOR THE CURE OF
IMPEDIMENTS IN SPEECH,

AND A NOTICE OF THE
LIFE OF THE LATE THOMAS HUNT,

BY
JAMES HUNT, Ph.D. M.R.S.L.

*Fellow of the Ethnological Society, Member of the Society of Arts,
&c. &c. &c.*

THIRD EDITION
THOROUGHLY REVISED, WITH MANY IMPORTANT ADDITIONS.

LONDON:
LONGMAN, BROWN, GREEN, LONGMANS, AND ROBERTS,
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REMOVAL.

Hastings, February 9th, 1858.

THE AUTHOR begs to intimate that he has removed his Establishment to EXMOUTH HOUSE, HASTINGS, which will enable him to afford accommodation to the increasing number of his pupils. At the same time, the AUTHOR intends, for the convenience of applicants, to attend on the first and third Wednesday in every month, at his town address, 13, PEMBRIDGE CRESCENT, KENSINGTON PARK, W., where he may be consulted from 11 a.m. until 3 p.m.

The number of apparently intractable cases which yielded to the AUTHOR'S treatment during his annual temporary sojourn at Swanage has convinced him of the great value of a country residence as an adjunct in the cure of most disorders affecting the vocal apparatus.

Defective articulation, in its various forms, being frequently the result and the concomitant of debility, either congenital or induced, a permanent cure can in these cases only be effected by placing the pupil into such favourable circumstances, that whilst the organs concerned undergo the requisite training, their healthy action may be restored and sustained by invigorating the whole frame.

The advantages offered in this respect by a residence at Hastings are too obvious to require a detailed notice. The beauty of the surrounding scenery, its historical associations, the tonic effect of the sea breeze, and especially the geniality of the climate in the inclement season, acting so beneficially on the respiratory and vocal organs, have rendered Hastings the resort both of the excursionist and the invalid.

If, in addition, it be considered that the pupils—chiefly young persons—are, for the time being, withdrawn from the many metropolitan temptations, which no supervision, however strict, can entirely guard against, enough has been stated in recommendation of the locality which the AUTHOR has, in the interest of his pupils, been induced to select for the pursuit of his avocation.

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PREFACE TO THE THIRD EDITION.

SINCE 1854, when I first published a treatise "On Stammering," two editions have been exhausted, a sufficient proof that the subject possesses an unfailling interest. The third edition which is now presented to the public, having been thoroughly revised, and greatly altered, may almost be called a new work. The controversial portion, which was necessarily introduced into the former editions, for the purpose of vindicating against its assailants, the system so successfully pursued by my late father and myself during a period of thirty years, has been mostly omitted to make room for a variety of new and interesting matter, in order to bring the subject down to the present state of knowledge.

The reader will now, for the first time, find in this work a clear and comprehensive account of the numerous causes producing impediments of speech, together with the various means which have been proposed for their removal.

To the medical profession, generally, my thanks are due for their generous support. In justifica-

tion of the strictures I felt bound to pass on surgical operations, in cases of stammering, I may state, that the most eminent medical authorities with whom I have come in contact, severely condemn and discountenance a practice which I am happy to say is, with some few exceptions, being gradually abandoned.

I have also to express my acknowledgments to the public press, both for the flattering notices of my former works, and for the voluntary services in exposing the nefarious practices of fraudulent pretenders.

I trust that an attentive perusal of this treatise, in which the principal defects in speech are carefully and systematically explained, will be the means of removing many of the popular delusions that still exist respecting stammering. No disorder has been so enveloped in mystery, and its removal so sceptically treated; yet I venture to assert that there are few afflictions which can be so effectually and permanently cured, provided the necessary time and attention be given in carrying out the instructions of the tutor.

JAMES HUNT.

8, New Burlington Street, London; and
Swanage, Dorset, during the Autumn.

May 1, 1857.

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ERRATA.

Page 21, line 11 from top, *for* “interior,” *read* “inferior.”

Page 42, line 10 from top, *for* “rythmical,” *read* “rhythmical.”

STAMMERING

AND

STUTTERING.

THE collective terms, stammering and stuttering, are generally synonymously used to designate the difficulty or inability to utter certain sounds, and to articulate them without interruption. Very little can be gathered from the works of the ancients in relation to the physiology of these affections, which is the more remarkable, as oratory paved the way to the highest offices of the state. The Greeks appear to have distinguished stammering from stuttering by designating the former *psellismos*, or *traulismos* (lispings), and the latter, *ischnophonia*, or *battarismos*.* The Latins called stammering, *balbuties*, *blaesitas*; and stuttering, *haesitas*, or *haesitantia linguae*.

Stammering may be defined to be a difficulty or inability to enunciate properly certain sounds;

* *Ischnophonia*, feebleness of voice. *Battarismos*, from Battos, a king of Cyrene, who was a great stammerer, and who, on consulting the Delphian oracle, was advised to seek a warmer climate.

Stuttering, on the other hand, consists in the sudden stoppage of a sound ; hence the difficulty to articulate certain syllables or words.

Stammering or stuttering, although different, are, however, frequently combined in one case. The great variety of defects which constitute stammering, depends naturally upon as great a variety of causes, which may be organic or merely functional. Among organic causes may be enumerated hare lip, cleft palate, abnormal length and thickness of the uvula, inflammation and enlargement of the tonsils, want or defective position of the teeth, tumours of the tongue, or in the buccal cavity, &c. When the organs are in a normal state, and the person is unable to place them into the proper position, to produce the desired effect, the causes are said to be functional. General debility, paralysis and spasms of the tongue, glottis, lips, &c., owing to a general or local affection of the nerves of the vocal organs, bad habit, imitation, &c., will all, more or less, tend to produce a stammer.

Enunciation of vowels.—The belief that stammering occurs only in the pronunciation of consonants, is certainly erroneous ; the vowels are equally subject to this defect, although not nearly to the same extent. The causes of defective vowel sounds must be sought for either in the respiratory organs, the larynx, or the buccal cavity. The sounds may be deficient in timbre (quality), as in

hoarseness, from affection of the vocal ligaments, or the larynx may be in a normal condition, and the tone altered in the buccal and nasal cavities. But independently of the timbre, the formation of the vowels will suffer from defects or improper use of the soft palate. In such cases, the vowel *a* is frequently aspirated. Enlargement of the tongue, the tonsils, defective lips and teeth, must necessarily influence the enunciation of the vowels. But the whole of the speech apparatus may be in a healthy state, yet the pronunciation of the vowels may suffer from misemployment or defective association of the various organs upon which proper articulation depends, arising frequently from defects in the organ of hearing.

Defective enunciation of consonants may, like that of the vowels, be the result of an affection or an improper use of the respiratory organs, or of the larynx. The organs of articulation are, however, chiefly concerned in the enunciation of consonants.

When, either from existing apertures, or inactivity of its muscles, the soft palate cannot close the nares, so that the buccal cavity may be separated from the nasal tube, speech will acquire a nasal timbre, and the articulation of many consonants will materially suffer. *B* and *p* will then sound like an indistinct *m*; *d* and *t* somewhat like *n*, and *g* and *k* like *ng*.

On the other hand, closure of the nasal tube,

either from a common cold or other causes, influences the articulation of *m*, *n*, *ng.*, which pass into *b*, *d*, *g* (hard), or *l*.

The tongue may be too voluminous for the buccal cavity, when almost all the speech sounds will be affected, and rendered more or less indistinct. Individual muscles may also lose their contractility, which frequently occurs. If such be the case, *k* will sound like the hard *g*. If the tongue cannot easily be placed in a position favourable for its vibration, the pronunciation of *r* becomes either impossible or difficult. It is, however, rare that an individual can neither pronounce the palatal nor the lingual *r*; but such cases do occasionally occur. *L* is usually substituted for *r*.

STUTTERING consists in a momentary difficulty or inability to pronounce certain syllables or words.* The stoppage of the sound may take place at the second or third syllable of a word, but occurs more frequently at the first, and the usual consequence is, that the beginning of the syllable is several times repeated until the difficulty is conquered. The stutterer generally finds no difficulty in articulating the elementary sounds of which speech is composed, in which respect he differs from the stammerer; it is in the combination

* Dr. Merkel, of Leipzig, distinguishes stammering from stuttering, by calling the former *alalia literalis*, and the latter *alalia syllabaris*.

of these sounds, and in the formation of syllables and words, that the affection becomes apparent.

A syllable may commence with a vowel, followed by one or two consonants, or it may commence with one or two consonants followed by a vowel. At first sight it might appear that nothing is more simple than the combination of a vowel with a consonant, and that it matters little whether the vowel or the consonant commences the word. The mechanism in each case is, however, widely different. In commencing a syllable with a vowel, the aperture of the buccal cavity is wider than in the articulation of consonants; thus in forming the syllable *ap*, the mouth closes to produce the consonant, whilst in articulating *pa*, the mouth must be opened to produce the vowel. It is quite evident that the transition from the vowel to a consonant, must be attended with much less difficulty than that from the consonant to the vowel.

Stuttering may extend to all the sounds, vowels as well as consonants. The vowels *u* and *o*, are, however, more subject to it than *e* and *i*. Stuttering chiefly occurs in the utterance of the mute and explosive consonants as *b*, *t*, *d*, *p*, *m*, less in *j*, *ch*, *w*, *f*. The difficulty of the stut-terer does not consist in articulating these consonants individually, but in the sudden transition to the vowel which follows. It is, therefore, the joining the vowel to the consonant which distresses the stut-terer, and makes him repeat it until the articulation

is effected. The aspirated consonants, as *f*, *w*, *s*, do not offer the same impediments, as they may be continued. The opening of the glottis in the transition from the explosive sound to the vowel, is, in fact, the great difficulty of the stutterer.

When a vowel is followed by a consonant, the difficulty is greatly diminished; few if any stutter in the articulation of syllables like *an*, *is*, *it*, *eb*, *easter*, &c., the change in the adjustment of the mouth being easily formed.

We may thus explain the remarkable fact, that most, if not all stutters can sing, and often recite, without interruption. The reason seems to be that in singing the activity of the vocal organs is not so much interrupted, and consequently causes less inconvenience and fatigue than a constant change in the position of the articulating organs. Thus, an intoxicated man is frequently able to run, but finds it rather difficult to stand at ease or walk at a moderate pace. The same phenomena occur in some rheumatic and nervous affections.

The speech of stutters has been not inaptly compared by Shakspeare,* to the pouring out of water from a bottle with a long neck, which either flows in a stream or is intermittent; the patient

* "I pr'ythee, tell me, who is it? quickly, and speak apace: I would that thou could'st stammer, that thou might'st pour this concealed man out of thy mouth, as wine comes out of a narrow-mouthed bottle, either too much at once or none at all. I pr'ythee take the cork out of thy mouth, that I may drink thy tidings."

As You Like It, Act 3, Sc. 4.

feeling that his glottis is open, endeavours to pour out as many words as possible before a new interruption takes place. In severe cases, the efforts made by stutterers are distressing to behold. The face reddens, or turns blue, from the stagnation of the blood in the head—the veins in the neck swell—the larynx is frequently seen drawn up—the respiratory muscles are thrown into a spasmodic action, which not only extends to the muscles of the face, but to those of the arms and legs; even the eyes frequently partake of the general commotion, so that during the paroxysms the stutterer sometimes squints or blinks during the effort to articulate. The affection, however, does not exist to the same degree at all times in the same person, but increases and diminishes according to the actual mental and physical condition. Stuttering usually obtains more in the morning than in the evening, although the reverse is by no means rare. Changeable or damp weather, or fatigue, certainly tends to increase the defect, which in some cases is intermittent, disappearing at times for days, or even longer. Every indisposition will generally increase the affection, although the contrary sometimes occurs. There being no organs so subject to be influenced by the state of the mind, as those of the voice, it may be inferred that these so called spasmodic actions are in most cases the result of internal emotion, and not of any organic defects; otherwise, stuttering

could not be intermittent, but would exist at all times.

The causes of stuttering may be distinguished as predisposing, exciting and proximate. Abnormal irritability of the nervous system, mental emotions, approaching puberty; affections of the brain and spinal cord, neglected education, solitary vices, spermatorrhœa,* mimicry, and involuntary imitation, may be enumerated as predisposing and exciting causes. The proximate cause of stuttering has by various authors been sought for in a spasmodic action of the glottis. This theory is, however, not tenable.

Whether it be from inattention, or from inability of distinguishing between defective enunciation of certain syllables and words, and vicious articulation, it is certain that it is only about the period of the second dentition, when the affection generally becomes more manifest, that the attention of parents is fairly roused, and unless timely means be adopted towards its removal, the defect, instead of diminishing, will certainly increase until the period of puberty. The hope that it may spontaneously decline on approaching manhood is, with some exceptions, rarely realised. Indeed, it is quite common to see the defect increase considerably, when the sufferer has to enter on life for himself. The impediment may often be thought trifling;

* See Essay on Spermatorrhœa, by Richard Dawson, M.D. etc. Kent and Co.

but the excitement attendant on a youth's entering on the world, very often develops the affection in its worst form, when it had formerly been scarcely perceptible.

COLOMBAT,* assumes two general species of stuttering,† with several subdivisions.

1. Begaïement labio-choreïque, so called on account of its analogy with chorea, or St. Vitus' Dance, consisting in spasmodic motions of the lips, tongue, and the other movable organs of speech, conducive to the frequent repetitions of *b, t, q, m.*

2. Begaïement gutturo-tetanique, with six subdivisions, consisting in a tetanic rigidity of all the muscles of respiration, especially of the larynx and the pharynx, and manifesting itself by a contraction of the glottis, a sudden stoppage of breath, immovability of the tongue, and momentary complete silence. Even the vowels are stopped in the throat. The consonants *c, g, k, q,* are chiefly affected. Emotions, such as fear, joy, and anxiety, may cause a stammer of this kind. Those labouring under the former affection are usually of a lively disposition, and speak rapidly, whilst those subject to the second species articulate slowly, and make considerable efforts to produce the disobedient sounds. According to this author, the proximate cause of stuttering is a want of harmony between the nervous influence, and the

* Du Begaïement. Paris, 1831.

† Tableau Statistique, Traité medico-chirurgical.

muscles distributed to the organs of speech. He recommends, therefore, the application of a musical rhythm in speaking, to regulate muscular motion, and to give to the vocal organs a different reciprocal position, in order to produce the harmony between the nervous action and the organs of articulation.

BERTRAND,* recommends certain motions of the fingers and toes, the adoption of an entirely new and peculiar pronunciation, also the introduction of foreign substances, into the mouth.

RULLIER,† considers that the cause of stuttering must be sought for in the brain, and that the debility of the organs of articulation is purely relative.

ITARD, ‡ says :—“ Some modern anatomical writers instead of throwing a new light upon the subject, have rather withdrawn our attention from the real seat of the affection, as they considered stuttering as the consequence of organic defects. The phenomena which stuttering exhibits, make us suspect a spasmodic or tremulous action, and a debility of the muscles moving the tongue and the larynx. I have no doubt the affection is curable. The remedies must necessarily be adapted to the degree and duration of the disorder. It is not sufficient to make the pupil acquainted with the mechanism of articulation, and to repeat fre-

* Archives Generales de Med.

† Dict. des Sciences Med.

‡ Memoire sur le begaiement.

quently the individual sounds, but they must be studied in all possible combinations. Some syllables are more easily pronounced, when preceded by one which places the tongue into a position favourable for its production; whilst the enunciation of them will be more difficult if they follow a syllable not affording this advantage. A good deal also depends on the vowel with which the consonant is combined, thus stutterers find less difficulty in articulating *co* than *ca*.”

“When stuttering increases and extends to a great number of individual sounds and syllables, it will be necessary by mechanical means to strengthen the organs of articulation, and to lessen their spasmodic tendency. We must treat the muscles of the vocal and articulating organs like those of locomotion, and as dancing and fencing will render the latter more firm and flexible, so must the tongue and the lips be subjected to analogous exercises. I avail myself for this purpose of a small apparatus, which I place under the tongue.* The instrument is scarcely introduced, when we hear a confused indistinct voice, but no stuttering. The most difficult syllables are articulated with some trouble, but they are not repeated. We must, however, not deprive the tongue of this mechanical support at too early a period,

* The instrument is described and commented on in a subsequent chapter.

otherwise the defect will re-appear. The apparatus should be used for a very considerable time, and when, at meals and during the night, it is removed, the patient must strictly abstain from speaking. I cannot exactly say how long it should be worn, having only effected two cures by its agency. The first case was that of a young man, æt., twenty, who used the instrument for about eighteen months. The perseverance of the patient to subject himself to such an inconvenience for so long a period, was powerfully supported by the hope of meeting, after the removal of his infirmity, with a more favourable reception from a young lady to whom he was greatly attached. The cure was complete; but I have not been informed whether he met in another quarter with the success he so amply merited. The second case was that of a boy æt., eleven, who wore the apparatus very reluctantly, and removed it whenever he could do so unobserved. I saw him much improved after he had used it for eight months, and I have reason to believe, though I lost sight of him, that he ultimately recovered."

Dr. SERRES,* advises the patient to pronounce rapidly, and with a certain force, and as it were, to shake out the words from the sleeves of his coat by the movements of his arms, or allow himself to be pulled by a bystander whenever he begins to hesitate.

* Bibl. Univer. Geneve.

Dr. M. HALL, gives a somewhat similar advice to patients, by recommending them to speak in a chanting voice, and thus avoid any interruption in speech.

Dr. ARNOTT's remedy is to open the glottis by means of prefixing the vowel, *e*, to the commencement of each word, and to combine the words in such a manner that each sentence should, as it were, form only one word, as in singing.

Mrs. LEIGH of New York, considered the pressure of the tongue against the interior incisors as the sole cause of stammering. Her system—which chiefly consisted in inducing the stammerer to alter the position of the tongue, by putting it to the top of the palate, which gives the voice a nasal sound—was introduced, 1827, into Germany and the Netherlands, by the brothers Malbouche. Both the Prussian and the Dutch Governments considered the subject of sufficient importance to appoint those who were in possession of the alleged secret, Professors at public establishments. There is, however, no doubt that Mrs. Leigh's system was already known, and had been previously followed by Mr. John Broster, in Edinburgh, who is said to have cured the celebrated Dugald Stewart of a stammer which was the result of a paralytic stroke. The system laboured, like most others, under the defect of being one-sided, in assuming one cause for so great variety of defects. It is, therefore, not surprising that it has fallen into disrepute.

Among the German writers on stammering, Dr. Schulthess, of Zurich, deservedly occupied an eminent place. He was one of the first who discriminated between stammering and stuttering. As he, like Dr. Arnott, considered the closure of the glottis as the proximate cause of stammering, antispasmodics were his favourite remedies. Of modern German authors, Drs. Merkel and Schmalz* must be mentioned, whose writings on the voice, and defective articulation exhibit great research. It is only to be regretted that these eminent men, to whom we are indebted for much information, should still continue to be advocates for severe surgical operations in cases of Psellismus.

The preceding synopsis, containing the views of the most eminent authors, and in which nothing of importance bearing on the subject has been omitted, will have informed the reader that the general term "stammering" comprehends a great variety of impediments of speech, arising partly from physical and partly from mental causes.

Estimable as are the blessings of the eye, the ear, and the other senses, it is speech which elevates man above the brute creation, enabling him to give utterance to the divine intellect within him in tone and language worthy of his high condition in the scale of rational beings. Viewing the sub-

* Schmidt's Encyklopaedie der gesammten Medicin, and Clarus and Radius Beitræge zur prakt. Heilkunde.

ject in this comprehensive light, it appears, at first sight, singular how comparatively little attention the subject has attracted. If sight or hearing be impaired, we at once seek the aid of the skilful oculist or aurist; but in defective articulation, which is not only distressing to the speaker, but equally so to the listener, many so afflicted are content to go to their graves without looking for a remedy, except in cases where the imperfection absolutely prevents social intercourse, and the various pursuits of life; and frequently not even then, do people think it worth their while to make any effort to remove their annoying infirmity. One lisps, another squeaks—the enunciation of some is guttural, of others nasal, yet may not only these minor inconveniences be eradicated, but the greatest of those evils remedied, so that their elocution should be pleasant to their hearers and comfortable to themselves.

It has ever been a fundamental error to assert, that there is but one cause which produces the various degrees of stammering, and consequently one remedy to be applied. The result has shown that all systems, which have been propounded on such a narrow basis, have been rendered comparatively useless. On the other hand, few afflictions to which the human frame is liable, have been attempted to be cured in so many different ways. The heroic professors of the medical schools cut the Gordian knot at once by removing tonsils,

uvulas, and portions of the tongue, as the following synopsis will abundantly show.

SUMMARY OF SURGICAL OPERATIONS WHICH HAVE BEEN FROM TIME TO TIME RECOMMENDED IN VARIOUS CASES OF DEFECTIVE ARTICULATION.

1. Inability to enunciate the lingual *r*.

(Transverse incision into the upper surface of the forepart of the tongue.)

2. Inability to enunciate the palatal *r* or *ch*.

(Incision into the stylo-glossus, glosso-palatinus, with or without the excision of a triangular piece.)

3. Excision of a prismatic or longitudinal piece from the tongue, if it be too voluminous.

4. Inability to pronounce the hard *g*, *k*, and *ng*.

(Division of the genio-glossi and the genio-hyoidei.)

5. Imperfect articulation of *d*, *t*, *s*, *z*, in consequence of the tip of the tongue not reaching the incisors.

(Division of the genio-glossi.)

Besides various other operations, such as shortening the tongue and the uvula, partial or entire excision of the tonsils, &c.

The great name of Professor Dieffenbach, who is said to have been the first who performed operations in cases of Psellismus, combined with the profound ignorance as to the real nature of the affection, induced many surgeons to imitate the practice. It appears, however, that a Mr. Braid claims precedence as the discoverer of this

radical cure, for he says—"Dieffenbach and Yearsley have been represented as the first who devised and practised effective operations for the cure of stuttering; but whatever merit is due to any one in that respect, I have an undoubted right to claim for myself, having operated for that complaint by division of the *frænum linguæ* and *genio-glossi* muscles, and in other cases by the excision of the tonsils and amputation of the uvula, three months prior to any of them; Professor Dieffenbach's first operation having been performed on the 7th of January, 1841; Yearsley's December, 1839; and mine (Mr. Braid's) September, 1839."

The efforts made by my late father to put a stop to these operations in England, supported by the unsatisfactory results obtained, proved after a time successful, so that the practice was at last severely condemned by the most eminent of the profession. But though it is now comparatively rare to hear of an operation of cutting out a transverse wedge from the tongue in cases of *Psellismus*, there are still persons who submit to have their tonsils removed for thickness of speech and the uvula extirpated. The whole subject of operations of this nature is ably handled by Mr. Harvey,* who says—"Another defect for which the removal of these bodies has been most

* On Excision of the Enlarged Tonsils and its Consequences. By William Harvey, Esq., F.R.C.S., &c. Renshaw.

strangely and unaccountably suggested is defective utterance. Now, how such an expedient for removing that painful and distressing condition could enter the mind of any one I cannot conceive." That the operation of taking off the elongated uvula is also useless there is ample proof given in the work from which I have quoted.

Enlarged tonsils are often found in young persons, but they grow out of it in time. In proof of this assertion I quote from Mr. Vincent, who says—"I have seen very many cases of enlarged tonsils, producing the greatest annoyance in patients at fifteen, which have gradually assumed the natural size by the time the subject arrived at maturity. If we consider the great utility of these glands in secreting a mucous of a peculiarly lubricating fluid, so valuable in the economy of deglutition, I cannot regard it as a good practice to remove these parts so unsparingly as I have known."

Experience has shown me that inflamed tonsils and elongated uvula are often accompanied with stammering; but on that being removed, this state generally ceases. The continual misuse of the organs, the violent action of the breath, which we often find in stammering, are quite sufficient causes to produce this result, which is, in most cases, only the effect of stammering, and according to the admitted axiom, on the cause being removed the effect will cease.

There is, however, another minor operation, comparatively a harmless one, which is often performed on young children without any absolute necessity—viz., the division of the *frænum linguæ*, when they are what is called tongue-tied. Unless the affection interferes with sucking, it ought not to be performed, as it is sure to be relieved in the course of time. I have traced the origin of several cases of stammering, which was no doubt attributable to this seemingly harmless operation.

I need after this scarcely say, that cutting and maiming forms no part of my system, which is not surgical, but simply rational. Cases, no doubt, do occasionally occur, when the surgeon or the dentist must be called in to perform operations, rendered absolutely necessary by defective organisation. When a person has a cleft palate, science can ingeniously supply the defect by the appliance of an artificial palate, after which the patient still requires to be informed how to make use of the foreign substance; in illustration of which I quote the following case:—

“ Mr. D. P., *ætat* 17, has a congenital fissure in the palate—articulates very imperfectly. The sound of his voice is very unpleasant, and many of his words are unintelligible. Six months after the operation Mr. P. had made no improvement in his speech, when he put himself under the tuition of Mr. Hunt. In the course of a few weeks an extraordinary change was effected, and ere long the

articulation was so different that little more could be desired." *

In ordinary cases, which arise mostly, not from malformation, but from misuse of the organs, I have found my method, matured by long practice and careful comparison of numerous results—certain and adequate to the purpose of cure, provided the necessary attention be given.

I have had pupils belonging to the learned and military professions, and to almost every walk of middle and even of humble life. By being informed *how* to use his organs, the clergyman has been enabled to perform his sacred duties with propriety and effect; the lawyer to plead in open court, instead of being confined to chamber practice; the physician to converse unembarrassed with his patients; the cadet to pass his examination; and, finally, the middle and lower classes have been rendered more fit to transact such business as they are engaged in, and to become eligible for higher positions. Comparatively few, however, seek relief; most are content to go on in their respective occupations in church and state in such a way, that their efforts become almost nugatory. Many persons who have never felt an impediment, know as little of the quality and extent of their

* Extracts from Observations on Cleft Palate. By William Ferguson, Esq., F.R.S., Professor of Surgery, King's College. The details of the case are given in vol. xxviii. of the Medico-Chirurgical Transactions.

powers of speech, as vocalists of their power of song before they have a lesson in singing ; and thus it frequently happens that the cure of stammering brings out latent capabilities, which would have remained dormant, had they not been brought to light by the removal of the defect which concealed them.

I may state one case out of many in point :

A young gentleman, the son of a dignitary of the church, labouring under a severe impediment of speech, became a pupil ; he not only speedily overcame the distressing habit, but actually acquired so perfect a command over his vocal organs, that he carried off the prize as the best reader of his year, as scholar of Trinity College, Cambridge. There was, therefore, in this case—by no means an unusual one—not only a blemish surmounted, but a beauty of delivery created where previously deformity existed.

This result, it is true, does not follow as a matter of course, and can only be hoped for in persons of a certain mental energy, willing to go through the necessary ordeal ; it is, however, a common occurrence to find a fine voice, and every qualification for a true orator, hidden under painful contortions and distressing delivery. In such cases, the enemy, under proper treatment, is not only vanquished, but the post occupied to advantage ; weakness yields to strength, and strength establishes the foundation of excellence.

The slight notice taken of stammering by ancient authors might give rise to some curious speculation. The prominent instance of Demosthenes proves that even in the mellifluous language of Greece, misapplication of the vocal organs caused imperfect articulation and delivery. The case of Demosthenes has been so hackneyed by persons who have written on the subject, that I shall only state it to be a mistake to believe that the distinguished orator was a stutterer in the proper acceptation of the term. Demosthenes, according to his biographers, had a weak voice, an indistinct enunciation, and ungraceful gestures. It is stated that having pleaded his own suit against his fraudulent guardians with perfect success, he fancied he might be equally successful in addressing the people. His first attempts seemed, however, to have been received with derision, which induced him to shut himself up in a subterranean apartment for months together, practising before a mirror, with a sword over his shoulders. To strengthen his voice, he was accustomed to declaim on the sea shore, with pebbles in his mouth, until at length he succeeded in correcting the imperfection under which he laboured, and became the most eminent orator of the ancient world. It would, however, be a great error to believe that filling the buccal cavity with pebbles, and spouting on the sea shore, would restore erratic nature to order and power.

We are further told that Demosthenes was a

pupil of Plato, that he received instructions from Isaeus, the orator, that moreover a friend imparted to him some of the tricks of Isocrates ; besides which he availed himself of the lessons of a celebrated Greek actor. How far we can attribute his cure to his self-imposed physical training, or to instruction, is uncertain ; but there can be no doubt that to the mental energy which Demosthenes brought to bear upon his task, is mainly due his ultimate success.

Yet, whilst the real elements which brought about the cure, have been little noticed, the panacea has been sought for in the pebbles. This remedy has been, therefore, tried in hundreds of instances, and found to fail. The apparatus invented by the celebrated M. Itard, to supplant the pebbles, consists in a gold or ivory fork about an inch in length, and is applied by its convex surface to the alveolar arch of the lower jaw. It has been already seen, by Professor Itard's own account, that he only succeeded in effecting, by means of the instrument, two cures, after a lapse of eighteen months in the first, and of eight months in the second case ; and he did not know if the latter had been permanent.

It would be an interesting inquiry to ascertain, as far as we could, the influence of different dialects upon the causation of stammering. At present we have not sufficient data, on which to found a correct theory. It is presumable that a soft flowing

tongue may not exhibit such a per-centage of stammerers as a harsh and guttural one ; temperature and climate may also considerably affect the subject. In Great Britain we find an excess of the average amount of stammerers in the north, where the language meets the Scotch Gaelic. Where a mixed language is spoken, we frequently find persons unable to speak the one or the other perfectly. The result is, that they find a difficulty at both, and hence arises a hesitation, the forerunner of stammering. If this theory be true, we should, *a priori*, expect a greater number of stammerers at the frontiers of different countries in which the languages differ ; but I am not aware whether such be the case.

The number of stammerers has been greatly underrated. Colombat, in his "*Tableau Statistique*," assumes in the whole of France only 6,000, or 1 in about 5,000. According to this view, taking the population of the globe at 1000,000,000, an army of 200,000 stutterers seem to walk the earth. Other authors, with much better reason, assume 2 in a 1,000, which is much nearer the mark ; and accordingly London alone possesses five regiments of stutterers. Colombat himself admits, that he only included in his list those whose affliction was strongly marked. It would be very desirable that at the next census, or whenever an opportunity may occur, the Registrar-General would employ the means at his

disposal to ascertain the actual number of persons labouring, in Great Britain, under various impediments of speech.

It is also well known that Psellismus is far less frequent in women than in men. Professor Itard declared never to have met with a female stammerer, although he does not deny that they exist. That French women have a tremendous volubility of tongue, all who know them will admit.

According to Colombat, one woman in 20,000 is a stutterer, whilst the proportion in men is one to 2,500.

To account for the comparative rareness of stammering among women, Mr. E. Lee advocates the hypothesis that they have a quicker apprehension, and a readier judgment, hence their articulation excels in ease, fluency, and volubility. He quotes the following from Rousseau, in support of his opinion.

“ Girls have the organs of speech more supple and flexible than boys; they speak sooner and easier, and women speak more agreeably than men. They are accused of speaking more; such ought to be the case, and I would willingly convert this reproach into praise. The eye and mouth have in them the same mobility. Always occupied in pleasing—observing, with the most persevering attention, everything that passes round them: always expert to profit by their advantages; and reduced, by the state of our

society and manners, to shine only by singing, dancing, but especially by conversation, they give themselves up to those exercises with ardour, and excel in them more than men. The whole nervous system is also more developed in them; the impressions they receive are more powerful and multiplied, and hence they have a greater number of sensations and feelings to make known; anxious to penetrate the secrets of men, and to ascertain the state of their hearts, speech is for them the most useful instrument, and the most indispensable to their happiness."

But neither the Frenchman's gallant explanation, nor Mr. Lee's scientific hypothesis, offers a satisfactory solution of the problem. If stammering, as many authors, and especially Colombat, assume, is nearly allied to chorea, the affection should preponderate in girls, who are more liable to it than boys. Granting, also, which is rather doubtful, that women think more rapidly than men, the probable effect should be, that the words would not keep pace with the thoughts. Some authors, indeed, consider rapidity of thought as the main cause of stammering in some individuals, the thought not proceeding, *pari passu*, with the words.

It is now generally estimated that the number of female stutterers amounts to about five per cent. I have, from my experience, reason to believe that even this estimate is too low, and that at least, in this country, we shall find out of every hundred

stammerers, nearly ten females. Many of such cases which have come under my notice, have been of a very severe nature, and required the greatest care. The habitual timidity of women, frequently aggravated by a derangement of the nervous system, combines to produce more intricate cases than in men, and require more time and exertion to be cured. I have, however, the satisfaction of knowing that even in such instances, which presented the greatest complications, I have always succeeded in alleviating the impediment, and by instilling confidence into the patients as to their own powers, they have at last, with practice and diligence, been enabled to speak on all occasions with ease and fluency.

In no civilised country in the world do we find stammering entirely a stranger. It may appear strange to allude to civilisation as increasing the number of stammerers, but the fact can hardly be doubted. Savages do not stammer. In the civilised world, refinement has materially altered the physical man. Robustness yields to delicacy, and the very structure of organs undergoes metamorphosis. The ample jaw of the wild Indian, for instance, has room for the full dentition of the species; whilst the contracted jaw, the result of civilisation, in the features of more elevated beings, is insufficient for the numerical providence of the teeth. Hence the almost universally needed assistance of experienced dentists, to limit the

number, and train what are left to their necessary functions.

Some writers on the subject have suggested the desirability of learning a foreign language as a means of cure. This has, however, been often adopted without the least benefit; and sometimes it has had the effect of producing new difficulties which do not exist in our language. Even if a person can speak a foreign language without difficulty, we find it has no effect in removing that which already exists in his own. Association would be quite sufficient to cause a return of the stammer, even if the physical difficulty had been overcome. Those cases that have derived benefit from foreign travel, form quite the exception, and are, for the most part, attributable to the improvement of the bodily health, derived from change of air and scene, which withdraws the sufferer, for the time being, from the contemplation of his troubles. In some cases a perfect acquaintance with all the languages in the world would be of no service; and, by way of illustration, I may mention a case of a Russian officer by whom I was lately consulted, and who was perfectly acquainted with six languages, yet found the same difficulty in all;—the cause of his stammering being a mis-use of the tongue, which rendered him quite unable to articulate certain sounds in which the proper use of that organ was essential. All that he required was to be informed how to use it naturally; and with due

application, under my directions, he was soon enabled to speak without the slightest difficulty. And thus it is in the generality of cases; they only require an explanation of the proper use of the organs of speech, and are then enabled to free themselves from one of the most annoying disorders of the human frame.

Stammering is, however, far from being of uniform difficulty to overcome; one case presented being extremely simple, and easily conquered, while the next is as complicated and tedious. In some cases not only are all the organs of articulation and vocalisation implicated, but there is likewise a mental influence to remove; and it is in such cases that our knowledge of Psychology is of the greatest importance, together with the general laws that regulate the nervous system. Some cases, indeed exhibit the most complicated phenomena: and it is only by the result of long practice and study, with an accurate knowledge of the anatomy of the vocal organs, that we can hope successfully to grapple with such complicated derangements.

Few Englishmen, on being asked to repeat them, could utter many of the inflections in the Polish language; but any person of common talents can be taught in a short time to imitate them all. And so it is with stammering; the unused or abused organs refuse the office for which they are perfectly

competent. A single sentence of experienced advice will often at once, as if by magic, and almost always with tolerable application, put an end to the organic confusion, and replace nature on her throne.

Of all the material blessings which man can enjoy on earth, it has been pithily stated, that *mens sana in corpore sano*, a sound mind in a sound body is by far the greatest. The sound mind must be developed more or less by education, example, and circumstances; and it is a great blessing when, whatever its order may be, it is amenable to healthful rules and guidance. But the body, though not perhaps in reality more variously affected than the mind, is yet, to human sense, more visibly liable to many imperfect developments and deteriorating injuries. On examining the action of the mind and its growth, we discover that it can be compared to the bodily functions in all its capabilities. Too many persons suppose the mind of a child to be capable of as much exertion as the matured brain. To grow naturally and strong, the mind requires the same watching, of all its functions, as the body. Great care should be taken that too much mental food is not given, for fear of weakening the organs employed. A careful mental training is of great service, and enables a person to carry out instructions given to him. Cramming, however, is becoming too gene-

rally adopted; but it would be far better to thoroughly digest a little, than to overload the mental powers, and thus bring on inaction.

Such are the obvious conditions and relations of mind and matter, that it is only in pursuits such as mine, that their wonderfully close and intimate dependance on each other can be clearly understood: how stammering may, and often does produce, either a certain degree of mental weakness, or a serious interference with bodily health; and, *vice versá*, how affections of the mind and nerves operate in the production of stammering.

Having devoted myself to a peculiar branch of physiology, intimately connected with the restorative processes, I presume no further than my own province, after witnessing the fruits of thirty years' experience in my father's and my own practice; and I pretend to nothing more than the employment of instruction and reason to remedy, in the vast majority of cases, all those painful impediments which constitute not only barriers to the common intercourse and enjoyments of life, but to individual progress and advancement in any class of mechanical employment, business, professional or social pursuit.

The notion, by many entertained, that the disorder could not be cured, has also helped to aggravate the calamity; but more rational opinions now prevail, and, as in insanity, the application of judicious remedial means, unstained by cruelty,

are found to be sufficient always to alleviate, and in many cases entirely to eradicate the suffering; so can, in stammering, the various organs perverted by extraneous causes, or infected by bad habits be restored to their proper functions, and the afflicted be taught to speak and read as plainly as though they had never failed in these essential qualifications. The ease and expedition of the system, which are its given merits, ought surely to enhance and not detract from its fair claim to approbation and reward.

It is a remarkable fact that at the present time little attention is thought worthy to be paid to the art of public speaking. The culture of elocution is nearly neglected at our Universities, and the management of the organs of speech is not taught at any college or school—all is left to chance; yet this country holds out the greatest inducement for persons to become orators, seeing that eloquence often does more to raise an individual in the world than any other mental qualification. We lose the influence of great numbers of Members of Parliament, because they are scarcely able to express their ideas on the subject before them, independently of the numerous defects in articulation. There are good reasons why a system for the cure of all defects in speech, especially the serious affliction of stammering, should have some assistance from Government. If there be a simple system by which these defects can be overcome,

I would ask, should not that be universally adopted? Some persons think that stuttering is confined to the educated and refined; but such is not the fact. In all the manufacturing districts this affliction is found to exist to a great extent; and the number of persons that are suffering under it is certainly very great. It exists much more in the thickly populated districts than in other places. The Legislature ought certainly to allow the public the benefit of a discovery which cannot be expected from a single individual. I urge this from no selfish motive, but I put it forward with all the earnestness, which has conducted this system through its trials and anxieties, that the foundation of a normal school for the culture of the vocal organs, and the cure of stammering, is a national desideratum. The comparative ease with which youths can be cured, would enable the National School-masters to become acquainted with the system, and thus check stammering in its bud. And if the principles I teach were universally adopted, we should be, as a nation, far better speakers, and free from all those defects, which are now complete barriers to success in life. If the education of all classes be a duty of the state, surely the removal of this disorder, and teaching the proper use of the voice, ought not to be entirely neglected!

There have been very able elocutionists under whose instruction great present advantages are

acquired ; the drawback to so beneficial a course is, that it falls short of an entire and lasting remedy. The improvement is immediate and striking ; but it has been made under auspices which do not aim at the further inculcation of sound principles to regulate the future, and enable the party to understand his vocal mechanism. Elocution, as now generally understood, means simply an imitation of some particular style, or a rythmical mode of speaking and reading. The public have lost all confidence in such teaching, and the study of elocution has consequently fallen into disrepute. I entirely dissent from this mode of varnishing the voice. If we wish to develop the voice we must go to the root of the evil, and instil some fixed principles for the guidance and management of the vocal organs. If this is once well done, we shall find that the embellishments and peculiarities of the elocutionist will be entirely unnecessary. Her Majesty is gifted by nature with the power of managing her voice properly, and in the delivery of her speeches on the opening or closing the Sessions of Parliament, speaks in so clear and distinct a manner, that not a syllable is lost throughout the crowded expanse of the House of Lords. From how few of her hearers could the same important qualification be expected ? Not from one in twenty ! and yet the whole twenty might be informed how they could, more or less, get rid of the indistinctness and inaudibility, so

often noticed in our Parliamentary reports, and many of them would become good speakers, with a sufficient power of voice to make themselves distinctly heard in any reasonably sized building.

The reciprocal action of the mind and body in certain cases is unexpected and surprising. Thus the cure of stammering is found to operate wonderfully upon the health. I have known it arrest the progress of disease, even so appalling as consumption; and it has almost invariably the effect of quieting and invigorating the nervous system.

The mind is the master of speech, and through it alone can we act on the organs necessary for the complicated process of articulation. We often find that the simple vowel sounds, which only require the organs of vocalization, can be pronounced without difficulty; yet when we come to put into action the many other muscles that are necessary for articulate speech—and when we reflect on the number of organs necessary for the production of a single consonant—it is not surprising that the study of the physiology of speaking has always been surrounded by great difficulty. Even those persons who have given the subject their consideration, and spent no little time and labour in only arriving at a few facts (for this is all that they have done), have not gone far enough in their researches, or they would have discovered the fallacy of many of their own theories. I freely admit that great light has been thrown on this

subject by such writers as Drs. Arnott and Schulthess ; but it requires very little experience to prove that the theories they have advanced will not admit of being the foundation of a correct universal system.

The spasmodic closure of the glottis, considered by Dr. Arnott as the proximate cause of stuttering, occurs chiefly at the explosive sounds, but it is more or less open in the enunciation of the other consonants. Moreover, if the action were, as asserted, spasmodic, in the proper sense of the word, the speaker would not have the power, which he undoubtedly possesses, of immediately arresting it by silence. That some cases of stammering do arise from the closure of the glottis, may be readily admitted ; but I persist in asserting that generally the proximate cause of stuttering is, that the patient, whilst possessing the power of properly articulating, applies inadequate means to effect it ; lungs, throat, palate, tongue, breath, are all misemployed.

The truth of this assertion must be self-evident to all who have studied the subject, and although Dr. Arnott is right in some of his surmises, he has not given any advice that can possibly be of assistance to more than a very few ; as we scarcely ever meet with a case having the closing of the glottis as its sole cause ; and the unpleasant effect of prefixing a continuous vowel sound before words,*

* Recommended by Dr. Arnott in his *Elements of Physics*.

would be considered by some persons to be worse than the impediment. We rarely meet with a person at all advanced in life, or even arrived at maturity, who has a *single* cause as the source of his infirmity. In young patients sometimes we find a single cause to produce stuttering; but not, as I before said, in those who have had the habit for any length of time.

In very young children the defect is often slight and simple; as they grow older it gradually becomes more complicated; and when the sufferer is obliged to mix for the first time in society, we find that it assumes the acute form until at last he becomes hardened to the world, and gains confidence in himself, when his defect gradually lessens, and after a time becomes chronic, resolving itself into certain difficulties of which he is himself conscious. This is not the case with younger persons, in whom the difficulty is constantly changing. I could illustrate this by a number of examples; but any one will find, on questioning a stutterer, that his difficult words or letters are continually altering. Others have no particular letters which they find a greater trouble in articulating. Some persons cannot pronounce certain letters nearly as easily as the rest, although they are quite unconscious of the fact, and it is only by an analysis of the words at which they stammer, that we can arrive at the immediate cause; although even a discovery of this will only act as *diagnosis*, the real difficulty

being often obscured, and requiring something more than an explanation of the mechanical action of the organs of articulation, before they can be freed from difficulty of utterance.

This brings me to the consideration of the benefit that has been, and can be, derived from books professing to lay down a system for the cure of stammering, from whatever cause it arises. Persons who have not duly reflected on the subject, and ignorant that stammering does not arise from *one*, but *many* causes, have been disappointed that I have not given some definite instructions, for the removal of all defects of the vocal organs! I not only justify the course I have hitherto adopted, but I would wish to enforce on my reader, especially if a stammerer, to avoid all such books, as the harm they do is incalculable, especially to the nervous and sensitive sufferer. This is not merely a theoretical opinion, but the result of experience in the cases of many pupils who have studied every work on the subject of their affliction, grasping eagerly at the various systems therein laid down, by which they hoped to free themselves from their torment! The effect has been to produce such a morbid and confused state of mind—from continued disappointment—as to render them in some cases both disgusted with their infirmity, and incredulous as to the existence of any remedy likely to relieve them. Some writers have been actuated by the best and most charitable motives

in sending forth their opinions, and have been quite unconscious of any harm that could possibly result from their books ; yet, I have not the least hesitation in asserting, that the mischief they have done is far greater than any benefit that, in a few exceptional cases, have been received. The striking peculiarity discoverable on perusing a collection of these publications is this :—each book gives *entirely different directions* on the course to be pursued for the desired end ; yet each asserts the infallibility of its own peculiar theory, or gives such a complicated description of the subject, that it cannot be understood ; and the only point discoverable, is its utter unintelligibility to the general reader. All this is likely to produce a mystification on the subject, and thus tends to envelop the science in greater obscurity than actually surrounds it.

Some remedies that have been recommended are most absurd ; such, for example, as *speaking through the nose, intoning, and talking with the teeth closed*. All these have been tried by persons in due course ; and the last of them was announced only a short time since, as a certain remedy ! Some of my pupils have acknowledged making the trial of this unnatural method. The result has been frequently the increase of the disorder to a considerable degree ; and adding another bad habit to the already existing defects.

From the circumstance that stammerers can

very often speak when they are not thinking of their difficulty, some writers have proposed, as a system for the removal, that all persons thus afflicted should abstract their minds from their infirmity. This does not answer in nearly all cases ; and even if it did, it would be impossible to carry such a system into daily practice, and it can only be classed with other absurd and impossible things that have, at different times, been recommended.

In extreme cases of mental abstraction and excitement, we find occasionally that fluent speech is given for the time ; but in the majority of cases it is quite the reverse, especially if the person is labouring under *fear*, which is known to stop the secretions, especially of the salivary glands, causing a dryness in the mouth.* Nor is it alone the stut-terer who is often rendered unable to speak under its influence. The most trivial thing will often obstruct an elegant flow of language, and overthrow an entire chain of thought, causing an utter incapability of pronouncing a word at will ; as instance Macbeth :

“ But wherefore could I not pronounce
Amen ? I had most need of blessing ; and Amen
Stuck in my throat ! ”

* It is a custom in India to detect a thief in a household by making each member chew some rice grains ; and the guilty one is discovered by their remaining dry in his mouth. This sensation of difficulty in swallowing food under excitement, will be recognised by nearly every nervous person.

This happens even to the experienced orator, how much more likely are such emotions to influence the person who has no control over his speech? The stammerer is quite unconscious when he will be able to speak, for his relentless enemy has him under complete subjection, and persecutes him by preventing his speaking when he most desires it. The reader who does not suffer from difficulty of utterance, cannot estimate the pain caused by these unsuccessful attempts on the most important or embarrassing occasions. The sufferer trusts to time to relieve him; but finding years pass away without experiencing relief, he gradually gives way to all the miseries and diseases incident to continued melancholy, pining over his useless position, and loss of social influence. It is as necessary to try to prevent the sufferer from sinking into this desponding state, as to apply any system for his relief.

Those whose minds are ever brooding over one subject gradually become deficient in excitement, the effect of which, on the animal economy, is to produce dyspepsia, and in extreme cases, hypochondriasis; and from these I have found not a few of my pupils to be suffering. Some have fancied that they had no lungs, and would sink in the water; others that there was a tumour in the throat; and a few that satanic influence was continually exercised over them. Certain persons, or places, would become their aversion, and the fact

of their seeing some of these enemies would make them speak worse for a month afterwards. An eminent French writer, Esquirol,* speaking of the mischief produced by concentrating the mind on one subject, says :—“ Oneness of thought renders the actions of the melancholic uniformly slow. He refuses, indeed, all motion, and passes his days in solitude and idleness. The secretions are no longer performed, or present remarkable disorders ; the skin is acrid, with a dry burning heat ; transpiration has ceased in the body, while the skin is bathed in sweat.”

This accounts, to a great extent, for the derangement of bodily health, that we nearly always find in cases of Psellismus. It must be borne in mind that there are two great classes of stutterers, the sensitive and the careless ; it is only to the first class that my remarks apply, although they will be found on inquiry by far the most numerous.

Many persons thus suffering are stigmatized as lazy, careless, irritable, and stupid. In the majority of cases I do not hesitate to say, that when persons are either of the above, it is the effect of their disorder, and, on that being removed, it gradually disappears. Some, indeed, are apt to look on stammerers generally as a set of imbeciles, and persons deficient in mental capacity. Although I admit that the temper of the patient often becomes

* Esquirol, *Mental Maladies*, translated by E. K. Hunt, M.D. Published in 1845, at Philadelphia.

irritable from continual annoyances, and that he exhibits signs of indolence that convey the impression of stupidity, I have seen sufficient to convince me that, in general, this is no more than would occur to any other persons similarly circumstanced. We often find brilliant qualities thus obscured ; but, when the enemy is withdrawn, and sufficient time allowed for the sufferer to regain his shattered health and mental vigour, he not only frequently *equals*, but rises *superior* to his companions, and no longer fettered by a sense of his infirmity, we see him rise to eminence, and shine forth to the admiration of the world. In society, where before he could not articulate a sentence, we behold him speaking with ease and pleasure, and, to quote the words of no fictitious character, "I feel," said he, "that a new life and a fresh world are before me." In some instances, where oral communication is denied, the sufferer resigns himself to the conviction that his only medium of communication with his fellow man is by means of his pen, and he devotes his whole energies to literature ; thus we frequently owe to a stammerer some of our finest literary productions. We rarely meet with old persons who stammer, and this I account for, not because they grow out of it, but from the fact that very frequently a functional disease is excited by the continual misuse of the organs, which brings many a promising youth to a premature grave. The nervous system nearly always

becomes deranged; and we often find that an involuntary action of certain organs had been excited by continual misuse; and thus organic disease is the result. Hence the mistake that has been made by some, who have called stammering itself a disease; confounding the reaction with the original cause.

The action on the young is very often to stop the growth; and the majority of patients we find either of small stature or a delicate constitution; and the effect of a removal of the impediment in such cases is very marked, and can only be believed by those who have witnessed it.* I have known youths, after the cure, to grow two inches in three months; and this is to be accounted for by the nourishment acting in a natural manner on the system, which before was unduly appropriated to the support of the misused organs.

The effect mental emotion has over physical function, is generally known only to those who have experienced it themselves, or witnessed it in others. If we examine closely into the feelings of stammerers, we find that the real state of their mind is not known to their nearest and dearest friends. They often disguise, under an air of in-

* "We have some reason to believe that the formative power of the tissues themselves may be diminished, so as to check the process of nutrition, even when the plastic material is supplied;—and a diminution of it in that irritable state of the system which results from excessive and prolonged bodily exertion or anxiety of mind."—*Carpenter's Human Physiology*.

difference and tranquillity, the anguish of their hearts at their miserable infirmity. Some seek to drown the sense of their sorrows by debauchery ; and it is painful to state, that not a few have given way to various excesses, and lost all self respect. The exciting influence of alcohol and the narcotic of tobacco, has too often been resorted to, and many a sad tale can be told of unfortunate youths, whose ruin has been the result of endeavours to drown thought by dissipation. Others, on the contrary, become misanthropic, pining in solitude over their distress, dreading and shunning the intercourse with society, natural to their youth and position ; and when an interview with any person is inevitable, the fear of breaking down in their efforts to speak, will prey on their minds for days and weeks beforehand.

It is, indeed, a melancholy spectacle to see a youth, born to a good position, of fine intellect and amiable disposition, cast aside as a being unfit to hold a responsible place in society, or to occupy himself with any pursuit in life.

The mistaken belief that this affliction is hereditary, has been a great source of suffering to both sexes, and the cause of many a sincere attachment being abandoned. It is true that a great many instances can be adduced where the defect has descended for several generations, and I have myself had several children thus afflicted out of one family where the parents stammered.

Yet I contend that such instances can be accounted for, as being the effect of *Imitation*. There are, of course, other causes, such as slight physical deformity, that will always tend to cause a defective utterance; but I have certainly been able to trace by far the greater proportion of cases to the prodigious influence of imitation. One stammerer in a family is quite sufficient to inoculate the rest; and so facile is the contagion, to the sensitive mind of a child, that I have had many pupils who have contracted the habit by a single interview with a stammerer.

When the habit is first contracted, it is comparatively slight and easy of removal; and either little notice is taken of the first inclination to stammer, or the child is severely punished for it. Instead of this, a middle course should be adopted, and kindness, with determination, should be employed to check the stammer in its embryo. It is very difficult for persons not intimately acquainted with the various causes and symptoms, to detect the difference between real and pretended stammering; for, while the idle have not unfrequently endeavoured to deceive their preceptors, by affecting to stammer in order to avoid some task, many a poor youth, really afflicted, has suffered great injustice. It is to be regretted that youths should ever attempt this sort of deception; and I most strongly warn them against either stammering in mimicry, or for the baser purpose of deceiving, as

I have had pupils who have confessed their serious impediment to be the result of one of these practices. Imitation is in children the root of all habits; and parents cannot be too careful to select nurses, and teachers, free from any defect of speech. I would urge the expediency of there being some defined standard for such persons; and I believe we should not see so many instances of defective speech, were this point more particularly attended to. The large proportion of persons who have not the correct use of their vocal mechanism, is mainly owing to the careless manner in which children are first taught to speak. The ridiculous lisp of one, the dropping of the letter *r* of another, and a host of minor defects, are to be often traced to the nursery, or to the constant association of the child with a parent having the same peculiarities,—and is the simple result of imitation.

These defects, are, however, removed with great ease, especially in young persons; and of all the cases of lisping and incapability of articulating the letter *r* that have come under my notice, I do not hesitate to say, that, there never has been one which has not readily given way to a few days *vivá voce* instruction: and if this fact were more disseminated, I imagine so many persons would not allow themselves to be troubled with such annoying peculiarities.

I cannot too strongly reprimand the injustice a parent commits, often unconsciously, on a child,

in fancying that he will grow out of his impediment. Such is not the case in one out of a hundred. Indeed, the cure of stammering in young children is effected with the greatest ease and certainty. A child should be freed from his defect as soon as he is able to read; and all sufferers should be placed under treatment before they are twelve years of age, as the earlier they are cured the more certain is it to be lasting. It is quite erroneous to imagine that children are unable to carry out instructions which are necessary. The defect in young children is often apparently severe, but I have never found a case that presented any difficulty, although a longer time is generally required to effect a perfect and permanent cure. I have made such arrangements in my treatment of these cases, that their education is scarcely interrupted. No children should be sent to school until the impediment is overcome, as it is nearly always greatly aggravated under such circumstances.

By most authors Psellismus has been considered as a nervous disorder. No doubt in some instances an affection of the nervous centres will cause a defective articulation. Persons stammer more or less in chorea, paralysis, hysteria, &c. Again a division of the recurrent nerves will cause loss of voice. I dissent, however, entirely from the opinion that the disorder is exclusively caused by nervousness. Many stammerers are quite free

from any nervous affection in the common acceptation of the word. I conceive that the only way the nerves are concerned in stammering, is that they are the organs by which the *mind* influences the bodily functions. When, therefore, we find that in most cases the nervous apparatus—when properly controlled by mental energy—readily obeys the mandate of the will, it is clear that the original cause of defective articulation ought to be rather sought for in the *mind* than in the nerves themselves. It is when we lose control over the mind that we also lose it over the bodily organs under its influence, so that there is always an improper physical action in all cases of stammering, however slight.

All the emotions necessarily affect the vocal apparatus. Many persons, however, who stammer from timidity, do so only from habit or association, and not from actual want of courage. Were the same individuals called upon to perform any action requiring great intrepidity, they might possibly distinguish themselves by their bravery. Many such stammerers are the most daring in all field sports, and not unfrequently such cases are found among soldiers and sailors of unquestionable courage.

There are, however, exceptional cases where the whole nervous system is so entirely deranged that every action of life is under its influence ; and it is a matter of discussion whether this excessive

nervousness can be entirely cured. That it can be alleviated, there can be no doubt; but we have yet to know more of its functions before we can say that this innate nervousness can be eradicated. I am certain, however, that sufficient can be effected, to prevent its interfering with the act of speech. Most persons lose the power of articulation under excitement, because they are ignorant how to regulate their vocal apparatus on such occasions. The mind wanders, the nerves refuse their office, and all power of speech is gone! But if persons have sufficient strength of mind to prevent its wandering, with knowledge how the act of speech is performed, and are able to put it into practice, they can speak with ease under all circumstances. I have had pupils who, on rising to speak, would tremble, and their knees knock together, and yet articulate fluently when they had the key to the cause of their stammering.

Excessive grief will take away the power of speech; and if grief and fear predominate over hope and faith, it is the more necessary to diminish the former, and increase the confidence of the patient. But how is this to be accomplished? It has been already stated that the proximate cause of stammering is physical—not necessarily an organic defect—but a *simple misuse* of healthy organs. Our first object should therefore be, before giving any instruction, carefully to inspect not only the buccal cavity, but all the organs

concerned in articulation and respiration, in order to discover what organs are unnaturally used. In nearly all cases we shall not fail to find, that while some organs are not used at all, others are employed with too much force or irregularity, and that there obtains an entire want of harmony among the different parts. To establish this harmony must be the great object of the teacher. The mind of the patient must be first acted upon, scepticism and mistrust must be removed, and confidence inspired. A sufferer is quite unconscious why he stammers, being only aware of the emotion exciting the attack, whether anxiety, fear, grief, or a variety of others. On explaining to him the cause or causes of his stammering, and pointing out the manner in which the voice is created, and the reason why he has a difficulty of utterance, the sufferer often exclaims "I wonder I never discovered this before!" And in many cases the change is like magic, although simply effected by the instructor having discovered the secret of detecting the cause or origin of the evil; and being also able to communicate to the person, a simple means by which he can correct, and, by careful practice, entirely overcome it. The mind readily embraces the obvious conviction that there is a cause independent of association.

The plea formerly urged by medical authors that stammering is a *disease*, and falls, therefore, within the province of medicine is now generally

exploded. Unless the practitioner has for years devoted his energy to the subject, and brings to bear upon it an ample knowledge of the various phases of the disorder, founded on rigorous deduction and extensive experience, combined with an intimate acquaintance with the structure of language and effective delivery, he is little likely to benefit the stammerer.

It is at the same time worth while mentioning that *Chorea*, an affection which bears the greatest analogy to, and is frequently concomitant with stammering, is found to yield rather to gymnastics than to medical treatment, as will appear from the following extract:—

“The first who employed gymnastics for the cure of St. Vitus’s Dance were the priests. The patients were assembled after mass, and made to dance to sacred music, plaints were sung, which obliged them to dance to measure. Recamier applied rhythm in numerous convulsive affections. He was of opinion that if the muscular motions could be rendered habitually regular by alternate contraction and relaxation, a cure might be effected. For this purpose he assembled his patients at night on the Place Vendôme and made them follow the drummers, beating the tattoo. Any other instruments, for instance, the metronome may be employed. We commence to make the patients execute on command, motions with one arm or one leg, after which we proceed to com-

bined movements. Then follow rapid movements, which are by far the easiest, there being no sufficient interval for the choreic uncertainty to supervene. Finally, we make them execute combined slow movements. * * *

M. Sée reports that of 22 children treated exclusively by gymnastics, eighteen were cured in twenty-nine days.

The results were less satisfactory when medicaments were administered. M. Blache, Physician to the Hôpital des enfants, concludes his memoir, read before the Académie de Médecine, as follows:—1. That no treatment is so efficacious in chorea as the gymnastic, whether applied alone or in combination with the sulphur bath. 2. That the former can be employed in every case whilst other remedies are frequently counter-indicated. 3. That in the gymnastic treatment amelioration becomes apparent during the first few days. 4. That whilst the disorder disappears the constitution generally is greatly benefitted.”*

Thus it would appear that even in those cases, when stammering either results from, or co-exists with chorea, systematic exercise of the various organs, judiciously applied, will not only cure the stammer and the primary affection, but will greatly improve the constitution. It has ever formed part of my system to combine oral instruction with the practical training of all the organs

* Archives gen. de Médecine, 1854.

directly and indirectly concerned in the production of sound and speech, and I have the satisfaction of knowing that few have left my establishments in town and country without great improvement in their general health.

The instructions require, exercises and practice, according to the severity of the case, and the length of time the habit has existed, with the most unremitting zeal and attention on the part of the pupil to ensure success. It cannot, indeed, be reasonably expected that a habit of many years' standing, can be eradicated without great care and perseverance. The constant and immediate superintendence of an instructor, experienced in a system founded on physiological principles, is the only method of entirely conquering this defect: the most elaborate efforts at written explanations, being obviously valueless, where cases so widely differ, and, consequently, require such various instructions. Very few persons possess sufficient mental control to keep a constant check on their speaking, or to be aware of the manner in which they are using their vocal organs, especially when first directed to alter their original method of exercising them. Some individuals, also, are quite ignorant how severely they stammer, having become so habituated to it, as not to be aware when they are stammering. The time occupied to restore nature to her throne, must, therefore, depend entirely on the pupil, and his progress will

be in accordance with his own efforts. Some are too confident on finding the success that attends them at first, and, then they often give up the practice of the prescribed system, and find themselves gradually relapsing into the old way, not considering that the habit of a few days will not supersede that of many years. Too much care and attention cannot be paid, as the enemy is always on the alert to regain his former power, and seizes every moment of forgetfulness to reassert his position: but at length the new habit so completely takes the place of the old, that the pupil forgets how he stammered. Some stammerers have a great muscular weakness, and require more energy than others, but this they are unwilling to use in conversation, fearing it will be remarked. For this, however, there is not the smallest ground, as the system I adopt is perfectly natural, and entirely free from every kind of peculiarity, and could not be noticed by the most acute observer. There is nothing difficult to understand, and the most ordinary intellect can carry into practice, all the instructions with a common amount of attention. That cases of relapse have occasionally occurred I will not attempt to deny, but it is satisfactory to know that each one to whom this has happened, when speaking conscientiously, owns that not the *system*, but his own *carelessness* is alone to blame, and most sincerely he deplors the ground he has lost. Since the commencement

of the practice of this system (now thirty years ago), if I were to average that in *one-tenth* of the cases treated there has been a slight relapse, I should I am sure overstate the number, and this average may be said to include a few cases where an entire cure has not been effected, from sheer carelessness or obstinacy on the part of the pupil, and which would occur, whatever the system applied.

In order to prevent a relapse in young children, a select school has been established in connection with my own establishment. By attending at the school, about twice per week, I am enabled to prevent them from bringing back their impediment. This plan I found to be of the most essential service. The fear of a relapse in cases treated in this manner is thus avoided.

The most sceptical author* as to the curability of stammering, says:—"Some scheme should be instituted by which the stammerer should gradually acquire, through changed associations, a complete power over his speech under all circumstances." This it has been my object for some time past to carry out fully and perfectly, by my present improved mode of practice, affording, where it is desirable, residence in my house, and the constant advantage of practice in reading and speaking on all subjects before others; of this I have made an important point, as so many find it impossible to

* In a pamphlet on *Stammering*, attributed to the pen of Dr. Munro.

address an intelligible sentence before a few persons assembled together, and only constant practice will overcome this difficulty.

Very sensitive pupils are apt to doubt themselves, and fail in consequence of sheer timidity. But when they observe the successful adherence to the same system as that in which they have been instructed, the conviction is forced upon their minds : that they need only follow the same course, and the same happiness will await and repay their application.

Great improvements are being daily made in every department of science, and the study and attention I have paid to this particular subject, have not, I trust, been without their fruit ; and each year's experience discovers more clearly to the anxious observer the innumerable phases under which this affliction presents itself ; and the practicability of its eradication.

In conclusion, I would wish to state that it has always been my practice, in the first instance, clearly to ascertain the seat of the affection. To remove the impediment we must be certain whether it be the result of an organic defect, which is rarely the case, or whether it be merely functional. It is also necessary to investigate whether it be a concomitant symptom of an actual distemper, which may disappear with the ailment which gave rise to it, or whether it be the consequence of a former disease. The cause being

once ascertained, the cure may be said to be half effected. It requires, however, great experience to form a correct diagnosis, and long practice to adapt the treatment to each individual case. The distinctive marks are frequently so blended, that the superficial observer may consider two cases as perfectly identical which have scarcely any analogy to each other, and require an essentially different treatment.

It is only by a study of the laws of nature, that we have advanced thus far in maturing a method, by which the meanest capacity may be relieved from one of the most distressing among the many "ills that flesh is heir to," and may be enabled to employ the beautiful machinery that God has given to man to give expression to "thoughts that breathe, and words that burn."

PART II.

NOTICE

OF THE

LIFE OF THE LATE THOMAS HUNT.

(ABRIDGED FROM THE SECOND EDITION.)

THE late Thomas Hunt was born in Dorsetshire, in 1802. His progenitors and family were connected with the Church of England, and he was educated at Winchester, and Trinity College, Cambridge, with a view to a similar provision in holy orders.

While at Cambridge, Mr. Hunt's attention was, by the affliction of a fellow-student, forcibly drawn to the investigation of the causes which produce stammering—a disorder then held to be incurable. Having, by various successfully treated cases, satisfied himself that he had discovered a rational system for the cure of this infirmity, he left college with the determination of devoting himself to that pursuit, which soon became the engrossing business of his life.

An extended provincial tour, undertaken to enlarge his experience, only confirmed his opinion as to the real nature of the disorder, and the most appropriate remedies for its removal.

One of the earliest proofs of his provincial success, is vouched for by Dr. Forbes, now Sir John Forbes, Physician to the Queen's household.

“Mr. Hunt was kind enough to give a lesson in my presence to Thomas Miles (a patient in the Chichester Infirmary), a poor man who has been affected with stammering, in a very high degree, from his infancy. And from the unreserved exposition of his principles on that occasion, as well as from the remarkable improvement (amounting almost to a complete cure) produced by this single lesson, I am of opinion that Mr. Hunt's method will be successful in nearly every case of stammering not depending on any organic defect, provided the requisite degree of attention is paid by the pupil.”

“JOHN FORBES, M.D.”

“Chichester, April 12, 1828.”

Ever since the date of this letter, Sir J. Forbes, now practising in London, has continued to recommend pupils, with equally successful results.

Thus fortified by the happy results of his labours in all parts of the country, Mr. Hunt finally resolved to settle in the metropolis, where at first

he experienced, to the full, all the difficulties which usually attend the establishment of a new theory. In spite of all obstacles, however, Mr. Hunt's system gradually rose in public estimation, and the evidence of its merits became too convincing to be withstood. The greatest surgeon of the day, the late Mr. Robert Liston, stepped before the public, and not only raised his voice against any further mutilations, but evinced his admiration of the simplicity and efficacy of Mr. Hunt's system, by recommending to medical and other students to avail themselves of Mr. Hunt's tuition. Those only who know how scrupulously chary that eminent surgeon was to give the sanction of his name to aught, either professional or general, which he could not conscientiously approve, can estimate the paramount importance of the following testimonial.

“I have with much pleasure witnessed Mr. Hunt's process for the removal of stammering. It is founded on correct physiological principles, is simple, efficacious, and unattended by pain or inconvenience. Several young persons have, in my presence, been brought to him for the first time; some of them could not utter a sentence, however short, without hesitation and frightful contortion of the features. In less than half an hour, by following Mr. Hunt's instructions, they

have been able to speak and to read continuously, long passages without difficulty. Some of these individuals had previously been subjected to *painful and unwarrantable incisions*, and had been left, *with their palates horribly mutilated, hesitating in their speech, and stuttering as before.*"

"ROBERT LISTON."

"5, Clifford Street, March 1, 1842."

About this time it curiously happened that Francis, when he shot at her Majesty, was witnessed by Pearson, and had he been able to give the alarm, the danger might have been averted.

The *Times* of June 25, 1842, remarks, "It will be recollected that a lad named Pearson, one of the persons who witnessed the treasonable attempt upon the Queen's life on the Sunday afternoon, was afflicted with so inveterate a habit of stammering as to be unable even to give an alarm. He has, we are informed, by means of a new process of cure, obtained the power of perfect articulation; the hesitation, which before rendered him scarcely intelligible, even when not excited, having entirely disappeared."

The following letter from Sir Peter Laurie, Knt. and Ald. explains the circumstances:—"It gives me much pleasure to bear testimony to the skill of Mr. Hunt in curing stammering in two cases: the first was in the the instance of George

Pearson, who gave the information on the recent attempt by Francis on her Majesty's life. Pearson was brought to my house to detail the circumstances, but his infirmity was of such a nature as to render him perfectly incapable of giving utterance to his meaning. Mr. Hunt kindly offered his services to Pearson; and in a fortnight I saw him again, when he spoke with the utmost readiness, and I believe the cure to be complete.

“The second instance is that of Mark Dessurne, a youth who was quite unable to speak,—in fact, he was hardly removed from dumbness. I have seen him this morning, and he converses and reads with the most perfect fluency and ease to himself. I consider this case more remarkable than that of Pearson.

“I am extremely unwilling to give anything like a testimonial, and this is almost the first instance in which I have done so, but I consider it a duty to make this known as far as I can. The success of Mr. Hunt is only equalled by the extreme simplicity of the means he uses, founded on sound, and, as I believe, unerring principles.”

Ample testimony to the value of the system pursued by Mr. Hunt is also borne by one of our most scientific and successful surgeon dentists.

“Sir,—I can have no hesitation in expressing a

very decided opinion of the efficiency of your practice in the treatment of defective articulation. In cases of congenital cleft palates more especially, your course of elocutionary discipline has been of essential service in training the organs to the use of the very perfect instrument which we now have for this hitherto irremediable defect. I shall still continue to reccommend all cases of this or other defect of the palate to your care, for the full developement of the advantages of the apparatus. And I feel confident from some experience, that, where your instructions are diligently followed, a degree of perfection is attained which leaves little to be desired.

“ I am, Sir, very truly yours,

“ EDWIN SAUNDERS.”

“ 13A, George Street, Hanover Square,

“ June 23, 1847.”

The valued opinion of Mr. Robert Chambers,* cannot fail to have its weight on an intelligent public, who have long known how to appreciate the good, sound, wholesome intellectual food which he has offered them. So completely does it represent the facts of the case that I have given it in *extenso*.

“ I have been taken by a friend to see stammering

* It appeared in *Chambers' Edinburgh Journal*, April 10, 1847.

cured by Mr. Hunt, in Regent Street. Though a matter in which a patrimonial interest is concerned, I feel tempted, by the interesting nature of what I saw, to make public allusion to Mr. Hunt's system. Two young men were in attendance, both grievously afflicted with stammering, and both new cases. One was asked to sit down, and Mr. Hunt then addressed a few questions to him, on which he made the usual wretched attempts to answer. This young man had no recollection of ever speaking fluently. His attempts to read were equally miserable failures. Mr. Hunt then explained to him, in simple terms, the physiological and moral causes of stammering, and gave him a few very intelligible directions for the regulation of the mouth, tongue, respiration, and the part of the chest to speak from. The youth was soon able to pronounce sentences, and also to read with considerable readiness. The other youth was then put through a similar series of lessons, and in an equally short time the comparatively perfect use of the organs was attained in his case. On a subsequent visit, I saw a girl who stammered and hesitated in an extraordinary manner, restored to a common style of speech in less than twenty minutes. These, however, are not cures. A complete victory over the bad habit can only be the work of time. There is no mystery whatever in the plan. It is merely replacing nature upon her pivot, from which accident or bad habit had thrown her.

What the instructor does is but a small part of the cure. The greater part is the work of the pupil, fully obeying the rules, and persevering in them, till a new habit has been acquired. Most persons, I conceive, would not be safe from a relapse under carelessness for many months, and individuals of weak will, might fail altogether.

“Mr. Hunt is, strange to say, a Dorsetshire yeoman, who has been led, by accidental circumstances, to add this to his other avocations. He laments being under the necessity of keeping his plan, in the meantime, a secret—the only thing about it which struck me disagreeably; for who would not wish to see the means of abolishing stammering diffused as widely as stammering itself? The exhibition is a most interesting one, creating that peculiar satisfactory feeling which we experience when the triumph of nature over error is asserted. Yet, as if to make good the rule that all benefits to humanity must come through the sufferings of individuals, Mr. Hunt has been subjected to persecution on account of his practice. It was discovered that stammering ought to be regarded as a disease, and therefore treated only by qualified medical men; on this ground Mr. Hunt was publicly denounced as a quack. It would be as reasonable to demand that a dancing-master, who substitutes graceful for awkward walking, or an elocutionist, who extirpates patois from the tones of the voice, should have a medical diploma. A

beautiful thing it would be, indeed, for the resolver of this difficulty to go to a faculty altogether ignorant of the subject, and study their mysteries, which have nothing to do with it, and nine-tenths of which are now under a strong suspicion of being mere delusion, before he could be allowed to make use of an invention of his own, the benefits of which are palpable."

The following is from the pen of a writer of high reputation, viz:—Mr. John Forster, of the *Examiner*, the well known biographer of Goldsmith.*

"A prospectus is before us, issued by Mr. Hunt, on the subject of impediments of speech, and the possibility of their easy and certain removal, without any kind of surgical intervention, which we think of sufficient interest to bring under notice in this place. Struck by the announcement, and by a remark of the late Mr. Liston, among the testimonials quoted, we have sought and obtained an opportunity of witnessing the process adopted by Mr. Hunt. We have no hesitation in expressing a most favourable opinion of Mr. Hunt's process. Based upon clear and intelligible principles, it has the merit of singular simplicity. Mr. Hunt explains to his pupils the

* From the *Examiner* of March 2, 1850.

anatomical construction of the organs by which the voice is produced, points out the different causes of stammering, and teaches how an easy utterance may be obtained by removal of the cause that obstructs it in the particular case. There is nothing difficult to understand, or that the least intelligent may not readily seize, and instantly act upon. When we can discover what has induced a habit contrary to nature, we are surprised to see how easily nature resumes what she might seem so completely to have lost. Whether or not she may be able to keep it depends on other considerations. In the case we had the pleasure to see tried, a young man,* whose unavailing attempts to read a line of verse had been quite frightful to witness, was enabled by something less than an hours instruction, to read the whole of 'Gray's Elegy' with tolerable ease. Nor had we the least doubt that perseverance in the instructions given would eventually make the cure complete. But that this perseverance would be necessary, even to the point of incessant and uninterrupted practice for a very considerable time, we thought not less clear. Habit must be conquered by habit. With this proviso of hearty and laborious co-operation on the sufferer's own side, we believe that a very ingenious and intelligent gentleman has really discovered an efficacious cure for a most distress-

* Reference given to this pupil.

ing defect, and we are happy to take this opportunity of saying so."

The number of pupils whom my father had relieved at last became very numerous, and many were anxious to express their gratitude to the benefactor who had rescued them from what must always have been a barrier to their success in life. From various notices which appeared at the time, the following is extracted from the *Literary Gazette*, February 24, 1849, a journal which has supported Mr. Hunt's system from its earliest commencement; and notices may be found in it as early as 1828.

"The cure of stammering by Mr. Hunt has so often commanded our especial consideration, that we are gratified to find the success of his simple and efficacious system (almost without a failure, as we have witnessed for a number of years) is in the course of being marked by a public testimonial from a grateful band of the pupils he has taught to relieve themselves from these painful embarrassments, and enabled to take very different positions in life from those which such impediments imposed."

This gratifying tribute is an excellent likeness, and affectionately prized by his family and friends, and is a lasting memorial of his services to his fellow creatures. It is thus recorded in the *Cata-*

logue of the Exhibition of the Royal Academy of Arts for 1849.

“No. 1336. Marble Bust of Thomas Hunt, Esq., author of the system for the cure of stammering. Subscribed for, and presented to him, by his pupils, in testimony of his services during a period of twenty-two years.

“JOSEPH DURHAM.”

Ardently persuing his task, Mr. Hunt, at the close of his London sojourn, in 1851, left town for Dorsetshire, when alas! in the midst of health and joyous expectations, the strong man was struck down, and suddenly removed from his sphere of usefulness, as is recorded in the subjoined obituary.

“Obituary of Eminent Persons deceased,” in the *Illustrated London News*, August 23, 1851.

“THOMAS HUNT.—After one week of severe illness, died at Godlingstone, near Swanage, on Monday last, the 18th inst. Thomas Hunt, Esq., so long and so justly held in high esteem for his skill in the cure of stammering. During some twenty-five years of Mr. Hunt’s practice, a great number have been benefitted by his care, and very many have to be grateful to him for rescuing them, not only from the mortification and distress of a painful disorder (for such it is), but for

rendering them eligible to undertake higher stations in trade, the army and navy, all the liberal professions, and even in the legislature. His system was simply to teach the sufferers, by the plainest common-sense direction, the means of restoring nature to its functions, which were perverted and counteracted by evil habits, or the curious infection of involuntary imitation. Mr. Hunt held, and truly held, that not one case in fifty was the consequence of deficient or mal-organization; and he sternly and perseveringly eschewed the knife. In many cases the effect of a single lesson was so remarkable as to appear like magic, converting the convulsive stammerer from distressing unintelligibility into freedom of voice, distinctness of utterance, and correctness of pronunciation. The pupils and the witnesses of such an hour's or two hours' change were alike astonished by the obvious process, which only required a degree of moderate attention to confirm for ever.

“Mr. Hunt was of a good Dorsetshire family, many of whom were connected with the Church. He was educated at Cambridge, but circumstances led to his choice of farming instead of taking degrees. His devotedness to his one great pursuit did not prevent him from cultivating, as a distinguished agriculturist, a large farm in Dorsetshire, where he was as much respected in that sphere as he was generally esteemed for his peculiar talent in what may be termed professional life.

A widow and family of eight children are left to lament his loss."

An extract from the Speech of the Right Hon. the Earl of Carlisle, Lord Lieutenant of Ireland, at the General Anniversary Meeting of the Royal Society of Literature, 1852, also records the same melancholy event.

"The Society, said his Lordship, the president, has lost during the year Mr. Thomas Hunt, who educated at Cambridge, and intended for the Church, found himself compelled to devote the energies of his whole life, if not to a very aspiring, at least to a most considerate aim of benevolence—the relief of the distress occasioned by stammering. I learn from authority of high professional eminence, as well as from the attachment of his personal friends, that his mode of treatment was attended with the most distinguished success, and that to the poor especially he was signally liberal and kind as an instructor."

Mr. Hunt's death appeared to be the signal for the revival of competition in the walk he had occupied, to the exclusion of the advocates for surgical operations and pretenders. The notorious and the obscure, rushed forward, and anonymous books, pamphlets, and advertisements appealed to the public, with every assertion of infallibility. The

public was thus speedily besieged by a corps of resolute curers of stammering, widely differing from each other as to the nature of the affection. But if there be wisdom in the multiplicity of judges, there is distraction in the multiplicity of counsellors. Some mere teachers of languages, fancied themselves able to cope with the sometimes intricate causes which produce this affection; others not nearly so qualified were still more pretentious.

The most flagrant attempt, however, to mislead the public was made by G. F. Urling, sen., laceman and dealer in baby-linen. This person happening to be the landlord of the premises occupied by my late father, conceived the bright idea of constituting himself heir at law of his former lodger's celebrity. The circumstances were favourable. The death of Mr. Hunt was sudden and unexpected; the shock to his family was great; and it was but natural that some time should intervene before his professional pursuits could be resumed by those qualified by education and an intimate knowledge of the system, to succeed him. The temptation was too strong to be resisted by the elastic conscience of Mr. Urling, so taking "the bull by the horns," he occupied the apparently vacant part at once, boldly announced himself Mr. Hunt's successor: opened and answered his letters* and

* I quote the following, as one of the latest proofs that have come to my knowledge:—

“27, Mornington Road, N. W., April 21, 1857.

“Dear sir,—I availed myself of the services of your late father in the

received without a word of explanation inquirers and pupils, which the long and continued publicity of Mr. Hunt's system still brought to the old residence in Regent Street.

It was not my intention in this edition to take any further notice of Mr. Urling's doings, had not my attention been drawn to a publication in which, by grossly distorting the facts, he endeavours to refute some of the charges brought against him. In justification of his conduct, he pleads, that he had been informed, that none of the family could possibly carry on the system; that Mr. Hunt's family did not take up the practice until 1852, and, that Mr. James Hunt did not appear on the scene until two years after. All these assertions are perfectly untrue. No sooner were the family made acquainted with the deception prac-

early part of 1851, and in the November of the same year, unaware of his decease, I addressed a letter of very private and personal nature to him at 224, Regent Street, where I had known him. I was much surprised to receive the enclosed from Mr. Urling—the man who kept the shop below your late father's rooms,—informing me that he had succeeded to Mr. Hunt's practice! I was, and still am, quite at a loss to understand on what authority Mr. Urling opened letters addressed to a gentleman who had no connection with him. Whatever might have been the object, nothing to my mind could be more discreditable or dishonest.

“I am astonished to find that this is only one instance out of many which have come to your knowledge, and I have no doubt that the friends of your late father have expressed themselves in very strong terms on such an infamous proceeding.

“You are quite at liberty to make whatever use you please of this communication.

“Believe me,

“My dear Sir,

“Yours truly,

“DR. JAMES HUNT.

“H. FOWLER RANSFORD.”

tised on the public, than they took immediate steps, as far as lay in their power, to arrest it by issuing circulars in 1851, cautioning all parties against the pretender. In 1852 the following letter was addressed to Mr. Urling.

“ 14, New Boswell Court, Lincoln’s Inn,

“ 7th April, 1852.

“ Sir,—The representatives of the late Mr. Hunt, whose success and celebrity in the cure of stammering are so well known, have instructed us to communicate with you on your illegal conduct in advertising yourself as the successor to that gentleman, and in opening the letters to him at 224, Regent Street.

“ You must be fully aware of the injury you are inflicting on the late Mr. Hunt’s family by the unjustifiable course you are following, for you *not only open letters which do not belong to you, and assume a position you are not entitled to, but actually used the testimonials of the late Mr. Hunt.*

“ We shall wait a reasonable time before resorting to the legal proceedings we have determined upon, to give you an opportunity to enter into some explanation of your past conduct, and enable you to guarantee that it shall not be repeated.

“ We are, Sir,

“ Yours obediently,

“ Mr. G. F. Urling, Sen.” “ HARRISON and LEWIS.”

Mr. Urling then thought it high time to shift his ground, and he advertised a new system *as practised since* 1840; my father—be it remembered—only died in 1851. Finally, he announced that he had made great improvements in Mr. Hunt's system which *now* only contained the *germ* of truth.

That Mr. Urling—besides having been occasionally, like many others, admitted to witness Mr. Hunt's instruction, never had any real conception of the system is apparent from what he has written on the subject.

As to Mr. Urling's pretended *improvements*, (save the mark!) the public must be left to judge how far an individual who has passed his life behind the counter, handling lace and baby-linen, is likely to perfect an intellectual process, requiring an intimate acquaintance with the structure of the human frame, and the mutual relation of body and mind, patient investigation and long experience.

In leaving this subject into which, as already stated, I entered again with reluctance, I am glad to acknowledge that I owe much of my position and authority to the fact of having had the advantage of my late father's long experience, and am thus the sole exponent of his views. The adjoined documents will at least prove that I have not been an unworthy follower in my father's footsteps.

APPENDIX.

The publishing of testimonials has always been a *questio vexata*. That it is extensively abused in every branch of enterprise, and is equally the resort of truth and honesty, and of falsehood and fraud, is undeniable; but the apology, if any be necessary, is the great difficulty of obtaining, by other means, a public hearing of any new discovery, so as to entitle it to public consideration. This mode of producing *primá facie* evidence in favour of any new theory, is especially requisite in cases, when the discoverer has left the beaten track, and having struck out a path for himself, comes into collision with "vested interests," and is consequently attacked and obstructed in his onward march by interested parties. To confound the obstructors, he is compelled, in self-defence, to vindicate his theory by showing the results obtained. Little or no importance is to be attached to any-

mous testimonials, when, however, the most eminent medical practitioners, like Professors Liston and Fergusson, Drs. Forbes, Dawson and Stevens, and literary characters like Kingsley, Robert Chambers, John Forster, and many others, disregarding the odium they incurred, bear public witness as to the simplicity and efficacy of the system I pursue, I submit that the evidence produced is sufficiently strong to entitle me to public confidence. It is with this view—bearing in mind the adage, *testimonia ponderanda sunt, non numeranda*—that the following testimonials, selected from a host of similar ones in my possession, are submitted to the public.

TESTIMONIALS.

The first letter is from a gentleman so well known and appreciated by the public generally, that I need only mention that it is from the pen of the author of *Yeast*, *Alton Locke*, *Hypatia*, *Westward Ho!* *Glaucus*, *Two Years Ago*, &c. &c., and I am convinced it must carry that weight which it deserves. Such a testimony is in itself surely sufficient to remove all scepticism; and sufferers who disbelieve in the cure, will owe much to such

an authority for removing their doubts and misgivings on the subject.

“ Eversley Rectory, March, 1856.

“ My dear sir,—I have waited till I had something worth saying before I wrote to you. At first I had various small relapses and failures, which put me out of heart : but I must tell you now that all my friends are quite surprised and delighted with the change in my speech. I have gone through many trying evenings without stammering a word ; and even when, coming home tired and excited, I broke down a little, I have always been able to recover myself before any spasm came on. If I fail now, it will be only from my own neglect of your simple rules, for which I thank you with all my heart.

“ Three things gave me confidence in you at our first interview :—First, I saw that you really understood the *mental* excitants of the disease. Secondly, that you did not (as an empirick would) take for granted the symptoms which the disease had produced, but knew them to be various and ever varying, even in the same patient ; and therefore carefully examined till you had found out which of the vocal organs was chiefly affected. Thirdly, that you had no panacea, trick, or “dodge” to offer me ; (had you done so, I could not have had confidence in you,) but that your aim was to restore me to a *conscious* use of the vocal organs,

exactly similar to that which the healthy subject employs *unconsciously*; and so to deliver me from those *half-conscious* tricks which the stammerer employs as remedies for his complaint; and which (as my experience has taught me) are equally useless and unwholesome. 'To return to nature through art,' seems to be your notion of your work: if so, you must be right and successful also, for it is the great law and aim of all worthy work in this world.

"* * * * has given up all his prospects, and gone to Australia, simply on account of his stammering. This had happened while I was in town with you. Had I known you three months before, he might have been saved; and I dare say his story is that of many. I assure you what you have done for me already has been much talked of; and that many have promised me to get you pupils.

"I must not forget to say that, *thanks to you*, I have been preaching and lecturing extempore, not only without stammering, but with an ease I never felt before.

"Believe me, yours most truly grateful,
 "James Hunt, Esq, &c. "C. KINGSLEY."
 "8, New Burlington Street."

"15, Finsbury Circus,
 "May 17, 1856.

"I have much pleasure in bearing my testimony

to the success which has attended the treatment of stammering, as practised by Mr. James Hunt. I have had occasion to send (both to himself and his late father) some very bad cases, which have been perfectly cured by his mode of practice, which I am certain is calculated to do a great deal of good.

“ R. DAWSON, M.D.

“ *Member of the Royal College of Physicians.*”

“ 2 Finsbury Place South, Finsbury Square,

“ London, May 21, 1856.

“ My dear sir,—I shall esteem it an honour if any attestation of mine should be of the least value to the excellent and successful mode adopted by you for the cure of stammering and general defective speech.

“ In the case of my patient, who, when he first consulted me, could scarcely articulate at all, and even when not excited, often gave up the effort to express himself in vain, in consequence of the distortions of the body he was compelled to make. I had the pleasure of seeing him shortly after he had been under your treatment, with every word under complete control, and a most pleasing facility of expression. The gratitude that has been expressed to me by him, as well as by others of your pupils for the success of the plan adopted by you for their cure, and their appreciation of the rules given them for the future preservation of their speech, is a better testimonial than any that can

be written by me. In conclusion, I truly think it is a matter for regret that such benefits are not more largely appreciated, and widely disseminated.

“I remain, my dear sir, yours very truly,

“HENRY STEVENS, M.R.C.S. ETC.

“Surgeon to the Islington Dispensary and City Orthopædic Hospital.”

“To James Hunt, Esq. &c. &c.”

“Newton Toney, near Warminster,

“March 26th, 1857.

“My dear sir,—It is with great pleasure that I send you my testimony of the success of your system for the cure of stammering as instanced in the case of my son.

“I am glad to say that he continues to speak and read without hesitation, and I have every reason to hope that his cure will be quite permanent, as it is now six months since he was under your care.

“I have made your successful treatment known to many of my friends, and shall continue to use my influence with all whom I know, that have stammering children.

“I beg that you will use my name whenever you wish.

“I am, dear sir, yours truly,

“MARY ANNE KENDLE.”

“To DR. JAMES HUNT.”

The following letter is kindly allowed publicity by the writer:—

“Chatham House, Brixton Hill,

“September 1st, 1856.

“My dear madam,—In reply to your inquiries respecting Mr. Hunt’s treatment for the cure of stammering, I consider that with regard to my daughter’s case, he has been completely successful. His mode of treatment, of course, must vary occasionally, according to the degree of the pupil’s defect in speech—also the time requisite for effecting the complete cure. I consider his plan of treatment to be founded upon the most judicious and scientific principles; and by no means disagreeable to the pupils themselves—to whom he is always most kind and considerate, in every way, making all allowance for the nervousness, &c., which generally attends impediments in the speech.

“I was perfectly satisfied with all the domestic arrangements superintended by Mrs. Hunt, who is most kind and attentive—and I am quite sure that your daughter would be perfectly happy and comfortable with her—as mine was in every respect.

“I have very great pleasure in forwarding this testimonial to you, as I feel that I cannot say too much of Mr. Hunt for his kind and judicious treatment of my daughter, whose case was of long standing and difficult to overcome.

“I remain, my dear madam,

“Yours obediently,

“SOPHIA Z. MORRIS.”

“Wanstead, Essex, May, 2, 1856.

“My dear sir,—I am happy to say my son is at present as free from his defect as he was when he left you last Christmas. Your mode of treatment for the cure of this distressing disorder, I consider *perfect*.

“I was not only sceptical, but quite hopeless of his cure ; and I sent him to you more from a wish to feel that I had left nothing undone, than from any hope of success.

“My son’s case was very bad, indeed. He always had a slight inclination to stammer, but was not bad until six years of age ; and was every year getting worse until he went to you, between fifteen and sixteen years of age. You are quite at liberty to refer to me, or use my name in any way you wish. I should have offered this before, but did not think the name of so obscure an individual could be of any use to you, who will ere long, have a world-wide reputation.

“I am truly yours obliged,

“GEORGE A. HAMILTON, M.A.

“James Hunt, Esq. &c., &c.”

Extract of a letter from Mrs. SIMMONS, 46, New King Street, Bath, to the Author, Dated September 4, 1853.

“When I saw my son, I was the most astonished at the great ease and fluency he had acquired, and that too, in so short a time, as from the age of

four or five years, he had stammered to a most painful degree. Your mode of treatment has had a most wonderful effect in removing this great hinderance to his future success in life. I shall always feel a great pleasure in answering any inquiries respecting your skill, or kindness of treatment, and pray make whatever use of my name you think proper."

"Haselbury Vicarage, near Crewkerne, Somerset.

"October 22, 1855.

"My dear sir,—I have much pleasure in bearing testimony to the efficacy of your method of curing sammering; and you are at liberty to publish the fact that my eldest son, above 16 years of age, was enabled to master the rules given him in the short period of one month, and was able to read and speak freely.

"You will probably recollect that I told you it was 'stretching a point' for me to meet the necessary expenses, yet I am so far from regretting the outlay, that I consider a larger sum would have been well spent; and the best outlay which could have been possibly made for the future welfare of my son. And as many, like myself, may hesitate in incurring the expense for their children under similar circumstances, I consider that, in recommending them to avail themselves of your valuable training, I advise them to consult the best temporal interests of their children. And none, I feel con-

vinced, will afterwards regret that they have followed this advice.

“ Believe me to be, yours faithfully and obliged,
“ FREDERICK DUSAUTOY, A.M.”

“ James Hunt, Esq., &c. &c., New Burlington Street.”

“ 23, Fenchurch Street, May 3, 1856.

“ Dear sir,—It gives me great pleasure to bear testimony to your success in relieving my son from the very painful impediment in his speech, which had been a growing trouble to him up to the time of his first introduction to you in the autumn of last year. He then spoke with much difficulty; and some words he could scarcely say at all.

“ I may confidently say the cure has been perfect on your part. I feel very thankful that I was induced by two eminent medical gentlemen to consult you, and place the case in your hands; and that the result has been so beneficial to my son, and satisfactory to us all.

“ Believe me, dear sir, yours very faithfully,
“ CHARLES MOSS.”

“ James Hunt, Esq.”

The following letter, in answer to some inquiries, is kindly allowed publicity by the writer.

“ 104, Edgeware Road, Paddington, (W.)

“ April 25, 1856.

“ Dear Sir,—My nephew was under Mr. Hunt’s

care more than three years since; and although only with him a few weeks, he returned home speaking as fluently as any boy of his age. He was then about ten years old, and had stuttered to a painful degree from his infancy, which produced great contortions of the face, and an entire motion of the muscles of the whole body.

“I am happy to say he continues to speak and read as well as on the day he left.

“If your son stammers badly, I believe Mr. Hunt will consider it necessary that he should reside with him, when the cure is effected in a shorter time, and rendered more certain and permanent. I believe Mr. Hunt considers the earlier (after the pupil is able to read) the case is placed under his care, the more easy and certain is the result. You may rely on every domestic attention being given both by Mr. and Mrs. Hunt.

“I always feel a pleasure in answering any inquiries on the subject; and I am convinced you will be grateful to all who have induced you to procure his assistance and successful practice, which is worthy the admiration of all, and not to be confounded with the ‘quack statements’ so often forced on the notice of the public.

“I remain, dear sir, yours very truly,

“To H. F.”

“D. SYDENHAM.”

“ 4, Halkin Street West, Belgrave Square, S.W.

“ March 21, 1857.

“ Dear sir,—When I first applied to you, it was with a very distant hope, indeed, that you could possibly cure me of a defect, which I had imagined was inseparably bound up with my nervous system : that I applied to you at all, was the result of reading your very admirable treatise, which satisfied me that if any man living understood the stammerer’s very peculiar and artificial state of mind,—that man was yourself.

“ The weighty evidence afforded by every page of the treatise, that actual experience and not mere theory had dictated the language, encouraged me not only to put myself under your tuition, but at the same time to invest a considerable quantity of faith in the result.

“ I have great pleasure in testifying that that investment has returned me good interest in two ways—first, practically, in putting into my hands a clue to the labyrinth in which for years I had lost myself in exploring ; and secondly, in placing before me in a simple and clear manner, the nature of articulation, and the principles necessary to be employed to produce voice ; and you very satisfactorily demonstrated, that the vast amount of time and labour I had expended in endeavouring to master my defect, by acquiring a fancied mechanical expertness in utterance, failed

at the most critical times; simply from my ignorance of the very first conditions of the science, so that by this very practice—for which you will remember I assumed some credit—I had actually been confirming myself in a bad system.

“Strange to say from once regarding stammering as a great calamity, I am now beginning to look upon it as a real blessing: it has led me to aim at being a correct speaker, without such a stimulant, I should have been all my life what most people are, careless and slovenly in articulation.

In conclusion I will just add what occurred to me very frequently of late—viz, that to all who speak in public I am convinced your instructions would be of little less value than to the actual stammerer, and although “mumbling clergymen” of the class so graphically described in the *Times* the other day by “Habitués in Sicco” are rare, yet few can be aware how much more powerful and sustained their voices would be, were they to put into practice the principles you teach.

“I am, dear sir, yours faithfully,

“JOSEPH W. BLAKE.

“Dr. James Hunt, 8, New Burlington Street.”

“Cork, 70, South Mall,

“April 24, 1857.

“My dear sir,—For the last two years one of the chief purposes of my life was to overcome a

severe impediment in my speech, I have spent many months and many hundreds of pounds in this attempt. I have been under the care of nearly every person who professed to cure such affections in Dublin, London, and Paris. So that I believe I have as much experience in this matter as any one in these kingdoms.

“The result of this experience is a clear conviction that you practise the true art of cure. *I consider other systems valuable only in so far as they approximate yours, and deleterious inasmuch as they differ from it.* And I earnestly and deliberately recommend all fellow-sufferers to place themselves under your care.

“I am, my dear sir, yours very truly,

“JOHN GEORGE MAC CARTHY.

“James Hunt, Esq., Ph. D., &c.,

“8, New Burlington Street.”

FINIS.



EXTRACTS

FROM REVIEWS OF THE SECOND EDITION.

Westminster Review.—October, 1856.

“We have a strong belief, founded on what we have heard from trustworthy sources, as well as from hints which we meet with in these pages, that Mr. Hunt’s method is based on a truer appreciation of the nature of the disorder, and is more simple as well as more effective in its operation, than that of other professors of the same art.”

Art Journal.—September, 1856.

“To those who are afflicted with this distressing ailment, this book may be strongly recommended. It is the production of a gentleman of great intelligence and much knowledge, who inherited from his father—long famous for the cure of this defect—the duty of lessening it, or even removing it, by a system based on common sense, careful study, and matured experience.”

Notes and Queries.—September 6, 1856.

“Mr. Hunt’s treatise is on a branch of medical science which he has most successfully cultivated, as is manifest from the many testimonials to that success which are scattered through the volume.”

The Church and State Gazette.—August 15, 1856.

“The late Mr. Hunt was undoubtedly the first practitioner who reduced the treatment of stammering, and the multifarious forms of impediment in speech, to a rational and systematic science. If, therefore, the author of this treatise assumes a somewhat egotistical tone, it must be attributed to the fact, that he is advocating his father’s system; and that his competitors in the same branch

of science, though numerous, are not entitled to much consideration, either as practitioners of repute, or as men of scientific acquirements. With this explanation, Mr. Hunt’s treatise may be accepted as a lucid and comprehensive review of a subject which has hitherto been rarely and inefficiently treated. The author does not explicitly state the details of the plans, which, we understand he has pursued with no little success; but we gather quite enough to enable us to grasp the principle of his treatment. The leading feature is *viva voce* instruction, regulated by fixed rules and gradations, as the cure is developed. He is strongly opposed to surgical operations as a means of cure; and asserts that the old system of cutting off the tonsils is a useless and gratuitous butchery.”

The Literary Gazette.—June 28, 1856.

“The system of Mr. Hunt has long possessed the highest reputation, justified by the narrative of authentic cases, and the testimonials of scientific medical practitioners. There are some sensible hints on the subject of the art of elocution, and the propriety of its being more generally introduced in educational training.”

The Empire.—June 21, 1856.

“This essay is a valuable contribution to science. Mr. Hunt’s system of cure, originated by his excellent father, and successfully practised by him for a period of thirty-five years, is undoubtedly the most simple and certain in existence. Mr. Hunt’s explanations of the system, together with the testimonials which he publishes, are of a highly satisfactory character.”

The Economist.—July 26, 1856.

“Mr. Hunt devotes special attention to the cure of this awkward habit. . . . The work seems deserving the attention both of educators and the faculty.”

The Standard.—November 3, 1856.

“Mr. Hunt seems to have united in the practice of his art for the relief of stammering and general defective speech, all the advantages which modern scientific research has realised, in a practical manner, for the theories of an age now happily passed; and his treatment seems to have been uniformly successful. This is asserted by numerous testimonials of high value, and one especially, by the Rev. C. Kingsley, author of ‘Alton Locke,’ and other popular and favourite works, deserves especial notice. Mr. Hunt’s book will well repay perusal, especially by any who are victims of this malady, not only because it directs them to a right means of cure, but because it points out wherein lie the chances of failure, and how, by the treatment he adopts, such a result may be most assuredly prevented.”

Blackwood’s Ladies Magazine.—August, 1856.

“Our author, Mr. James Hunt, has now been before the public some time, and his cures have been all but miraculous. We have perused his treatise with interest and gratification, and feel confident, that parties who are unfortunately afflicted with this malady, will not only agree with us, but will find themselves half cured by the time they have read the book through, such is the high opinion we justly take of Mr. Hunt’s knowledge, which is so touchingly imparted to the reader. Mr. Hunt has overcome all difficulty, which so many authors have been struggling in vain to

conquer, and has now placed a sure cure within the reach of the most stubborn cases; and in conclusion, we may say, that the work has powerful claims upon our admiration, deserving, as it does, a place amongst the medical works of the first class.”

The Weekly Dispatch.—July 13, 1856.

“To those afflicted with stammering this treatise offers encouragement and comfort, from the ease with which this unfortunate propensity can be effectively removed. There is no great mystery pretended in the matter, as perseverance rather than any fixed rules, scientific, or even medical rules, forms the chief requisite. A notice of the life of the late Mr. Thomas Hunt are added, and a refutation and defence are rendered necessary by attacks made, and by the piracy of the name and method, through the audacity of *adventurers* and *impostors*, who have set themselves up as professors of this valuable aid and help to humanity.”

The Patriot.—August 29, 1856.

“If we may judge from the testimonials on the subject, Mr. Hunt’s treatment of this painful infirmity has been most successful. He seems to have closely studied the subject; and adjuring surgical operations, to have appealed to nature and common sense as the basis of his method. Many of his remarks are valuable in connection with general elocution; and we may venture to recommend any stammerer to a trial of this system.”

The Literarium or Educational Gazette.—August 6, 1856.

“We thank the author for putting forth this work; and for the plain and unaffected style he employs. Whoever helps to unmask quackery, we hail as a

benefactor of his kind. We thank the author for lifting the veil off this monster, and revealing it in its true aspect. We wish there were many more to deal it such an 'iron blow.' In this treatise there is none of that mystical phraseology, in which quacks and pretenders delight to set forth their different forms of cure. Mr. Hunt uses the simple but elegant language of a man possessing a high conception of the powers and properties of the human voice. To develop the powers of the voice, cure its defects, and render it as effective as its capabilities can allow is the object—the grand and meritorious object of Mr. Hunt's daily study and practice. His system is founded on natural principles, and we hold that a man is not far wrong when he follows so wise and practical a teacher as nature. The man who thinks as he does, and so glowingly describes the powers and properties of the voice, and the advantages of speech, must necessarily sympathise with all who labour under vocal defects, and use the most fitting remedies for their restoration. We think this treatise is entitled to the consideration of the government, the clergy, and all teachers of youth."

The Civil Service Gazette.—June 21, 1856.

"This is a very instructing and highly interesting work. While it shows the practicability of the cure of this painful defect, it establishes at the same time the necessity for oral instruction, and the judicious treatment of a master on the spot. The success which attended the father of the author, give to the views so ably expressed in the volume, a weight which would not attend the opinions of a mere experimentalist. We heartily recommend the book to those who, if not themselves, may have friends, afflicted with this distressing infirmity.

They will find it no dry, technical treatise, but a clear and elegant exposition of the subject with which it deals."

The Sun, December 6, 1856.

Unquestionably *the most popular* treatise ever given to the world upon the affliction variously known as Stammering, or Psellismus, or Stuttering. It explains that beautiful and humane system, and, in doing so, indicates rapidly and succinctly the character and, be it said, also the cruelty and inadequacy of the various systems hitherto in vogue for the Cure of Impediments in Speech. Dr. James Hunt, the son of the late Thomas Hunt—the "worthy son of a worthy sire"—is the author of the volume comprising this really admirable treatise—and this no less admirable biography. The system explained in the work under notice—a remarkable work, of which the present is the "second edition" considerably enlarged—was simply, it may be remarked (in the apt words of the writer of a graceful obituary notice of the late Mr. Hunt), a plan for teaching the sufferers by "the plainest common-sense directions, the means of restoring nature to its functions," functions "perverted and counteracted by evil habits, or the curious infection of involuntary imitation." Mr. Hunt abhorred the employment of the knife—maintaining that not one case in fifty was really the result of either deficient or distorted organisation. Closing the volume, after an unaffectedly respectful examination of its contents, we bid God-speed to the benevolent Scheme, of which it is lucidly explanatory—remembering with honour, while we do so, the keensighted and large-hearted man who was, humanly speaking, its Originator, and who, as its Originator, is entitled to recollection as one of of world's practical philanthropists.

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A series of lectures are delivered by different eminent professors, during the session.

P.S.—As it is necessary for Dr. Hunt to examine the pupils, to see the peculiarities of the case before it is admitted, a charge of one guinea is made by him for his opinion, which will be deducted from the school charge.

☞ *Cases of Stammering have to be treated by Dr. Hunt at his establishment, 8, New Burlington Street, or Swanage, Dorset; but if they attend this School after leaving him they will receive the benefit of his attention and watching gratis.*

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