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PHYSIANTHROPY;
OR, THE
HOME CURE AND ERADICATION
OF DISEASE.

BY
MRS C. LEIGH HUNT WALLACE
AND
LEX ET LUX.

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PHYSIANTHROPY;

OR, THE

HOME CURE AND ERADICATION OF DISEASE.

BY

MRS. C. LEIGH HUNT WALLACE

AND

LEX ET LUX.

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PHYSIOLOGY
OF THE
LIVER AND BILIARY
SYSTEM
BY
J. H. WELLS

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PHYSIANTHROPY;

OR,

THE HOME CURE AND ERADICATION OF DISEASE.

(A Lecture delivered by Mrs. C. Leigh Hunt Wallace, at the Royal Aquarium, London.)

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IN OPPOSITION TO

STATE-PROTECTED EXPERIMENTAL QUACKERY.

Dedicated to the People.

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PART I.

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THE HOME CURE AND ERADICATION OF DISEASE.

What Art or Science is there that repays our labours more kindly than the successful application of Nature's laws in relieving our fellow-creatures from physical sufferings, and the gloomy prospect of an early grave?

Our love for this labour has accorded us a wide experience, and to-night we purpose placing in your hands some of the means, which we hope will enable you to treat happily and successfully, any acute or chronic diseases which may threaten the life and happiness of those around you.

Acute illnesses are those attacks of pain, which come for a short time, causing great annoyance, but seldom ending fatally, such as neuralgia, gout, rheumatic fever, ear-ache, biliousness, vomiting, etc., and which are often treated at home by the administration of some well-known drug purchased from a chemist upon your own responsibility.

Chronic diseases are generally more local, consisting of some organic derangement, as either the breaking down of an organ, as exemplified by the state of the lungs in ordinary consumption, an abnormal growth, as cancer, tumour, fatty degeneration, etc., etc.

Patients suffering from such chronic diseases as these, are generally either sent to a hospital, or else a diplomatised member of the Medical Profession is entrusted with their treatment. Many, perhaps, will be horrified at my suggesting that even such extreme cases as cancer, consumption, or tumours should be treated at home, but when we remember that these, and all other organic diseases, are pronounced positively incur-

able by the whole of the medical profession ; that such sufferers always die when under their treatment ; that we have no proof that their physical agonies have been in any way alleviated ; but, on the contrary, many proofs that they have been greatly aggravated and multiplied, surely we have every moral right to adopt any method of treatment that seems to be most beneficial, when we know, that by the orthodox treatment, all such diseases are pronounced inevitably fatal.

Relate to a medical man a case of the cure of consumption, cancer, or tumour, and he will laugh at you, and tell you that you are talking nonsense, for no such cases were ever yet cured ; which fact is sufficient in itself to warrant applying the title of " Experimental and Vivisectional Buildings," to all our benevolently supported hospitals ; for if they cannot cure their patients, and yet undertake to treat them, what can that treatment be but of a purely experimental character ? And when we study medical history, and discover the hundreds of drugs that have been pronounced healthful, and made a fashion, which afterwards were declared injurious, and discarded to give way to a fresh freak, we fail to see anything but a system of unscientific experimentalization upon a blind, and blamably apathetic, and condemnably gullible public.

Some of the profession have revealed the truth in very plain language. For instance, we learn—

From Dr. Majendie, that " Medicine is a great humbug ;"

From Sir Astley Cooper, that " The science of medicine is founded on conjecture, and improved by murder ;"

From Sir John Forbes, that " In a large majority of cases, diseases are cured by nature, in spite of the doctors ;"

From Dr. Baker, that " The drugs administered for scarlet fever, destroy far more than that disease does ;"

From Dr. Froth, that " There is scarcely a more dishonest trade than medicine ;"

From Dr. Thomas Watson, that " Our profession is continually floating on a sea of doubts, about questions of the gravest importance ;"

From Dr. Coggsell, of Boston, that "Were medicine abolished, mankind would be infinitely the gainers ;"

From Dr. Frank, that "Thousands are annually slaughtered in the sick-room ;"

From Dr. Mason Goode, that "Medicine is a jargon, and has destroyed more than war, pestilence, and famine combined."

Now these few confessions (and there are hundreds like them) reveal to us the total inability of the whole army of professional healers (?) to render assistance to the sick and dying, and if it be true, that "thousands are annually slaughtered in the sick-room," we can but admire the keenness of the ancient Wurtemberg satire which conferred upon all hangmen, who had despatched a specified number of criminals, the title of ' Doctor of Physic.'

If you crave the definition of disease from a medical man, and he gives you credit for having thought upon these things, he will tell you that neither he nor any other doctor can give the least idea ; but if he thinks you can be put off by mere words, he will reply, that "disease is an absence of vital force," i.e., it is an absence of life, or health,—and you are as much the wiser, as if you had been told that darkness was an absence of light, or cleanliness an absence of dirt. Such lip-knowledge as this does not assist them to become true healers of the diseased.

Let us enquire into the small amount of knowledge possessed on the nature and character of the human blood, in which the keystone to what disease really is, lies concealed.

We are all aware that food put into the digestive organs goes through a process of assimilation, and is then turned into healthy, or unhealthy blood, according to the purity or impurity of that food, and according to whether it meets with any impure matter on entering the stomach, which it generally does, and with which it has to mix, and to a certain extent partake of its character. This matter found in the stomach may be material left from last meal, or some old matter

thrown from the blood into the digestive organs for the purpose of removing it from the system.

If you examine human blood under a properly adjusted microscope, you will find that it is composed of minute particles, of which physiology teaches us that not less than 70,000,000,000, are contained in one cubic inch.

Now, these particles are termed the corpuscles of the blood, of which there are two distinct sorts, known as the red or blood corpuscles, and the white or colourless corpuscles.

Persons in a condition most nearly approximating perfect health, are found to have a predominance of red corpuscles, and persons dying, as for instance in the last stage of consumption, are found to have a predominance of the white or colourless corpuscles.

Physiologists have taught themselves to regard these two forms of corpuscles as the same particles, only differing in stages of development.

Professor Huxley, the leading physiologist of the day, supplies us with all the knowledge possessed upon this point, in a few words, so curiously bound together by vague probabilities, [which we print in small capitals] that it is condemnatory of physiology laying any claim to be ranked as a science.

He says—*

“ That the red corpuscles are in SOME WAY OR OTHER derived from the colourless corpuscles MAY BE REGARDED as certain, but the steps of the process HAVE NOT BEEN MADE OUT WITH PERFECT CERTAINTY. THERE IS VERY GREAT REASON, HOWEVER, for believing that the red corpuscle is simply the nucleus of the colourless corpuscle somewhat enlarged; flattened from side to side; changed, by development within its interior of a red colouring matter; and set free by the bursting of the sac or wall of the colourless corpuscle. In other words the red corpuscle is a free nucleus.

* “Lessons in Elementary Physiology” by Thomas H. Huxley, LL.D., F.R.S. Ninth Edition. London: Macmillan & Co. 1875.

“The origin of the colourless corpuscles in themselves is NOT CERTAINLY DETERMINED; but it is HIGHLY PROBABLE that they are constituent cells of particular parts of the solid substance of the body, which have been detached and carried into the blood, and that this process is chiefly effected in what are called the DUCTLESS GLANDS, from whence the detached cells pass as LYMPH CORPUSCLES, directly or indirectly, into the blood.”

Now, upon this one laxity of scientific investigation is founded the whole of the existing absence of knowledge concerning the nature of disease, and, as a consequence, an inability to eradicate disease.

If pus matter from an ulcer, cancer matter, that which is absurdly called vaccine lymph, or indeed if any form of diseased animal matter, be placed under a powerful microscope, each form of matter will be found to consist entirely of these same white corpuscles in various stages of development.

This fact gives us light which enables us to immediately discern the unity of disease, but let us make a further experiment, and we shall demonstrate a method of manufacturing pus matter of any character, and in any quantity.

Take five vessels; place in one—some malt-wort, in another—some grape sugar and water, in a third—some ordinary sugar and water, and in the fourth and fifth—you may place apple juice.

The temperature of your room should not be less than blood heat, i.e., ninety-eight and a half degrees, Faht.

Into one of the vessels now drop some “pure vaccine lymph,” in a second—some fresh cancer matter, in a third—a piece of the dead flesh of an animal, in a fourth—some consumptive lung matter, and in a fifth—a little brewer’s yeast or leaven.

Now, let these solutions be kept at blood heat, and it will be discovered that fermentation quickly commences, and carbonic acid gas and alcohol are generated in each and all, and the fermenting corpuscles continue to rapidly increase in number. If we place a small quantity of the contents of each

of these vessels under the microscope we shall find that the whole five are identical.

Again, procure some white or colourless corpuscles, fresh "vaccine lymph" (?), primary consumptive lung matter, and cancer matter, and you will find that the whole ten objects, subjected to microscopic observation, are identical; i.e., the five fermented objects, the three specimens of animal pus matter, the "vaccine lymph," and the white corpuscles of the human blood.

Now, what does this demonstrate? Simply that yeast or ferment, pus matter, and disease, and white corpuscles, are all one and the same thing.

From the brewer's vats (or our experimenting vessels) that deadly poison, carbonic acid gas, is evolved. This carbonic acid gas is produced whenever alcohol is generated, either from the fermenting of brewer's yeast or leaven, from pus matter, or dead flesh (which is invariably impregnated with white, or yeast corpuscles). But this generation of carbonic acid gas is not confined to brewer's vats, or experimental vessels, but is found to be issuing from the lips of every adult and infant, though then it is disguised under the name of "wind" or "flatulence," but in reality it is the result of the decomposition, or fermentation of the food in the digestive organs, where it has alcoholised, and generated carbonic acid gas, and that carbonic acid gas is known to every scientist of the day, and is the origin of that absurd error of mistaking digestion, or recombination, for fermentation, which is decomposition.

Calves born from cows fed, or rather starved or stuffed on brewer's grains, are often found with their lungs positively studded with tubercles, which shows the disease-producing powers of these grains when fermented.

Now, yeast is usually taught, and is supposed to be, a vegetable growth, and the white corpuscle merely a particle in process of development into the red corpuscle, as we have before stated, but my Instructor has made the discovery, and has scientifically and mathematically demonstrated its truth, that

each white corpuscle is an independent living, self-multiplying, parasitical animalcule, for he has seen them throw off smaller white corpuscles, and these again throw off more, and further observation proves that when man yields to depraved appetites he feeds, develops, and multiplies this parasitical animalcule, and starves himself by surrendering all his muscular tissue, brain and fluids, to the ravages of the yeast corpuscles, to be decomposed.

When once these yeast corpuscles get the mastery of the human organism, it is with the greatest difficulty that they can be destroyed, because of their rapid self-multiplying power, and their marvellous tenacity of life. They can exist in a temperature of four hundred degrees, Faht., and, indeed, to destroy them by any other means than long and systematic starvation, would result in any number of deaths of the strongest human organism, before they would be killed or even paralysed. Indeed nothing but positive calcination, or long boiling seems to be in any way rapidly or permanently destructive to them. Freezing and solidifying that which they are in, stays their activity and conceals their existence; but thaw, or liquify that substance, and fermentation expresses itself.

We mentioned the rapacious powers of yeast, which can be judged of from the fact, that a small quantity will consume fifty pounds weight of sugar in each thirty-six gallons of water in sixteen hours, if set and kept at a temperature of about 98°, Fahrenheit.

Fortunately for man, his observation can easily detect what food has either become, or will rapidly be fermented, which enables him to avoid it with tolerable accuracy.

There are a few diseases of a fungoid, warty, and other abnormal growth character, which are not composed of yeast corpuscles; but even the development of these is greatly assisted by the organism becoming more degraded, as it must daily be, when the food of the individual is conducive to the multiplication of yeast corpuscles. There are also mineral and other cumulative diseases, obtained by medical drugging,

and various unhealthy occupations, etc., all of which tend to lower the natural vitality of the organism, so that the daily expulsion of yeast corpuscles by perspiration and other channels becomes gradually more and more difficult, till an illness perhaps even unto death, is the result.

We have now done our best to give you, in a few words, an idea of what disease really is, and we will next proceed to consider—

THE EXPRESSION OF DISEASE IN THE HUMAN ORGANISM.

Contrary to the usually accepted idea that the diseased organ is the weakest in the body, we assert that that particular organ was chosen by nature, as the best and strongest one for her to employ in the expulsion of disease, which would again be the strongest, were it not that man continuously and systematically persists in developing diseases for the laboured organ to expel and at the same time paralyses the afflicted part by drugs, blisters and other suppressive measures. Thus it is, that those with the strongest chests are afflicted with lung diseases, those with the strongest digestive organs get dyspepsia, those noted for their mental brilliancy get diseases located in the head.

Of course we are not alluding to children who are born consumptive, or born idiots, but to those of whom it is said, "he was once so strong, and he took cold, and it settled on his lungs, and he died of consumption"; or, "he was the cleverest in the family, and had the most retentive of memories, yet he took cold in the throat, and it then flew to the brain, and turned to insanity."

Why did the strong lunged man die of consumption? Why did the clever one of the family go insane? Simply because nature had flown to the strongest part to work upon, and if she had not been interfered with, she would undoubtedly have conquered, and have restored her castle to a superior state

of strength and perfection, than when she first started her clearance out of accumulated dirt or disease.*

Nature's grand law for the expulsion of disease, is to eliminate it OUTWARDS and DOWNWARDS. By outwards we mean toward either the inner or outer skin, and by downwards we mean toward the extremities.

Take, for example, a patient suffering from acquired insanity, and if you treat him properly, you will find the disease will gradually pass downward, causing all, or some such inconveniences as: a constant flow of matter from the nasal organ; exudation from the eyes; tubercles on surface of head; a sore throat, (which if examined will be found to be produced by matter running down the mucous membranes of the throat from the head); boils, etc., on the back and neck; a chest cough, caused by matter thrown from the head, and expelled by the force of the cough; boils or tubercles on chest; pains in the liver, kidneys, and other organs; which favourable signs of expulsion, outwards and downwards, will probably be finished by swollen ankles and feet; and perhaps some other demonstrations of the "outward" expulsion of disease may accompany the "downward," such as skin eruptions, excessive perspiration, falling off of hair, surface irritation, peeling of skin, etc., each of which curative signs is usually "attacked," by the Faculty, as a separate and distinct disease.

Now let us observe the results of an opposite course of treatment.

Take our case just mentioned. Imagine the patient recovered mentally. A few months or years after, he is annoyed by an erysipelatous rash on his feet. He visits his medical man; some ointment or lotion is applied; the rash disappears, but

* Dirt has been aptly defined, as "matter in the wrong place," and certainly iron is very good to make steam engines with, mercury has its purpose in the earth, alcohol is useful for "manufacturing purposes," as Artemus Ward said, but when these things are in the human body, they are "in the wrong place," and become "dirt," or, to employ its synonym, "disease."

severe pains in the knees ensue; these pains are in like manner cured, then the liver and kidneys become affected; these are cured, but his old cough sets in; external blister, and internal iron and other drugs, administered according to the rules of the pharmacopœia, speedily silence the cough; but finally, insanity again sets in, and this time, as the brain tissue was previously partly broken down, and only recently built up, so to speak, it is consequently more in the tender condition of that of a child's, and easily succumbs to this second attack. But even if it were the first illness endured by the patient, such curative treatment is rarely survived; and thus our hypothetical patient dies—not of the erysipelatous rash, for that was “cured,” or rather put out of sight, but—of the reputedly curative treatment.

I mentioned the re-building up of broken-down tissue. I am perfectly aware that the possibility of the occurrence of such a phenomenon is denied by all M. D.'s who derive their experience from the orthodox system of treatment. Well, they are right, for they speak from their experience of cause and effect, and I speak from mine; and all allow that different causes produce different effects.

When once aware of what disease is, and how and why it expresses itself in the human organism, in its development and eradication, we are possessed of some light by which to assist this eradication, and prevent ignorant suppression inwards and upwards.

Our first consideration must be concerning what we shall eat, and what we shall drink, both when in health, and when not; as our body is composed of that which we absorb by stomach and lungs, and upon the purity and endurance of these materials depend our health and strength, exactly the same as upon the quality of the bricks and other materials with which an edifice is composed, depends the endurance of its structure, and its powers to combat the vicissitudes of wind and weather.

Our main effort in the selection of food must be to avoid most carefully all that is fermented, or contains ferment.

This rule is sufficient for the healthy, but for the unhealthy great care must be taken to select that which is least easily fermented, and most easily and rapidly digested. A healthy man may eat cabbages, potatoes, and highly nitrogenous food, while those whose digestive organs easily generate carbonic acid gas, and acetic acid, or produce what is known as "heart-burn," must avoid such substances, and those fluids which ferment readily, though they may not in themselves be fermented. Such persons should diet themselves more upon carbonaceous food, such as well-cooked rice, etc., wheaten or oaten porridge, also fresh ripe fruit, haricot beans, Egyptian lentils, etc., etc.

Baker's, or fermented bread, should never be eaten. Patients will be astonished at the improvement they will find in themselves, when they eat the unfermented griddle cake* in place of the ordinary leavened bread. I must here utter a caution against being tempted to consume unfermented breads raised by various chemical agencies, however harmless the process may be sophistically made to appear, as some are indeed so pernicious that baker's bread is far preferable, for they contain inorganic and poisonous elements, which are most harmful to the human system. White bread should not be eaten at all.

We get wheaten porridge for our first meal, wheaten porridge for our last, and the griddle cake is our bread, and, if we varied not this food, save by the addition of fruit, yet we should consume all necessary elements for the support of the body in health and strength.

With regard to liquid food, it will be found after the close following of a pure diet for some time, that very little, and in some cases, not any absolute thirst will be experienced, and then often an apple or an orange will be sufficient to allay it;

* Irish, "griddle," Scotch, "girdle." Welsh "griedell," Gaelic, "greidil," or "gridiron," from which we get our term "gridiron," but a "griddle plate" is a flat cast iron plate, substituted in the provincial parts of England by the "back-stone," upon which oat-cakes, pickets, &c. are baked.

but, till we arrive at this happy condition of independence, thirst should be carefully and freely attended to, but do not permit any liquid which is fermented, or you will cause a febrile action to be set up, and thirst will be increased, instead of decreased; neither should anything containing minerals be drank, or the result will be the same.

Give distilled water, barley water, toast water, home-made lemonade, fruit drink made by pouring boiling water over some of your home-made jams, or jellies; or indeed any drink that can be considered really natural, which will not only allay thirst, but like all natural things, act curatively.

We suppose that it is hardly necessary to explain that vinegars, or articles soured in vinegar, are in the second stage of decomposition, and therefore should not be taken. When a desire for acids exists, eat lemons or tomatoes, but never sour unripe fruit.

Thus far we have confined ourselves to directions for the successful avoidance of those things which produce what we must term animal diseases, which are composed of a mass of self-multiplying yeast corpuscles. But other injuries are produced by placing unnatural compounds into the human stomach, besides those which directly generate these yeast corpuscles. Nevertheless such compounds so lower the vitality of the system, that easy means for the development of animal diseases are provided.

We allude to minerals, stomachic irritants, chemical compounds, vegetable poisons, external application of suppressing lotions, ointments, blisters, etc.

It is a mistake to suppose that because edible plants appropriate minerals, which then become fit for human food, or that, because chalk and other mineral matters are discovered in the bones and other parts of man, our digestive organs can appropriate with benefit mineral matter supplied to them directly. All such inorganic substances eventually leave the body in the same form as they entered it, or else the patient

carries them to the grave with him. Mercury and other medically advised minerals are to be found in the bones of churchyard skeletons which have been buried for many years, and there are numerous instances on record of persons having taken electric baths forty years after having taken mineral drugs, and of these minerals being then detected in the baths, showing that they had never been assimilated, and were dead foreign substances lying latent in the system; which is not the case when digested in the form of grain or fruit, as prepared for us by nature.

Observing on patients so treated, the regenerating and reinvigorating effect of these baths, by the relief of the organism, (sometimes even restoring partially paralysed limbs, loss of the sense of hearing, smelling, etc.), we may judge how great is the injury to man, when he takes in and retains minerals in their inorganic state.

We are told that salt is a mineral, yet we cannot partake of either vegetable, farinaceous, or fruit food, without taking it, which fact, we are told, proves both its harmlessness, and its indispensability. All this we are willing to grant, but salt in such foods is in an organised form, a fruit salt, and possesses a life-giving property, and when taken thus into the system, cannot be discovered chemically, as a mineral, without calcination, whereas when mineral salt is taken, it can easily be traced in the tissues of a corpse, as a mineral, WITHOUT calcination.

That we cannot live without salt is perfectly indisputable, because organic vegetable, or fruit salt, is found in every article intended for human food.

Mineral salt is not only injurious to the body physically, but depraves morally, as it utterly destroys the power to appreciate the delicate and natural flavours of the finer and purer salts inherent in all food supplied by the Creator.

We have read histories of the most torturous suffering, and horrible deaths of criminals, ascribed to the intentional deprivation of mineral salt; but that this was not the real, but

only the pretended cause, is easily demonstrated by strictly abstaining from the smallest particle for years, as I, and many others have done, which would be impossible to do without loss of life, if any of these accounts of deaths occurring in a few weeks, resulting from the absence of mineral salt, were true.

Other table condiments, such as mustard and pepper, are really less injurious than mineral salt; yet these irritate the coats of the stomach, impair digestion, and assist in destroying that purity of taste, which should be able to guide us in the most absolute manner, to a perfect selection of the wisest and best diet.

We are often told that people crave so persistently for certain injurious things, that they could neither eat, drink, nor sleep without them, and surely, it is argued, such craving must be a voice from Nature, which should be attended to. This is the cry, to a greater or lesser extent, of the mustard, salt, pepper, and vinegar imbibers, of the opium eater, of the tobacco smoker and chewer, of the snuff taker, of the whisky or gin drinker, all of which depravities they blasphemously ascribe to the pure and holy wants of Nature, when each and every one of these things are simply the results of a depraved, degraded, and artificially vitiated set of senses, whose powers are so perverted that they control the human Will to demand poisonous stuffings and sensuous irritants, instead of rebelling against them, and demanding pure and simple nutriments.

If any substance be a food, in the true sense of the word, you can live for an indefinite period upon that food alone. Wheat with water, rice with water, grapes, apples, and many other such articles have stood the test of supporting animal life for an unlimited time, and in a superior manner to that ever resulting from an indiscriminate mixture of various substances wrongly called "foods."

Let your diet be composed of a happy and judicious mixture

of those things which will each in themselves support the human body in health.

It is not generally known that fruit is a food. It is brought to table as a kind of fanciful goody-goody, which may be eaten when hunger is satisfied,—though thousands are the instances of consumptive and other patients, who have gone to the various grape countries with one foot in the grave and life but a flickering flame, and have placed themselves upon the “grape-cure,” with the happy result of a total and complete recovery to health and vigour.

At first these patients have eaten only about one pound daily, but after a time they will take as many as from ten to twelve pounds daily. Remember that they eat neither fish, flesh nor fowl, nor even bread, but literally nothing but grapes.

This with the apple cure, fruit juice cure, milk cure, and mare’s milk cure adopted in some parts of Russia, are the only really recognised cures, or eradicators of organic diseases.

My experiments, as well as those of others, testify to the fact that not only can a broken down organism be rebuilt upon fruit, but that one in health can also be retained in health upon this diet, though where there exists a decided decay of the osseous structure, we would prescribe whole ground wheat and oatmeal to supply this special requirement.

We have now elucidated all that is necessary for the thinking mind concerning diet, and would merely allude to the dangers of inoculation.

All materials placed in the human organism must be first carried into the digestive organs, which are provided with means by which they, to an immense extent, avoid assimilating that which is of a poisonous character; e.g., it is well known that many of the deadly poisons of snakes may be swallowed with comparative impunity, which, when inoculated into the circulation are inevitably fatal. This fact alone should be sufficient to teach us that all forms of inoculation

are most unnatural processes, and should be strictly avoided.*

Every parent should understand the laws of Nature, to be enabled to treat successfully her own family.

Surgeons are the only members of the medical profession that society should demand, and every wise man and woman, before they dare to take the responsibility of the care of a child upon them, should understand how to meet every accident, to at least a certain extent, before the arrival of the surgeon.

Bone setting, wound strapping, the treatment of sprains, staying of hæmorrhages, accidental suffocation or choking, dislocations, etc., should all be sufficiently understood by every adult, to enable him to, at least, do that which will cause the sufferer to endure the least amount of pain, and his friends to rest in confidence till the arrival of more practised aid.

At every school such home surgery should be made part of the pupils' education, going through sufficiently practical training to enable them to be calm, and examine and know the exact extent of all mechanical injuries.

Our next consideration shall be the correct application of hot and cold water.

Cold water bathing is an excellent thing for keeping healthy people in health, but to apply cold water to patients that are expelling disease, and have not in themselves immense reserve force, with plenty of natural heat to bring about an immediate reaction, is to drive the disease inwards, and rob them of that which they most require.

Hot water possesses in itself a curative power. It supplies nature unobjectionably with artificial heat, and assists the circulation in expelling disease to the surface, thus it is that a course of hot baths will often cause a full eruption to display itself upon the skin, and all eruptions, including small-pox, should be considered as angel's visits.

* See "Vaccination Brought Home to the People." By Miss Chandos Leigh Hunt.

For general ailments, and sudden acute attacks of illness—such as fever, ague, fits, skin disease and similar troubles—numerous daily hot baths are the best which can be taken to assist Nature's effort at expulsion.

When this cannot be obtained, a hot foot bath, and sponge bath are the best substitutes.

In all cases of fullness, or pains in the head or limbs, a hot foot bath should be employed nightly, or oftener if necessary. For pains in the lower parts of the body, a hot sitz bath, and for troubles in the lungs, the hands, wrists, and arms should be immersed in hot water; and for local pains in the heart, the left hand should be specially placed in hot water.

The reasons for this particular treatment are, that disease passes downwards, as before explained. Pains in the chest pass down the arms; pains from the heart leave by the left arm; hence it will be seen that we meet Nature's efforts by assisting her on her working roads.

We are told that hot water, often applied, is weakening, but we are acquainted with those who for years have taken hot foot baths, and full hot baths daily, and have become stronger instead of weaker.

The first effect of all curative measures is to produce a sensation of transient weakness, which, however, soon passes off, and gives place to strength.

To get the entire benefit of either a full or local bath, an adult should never remain in it for less than from 20 to 30 minutes, and the heat should be steadily kept up all the time, by the frequent addition of hot water. But should faintness supervene, the bath should be then discontinued immediately, and repeated at some subsequent period.

Hot bran poultices are useful, inasmuch as they are excellent means of applying heat and moisture to any locality desired, but linseed poultices, mustard poultices, and all the plasters that we are acquainted with, are always better dispensed with.

Daily exercise in the open air is one of the necessaries to retain health, and happy mental, moral, and spiritual surroundings play a great part in assisting physical salutary conditions.

We are constantly hearing of the sudden deaths of healthy people. Only lately we have heard of quite a number of children and adults, who have had but from twenty-four hours to twenty-four seconds of illness before death occurred, and in all of these cases the deceased were noted for their robustness, and absence of pain or ailment.

We have come in contact with many who have been living for a length of time upon a diet which we knew to be injurious, and were leading a life far from the rules necessary to ensure even approximate health. We have cautioned them, and they have laughed at our warning because of their entire absence of ailment, and their friends have laughed at us, and quoted the strong man's unfailing health as a proof that his method of living was the correct one, and ours incorrect, as the health of our patients, when recovering from organic disease, was so inferior to his.

Now some of these very people have been either suddenly attacked with severe illnesses, the painful effects of which lasted through their lives, or have been found dead at some unexpected moment, without the least previous warning;—many of such persons, who have enjoyed twenty, thirty, or even forty years' entire freedom from ache or pain, have either been persuaded by argument, or have perused works that have led them to become suddenly strict and correct in their diet, and what has been the consequence? They have gradually but surely become what is called very ill. They suffered with weakness and pain in every limb, irritating eruptions, severe colds, and exhaustion upon the slightest exertion. They became paler and thinner, and desired even to rest in bed for a few days. Now, how is all this to be accounted for? Very simply. If their blood had been examined we should have found an enormous quantity of yeast, or colourless corpuscles;

and prophetic powers are not demanded to enable us to foretell that such persons would have severe, and probably fatal illnesses, or would drop down dead suddenly, to the astonishment of all their friends, who would attribute such deaths to "the fog," to "going out on an empty stomach," and to "standing in a draught," all of which daily and hourly occurrences we have heard accused of slaying the strong.

Of course, when the strong turn weak under changed conditions, the change is blamed, even if the change be evidently from bad to good; but the truth is, that this change has simply brought out that which was being packed up in the body, to produce a more or less severe or fatal illness, and has, in reality, saved the sufferer from such extreme or fatal illness, and has, at the same time, greatly prolonged his life.

Until we fully recognise the utter impossibility of swallowing one grain of useless or injurious food, or of breaking one little law of nature with impunity, the world will always be startled by these sudden occurrences.

It is said that "a creaky door hangs longest on its hinges," which means that those who are always ailing live the longest; and this is very true, for people who have to be most particular concerning what they shall eat, and what they shall drink, and at what hour they shall retire to rest, etc., are they who suffer for every irregularity by never allowing disease to accumulate, but are always throwing it off in some form or other. They are continually in a dying state, and everybody is astonished that they are still alive. Their existence is a succession of coughs, colds, headaches, sleepless nights, bilious attacks, and other ailments.

Place such people as these, suddenly, upon correct diet, and the change in their health will be an exactly opposite one to that in the strong man, for all their aches and pains disappear as if by magic, and many will be the converts that they will make to their new system of living.

These facts, constantly recurring around us, are most instructive to minds seeking truth.

Never expect to work miracles, and remember that accumulated disease does not leave the body suddenly in a mass, for if it did, we fear that many would be reduced to considerably less than skin and bone.

Nature demands twenty-one years to build up the human body; then how long, think you, does it take to pull down and re-build that structure, for this is the work that has to be accomplished before the total eradication of all hereditary and acquired diseases.

We warn all that a change from an impure to a pure diet will not at first affect any two persons alike. In all cases it must eventually eliminate diseases, but during the time the process is going on, pain and inconvenience must be encountered to a greater or lesser degree by most persons, while some few, however, will get suddenly rid of their sufferings.

Consumptive and bronchitic patients, for instance, always suffer in their arms and hands as the disease leaves; patients afflicted with disease in the head, endure pains and weakness in the spine, and this rule is absolute in all cases, and such symptoms should be viewed, not as "taking illnesses," but rather as "taking wellnesses," (if such a term may be permitted for the nonce).

But now we must be drawing our lecture to a close, and we ask you to give our statements deep consideration, and to study the subject further. Never believe that you can create a cause without an effect being produced, though you may not see that effect immediately.

All the mental chaos in which the medical profession is steeped, concerning the infectiousness of epizootic maladies, results from their inability to recognise the necessity of predisposition to a disease, before it can be developed in the human subject.*

* See "Philosophy of Man," by Peter Davison. Published by J. Burns, Price 1s. The author is a pupil of Miss Chandos Leigh Hunt's Instructor, to whom the work is dedicated.

We were told the other night, when debating on the platform, by a distinguished medical man, that the healthiest as well as the unhealthiest, were attacked by small-pox indiscriminately, and that it was impossible to express this disease without infection, which views were immediately cuckooed by two of his medical brethren, when they knew, or should have known, that there exist authentic records of small-pox breaking out on the tops of mountains, where there could have been no possible source of infection.

Remember that diseases are in you, and that their expression means their elimination, therefore, give Mother Nature a kindly welcome when she throws out the fruits of your disobedience to her laws, instead of systematically packing them up for the future destruction and decay of your cherished body, by organic disease.

If, for one moment, we cast a glance around, and survey the effects of universal disease, it is sufficient to enable us to individually take up the cudgels, and swear eternal war against the sin and depravity which fills our hospitals, lunatic asylums, workhouses, prisons, reformatories, and private homes with diseased minds and bodies.

Oh try and help to lessen these cumulated masses of physically, mentally, morally and spiritually deformed and diseased, by scattering truth broad-cast over the face of God's beautiful earth, whereby we may practically realize the words of that prayer, which our lips so often breathe without thought or care for its divine meaning—

“THY KINGDOM COME ON EARTH AS IT IS IN HEAVEN.”

The first thing I noticed when I stepped out the door
was a familiar, almost nostalgic, smell. The air was
soft and the buildings were a mix of old and new.
I had been told that it was a beautiful city, and
now I could see why. The streets were clean and
the people were friendly. I had heard that the
food was amazing, and now I could taste it.
I had been told that the weather was perfect, and
now I could feel it. The sun was shining and
the breeze was just what I needed. I had
heard that the people were nice, and now I
could see that they were. I had been told
that the city was beautiful, and now I could
see that it was. I had heard that the
people were friendly, and now I could see
that they were. I had been told that the
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were. I had been told that the food was
amazing, and now I could taste it. I had
been told that the weather was perfect, and
now I could feel it. The sun was shining
and the breeze was just what I needed.

The second thing I noticed when I stepped out the door
was a familiar, almost nostalgic, smell. The air was
soft and the buildings were a mix of old and new.

PART II.

PART II

FOOD AND DRINK.

ENOUGH has already been stated in this work respecting food, to serve as a general guide for most people, who, having these rules to assist them, can choose from *among the things that are right* those which best suit their tastes, social surroundings, and existing physical conditions, nevertheless, the following will be of great assistance to many.

1. Ripe fresh fruit should be eaten daily before every meal, but should this give a sensation of coldness, it should be cooked and served hot. Many are unable to take cold fruit in the early morning before breakfast, and would even object to it cooked, and such persons should make their luncheon almost entirely of either cooked or uncooked fruit. Apples for cooking should also be suitable for eating uncooked, or they are not really fit for eating at all. Some eating apples will not cook well, but good cooking apples should be always good eating apples.

2. Oranges have an unpleasant effect upon some people's teeth; but if they are squeezed into a glass, they make a most pleasant and wholesome beverage, and often do not affect the teeth uncomfortably. This dental condition usually leaves after continuing a pure diet for some time, or only comes in waves, and is generally to be accounted for by the expulsion of some drug from the salivary glands.

3. Let fruit enter into your diet as much as possible; most farinaceous dishes can be prepared either with cooked or uncooked, fresh or dried, fruit. And let the ordering of every meal be given with the object of tastefully introducing fruit of some kind.

4. I know of two newly-born infants who were for a time fed on orange juice, warmed by the addition of a *little* boiling distilled water. In the first case the child was cured of diarrhœa, and flourished well with this pure wine, and his natural food, in a way he evidently could not have done without; and in the second case orange juice formed the *only* food for the first three days, and the little

one fattened and increased in strength really wonderfully. Both these children have since been fed entirely upon milk, well-cooked oatmeal, orange juice, stewed apples, and other fresh fruit, with the most excellent results; but then they are unvaccinated and undrugged.

5. Let fruit and farinacea be your staple diet.

6. Those vegetables may be eaten which agree with you, but they should be well cooked.

7. Green leafy vegetables should be avoided by man, and left to animals with multiple stomachs.

8. Animal products, such as fresh sweet boiled milk, fresh butter, new cheese, and new laid eggs may be taken if they agree with you. Pullets' eggs are to be preferred to others when obtainable. That little tough piece found in eggs should always be removed.

9. Salt, vinegar, or pickles should never be taken. Condiments and spices should be used with caution, as many a healthy stomach has been ruined by them, and the delicate intuitive powers of the palate in discerning wholesome from poisonous dishes and flavours are inevitably eventually destroyed by their long-continued use.

10. The number of meals and quantity of food to be taken depend entirely upon the condition of the digestive organs. Patients under treatment often require to be restricted to peculiar and almost unnatural rules. Usually three meals per day are sufficient for people in health. The middle meal should then be the most substantial, and the last should not be taken later than six o'clock. It is a pretty safe guide to cease eating when your hunger is satisfied, while you yet feel able to take more if you choose to do so. The pleasure of the *sense* of eating for eating's sake must be utterly ignored.

11. The following dietings, adopted for a time, have all served their purpose under certain conditions:—

12. One *moderate* meal per diem. This in cases of a great tendency to obesity, and certain forms of indigestion.

13. Two meals per diem.

14. In cases of chronic indigestion, or persistent vomitings, I have ordered with great success a few teaspoonfuls

of stewed or fresh fruit, alternated with a spoonful of some well-cooked farinaceous food, which at other times agreed with the sufferer. One of these preparations to be taken every hour during the day, and even in the night if wakeful and desiring food.

15. In some cases of indigestion dry biscuits, demanding much mastication, to be *followed* by liquid, *i.e.*, not accompanying or preceding.

16. For certain forms of constipation or irritation of the coats of the stomach, the adoption of various kinds of *sop* food has given great relief.

17. Stewed fruit and milk, or porridge and milk, has succeeded in many instances in curing the most chronic diseases of the digestive organs.

18. A fast of thirty-six hours for people inclined to pack on adipose tissue, and suffering from indigestion, followed by the adoption of two spare well-chosen meals daily, is also an unfailing cure for various forms of chronic diseases of the digestive organs.

19. "Drink when you are dry," should be the maxim for health in every household. Drinking for the sake of drinking is the customary depravity as much among teetotalers as among the regular tipplers of alcohol.

20. Boiled, filtered, or distilled water should always be ready for every one when they are *dry*.

21. Weak tea may be taken by those who do not find any unpleasant after effects.

22. Strong pure coffee, *i.e.*, without chicory, fresh ground (and, when convenient, fresh roasted) is really an antidotal medicine, which some people should take daily till they no longer require it. When it becomes distasteful, as a rule there is not that condition expressed in the organism which demands it. People who have taken opiates, alcohol, and certain other drugs for which coffee is an antidote should take this beverage. At those times when nature is expelling such drugs, *then* is the antidote required. Milk does not interfere with its specific effects.

23. Pure cocoa is found to be a healthy beverage by many. *Home-made* lemonade, or drinks made by pouring boiling water on jams or jellies, and other such simple,

pure, unfermented, fresh-made drinks can be taken with impunity.

24. As with foods, so with drinks, anomalies often occur in the treatment of patients. *For instance*, I have had occasion to order,—

25. As little liquid as possible ;

26. As much liquid as possible ;

27. All coffee, and no tea ;

28. A glass of *hot* water before every meal (this was generally for a tendency to vomit food, or for heartburn) ;

29. Nothing but orange juice, or lemonade, &c., &c., &c.

30. Some patients must for a time *subsist* almost or entirely on liquids, but such extreme cases require special consideration of the existing symptoms.

31. If people were in spiritual health, with unvitiated tastes, their own intuitions would be infallible guides in all and every instance.

CLOTHING.

32. We clothe our bodies, not because there is any heat in the fabrics themselves, but for the purpose of preventing the heat which our own bodies generate from escaping, and becoming lost and useless to ourselves. In health the retention of natural heat is more perfect than in disease. Proper clothing, food, and exercise are perfectly legitimate means of assisting the generation or retention of heat. Hot drinks, hot external applications, hot baths, and air heated beyond the temperature of the atmosphere, may be considered as artificial, but, *as the world is*, are perfectly justifiable and necessary means for supplying the human organism with assistants to raise the internal temperature.

33. When considering the use of hot water, I will remark briefly upon the effects of heat upon the human system ; but for the present I will give some plain well-tested rules for “wrapping up.”

34. Clothing must always be light in weight, porous in texture, clean, especially when next to the skin, thoroughly dry, and put on smoothly and properly. A mountain of bundling is not equal to a mole-hill of *careful wrapping up*.

35. Clothing that is worn next to the skin at night must not be worn during the day-time. Two under vests, or whatever is the first garment next the skin, should always be kept in use, one for the day, and the other for the night.

36. Stockings, or socks, which are to be worn the next day should be turned, shaken, and hung on a chair all night to air. People who have moist feet should change frequently. I have known people who have suffered chronically from cold feet, keep themselves in this respect in continual comfort, by changing their socks several times daily. They would take a damp pair off, put on dry ones, and leave the damp pair to dry, which latter they would again put on in perhaps an hour. If, under these conditions, litmus paper is applied to the skin of the feet, it is generally discovered that acid is leaving the system.

37. I could write a volume upon the curative effect of the special colours of clothing, bed-hanging, and window panes; but here I can only advise that children, persons of weak intellect (either temporarily or chronically affected), and the aged, should always be surrounded with bright cheerful colours. I would also give a caution that those dyes which contain poisonous elements should be carefully avoided.

38. In disease, clothing (as with food and bathing) has to be specially considered in reference to individual cases.

39. Wrap up locally is the advice I often have to give. Many a cough I have eased, and sometimes stopped, by ordering a thin layer of wadding or new flannel (not necessarily next to the skin) to be placed between the shoulder blades and covered with a piece of perforated wash leather.

40. A similar layer I often order over the chest, or over the hollow above the collar bones.

41. For other local sufferings I often recommend a six-inch broad four-fold band of new flannel to encircle the waist, with great benefit.

42. For cold feet thick woollen stockings should be worn, and when wool irritates the skin, a cotton pair can be placed underneath.

43. It is not always the *spot* where the suffering is that

alone requires to be specially attacked, for instance, well covering the arms and wrists in chest diseases will be often found to give relief in troublesome breathing, and for pains in the stomach and abdomen the legs and feet should be kept specially warm.

44. The same rules apply for night as for day clothing, *i.e.*, lightness, porosity, cleanliness, and thorough dryness. When the feet are cold, a hot foot-bottle should be used.

45. The quantity of clothing required, necessarily depends upon the temperature of the weather, and the existing conditions of the individual.

46. I am happy to say that of late years women's clothing has received some special and sensible attention. The adoption of the few following rules for themselves and their daughters will ensure *approximate* perfection in clothing.

47. Every petticoat and skirt of dress, to be cut princess-robe fashion; *i.e.*, from the shoulders, thus preventing *any* weight from hanging on the hips. (The Reform Divided Skirt princess-robe costume is the best form of garment of any yet invented, but ignorance and prejudice prevent its wise adoption becoming universal.) Drawers and chemises to be in combination form. Elastic and tape stocking-suspenders to take the place of the ordinary garters, and to be attached by button or loop to the combination drawers, so that a band round the waist may be avoided.

48. Stays of every description to be discarded. I have proved that they are quite unnecessary under any and every circumstance, when the skirts are not hung from the waist. Like all depravities, when first given up there is a difficulty in recognizing the benefit of their discontinuance, but, once freed from them, and the mind unenslaved by weak vanities, they become truly painful to retorture oneself with.

49. The shoulders, arms, and legs require to be as properly covered as the trunk of the body, both in children and adults.

50. The boots should be easy and comfortably fitting, heels either low or altogether dispensed with, toes French

blocked and broad. In the winter they should be large enough to admit cork soles, which should be frequently taken out and dried by the fire.

51. Ladies' hair should be dressed lightly and freely, avoiding the weight of a number of hair-pins, and caps or bonnets which are heavy, and not porous.

SUN, VENTILATION, AND WARMTH.

52. The human organism has been mercifully provided with means for combatting the entrance of, as well as with mighty powers for expelling, disease.

53. The atmosphere may be laden with dust, yet man's breathing apparatus, when in absolute health is so wonderfully and beautifully guarded, that often not one particle enters his lungs. Thus it is that workmen are able, for a considerable time, to withstand the deadly effects of certain exceptional trades, which otherwise would produce speedy death.

54. It is a common saying, that people are out for a mouthful of fresh air, but if when in foggy places, or in certain manufacturing towns, they were to say they were out for a mouthful of fresh fog, fresh soot, fresh malaria, or fresh sulphur, they would be nearer the truth. This saying shows the universality of the error in the manner of breathing; it is not a *mouthful* of fresh air that people require, but a *noseful*. There is a difference between breathing and swallowing. The nostrils are essentially man's breathers, and they are provided with *cilia*, or hairs which seize every particle of dust, and hold it till it is mixed with a small quantity of mucus, which assists in its future expulsion. The rule to adopt then is, *keep your mouth closely shut, and breathe through your nostrils*. To enter fully into these various points requisite to demonstrate the truth and necessity of this rule of health, would demand a long article to itself.

55. Lung diseases can almost be defied, even by those hereditarily predisposed to them, if they will but adopt, with a correct diet, the habit of, on every clear morning,

standing at their bedroom window, and closing their lips, filling their lungs through their nostrils, till their chest expands to its utmost, letting this inspiration be followed by an equally prolonged expiration. Repeat this process from six to twenty times every morning for six months. Measure on the first morning the breadth across the chest by passing a tape measure round yourself under your arms, and again measure yourself in an exactly similar manner at the end of this time, and in all cases there will be found a very decided increase in size.

56. Public singers and speakers may by this means greatly strengthen their voices, in volume and endurance, as well as utterly cure that absurdity known as the "speaker's sore throat." I say absurdity because it is so absolutely unnecessary, when the daily life of an individual is conducted rationally.

57. To swallows of air, the habit of breathing correctly is most difficult to acquire during the night, but quite as necessary as during the day. If the mouth is *closed*, you *must* breathe through your nostrils, but in time your involuntary system will take up the cudgels for you, and you will gradually cease snoring, and close your mouth, if you but teach yourself to do it voluntarily during the day-time. I simply fastened my lips together, before sleeping, with postage-stamp paper till I corrected the fault. "A contrary removed, a contrary fills its place, as nature abhors a vacuum." Remove an evil habit, and a good one takes its place.

58. If you are accustomed to sleep with your nose under the bed-clothes, and your mouth is open, you are breathing, or rather swallowing, into your lungs, those poisonous exhalations which, for the preservation of your health, nature expels by the skin equally with the lungs. If your head feels cold, wrap it up in a handkerchief or shawl. When sleeping with another this habit is still more deleterious and unwarrantable. The pillow-divider, which has been advertised in various hygienic journals, seems a recognition of the injuriousness of breathing or swallowing (as the case may be), the pre-breathed air and skin emanations of another. Such a contrivance should either be

procured, arranged nightly *pro tem.*, or bed companions should sleep either wholly, or partially, back to back.

59. Always be in the sun as much as possible. When at all convenient let your bed be where the early morning sun radiates its heavenly glow upon you. You need not have it full in your face, so that it awakens you before you have had sufficient rest. Arrange the position of your bed so as to meet all such contingencies.

60. When in the open air always walk in the sun. Give your children sun baths daily, keep them otherwise in good health, and you will find the fear of sunstroke a fallacy. The hay-makers on the burning mountain tops of Switzerland do not have sunstrokes, neither do the animals whose coats are oftentimes to the touch painfully hot—no; it is men who are, contrary to their nature, large eaters of flesh and drinkers of intoxicants. The sun is a healer and strengthener; the first makes him appear cruel when most kind, and the second is forgotten or not recognised, through the prejudice arising from a superficial observation of the first.

61. Every morning, all the year round when not foggy, there should be a current of fresh air circulated through the whole of the house; and in the warm, dry summer weather, windows should be kept open during the night and the day. In the winter the ventilation should be equally perfect, but the warmth of the house must not be sacrificed. The window may be opened an inch at the top, and the sitters, or sleepers, may be protected from a direct current of air blowing unpleasantly upon them by a screen. When there are many persons in a room, it is necessary that some means for a *continuous* escape of the impurities in the atmosphere be provided, but when only one or two persons are in the room, occasional ventilation is sufficient. Warmth and ventilation at the same time is not an impossibility, but often difficult with our system of stoves, which send the heat up the chimney, instead of warming the air in the room, and radiating towards our feet. Close-fitting doors, or good mats and sandbags are absolute necessities in cold weather, for if the feet are cold, the whole body is chilled, and disease symptoms are greatly aggravated.

62. A hot bottle to the feet, for some people following sedentary occupations, is sometimes so necessary that I order it as treatment, which is attended with the greatest possible benefit. When there is a tendency to chilblains there is a condition in the blood which must be met by correct food. Keeping the hands and feet warm never yet *produced, created,* or caused that condition in the blood to exist which gives a tendency to chilblains.

63. I know of many families who were martyrs to these things, yet upon changing their diet, they immediately lost all traces of them from that time, though no local treatment whatever was applied.

64. Artificially encouraged perspiration is also a great assistant in purifying the blood from this condition. An impromptu Turkish bath is an excellent means of accomplishing this end, and is sometimes a most valuable item in home treatment, for, besides acting as a remedy for vitiated blood, it also serves for colds, rheumatic affections, difficulty in breathing, &c., &c.

65. It is best to contrive this Turkish, or hot-air bath, in your bedroom, or in an apartment adjoining. Have a very large fire, likely to last a long time, and stand before it some kind of screen (a small clothes-horse will do), just sufficiently high to prevent the direct rays of the fire from coming into the room. In front of this, place a lounge of, say, three chairs, with blankets thrown over them, beyond which you stand, or contrive, a high screen, carefully closed in up against each side of the fireplace, and if the room is high, a sheet or blanket curtain must be affixed to the wall over the mantelpiece, with the other end resting closely upon and all round the top of your higher screen. Lie upon this lounge, before the air of your little Turkish-bath room becomes very hot, entirely denuded of clothing, and with or without, as you feel disposed, a thin sheet thrown slightly over you. You should perspire freely, and if you so desire, may drink any quantity of water, not colder than the temperature of the room. The length of time to remain in this place must be ruled by your temperamental idiosyncrasy, but, unless faintness or giddiness supervenes, one hour, to one hour and twenty minutes, is

generally the minimum time employed by nature to do her work with anything like efficiency. At the conclusion of this hot-air bath, the larger screen should be moved farther into the room, and you should either be shampooed by some one who is strong and healthy, and acquainted with the process, or you must shampoo yourself, which however is necessarily very incomplete. Have ready a nice *warm* bath of water, in which you should rinse the whole of your body without soap, rubbing it all over with a wet towel or sponge. Then retire immediately to bed, and if in the same room, and it is warm weather, with clear, dry air, have the door and window opened wide for a few minutes, during which time you must cover yourself well up. If it is *cold*, dry, and clear weather, *i.e.*, too cold to do this without sacrificing the heat of your room, open some distant window in the passage, or in an adjoining apartment, and the same effect can be obtained.

66. Your bath water should be emptied immediately, or at least removed from the room. Every wisely conducted house should be free from all bedroom slops, almost directly the occupants have left their rooms. Those belonging to the domestic circle should, themselves, if it is at all convenient, attend to this requisite, should there exist the possibility of hinderance, or probability of carelessness, on the part of the chamber-maid.

67. Bath and hand-towels should also be loosely hung about the room, in preference to their being neatly folded on the towel-airer, where they smell musty and disagreeable. The bed-clothes should be removed from the bed, night-clothes spread out to air, and windows left open, by all persons before they leave their sleeping apartments, who wish to inculcate in others, and enjoy for themselves, the pleasures of sweet-smelling and healthy bedrooms.

68. I believe that the extent of the evils of bad smells are but feebly recognised by mankind generally. The organ of smell I find in this age to be abnormally dull and immorally vitiated, and there is a kind of tacit but dangerous idea existing that bad smells not recognised cannot injure. If a man's power of smelling be utterly destroyed, he is yet practically as much injured by bad smells as

though he were in this respect troubled with super-keenness. If I may judge by the offensive smells often attached to babies, of the poor as well as of the rich, I believe there is also an idea that the little ones are never injured by them, because they do not manifest any particular objection. The mother or nurse will often sicken when they place to their noses the bib which smells most powerfully of sour milk, yet baby is allowed to continue to inhale its effluvia. What a foolish, selfish, thoughtless, and dangerous error is this! Every baby should be surrounded by the sweetest and most cleanly conditions. Though they cannot speak, still their finer and protective perceptions are being blunted, till the sense may become perverted, so that the depravity of *smelling-salts* and other odours, disgusting to the unvitiated olfactory nerves, may become avowedly pleasant, and their blood, while they are young and growing, is being poisoned to perhaps a degree that may express itself in an attack of cholera. Understand that I am not limiting my recognition of inattention to infants, merely with respect to sour bibs.

69. To conclude I would say, make the room that is the healthiest naturally, by being situated in the most sunny aspect, the room mostly occupied by all the members of the family, and be careful to spare neither expense—which is generally trivial, and not to be compared to that which is willingly laid out in empty show, for the envy and admiration of fools—nor trouble, to make it, and keep it, the most cheerful and healthful room in the house.

WASHING AND BATHING.

(I SHALL take the liberty of limiting the term *washing* to the using of water for cleansing purposes, and *bathing* to the employment of water and steam for curative purposes.)

Washing.

70. The physiology of the skin is such that for absolute health the whole of the body should be well cleansed daily. Now, when I say cleansed, I do not mean the surface skin should be partly removed by soap, potash, or soda. The

skin is protected by Nature from the burning and tanning effects of the sun, from the cutting of the east winds, and from accidental inoculation by poisonous liquids, by a fine oily exudation, which is not dirt, and should never be intentionally removed. Strong soaps, potash, borax, and soda have decidedly this effect. If the face and throat, which are usually the most exposed parts of the body, and consequently require most to be protected, are well washed in plenty of water and rubbed either with coarse Turkish or hand-knitted gloves, they can be made as clean without, as with the application of soap. If the skin happens to be very dirty, hot water quickens the process. In those parts of India where a religion exists which considers the rights of animals, as justly as it does the rights of man, and consequently forbids the touching of animal fats, soap is never under any circumstances employed. There, when performing their ablutions, they place in one hand lentil flour, and dropping some water upon it, use this as their only soap. Many ladies in England, who value the beauty of their complexions, employ fine oatmeal in a similar manner. I once met an old lady of eighty years of age, who certainly had the most beautiful complexion I ever saw, even in an artist's ideal picture. Night and morning, she explained, she well rubbed her face and throat with a piece of clean linen, upon which she had poured a teaspoonful of sweet oil, after which for ten minutes or more, she briskly applied a rough dry towel, until all signs of oiliness were removed. This had been her practice for over twenty years, during which time she never touched these parts with water. This was many years ago, when I used soap as others do, and I remember that my desire for so lovely a complexion encouraged me to try the plan, but I could not bring myself to fancy it, yet during the few days that I did persist in it, I found the skin of my face, which was at the commencement chapped, rough, and otherwise tender, become quite smooth and strong. Since then I have learnt, with great benefit, to do without soap save for my hands. I find that whether the climate I am in is excessively hot, or excessively cold, whether I am in the open country exposed to the direct rays of the sun

(for when in the Black Forest of Germany, or on the mountains, I discarded all head covering), or travelling by train through the coal countries, I neither get frost-bitten, nor chapped, nor cut by the wind. If I get tanned, or freckled, a few days will suffice for these effects to entirely fade away. Nor am I injured when travelling in certain countries, as most are, by the particles of tarry coal which enter the corners of the mouth and nostrils, neither do I ever get too dirty to become as clean as when I used soap. And this experience, I may remark, is identical with that of all who have properly adopted this plan.

71. Those who have suffered from excoriated nostrils, cracked lips, tendency to sore throat upon exposure to cold, and other such troubles, have found themselves either cured or considerably benefited after having followed the advice here given.

72. It is often asserted that new-born infants at least must be soaped. *No*; on the contrary, their tender skins, most of all, should never be touched with such destructive stuff, and I know of many who have been born within this last few years who have never been touched with one particle of soap since their birth. If by chance these happen to arrive sufficiently near baby elysium to be able to claim a saucepan, fire-place brush, blacking-pot, or a few lumps of coal for caressing as dolls, or as assistants to dentition, and become exceptionally dirty in consequence, they are not soaped, but the special parts are first rubbed with a little sweet oil, or wet fine oatmeal, and the black removed, after which they are locally washed.

73. Though, till of late years I was in the habit of applying a good soap lathering to myself, with perhaps more liberality than customary, yet now I view soap as a destroyer of that very condition of the skin most essential to true cleanliness; as a lazy means of getting the dirt off without rubbing, which in itself is a necessary process for a healthy skin; and a dirty thing to use, as *dirt is matter out of place*, and soap, which is partly composed of the fat of animals, bought in the form of kitchen stuff, or other putrefying animal fats, together with poisonous chemicals, &c., is certainly *dirt* when applied to our skin. Nothing

but ignorance of its composition will enable the refined to use it, and when this is not the case, only a special education of long continued habit permits the continuance of its daily employment.

74. How are ladies to get their long hair cleansed without the use of soap? The Russian ladies, who prize their hair, and do not wish to dry up and destroy the scalp by soap or soda, use the yolk of an egg. By this means the hair is well cleansed, and is soft and glossy after washing instead of harsh and dry. I will give you the process. Break one or two eggs (according to the quantity of hair to be washed) into a saucer, throwing away the white, and carefully removing the little tough piece from the yolk, as it is a tiresome thing to get entangled in the hair. Mix a little hot water with the yolk, and beat it up with the fingers. Well wet the hair, and then apply the preparation in small handfuls, as you would if it were a soap lather, rubbing and washing the hair well all the time till thoroughly cleansed; rinse well with clean water and dry. At every Turkish bath which I have visited, I have found the shampooers well acquainted with this process, though often ridiculously prejudiced against it, and some I have heard say, "It softens the hair, ma'am, but it doesn't clean it." This is a surprising remark, considering the dirt which often pours down over the shoulders under this process, and the cleanliness of the heads of those who have *never used anything else*. Those who object to using eggs can choose from lentil-meal and oatmeal, as used by the Hindoos.

Having sufficiently discussed the soap question, let us consider the rules for daily washing.

75. People who are weakly, who have internal pains or complaints, tendencies to rheumatism, or skin irritations or eruptions, should be wary in the use of cold water. Such persons should take every night, or morning (as it agrees with them best), a really warm towel bath, adding hot water during the operation, so as to *keep up* the temperature of the bath.

76. Those who are really strong may take cold towel baths every morning. They must be blessed with good

digestive powers, active circulation, and capabilities of getting up a healthy and rapid reaction after the cold bath, which they must be able to thoroughly enjoy.

77. If these conditions do not exist, the cold water will do them much harm, and no good. Warm water must be used till there are no objections to the use of cold, which happy state all will be sure to arrive at, if the rules given in this book are strictly adhered to.

78. A towel bath is taken thus. First, the face, and if the hair is short, the head, neck, and arms are washed in a basin. Then the person stands in the bath in some inches of water, or, if it is a cold towel bath, on the floor, as it is often as well not to stand with the feet in cold water. Wrap the towel together lengthwise, holding the two ends in one hand, dip the centre of it in water, take one end in each hand, throw it over the shoulders, and rub the body, see-saw fashion, from side to side, downwards, from shoulders to heels. Again dip the towel in water and repeat. This may be done as many times as disposition suggests, after which rub briskly, in a like manner, with a rough dry towel. Next, the front of the body is to be well rubbed, either with the wet towel or a sponge; then rub till dry and warm with a rough towel. Quickly wash the feet and ankles, which also rub briskly with a dry towel, and conclude with sitting in the water for not longer than half a minute, keeping in action, by agitating the water about the body all the time; dry and dress quickly in fresh well-aired clothes. If the weather, or atmosphere of the room is mild, or the water is warm, there is no need for such quickness, and indeed debilitated, old, or easily exhausted people cannot enjoy such a bath, the whole process of which does not occupy five minutes. Such persons should take it nearly *warm*, having the atmosphere of the room sufficiently heated to make such haste (which is to prevent the chance of a chill) unnecessary, and neither need the whole of the body be kept uncovered at once.

79. Very young and healthy children should be washed all over in warm water every morning, and should be immersed for a few minutes nightly in a bath of rather hot water; but the weakly should have either only the one

bath before bed-time, or one of a similar character every morning before breakfast as well. After drying children, they should be well shampooed *downwards* by some one strong, healthy, and kindly disposed.

80. Children should be carefully trained as early as possible into the habit of giving themselves these baths every morning, so that it may become a custom of their lives, and they should all be provided with a *very soft* toothbrush, and got into the habit of rinsing their mouths every time they wash their hands after a meal, which cleanly custom is the best means of keeping the teeth sweet, and assisting the prevention of decay. Pure boiled water is the best dentifrice. "Train up a child in the way he should go, and when he is old he will not depart from it."

Bathing.

81. One of the greatest fallacies of the age is the use of cold water as a cure for weakness and disease. Many an individual have I met, whose diet and regularity of life were all conducive to his recovery from organic disease, yet daily has he felt himself getting weaker and weaker, and his pains ever increasing in intensity; however, as soon as he has, by my advice, adopted a rational hot-water treatment, his improvement has been decided and rapid.

82. As so often indicated in this little work, disease is expelled outwards and downwards, and *symptoms* must not be mistaken for *disease*.

People may be strong in limb and muscle, yet suffering from internal complaints. Put such persons upon cold-water treatment, and their internal condition gets worse, but their external strength remains for a time. Change the treatment from cold to hot, and their internal condition improves while their external condition changes apparently for the worse. They may be troubled with pains in the arms and legs, perhaps severe colds, much coughing and expectoration, together with skin eruptions, or some such symptomatic expressions, indicative of the nature of the disease within, which is then *leaving* the organism. Patience

and perseverance will often arrest a lifelong illness, or save from an early grave.

83. Hot bathing, when properly applied, is not only eventually curative, but, as a rule, the quickest allayer of pain. It will enable disease to leave perfectly painlessly, which might otherwise be accompanied by severe agony. It will also assist in the prevention of an accumulation of disease, the climax of which might manifest its departure in the form of an attack of rheumatism, dysentery, small-pox, inflammation of the lungs, &c., &c., which, when wrongly treated, too often end in death.

84. Every household should have convenient arrangements for the procuring of a full hot bath at a very short notice; but in Great Britain we have to be grateful for the rapid spread of really good hot baths, procurable at prices ranging from twopence to one shilling. If you patronise these, always take your own towels, brush and comb. Be also provided with your own thermometer. Get into the bath at a temperature of about 100 degrees Fahrenheit. Have this heat increased about three times in the course of from twenty to thirty minutes up to from 108 to 110 degrees, according to what you can at the time endure with comfort, which varies considerably, both respecting length of time and degrees of heat, with the changes in the condition of your health.

85. A transient sensation of weakness may pervade the system at the end of the bath, but this will pass off, giving way to a corresponding increase in strength and feelings of general lightness. Should, however, you find pains in the arms or legs follow, you may know that your internal organs have had a load removed which will strengthen and purify them most advantageously.

86. Some people require a course of these hot baths for a time nightly. I know it is said that they are weakening, but to prove whether this was true or not I and others have taken 365 baths per annum for over two years, at the end of which time we were stronger and healthier than at the beginning, though often remaining in for even an hour at a time, keeping the heat at 110 Fahrenheit. This of course was an experiment, but according to the orthodox

doctors, we ought to have died from exhaustion, instead of daily improving, and rapidly and surely in every case recovering from *incurable (by them)*, deep-seated, and long-standing organic diseases. The proper home use of hot water, together with correct food, would utterly destroy the whole of the medical profession, for disease would gradually become a thing of past generations.

87. Hot local baths, conducted upon exactly the same rules as those given for the full hot bath, so far as regards duration and temperature, are also most valuable methods of assisting the expulsion and eradication of disease, and curing and allaying pains in all cases of bruises, sprains, dislocations, &c.

88. For diseases and pains in the throat, chest, and sometimes the head, the hands and arms should be immersed in hot water. A toilet jug of water is about the best bath for this purpose, and either one arm at a time can be put in, or each arm can be immersed in a separate jug, as often as the case demands.

89. For diseases and pains in the lower parts of the body, either internally or in the bones, a hot sitz, or slipper-bath, should be taken nightly, or as often as required.

90. Hot foot baths assist in drawing pains from the whole of the body downwards, and are most valuable in relieving and curing headache. I am sometimes told, when I have recommended this treatment for cold feet, that soon after the feet are taken out of the hot water they are colder than previously. In these cases I have invariably discovered that the coldness was produced by acid leaving the system, and that the hot water, being curative in its application, has manifested its salutary influence by an extra-removal of acid, which consequently induces the coldness complained of. Cold foot-baths, under these circumstances, would effectually suppress nature's efforts, allowing the skin to be warm, and the bones to become quickly and seriously affected, as well as causing diseases to settle internally. The only plan is to repeat the hot bath, and be sure that the socks put on afterwards are warm and dry. Patience and perseverance are all that is required for the ultimate conquering of all such troubles. Note well, that I

do not order salt, mustard, or anything to be added; it must be plain pure clean water.

91. The only way of giving local hot-baths to such parts as the throat, chest, breast, abdomen, back, &c., &c., is by the application of hot compresses. Lay a piece of flannel, folded till about one inch thick, large enough to well cover the part affected, in a basin, and pour almost boiling hot water upon it, wring it so that the clothes will not be wet, and spread it over the part, covering it with a dry towel. Empty the water out of the basin, and as soon as the first compress *begins* to cool prepare a second, which must be applied *as the first is removed*. Repeat this as often as necessary, say, from at least twenty to thirty minutes. Conclude by covering with a dry hot piece of flannel.

92. Do not forget the use of these compresses for children, and even infants, for pains in the stomach, colds, earache, painful dentition, local hurts, inactivity of bowels or bladder, &c., &c. Sleep can often be induced by their application, when all other means fail.

93. Bran poultices are similar in their action, but whether they should be used dry, or wet, must be left to the patient to decide, as all depends upon which relieves the pain most quickly.

94. Linseed-meal poultices should never be employed to either man or animal, as their tendency is to act suppressively.

95. The Russian or steam-bath is also most valuable in its curative effects upon the system, and, like the Turkish bath, when economy, convenience, or the case demands, can easily be improvised at home. A small saucepan of boiling water is placed over a little spirit-lamp or gas jet, under a cane-seated chair, upon which the patient sits, denuded of all clothes save a gown made for the purpose, either bought, home-made, or improvised for the occasion, which fits closely to the throat, falls loosely over knees and legs, enveloping the whole of the chair, save the back near the floor, which must be left open for the admission of air, and the escape of the fumes.

About the most simple and most effectual improvised vapour-bath is to be had by preparing and having ready two

red-hot common bricks, and about a quart or so of boiling water. Pour the boiling water into a good-sized washing tub, or one large enough to allow a cane-bottomed chair to stand in it. Place the undressed patient upon the chair with a large blanket folded round him and the tub, so as to allow his face and mouth only to be uncovered. Insert one of the red hot bricks, on edge, at the bottom of the tub, which should have about an inch deep of the boiling water in it. The water will at once begin to boil, throwing off a great quantity of steam, and will continue to do so for ten minutes, when the second brick should be inserted to keep up the steam. The patient should remain twenty minutes or so in the bath, at the end of which time he should be sponged down with tepid water, and dried; and if at night, turned into bed, which should be previously well aired and warmed, when sleep will finish off the critical perspiration started by the bath, and leave the patient quite well in the morning, except the case is very bad indeed or a chronic one, when he will feel wonderfully benefited.

96. Arrangements can be purchased from many of our hygienic institutes, which provide conveniently for an impromptu Russian bath, at a moment's notice.

97. Stay in the bath for about thirty minutes.

98. It is often as well to have the feet in hot water, and a basin of warm water near to sponge the forehead and face in at the same time. After this bath is over, the body should be rinsed, either by means of a sponge bath or a towel bath, in water of about 100 degrees Fahrenheit.

99. An attendant is of course desirable, but if holes for the arms are made, and the patient is not very weak, he can be dispensed with.

100. Local steam baths are also invaluable in the treatment of many diseases of the eyes, nose, throat, chest, ears, and for some other internal diseases. For colds in the head and chest, affecting the eyes, nose, and throat, or breathing, a basin should be partially filled with nearly boiling water, over which the patient should lean for from twenty to thirty minutes, with the head covered, and draped round with a large towel, to exclude the entrance of

air and the exit of steam, which must be inhaled as hot as possible. Such arrangements known as the inhaler, bronchitis kettle, &c., are most valuable for invalids unable to endure the fatigue of leaning over a basin of water.*

101. For the ear, or nostrils, or mouth alone, a jug, with the top walled around high above by a clean towel, enabling the patient to make a direct joining with the rising steam without any intermediate space, is the proper means of managing these local baths.

102. Excoriating discharges from the bowels, kidneys, &c., causing soreness and tenderness of the membranous linings, perhaps accompanied by intense local irritations or eruptions; inflammatory conditions, inactivity of the bladder, &c., &c., are most simply and promptly relieved, and assisted in their ultimate cure by the application of steam, easily arranged by padding a wooden house pail, or pan, with a towel, in a similar manner to that described for the ear, &c.

103. Children and infants suffering from little kidney difficulties, held over or made to sit upon a vessel containing very hot water, are often rapidly relieved. Care should be taken to protect their clothes from becoming damp from the steam by the careful intervention of a towel, or the temporary fixing of an under garment.

But steam cannot be made to penetrate the *interior* of the body sufficiently to meet all requirements.

104. Oh that people knew the value of the timely and proper application of water *internally*, by means of drinking and injecting! The benefit which I have seen follow the drinking every morning of a tumbler of *hot* water (not warm, unless for an emetic) in various cases of internal disorders has been perfectly marvellous, when considering the means employed. Indigestion, constipation, morning sickness, biliousness, sore throat, &c., &c., &c., have all been successfully assisted in their cure by this means. "But what an *unnatural* thing to do!" once exclaimed a young man to me at the breakfast table, as he was finishing with

* When the skin of the face is too sore to rub, when washing, sufficiently hard to get clean, it is an excellent plan to thus steam it first, and then gently bathe and wipe it with a soft sponge which is usually sufficient.

gusto his third cup of hot tea. "Pray," I replied, much to his discomfort, "what excuse then have you for drinking three half-pints of hot water, with an infusion of tea in it, the first thing every morning?"

105. For the immediate relief of constipation there is nothing that equals the injection of from a pint to a quart of plain, clean hot water. The bowels are generally relieved almost immediately. During recovery from paralysis of the lower bowel, through the long use of purgatives, and the resulting chronic constipation, the hot water bowel-enema is invaluable, and may be used daily.

106. By a long experience among an immense variety of cases, I have in every instance proved the fallacy of the assertion that this treatment is either weakening, provocative of an inability to procure an independent action of the bowels, or in any way injurious. On the contrary, there is nothing to equal it in establishing healthy regularity, and in assisting in the cure of every disease of the bowels.

107. The universal adoption of this simple means whenever necessary would drive a good many nails into the coffin of doctorcraft and its allied quackery.

108. I have often occasion to order the nightly injection of hot water, or a thorough cleansing of the bowels *after* a movement, in cases of worms, internal ulceration, &c., &c., with most marvellous and lasting benefit.

109. The safety and simplicity of the injection of hot water is demonstrated in the immediate relief and evident comfort obtained by infants and very young children in cases of constipation, excoriating discharges, worms, &c. Every mother should learn how to apply the injecting syringe, or enema. The only possible danger lies in passing the tube too far up, or with violence.

110. With the addition of a flexible tube, which can be purchased at any chemist's, and is to be just capped over the ivory mouth-piece of the bowel-enema apparatus, an excellent means is supplied for females for injecting hot water for the purpose of cleansing, and soothing, and allaying any irritation arising from acrid discharges from the kidneys, bladder, &c., &c. This tube may be used at *all* times, and *under any conditions*. I have cured long-stand-

ing hemorrhages, that have defied every other treatment, though the patient and her friends have been at first horrified at the notion of using *hot* water in such cases, when cold or just tepid water had always hitherto been ordered. Yes, and with what results the prolonged history of the case testified.

III. The prejudice against hot-water injections and baths is a lamentable stumbling-block to the recovery of the population from both organic and acute diseases, and the absence of this knowledge of the use of hot water is a great disgrace to hydropathy.

II2. I have done my best to condense, *in a few words*, advice which a long and wide experience has proved absolutely to me is capable of relieving pain, and assisting nature greatly in the recovery of lost health. It remains for my readers to but properly and wisely adopt and inculcate it, to reap the same happy experience.

CHANDOS LEIGH HUNT (WALLACE).

PART III.

PART III

A LETTER TO MY READERS EXPLAINING
HOW I BECAME ACQUAINTED WITH THIS
SYSTEM OF HOME CURE AND ERADICATION
OF DISEASE.

(*With a Refutation of the Anticipated Assertion that this book is published for the purpose of advertising Quack Medicines.*)

37, Oxford Mansion, Oxford Circus,
London, W.

DEAR READER,

Between nine and ten years ago, I was ordered by my medical attendant to undergo: *first*, the operation of having all my teeth extracted; *secondly*, the left half of the lower jaw removed; and, *thirdly*, the left leg amputated. At a friend's house I met a gentleman, who remarked my appearance of ill-health, and, as he seemed interested, I explained my case to him. He strongly advised me not to permit these surgical operations to be performed, and told me that he could save me the necessity of any such horrible mutilation. After this I again met him on several occasions at the same house, when I found him to be a medical scientist, and the discoverer of the origin of disease, and sufficient *organic non-accumulative* specifics, as to effect the absolute eradication of organic and functional disease, which he had practically demonstrated in a practice extending over a great number of years, in more than a thousand cases yearly of every possible form of disease, a large proportion of which were in advanced stages, and given up by their medical men, as beyond the hope of possible recovery. This invaluable system he has only divulged to clergymen and doctors, who each gladly paid him a hundred guineas, and bound themselves, legally, not to reveal the names or the method of preparation of his medicines, till after he had published his complete medical work, which would give to the world the free and full benefits of his discoveries. I became his pupil, and employed his medicines largely, and as my

health and strength increased daily, I was soon enabled to extend my opportunities for conferring a similar blessing upon others to that which I had gained for myself. I was then living in the suburbs, but when my father died I came to London, and lectured and wrote upon food and hygiene. My fame as a healer and medical practitioner soon became widely known, and unintentionally I brought down upon myself an amount of physical and mental labour impossible to perform. Patients and their friends wrote and came to me from the most distant parts of the kingdom asking for my advice and medicines. The clergy, district visitors, benevolent ladies and others were also clamorous in their demands for the poor of their parishes, and those under their charge.

What was I to do? I must either give up this work altogether, or devote the whole of my time and attention to it, and nothing else. I chose the latter course, hired an attendant to assist me in the mere mechanical part of my labour, and announced that I was prepared to receive patients gratuitously on Tuesdays and Fridays, but on other days my fee was a guinea, and for postal treatment (admitting one letter per week) two guineas a month. But this plan had many serious drawbacks, for I was immediately threatened by the doctors for illegally receiving fees for medicine, and denounced as a *quack*. In the end, disgusted, worn out, and ill, I withdrew from the work completely, now some years since. But I was not happy in thus having my hands stayed from administering health to the suffering, and my conscience is ever reproaching me, as I receive constant applications from old patients, and their friends, for advice and treatment, the outcome of all which, is this little book, and the permission of my instructor to register the medicines, so that I can legally supply them, together with his advice, here given under the *nom de plume* of *Lex et Lux*, of how and when to employ them.

Now, attentive readers of this little book will at once see that, *firstly*, I honestly do my utmost to give them full advice how to obtain and keep health, and how to treat disease at home by hygiene and diet, *without* the use of *any*

medicines ; and *secondly*, that I as well give full directions how to treat diseases at home by means of my medicines in a manner which will save readers (most of whom are already my disciples) from being put to the trouble and expense of demanding either my personal or postal advice, not that I am unwilling to grant either when desired. Perceiving this, it is evident that those who say this book is written for the purpose of advertising the sale of *quack* medicines, utter a false and slanderous assertion upon one whose desires and works are ever devoted to the best interests of humanity. Besides, the very object of this book is as much as possible to do away with the necessity of even these very medicines. So, if the charge against me that my chief object was the sale of scientific medicines, had the slightest pretension to truth, it would be as foolish for me to issue the book as it would be for the Electric Light Company to issue to their customers tracts advocating the economy and other advantages of adopting such hours for rising and retiring as would destroy the necessity for the article they supply.

CHANDOS LEIGH HUNT (WALLACE).

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Faint, illegible text, possibly bleed-through from the reverse side of the page.

The Medicines, here introduced to the public for the first time, consist of

Twelve Absolute Specifics,

scientifically curative of the various diseases and conditions of the body, which are here carefully enumerated, as indicating their requirement.

At present these Medicines are merely distinguished by numbers, as

“No. I.,” “No. II.,” “No. III.,” &c.

It must be explained that they are prepared in an alcohol denuded of fusel oil, and are treble the concentration of those of a similar kind prepared by the usual homœopathic or allopathic mode, but, as explained elsewhere, the whole of what may be called the accumulative, resinous or poisonous principles of the plants have been removed, and thus their curative powers, when combined with a truly curative regimen, are enhanced in a marvellous degree.

Although it may be considered almost hopeless to expect any of these Specifics to be improved upon, or superseded, yet should others be subsequently discovered which are more prompt in palliative action under any conditions, noncumulative in the human system, and permanently curative, they will be described in a future edition of this work.

LEX ET LUX.

P.S.—Those desirous of gaining confidence, and becoming more practically qualified in this system of eradicating diseases, prior to the publication of the work alluded to in the preface, should communicate with the discoverer, through the Authoress.

INSTRUCTIONS

To those who write to me for Postal Advice.

(For terms see page 120.)

Give as concise a history of the case as possible, stating age, family diseases (if any), occupation, general habits of life, temperament, make of body, and colour of hair and eyes,* mention what illnesses have been contracted during life, and how treated, *i.e.*, allopathically, homœopathically, hydropathically, or otherwise, naming those drugs known to have been administered.

Critically examine the body by well probing with the points of the fingers all the soft parts, so as to ascertain the locality of weak or tender spots, and if it is yourself you are examining, and it is convenient, get some one to tap over the shoulder blades, and press each joint of the spine. Tap over the region of the chest as far as the ribs and collar-bones, and note if there is any depression or hollowness of the one side more than the other, carefully comparing the difference in sensation (if any) of one side to the other, applying of course equal force in percussion during the examination. The results state in your letter.

The following will be found useful as suggestive memoranda, when noting the particular symptoms of the case:—

Fever.—Whether subject to symptoms of, such as extreme thirst or clammy heats, chills, perspirations, character of pulse, &c.

Sleep.—Whether good or bad, troubled with dreams, and their character, whether quiet and refreshing, heavy or disturbed, tossing and restless, and on which side (if either) habitually lie or sleep.

Pains.—Character of, when occurring, by what aggravated, and by what alleviated.

Appetite and Thirst.—Conditions of when well; present condition; what foods and drinks are most relished, and easily digested, and what are most disliked, and difficult to digest. Whether desire for food or drink is regular or irregular, *i.e.*, whether desire occurs soon

* A photograph is often an assistance.

after a meal or at unreasonable times. If troubled with great thirst, and with what other conditions accompanied.

Skin.—Whether subject to irritation of, eruptions or boils on, local spots of burning, itching, stinging, coldness, or absence of sensation in.

Perspiration.—If subject to profuse, or if there is an inability to perspire; whether most profuse during sleep or waking; whether the clothes are stained, smell, and general character of; whether over the whole body, or only partial.

Mental and Moral.—Whether subject to attacks of melancholy, hysteria, loss of consciousness, visions, delirium tremens, feelings of fear, loss of memory, or any form of mental derangement. What other symptoms these conditions are accompanied by, how long they have existed, by what aggravated or alleviated (if treated), and how.

Head and Scalp.—Whether any enlargement of head. Whether subject to pains in, and character of; to giddiness, fulness, heaviness, strong pulsation of the arteries of, sensations of fatigue if attempting any mental labours. Whether the hair falls off, and whether there is an eruption or irritation of the scalp. When do these symptoms usually occur, by what aggravated and what alleviated; how treated.

Glands.—Whether subject to swellings or ulcerations of, and how treated. Present condition of.

Eyes.—Whether dim, long sighted, or short sighted, inflamed, sensitive to light, &c.

Ears.—Whether subject to noises or pains in, and character of. Whether ever troubled with discharge of matter from, and if so, whether one or both ears, and what is the character and smell of. Whether the powers of hearing are equal.*

Nose.—Whether swollen, or subject to burning heat in. Whether subject to discharge from, and character of, and effect of discharge on the nasal passages. Whether

* Test by carefully ascertaining whether the ticking of a watch can be heard exactly the same distance from the one ear as from the other.

polypus, or any stoppage in. Whether sense of smell is efficient or deficient. If subject to sneezing.

Mouth.—If subject to bad taste in, dryness of, or great flow of saliva, ulcerations or blisters on.

Tongue.—Discoloration and furring of, cancer or ulceration of.

Gums.—If subject to ulceration of; to bleeding, swellings, whiteness, heat in, &c., &c.

Face.—What colour when well, and what colour in present condition. Whether subject to flushing, swelling, warts, or ulcerations; when, and by what aggravated. Any tendency to eruptions, blotches, and character of. When treated, mention how and by what, &c.

Teeth.—Whether sound or decayed. If subject to bleeding at roots of, tooth-ache, neuralgia, or gumboils.

Throat.—If subject to external or internal swellings of. Whether troubled with discharge, or phlegm coming down the back of, and effect of this on mucous membranes. Any difficulty in swallowing, &c., &c.

Larynx.—Whether troubled with loss of voice, a desire to cough produced by an irritation, tickling or crawling sensation in larynx. How long these symptoms have existed. If treated, how, and by what aggravated or alleviated.

Chest and Back.—Whether subject to pains in, locality and character of, and by what affected.

Trunk.—If any pains in, if easily strained upon slight physical exertion. If painful upon waking in night or morning, or on lying in any particular position.

Lungs.—Whether upon taking cold they are affected, how, and if accompanied with a cough, &c. If treated, how; by what aggravated, and what alleviated.

Expectoration.—If any, mention when usually troubled with; taste, colour, quantity, and character of. If treated for, how.

Abdomen and Abdominal Region.—Whether painful to touch, or subject to pains eased by pressure, and at what part. Whether swollen, and when these symptoms usually occur; and by what food, drink, or treatment alleviated, and by what aggravated. With

what other conditions are these symptoms mostly accompanied.

Stomach.—Whether subject to pains in, and character of, to nausea, to vomitings. When these symptoms occur, by what aggravated, and what alleviated.

Bowels.—Conditions of when well; present condition of. If constipated, what treatment is usually adopted.

Menses.—Character of. Whether regular or irregular, scanty or copious. Whether troubled with pains at that time; locality and character of. What other additional symptoms accompany these.

Urine.—Colour of; whether scanty or otherwise. If causing pain when coming away either in passages, bladder, or kidneys. If thick, discoloured, offensive, or any peculiar odour.

Extremities.—Whether subject to coldness or burning heat, dryness or sweating. Whether subject to pains, and character of; to sensations of fatigue without apparent cause. What other symptoms are these conditions accompanied by; and by what aggravated and what allayed. Whether disposed to contractions, cramps, swellings, and character of. Whether troubled with varicose veins, &c., &c.

"No. I."

NATURE OF THE SPECIFIC ACTION OF "No. I."
UPON THE HUMAN ORGANISM.

The chief action of "No. I." is over the whole circulatory and nervous systems, controlling them when diseased, in a most marvellous manner, without causing any unnatural suppression of the vitality. It has a wonderful power of paralysing the white, or yeast corpuscles in the blood,* and thus staying their power of reproduction, or growth, and multiplication; reducing the fermentative abnormal heat of the blood in a corresponding degree, thus relieving congested and inflammatory states, and so causing the skin pores to become more elastic, open, and free, as the capillaries get rid of their congestive blockings. The mucous membranes are also enabled to allow free exit to the phlegm, or yeasty excretions from the blood, which the microscope reveals to be one mass of white corpuscles. It is by virtue of this wonderful power of clearing out this effete matter that the normal circulation becomes rapidly established, and the yeasty impurities of the blood, or death force, which was locked up in the brain, or upper parts of the body, has to descend *outwards*, and *downwards* (according to nature's law of cure), thus cooling the head, and, by balancing the circulation, warming the feet at the same time. "No. I." also possesses the curative property of encouraging and assisting nature in her expulsion of iron and other mineral drugs, hence its wonderful control over neuralgia † and lung bleedings, which are drug (*iron*) created diseases, or conditions. Thus it is that all abnormal hemorrhages, ‡ and discharges are specially benefited by it, diseased matter rapidly expelled, and healthy fluids conserved, while the healthy normal action of the organism is restored in the least possible time.

* See Lecture, page 6.

† See foot-note on "Neuralgia," to page 57.

‡ For treatment for "Hemorrhages *mechanically* produced," see page 97.

It covers, or is curative to, apparently, the most opposite symptoms, which are in reality merely different *time phases*, or stages of the same diseased condition, proceeding from the same cause.

CHARACTERISTIC PECULIARITIES

existing in diseased states of the human organism which indicate the requirement of "No. I."

An abnormally high pulse with thirst. Muscular restlessness of the body, *i.e.*, a frequent disposition to move the limbs, and change the position of the body, independent of the *mental* inclination, which is usually disposed to be restful.* Pains acute, aggravated by pressure, and movement of the affected part. Pains which are only excited to expression, by movements of the joints, but become subsequently alleviated by persevering with that movement. Chronic swellings which are painful, or pit on pressure. Tendency of blood to the head, with coldness to the feet. Restless, fatiguing, or troubled sleep. Shivering, with goose skin, and chattering teeth.

Symptoms that are aggravated, and made more chronic by flesh foods, alcohol, ordinary drugs and chemicals, but are quickly ameliorated by the application of hot water, dry heat, hand rubbing, as well as by "No. I."

GENERAL SCOPE OF DISEASES AND DISEASED CONDITIONS

for which "No. I." is used wholly or partly, as a medicine, and for which it is the absolute specific for all or some of their phases, when unaccompanied by inoculated or drug diseases, which may require other specifics as well.

Dropsy. Insanity. Tubercular diseases. Consumption. Bronchitis. Asthma. Heart, stomach, and liver diseases. Inflammatory and painful diseases of the spleen, pancreas, womb, kidneys, bladder, and bowels. Mumps. Abscesses. Scrofula. White swellings. Mesenteric disease or atrophy. Hydrocephalus. Feverish cold, or simple fever, typhoid

* For treatment of "Mental Restlessness," see "No. III.," pages 75 to 81.

(not ulcerative). Ague. Measles. Nettle-rash. Chicken-pox. Small-pox. Jaundice. Worm fever. African, Indian, jungle, bilious, and rheumatic fevers, and fevers of all kinds, together with their acute and chronic sequelæ, or produced by the ordinary allopathic, or any unscientific maltreatment.* Organic debility. Febrile conditions caused by contusions, sprains, or strains, mechanical and electrical injuries, anger, fright, or worldly losses. Dropsical swellings (acute and chronic). Angina pectoris. The inflammatory stages of croup. Diphtheria. Hooping-cough. Inflammation of the lungs, liver, stomach, bowels, kidneys, and of any of the important organs and tissues of the body. Red and white dysentery. Painful, difficult, and suppressed urination, or with emissions of blood. Incontinence of urine. Hemorrhage of the lungs, womb, kidneys, bladder, stomach, and bowels. Bleeding of the nose, eyes, or ears. Oozing of blood from the skin on ascending a mountain, descending in a diving-bell or deep pit. Polypus of the nose, &c. Red spots on the nose and face. Vermin under the skin. Poisoning by bad or putrid fish. Fever from blood poisoning or vaccination. Erysipelas, and other local inflammations which are tender or painful to pressure, but without *burning sensation* † of affected part. Boils. Carbuncles. Piles. Hysteria. Tooth, jaw, and face-ache. Sciatica. Neuralgia.‡ Lum-bago. Pains in the bones from *iron* and other mineral, and mineral acids deposited in the system.

* *Simple Fevers* which under ordinary conditions will last from several days to many weeks at least, leaving considerable debility, may be got over well in from a few hours to a very few days, by the use of "No. I." without debility. *Compound Fevers* which require two medicines in alternation, are slower to recover from, but it must be remembered that it is in such states there is danger to life under ordinary treatment.

† Sensation as if a live coal was applied to the part, for the treatment of which see Specific "No. II."

‡ NEURALGIA AND TIC-DOULOUREUX.—Where the nerves of the face are so affected with excruciating pains, of such a character that the course of the nerves affected can be distinctly traced by the patient with a needle; feverish symptoms usually accompany this condition and sometimes gum-boils. This state is readily combatted and relieved

Deafness without suppuration of the ears. Epilepsy, apoplexy, and paralysis not induced directly from opium or alcohol. Diseases from tobacco or lobelia poisoning. Disease of the heart, rheumatic pains, and all illnesses arising from the abuse of cayenne, or the use of lobelia. Flatulence. Painful, prolonged, and difficult parturition. Functional irregularities. Periodic or occasional constipation. Difficult, deficient, painful, or suppressed menstruation. Too frequent, copious, or excessive periodic losses, with or without clots. Leucorrhœa. Effects of sudden abnormal disturbances of the circulatory, muscular, and nervous systems. Convulsions. Squinting. Sunstroke. Cerebral and other congestions. Brain fever. Delirium. Hallucinations. Monomania and mental alienations. Chronic rheumatism, and chronic, remittent, and intermittent, inflamed or febrile states generally. Huskiness or roughness of voice in singers. Sore throat. Cold in the head. The febrile stage of all epidemic diseases. Albuminuria. Bright's disease. Diabetes. Thrush. Inflammation of the eyes. Cataract. Amaurosis. Short-sightedness. Paralysis of the eyelids. Inflammation of the ears. External and internal abscess of the gums.

GENERAL SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. I."

Internal hemorrhage and congestion. Throbbing and pulsation. Sharp, sticking, drawing, crampy, rheumatic, bruised, shifting and sore pains, or pains sensitive to, or aggravated by, pressure or movement. Feverish thirst.

by a few applications of the strong tincture of "No. I." to the affected part, and large doses taken at hour intervals (see page 65), then ceasing to take another dose for several hours after the pain has subsided for the day. It is as well to understand, that this *disease is produced by iron drugs* leaving the system, which have been given ostensibly for *curing* some other, if not a similar disease. Therefore the attacks may come periodically for days, weeks, or months, according to the quantity of iron to be expelled. A brownish rustiness of the skin, covering the joints of the fingers, toes, &c., and sometimes the whole abdomen, will be observed as the patient gets better. No soap nor anything else will remove this discoloration till the growth of the skin throws it off,

Hot skin, flushed face. Heat and redness of one cheek. Nausea. Feeling of being "all sore and bad," dull, heavy, and out of sorts. Creeping or tingling sensation on various parts of the body. Pulse high, full, bounding, or intermittent, also hard, frequent, and accelerated. Tiredness, lassitude, or languor. Stupor. Paralytic insensibility. Coldness or chills of various parts of the body. Goose-flesh. Rigors. Shiverings. Shudderings. Cold feet, with tendency of blood to, or pain in, the head. Giddiness and faintness. Sudden languor. Spasms and spasmodic pains. Itching and itching eruptions. Boils. Muscular restlessness. Constant changing of position, stretching of arms and legs. Scrofulous and dropsical swellings or enlargements (local or general). Fever from accident or chill. Boils, pimples, or pustules. Carbuncles. Inflammatory congestions. Suppressed perspiration. Fidgetiness. Excessive irritability and nervousness. Blurred vision. Buzzing in head, with dulness of hearing. Inability to read or think. Dread and apprehension of approaching dangers or death. Cough, with hectic fever and night sweats, *without rotten-tasted* expectoration. Spitting of blood. Atrophy, dysentery, purging and wasting of the body. Great desire for heat, and repugnance to cold from organic debility, and inability to appropriate sufficient nutrition from food to keep up bodily warmth. Desire to remain reclining or sitting. Glandular swellings. Emaciation. Uneasiness. Dislike to food. Great weakness of mind and body. Disposition to take cold on the least change of temperature. Stinging, creeping, tearing, or drawing pains in the limbs, which are worse during the night and when in bed. Bruised feelings all over, with soreness in all the bones. Inflammation and ulceration of the glands. Clonic

which it generally does in the course of a few days, but as this clearing up is often immediately followed by another wave of discoloration, the condition appears to be rather a continuous one than a series of curative expulsions. The physiological law, that no animal organism can appropriate an inorganic element, *in its inorganic form*, for LIFE purposes, should be sufficient to abolish all mineral drugging.

and tonic spasms. Muscular cramps. Violent movements of the limbs. Periodic convulsions. Great tendency to perspire when moving or sleeping. Pains with thirst. Excessive sensibility of the nervous system from the least, or over excitement, with great sensibility to pain. Red shining swelling of some parts of the body. Sweating sickness. Sensation of head bursting, with weight across the forehead. Dry pain in throat. Constipation, with evacuation of blood. Scalding urination, with brick-dust sediment. Constant desire to cough, with irritation and tickling in throat. Shooting pains in chest. Palpitation of the heart. Shortness of breathing. Bitter taste in mouth. Sensation of fulness after meals. Buzzing in ears. Sleeplessness, accompanied by bodily restlessness or tossing about.

PARTICULAR SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. I."

Mental and Moral.—Fear of death without cause. Apprehensive feelings. Mental agitations. Discouraged and desponding. Inconsolable. Excessive irritability, easily offended, and passionate without provocation. Delirious at night. Despair of recovery during acute stages of sufferings. Hypochondriacal and pusillanimous. Disposition to magnify trifles into troubles almost too great to be borne, and dread of impending dangers without apparent cause. Sad and sorrowful. Does not contemplate death in the last stages of disease, when apparently past all hope. Utter regardlessness to surroundings. Love of solitude. Screaming when touched during sleep. Dull mental heaviness. Dislike and inability to physical and mental labour. Mental quietude, with bodily restlessness. Brain or mental excitation, with coldness of the feet.

Head and Scalp.—Sensation of bursting, or as if bound round with iron. Inflammation of the brain. Congestive headache. Pain in head with coldness of feet and flushed face. Nervous headache. Throbbing pain in head. Swimming in the head. Vertigo. Giddiness. Fainting. Strange

noises in the head. Suffused and inflamed eyes. Blurring of vision. Acute pain in the eyes. Eyes bloodshot, or excessively sensitive to light. Tendency to squint. Itching of the eyes and eyelids. Pain in ear. Deafness from deficient secretion. Cold in head. Itching, erysipelas, and distinct pustular eruption of head and scalp.

Throat, Face, and Mouth.—Pain in face, jaws, gums, and teeth. Congested and inflamed tonsils, tongue, and mouth. Stuffing of nose from excessive lodgment of mucus in nostrils. Pimples in mouth and on tongue, which are tender to touch. Toothache. Neuralgia. Gum-boils. White, yellow, furred, and swollen tongue. Bitter clammy taste in mouth. Bleeding of gums. Itching pimples on face. Flushed face. Hectic flush. Tubercles on face. Acne. Scrofulous redness of the nose.

Chest and Heart.—Pain in lungs, with or without coughing. Sticking pain in pleura, aggravated by the least change of position. Inflammation of lungs and throat. Influenza. Pleurisy of the *external* covering of the lungs, and pain worse with slight pressure and when *inhaling*. False pleurisy, so called, *i.e.*, pleurisy of the innermost covering of the lungs, and pain worse with hard pressure between the ribs, and when *exhaling*. Oppressed or suffocative breathing. Congestion of chest. Bleeding of the lungs. Bronchitis. Asthma. Angina pectoris. Croup in the febrile stage, and before ulceration of the throat sets in. Stitch in the side. Crepitation. Gurgling respiration, and metallic tinkling from cavity in lungs, without offensive taste or bad smelling expectoration. Phthisis. Coughs, with salt, sweet, or tasteless expectoration. Flatulent asthma, or with pains, and fulness in the pit of the stomach. Hooping cough in the febrile stage, *i.e.*, before the spasmodic vomiting sets in. Slight or violent palpitation of the heart. Excessively high, full, and bounding pulse. Small, fluttering, or intermittent pulse. Faintness and fainting from irregularity or stoppage of the heart's action. Throbbing pulsation in various parts of the body. Heart's action extending to and being recognisable by the brain. Heart's action causing throbbing pains in the parts affected synchronous with the pulsation.

Neuralgic shooting and crampy pains of the heart which stop the breath. Cooing sounds in the heart. Dropped beats of the heart with fermentation or flatulent distension of the stomach. Fluttering and sinking of the heart. Laboured action of the heart, with a *gritting* sensation at each beat.

Abdomen and Trunk.—Pain and inflammation of the bowels, which are very tender and painful to pressure. Inflammation of spleen, liver, and kidneys. Gall stones. Excessive, painful, debilitating, or scanty periodic discharges (medicine to be taken *during* “periods”). Hemorrhage of the bladder and kidneys. Stone in the bladder (during acute inflammatory stage*). Flatulent distension of abdomen. Paralysis of the kidneys and bladder. Purging of bowels in consumption. Boils, carbuncles, and raised large red spots on abdomen. Effects of putrid shellfish, or other fish poisoning.† Acidity of stomach. Neuralgia of stomach. Cardialgia. Occasional constipation. Strangulated hernia. Piles. Hemorrhage from the bowels. Oozing of mucus from rectum or vagina.

Arms and Legs.—White swellings. Dropsical swellings of hands and feet. Rheumatic pains in joints and long bones. Scrofulous tumours on arms and legs. Itching pimples, boils, and erysipelatous swellings of arms and legs. Inflamed joints. Inflamed swellings on arms or legs. Inflammation from surgical probing of diseased bones. Cramps in arms and legs, hands and feet. Excessive perspiration of hands or feet. Clammy, sour perspiration of hands, legs, or feet. Tendency to coldness of extremities.

PRELIMINARY REMARKS ON THE PREPARATION OF THE “No. I.” SPECIFIC.

The plant from which “No. I.” is made is a poisonous one; but this tincture is not prepared from, and does not contain, that portion of the plant known to be poisonous,

* In conjunction with “No. VII.” see page 93.

† In conjunction with strong pure coffee, see page 101.

and consequently cumulative in the human organism. The resinous part of the plant has to be almost, if not wholly, eliminated by the peculiar mode of preparation and preservation in a non-poisonous alcohol, which has been previously deprived of its fusel oil and other poisonous properties. So much so is this the case, that this preparation of "No. I." has been taken by mistake by several patients with delicate organisms, and by people who mistook it for brandy, *in quantities* equal to *two large wine-glassfuls or more at one time*, without the least permanent injurious after-effects, beyond being very much frightened by the peculiar electrical effects produced on the nervous system. It has fortunately so happened in all cases coming under my immediate notice, that they derived great curative benefits afterwards, although this same medicine, as *usually prepared*, would, in a dose of *twenty drops*, be considered dangerous, if not fatal, to adult life.

I do not make these remarks to encourage anyone to take a single over-dose, or to play any tricks with this medicine, for such enormous doses as here related, although fortunately not resulting in any injury to those implicated, produced most unpleasant and uncomfortable symptoms, and had they occurred among people who misunderstood them, danger to life might have resulted through ignorance and maltreatment. Besides which there is always more or less danger to be apprehended in attempting to *force* nature, even if in a curative direction, beyond the natural bounds of her powers of recuperation, more especially when organic disease exists. The experience of this medicine has been very extensive, spreading over a quarter of a century in a private practice which exceeded a thousand cases yearly for a great length of this time.

ADMINISTRATION OF "No. I."

Introductory notes to be studied before employing it.

It is always safest to be extra cautious at *first*, and gradually increase until the *maximum* dose is arrived at, which is recognisable by a very slight peculiar sensation,

which might be likened to being under the influence of an internal spiritual galvanic battery, and which, if sufficiently strongly expressed, draws the fingers gently inwards towards the palms of the hands. Such are the symptoms of an over-dose. When this action is *very gentle* and lasts for about half an hour only, it is the proper effect of the *maximum* dose to be taken at *any* time, and, as a *rule*, should never be exceeded. Not that a slightly larger dose, taken to meet special symptoms or requirements, would do any harm directly, but as the effects of an over-dose will not have entirely passed off when the *next* dose is *due*, the latter cannot be given at its proper time, and thus the administration is put out of balance, and the curative effects partly lost. The *main object* in selecting the *quantity* is *just to take such a sized dose that one drop more causes the electrical action*, and so that the *curative influence of the specific is fully enjoyed by the organism without any direct disturbance* being experienced.

DOSE FOR ADULTS IN ACUTE CASES. (*Internal.*)—Ten to *sixteen* drops, according to temperament, should be taken in a wine-glass of water, followed by a little drink of plain water (to prevent any electrical action affecting the mouth and throat) every *one, two, three, four, or six** hours, according to the urgency and painfulness of the symptoms, prolonging the interval between the doses, as amelioration takes place, or if peculiar electrical sensations are experienced in the extremities, or very slightly over the whole body. Should this effect be felt, the dose which produced it should never be exceeded, but rather slightly decreased, when the maximum curative action will be experienced, without the least shadow of abnormal disturbance of any kind. All functions of the organism will return to

* In extreme and acutely severe painful cases, in which "No. I." is the absolute specific, such as neuralgia and sciatica, the *second* dose may be repeated in half-an-hour after the *first*, and the *third* dose half-an-hour after the second, except when very marked amelioration has taken place in the meantime. The case that does not rapidly succumb to this treatment, in combination with the external application of the tincture to the part affected, will be found to be very rare indeed, but must get better very soon after.

their *normal* condition of action even before absolute recovery takes place.

DOSE FOR ADULTS IN CHRONIC CASES. (*Internal.*)—"No. I." to be administered in Chronic cases in doses of from *ten* to *sixteen* drops, two or three times daily, in subservience to the requirements of the case, and oftener when found necessary. The size of dose to be arrived at according to the directions given for the treatment by "No. I." in *acute* cases. (See "Alternation of 'No. I.' with other Specifics.")

EXTERNAL ADMINISTRATION OF "No. I."—The tincture, of the strength supplied, to be applied by placing a piece of saturated linen on the part affected.

In neuralgia or sciatica, especially, this is the most potent destroyer of this excruciating pain, particularly when in combination with *internal* administration.

DOSE FOR INFANTS AND CHILDREN IN ACUTE CASES. (Prepared in pilules.)—*One* pilule for each year of age and under, the dose to be repeated in *acute* cases every half-hour, which interval may be prolonged to *one, two, three,* or *four* hours according to the requirements of the case, as indicated.

DOSE FOR INFANTS AND CHILDREN IN CHRONIC CASES OF INHERITED SCROFULA, CONSUMPTION, &C., &C.—*One* pilule for each year of age and under, to be administered nightly, and oftener during *acute* attacks.

ANTIDOTES TO OVER-DOSES OF "No. I." FOR ADULTS.—"No. III." in *thirty*-drop doses, to be repeated every *ten* minutes, accompanied by hot foot-bath, until the pulse returns to the natural standard, and probably profuse perspiration takes place, or excessive action of the kidneys, and sleep sets in. "No. III." should be taken in the proportion of *four drops* to every drop of the "No. I." requiring to be antidoted. This, or *very strong* pure coffee, *i.e.*, without chicory (with milk, &c., to taste), is recommended, but when neither of these are obtainable, port or sherry wine, extra stout, or strong ale may be administered, accompanied if possible by the hot foot-bath.

THE ALTERNATION OF "No. I." WITH THE OTHER SPECIFICS.—In alternating "No. I." with any other of these

specifics, it will be found that "No. I." acts best if given in the afterpart of the day, or at night, because it secures natural peaceful sleep, which is rarely possible without it, in cases where it is required.

Hence "No. I." is considered a *night* medicine.

To prepare doses for travelling with, for administering in the night, for leaving with patients, &c., &c.—Drop each dose on a lump of sugar, which can be preserved for an indefinite period of time, if kept under cover and in a clean and dry place.

Administer it in water, coffee, milk, tea, &c., as convenient.

“No. II.”

NATURE OF THE SPECIFIC ACTION OF “No. II.”
UPON THE HUMAN ORGANISM.

The great power of “No. II.” consists in antidoting, or neutralizing, the virulence of the corrosive action of the matter of bad, offensive, painful, burning or eating ulcers, whereby all pain is allayed and completely averted, when it can be applied as directed. Coming directly in contact with the excreted and excreting yeast corpuscles, it at once so neutralizes their ammoniacal and putrefactive surroundings, however degraded their source, that nature can immediately set up, and keep healthy, granulations of the part, until all offending matter which nature has to expel by that outlet, has oozed out, or been discharged, and thus if “No. II.” is taken at the beginning, it is able to avert skin scars where they would unavoidably be produced without it. Hence it is specially curative for all broken, open, raw, or ulcerated surfaces, either internally or externally.

It has another wonderful power, as an extension of the above, in rooting out hereditary and acquired diseases from inoculation, and subsequent allopathic or other unscientific treatment. It will root out these old diseases, and mineral drugs, even when lodged in the bones, throwing to the surface the rotten bone with other offending matter; thus enabling nature to recuperate, and restore the lost parts. With seemingly latent, or internal abnormal growths, or growing ulcers, such as cancer and ovarian dropsy, when taken internally, “No. II.” not only stops their slow growth, but, by neutralizing the virulence of the corrosive or putrefactive ichor excreted from the degraded yeast or other germs in the affected parts, enables nature to disperse gradually and surely, as a foreign but inoffensive substance, the effete matter without injury to the vitality, and with but comparatively little general disturbance.

In burns, scalds, and corrosions from cauteries, and corrosive minerals, and mineral acids, externally applied, it

is all powerful in allaying the pain, preventing suppuration, and healing the part.

CHARACTERISTIC PECULIARITIES

existing in diseased states of the human organism which indicate the requirement of "No. II."

High pulse without marked thirst. Pains which are severe, burning and lancinating, aggravated by pressure, and worse in the fore-part of the day. Mental and bodily restfulness, with sound sleep, considering the pains experienced.

GENERAL SCOPE OF DISEASES AND DISEASED CONDITIONS

for which "No. II." is used wholly or partly as a medicine, and for which it is the absolute specific for all or some of their phases.

Syphilis, and every form of venereal disease. Cancer in every form, whether situated in the stomach, womb, bowels, kidneys, liver, lungs, breast, brain, throat, tongue, mouth, nose, or any other part of the body. Ovarian dropsy. Whitlow. Fistula. Ulcerated throat in scarlatina. Thrush. Diphtheria. Aphthous, or ulcerated state of the mouth, throat, stomach, intestines, and rectum. Ulcers of all kinds, internal and external, with or without phagedenic eating. Burning or corroding, and offensive discharges or exudations, whether in the brain, scalp, ears, frontal sinuses, nose, arm-pits, groins, or any part of the body, either externally or internally. Erysipelatous and other inflammations, accompanied by an intense burning pain, soreness, or itching of the parts affected. Inflammatory swellings, with stinging ichorous discharges or exudations. Syphilitic, cancerous, ulcerative, erysipelatous, or scrofulous disease from inoculation or vaccination. Itching, soreness, or eruption of the reproductive organs, from whatever cause, in male or female. Excoriations and abrasions of the skin or mucous membranes, in either infants or adults. Deafness, with suppuration of the ears. Excoriations,

abrasions, or ulcerations in consequence of being bedridden. Cancer and canker of the tongue. Necrosis, or rotting of bones. Hernia, or flaccidity of the peritoneum. Varicose veins. Aneurisms. Obstinate constipation. Green, yellow, or dark fœtid discharges from ulceration of the womb. Looseness of the teeth from mercurial salivation. Confluent small-pox. Lepra. Tetter. Itch. Psoriasis. Eczema, scurvy, and every form of confluent, pustular, scabby, herpetic, or scaly diseases of the skin. Effects of the bites of mosquitoes, gnats, harvest-bugs, &c., &c. Local irritations. Tendency to miscarriage. Phantom tumours. Bad effects of vaccination. Diabetes. Albuminuria. Cystitis and Bright's diseases in syphilitized persons. Effects of poisoning by corrosive minerals and mineral acids.

GENERAL SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. II."

Shuddering, with intense debilitating nausea, and vomiting of horribly rotten tasted matter, having the appearance of coffee grounds. Intense, constant, burning, or lancinating pains, described as if live coals were applied to the part. Excoriations, skin abrasions, and raw surfaces of every kind, externally and internally. Slow, sluggish pulse. Bloodless, anæmic, or greenish complexion. Lassitude and difficulty of keeping up the heat of the body, alternating with a dry burning, or with a scaly, powdery, or scabby skin. The ichor from scabs under the surface, which corrodes the unbroken skin, like mineral acid. Retarded urination. Stricture. Urination painful, and with soreness or smarting of the urethra. Discharge of pus from urethra. Gonorrhœal discharge. Buboes. Swelling of the testes. Chancres. Red spots, with scabby or scaly centres over the skin.

PARTICULAR SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. II."

Mental and Moral.—Patient does not apprehend danger

in the early stages of the disease. Dislikes to entertain the idea of anything being radically wrong. Contemplates and covets death in the latter stages of the disease to such a degree as to seriously interfere with the means of possible recovery. Is very desirous for the sympathy of friends, acquaintances, and those around. Looks closely after worldly matters, and is fond of society and gaiety of dress.

Head and Scalp.—Eczema. Lepra. Psoriasis. Syphilitic, mercurial, and other mineral, scaly, ulcerative, and eruptive diseases of the scalp. Maddening, burning, shooting pain in the brain. Burning pain in brain, destroying sleep. Abnormal enlargement of head of adult from pent up syphilitic matter or wrong treatment. Burning of the eyes. Deafness from suppuration of the ear internally. Mercurial ulcers of the scalp.

Throat, Face, and Mouth.—Flow of water in the mouth, or salivation from mercury. Cancerous warts or ulcers with lancinating and burning pains. Tongue blackish, dry, and cracked. Corroding, eating ulceration of the nose and face, with burning, lancinating pains in parts affected. Eczema. Psycosis. Herpetic, and other scaly eruptions on face. Incessant desire to swallow, but painful from ulcerated throat. Burning lancinating pain in part affected. Aphthous ulcerations and exudations on mouth, throat, or tongue. Cancer of tongue, throat, mouth, and tonsils. Malignant ulceration of throat and roof of mouth. *Noli-me-tangere*. Burning redness of the nose. White patches of ulceration on mouth, throat, and tongue. Sanguineous purulent exudation from mouth, throat, and tongue. Rawness of the mouth, throat, and tongue. Rotten smelling breath and mouth, with ulceration of the mouth, gums, tonsils, or tongue. Horribly bad taste in mouth.

Chest.—Cough, with horribly rotten fishy-tasted expectoration, *with* or *without* burning, and lancinating pains, with lungs sounding hollow, hepatised, or dull to percussion, with crackling breathing, or with a stethoscopic, hollow, cavernous respiration and metallic tinkling, inci-

dental to consumption from syphilitic or cancerous saturation of body. Agonizing, burning, and lancinating pain in ulcerated breast. Carbuncle at top of spine.

Abdomen and Trunk.—Hard movable lumps in various parts of the abdominal viscera, discernible by pressure of the fingers. The parts affected, when pressed, give forth a lancinating or burning pain, if not already involuntarily expressed. Escape of gas from vagina, accompanied by great noise, especially after kneeling with the forehead placed near the ground, so that the loins are above the level of the body, followed by returning to an erect position while on the knees.* Escape of discoloured and offensive pus matter from the womb, corroding the parts. Abscesses, with burning, stinging, itching sensations. Zone of small-pox eruption round loins, groins, and lower parts of trunk, from eradication of syphilis from the system. Rawness and ulceration of the lower parts of abdomen and inner surfaces of thighs, with a thick whitish exudation with burning, stinging pain, and horribly bad, rotten, fishy odour. Fistula, with exudation of matter, with rotten fishy odour. Internal indurated lumps, and abscesses discoverable from external pressure, with or without lancinating or burning pains. Hernia, or weakness of the membrane which covers the intestines. Chronic erysipelas of trunk.

Arms and Legs.—Abscesses. Malignant boils and ulcers on arms and legs. Whitlow. Offensive perspiration of feet, which corrodes or excoriates the skin. Erysipelas on arms and legs.

THE ADMINISTRATION OF "NO. II." SPECIFIC.

(Preliminary Remarks.)

This specific can be taken in almost any quantity, without organic or functional disturbance being created, but when large doses are persisted in for a considerable length

* This exercise repeated several times, letting gas escape each time till it ceases to be emitted, affords great relief to those suffering from phantom-tumours.

of time, its power and purpose, as already described, become *too* evident, by the general disturbance created in the digestive organs, owing to the *extra* wave of pent-up latent matter being poured into the stomach, through the uprooting power of the medicine, creating for the time acidity, heartburn, and other fermentations in the stomach and bowels, but which symptoms cease if the medicine is discontinued or lessened in quantity for a few days. Nothing beyond this disturbance is experienced from excessive doses of "No. II.," save that sometimes a languor of body is produced, as from over-exertion, which results from the extra labour imposed upon the involuntary muscles and nervous system, through so rapidly calling forth so much of the old pent-up matter, without any corresponding equivalent being appropriated in the shape of food, to recuperate the otherwise overburdened forces of nature.

When the internal curative purpose for which the medicine is taken is being gained and distinctly recognised, it is unwise to exceed the regular doses; but where it is not recognisable after three or four days, then the daily quantity should be increased by *three* or *six* drops until a proper dose is arrived at. On the other hand, where a sensitive individual experiences too much and too frequent stomach or liver disturbances from it, then it must be correspondingly lessened, till the required quantity is satisfactorily estimated.

INTERNAL USE OF "No. II."

DOSE FOR ADULTS.—The average dose is from *seven* to *ten* drops three times daily, which may be taken in water or any wholesome beverage, though where the stomach is affected it is more efficacious taken in warm or hot water *before meals*.

DOSE FOR INFANTS AND CHILDREN.—*One half* drop per dose, twice daily for each year of age, up to ten years, *i.e.*, a child of ten years of age would require *five* drops twice daily. For every three years after ten years *one* extra drop; thus to one of thirteen years of age give *six* drops to a dose.

EXTERNAL USE OF "NO. II."

As a Lotion, Gargle, Injection, Enema, Bath, and General Local Application.—Twenty drops to one half-pint of water (preferably hot) to be employed as often as the case demands.

IN THE FORM OF A MEDICATED OIL.—(*Remarks.* In cases of burns, scalds, gangrenous or very deep-seated ulcers, with very copious discharge, the use of the medicated oil becomes a necessity, to save an almost constant application of the "lotion," which would be required to keep the parts in absolute comfort and free from pain, which can always be ensured by following the directions here given for its external application in this form, especially if careful attention is given to the *bathing* and *frequency of renewal*, according to the requirements of the case.)

MODE OF MEDICATING THE OIL.—It can be made of various strengths according to the necessity of the case; say from *twenty* to *fifty* drops of the tincture to each fluid ounce of pure Lucca oil. The strength most generally required is *thirty* drops to the ounce of oil. Any quantity can be prepared at the same time, as the necessary quantity of the tincture has merely to be dropped into the oil, which must be *thoroughly* shaken before applying.

METHOD OF APPLYING THE MEDICATED OIL.—Apply to the ulcer a clean piece of linen well spread with the medicated oil every eight hours, *i.e.*, night, morning, and in the middle of the day. It must be made a strict rule to well wash and stupe the sores with *hot lotion* or *hot water* each time after removing the old linen and before applying the fresh application, which *must* be thoroughly clean and fresh and sufficiently large to entirely cover the affected part. The part may be wrapped up, and, if advisable, covered with a piece of oiled silk to prevent the clothes from being soiled and to keep the oil from being too quickly dried up. This covering, however, should be pin-pricked all over to make it porous.

APPLIED AS A BREAD POULTICE.—In place of preparing the poultice with hot water use hot lotion, and apply in the ordinary manner.

“No. II.” APPLIED IN POWDER.—Apply it by the ordinary puff, or shaking from a coarse canvas bag.—(*Remarks.* This mode of application is most useful and potent in mercurial ulcers, or ulceration from mineral poisoning, in those cases where half or the whole surface of the body is implicated. There is generally a slight smarting for a few minutes after each application, where the surface is raw, but this quickly subsides, giving place to perfect ease and comfort for several hours. Where necessary it can be diluted with more or less of Fuller’s-earth powder or Violet-powder. It is used thus by many mothers, mixed with the powder they apply to their infants.)

THE ALTERNATION OF “No. II.” with “No. I.” AND OTHER SPECIFICS.—In such cases “No. II.” should be administered in the morning before breakfast and through other parts of the day; bed-time being reserved for “No. I.”, and “No. III.”, &c. “No. II.” is considered a *morning* medicine.

“No. III.”

EXPLANATORY AND INTRODUCTORY REMARKS
 CONCERNING THE PECULIAR CONDITIONS
 EXISTING IN DISEASED STATES OF THE
 HUMAN ORGANISM, WHICH REQUIRE THE
 ANTIDOTIVE USE OF “NO. III.” SPECIFIC.

It has already been made sufficiently clear in this work that every human being who lives on a mixed diet, in which animal flesh forms a part, must necessarily absorb into his circulatory system the yeast animalculæ, or white corpuscles, which are to be found alive in all the animal creation, living or dead, and which are the primary disease, or death-force, in all living organisms, and that by and through this yeast the fluid food in the stomach and digestive track becomes more or less fermented, and carbonic acid gas is evolved, with which we are all painfully familiar. As a natural chemical consequence there is also generated alcohol in all the fluids of the body.

This singular product, *i.e.*, alcohol (which no chemist that we are aware of has been able to *absolutely* analyse), has been for some time past, and still is, a source of much theoretic speculation with physiologists, who are unable to account for its perpetual presence in the animal economy of every human being, whether a teetotaller or not. From the facts and hints here given, however, any one so disposed will be able to discover the reason of it for himself, and its original source or first stage of manufacture, in that model brewery, the human stomach. We have only to turn out the contents of the stomach, about an hour after having partaken of a dinner of flesh and vegetables, and subject them to the process of distillation in an ordinary retort, and crude alcohol will be discovered in the distillate.

If, in place of an ordinary retort or common still, however, the process of distillation is condensed in a small model of the Wallace improved distilling apparatus, it will analyse and separate the pure alcohol and œnanthic, or flavouring ether, from their poisonous associates, acetic

acid and fusel oil, which, from their being absolutely poisonous, less volatile, and therefore cumulative, as this apparatus demonstrates, they form the chief factor in producing those evils commonly attributed to alcohol alone, a substance which cannot be retained in the human organism, but passes through it unchanged. This fact is well known to those who age or mature brandy or whisky, for seven or ten years, for their own use, in wooden vessels, for the affinity which the wood has for the less volatile or denser portions of a fluid causes these to be absorbed and slowly sweated through its fibre, by a kind of dialytic action or exosmose, so that after ten years aging of a cleanly distilled alcohol there would be scarcely a trace of fusel oil to be found inside the cask, and the alcohol remaining would be comparatively innoxious, although originally it was poisonous.

It is not to be inferred from this that we by any means advocate the use of alcohol, or any other product, however pure, which must pass through the human organism unchanged, for not being a food it cannot subserve the purposes of life, however innoxious it may be. It is a fact, nevertheless, that those who can by selection protect themselves against a sulphurous or other "torch-light procession passing down their throats," and who consume a considerable amount of purified alcohol daily, may, and often do, live in comparative health and comfort to a good old age, while others who drink new, sophisticated, or even partially matured alcohol to any extent, soon succumb to nervous and other diseases, exhibiting but too plainly in their personal appearance, the recognised marks and tokens of alcoholization. The nausea, morning vomiting, and nervous shaking are consequent upon the fusel poisoning of the nervous system, and these symptoms are nature's attempts to expel it by the skin and stomach. A dose of alcohol is usually then taken "to steady the hand," and it seemingly does so for a time, for nature, or the involuntary vital principle, is diverted from the circumference and driven to the centre to try and ward off this fresh intrusion; the fusel becomes again absorbed internally, and the more volatile and less injurious parts of the

fresh dose take its place; the nerves being less laboured, regain strength for the time, but the same conditions again return with gradually increasing force, and so on interminably, or till delirium tremens, or death, closes the scene.

NATURE OF THE SPECIFIC ACTION OF "No. III." UPON THE HUMAN ORGANISM.

It is a medicinal or nerve-food, so to speak, and an antidote to almost every vegetable, animal, and mineral poison, *especially* where the nervous system is specifically implicated, excepting tobacco, lobelia, arsenic, mineral acids, or anything of a corrosive nature; thus, when a tippler is labouring under nature's efforts at expulsion of associated poisons of alcohol by vomiting and nervous tremors, in place of taking alcohol to drive the poison again upon the vital organs, "No. III." will at once so neutralize the poison as to make it inert, and enable it to pass freely through the pores of the skin in a comparatively innoxious form, like an ordinary critical, oily, clammy perspiration, and the patient will feel the natural heat of the body returning and disseminating itself to the extremities like a healing balm. After a dose has been administered about four minutes, the patient's nerves will become steady, and, if vomiting and other choleraic symptoms have set in, they will be allayed in about nine minutes, and in about twenty minutes he will feel an absolute disgust at alcohol of any kind, so that, if set before him, he cannot force himself to drink it, and that, even in cases where delirium tremens has set in for several days. In such cases, however, it is necessary that several tremendous doses should be administered during the first two hours of the treatment, until the bulk of the poisonous fluids of the body have been antidoted by it, and then it can be given at ordinary intervals.

From the foregoing it will readily be understood that every one living in the ordinary way, whether teetotaller or not, must be engendering alcohol in the system every hour of their lives, and hence there is so little difference in the death-rate between those who take a small quantity of the

best and most aged alcohols daily and live carefully as regards flesh-eating, &c., and the gross-feeding or tobacco-using teetotaller; indeed the latter is morally worse in the sight of God than the former, for having got hold of a light he overshadows it, so that it would be better for him if he had none.

In conclusion, then, to these remarks, "No. III." is *specially* an antidote or medicine for the diseases of alcohol, or rather fusel drinkers and opium eaters, and when it is taken in combination with its nearest natural ally, strong, pure coffee, it is simply all but omnipotent in such cases.

CHARACTERISTIC PECULIARITIES

existing in diseased states of the human organism which indicate the requirement of "No. III."

Uncontrollable tremulousness and clammy coldness of the hands and upper part of the body. Stomach revolts at all food until a dose of alcohol has been taken. Bilious and morning vomiting. Great depression of the nervous system. Intense craving for opium or alcohol of any kind. Eyes wandering and restless. Pains soothed by hand-pressure. Sleeplessness with bodily restfulness.

GENERAL SCOPE OF DISEASES AND DISEASED CONDITIONS

in which "No. III." is used wholly or partly as a medicine, and for which it is the absolute specific for all or some of their phases.

Sea-sickness, biliousness, and bilious vomiting. Morning vomiting of drunkards. Morning sickness during pregnancy. Asthmatic breathing from alcoholic indulgence. Apoplexy from over-dose of opium, opium preparations, or alcohol. Dropsy and consumption of tipplers. Fatty degeneration of the heart. Acne. Diabetes. Diarrhœa. Palsy and epilepsy from alcoholic indulgences. Megrin. Short-sightedness. Temporary mental delusions and constipation. Dipsomania. Opium delirium. Delirium tremens.

Poisoning by decomposed or putrid dead animal matter, by mercury or other deleterious non-corrosive minerals. Poisoning by deleterious chemical products and herbs, such as fusel oil, chloral, chloroform, ether, morphia, opium, aconite, and haschish, but *not* tobacco or lobelia.

GENERAL SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. III."

Sinking at the pit of the stomach. Morbid craving for alcohol. Painful cramps, with coldness of extremities. Fainting. Face-ache. Falling off of the hair. Abnormal vision. Flatulence. Frozen limbs. Giddiness. Bilious headache and headaches from alcoholic stimulation. Mental exhaustion. Nausea and vomiting during pregnancy. Lethargy from alcohol or opium. Pallor of skin. Bloated pale face, with bloodshot, yellow, or suffused eyes. Seeing of fantastic visions, or monstrous beings that have no tangible existence. Clammy perspirations. Dizziness, with nausea. Desire to sleep, with inability to do so. Somnolence. Abnormal enlargement of skull from fatty degeneration of brain, with syphilitic taint. Convulsions of drunkards. Physical and mental excitability. Great loquacity. Ravings. Abnormal flow of ideas. Brain wakefulness, with coldness of the extremities.

PARTICULAR SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. III."

Mental and Moral.—Objects appear double or blurred. Sensation of swimming in the head. Excessive selfishness. Very boisterous and hilarious. Easily offended and angered. Suddenly sympathetic with people. Deficient memory. Desire to frequent low company. Loss of self-respect. Kleptomania. Excessive meanness. Abnormal craving for alcoholic liquors. Sleeplessness, with visions of all kinds

of animals, monsters, &c. Delirium tremens. Tremulous voice. Clutching and shouting at imaginary demons.

Head and Scalp.—Black specks and streaks before the eyes. Sick bilious headache. Intense pain, as if a nail were driven into the brain. Intense chronic pain in head of a tippler, preventing night sleep for weeks, accompanied by great and alarming local enlargement through recent lodgment of syphilitic matter. (The treatment of this symptom with "No. III.," if properly persevered in, even for a few days, will often result in commencing to reduce the head to its normal size by throwing out on to the scalp an eruption of tubercles as large as beans.)

Throat, Face, and Mouth.—Chattering of teeth. Pallor of face. Tooth-ache and face-ache of tipplers. Parched tongue. Cadaverous colour of face. Abnormal swelling and redness of muscles on each side of the nose. Redness of nose peculiar to tipplers. Bloated face.

Chest and Heart.—Weak action of heart. Almost imperceptible pulse. Oppressed and laboured breathing. Respiration abnormally slow, languid, or weak. Breathing scarcely perceptible. Pulse abnormally high, with constriction or tightness of throat and chest, from poisoning of tincture of aconitum napellus root. Pulse beat but one per half minute from opium poisoning.

Trunk and Back.—Nausea with shuddering. Rumbling in stomach and bowels, with sickening pain. Temporary constipation. Clammy coldness. Shaking nervousness all over the body. Inability to keep up the heat of the body. Gradual coldness pervading the body from the feet upwards, and penetrating inwards. Sour smelling perspiration. Purging of alcoholic tipplers.

Arms and Legs.—Tremulousness of the hands, arms, and legs. Dropsical swelling of the legs of tipplers.

THE ADMINISTRATION OF "No. III." SPECIFIC.

(For Internal use only.)

DOSE FOR ADULTS IN CHRONIC CASES.—Ten drops three times daily, in water or any wholesome beverage.

DOSE FOR ADULTS IN ACUTE CASES.—*Ten* drops in water or coffee, every five or ten minutes, till all painful or acute symptoms are dispelled, after which *ten* drops three or four times daily may be required for a few days.

SPECIAL ADMINISTRATION FOR DELIRIUM TREMENS.—In such cases during the attack, half an ounce (*i.e.*, 240 drops), must be given every half hour, either in water or strong pure coffee, until four doses have been administered, or till all acute symptoms are dispelled, and the normal mental and physical condition of the patient almost, if not entirely, re-established. A dose of *fifty* drops should be taken about four times daily, for a month following the attack, with the object of creating a chronic abhorrence of alcohol.

SPECIAL ADMINISTRATION AND TREATMENT FOR SEA-SICKNESS.—The dose for an adult is about five drops * (see page 118) which is to be taken either on getting into the berth, or when the least threatening of nausea is experienced. In five minutes the dose should be repeated, and if possible the voyager should lie down and sleep.

If sickness has actually commenced, however, and the stomach begun, or is about to discharge its contents at the time the first dose is taken, it also may be thrown off, and if so it should at once be repeated, and the recumbent position immediately re-assumed. It is unusual for any further annoyance to be experienced beyond a few minutes after the second dose has been taken.

When the stomach contains any food which *under the conditions* is offensive, indigestible, or nauseating, the "No. III." will assist the stomach to unburthen itself, without painful or fatiguing retching, after which one dose is usually sufficient to procure a natural sound sleep, and an immunity from further annoyance, but should any arise the dose has only to be repeated to effectually obliterate it.

The first meal that should be taken on board ship should be strong pure coffee and dry biscuit, or dry toast, accompanied or not as desired with some fresh ripe fruit.

* To prepare for a journey *twenty drops* of "No. III." can be put into a four-ounce bottle, and filled up with water, a tablespoonful of which will be equivalent to a *five-drop* dose.

DOSE FOR ANTIDOTING AN OVER DOSE OF "No. I."
(See page 73.)

DOSE FOR ANTIDOTING MERCURIAL, OPIUM, AND OTHER POISONINGS.—Treat as for acute cases (see page 89), and as for chronic (see page 88), for about a month after acute symptoms have been destroyed.

DOSE FOR INFANTS AND CHILDREN IN CHRONIC CASES.—The same as "No. I." (See page 73, par. 5.)

DOSE FOR INFANTS AND CHILDREN IN ACUTE CASES, SUCH AS COLIC, &c.—One half-drop to every year of age, to be administered every five minutes till all acute or painful symptoms are abated, which they always are in cases where this specific is rightly selected.

NOTE I.—This "*No. III.*" Specific may be taken at any time of the day, and before or after meals, with equal benefit. When for mental restlessness at night, it is better taken at bed-time (see page 86), but when in alternation with "No. I.", with symptoms of physical restlessness during night, bed-time must be reserved for "No. I." (see pages 73 and 74), and when in alternation with "No. II.", the predominating symptoms indicating "No. II." or "No. III." may be the ruling guide for the morning dose.

NOTE II.—"*No. III.*" can be preserved on sugar in the same way as "No. I." (See page 74.)

“No. IV.”

IS A SPECIFIC FOR WARTS,

and is applied by touching the parts affected several times daily; or a piece of linen can be saturated with the tincture, covered with oil silk, and laid over the parts, and re-moistened three times a day.

In the generality of cases a few days' application suffices to remove the warts without the least sensation of pain where there are no interstitial cracks; where there are, dilute it with three times its bulk of water or oil. “No. IV.” is also a specific for corns *not* resulting from mechanical pressure. (See page 99.)

“No. V.” AND “No. VI.” ARE WORM SPECIFICS.

GENERAL SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of “No. V.” or “No. VI.”

Itching of the nose or arms. Sudden flushes of heat of the skin. Alternate flushing and paling of the face without apparent cause. Abnormal craving for food out of time, or immediately after a satisfactory meal, and which when served is not desired. Sensations as if some living thing were moving in stomach or bowels. Discharge or vomiting up of worms. Livid circles round eyes. Turning up of eyes and starting in sleep, as if from fright. Grinding of the teeth in sleep. Desire to chew coals, cinders, mortar, &c.

“No. V.” IS THE SPECIFIC FOR SMALL THREAD WORMS AND LONG ROUND WORMS.

“No. VI.” IS THE SPECIFIC FOR TAPE WORMS.

THE ADMINISTRATION OF “No. V.” AND “No. VI.” SPECIFICS.

DOSE FOR ADULTS.—*Seven to ten* drops, to be taken in a wine-glass of water, three times daily.

DOSE FOR INFANTS AND CHILDREN.—One drop for every two years of age, three times daily. For an infant of six months, put one drop of the tincture into four teaspoonfuls of water, and give one teaspoonful of the mixture for a dose.

THE ALTERNATION OF “No. V.” AND “No. VI.” WITH OTHER SPECIFICS.—Should the patient be suffering from febrile symptoms, “No. I.” must be taken till the fever no longer exists, when the worm specific must be immediately resorted to. Other symptoms indicating the requirement of “No. I.” should be met by night treatment of “No. I.” and the worm specific should be taken morning and mid-day. “No. II.” when required, should be kept for morning administration. All the other specifics can be alternated with “No. V.” and “No. VI.” when their requirement is indicated.

“No. VII.” IS THE SPECIFIC FOR GOUT.

(And is a Tincture of *Nux Moschata* [Nutmegs], prepared according to a Special Formula and from specially selected fruits.)

NATURE OF THE SPECIFIC ACTION OF “No. VII.” UPON THE HUMAN ORGANISM.

Its operation is, strictly speaking, antidote to the excretory poison that produces the gout symptoms, and which Nature in her wisdom has concentrated and driven to the affected part for ultimate expulsion. When this specific is applied externally in acute cases, it penetrates through the skin into the circulation, neutralizing the *acridity* of the poison, which is the *cause* of the excruciating pain, and thus enabling nature to eliminate the poison painlessly, and in the shortest possible time. The nervous system having got rid of the irritant, becomes again normal, and digestion proceeds happily as in health, and this generally in one hour after the application of the specific.

In chronic cases of gout, nature has not been allowed to wholly expel the poison in previous acute attacks, through the usual allopathic suppressive treatment, which has driven the poison back upon the bones, making them become spongy and swollen from chalky deposits, which causes a certain form of osseous disintegration to take place. In such cases the foundation of the constitution has been undermined, and consequently the curative action of the specific will be *very slow*, but sure. It becomes then a question of considerable extension of the term of life, by the absolute elimination of the gout poison from the system. Some cases of very long standing may occupy years before the body returns to a truly healthy condition.

The administration of the specific in chronic cases must from their nature necessarily be chiefly internal and persistent till an acute development takes place, which, under this mode of treatment, must be considered very favourable, as it indicates that a wave of the pent-up poison is being eliminated *en masse*, creating a *crisis* which may necessitate

external treatment, as in an acute case which it resembles. These *crisis waves* are also slower in their exacerbation and decline than the original or natural acute attacks, so called, which proves that the elimination is taking place as fast as can be expected, and it also proves that there has been an increased development of vital power to eject the intruder. The nearer these critical waves of expulsion resemble that of the first inception of the disease in their nature, the better, although they cannot be so violent or severe when under this treatment. In such instances there is manifested a physical ability to wrestle with the disease, akin to what there was before the disease and drugs had made any inroad upon the osseous system. In cases where the elimination process engenders acidity and heart-burn in the stomach, it is always best to clear out the stomach by drinking a quantity of pure warm water, which disturbance can be comfortably settled afterwards by taking a little strong pure coffee.

CHARACTERISTIC PECULIARITIES

existing in the human system which indicate the requirement of "No. VII."

Pale red or purplish swellings, with excruciating pain of the parts affected, which cannot bear the slightest touch in acute cases; or dull aching pains in abnormally enlarged misshapen joints, in chronic cases. Pains instantly ameliorated by the external application of the tincture, more especially on the first attack of pain, and before feverish symptoms supervene.

GENERAL SCOPE OF DISEASES AND DISEASED CONDITIONS

for which "No. VII." is used wholly or partly as a medicine, and for which it is the absolute specific for all or some of their phases.

Gout in all parts of the body, and whether in the acute or chronic stages, and accompanied with syphilitic, drugged, or other complications, latent or developed. Stone or concretions in the bladder and kidneys. Urinary calculi. Prolapsus recti, *when with a gouty habit of body.*

GENERAL SYMPTOMS

existing in diseased states of the human organism which indicate the requirement of "No. VII."

Excruciating pains with redness and swelling of the parts affected. Flatulence. Acridity of the stomach. Chilliness of the whole body, followed by burning of the skin, and fever. Chronic enlargements of the joints. The bones pit on pressure. Chalky exudations from joints and points (tips) of fingers. Feet and toes distorted and glazed. Joints present somewhat the appearance of mottled sausages. Intermittent pains in bladder and kidneys.

THE ADMINISTRATION OF "NO. VII." SPECIFIC.

Its internal use.

DOSE.—*Seven to ten drops, in a wine-glass of water, three times daily.*

Its external use.

A piece of soft cotton or linen to be saturated with the tincture, and applied to the affected parts, which must be renewed when dry or when required.

THE ALTERNATION OF "NO. VII." WITH "NO. I." AND OTHER SPECIFICS.—In cases where "No. II." is also indicated, "No. II." must be taken early in the morning, and "No. VII." during the day, and at bed-time, or "No. II." in the morning and mid-day, and "No. VII." at bed-time. In cases where "No. I." is also indicated, bed-time must be reserved for it, and "No. VII." must be taken in the morning and during the day.

[NOTE.—In certain cases it will be observed that the conditions indicating the requirement of other specifics will be at times so marked, that it becomes imperative that they should be used alone for a day or two, or even several days running. Symptoms, and experience must be the guides in complicated cases.]

*“No. VIII.” IS THE SPECIFIC FOR WHOOPING
COUGH.*

[NOTE.—“No. VIII.” is to be administered as soon as the febrile stage is over, or subdued by “No. I.”, and the true nature of the cough has developed itself into the distinctive whoop.]

ON THE ADMINISTRATION OF “No. VIII.”

DOSE FOR ADULTS.—Five to seven drops in a wine-glass of water, three or four times daily, but during the acute stage every three hours until there is marked amelioration in the symptoms. In chronic cases, use it three or four times a day.

DOSE FOR INFANTS AND CHILDREN.—One half drop of the tincture for each year of age, to be administered in a little water. The dose to be repeated every three hours, until the cough becomes much ameliorated and loses its annoying distinctive character, when the specific may be repeated less frequently, say, three or four times a day.

THE ALTERNATION OF “No. VIII.” WITH “No. I.” AND OTHER SPECIFICS.—The directions given for alternating “No. VII.” with other specifics (see page 95) apply to “No. VIII.” also.

“No IX.” IS THE SPECIFIC FOR MECHANICAL
HÆMORRHAGES.

(And is Aloes, prepared according to a Special Formula.)

NATURE OF THE SPECIFIC ACTION OF “No. IX.” UPON THE
HUMAN ORGANISM.

Its administration internally in water, or applied to the part where the rupture of the blood-vessel, vein, or artery has occurred, imparts to the ruptured vessel (as soon as it can be in the least degree absorbed by the circulation), a contractile power which restrains the flow of blood to and through the part almost instantly, enabling a coagulum to form which seals the opening. This results whether the rupture is external or internal, as in flooding of the womb at a birth, in which case twenty drops of the tincture in a pint of warmish water (at or near blood heat) must be injected into the womb. It need hardly be explained that for a limited time absolute rest and quiet in such cases are positively necessary to give Nature the requisite time to harden the coagulum and effectually seal the womb or part affected. It may be here remarked, and it cannot be too firmly impressed upon the minds of all, whether lay or professional, that the application of cold water or ice to any wound is not only unnatural but the *greatest possible mistake*, and only thwarts the curative action of Nature, who does all her *permanent building and repairing of the human organism* at a temperature of $98\frac{1}{2}$ degrees (or blood heat). This use of warm water, which has been known to the writer for over twenty years in a large practice, is only now beginning to be recognised by a very few medical men of the dominant school. It is owing to the non-recognition of this law in Nature which has led to a great many abuses of the use of water under the hydropathic system, and which is especially injurious, if not often dangerous, in debilitated cases or in organic disease. A very few degrees under blood heat, making it, say, 90 to 92 degrees Fahrenheit, is quite cold enough for injecting into the womb. A single application of “No. IX.” in conjunction with warm

water, will convince the most sceptical of the marvellous powers possessed by this remedy.

SYMPTOMS AND CONDITIONS

arising in the human organism which indicate the requirement of "No. IX."

Arterial or venous hemorrhages resulting from mechanical rupture of a blood-vessel, internally or externally, *without prior febrile disturbance or inflammatory action.*

THE ADMINISTRATION OF "No. IX."

(Internal.)

DOSE FOR ADULTS.—*Seven to ten* drops in a wine-glass of water, to be repeated.

DOSE FOR INFANTS AND CHILDREN.—*One half* drop in a little water to each year of age, to be repeated.

(External.)

For cuts or wounds, a little of the strong tincture may be applied to the part on a piece of linen, under the bandage or sticking plaster.

[NOTE.—Where a high state of fever existed prior to the mechanical hemorrhage, it will be necessary to administer a dose of "No. I." *immediately*, and repeat in an hour, using the "No. IX." once in the meantime when the pulse begins to fall, giving it time to operate, and only repeat it according to the circumstances of the case. Under such conditions, the arresting of the hemorrhage will be necessarily slower, although absolutely certain. In such a case time must be patiently given for the "No. I." to at least partially reduce the febrile state before any very considerable reduction or total cessation of the hemorrhage can be looked for or expected, except, indeed, the action of either "No. I." or "No. IX." should accelerate Nature's efforts by producing a fainting, when the hemorrhage will at once cease, and every care must be taken to give the patient absolute rest and peace. No more medicine will then be required for a time, but a little coffee should be given to resuscitate where weakness happens to follow the fainting fits. According to what symptoms subsequently arise, so must the appropriate specific be administered.]

"No. X." IS THE SPECIFIC FOR BRUISES, &c.

(And is "Wallace's Formula" of Arnica Montana.)

INTRODUCTORY REMARKS UPON THE PECULIARITY OF THIS
PREPARATION.

This tincture is prepared in such a manner as to exclude any cumulative poison or resinoid, and, although it is several times more concentrated medicinally than that of the mother tincture of the homœopathic pharmacopœia, yet when it is applied directly to the unbroken skin in this extra concentrated form for any length of time, it does not produce the slightest erysipelatous swelling or other irritation of the skin, which is so frequently experienced with the ordinary homœopathic mother tincture of *arnica*. For this reason the curative action or healing power can be pushed to such a demonstration as to surpass ordinary credibility.

In the case of an ordinary swollen or closed-up black eye from a knock or blow, for instance, if this tincture is applied as directed inside of an hour from receiving the injury, the sight will be restored and the whole swelling subsided *within a couple of hours*, and this without the slightest subsequent discoloration.

DISEASES, SYMPTOMS, CONDITIONS, AND ME-
CHANICAL INJURIES FOR WHICH "No. X."
IS THE SPECIFIC REMEDY.

Bruises, strains, sprains, shocks (electric or others), and discolorations, whether the result of falls or other mechanical injuries. Pains resulting from fractures, and from the setting of broken limbs, also for healing the parts and allaying the pains of surgical operations performed for the purpose of rectifying pre-natal deformities. Effects of tight-lacing or over-tight surgical bandaging. Effects of pinches. Corns resulting from mechanical pressure. Painful effects of straining with constipated movements of the bowels; of volitionally over-long retention of urine; of

straining at childbirth. Effects of violent fits; of miscarriages. Bruises on infants from difficult births. Fatigue from excess of walking, dancing, mechanical or domestic labour. Sensations of being fatigued, tired, or strained without immediate or apparent cause, but which may result from internal structural changes through the involuntary part of the organism attempting to produce physical regeneration through improved habits of life.

THE ADMINISTRATION OF "No. X."

(*Internal.*)

DOSE FOR ADULTS IN CHRONIC CASES.—*Seven to ten* drops three times daily in a wine-glass of water.

DOSE FOR ADULTS IN ACUTE CASES.—*Seven to ten* drops in a wine-glass of water every three hours.

DOSE FOR INFANTS AND CHILDREN IN CHRONIC CASES.—To each year of age give *one half-drop* in water or food three times daily.

DOSE FOR INFANTS AND CHILDREN IN ACUTE CASES.—To each year of age *one half-drop* every three hours, when awake, in food or water.

STRENGTH OF LOTION for injection into strained rectum, vagina after birth, for local application on mucous membranes, for saturating bandages, for preparing bread or bran poultice, &c. *Two* drops to each fluid ounce of warm water, or *twenty* drops to the half-pint of warm water.

EXTERNAL APPLICATION OF "No. X."

(*For Hurts, Strains, Blows, Bruises, &c.*)

The concentrated tincture to be applied on a saturated piece of linen large enough to cover the whole of the unbroken skin of the part affected, which linen is to be covered with a piece of oil-silk perforated with a pin. When the application becomes dry, saturate again, and repeat from time to time till the pain and swelling has satisfactorily subsided. When applied to the eye, should the "No. X." get in, a smarting sensation will be pro-

duced, which, however, will do no real injury, and can quickly be removed by bathing the part in very warm water.

STRENGTH FOR A HOT BATH FOR BRUISED OR INJURED INFANT.—*Four* drops of the tincture to each pint of water, or *thirty* drops to the gallon.

NEW USE FOR ROSE-WATER.

This is an instant specific for destroying the virulent pain caused by tobacco accidently getting under the eyelid, with which it should be immediately washed out.

Tobacco smokers and chewers, when taking a course of any of these specifics, should mix them in rose-water, or, when using "No. II." as a dentifrice, should prepare it with rose-water.

Extract from a Pamphlet entitled "Cholera, its Cause and Cure." By Joseph Wallace,* Belfast, 1866.

THE RECOGNISED CHOLERA SYMPTOMS

are purging, vomiting, often preceded by rumbling, tension, or pain in the region of the stomach and bowels. Sometimes the patient feels a weight in stomach, a burning sensation, or heat and fulness, sickness, weakness, anxiety and dread, coldness, cramps in extremities, rapid sinking of the pulse, urine scanty, evacuations pale, tongue clean or but little furred. As the evacuations increase the burning in and about stomach gets more distressing, and the patient feels unquenchable thirst, but can retain nothing on the stomach (except the Specific when given for the cure of the disease), the vomiting being of the character called "projectile," the pulse gets weaker and weaker, prostration increases, evacuations resemble rice-water or are totally colourless, spasms or cramps mostly seize extremities, calves of legs, and arms. Sometimes the limbs get quite rigid; cramps attack the bowels at times. In violent cases the spasms appear at commencement of attack (as in case

* Lex et Lux.

No. 4), or the attack may set in so suddenly as to destroy life in an hour or so (as in case No. 3, where the evacuations were *enormous* in quantity and *every few minutes*). As the disease gets advanced the skin gets clammy and cold, livid or bluish, and feels like that of a dead person, the tongue and breath get cold, the patient's face gets pinched, sunken, cadaverous, vacant, sad, and anxious. Voice altered—toneless and in some instances suppressed—the alvine discharges and urine cease, and death steps in to finish up. In the severest cases the patient falls senseless to the ground, seemingly as if struck by the electric fluid (see case 7).

CHARACTERISTIC PECULIARITIES.

The griping pains of the bowels are relieved by pressure or holding in the breath (which show their nervous character), the lowering of the strength of pulse, of the heat of the body below the normal standard (98 degrees Fahrenheit), the cleanness of the tongue, cramps or spasms of extremities, the projectile character of the vomiting, clammy coldness of the skin, frightened and altered look, &c.; whereas in dysentery the symptoms are totally different or *opposite*. Dysentery has *positive* inflammatory symptoms, an exalted and bounding pulse, tenderness of region of bowels, &c., to pressure, heat of body above the normal standard, deeply furred tongue, hot skin, sometimes vomiting, and that not prolonged. Thus Cholera is *negative* fever.

Cholera is commonly considered to be an excessive loss of some of the natural secretions of the body, but strictly speaking this is not the fact; but rather the partial or total suppression of, at least, two of them, the bile and urine. Bile is the secretion which gives colour to the evacuations.

In Cholera, or the diarrhœa that precedes it, when we find the stools getting pale or watery we know then that bile is deficient, that the liver has therefore ceased or partially suspended the secretion of it, and when any one with purging observes this peculiarity he may be sure it will run into collapse and death, if bile is not speedily

restored to the evacuations. This change coffee effects in a few minutes, and recovery follows quickly, as a matter of course.

I have now come to

THE SPECIFIC REMEDY,

which is *Coffea Cruda*, or Tincture of Raw Mocha Coffee, prepared as in Appendix.

Adult dose—*Three* to *ten* drops in a teaspoonful to a tablespoonful of water every five minutes, prolonging the intervals gradually as amelioration sets in.

In the early stages of Cholera, when purging, or purging and vomiting has commenced for a short time, three or four doses at five-minute intervals, I have always found sufficient to restore the bowels and stomach to as a perfectly natural a state, as if there had not been the slightest derangement. Such cases with me have never exceeded twenty minutes. When rice-water evacuations, coldness of body, and spasms have set in, I would give ten drops at once, and *three* to *five* drops every five minutes after, with the addition of hand-rubbing for the cramps and coldness.

If the patient has been allowed to pass into the state of collapse, and when every energy of the body and mind has been prostrated, the same course of treatment will produce a like result, but I would advise the dose of *ten* drops to be repeated every five minutes till amelioration takes place, and *three* to *five* drops after. I would add hot applications to extremities and sides, hand-rubbing as before, and in addition, where practicable, *prolonged breathing through a handkerchief over the region of the heart*, this last will restore the vital spark when apparently fled.

In any case where the medicine cannot be had, the best substitute is a cup of strong pure coffee, prepared in the usual way, but without any chicory being mixed with it, as that is an antidote to its medicinal power. Let this be promptly given, and in the earlier stages of the disease the Cholera will be arrested promptly, and in nearly all of the very worst cases, it will succeed.

In cases where opium, &c., have been given previously, I would give *thirty drops at once* of *coffea*, and repeat it in ten minutes or so, and as amelioration takes place, *three to five* drops every five minutes after, and proceed as in other cases according to circumstances, as before stated.

And where coffee is not to be had, external heat should be applied as before, and whey given to drink to allay the thirst, and in the absence of whey, soft water, or water that has been boiled and cooled again, should be given as frequently as necessary, only in a moderate quantity at a time, always persevering with *downward* warm hand-rubbing, &c., as before stated, when required.

The great majority of Cholera cases begin with diarrhœa. This, if taken at the offset, can always be cured by a single dose of coffee, or a cup of strong pure coffee, in a few minutes; and any case of seeming diarrhœa that *does not succumb* to coffee *at once* is *not diarrhœa at all*, but *dysentery*, which requires a totally different specific to cure it quickly.

Thus the *use of coffea will of itself teach the medical profession the difference* between diarrhœa or Cholera, and dysentery—a matter *about which* they seem also to be at present *thoroughly in the dark*.

It has been urged by assumed authorities on this subject, that during Cholera people should change their mode of living as little as possible, as it is alleged to do so would weaken the digestive organs and predispose those persons to an attack of Cholera. Now, this is totally at variance with common sense and sound science. For we know that certain habits of living predispose people to attacks of diarrhœa and Cholera, and if so, that mode should be radically changed, such as alcoholic indulgences, eating fatty meats, acid or unripe fruits, vinegar, raw or partially decomposed vegetables, &c., smoking, or anything that tends to throw the body into an abnormal condition. Surely common sense tells us, that by such *radical changes* in our *mode of living* we would be able to lessen the chances of Cholera attacks, seeing we are avoiding that which predisposes to it, and if this is not done far more must take it. Besides, it is well known that the very

same injurious or objectionable foods, &c., are often taken with impunity in ordinary times by those who live most irregularly without any seeming disturbance to health; but during an epidemic of Cholera few such could do so without suffering less or more. We feel there must be *something* more than ordinary going on, over and above, to excite to a Cholera attack, and which must be, in the first place, in the air; because, all other conditions were the same before that mysterious "blue mist" made its appearance among us.

✓ Coffee I have proven to be the greatest accelerator of digestion known. All effects of over-crowding the stomach with fatty meats, rich gravies, and alcoholic stimulants are at once corrected by it. The French, as well as other nations, use it much—many of them habitually—after dinner, as an aid to digestion. It is also a very common thing with many to mix rum and other stimulants with coffee, which experience teaches them neutralises the otherwise injurious effects which alcohol produces.

Coffee is, in fact, the great functional corrector of the liver, restraining any sudden inordinate secretion or flow of bile to the normal standard on the one hand, and causing an *immediate* and healthy *secretion* of it where it has been suddenly, partially, or totally suspended, as in Cholera or diarrhœa, on the other; and this it will do in the twentieth to the fiftieth part of the time of any other known remedy, such as calomel, and that without other than beneficial after-effects, which is an impossibility with the ordinary deleterious drugs commonly used.

FOR PROPHYLACTIC OR PREVENTIVE TREATMENT

I would advise three minims of *coffea* to be taken three times a day, or, at least, night and morning; but, for all ordinary purposes, I believe if we use *pure* coffee for breakfast, and at tea-time, prepared pretty strong in the ordinary way, that it would be utterly impossible for us to take Cholera, provided we lived temperately, and confined ourselves chiefly to farinaceous food, with milk, eggs, and butter in moderation; always avoiding fermented breads,

animal foods, alcoholic or fermented liquors, tobacco, drugs, *especially minerals, acidulated and medicated drinks* (all of which we see increase mortality), and anything that we know from experience disagrees with our stomachs. We should, as a rule, use pure, wheaten meal bread or, in the absence of the meal, the best flour, with a large proportion of best bran mixed in it (this is especially required for debilitated constitutions). Use a sponge or towel bath every morning: the latter is accomplished by saturating a towel in cold or tepid water, squeeze a little of the surplus water out to prevent dripping on the floor—quickly moisten the skin from head to foot, and dry thoroughly and expeditiously, with a coarse towel. Ventilate all rooms well, keep the house clean, the body comfortably warm, in clean clothing day and night. Take a Turkish bath where practicable, once a week or fortnight—it is of infinite service in cleansing the pores of the skin and keeping it in a healthy condition. As fear greatly predisposes to Cholera and diarrhœa, it cannot be too strongly urged on all who read this work to have this simple remedy tried on the first occasion that presents itself. No matter how simple the diarrhœa may be, faith will follow the first trial from the fact of its rapidity of cure, and fear will for ever subside. Of all that have been told it, and had occasion to use it, not one had ever recourse to any other remedy: it has never failed in a single case, numbering, perhaps, many thousands. Everyone has the same story—“I had a diarrhœa the other day, and, after trying other remedies, and not getting better, I was told of yours; took a cup of strong coffee, and got perfectly well at once.”

In getting well of any disease, there are many things to be taken into consideration. In ordinary treatment, for instance, where such quantities of mercury, &c., have to be taken, the time occupied in the recovery, the torture the patient is put to, the state the organism is left in, with the dregs of the medicinal effects sticking to it for life, the greater tendency to contract acute diseases, and the consequent shortening of life after, all these things must be considered in comparing modes of treatment and their results—that is, when recovery takes place under the old

system—but it has been shown that under the new treatment no deaths have taken place; while under the old, it has been computed that fifty millions of lives have been sacrificed that *coffea* might have saved, a fact that should awaken the minds of all whose duty it is to conserve life, be they kings, lords, or commons.

The *City Press*, writing on “Cholera Preventives,” says:—“Whoever impedes the adoption of any such measures, woe be to him! The existence of some, and the misery of many, may depend on the power of his resistance to honest sanitation. It were better for him that a millstone were hanged about his neck, and he were cast into the depths of the sea, than that he should be the agent of death and misery. If any of the guardians of our local affairs should now play at the game of resistance, supposing it to be a sublime conservancy, we will venture to tell him in advance that office is a prerogative, attended with responsibilities, and that the men who fail to do their duty in critical times belie the trust reposed in them, and merit the scorn of their contemporaries.”

* * * * *

“My formula for the preparation of the coffee tincture is as follows:—Steep one pound weight (avoirdupois) of well-dried and pulverised raw MOCHA coffee in three and one-third pints (imperial measure) of strong alcohol for two weeks. Shake it well occasionally; filter through blotting paper, and it is ready for use.”

“For Asiatic cholera the dose of tincture of coffee which I conceive to be the best is from *three to ten minims* in a little water, to be given every *five minutes*. This, if taken when the disease breaks out, will, with one or two doses, completely and effectually stop all cramps, vomiting, and purging, as well as restore at once the heat to the surface of the body that has been absorbed or abstracted by the sudden collapse of nature through the virulence of the disease.”

SELECTED EXTRACTS FROM THE "APPENDIX" OF THE PAMPHLET ENTITLED "CHOLERA, ITS CAUSE AND CURE," BY JOSEPH WALLACE,* CONCERNING HIS DISCOVERY OF A SPECIFIC FOR RINGWORM. ADDRESSED "TO THE SECRETARY OF THE PARIS ACADEMY OF SCIENCES, IMPERIAL INSTITUTE OF FRANCE."

"SIR,—With this you will receive from me one box containing half-a-gallon of tincture of *raw Mocha coffee*, which is the true *specific* and *prophylactic* against *Asiatic cholera* and diarrhœa in every form. I also hand you a bottle containing six fluid ounces of tincture of *Hydrastis Canadensis*, or 'Golden Seal,' which is the true *specific* for *ringworm* in all its various phases."

"My formula for the ringworm specific is this:—Steep one pound weight (avoirdupois) of the pulverised root of *Hydrastis Canadensis* in three and one-third pints of alcohol. Shake it well and filter, and it is ready for use."

After devoting a few pages concerning his Cholera specific, the author says:—

"I now come to the specific for ringworm—the discovery of which (as I understand by the conditions laid down by the Section of Medicine and Surgery, from the will of M. Breant) entitles me to the interest of 100,000 francs prize.

"In my paper, addressed to the Academy of Sciences on this subject in 1862, I specified *Hydrastis Canadensis*, or 'Golden Seal,' as that specific, and I demonstrated it to be such in my paper of 9th October last by giving six cases cured by it as specimens. Besides, I have not had a single case of failure with it yet: and the fact of a week, or two weeks being sufficient to eradicate ringworm in all the cases, is, I conceive, sufficient proof of it being the true specific for this disease—the course of which usually runs for years, if it could ever be said to have been truly eradicated before. *Hydrastis* is a medicine of such incontestable power over this class of disease that it is impossible it can fail in medical hands in any case of ringworm—a few days being sufficient to test its power over this disease, and prove it to be the true specific. The dose is one to three minims in a little water every three to eight hours."

* Lex et Lux.

ULCERS.

(Three Articles contributed by *Lex et Lux*.—1. *Ulcers*.
2. *Pains*. 3. *Temperaments*.)

ULCERS are of two forms, *internal* and *external*, latent and developed. Ulcers are caused primarily by matter of a puriform (pus) character, acquired by vaccination or inoculation, and by hereditary transmission, and multiplied in the blood by simple fermentation in greater quantities than nature is able to expel at the time, by the natural outlets of the body, which matter in her all-wise providence she segregates or isolates in various non-sensitive and more solid parts of the organism, by which its power of fermentation and consequent self-multiplication is restricted, if not prevented, and thus the least possible amount of injury is done to the vitality *for the time*. This same law prevails in the case of boils and eruptions.

Ulcers may be located in any part of the body, from the brain downwards. Even the spinal marrow and the osseous system are not exempt from them, but are in some cases eaten into or perforated by pus matter, more especially where drugs have been taken, such as mercury, phosphorus, iodine, and many other minerals, and mineral acids, and chemical preparations, which, as experience demonstrates, tend to disrupt, or disintegrate the bones.

Internal or latent ulcers are, as a rule, necessarily very slow of growth, and may take a considerable portion of a life-time in developing externally or becoming painfully annoying, as so often illustrated in cancer. Yet they are infinitely slower in subsiding or being eradicated than they are in developing, when both these processes labour under the same conditions; and thus medical men of the present day consider organic disease, in any and every form, as absolutely incurable by the ordinary means within their reach and knowledge. However, under natural, rational, and scientific treatment, the eradication of organic disease becomes absolute, even in cases far advanced towards dissolution; but everything depends upon the conditions. The eradication, in any case, is necessarily slow under the

most favourable circumstances, because, even if it were possible to clear all the pent-up, effete matter of organic disease out of the human body at one magical swoop, the result *must of necessity* be *physical annihilation*. As well might one tear out at once the foundation and lower part of a house, and expect the upper portion to remain poised firmly in air, or to take the weft or the shoddy out of our clothing, and expect them not to be disintegrated; and the sooner the thinking portion of the public grasp this fact the better.

External ulcers may be acute or chronic. The acute may be mechanically produced by a lacerated wound or burn, or may originate from a boil, or carbuncle, or from inoculation, and through mismanagement be made chronic, while the internal chronic ulcer may, on the other hand, be developed externally into an acute one through the improved recuperative power and other conditions existing or surrounding the patient, which drive it to the surface for eradication. Or an acute ulcer (as in the case of a carbuncle, erysipelas, &c.) may be developed through an independent segregation of pus matter, directly towards or upon the surface, in a manner similar to the formation of internal ulcers. As a rule the acute ulcer is more painful, short-lived, and manageable than the chronic, because it is more superficial. It also gives evidence of greater recuperative powers in the patient than does the chronic ulcer, except in those cases that have been tampered with by the orthodox suppressive measures till a *re-inoculative tendency* has been so *firmly established* that the *self-multiplying* power of the *pus in the blood* has gone *beyond nature's powers* to *restrain it under any conditions*.

Ulcers are of various characters, configurations, and colours, according to the primary or predisposing and exciting cause which calls them forth. They are simple (*i.e.*, single) or compound, superficial or deep-seated, according to the simplicity and oneness of the first fermentative stage of the pus matter, or from a contaminated parental source or a state made still more degraded by drugs, &c. The colours of ulcers vary from a deep blue, black, brown, or a natural skin colour, all depending on the character of

the pus matter and the associated drugs which are being expelled with it. So numerous are the varieties of ulcerative diseases caused by drugs that, like the animals in Genesis, they wait for a medical Adam to give them a nomenclature.

Pus matter proper is distinctively to be divided into two classes or kinds. The first kind is that which is engendered *de novo*, by the stomach receiving into it, for the purpose of digestion, partially decomposed or fermented foods and drinks, in which *yeast* forms an *active, living* element. These yeast animalcules (the younger or smaller broods particularly) insinuate themselves readily into the capillaries, and pass into the life current, or blood proper, which has no self-multiplying principle in itself, and, as a parasitical vital adulteration possessing infinite powers of reproduction, the yeast lives at the *expense of the blood proper*, and thus establishes itself in the human organism as the *Physical Basis of Death*. This is the "*white corpuscle*" of physiology. The second kind of pus matter is that which has been hereditarily transmitted from diseased parents, or acquired during life from direct inoculation by means of vaccination or other forms of blood poisoning. The yeast germs are, in these cases, consequently older and more degraded, from their having been driven in the first place to the surface for expulsion, as in the case of inoculation from syphilis, with its local excreted associations, which also come in contact with the yeast germs of the air.

The first kind of pus may be thrown out in the form of pustules, or pimples on the skin, as in itching eruptions or mild small-pox; but if this exterminated pus, which is now isolated, cut off, and driven out from the life current, be abstracted by a lancet, and *forced back* into the same person, or *into the healthy blood* of another, the result will be a sharp acute fever, similar to that which children pass through after vaccination, a cicatrix will be left on the part innoculated, and the person's vitality will be lowered for a considerable length of time afterwards, which shows that since expulsion it became more degraded and inimical to human life. The inoculation of brewers' yeast into the

blood will produce similar results. All these facts tend to show that when pus has once been expelled from the blood and comes in contact with air, it immediately becomes more degraded and deteriorated in character, and consequently more deadly than ever if put back into the blood. Yeast, or pus, as engendered directly from that which is absorbed from the food in digestion, nature is able, as a rule, under ordinary circumstances, to expel daily almost as rapidly as it is produced in the blood. But not so the inoculated pus; nothing short of a radical change in the mode of life, or an epidemic state of the atmosphere, and an eruption of small-pox will eradicate it, because it is a superadded load of a more degraded form of the parasite. In fact, it is impossible to expose the smallest particle of fluid matter to the air for *one minute* without its having added to it other decomposing and more degraded germs, even up to putrefaction, and thus it is that even if vaccine pus were *of itself* the least noxious kind possible, it would be impossible to use it in vaccination without doing incalculable injury, of which fact all advanced microscopists and biologists are, or should be, well aware.

This first kind of pus matter, when thrown out on the surface, as in the case of a ragged wound, is white or milky in appearance, and is called in medical parlance "healthy pus" (!?). It is nothing more or less however, as before stated, than yeast animalculæ thrown out, after working on our food during digestion and assimilation, and passing into the blood where they grow and multiply their species by geometrical progression, at the expense of the crassamentum; which, with the red corpuscle, forms our physical basis of life. Thus, then, is our organism defrauded of the best of the vital pabulum, both in quantity and quality, by this all-devouring parasite yeast, which, as before stated, is to all of us the physical basis of death. These facts any one can demonstrate for himself with a good microscope, having a power of, say, 2,000 diameters, or even less, and the sample of blood subjected to inspection being kept to at least blood-heat temperature.

So, inoculated pus may be of any degree of mildness or virulence, from the slightly degraded or "healthy pus," as

above described, to the syphilitic, cancerous, phagedenic (corrosive or eating), gangrenous, or putrefactive,—for there is no guarantee against the very worst of these being inflicted on us and our children through vaccination, but, on the contrary, many proofs that such is the case.

If the members of the legislature or the medical profession would but reflect! Could all the wealth of the world compensate us for the non-appearance of a Watt, a Pythagoras, a Euclid, a Newton, or a Christ? We know not what minds are being cut off by vaccination and sent to a putrid end and an untimely grave. Bad is the best of this Herod-stained superstition of the nineteenth century.

Throughout all the realms of organic nature "*like produces its like.*" It is an immutable law of God. Vaccination sows disease, and can any crop arise but disease, and consequent *premature death*? This result would, in any other parallel case, be stigmatised as manslaughter. Vaccination has been sown in parental faith, but it invariably crops up in medical doubt, if not dishonour, and with it, too often, an almost demoniacal determination of parents to destroy the delusion, if not the doctors, and it is only their pity for the ignorance of the medical faculty, and the divinely-inspired gift of mercy in the persecuted doctor-ridden people, who are thus superior to the occasion, which prevents such a disastrous result.

That which directly produces ulceration, or eruptive disease, in one person, will produce *seemingly* nothing whatever in another, and this is not always because of the superior state of the health and strength of the one over the other, but generally the contrary, and this chiefly from the *then* existing condition of the circulatory system, for nature works by cycles, or waves, in cases where the operation is the removal of pent-up matter in the system. She does not, as a rule, remove the whole at one epidemic, but, as we see in vaccinated children, each has to have measles, scarlatina, whooping cough, croup, bronchitis, diphtheria, quinsy, and fevers of various kinds never heard of outside of vaccination or inoculation. Small-pox alone winds up and demolishes the lot, giving a great increase of vital power and a fresh lease of life. This result was

very markedly demonstrated in the great small-pox epidemic of 1871-2, when nearly 50,000 died from small-pox alone, though vaccinated, and a large percentage re-vaccinated, *but* what was the effect upon the national mortality? Not only was there not one death over the average percentage for the nine previous years, but, during that year, when nearly 50,000 persons died of small-pox, *ten per cent. less of the people died* during that same year, including the deaths from small-pox. Thus the general health of the nation was so improved by the epidemical state which produced the small-pox, that those who had small-pox and got over it, although pitted, got rid of all their organic diseases, which showed over ten per cent. less deaths on the Register-General's yearly returns, *in spite of the doctoring of the patients, and the doctoring of these returns as well!* That doctors, with a knowledge of these facts, can hold up their faces for vaccination, notwithstanding the fees pocketed, speaks very little either for their morality or sanity.

When an accumulation of that mild form of pus matter described, culminates in a revulsion of nature, a fever, or other acute state of suffering, is the result, the attack, so called, is sharp, but it is soon over. On the other hand, where the pent-up matter is of a scrofulous or syphilitic character, either hereditary or acquired, and nature is unable to muster her forces to the surface, she centres her attention on the most powerful vital organ for secondary help, thus brain softening, consumption, liver, stomach, or kidney disease is the result, and thus it will be seen that when small-pox rages most, the Great Healer is strongest at work *eradicating organic disease.*

The character of pus, or yeast, and its effects on the human organism may vary very much in the individual, according to the state of his health, as it varies in different persons, in different seasons, and under similar conditions, for no two persons are constituted exactly alike. In an epidemical state of the atmosphere (which should be recognised as a strictly and highly-beneficial curative condition) one person may throw out all his pent-up mild form of pus matter in the shape of small-pox, and although the skin

may be very feverish and irritated, yet the matter not being of an eating, corrosive, or phagedenic nature, the pustules heal like a minute clean cut, or puncture, by the first intention. The skin has not been corroded, and therefore no pitmarks will follow, because the pus which created the small-pox was distinct and simple in its nature; while in those who have a cancerous, syphilitic, or scrofulous taint, either from hereditary transmission, vaccination, or direct inoculation, the case would be different, for the nature of such pus matter is, that on its being expelled it leaves a permanent burn-mark, something like lunar caustic, and it is this clearing out, even when strong pitting is left, which gives a *new lease of vastly improved or robust life to the individual*, as before stated.

The phagedenic, or corrosive character which is *peculiar* to that most degraded form of inoculative pus, called syphilis, the origin of which is to be *directly traced* to the violent abuse of the reproductive faculty in mankind, by which, owing to the peculiarity of the secretions and depraved local excretions, any abrasion which results in direct inoculation of such excreta into the blood, results in venereal disease in one form or other, and, according to the depravity of the previous life of the inoculated and inoculator, will be the predisposing cause to the particular form of the disease. The more degraded the life and organic structure of the inoculator, and inoculated, the more prolonged, if not the more intense, will be the suffering from the effects of the disease, while the more healthy they are, the milder will its course be in those affected, for this disease at any time may, and often does, crop up spontaneously, as above described, and particularly in hot climates, *independent of any hereditary, or previously acquired taint*, and, according to the recuperative power of the individual, will the disease so acquired be immediately, sooner or later, thrown out in an eruption of small-pox, when there will be *an end of it*. If nature is equal to the task *at the time*, which in some instances we know she undoubtedly is, a small-pox eruption will come out in from one to three weeks under favourable conditions, otherwise, it must come away, after a lapse of time, in a variety of

instalments, in the shape of scarlatina, measles, croup, whooping cough, coryza, herpetic, or other diseases, or it may ultimately end in small-pox. When interfered with by mineral and other drugs, which oppress and overload the system, nature is compelled to throw the disease *inwards* upon the organism to self-multiply, instead of expelling it *outwards*, which latter operation she was in the act of accomplishing when effectually prevented by the interference of medically suppressive measures. After a lapse of time, however, nature attempts to expel both drugs and disease by the skin, which causes an eruptive or ulcerative disease of a worse and more intractable kind. This may be suppressed as before by drugs and local applications, and the ability to circumferentially expel completely destroyed. Nature's next efforts will be to attempt the expulsion through the strongest of the vital organs, such as the lungs, in which case the patient will be said to be affected with tubercular consumption, and the medical adviser will shelter himself and his insane tinkering, or worse, behind the recognised incurability of organic disease, which he alone was chiefly instrumental in creating, and thus the medical treatment becomes infinitely worse, and more intractable to expulsion, than the original form of disease, whatever it may have been.

Therefore beware of that form of treatment known under the name of *absorption*, the object of which practically is to drive the disease from the surface of the body, causing it to travel inwards and upwards, and locate itself upon one or other of the vital organs; thus producing premature death by organic disease.

PAINS.

As the pulse of the patient may be likened to the minute-hand of the clock, for registering the minute changes of the conditions within, so the comportment of pains, if read with intelligence, prophetically indicate the more decided or marked changes of the internal condition of the patient, as surely as the hour-hand testifies to the

definite summing-up of the minutes. Hence the advantages to be derived from a correct reading of such indications.

A study of the symptoms which denote the requirements of special specifics will supply the finer discriminations between pains and pains.

For a general summary the following will be found sufficient:—

Pains may be fixed and constant, or intermittent, periodic, or flitting, with exacerbations and decline. They may become so intense as to produce fainting or delirium, especially when located in the brain.

Pain is the result of the curative action of nature when about to expel matter (which is foreign to the organism) for the purpose of preventing it becoming permanently located, and establishing organic disease. And the torture or suffering experienced from pain in disease varies according to the character and quantity of the pent-up drugs and pus matter in the system which are set in motion and being dislodged by nature for ultimate expulsion.

Pains that begin at the extremities, and proceed gradually upwards and inwards, indicate what may be described as an inward contracting, &c., a growth or expansion of the diseased condition then in operation. The brain is the last place it can attack before death occurs, or before the crisis which portends recovery takes place.

In acute disease, pains which have been locally fixed in, perhaps, the knee or hip, sometimes show a tendency to shift upwards or, suddenly, fly to the brain, and when this occurs, more or less danger is to be apprehended, and all efforts must be directed to re-establish the pain in its former place, and to have it ameliorated and drawn downwards through the feet. On the other hand, where a pain is seated in the upper part of the body, and it becomes not only ameliorated, but gradually shifts towards the extremities, or, from being deep-seated, becomes more or less intense and more superficial, the patient *must be getting better* whatever other sensations may impress him to the contrary.

It must always be kept in mind that when we say, that all expressions of disease in the process of recovery proceed

outwards and downwards, that the upper part of the body (including the heart, liver, and lungs) relieves itself of pain, &c., through the arms, consequently a pain situated in the liver, or lobe of the lung, must follow its main branches and go upwards and towards the shoulder, and thence pass down the arm and out by the fingers of the side affected, and what is more curious, is, that each organ affected selects a special finger to run its pains through. Experienced and observing medical rubbers and mesmerists are aware of this fact.

Thus both the practitioner, and patient have a reliable guide as to the progress being made in any given case by watching the amelioration and shifting of pains.

TEMPERAMENTS ;

or,

RULES FOR DOSOLOGY.

When called upon to treat a new patient it is sometimes difficult to arrive at the size of dose which this particular organism requires to meet existing symptoms, therefore it will be as well to take a cursory view of the general temperamental peculiarities which, if intelligently comprehended, will enable the observer to at once decide as near as possible upon the correct dose.

The nervous or mental temperament may be known by the sharp, quick, intelligent eye, well-formed brain, and V-shaped, pale face, with small bones and neatly-formed body. This is the most active, finely strung, and delicate of all the temperaments, and is correspondingly the most sensitive to the "action of medicines." In some extremely sensitive subjects or very delicate children, small doses of the *first decimal dilution* of the medicines, will be found to produce very marked curative effects. It therefore requires but small doses of the specifics, which should, however, be repeated at shorter intervals than with those temperaments which take larger doses, especially in acute cases. It will be observed that persons with the mental

temperament are apt to take ill suddenly and get worse rapidly, but this is compensated for by a correspondingly rapid recovery when under scientific treatment.

The phlegmatic temperament is exactly the opposite to the mental temperament, and may be known by its being the slowest and most easy-going in action and manner, from its being burthened by an abnormal or greater proportion of aqueous constituents in its bulky sluggish body of seemingly adipose and muscular tissue. Such organisms require the largest doses and take the longest time of any of the temperaments for the production of a given result, because of the greater bulk to be affected.

Persons of the sanguine, vital, or blood temperament may be recognised by the ruddy cheek, red or fair hair, grey or blue eyes, moderate-sized, full-proportioned and well-rounded body; in nature active, passionate, and daring. Such require a medium dose of any specific medicine.

The bilious, bone, or motive temperament is seen with dark hair, dark eyes, high cheek bones, swarthy complexion, rather spare, angular or square-built body, with strong bones. Persons with such characteristics require full average doses of the specifics.

Compound Temperaments.—The four ideal temperaments here faintly sketched are but rarely to be found pure, single, or uncompounded with one or more of the other temperaments, but, nevertheless, by keeping these leading features in view, and making due allowance for the predominance of the *Mental* or *Phlegmatic* temperament, you will be able to so regulate the dose as to very rarely over-do it or hurry nature too much on the one hand, and, on the other, to not under-do it, which mistake needlessly prolongs acute suffering, while you have the means in your hands of absolute amelioration and obliteration.

The *law* or *rule* of dosology, aimed at under this system, is to be able to arrive at the maximum dose or greatest curative power of each medicine, without producing any conscious or recognisable medicinal (pathogenetic) effect, any more than would be felt, in this respect, if so much water had been taken each time.

By a careful application of these rules the maximum

curative action may be arrived at and the most prompt and permanent subsidence of the acute and painful symptoms achieved.

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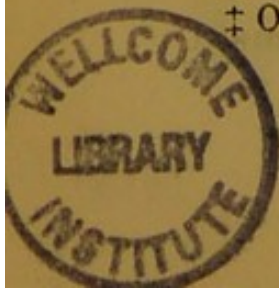
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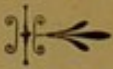
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