

Nervous diseases, liver and stomach complaints, low spirits, indigestion, gout, asthma, and disorders produced by tropical climates. With cases / [George Robert Rowe].

Contributors

Rowe, George Robert, 1792-1861.

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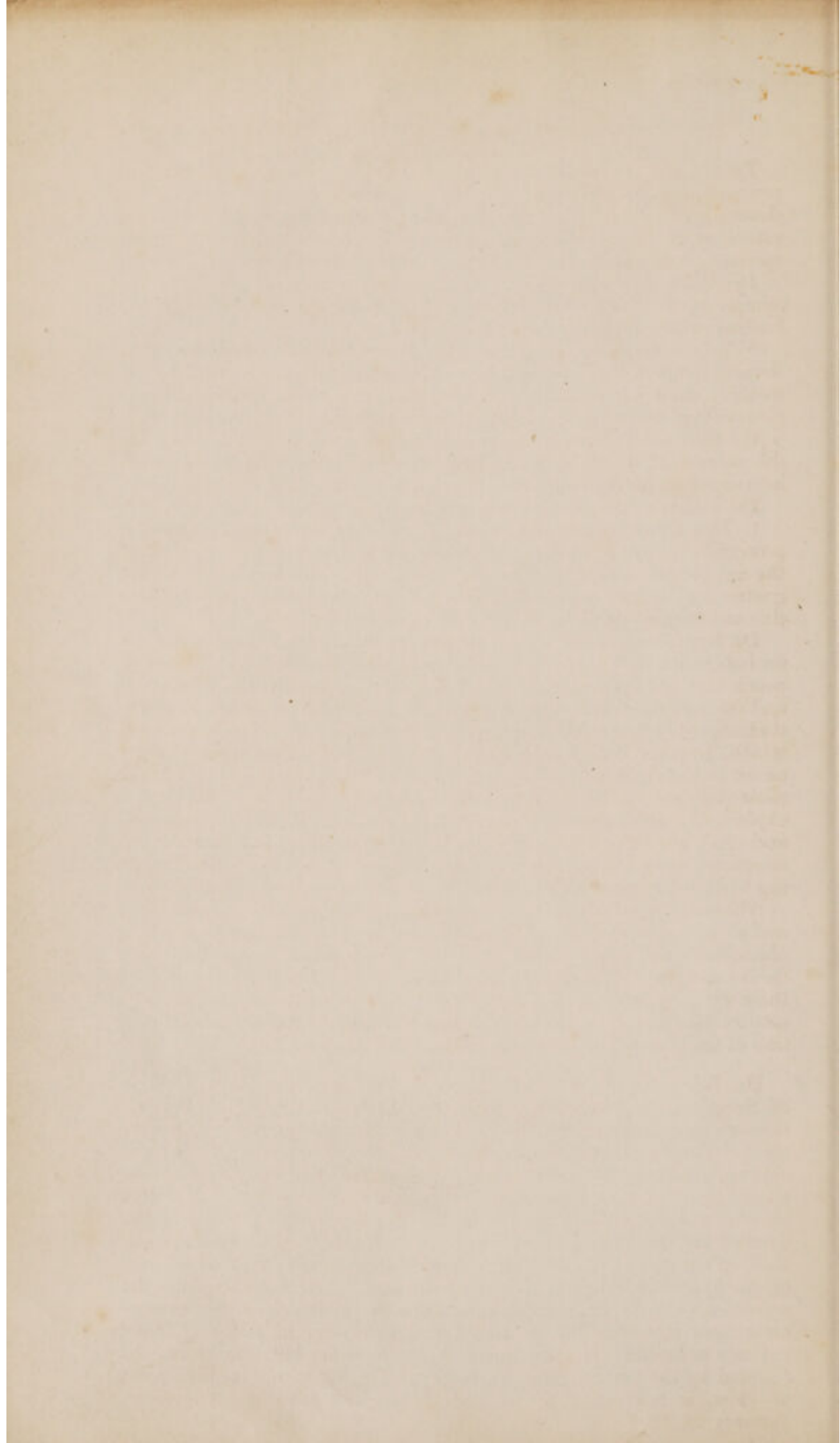
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THIS is a clever as well as useful little work, containing a variety of practical observations on nervous diseases which originate from morbid derangement of the liver, stomach, and the other digestive organs, and especially on hypochondriasis, or low spirits and indigestion, to which species of nervous disease the author particularly confines his remarks.

Dr. Rowe commences by a detailed description of the numerous symptoms of hypochondriasis, or low spirits, after which he describes the leading causes of this too prevalent disease.

"The general cause must," says Dr. Rowe, "be attributed to morbid derangements of the liver and stomach, glandular obstructions of the alimentary canal, intense study, mental disquietude, immoderate and luxurious living, sedentary and inactive occupations, habitual inebriety, &c."

He then points out various remedies, both medical and dietetic, for the success of which he refers to a variety of interesting cases which have come under his notice as a physician.

The author's fundamental rules are these:—

1. That the nervous system being deprived of its energy, requires a powerful stimulus to remove the consequent torpor and gloomy state of the mind; and, 2. That the constant indolent and morbid action of the gastric and biliary organs demands the greatest exertions to promote a due and healthy performance of their various functions.

Dr. Rowe devotes the second part of his little work to a short treatise on indigestion and its concomitant horrors, which, although it comprises much that has been already laid before the public by Dr. W. Combe and other medical writers (many of whom the author refers to), is nevertheless highly deserving of an attentive perusal; as it enforces truths which, however disagreeable to the gourmand or the voluptuary, must never be lost sight of by those who wish to escape the infliction of that most obstinate and distressing of human ailments—dyspepsia. The author explains the difference between the latter disease and hypochondriasis, and again cites a multitude of cases to prove the efficacy of his remedial measures, many of which are extremely interesting, especially those relating to disorders produced by a long residence in tropical climates.

Altogether this little volume contains much that is worthy of attention, and should certainly be read by all martyrs to chronic indigestion, hypochondriasis and other bodily ills "which flesh is heir to," as they may derive many useful, not to say invaluable, hints. For the edification of those who may be compelled to "live by rule," or, in other words, to adopt a strict dietetic regimen, a table is given showing the mean time of digestion of the different articles of food.—*Times*, May 14, 1842.

DR. ROWE, of the Royal College of Physicians, the Royal College of Surgeons, &c. &c., has written this little volume, which has run through three editions, on the treatment of disorders originating from morbid derangement of the liver, stomach, &c., occasioning low spirits and indigestion. Among the great number of maladies to which human nature is subject, none have been submitted to more investigation than nervous disorders. The author, in the practice of his profession, has derived much experience; and, in his own words, "This work aims at nothing but merely the forming a regular and decided method of cure of the hypochondriac and dyspeptic diseases." He not only states the remedies which experience confirms to be the most proper, but enumerates cases in which his treatment was successful in restoring many patients to health. His treatment seems to differ but little from that adopted by the late Surgeon Abernethy. The book, in a medical point of view, is interesting to society at large.—*Morning Advertiser*, January 25, 1841.

THE evident aim of this work is to impart, in as concise a manner as possible, "the results of thirty years' practical observations and experience," in a profession to which the author is earnestly attached, and for which the knowledge he has gained at home and abroad peculiarly and strikingly adapts him. It is no mere notion of the day, nor is it any imaginary discovery, requiring but practical application to establish it, that actuates Dr. Rowe in publishing his thoughts to the world, for the chance of some public good, or some gratification to his personal vanity, resulting from his literary endeavours. But the force of conviction, acting upon conclusions formed *twenty years ago*, when the first edition was published, and matured since that time by an active pursuit in the science to which he is devoted, has strengthened him in the opinions then set down, and encouraged him to persevere in their "practice." In proportion to our contempt for a "quack,"—professing everything and meaning nothing—pretending to wisdom and abounding in ignorance,—so is our admiration for the regular practitioner, whose knowledge and learning are the groundwork of his pretensions, and whose experience serves but to perfect what was before engrafted in his mind for his advancement in his profession, and for the benefit of mankind. In the work before us there are no appeals to an invalid's natural credulity, nor by the introduction of physiological details, are those mysteries introduced which the non-professional reader must take for granted, or the more scientific one may dispute. Dr. Rowe is content to convince us by simple statements of facts that have occurred, by opinions borne out by the concurrence of wise and clever men, by self-evident truths, and by remarks which his acquaintance with the rules and principles of surgery and medicine, place beyond the possibility of questioning, that timely remedies and judicious application have in numerous cases restored the blessing of health to suffering patients, and are likely to do so again under similar circumstances. The Doctor has confined his observations principally to nervous diseases (low spirits and indigestion), a term which he says,

May be applied, in a general point of view, to every disease the human body is subject to, being more or less dependent on nervous excitability; but in the modern professional acceptance of the word, it is intended to convey the meaning of that class of diseases in which the nervous system is immediately and principally interested.

To the cure of low spirits and indigestion he immediately applies himself, and although so much has been advanced on the subject since Dr. Rowe's first edition appeared, we consider that few men understand it better, and that none are more capable of administering to the cure of these distressing complaints. Sixteen cases are introduced, all their symptoms described, and means of cure explained. There is an air of candour and veracity, heightened by an utter absence of all quackery, in the details, which must be more encouraging to an interested reader than all the humbug of dangerous and specious heterodoxy. There is much interesting and instructive matter in this book, but we must forego further notice or extracts, and conclude with our earnest recommendation of its entire contents to all who are afflicted with the evils upon which it so ably treats.—*Argus*, April 2, 1842.

It is now twenty years since Dr. Rowe first devoted his particular attention to, and published his valuable treatise on, those nervous diseases originating in derangement of the different animal functions, occasioning low spirits and indigestion. During that period three editions have been published, and this fourth edition has now been imperatively called for by the faculty and the public; we say by the public, for the practical utility of this book is such, that the patient may derive as much benefit from its perusal as the medical student. Twenty years' personal experience, with a complete analysis of all the investigations

which have taken place during that period, has enabled Dr. Rowe to render his treatise an eminently useful addition to medical literature. Almost every disease the human body is subject to, is more or less dependent on nervous excitability; but the modern acceptation of the word "nervous" only conveys an idea of that class of diseases in which the nervous system is principally interested. To hypochondriacs this work will prove an infinite source of comfort; the symptoms are traced to physical causes, and their remedy designated; while the intimate connection between the mental and physical organs are most elaborately and ably described. The wonderful operations of the gastric and biliary organs are described in such a popular manner as to carry a complete knowledge of them to the apprehension of the reader. We will, however, refer to the book itself as an evidence of its utility:

NERVOUS DISEASE AND REMEDY.

In pointing out the most efficient remedies, it will be necessary to state the objects which they are intended to accomplish; and the following rules are to be adopted as the most rational principles of cure, which I shall define the mental and corporeal:

1st. The nervous system, being deprived of its energy, requires a powerful stimulus to remove the consequent torpor and gloomy state of the mind.

2d. The constant indolent and morbid action of the gastric and biliary organs, demands the greatest exertions to promote a due and healthy performance of their various functions.

In order to accomplish the first of these objects, the following are to be recommended: change of air and exercise, cheerful society, travelling, indulgence in some favourite sport, as hunting, coursing, shooting, gardening, a sea voyage, or any employment that will withdraw the invalid's attention from that proneness of mind which is cherished in contemplating the danger arising from the disorder. The management of the mind is to be regarded as of the greatest consequence; and every attempt to persuade the unhappy sufferers that their apprehensions are imaginary or unfounded, must be avoided; therefore, compassion and kindness, with every possible attention to their feelings or wants, must be substituted for ridicule or reasoning.

A work treating upon such subjects in such a clear and perspicuous manner is a desideratum in medical science, and we have no doubt of the extensive sale and usefulness of Dr. Rowe's book.—*Era*, May 1, 1842.

THAT a medical work should have been twenty years before the public, and have reached its fourth edition, with increasing credit to the author, are strong presumptive proofs of its merit. Dr. Rowe, a disciple of Abernethy, has, in the present edition, laid before us the results of thirty years' successful treatment of nervous and hypochondriacal diseases, occasioning lowness of spirits and indigestion. With reference to the effect of tropical climates on European constitutions, he observes that "the restorative principles of diet, regimen, and the mild alterative system, were never more powerfully evidenced than in the numerous cases of invalided officers that have fallen under his care." To persons labouring under dyspeptic complaints, we can very safely recommend a perusal of this volume.—*Naval and Military Gazette*, March 19, 1842.

DR. ROWE, of Chigwell, in this county, has just published a third edition of a very useful work, entitled "Practical Observations on the numerous Diseases originating from Morbid Derangement of the Liver, Stomach, &c., and occasioning Low Spirits and Indigestion." We do not pretend to the professional knowledge requisite to qualify us to enter into a critical examination of the work, but we think the facts stated by the author, and the successful cases which he gives in illustration of his treatment, must prove of interest and service to medical men; and the information which he gives, and the rules which he lays down with regard to diet, will prove of great advantage to the public generally. The author well deserves the success he has met with; and the volume is particularly deserving the attention of that numerous class affected by the diseases of which he treats.—*Essex Herald*, January 26, 1841.

THIS work of Dr. Rowe, of Chigwell, which we noticed some time since, has, we find by the copy before us, reached a fourth edition—a fact which proves it deserves and has obtained a large share of attention from his medical brethren. The present edition contains much additional matter which is likely to be of interest and use to the profession; and, in fact, the non-professional reader who is liable to be affected by the causes of which it treats, will, we think, reap beneficial information from its perusal.—*Chelmsford Chronicle*, March 25, 1842.

WE gladly add our testimony to that which has appeared in the *Times*, and other leading journals of the day, in favour of this valuable little work. The aim of the writer is obviously that of introducing himself and the subjects upon which he treats to the notice of the public, and he has chosen a legitimate and straightforward way of doing so. This style, indeed, appears to have been taken by Dr. Rowe in his first edition, which appeared twenty years ago; and although important discoveries have taken place since then by such able practitioners as Philip, Paris, Mayo, Combe, &c., Dr. Rowe may be said to have first broken the ground in which these gentlemen have made such progress, availing himself, as he has done, of all that has transpired since within his knowledge and his practice, and all that has been written upon these particular diseases. Dr. Rowe's "Observations" are such as we would recommend to all of the many thousands who are now suffering from "lowness of spirits" (or hypochondriasis) and dyspepsia, and we imagine that few of those sufferers could read them without acknowledging the justness of his remarks, and seeking his professional assistance. What we most admire throughout the pages before us is the utter absence of that mysterious quackery by which the credulous invalid is lured, and the pockets of humbugs are filled. Dr. Rowe's statements betray a thorough and safe acquaintance with his cases, and his described means of cure bear the evidence of superior medical skill. The general reader might gather some useful information from what is here laid down, and learn from the Doctor's "Advice Gratis" how to shun the evils to which he alludes. He is a pupil and a true disciple of the late John Abernethy, and one who has seen much in his calling at home and abroad; it is from the experience and the talents of such men that good is likely to be found, and from whom it should be sought. We must be content with one extract for the benefit of our female readers:

This case manifests a most important fact, and one that imperatively calls upon every medical writer and practitioner to express his sentiments upon, viz. the injurious tendency of tight lacing; for I feel bound to state my opinion, that the majority of female diseases are attributable to that absurd and destructive habit, and I may venture to assert that this is only an echo of the opinions of the most enlightened medical men in this and other countries. What will my fair countrywomen think, when they are informed that 39,000 females in this country have perished by consumption within the last year? I trust I may be pardoned for digressing, but here I feel bound to point out the evil consequences of compressing the chest and body to the present fashionable extent. The pressure on the chest prevents the due circulation of blood through the air-cells of the lungs; the blood is thereby deprived of its oxygen, or vital principle, and tubercles consequently form. On the liver and organs of digestion pressure impairs their functions; the body becomes attenuated, and disease and death are the lamentable results. The foregoing case was one of the character I have described; the secret and primary cause (in her habit singularly predisposed to pulmonary disease, or other scrofulous diseases) originated in tight lacing, and had it not been timely discovered and discontinued, would have bid defiance to every remedy that the utmost attention or the most scientific imagination could have suggested.—*Bucks Herald*, June 4, 1842.

THIS work has reached a fifth edition—at least a proof of some eagerness on the part of the public to learn what a legally-qualified medical practitioner has to say on a subject of practice in which the quacks generally run away with the profits. The origin of hypochondriac affections in an unhealthy state of some of the chylopoietic viscera, forms the chief topic of the treatise, the value of which is enhanced by its practical nature. The researches of Drs. Wilson Philip, Paris, J. Johnson, Combe, and others, on diet and digestion, are pretty well known, but Dr. Rowe, the first edition of whose work appeared in 1820, claims, with justice, a priority of authorship over these and many other writers in this field of inquiry, while he yields to none in a methodical treatment of his subject. Having, in a manner equally intelligible to the unprofessional and the medical reader, pointed out the intimate sympathy between the great nervous centre and the stomach, &c., and enumerated the most striking symptoms manifested in the functional derangement of the latter, he states concisely the axioms which guide his general treatment of disorders of the digestive organs. This treatment is detailed in a succession of cases, presenting a variety of symptoms, clearly and satisfactorily narrated. The continual occurrence of similar cases in practice gives to these a wide interest. Though for the most part indulging a hearty concurrence in the sentiments of Abernethy, the author has, throughout his book, eschewed a bigoted adherence to any unbending system of practice, frequently availing himself of the experience of his *collaborateurs* in this department of medicine, with honest acknowledgments of his authorities. Some general rules are laid down by Dr. Rowe, towards the close of his volume, for the preservation of health, which are well worthy the attention of non-medical readers.—*Lancet*, January 21, 1843.

It seems almost a work of supererogation to criticise a treatise which has now reached its *fifth* edition, because this very fact proves that it has been favourably received, and that it requires neither the announcement of the critic, nor the panegyric of the friend, to recommend it to public notice, or to secure it private patronage. But it is, almost as much, our duty to point out in our journal and record in our pages the progression of works, which, like this, are firmly established with the public, as the appearance of those which are candidates for the same honour.

We have no hesitation in placing this work among the first ranks of those which have succeeded, for very few preceded it, notwithstanding the *Times*, in a very flattering notice, in May last, when speaking of the *fourth* edition, stated that it contained "much that had been already laid before the public by Dr. W. Combe, and other medical writers,"—whereas the *first* edition of the volume was published in 1820, a period when neither Dr. Combe, nor any other medical writer of the present day, had touched upon the subject. Passing over this blunder of the *Times*, and proceeding to the author himself, we find his style at once simple in detail, and yet opulent in fact; concise, yet leaving little to desire; practical, yet possessing the charms of theoretical disquisition. The first chapter, devoted to "Low Spirits," and the Influence of Sympathy, is thus cumulatively composed:—

When the stomach is disordered, languor, debility, restlessness, and impatience are the consequence; and the great sympathy between that organ and the skin is manifested by eating of shell fish, which will, in some peculiar habits, produce a violent eruption, and the external application of cold in fevers occasionally excites vomiting; also, worms

lodging in the coats of the stomach, by their irritating powers on its nervous sensibility, cause convulsions in the whole frame. Nothing makes more surprising changes in the body than the affections of the mind, and when it is considered that the action of the heart is greatly accelerated, or nervous energy preternaturally diffused by fits of anger, the unity of action between the arterial and nervous systems is daily demonstrated. It is but reasonable, therefore, to suppose, when the circulation is languid, that universal debility will be the result, and the contrary when stimulated.—pp. 18 and 19.

These remarks are corroborated by the experiments of Dr. Beaumont on the stomach of Alexis St. Martin. They proved that sudden emotions of mind, as well as febrile action, occasion an almost immediate change in the vascular appearance of the mucous lining of the stomach, and in the secretion and sensible properties of the gastric juice. When St. Martin suffered from a febrile attack, Dr. Beaumont found that secretion of the stomach was suspended, and that if any food were introduced at that period, it remained undigested for four and twenty hours.

The symptoms of hypochondriasis, vapours, or, as Dr. Rowe calls this form of indigestion—in which, *we* believe, the brain plays a very principal part—Low Spirits, are exceedingly well described, and must strike the invalid as the fruit of observation and extensive practice. We give them verbatim:—

Want of appetite, indigestion, debility, faintness, and sense of great sinking, and fulness of the stomach; flatulence in the intestines, acid eructations of wind; nausea and frequent vomiting of dark fetid liquor; pain and spasms extending across the epigastric region; great depression of spirits, impatience and anxiety; clay-coloured evacuations from the bowels, sometimes in a relaxed, at others in a costive state; hæmorrhoids or piles, and frequent discharges of blood; flushings of heat, and cold shiverings all over the body; pains in the back and shoulders; spasmodic affections of the muscles, tremblingly alive to a sense of danger; restlessness, and want of sleep; sudden startings on the slightest unexpected noise; frequent sighing; a sense of great oppression about the region of the heart, with violent palpitations, the skin is dry and constricted, tongue furred, and an unpleasant taste in the mouth; fœtor of the breath, tremors, more particularly when the stomach is empty, with frequent yawnings; pains in the head, with frightful dreams and hallucinations; pulse irregular and intermittent; giddiness and confused noise in the ears; vision frequently obstructed and imperfect; impaired memory; wandering and unconnected thoughts, want of resolution, considerable difficulty in being roused to either mental or corporeal exertion; former occupations which were regarded with pleasure and satisfaction, now become tedious and irksome, and many other symptoms which it would be here tedious to enumerate.—pp. 24 and 25.

The rules laid down for diet, exercise, and amusements, are judicious and scientific. We regret we cannot make room for them, but the following extract will be found highly interesting, not only to the invalid but the student:—

The principal and most powerful causes of indigestion, and all those distressing maladies resulting from it, are the present fashionable modes of intemperance, and the almost total negligence of taking air and exercise. *Homini cibus utilissimus simplex; accervatio ciborum pestifera et condimenta pernicioosa, multos morbos multa fercula ferunt**. When the prevailing revolutions of the day to night, and the night to day, are considered, independent of the great indulgence in luxurious habits of living, and the sudden transitions from a temperature equal to that of a tropical climate to one under the frigid zone,—by rushing from a crowded theatre or ball-room into a dense or frosty atmosphere,—it is but reasonable to conclude, that those organs, whose healthy actions are so dependent on the regularity and temperament of the body, must ultimately become the objects of attack. Hence, we daily witness the robust appearance of the labouring peasantry compared with the pallid hue of the artist and mechanic, who is shut up in a heated room, frequently respiring the same air which has passed through his lungs: the one will be seen enjoying his meals with the greatest avidity, while the other's appetite becomes vitiated, and he loathes the sight of food.—pp. 87 and 88.

From the copious extracts which we have given, it will naturally be inferred that we entertain a very high opinion of the utility and value of this work: we therefore recommend it warmly to our readers, as a

* Pliny, Lib. 11, c. 52.

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gestion, &c.; also of "disorders produced by tropical climates upon European constitutions." Dr. Rowe, a disciple of Abernethy, has here laid before us the results of thirty years' successful treatment of these complaints. Addressed equally to the invalid, the public at large, and the medical profession, the book well deserves to be consulted, especially as the author's general modes of treatment are of a mild alterative character.—*Court Journal*, December, 1842.

THE fifth edition of this work is before us. Four lustrums have passed away since it first sought public approval, and during that period Dr. Rowe has carried out his first principles, ever and anon improving the details as his experience prompted. This work is invaluable to all those who, from sedentary employment, literary, and therefore exciting avocations, suffer under derangement of the nervous system; it is no less necessary to the hundreds who wilfully commit outrages on their constitutions. The table showing the mean time of digestion of different articles of diet is especially important. What can be more simple, obvious, or admirable, than Dr. Rowe's summary of the

INDICATIONS OF NERVOUS DISEASE.

Want of appetite, indigestion, debility, faintness, and sense of great sinking and fulness at the stomach; flatulence in the intestines, and eructations of wind; nausea, and frequent vomiting of dark fetid liquor; pain and spasms, extending across the epigastric region; great depression of spirits, impatience, and anxiety; clay-coloured evacuations from the bowels, sometimes in a relaxed, at others in a costive state; hæmorrhoids or piles, and frequent discharges of blood; flushings of heat and cold; shiverings over the whole body; pains in the back and shoulders; spasmodic affections of the muscles, tremblingly alive to a sense of danger; restlessness, and want of sleep; sudden startings on the slightest unexpected noise; frequent sighing; a sense of great oppression about the region of the heart, with violent palpitations; the skin is dry and constricted; tongue furred, and an unpleasant taste in the mouth; fœtor of the breath; tremors, more particularly when the stomach is empty, with frequent yawning; pains in the head, with frightful dreams and hallucinations; pulse irregular and intermitting; giddiness, and confused noises in the ears; vision frequently obstructed and imperfect; impaired memory; wandering and unconnected thoughts; want of resolution; considerable difficulty in being roused to either mental or corporeal exertion; former occupations, which were regarded with pleasure and satisfaction, now become tedious and irksome.

This work is not liable to the objection commonly made to medical books, *i. e.* that they induce what they profess to cure. Dr. Rowe leads his readers hopefully forward, and instead of depressing, inspires his patient. We can give no higher praise to any production of this nature.—*Sunday Times*, November 20, 1842.

THIS invaluable work—which is, we find, dedicated to Thomas Copeland, Esq. F.R.S. Surgeon to the Queen—is an elaborate essay on indigestion, one of those ills which "human flesh is heir to." It will not, we trust, be doubted for a moment, that the remedy for it is without its importance; hence all who may require it will find ample details in the pages before us. A first edition was, it appears, published more than twenty years since, consequently, subsequently to that period to the present the opportunities afforded for investigation have been numerous. Dr. Rowe aims at the laying down a regular and decided method of using the hypochondriac and dyspeptic diseases, and in this attempt he appears to have been highly successful. Not only will the public at large derive an immense amount of benefit in the perusal of this work, but the student himself will find it a most valuable acquisition to his stock of medical literature. Numerous cases, showing also the means adopted as curatives, are given, in which the patients have received good and wholesome benefit from the care, skill, and attention of the

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sport, as hunting, coursing, shooting, gardening, a sea voyage, or any employment that will withdraw the invalid's attention from that proneness of mind which is cherished in contemplating the danger arising from the disorder. The management of the mind is to be regarded as of the greatest consequence; and every attempt to persuade the unhappy sufferers that their apprehensions are imaginary or unfounded, must be avoided; therefore, compassion and kindness, with every possible attention to their feelings or wants, must be substituted for ridicule or reasoning.—p. 28.

Gout has often been termed a safety-valve to the constitution, and frequently hailed as a boon to the suffering patient; on this point the Doctor says, that

Even admitting, as I do, that there may be a morbid predisposition lurking in the constitution, the appearance of which symptoms may be justly considered as a relief, yet who can imagine that animal life, however constituted, requires for its maintenance in a comparative state of health, a disease involving such suffering?

Let me entreat the reader to view the premature old age, the enfeebled powers of mind and body, induced by repeated paroxysms of gout; its too frequent termination in stiffness of the joints, the accumulation of chalk-stones, dropsy, palsy, and apoplexy; the inference must be obvious, that a disease capable of producing such formidable results must be considered in a far different view than as a salutary relief to the system; and therefore requiring all the remedial measures in the power of medicine to afford, rather than to shelter ourselves on its appearance, and direct means only for its local treatment, or the usual approved system of its internal management.—p. 102.

Bearing peculiarly upon, doubtless, many of the readers of this Magazine, are some very valuable observations as to the treatment to be adopted in those nervous diseases resulting from the effects of warm climates upon European constitutions. The author remarks that the appearance of invalided Indian officers is strongly indicative of great visceral derangement:—

Exposed to a climate debilitating in all its effects upon the whole system, producing congestion of the portal veins, and subsequently fixing disease in the liver, on their return to Europe they present a combination of all the characteristics of low spirits and indigestion, &c.—p. 101.

Those of our Indian subscribers thus suffering must purchase the Doctor's book; it is, we know, a well-written one, and we have no doubt that it is as equally trustworthy.—*Indian Review*, November 1842.

In this enlightened nineteenth century a physician has need of no small share of moral courage, who shall venture to come before the public and declare that his principles of practice are founded on a careful inquiry into the organic laws which regulate the functions of human life, and an honest appreciation of the known powers of medical and hygienic regimen in rectifying those abnormal actions which constitute disease. That he has no panacea for all the various ailments of the human frame—no wonderful hocus-pocus to excite and astonish the public mind—no paradoxical extravagant go-ahead "system," to set idle gentlemen and silly ladies gaping and gossiping about the kingdom, and unsettling with heartless cruelty, the minds of nervous invalids, by tantalizing tales of a medical millennium, when drugs and diseases shall be alike forgotten; when nothing will be required but to wash out the human body with water and set it out to dry from time to time like a dirty shirt, and death become impossible without the agency of a locomotive or a halter.

A physician, we repeat, who will thus dare to browbeat public opinion, and talk to "the million" as if they had not taken leave of their senses, must be a bold as well as honest man. Such a man, however, is Dr. Rowe, and we hail the appearance of a fifth edition of his useful and well-timed volume, as a token that there are yet many who, though so unfortunate as to suffer from indigestion and low spirits, are not quite mad enough for Bedlam or for Malvern.

One of the water doctors has promised to favour us, some time or other, with the "adventures of a stomach," but our author has been beforehand with him, and has given us not the adventures of one stomach only, but histories of a great many stomachs; and very creditable and satisfactory histories too, in the shape of cases of nervous and gastric disorders, treated on sound and intelligible principles, with judgment and success. These are histories of stomachs alike instructive to the practitioner and encouraging to the dyspeptic sufferer; histories which form valuable additions to the records of experience, and will tend to create an increased confidence in the resources of the medical art, when homœopathy and hydropathy and all the other pathies of this philopathic age, shall have followed the kindred sciences of brandy and salt and white mustard-seed, to the tomb of all the Capulets.—*Cheltenham Chronicle and Gloucestershire Advertiser*, December 1, 1842.

THE author of this work, who resides at Chigwell, in this county, is well known; and not only the subject but the contents of the volume are so fully stated in the title-page, that we have only to notice, in addition, a table at the end of the volume, showing the mean time of digestion of the different articles of diet. In this, 97 articles of food are enumerated, from rice, pig's feet soused, and tripe soused, which only require an hour for the process of chymification, to pork roasted, and beef suet boiled, which require from $5\frac{1}{2}$ to $5\frac{1}{2}$ hours.—*Essex Standard and Eastern Counties Advertiser*, August 26, 1842.

It is with much pleasure we hail the fifth edition of a work which was the first of its kind, and which has since led the way for the publication of numerous others, which, though they may have been more prolix, contain, nevertheless, not more information than the present volume. Dr. Rowe, after a very active life in the army, entered into private practice, upwards of twenty-five years ago, in London, and soon after, this treatise, the fruit of varied and extensive knowledge, was given to the public. Subsequent events have proved how correct were the principles and how successful the treatment inculcated by the doctor, since the work has been so favourably received as to have reached its fifth edition, and it has given birth to a host of other works on the same subject, many of which are excellent, and all respectable, yet not one has been able to supersede the prototype whence they derived their origin. The descriptions of nervousness, indigestion, low spirits, hypochondriasis and debility, from morbid secretions of the stomach, are exceedingly just, pointed, and apposite; and the invalid will not only receive pleasure from reading them, but will derive the most beneficial results from following out and observing the judicious precepts recorded in other parts of the treatise.

It is the duty, as it is the interest, of the periodical press, when it finds a distinguished member of the Royal College of Physicians stepping out, as it were, from amidst the learned lore that encompasses him, and shaking off the pedantic garb of collegiate technicalities, addressing himself directly to the common sense of mankind, in the plain and simple language of the country, to introduce him and his work to the notice of the people in distant parts of the empire, to the end that they may avoid the advertising quacks who, with similar titles to their works, endeavour to entrap the unwary and to plunder the ignorant. We therefore cordially recommend this cheap and valuable treatise on "Dyspepsia," to all our readers of whatever age or rank.—*Western Watchman*, November 18, 1842.

WE recur to this work with some degree of satisfaction, because those favourable opinions which we have already expressed concerning it have been borne out by commendatory remarks of contemporary writers, and, what must be still more available and satisfactory to the author, the importance which has been attached to it by the public. In proof of this latter assertion, we have but to allude to the fact of another and a fifth edition having appeared. Upon turning our attention to the "revised and enlarged" contents, we perceive that the Doctor has added to his former "practical observations" a brief but comprehensive statement of his views relating to Gout; and, from the concise and able manner in which he has concentrated his belief as to its origin, its various symptoms, and its proper mode of treatment, we feel persuaded that, in addition to a thorough knowledge of the science of medicine, he possesses sound practical means of cure in some cases of gout, and relief in many. For two thousand years past, perhaps nearly as many "opinions" have been delivered as to the precise and primary cause of this cruel malady, and up to this moment no generally acknowledged conclusion is arrived at. Its essential nature lies hid, like an evil spirit, in the human system; at one time lodged in its internal labyrinths, working disorders and derangement to the possessor—at another suddenly appearing at the outward extremities, in all the fiery virulence of a fiend; and then as quickly changing its position to another quarter, occasioning fresh symptoms at every paroxysm, but leaving no clue whereby we may follow and detect it. Ancient and modern writers have each in turn produced clever but conflicting notions regarding this bane to humanity. In the last work which we remember to have read upon the subject, Mr. Parkin, with considerable research, and unquestionable talent, endeavours to prove what *it is not*, and ingeniously asserts that the gout originates from some morbid matter or poison in the blood, imbibed from some impurity in the atmosphere. Dr. Rowe says—

These observations confirm the view I have long entertained, that the malady in question *arises* from, and is *dependent* on indigestion, and not the *cause* of it; and further, that the proper treatment of dyspepsia will not only prevent the frequent paroxysms of this disease, but will, if adopted with perseverance, finally remedy it. And here I would inquire of any one who has been afflicted with gout, whether the attack has not usually been preceded by low spirits, loss of appetite, irregular action of the bowels, restlessness, excitability of the mind, general languor and debility, and those other symptoms I have described as connected with indigestion?

The cases which the Doctor cites are sufficient to carry out his statement. He does not attempt to establish a theory, but it will be well for many sufferers if the success which has hitherto attended his endeavours be in future secured by the opinions which he has formed. Those opinions, however, are not objectionable from being at variance to reason or to science; neither do they tend to deprive his patient of what to many constitute some of the greatest enjoyments of life—those of the table. By taking moderation in all things for his principle, and discretion for his guide, he would, by gentle changes and well-applied skill, lead his sufferers from indulgence and torture to limited gratification and comparative comfort.—*The Argus*, October 22, 1842.

DR. ROWE'S work has now reached a fifth edition, and is one of acknowledged merit on a most important subject. It is well worthy the attention of all who suffer from the dreadful effects of low spirits and indigestion. They will find the remedies applicable to complaints of this class well and plainly stated. The cases given by the author are full of interest for medical men.—*London News*, February 4, 1843.

To take a wide view of the case, we ought to write of the functional derangements produced by disorders of the digestion; and the nutritive functions standing first in the class of the phenomena of life and organization, we should have to go step by step through all the elaborate detail of human physiology. The influence of indigestion on the nervous system is immediate, that on the brain and its functions secondary; and, when long continued, liver and stomach complaints, gout, and a train of other evils, are produced. With regard to the general treatment of these disorders, as springing originally from indigestion, we have had occasion to speak frequently of late; for much has been done since the issue of Dr. Rowe's work, by Liebig, Phillips, Holland, and a host of others, towards methodising the practice in such cases, in their relation to the other functions, more especially those of the skin, vascular system, and excretory organs generally. Nor should we neglect the chromo-thermal system, which would grapple with the causes; nor the hydropathic plan, well calculated to be useful in such simple affections. Dr. Rowe's work is, however, a great relief to the variety of theoretical books written yearly upon the subject; it is truly practical and professional, and at once simple and effective. It is of the Abernethy school, blue pill and black draught, with here and there a little variety, but still pill and draught as the sheet-anchor. This treatment is chiefly illustrated by cases; and the publication of a sixth edition, and the almost unanimous praise of the press, leave us little to say beyond the fact that it contains much valuable matter for the general as well as professional reader, and is a good specimen of the simplicity which attends science *versus* the mystery that enshrouds quackery.—*The Literary Gazette*, 21 October 1843.

ONE of the most useful and practical medical works in the language; a proof of which need be sought no further than that this is the sixth edition. When Dr. Rowe first published this work, there were none of those numerous Manuals and Guides to the prevention and cure of nervous diseases with which the tables of our invalids are now covered; consequently to this able and successful physician must be attributed the vast improvements which have been introduced in the treatment of diseases which, for the most part, have their origin in and are aggregated by residence in warm climates. To all our colonists, especially those in the East and West Indies, this work will be found of immense value, because cases are adduced, all the symptoms detailed, the prescriptions which were given appended, and general rules for the preservation of health, and for the cure of liver complaint, indigestion, low spirits, vapours, indecision of mind, and, in short, for all that numerous array of evils which flesh is heir to, laid down with precision and clearness, freed from all professional technicalities; so that any, the most ordinary-minded man, will be able in some measure to palliate if he cannot eradicate the disease with which he may be afflicted. We have derived much information from a perusal of this excellent treatise, and heartily recommend it to our colonial friends.—*The Colonial Magazine*, March 1844.

NERVOUS Diseases, Liver and Stomach Complaints, Low Spirits, Indigestion, Gout, Asthma, and Disorders produced by Tropical Climates, with Cases; by G. R. Rowe, Esq., M. D., F. S. A., &c. Churchill, Princes-street, Soho.—We rise from the perusal of this work with unmixed satisfaction; it is evidently the production of a clear-headed man and practical Physician; and divested as it is of all technicalities,

with, at the same time, a strict regard to the orthodoxy of the profession, it cannot fail to be a most useful guide to the practitioner, the public, and the invalid. That it has been so estimated, is evidenced by the fact of its having in a few years reached the seventh edition. The sufferer from either of the ailments enumerated in the title-page will be struck with the truthfulness of the Doctor's description; and we cannot do better than quote examples, to show that the disease has been closely watched and studied, as it were, at the bedside of the patient. The symptoms of hypochondriasis, or low spirits, are thus detailed:—

Want of appetite, indigestion, debility, faintness and sense of great sinking, and fullness of the stomach; flatulence in the intestines, acid eructations of wind; nausea, and frequent vomiting of dark fetid liquor; pain and spasms, extending across the epigastric region; great depression of spirits, impatience and anxiety; clay-coloured evacuations from the bowels, sometimes in a relaxed, at others in a costive state; hæmorrhoids or piles, and frequent discharges of blood; flushings of heat, and cold shiverings all over the body; pains in the back and shoulders; spasmodic affections of the muscles, tremblingly alive to a sense of danger; restlessness and want of sleep; sudden startings on the slightest unexpected noise; frequent sighing; a sense of great oppression about the region of the heart, with violent palpitations; the skin is dry and constricted, tongue furred, and an unpleasant taste in the mouth, fætor of the breath, tremors, more particularly when the stomach is empty, with frequent yawnings; pains in the head, with frightful dreams and hallucinations; pulse irregular and intermittent; giddiness and confused noise in the ears; vision frequently obstructed and imperfect; impaired memory, wandering and unconnected thoughts; want of resolution; considerable difficulty in being roused to either mental or corporeal exertion; former occupations which were regarded with pleasure and satisfaction, now become tedious and irksome; and many other symptoms which it would be here tedious to enumerate.

It is only proper to add, what would be the sad termination of such symptoms, unless arrested: melancholy, madness, apoplexy, dropsy, phthisis, or some other fatal diseases, are among the most frequent. But by timely attention, and a simple mode of treatment, escape is equally certain. In the selection of remedies the Doctor is guided by the following rules or principles:

1st. The nervous system, being deprived of its energy, requires a powerful stimulus to remove the consequent torpor and gloomy state of the mind; 2d. The constant indolent and morbid action of the gastric and biliary organs, demands the greatest exertions to promote a due and healthy performance of their various functions. In order to accomplish the first of these objects, the following are to be recommended; change of air and exercise, cheerful society, travelling, indulgence in some favourite sport, as hunting, coursing, shooting, gardening, a sea voyage, or any employment that will withdraw the invalid's attention from that proneness of mind which is cherished in contemplating the dangers arising from the disorder. The management of the mind is to be regarded as of the highest consequence; and every attempt to persuade the unhappy sufferers that their apprehensions are imaginary or unfounded, must be avoided; therefore compassion and kindness, with every possible attention to their feelings or wants, must be substituted for ridicule and reasoning.

In another part of the work some excellent rules are laid down in regard to diet; which we are inclined to think, if followed generally, would lessen the Doctor's extensive clientelle. The work is enriched by a faithful detail of numerous cases which have come under the author's observation, and fully bear out the views and principles of treatment developed therein. We cannot err in recommending so meritorious a production to our readers.—*Weekly Dispatch*, September 15, 1844.

It is a great relief to the Medical Literature of this country to find a work on such important subjects as the volume before us, divested of the theatrical illusions which generally comprise the principal points suggested in the treatment of the formidable and too prevalent maladies referred to.

Dr. Rowe's work, while it retains the orthodoxy of the profession, is truly practical, and at once simple and effective. It is evidently the result of great experience, and long-continued investigation into the sources of disease, in this and other climates, and is therefore entitled to the serious consideration of all those who are suffering from the "many ills that flesh is heir to."

Indigestion may indeed be regarded as the most distressing malady that afflicts our nature; for, while it insidiously attacks the constitution of the patient, it undermines the enjoyment of all domestic comforts, and even changes the dispositions of its numerous victims. A physician, therefore, who will devote his attention to any system tending to a removal of so formidable a disease, is well entitled to the thanks of the profession, as well as the gratitude of his countrymen; and we offer our humble meed of approbation to Dr. Rowe, for much valuable matter, both for the general, as well as professional reader, which his work has contributed. It would be impossible not to be struck with the Doctor's accurate description of the symptoms of indigestion; we give them *verbatim* as they will be found not only highly interesting to the invalid, but to the student.

Want of appetite, indigestion, faintness, and sense of great sinking, and fulness of the stomach; flatulence in the intestines, acid eructations of wind; nausea and frequent vomiting of dark fetid liquor; pain and spasms extending across the epigastric region; great depression of spirits, impatience and anxiety; clay-coloured evacuations from the bowels, sometimes in a relaxed, at others in a costive state, hæmorrhoids or piles, and frequent discharges of blood; flushings of heat, and cold shiverings all over the body; pains in the back and shoulders; spasmodic affections of the muscles, tremblingly alive to a sense of danger; restlessness and want of sleep; sudden startings on the slightest unexpected noise; frequent sighing; a sense of great depression about the region of the heart, with violent palpitations; the skin is dry and constricted, the tongue furred, and an unpleasant taste of the mouth, fætor of the breath, tremors, more particularly when the stomach is empty, with frequent yawnings; pains in the head, with frightful dreams and hallucinations; pulse irregular and intermittent; giddiness, and confused noise in the ears; vision frequently obstructed and imperfect; impaired memory, wandering and unconnected thoughts, want of resolution, considerable difficulty in being roused to either mental or corporeal exertion; former occupations which were regarded with pleasure and satisfaction, now become tedious and irksome; and many other symptoms, which it would be tedious to enumerate.

From this extract it may reasonably be imagined that we entertain a very high opinion of this book; and we can only add, that we think Dr. Rowe claims, with justice, the priority of authorship in this wide field of inquiry, as it appears his first edition was published in 1820, when no author of the present day had introduced the subject to the public: and we therefore hail this *Eighth Edition* as a proof of the anxiety of the world at large to appreciate the labours of an author, after 30 years' practical observation and experience in a profession to which he is earnestly attached. The almost unanimous praises of the press leave us little more to express, than in the words of our distinguished Reviewers in the *Literary Gazette*, "that this work is a good specimen of the simplicity which attends science, *versus* the mystery that enshrouds quackery."—*London Review*, August 1845.

THIS is an extremely valuable little work, because it embodies the results of an extensive experience in a shape which renders the pathology of a particular class of diseases intelligible to those who may be wholly unacquainted with the technical terms in which medical men usually convey their observations. The disorders generally termed "nervous," and those others of which Dr. Rowe's book treats, exercise an influence over the wellbeing of society, the extent of which can

scarcely be calculated. They are slow and insidious in their approach; in their growth they are almost imperceptible; but when they have once obtained the upper hand, the tyranny they exercise over our happiness is frightful indeed; undermining the bodily and then the mental powers, until the strongest men are laid prostrate by what they can bring under no known classification of disease, while the weaker sex become doubly unfortunate and unhappy from that very sensitiveness of temperament which is the source alike of their fascination and their moral strength. The physician who will grapple with so subtle and so powerful an enemy, who, being himself a regularly educated practitioner, and founding his recommendations on experience, will rescue its victims from the hands of over-ready quacks, by simply and plainly pointing out the causes and the cures of such disorders, is conferring a very great benefit on his fellow creatures. Such is Dr. Rowe; and the appreciation in which his efforts are held is best proved by the fact that his little book has already exhausted eight editions. It has now been before the public for twenty years, during which period the extensive practice Dr. Rowe has enjoyed, has enabled him very materially to extend its usefulness by the number of additional cases that have come under his notice. We cannot do better than recommend it to all those, and we fear they are too numerous, who suffer from indigestion and all its train of morbid symptoms and consequences, whether arising from excessive indulgence, or what is often so much more injurious, from undue exercise of the mental faculties, either in study or in professional or business avocations. They will be gratified, as we have been, with the extreme clearness with which all the symptoms of these disorders are explained, and the proper remedies given. Many a sound mental and physical organisation may be saved from premature wreck, by a timely attention to the simple, plain, and unpedantic recommendations of Dr. Rowe, who, let us add, brings to the discharge of his medical functions a fine spirit of philanthropy, and a deep sense of the importance of his calling to the well-being of his fellow-creatures. Among the different features in the book which will be found interesting, is a table, showing the time required for digestion by ninety seven different articles of food, from the alpha of digestible things, which is rice (taking one hour to chemify), to their omega, which presents itself in the untempting shape of beef suet boiled, taking five hours and a half.—*The Britannia*, January 10, 1846.

Margaret Morrell

NERVOUS DISEASES,

LIVER AND STOMACH COMPLAINTS,

LOW SPIRITS, INDIGESTION, GOUT,

ASTHMA,

AND

DISORDERS PRODUCED BY TROPICAL CLIMATES:

WITH CASES.

BY

GEORGE ROBERT ROWE, M.D. F.S.A.

&c. &c.

Συμπαθεια παντα.—HIPPOCRATES.

From the impressions of the mind proceed the operations of the body.—
LOCKE.

We cannot reasonably expect tranquillity of the nervous system whilst
there is disorder of the digestive organs.—ABERNETHY.

TENTH EDITION.

London:

JOHN CHURCHILL, PRINCES-STREET, SOHO.

M.DCCC.XLVIII.

1848

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TO
THOMAS COPELAND, ESQ., F.R.S.,
SURGEON TO THE QUEEN,
SURGEON TO H. LATE R. H. THE DUKE OF SUSSEX,
MEMBER OF THE COUNCIL OF
THE ROYAL COLLEGE OF SURGEONS (ENGLAND),
&c. &c.

MY DEAR SIR,

IF dedicating this little Volume to you can be construed into a public acknowledgment of high esteem and great personal obligation, I beg you to believe that with much satisfaction and sincerity I offer it for your acceptance. I feel pleasure also in the opportunity, thus afforded me, of bearing testimony to talents and acquirements which have not only greatly benefited mankind, but have, at the same time, contributed largely to the advancement of Science. Anxious and zealous in the exercise of your Profession, by your talents and urbanity you

have most justly commanded an extensive Practice, and yet have never ceased to show the kindest regard for the interests and feelings of your Brethren in the humbler walks of the Profession. This remark is but an echo of the sentiments of all its Members. Nor can I, on such an occasion, forbear to allude, with much pride and gratification, to that friendship which you have so liberally extended towards me, during a period of more than Thirty years.

With admiration of your talents, a deep sense of gratitude for your long-continued kindness, and a sincere wish that your life may be happily preserved for many years,

I am, my dear Sir,

Your faithful Servant,

GEORGE ROBERT ROWE.

Cavendish-square,
London.

ADVERTISEMENT

TO THE

TENTH EDITION.

THE extensive circulation of this Book, and the increased professional confidence I have enjoyed, are flattering tests of its appreciation by the Public, and of the truth and utility of the doctrines advocated.

It has become necessary to prepare a Tenth Edition; and although it is customary on such occasions to state "revised and enlarged," yet the revision does not appear in my mind to require any addition, as the opinions which have been promulgated for a period of nearly thirty years, are now confirmed by the most beneficial results.

Lately Published, by the same Author,
ON SOME OF THE MOST IMPORTANT DISEASES
OF FEMALES; with CASES.

P R E F A C E.

DR. SAMUEL JOHNSON, speaking of the profession of physic, describes it as “A melancholy attendance on misery, a mean submission to peevishness, and a continual interruption to pleasure.” If such a remark was ever justifiable, assuredly it is not, in the present day, applicable to that enlightened Profession, which relieves the misery, and assuages the pains of suffering humanity. The professor of the healing art approaches the sick man’s bed, not as “the melancholy attendant on misery,” but as the messenger of hope and comfort; his office is regarded not as “a mean submission to peevishness,” but as the condescension of science in soothing and alleviating the diseases and afflictions incidental to our frail nature. Instead of finding it “a continual interruption

to pleasure," I have frequently experienced in its exercise a joy and satisfaction indescribable, when persevering skill and care had restored a beloved object to anxious friends, or a useful member of society to the duties of life.

It is, however, quite unnecessary to expatiate on the advantages of medical science, and its practical benefits to the world at large. It is a science which comprehends the perfection of human wisdom, applied to the personal comfort and vigour of man; and the practice exemplifies one of the Divine attributes in relieving the sufferings of our fellow creatures.

The subject of the present Essay may be gathered from the title-page. I aim at nothing more than to point out a regular and decided mode of treatment in the cure of the Hypochondriac and Dyspeptic diseases, consistently with the concentrated opinions of the most eminent men in the Profession. In doing this, I do not pretend to possess a knowledge superior to that of other practitioners, or attempt to subvert the

usual systems of treatment of these prevalent maladies. My object is to communicate the result of long-continued application, carefully exerted in the investigation and consideration of these particular diseases in this and in other climates. Plain practical observations are first set forth, concerning the causes, the progress, and the different phases of these great disturbers of the health and state of the human frame : a course of treatment and remedies are next suggested, and proofs and illustrations offered in several of the most striking and interesting Cases that have come under my notice.

I have, in the course of the Work, adverted to some of the remarkable sympathies and connexions between many of the important organs of the animal economy. It is true that the operations of nature are often involved in obscurity ; many of them are unaccounted for, and are only known to exist : yet it is essential, in the management of disease, that medical practitioners should be apprised of the existence and certainty of these phenomena, although

their causes cannot be ascertained. *Sufficit si quid fiat intelligamus, etiamsi quomodo quidque fiat ignoramus.*—CICERO.

I have cautiously refrained from entering too largely into physiological detail; my aim has not been to establish new principles in medical science, but simply to present to the Public the results of *thirty years' practical observations and experience*; and although I am conscious of my fallibility and imperfections, I feel satisfied that the opinions which I have expressed will be borne out by the concurrent testimony of the enlightened members of our Profession. It is also most grateful and satisfactory to perceive that the principles here laid down and illustrated, coincide with, and carry out to an increased extent, those valuable and important doctrines first promulgated by my great master and lamented friend, the late John Abernethy.

The experience which my practice in different parts of the world afforded, induced me to observe most closely the nature and progress of com-

plaints so frequently occurring under varied appearances ; and while I would earnestly impress, on the minds of practitioners in general, the necessity of attending most strictly to the minutiae of the case, I would admonish the invalid against the employment of empirical nostrums, daily offered as specific remedies ; and against indulgence in spirituous and fermented liquors, and other such stimulants, which surely, though it may be silently and secretly, feed and increase the disease.

Hence, in detailing the diet and regimen to be observed, I have dwelt most particularly on the advantages accruing from regular and temperate habits of life ; for these must be regarded as our grand coadjutors in promoting health, and in annihilating disease, which is principally caused by neglect of them. Such habits, viewed either in a moral or physiological light, carry with them conviction of their rectitude.

More than twenty years have elapsed since the first publication of this Work : an enlarged field

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Indigestion is justly designated the fruitful source of most of the ailments and diseases which afflict human nature ; and when its various causes are considered, involving our contradictory and preternatural modes of life, no doubt can be entertained of the importance of a sound remedy, not only in removal of disease, but in the preservation of restored health. Some of the Cases will be found referring to Liver and Stomach complaints ; additional proofs of the prevalence of these distressing maladies. Several cases of Asthma have lately come under my notice, and I have introduced a few remarks on the treatment of that disease. Similar remarks, at greater length, have been introduced on Gout : these may tend to throw a new light on the subject, and are calculated, I trust, to mitigate and relieve, if not to remedy, this distressing malady. Another class of diseases has also lately been more strikingly submitted to my care, viz. those resulting from the effect of Tropical climates on European constitutions : and never were the effects of the restorative principles of diet, regimen, and the mild altera-

tive system more satisfactorily evinced than in the cases of Indian invalids.

I hope that the various Cases, added in the later Editions, will (simple and humble as they may appear) be deemed by my medical Brethren of sufficient importance to claim their attention ; and that the Public generally will be convinced that many of those formidable maladies, which prove so destructive to human happiness, can generally be mitigated, or altogether removed, by a simple and rational treatment. Many cases must necessarily have occurred in my practice, when every remedial measure was tried in vain ; but such details would not benefit science so much as they might alarm nervous invalids, and therefore I have purposely abstained from introducing them.

The flattering notice with which "The Times" honoured this Work, was most gratifying and encouraging to me. It contained, however, a misconception with regard to the time of its

first publication, in stating that "it comprised much which had already been laid before the Public by Dr. W. Combe, and other medical writers." Without the slightest idea of detracting from the well-merited esteem in which these Authors are held, I beg to state that the First Edition of this Work appeared in 1820; at which time neither Dr. Combe nor any other Medical Writer of the present day had introduced the subject to the Public.

ON
NERVOUS DISEASES,

&c. &c.

CHAPTER I.

Low Spirits.

THE connexion existing between bilious and nervous diseases, and the generally received opinion of their dependence on each other, render any observations on maladies so prevalent always highly interesting; and useful such observations must be, if they only conduce to excite the attention of others in the Profession, more capable of explaining the nature of the diseases, and thus lead to a discovery of the most proper remedies. Happily for mankind, since the appearance of these observations

(twenty years ago) many valuable and important investigations have taken place*; the diseases have been much mitigated, the formidable train of symptoms ameliorated, and melancholy results, heretofore too frequently fatal, skilfully averted.

The term "nervous" may be applied, in a general point of view, to every disease that affects the human body, which is always more or less dependent on nervous excitability; but, in the modern professional acceptation of the word, the epithet is more strictly applied to that class of diseases in which the nervous system is immediately and principally interested.

Now, as all nervous energy must be supposed to originate in the regular and healthy formation of blood, which the great sympathy between the nervous and sanguiferous system evidently denotes, it is just to infer that those organs, principally interested in the assimilation of food, must be considered as the incipient causes of vitiated nervous sensibility; it will, therefore,

* *Vide* Dr. Wilson Philip; Dr. Paris; Dr. J. Johnson; Dr. Combe; Dr. Beaumont, of the United States, &c. &c.

be my aim to select such instances as physiological and practical observations will amply justify and clearly demonstrate.

“The influence of the stomach in the animal œconomy is greater than is perhaps generally imagined. It not only contributes to the digestion of the aliment, but the whole system is either invigorated or affected with a languor, according to the different dispositions of the nerves. By proper food the nerves of the stomach are gratefully stimulated, and the whole body is thence enlivened and strengthened : so that, besides its use for nutrition, food in the stomach becomes, on account of its stimulus, altogether necessary in some delicate nervous people for keeping up the strength of the body and the due exercise of all its functions : and hence it is that such persons become faintish as soon as the greatest part of the food has passed into the intestines *.”

The sudden effects from mental impressions are evinced by the fact, that certain fears or

* Whytt on Nervous Diseases, p. 255.

affections excited in the mind are frequently accompanied by corresponding sensations in the body: thus seeing another vomit will often cause the same effect on the spectator; the recital of tales of misery and woe will stimulate the lachrymal glands to pour out tears in greater abundance; and it was observed by Hippocrates, that the unexpected sight of a serpent immediately causes the countenance to turn pale*. Among other instances of this peculiar species of sympathy, is that of yawning being so generally communicated to persons in the same society. Now these effects must be attributed to the changes made on the *sensorium commune*, by the mind or sentient principle.

When the stomach is disordered, languor, debility, restlessness, and impatience are the consequences †. The great sympathy between

* Lib. de Humoribus.

† “The stomach being misaffected, which he calls the King of the Belly, because, if he be distempered, all the rest suffer with him, as being deprived of their nutriment, or fed with bad nourishment; by means of which come crudities, obstructions, winde, rumbling, griping, &c.”—*Burton's Anatomy of Melancholy*, Part I. sec. 2. memb. 5. sub. iv.

this organ and the skin is manifested by the eating of shell-fish, which will, in some peculiar habits, produce a violent eruption ; the external application of cold in fevers occasionally excites vomiting ; and thus also worms, lodging in the coats of the stomach, by their irritating powers on its nervous sensibility, cause convulsions in the whole frame.

Nothing produces more surprising changes on the body than the affections of the mind ; and when we consider that the action of the heart is greatly accelerated, and nervous energy preternaturally diffused by fits of anger, we see clearly demonstrated the unity of action between the arterial and nervous systems. It is but reasonable, therefore, to suppose, when the circulation is languid, that general debility will be the result, and when stimulated, the contrary.

The contractile state of the pupil of the eye, when light is unexpectedly and offensively admitted, and the increased secretion from the lachrymal glands, when any irritating substance is applied to the eyes, are decided and manifest convictions of that principle of self-preservation,

which so conspicuously displays itself in all the functions of the animal economy, by getting rid of something prejudicial to the due performance of the peculiar office, and must be attributed to that connexion between the mind, or sentient principle, and body, which animates our whole frame. Yet even, in some instances, these efforts to prevent the accumulation of morbid matter, are productive of serious and fatal consequences ; their impetuous and irritating powers too violently affect the constitution : still these efforts are sometimes productive of utility, even as we often cherish things and habits which might ultimately tend to the destruction of life.

The peculiar sensation of hunger is among those phenomena of nature, which are as yet unaccounted for. “ The cause which excites appetite is an impression made on the nerves of the stomach ; but the feeling itself is experienced in the brain, to which that impression is conveyed *.” By way of illustrating the influence which the nervous or living principle has, in counteracting the corrosive qualities of the

* Combe.

secretion of the stomach, the following well-authenticated case might be mentioned*. A criminal, immediately before his execution, had eaten a hearty meal. On dissection, when the abdominal viscera came under examination, it was found that the stomach itself had undergone the same changes as its contents; clearly proving that this potent secretion (for the purpose of digesting the alimentary matter contained in the stomach) had been excited, but, by the vital destruction of the organ, it was deprived of that mysterious protector, which would seem to indicate, "thus far shalt thou go, but no farther."—"My impression is that the sensation of hunger is produced by a distension of the gastric vessels, or that apparatus, whether vascular or glandular, which secretes the gastric juice, and is believed to be the effect of repletion by this fluid †."

The singular sympathies and connexions in the animal formation, as well as the wonderful faculties of reason, memory, imagination, reflec-

* Observations of John Hunter and Spallanzani.

† Dr. Beaumont's Theory of Hunger, page 47

tion, judgment, &c., so remarkable in man, and by which he is so eminently distinguished from the brute creation, must be referred to the brain, as the medium or instrument by which they emanate; but the manner in which the will is conveyed to the brain, or how sensations are excited in different parts of the body, remain involved in mystery*; yet contemplation on this grand and sublime mystery, duly and seriously exercised, will surely preponderate over the hypothetical opinions, which materialists adduce of the non-existence of a Supreme Being; and however hidden it may at present remain, yet future ages may perhaps develope the awful and omnipotent source.

The nerves are subject to the same diseases as other parts of the body; they may become inflamed or irritated, and their sentient powers may become either too acute, obtuse, depraved, or entirely deficient, as in cases of Paralysis,

* “The Author of Nature is perfect in all His works; and although we may not understand all the operations of His hands, we are compelled to acknowledge their wisdom, propriety, and beauty.”—*Beaumont*, p. 47.

Hydrophobia, Hemiplegia, &c. ; but as I intend to confine myself particularly to those species of nervous disease, which are denominated Hypochondriasis or Low Spirits, and Dyspepsia or Indigestion, I shall forbear to make any remarks on others, as the subject would require a much greater latitude than the present work is intended to comprise.

In describing the symptoms of Hypochondriasis, or, as it is usually termed, Vapours, or Low Spirits, I shall not enter into an enumeration of all the morbid changes, but content myself with the most common and remarkable ; for, as the learned Sydenham remarks, the variations of the hypochondriac and hysteric diseases are only to be equalled by the shapes of Proteus, or the colours of the Chamelion* ; in fact, in a greater or less degree, they become intermixed with almost every chronic disease to which the human body is subject ; and, as the celebrated Dr. Mead has justly observed, “ *Non unam sedem habet, sed morbus totius corporis est †.*”

* Sydenham, Opera Epistol. ad D. Cole.

† Monita et Præcepta Med. cap. xvi.

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the region of the heart, with violent palpitations; the skin is dry and constricted; tongue furred, and an unpleasant taste in the mouth; fœtor of the breath; tremors, more particularly when the stomach is empty, with frequent yawning; pains in the head, with frightful dreams and hallucinations; pulse irregular and intermitting; giddiness and confused noises in the ears; vision frequently obstructed and imperfect; impaired memory, wandering and unconnected thoughts, want of resolution, considerable difficulty in being roused to either mental or corporeal exertion; former occupations which were regarded with pleasure and satisfaction, now become tedious and irksome; and many other symptoms which it would be tedious here to enumerate.

There are but few patients, who after having been afflicted with these symptoms for any length of time, do not fall into a state of melancholy, madness, apoplexy, dropsy, phthisis pulmonalis, or some other fatal disease, unless timely aid is had recourse to; and this, in the

early stage of the disease, is generally to be attained by that mode of treatment to which I shall hereafter refer.

The leading causes of Hypochondriasis will next come under consideration: these are various, but the general ones must be attributed to morbid derangements of the liver* and stomach†, glandular obstructions of the alimentary canal; intense study; mental disquietude; immoderate and luxurious living; sedentary and inactive occupations; inebriety frequently indulged in; and *in libidine veneriâ excessus*.

These conjoined, in a habit predisposed to nervous excitement, which is strongly indicated by a peculiar melancholic temperament, sallow complexion, thick impending eyebrows, coarse

* "The weakness of the liver and his obstruction, a cause *facultatem debilem jecinoris*, which he calls the mineral of melancholy."—*Burton's Anatomy*, Part I. sec. 2. memb. 5. sub. iv.

† "There is no doubt that low spirits, melancholy, and disturbed sleep, often proceed from a disordered state of the stomach."—*Whytt on Nervous Disorders*, page 318.

moist hair, are to be denominated the primitive and most potent symptoms of this afflicting malady.

And here I would allude to the numerous list of patients who have passed under my notice from among gentlemen of the legal profession ; clearly evidencing that, where corporeal exercise has not been used as a principal auxiliary to stem the morbid effects of an overstretched mind, the most formidable attack of Hypochondriasis is too frequently the result.

I would also refer to another class of persons, whose juvenile indiscretions have established in them a peculiar morbid sensibility of the nervous system ; and it has been for several years past a most painful part of my duty to witness the sad destruction of vital energy—the gloomy and torpid state of the mind—the pallid countenance, the heated skin, with patches and blotches on its surface—the vitiated state of stomach, with general constipation of the bowels—the loss of memory, imperfect vision, and general constitutional derangement, that many young men have entailed upon themselves. This I believe

to be one of the most aggravated forms of the hypochondriac disease, and requiring more than ordinary management, as well as considerable time, in its mode of cure ; as it must be evident that a disease, involving as this does by gradual means every important organ in the human frame, and thereby impairing all their secretions, demands the utmost vigilance of the medical practitioner, and the steady perseverance of the patient.

In pointing out the most efficient remedies, it will be necessary to state the objects which they are intended to accomplish ; and the following rules are to be adopted as the most rational principles of cure, which I shall define or distinguish as the mental and corporeal :

1st. The nervous system, being deprived of its energy, requires a powerful stimulus to remove the consequent torpor and gloomy state of the mind.

2d. The constant indolent and morbid action of the gastric and biliary organs, demands the greatest exertions to promote a due and healthy performance of their various functions.

In order to accomplish the first of these objects, the following directions are recommended : change of air and exercise*, cheerful society, travelling, indulgence in some favourite sport, as hunting, coursing, shooting, gardening, a sea voyage, or any employment that will withdraw the invalid's attention from that proneness of mind which is cherished in contemplating the danger arising from the disorder. The management of the mind is to be regarded as of the greatest consequence ; and every attempt to persuade the unhappy sufferers that their apprehensions are imaginary or unfounded, must be avoided ; therefore, compassion and kindness, with every possible attention to their feelings or wants, must be substituted for ridicule or reasoning.

* “ Many people who are extremely irritable and hypochondriacal, and are obliged to take medicines to regulate their bowels whilst they live an inactive life, no longer suffer from nervous irritation, or require aperient medicines, when they use exercise to a degree that would be excessive in ordinary constitutions.”—*Abernethy's Surgical Works*, vol. i. page 91.

In recommending hypochondriacs to adopt change of scene and exercise in the open air, I consider it quite unnecessary to take Continental tours ; for I believe that of all climates in Europe, England seems to be most capable of engendering habits of activity in the mind, and little calculated for repose. Sir Humphrey Davy remarks, “ The alterations of the climate of England, so various and rapid, continually awaken new sensations ; and the changes of the sky from the blue æthereal to clouds and fogs, seem to keep the nervous system in a constant state of excitement. In the cheerful and tumultuous atmosphere of England, to be tranquil is a labour, and employment is necessary to ward off attacks of *ennui*.”

In describing modes of cure, general rules only can be advanced, as the various symptoms in this, as well as other diseases, prevent the suggestion of specific ones ; and having now stated those mental remedies, I shall next proceed to consider the corporeal.

The sympathy between the stomach and brain which has been noticed, as well as the important

changes the digestive organs have to effect in the decomposition and assimilation of nutritious matter, and the too general indulgence in the luxuries of the table, afford sufficient reason to suppose that the seat of this disease must, in some measure, be referred to the vitiated secretion and imperfect functions of the stomach*, and suggest that particular attention ought to be paid to the matter conveyed into it. Light animal food must be preferred to vegetable †, as being likely to occasion less acidity; milk, as requiring less digestion; boiled fish, or white-fleshed poultry, custards, bread puddings made with eggs, boiled rice, light French bread; and every substance containing fatty or oily matter, as butter, rich soups, &c., must be avoided. The

* "When the stomach is in a sound state, and digestion is properly performed, the spirits are good, and the body is light and easy; but when that organ is out of order, a languor, debility, melancholy, watchfulness or troublesome dreams, the nightmare, &c. are the consequences."—*Whytt on Nervous Diseases*, page 11.

† "As a general rule, animal food is more easily and speedily digested, and contains a greater quantity of nutriment in a given bulk, than either herbaceous or farinaceous food."—*Dr. Beaumont's Experiments*, page 301.

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I may also here bear testimony to the beneficial effects of the Rhenish and dry and light wines, as they combine an acid with the alcohol; and therefore, while they impart a degree of comfort and gratification to the dyspeptic, they do not produce heat or headache.

In some patients it may be found necessary to substitute brandy diluted with water; and this will be expedient in those who have been long accustomed to the stimulating effects of ardent spirits. In such cases the quantity must be gradually diminished; for it will be in vain to hope for improvement in the morbid sensibilities of the brain and stomach, while such a preternatural state of excitement is maintained.

Haller, in his *Physiological Lectures*, observes*, “never use milk, soups, beer, or other liquors made hot, for this is preternatural to man, as well as to all other animals. and by relaxing the nerves of the stomach, heart, diaphragm, and other adjacent viscera, is productive of numerous diseases in those who have them already weak;

* Vol. ii. page 341, Mihles' translation.

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its power to annihilate this disease altogether, although it may admit of the greatest palliation ; and, under the most favourable circumstances, no permanent benefit can be expected to be derived, without a steady perseverance in a course of diet, medicines, and exercise.

The remedies, which my experience confirms to be the most proper, will perhaps be illustrated by the following enumeration of particular Cases.

CASE I.

A GENTLEMAN, aged 32, of a melancholy temperament, was attacked with violent pains in his head ; difficulty of respiration, and sense of fulness about the region of the stomach ; which had continued at intervals for several months. When he applied to me, in the autumn of 1813, his appetite was much impaired ;

tongue furred, with an unpleasant taste in his mouth, particularly in the morning; an uncommon sense of heat, or cold, in different parts of the body, sometimes suddenly succeeding each other; great despondency; wind in the stomach and intestines, with sour belchings; nausea and frequent vomiting of black fetid matter; a sudden and great flow of pale urine during the night; pulse quick and full; restless and disturbed in his sleep, with violent palpitations of the heart. I ascertained that the evacuations from his bowels were sometimes black, at others clay-coloured. Considering that his disease originated from the imperfect secretion of bile, and the general derangement of the chylopoetic viscera, I directed my attention to what I imagined to be the most important object, viz. that of endeavouring to obtain a due and healthy action of the digestive organs: I therefore immediately prescribed a dose of mercury, and an aperient draught.

The discharge from the bowels, by the operation of these medicines, was composed of slimy clay-coloured matter, without the appearance of

bile, accompanied with a considerable degree of tenesmus. I then prescribed small and unde-bilitating doses of mercury, with gentle ape-rients, recommending the most plain and simple diet, with plenty of air and exercise; and, as the secretion from the bowels became more and more tinged with a proper admixture of bile, I found the symptoms gradually disappear, and, in a few weeks, he was perfectly restored. About the same time, in the year 1816, he was attacked with a recurrence of the preceding symptoms, although in a much less degree; but, by a regular and persevering attention to a similar plan, was again perfectly re-established in his health.

A review of the above case clearly demon-strates the unity of action between the secre-tions of the animal economy; as a derangement of any of them evidently produces the same affection in the others. The furred state of the tongue and impaired appetite, the appearance of the motions and black vomiting, were con-vincing proofs that morbid derangement existed in the alimentary canal: whilst the despondency

of mind, and profuse discharges of pale urine, evinced that the nervous system was labouring under extreme agitation, and that the secretory vessels of the kidneys were thrown into stronger and quicker alternate contractions; and moreover, as perspiration is generally impeded by the operations of the mind, the aqueous part of the blood was determined more to the kidneys. The medicines, by gradually removing the glandular obstructions from the *prima via*, and inducing a due performance of their various functions, prevented those parts sympathising with them in their morbid sensibility; and consequently effected the cure.

CASE II.

A MIDDLE-AGED Gentleman, who had been subject for several years to many of the distressing symptoms of Hypochondriasis, as severe head-aches, indescribable anxiety of mind, trembling and palpitations on the least exertion, and who, in vain, had tried many approved remedies, made application to me in the year 1816. His case was truly pitiable. He had made use of various empiric remedies which are daily offered to the public as infallible, and innocent in their composition, although they contain drugs of the most pernicious nature, and so far from being an antidote, become a powerful auxiliary to the rapid progress of the very disease which they are warranted to cure. By these, his symptoms were not only augmented, but others of a still more alarming nature were induced; the stomach was rendered so irritable as to reject almost everything taken into it, and on exami-

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tion, I had the pleasure of finding all the distressing symptoms he complained of yield to the remedies which had been suggested.

CASE III.

A GENTLEMAN, aged 60, applied to me, in June 1817. He stated that he had been attacked for several years with violent pains in his stomach, with a sense of fulness and frequent spasmodic affections in different parts of the abdomen ; irregular evacuations from the bowels and deficient in quantity ; periodical head-aches, which, on taking an emetic, were always relieved by vomiting a dark fetid liquor, resembling the grounds of coffee. His appetite was bad, at other times attended with an inordinate desire for food ; great dejection of spirits ; his countenance peculiar in its appearance, indicating a constitution much harassed and weakened by illness ; and,

indeed, all that melancholy train of symptoms which so clearly distinguish the hypochondriac disease. I therefore could not but attribute these derangements of health to the morbid influence of the digestive organs; and, as he then complained most of nausea, I prescribed an emetic, not only for the purpose of ridding the stomach of any offending matter, but of ascertaining the character of its contents, which were fetid and dark-coloured. I recommended him to take the same remedies I had adopted in the other cases; but, as he complained of violent spasms in the stomach, I directed an antispasmodic draught with opium.

This, evidently, had the effect of affording him relief. I then placed him on the same system of regimen, air, and exercise as before recommended, by which his health became much improved, the bowels more regular, and the *fæces* coloured with a healthier bile. He continued recovering till the September following, when he was induced to pay his annual visit to a favourite watering place; considering himself on the eve of recovery, and that such an excursion

would materially tend to establish it. He returned about a month or six weeks after, when he sent to me in a hurry ; intimating that he had such severe pains in his head, accompanied with violent pulsations, as almost to raise it from the pillow, and was under apprehension it would terminate in apoplexy. On my arrival, I found his description correct. His pulse was exceedingly full and quick ; tongue furred ; and I ascertained his bowels had not been relieved for three days. I immediately ordered leeches to be applied to the temples, and directed eight ounces of blood to be taken from the arm, with great benefit. I then ordered the bolus and draught, as prescribed in the first case, which succeeded in procuring three or four evacuations, with the same unhealthy indications as before. The next morning I found him much relieved ; he had had a few hours' sleep ; his pulse was less frequent, and softer ; the pains in his head had ceased, and there remained nothing of those affections but a sense of tenderness on motion. He complained of nausea ; and considering it might be occasioned by the medicine, I directed the saline

effervescing draughts to be taken regularly every three or four hours. Next day, on visiting him the nausea continued; I therefore ordered an emetic, conceiving that there might be a collection of matter lodging in his stomach: the event justified my apprehension, as he vomited nearly two quarts of the same liquor, resembling coffee grounds, as before. I then prescribed a draught, with æther and opium, by way of allaying that excessive nervous irritability he now laboured under.

The next day, to use his phrase, "he was his own man again." I then inquired more particularly as to his mode of living during his tour, as well as whether he had confined himself to the regimen I had suggested, and the occasional use of the medicines I had prescribed for him; when he informed me, he considered himself so much better, that he neglected the exact performance of the rules I had laid down, and, until a day or two before his return home, had felt himself quite well. He was now so much convinced of the benefits to be derived from a regular prosecution of the system recommended,

that, by a steady perseverance in it, he has continued, with very little intermission, quite restored to health.

CASE IV.

A MIDDLE-AGED Man, by whom I was consulted respecting his case, informed me that his spirits were exceedingly low and depressed, and he had not been well for some months. He complained that his appetite of late was much impaired; his bowels were in a costive state; his flesh was wasted and flabby; his pulse feeble and frequent; and his general demeanour languid and irritable. His tongue was covered with a dark brown crust; his nights were restless and disturbed by frightful dreams, and, in the morning, he awoke tired and unrefreshed. He had pains in different parts of the body, suddenly removing from one place to another; giddiness upon rising up hastily; and objects frequently

appeared to him double. He was also troubled with cramps and convulsive motions of the muscles; a sense of heat and irritation in the neck of the bladder and urethra, with frequent desire to make water, and great discharges of limpid urine; sudden flushings of heat over the whole body, shiverings, and a sense of cold in certain parts, as if water were poured upon them, succeeded by an unusual glow. The functions of the digestive organs, which were so manifestly deranged, and which, doubtless, were the primary cause of his disease, required every energy on the part of the practitioner to restore them to a healthy state; therefore, I prescribed for him alterative doses of blue pill and rhubarb, with occasional doses of Epsom salts, manna, and infusion of senna; and to pursue the regimen I had suggested in the preceding cases. In the course of a short time the symptoms were considerably alleviated, his appetite much improved, and his nights more tranquil and refreshing; still he complained of excessive languor and debility, with great disinclination to engage in his former occupations. I now ordered him to take

two glasses of port wine daily, and persevere in the course of medicines prescribed; but his bowels being too much relaxed, I omitted the magnesiæ sulphas in his mixture. This treatment, by cleansing the *prima via*, and exciting the chylopoetic organs to greater activity, enabled him, in a short time, to enter into his former pursuits with alacrity, and dispelled those gloomy ideas which are the inseparable companions of Hypochondriasis.

CASE V.

A YOUNG Gentleman, whose habits of life had been intemperate, submitted himself to my care. He was much emaciated; his eyes appeared sunk, and his features were greatly dejected: he had been of a cheerful and active turn of mind until the last year or two, when something so preyed upon his spirits, that what had formerly given him pleasure, seemed now to be

most irksome and distressing to him. When I first saw him he complained of dull pains in the head, more particularly over his eyes, and in various parts of the body ; great weakness in the lumbar region ; pains and heat in discharging his urine, *involuntaria penis erectione, cum seminis plerumque emissionem, tam die, quam nocte, sæpe tentatus fuit* ; frequent diarrhoeas, composed of mucous evacuations ; with retchings, and loathing of food of the most delicate kind, and furred tongue ; dry and constricted state of the skin ; sometimes cold clammy perspiration ; and many other deplorable symptoms, strongly indicative of the rapid approach of *Tabes dorsalis*. From these appearances, I was led to inquire what means had been employed before his application to me. I found he had originally been under the care of some irregular practitioner, who had incautiously administered mercury, to eradicate that baneful malady which is often the consequence of juvenile indiscretion, without enjoining the strictest attention to regimen, diet, &c., and, consequently, laid the foundation for those symptoms of Hypochon-

driasis I have already enumerated. Keeping in view the primary cause of disease, and wishing to ameliorate the urgency of the symptoms, I prescribed for him small doses of calomel and opium, with an almond emulsion.

A continuance of these medicines, for some days, relieved the diarrhœa, nausea, and pains in passing water, and his nervous system became considerably tranquillized ; which then allowed me to prescribe the alterative plan as in the other case, with a few modifications.

The alvine secretions were now evidently improving, and most of the other symptoms ; but the painful priapisms continuing, I ordered to the boluses half a grain of opium, and directed him the *decoctum sarsaparilla compositum* as a common drink ; by which, in a short time, his general health became greatly amended, inso-much that he was soon able to take moderate exercise on horseback. The benefits he derived from the plan that had been recommended, and which he most strictly adhered to, were strikingly manifested. The remedies seemed to subvert the diseased actions ; the tongue became

clean, and the evacuations natural ; and, by the occasional use of mild deobstruents, with stomachics, his appetite and spirits returned, and he no longer complained of any uneasiness in his head : in short, after these healthy indications had made their appearance, in the course of a fortnight he was enabled to walk, and, at the end of a few months, his health was completely reinstated.

CASE VI.

IN the beginning of October 1817, I was called upon to attend a Lady, who was suddenly afflicted with poignant and lancinating pains, beginning in the occiput, and extending across the forehead, which almost deprived her of reason ; in this state, it was impossible for me to gain many particulars as to its commencement or continuance ; therefore, finding the pulse quick but soft, and ascertaining her peculiar

nervous predisposition, I gave positive directions that she should be kept extremely quiet, and the room darkened. I directed to be taken small doses of opium and æther, with camphor mixture.

The following morning (fourteen hours from the time I saw her) she was able to sit up in bed, and give me an accurate description of her feelings. This violent attack was preceded by dizziness, confused noise in the ears, partial blindness, great despondency, and involuntary shedding of tears : then commenced the distraction and torture in her head. These present symptoms were relatively mild, and of no immediate consequence, yet sufficient to plunge a person unacquainted with affliction into the direst abyss of despondency. The chief of them were as follow : an incessant inclination to vomit, with inability to effect it ; constant desire for acid drinks, but an insurmountable dread of taking any, lest hiccoughs and spasms should ensue ; a perpetual dryness of the fauces, and brown crust on the tongue ; an intolerable itching and aridity of the skin, with frequent rigors,

whilst the palms were moist and glowed with heat: and to these, universal weariness, lassitude, and debility; tensivity of the abdomen, with hardened fæces, denoting great deficiency of bile, pallid countenance, and a nauseous, bitter taste. The pulse was 105, yet small. My first consideration now was to allay the irritable state of the stomach, which I was fully convinced, by the above symptoms, proceeded from obstruction in the alimentary canal, and depraved secretion of the liver; therefore, I immediately prescribed a vomit of ipecacuanha, which caused the stomach to eject a large quantity of porraceous matter, and removed the nausea. The next indication of cure was to remedy the obstruction which existed in the bowels; and I then ordered the same bolus and draught prescribed in case No. I., which not succeeding quite so soon as I wished, a clyster composed of the *decoctum pro enema* and *natron vitr.* ʒiss. was injected; an hour and a half elapsed, and then a profuse evacuation of fetid black matter took place. The following week I prescribed small doses of pil. hydrarg. and ext. gentian every night, and

a draught of decoct. aloes, with castor, &c. twice a day.

The latter I prescribed with a view of preventing a recurrence of the spasms and convulsions, and to invigorate the system, so as to enable it to throw off that pericdical evacuation, which hitherto had been deficient and irregular, and by their action, as an emmenagogue, to diminish the impetus of blood to the brain. After a determined and persevering compliance with the rules prescribed, the catamenia became gradually more regular and healthy, both in appearance and quantity, the nervous irritability subsided, and notwithstanding the great predisposition that existed in her habit to participate in every nervous derangement, yet, by strict attention to the plan already suggested, her health was much amended, and, except a few occasional interruptions, her recovery, in a few months, was effected.

CASE VII.

DURING the particularly mild winter of 1818-19, when our atmosphere was continually oppressed with dense fogs, all those subject to Hypochondriasis were greatly affected, and many sunk under the powerful influence which such a condition of the air has over the animal spirits. In that season I had the opportunity of seeing this prevalent malady in all its manifold stages and most formidable appearances. It was then I gained, as I considered, the many important hints concerning the origin, management, and permanent cure of this malady, which have induced me to promulgate my sentiments and observations on it.

In the month of November, among the various cases which came under my immediate inspection, some similar to those already mentioned, others with its more ordinary characteristics, I attended one so singular in its appearance that I cannot omit inserting it here. A young Lady,

aged 23, of a morose and peevish disposition, had for several years been subject to slight convulsive twitchings of the muscles, which each succeeding year grew stronger till the time I was requested to see her, when they had increased, with the pain attendant on them, to an alarming height. The contractions of the muscles seemed nearly allied to *tetanus*, and in the face depicted most excruciating torment; these continued for five minutes, after which she fainted. Three or four times a-day had she to anticipate a renewal of this dreadful paroxysm, and was warned of its approach by a violent trembling, hiccough, numbness and rigidity of the limbs, with great prostration of strength, involuntary discharges of colourless urine, frequent deep sighing, most afflicting depression of spirits, and the greatest impatience of control or advice: in some intervals of the paroxysms she was cheerful, and sometimes jocose, whilst, in others, she relapsed into her natural low-spirited and sullen manner. I observed the pulse to be eighty, and the period of the menses (which were regular and healthy in their appearance) to have no

sensible effect on the convulsions ; the alvine secretions were evidently faulty, and the digestive organs much impaired. She told me that within the last month her sense of taste had gradually lost its subtle powers of distinguishing the several kinds of food. This last is a symptom I have frequently observed in visceral obstruction ; and on which I had no doubt her present disease depended. But my attention was first directed to the violent spasms ; so I ordered her to take, every four hours, a bolus composed of six grains of musk with half a grain of opium, and to drink freely of the common musk julep. These had the desired effect, in a few days, of prolonging the intervals, and lessening the violence of the convulsions. I then prescribed an emetic, which cleared the stomach of a quantity of green fluid : but after taking it, until the operation was over, the convulsions were more frequent and powerful ; indeed, the nervous irritability was so easily excited, that the slightest noise immediately produced a recurrence of the paroxysms ; but when the stomach had been completely freed of its noxious contents they

were much abated ; she then gained more refreshing sleep than she had enjoyed for some time. Next day, with a continuance of the anti-spasmodics, increasing the dose of opium, after well cleansing the *prima via*, I put her upon a course of deobstruent medicines, which had a great work to effect : for, by the length of time these symptoms had been coming on, all the abdominal viscera were become sluggish in performing their office, and a short period longer must inevitably have destroyed their functions altogether. The first week or two of employing the latter remedies they seemed to be inert ; yet the progress of disease was sensibly arrested, which, of course, was a great encouragement to continue in a regular administration of them, gradually augmenting their dose,—and then the scale was turned, though the amendment was almost imperceptible ; but, in the space of a month or two the return of health was obvious, every pain and anxiety disappeared, and nothing unpleasant remained, but those propensities to churlishness with which nature had endowed her.

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frequently mentioned, and, in two months, he felt much relieved; the symptoms gradually yielded to mild and occasionally active remedies: his profession being in the law, of course, now and then predisposes him to frequent relapses, but these have always disappeared on recourse to the former remedies.

CASE IX.

A CLERGYMAN, aged 33, had been for some months suffering from pains in the head, giddiness, and great depression of spirits, which had been attributed to a severe domestic calamity he had sustained. He appeared emaciated, melancholy, and diseased; sinking sensation at his stomach; appetite defective, with occasional cold perspirations; white furred state of tongue, restless nights, and all the formidable and distressing symptoms of Hypochondriasis. His disease had resisted the treatment prescribed by

some eminent medical practitioners in London, and he was recommended to resort to country air, when I was requested to see him. I immediately adopted the elements of that system to which I have so frequently adverted, and ascertained that the discharges from his bowels were costive and knotty, sometimes yeasty and liquid ; his urine limpid and frequent. However, mild doses of pil. hydrarg., with purgatives of senna and manna, soon relieved the urgent symptoms, and these, of course, were also much assisted by change of air and scene, and entering into more active habits and pursuits. The pains in his head were alleviated. Time, the great soother of all mental afflictions, contributed much to his relief, conjoined with those remedies which allay nervous irritability by their influence over the functions of digestion ; and in two months he was enabled to take a tour which I suggested, and shortly after resumed his duties as usual, notwithstanding his repeatedly expressed fears and apprehensions to the contrary.

This case was another manifest indication of the sympathy existing between mind and body :

the system had been for some months previously undergoing a morbid change, the calamity that befel the invalid proving the exciting cause, and greatly augmenting all the symptoms.

CASE X.

A YOUNG Lady had been for two or three years subject to fits of melancholy, and although naturally of a cheerful and active disposition, she became peevish and morose. Her periodical evacuations had been hitherto regular; her bowels were costive, and scarcely ever relieved but by medicine. Her appetite irregular; sometimes craving for food, at others disgusted at the sight of it. Pains in the region of the stomach, and tenderness on pressure. Breathing short and difficult on taking moderate exercise; fits of coughing and flatulence; great prostration of strength, with all the usual concomitant symptoms of Hypochondriasis. She had, previous to

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retaining their slimy, mucous, and clay-coloured character; but occasional slight appearances of bile afforded me a glimmer of hope. The bowels became less costive, and the stomach less irritable; the other symptoms also assuming a more favourable aspect. At this stage of the disease I ventured upon the administration of light tonics, in combination with my other remedies, and I had the gratification, after several months of great perseverance and rigid attention on the part of my patient, to witness her gradual restoration to health.

This case manifests a most important fact, one on which every medical writer and practitioner is imperatively required to express his sentiments, viz. the injurious tendency of tight lacing; for I feel bound to state my opinion, that the majority of female diseases are attributable to that absurd and destructive habit; and I may venture to assert that this is only an echo of the opinions of the most enlightened medical men in this and other countries. What will my fair countrywomen think, when they are informed that 39,000 females in this country

have perished by consumption within the last year*? I trust I may be pardoned for digressing, but here I feel bound to point out the evil consequences of compressing the chest and body to the present fashionable extent. The pressure on the chest prevents the due circulation of blood through the air-cells of the lungs; the blood is thereby deprived of its oxygen, or vital principle, and tubercles consequently form. On the liver and organs of digestion pressure impairs their functions; the body becomes attenuated, and disease and death are the lamentable results. The foregoing case was one of the character I have described; the secret and primary cause (in her habit singularly predisposed to pulmonary disease, or other scrofulous diseases) originated in tight lacing, and had this not been timely discovered and discontinued, the evil would have bid defiance to every remedy that the utmost attention or the most scientific imagination could have suggested.

* See Registrar-general's Report, 1839.

CASE XI.

MR. C., aged 50, was, about 12 months previously to his consulting me, attacked with violent pains across the chest, particularly in the region of the heart, great difficulty of breathing on ascending a hill, and on meeting the wind. A medical practitioner, in the neighbourhood, was called in, who, very properly, bled him, and administered purgatives with the usual antiphlogistic remedies, which were attended with great benefit, and the urgent symptoms were much alleviated. About two months after, I was requested to visit him, when I found he complained of pains in the chest, particularly in going to bed, or using the slightest exertion; indeed, he was given to understand his case was one of Angina Pectoris, as his pulse varied and intermitted once in 25 pulsations, sometimes oftener, full and hard; the evacuations were clay-coloured; his tongue coated with a white tenacious fur; a dry and constricted

state of the skin : with these symptoms, I did not for a moment hesitate on the plan to be adopted, although, from the general character of the case, I could not decide whether there was disease of the heart, or whether the symptoms were induced by derangement of the digestive organs ; but conceiving that, under all circumstances, such a method would afford relief, I persevered in it for some time with decided and ultimate benefit ; the result proved that his disease was to be attributed to the impaired functions of the digestive organs.

CASE XII.

A GENTLEMAN, aged 66, had been for several years suffering from what he termed his occasional low attacks, which had resisted all the remedies that his ample fortune enabled him to have recourse to ; but his constitution becoming more enfeebled, and the paroxysms of despond-

ency recurring more frequently, he was induced to consult me. He stated that, at the age of 40, he had sustained a severe bereavement; had neglected his accustomed exercise, even abandoned his favourite pursuits of shooting and hunting; became melancholic, irritable, and the society that formerly delighted him to mix in became irksome and disgusting. This alarming attack of Hypochondriasis continued for several months, but ultimately he was induced to take a tour on the Continent, and returned after a lapse of a year, much benefited. From that time paroxysms of low spirits occurred at intervals of about two or three months, and to such an extent that his family constantly watched him. These had continued for more than 20 years, but with little relief. His case was truly distressing. When he applied to me, his countenance was pallid, his eyes were sunk, and the white tinged with yellow; his bowels were costive, his tongue thickly coated, pulse feeble and quick, his skin dry and horny, his urine scanty and high coloured; loss of appetite; his nights were sleepless, and accompanied with great apprehensions

and fear of death; indeed, all the horrors of coffins and tombs were vividly depicted before his imagination, and in the mornings he appeared dejected, irritable, and inactive. He stated that he was tired of medicine, and thought some suggestions might be made as to his diet and regimen, for which purpose he felt anxious to see me. I prevailed upon him to take a dose of calomel at night, and some infusion of senna the following morning, and the result proved that the secretions were all defective; but feeling the next day much relieved, he paid me another visit, when I directed him to adopt the mild alterative system, with strict attention to his diet and exercise, occasionally changing the seat of his residence, resuming his horse exercise, and injecting a pint of cold water up the rectum every morning on rising from his bed. The adoption of this plan, happily, in two or three months improved his spirits; his bowels had been constantly evacuated, and although the liver continued torpid, yet the usual low paroxysms had passed away; hope beamed upon his countenance.

Ten months have now gone by ; every symptom is improved. He perseveres rigidly in the treatment prescribed for him ; he has experienced only a slight recurrence of the low paroxysms ; in fact, his life is now become desirable. His gloomy apprehensions have vanished ; and, with occasional purgative doses, he may fairly be reported as convalescent. This case has been one of the most gratifying ; for, suspecting, as I did, that some organic disease of the liver or brain existed, yet I felt desirous of putting to the test the remedial influence of mild purgatives. It strongly manifested what benefits may be conferred by removing all crudities in the alimentary canal, regulating the diet and regimen, and so following up the old adage of "Eating to live, and not living to eat."

CASE XIII.

A GENTLEMAN from Kent, aged 40, consulted me early in the spring of last year. He informed me that he had been suffering from nervous head-aches, loss of appetite, indigestion, and low spirits, for several years ; that what had formerly imparted pleasure and gratification, now became irksome and distressing to him. His profession being in the law, and a man of extensive practice, it appeared to me that the mind had been too much excited, and the body too much neglected. An abscess had formed in the axilla, and the glands of the neck and tonsils were swollen ; palpitations of the heart, and great pain in the region of the stomach ; fatigue on the slightest exertion, and a desire to remain in an inactive state. His bowels had been in a most uncertain condition, sometimes relaxed, at others constipated, knotty, dark, and slimy, occasionally tinged with blood ; pains in the rectum, with hæmorrhoids or piles ; irritation of the

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CASE XIV.

THE Son of a Nobleman from Ireland applied to me last summer. He had been suffering for several years with low spirits and indigestion. His appetite had forsaken him, he had become weak and emaciated, and the favourite pursuits he had formerly indulged in, of fishing, shooting, and hunting, were now become irksome, and abandoned. He had unsuccessfully applied to some members of the medical profession, and when he first appeared to me, was in a most pitiable state; his eyes were hollow; his countenance pallid; depression of spirits; his skin yellow, flabby, and dry; pains in his head, and throbbing at the temples; oppression in his breathing; palpitations, and sense of tightness of the heart and præcordia; general lassitude and debility. He had suffered much from eruptions about the face and mouth, glandular swellings in the neck and groin, terminating in small

abscesses ; and I believe a more striking instance of a disordered constitution, or of the miserable effects of disease upon a fine young man, could scarcely be imagined. I first impressed upon his mind the important advantages of abstaining from fermented liquors (a deplorable system which he had previously indulged in), a rigid attention to diet and gentle exercise (so soon as he was capable), and the steady perseverance in that mild and alterative plan, to which I have so often alluded. Month after month passed away, with increasing benefit ; his constitution, aided by the remedies, gradually overcame the disease ; he became full of confidence in the means suggested, and finally carried them out to the happiest consummation ; and, I believe, is at this moment enjoying all the allurements of his high station and fortune.

CASE XV.

A GENTLEMAN, aged 35, consulted me about three months since ; he complained of pains in his head, palpitation of the heart, tightness and oppression about the cardiac region. Sleepless nights ; frightful dreams, and a sensation as if falling from a precipice. Loss of appetite ; constant thirst ; loaded state of the tongue and dryness of the mouth ; general lassitude and debility ; great depression of spirits, for he was melancholy, and frightened at the thoughts of death ; his bowels were costive, and urine scanty and high coloured ; and altogether he presented one of the most lamentable results of the influence of disordered corporeal functions over a well-stored classic mind. Nothing appeared to soothe him, and it was with much difficulty he could be prevailed upon to admit a shadow of hope in his recovery. His habits had been most studious and sedentary, and had thus laid the

foundation for this attack. He tried change of scene and air, but unsuccessfully; he returned home desponding and irritable. I prescribed my usual directions in these cases, particularly the purgative means. The mind corresponded with the improved condition of his digestive functions, and he has, gradually indeed, but perfectly, recovered; adding one proof more to the numerous instances, that kindness and solicitude, combined with medical and dietetic remedies, will eventually remove the horrors of this formidable disease.

The foregoing Cases, which I have selected from many, bearing great similitude to one another, will, I think, be deemed sufficiently illustrative of the remedies to be employed under the varied appearances of this disease. The divers changes which it assumes, I have endeavoured (as far as the nature of the present Work will admit) faithfully to pourtray; but I conceive it would be entering into too prolix a

detail to enumerate the numerous cases that have of late come under my care. In adverting to the mode of treatment considered generally, I feel certain that it will be fully confirmed by practical prosecution.

ON perusal of these Cases, it may be observed by many that females are never subject to Hypochondriasis; that disease being always confined to the other sex. And it has been remarked by a late author, that "the operations of the animal powers seem to be most perverted and disturbed in women; but in men, the mind is the subject of attack." The inferences I have been enabled to draw, from minute and long investigation of this disease, are, that there are many exceptions to this general declaration. Can it be denied that a nervous predisposition may exist in both sexes, independent of any other morbid influence, and that the same causes may excite the same degree of affection in both?

or is the mind or sentient principle so materially different in the male and female? The prevalence of Hysteria would, perhaps, induce a belief, as that disease is peculiar to the female, and creates so much disturbance in their mental faculties, that it precludes the possibility of Hypochondriasis affecting them: yet, upon tracing the source of Hysteria, we shall find that it is not always occasioned by uterine affection; whereas, Hypochondriasis may be referred to derangement of the digestive organs, occasioned by various exciting causes, in habits singularly predisposed, and therefore not dependent, as Hysteria is, on an organ peculiar to the sex. Indeed, many instances might be advanced, where the periodical evacuations of that viscus have been perfectly healthy and regular, and yet those females have been exceedingly irritable and hypochondriacal. I am willing to believe that Hypochondriasis is more prevalent in men; but, as far as my judgment will enable me to decide, I cannot coincide in that opinion which entirely ascribes it to males, having seen many cases where the other

sex has been affected with it to as great a degree.

“ Thus, when we consider the unnatural and artificial state of our domestic institutions, and those habits of confinement which so much prevail in female life, we cannot but recommend exercise in the open air as of the utmost importance. The inhalation of more pure air than that of a dwelling is most valuable in all stages of existence ; and the various climates and habits of the world furnish striking instances of the strength and stamina of women, in proportion to their observance of those salutary means. In dwelling upon the advantages of air and exercise, and the physical debility resulting from the neglect of them, I would now allude to the importance of diet in regulating the powers of the nervous system ; for it must be admitted that diet has a peculiar and varied tendency according to its character, and more particularly influences females who belong to the higher ranks of society, and partake freely of the fare which is common to them. The good effects of temperate diet, accompanied by exercise, on

the circulating system must be obvious, as well as their powerful influence upon the mind in regulating those emotions which so frequently are attendant upon females in inactive life ; a degree of waspishness, sullenness, and all the contortions of the female mind are witnessed, and may be frequently traced to improper food ; for we know its relative effects are not entirely confined to the digestive organs, but its power extends over the functions of the brain *."

Having taken this general view of the peculiar characteristics of Hypochondriasis, I shall conclude the subject with a few remarks on the influence of the stomach, not only in the animal economy, but in the management of this disease, as well as of Hysteria. Hysteria has, by the ancient physicians, and most of the modern, been entirely ascribed to uterine disease ; yet in many who have long and greatly suffered by this malady, the womb has frequently after death been observed to be sound †. Indeed, whether these two diseases, viz. Hypo-

* Rowe on Disorders of Women, p. 40.

† Whytt on Nervous Disorders, p. 106.

chondriasis or Hysteria, be considered distinct, or the same (for the symptoms in both much resemble each other), it must be admitted that as these and all great nervous disorders proceed from some glandular obstruction in the stomach, liver, or alimentary canal, the removal of those obstructions and the general management of diet, regimen, &c. must be considered as forming the important basis of all remedial measures; and experience has proved that this uniform treatment of those frequently twin diseases has been eminently successful. The stomach not only effects the grand purposes of digestion, but, by its healthy or unhealthy action, invigorates or debilitates the whole system*. When we consider the present fashionable modes of indulgence, in taking a contrariety of substances into the stomach, and the great addiction to fermented liquors, it cannot be matter of surprise that this organ so frequently becomes

* “The quantity of food generally taken is more than the wants of the system require; and such excess, if persevered in, generally produces not only functional aberration, but disease of the coats of the stomach.”—*Dr. Beaumont's Result of Experiments.*

the seat of disease. The morbid affections of the nerves of the stomach, by sympathy, impair the energy and impede the motion of the heart and arteries; chyfication is imperfectly performed; and the operations necessary for repairing the waste, which different parts of the body daily undergo, become either too languidly applied, or inefficient in their properties.

“ The powerful sympathy between the brain and the stomach is well known, and proves the effect that diet has over the sensations. It is evident that certain aliments have different influences upon the animal feelings, that the stomach often regulates the organ of thought, that a full diet will generally diminish the activity of the brain, and render our ideas confused and unintelligible; and it has been remarked, that the system of diet alters the character and dispositions of people, and even of nations. But no universal plan can be adopted; inhabitants of the northern regions requiring more food than that of the southern. The school of Pythagoras flourished in the mild climate of Greece, and the anchorets who, in the

beginning of the christian religion, peopled the solitudes of Thebais, could not have endured in a severer climate, the system which they observed*.”

These morbid affections of the nerves are considerably increased by the want of refreshing sleep, and the melancholy and low spirits, which are the inseparable companions and grand criteria of this disease; and which, thereby, contribute most essentially to prevent the proper nutrition of the body. In detailing these pathological inquiries into the state of the stomach, I cannot too strongly recommend the adoption of early remedies, with that old adage, “*Venienti occurrere morbo;*” for when this disease has continued long, and reduced the patient much, tubercles form in the chylopoetic viscera, the natural consequence of obstruction; a dry cough comes on with all the symptoms of hectic fever, which, in conjunction with the original disease, accelerate the decay, and death at length closes the tragic scene.

* Rowe on Disorders of Women, p. 42.

CHAPTER II.

Indigestion.

UPON considering this morbid affection of the stomach (indigestion), it is first necessary to refer to the best and most rational views entertained of the mode in which food is assimilated into nutriment for the supply of the system.

The process of digestion, and the time it occupies, have been the subjects of much discussion. Some physiologists have affirmed that it requires a period of five, and others of three and a half, hours*; but the peculiarity of habit, the kind of food, whether fish, flesh, farinaceous or vegetable—whether in a fluid or solid state—are all matters of important consideration, and calculated to influence, in the highest degree, the action of the stomach. As an axiom in physiology, it must be admitted that too frequent eating or drinking not only materially inter-

* Dr. Beaumont's Inferences.

fere with the functions of the stomach, but impair its power of secretion and contractility.

We ought never to lose sight of, but rather be mainly guided by, these physiological facts, in our efforts to remedy the distressing evils of indigestion.

It is universally admitted that digestion is effected by the action of the gastric juice in the stomach ; the present habit, therefore, of taking large quantities of liquids during that process must be very injurious ; for, surely, the introduction of any fluid into the stomach at that period dilutes and weakens its digestive power.

Dr. Combe states, “The more we consider the real complication of the function of digestion ; the extensive influence which it exercises, at every period of life, over the whole of the bodily organization ; the degree to which its morbid derangements undermine health, happiness, and social usefulness, and especially the share they have in the production of scrofulous and consumptive, as well as of nervous and mental affections, we shall become more and more convinced

of the deep practical interest which attaches to a minute acquaintance with the laws by which it is regulated."

When digestion is imperfectly performed*, eructations of wind take place, and a sense of weight and fulness is felt in the region of the stomach; flesh meats become alkalescent, oily or fatty substances become rancid, and milk, bread, or most of the vegetable kind become acid; and, indeed, every substance conveyed into the stomach is thrown into a state of fermentation†.

Indigestion is frequently a secondary and sympathetic affection, and, in this case should be relieved only by attention to the primary and remote causes; but the idiopathic disease usually

* "When the gastric juice becomes saturated, it refuses to dissolve more; and if an excess of food have been taken, the residue remains in the stomach or passes into the bowels in a crude state, and frequently becomes a source of nervous irritation, pain, and disease for a long time, or until the '*vis medicatrix naturæ*' restores the vessels of this viscus to their natural and healthy actions, either with or without the aid of medicine."—*Result of Dr. Beaumont's Experiments*, p. 77.

† Stomachum autem infirmum indicant pallor, macies præcordium dolor, nausea et nolentium vomitus, in jejuno dolor capitis.—*Celsus*, lib. i., cap. 8.

arises in persons from the age of twenty-five to forty, whose habits of life have been either intemperate, sedentary, or inactive, and whose nervous temperament is either irritable or phlegmatic.

Indigestion sometimes comes on suddenly, but it more generally exercises its baneful influence on the human frame by progressive steps; and frequently continues to increase, with little remission, until the deplorable state of the patient's health renders some means of remedy imperatively necessary.

The immoderate use of opium, tobacco, and other powerful narcotics; the prevalent indulgence in taking vinous and ardent spirituous liquors to excess; the immoderate repletion, and frequent over-distension of the stomach*, at irregular intervals;—(*“Plures crapula quam gladius”* is a true saying;)—the want of air and exercise; the exposure to cold moist air, when in a state of inactivity; a deficient or vitiated secretion from

* Violent and repeated vomitings also debilitate the muscular fibres of the stomach; but of the causes which immediately affect them, the most frequent and powerful is morbid distension.—*Dr. Wilson Philip*, p. 74.

the liver, pancreas, &c. attended with costive evacuations; intense study, grief, or other violent affections of the mind*, which often accompany these morbid derangements; tea, coffee, or other diluent liquors†, which have a tendency to relax the action of its muscular fibres; may all be considered as the leading causes of the imbecility and loss of power, which prevent the stomach from performing its most essential function, viz. the assimilation of food.

This disease materially differs from Hypochondriasis, although usually accompanied by many of its symptoms. While the latter frequently proceeds from want of tone of the nervous or

* *Homines sunt maxime melancholici quando vigiliis multis et solitudinibus et laboribus et curis fuerint circumventi.—Galen, lib. i. c. 3, De Locis Affectis.*

† When fluids are taken into the dyspeptic stomach during the digestive processes, they are apt to be retained; and after giving occasion to flatulent distension, and to many other annoying symptoms, they are tardily taken into the system and thrown on the kidneys loaded to excess with unassimilated matter, or they sometimes escape by the bowels, or are ejected by vomiting. Hence, as a general rule, the impropriety of drinking too much at a meal.—*Dr. Prout on Stomach and Urinary Diseases, Book 1, p. 9.*

muscular coat of the stomach, arising from functional derangement of the brain, Dyspepsia generally originates from weakness and imperfect secretion ; and, in the suggestion of remedies, this distinction ought invariably to be kept in view.

Where digestion is imperfect, the body will necessarily become emaciated and much debilitated, extreme nervous irritability will ensue, and latent constitutional diseases will be continually called into existence.

Innumerable instances might be adduced to prove that scrofula, gout, and even cancer, have been lying dormant in the system for many years ; and when this most important function became deranged (which the late Mr. Abernethy emphatically denominated a “disorder of health”), the whole train of these formidable diseases has been called into action, and as gradually tranquillized by every improvement made in the functions of the stomach, liver, and alimentary canal.

“ I have seen in succession enlargements of absorbent glands, boils, rheumatic affections of

joints, and dysury ; yet all local diseases have ceased as the health became re-established by attention to correct the disordered functions of the digestive organs*."

If Mr. Abernethy had conferred no other benefit on mankind than his earnest appeal to the Profession, in representing the integrity of disease in local and constitutional symptoms, and causes, his admirable observations on these subjects alone would have conferred unfading honours upon him. It emanated from that great master-mind to point out the absurdity of attributing local diseases to local causes, and to direct the more scientific and more effective treatment of them to the purification of the fountain, rather than the cleansing of the channels.

When there is a scirrhus obstruction in the coats of the stomach, near the pylorus, (as is not unfrequently the case,) this passage becomes so much straitened, that only the thinner part of the nutriment can pass into the duodenum, while the more solid parts, continuing in a crude state, from the imperfect action of the gastric juice on

* Abernethy, p. 239.

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be sedentary, and afford them few opportunities of taking air and exercise, are susceptible of every variation of the thermometer. The circulation becomes languid; they have recourse to warmer clothing, and consequently the state of and uniform connexion between the skin, lungs, bowels, kidneys, &c. are destroyed; the appetite is defective, the body emaciated, and the important evacuations from the bowels are less frequent and costive; patients become irritable and dejected; a sinking sensation of the stomach is now experienced, and relief is sought for in stimulants. Thus disease is engendered and perpetuated; and ultimate consumption, or organic disease of some important viscus, destroys the patient.

Aliments, when driven through the pylorus, by their disunion with influent bile and pancreatic liquor, produce that species of disease which is usually termed bilious; and the peristaltic action of the bowels causes a regurgitation of them, which occasions the overflow of bile in the stomach, frequently witnessed on the administration of emetics.

The mistaken notion of the predominance of bile, in many habits, induces invalids to have recourse to those remedies that are deemed antibilious, when the case is quite the reverse, for the malady is generally occasioned by a deficiency of bile; and even that which is secreted is of a morbid nature; therefore, any curative system so founded must prove highly destructive to the due and healthy action of the liver and other organs of digestion.

Now, as strength and vigour seem to be constituted by the regular and perfect assimilation of food in the formation of blood, and this state can only be effected by the healthy functions of the digestive organs, it must be evident that indigestion and many other diseases are owing to their derangement.

The temporary relief which the stomach receives on the admission of stimulants, proves its want of energy in the process of digestion, and denotes it to be subject to a disorder of function, and not of structure,—for an organic affection of the stomach would render it incapable of performing its office, whilst a derangement would only

suspend it. Therefore, the powerful effects of vinous or ardent spirits must be considered as producing, in a great measure, the langour and want of excitement which usually accompany indigestion, and are the consequence of extreme action in any organ of the body. This opinion will be fully verified by that excessive debility, and loss of muscular power, which is observed subsequent to any violent febrile affection.

In those persons, however, who have impaired the powers of digestion by excessive drinking, it would not be beneficial to abstain all at once from this baneful habit; but gradually to diminish the quantity of stimuli, to avoid all vegetable and acid food, and to substitute animal and farinaceous matter, will be more likely to restore the digestive functions to a healthful state.

Dr. Wilson Philip observes, that the most common cause of indigestion is eating too fast; and Dr. Beaumont has also proved, by his experiment upon St. Martin, that it is important for the preservation of health that this process

should be effected slowly. If food be swallowed rapidly, more will generally be taken into the stomach before the sensation of hunger is allayed, than can be digested with ease ; and Dr. Combe, in his admirable remarks on this process, states, “ This gradual admission of food into the stomach seems to be in relation with the gradual supply of gastric juice necessary for the solution of each portion ; and it explains why, at a social dinner, where we eat slowly, and with short intervals of conversation, we are able to consume a larger quantity, and digest it more easily, than when we sit down alone, and eat hurriedly and without interruption. In the one case the stomach has time to adapt its capacity and its gastric secretion to the quantity taken in, while in the other it can do neither.”

It must generally be admitted, that animal food, which is not over-cooked, is more nutritious than that which is either raw or overdone ; for many experiments have proved that moderately dressed meat will be more readily digested by the gastric juice ; the boiling or roasting

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the loss of heat, and compels us to eat more than usual*."

The changes of the wind are known to exert a most powerful influence over the human frame, more particularly in invalids; and, doubtless, there is some striking peculiarity in an easterly wind, which impedes the natural and healthy functions; and this observation has been frequently made: "In a thick and cloudy air men are tetrick, sad, and peevish (*aura densa, ac caliginosa tetrici homines existunt, et subtristes, &c.*); and if the western winds blow, or there be a calm, or fair sunshine day, there is a kind of alacrity in men's minds,—it cheers up men and beasts; but if it be turbulent, rough, cloudy, stormy weather, men are sad, lumpish, and much dejected; angry, waspish, dull, and melancholy †." The immortal Shakspeare was not

* Animal Chemistry, p. 21.

† Burton's Anatomy of Melancholy, Part I. Sect. 2.

Verùm, ubi tempestas et cœli mobilis humor
Mutavere vias, et Jupiter uvidus Austris
Densat, erant quæ rara modò; et, quæ densa, relaxat:
Vertuntur species animorum, et pectora motus
Nunc alios, alios, dum nubila ventus agebat,
Concipiunt:—

VIRG. GEOR. lib. 1, l. 417.

ignorant of these singular effects, when he reasoned thus on life :

A breath thou art,
 Servile to all the skiey influences
 That do this habitation, where thou keep'st,
 Hourly afflict.

If, then, these aërial changes are wrought on the nervous system of healthy subjects, to how great a degree must they tend in adding to the disturbance of those organs which are rendered more susceptible by nervous irritability or organic disease? Under such circumstances, patients will act prudently in removing to a climate more congenial to their feelings, and more adapted to the nature of their constitutions.

The nature of that climate will form an important point to decide upon ; for in those constitutions where indigestion has been making its ravages by inducing pulmonary disease, a southern region must be preferred, as the amount of inspired oxygen will be much diminished, and the food will be capable of resisting the oxydising agency of the atmosphere. The

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revolutions of the day to night, and the night to day, are considered, independent of the great indulgence in luxurious habits of living, and the sudden transitions from a temperature equal to that of a tropical climate, to one under the frigid zone,—by rushing from a crowded theatre or ball-room into a dense or frosty atmosphere,—it is but reasonable to conclude, that those organs whose healthy actions are so dependent on the regularity and temperament of the body, must ultimately become the objects of attack. Hence we daily witness the robust appearance of the labouring peasantry, compared with the pallid hue of the artist or mechanic, who is shut up in a heated room, frequently respiring the same air which has passed through his lungs : the one will be seen enjoying his meals with the greatest avidity, while the other's appetite becomes vitiated, and he loathes the sight of food.

In enjoining rules or modes of temperance and exercise, in the acquisition and preservation of health, I cannot but quote the following beautiful lines in the *Spectator* :—

“If exercise throws off all superfluities, temperance prevents them; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise raises proper ferments in the humours and promotes the circulation of the blood, temperance gives nature her full play, and enables her to exercise herself in all her force and vigour; if exercise dissipates a growing distemper, temperance starves it.

“Accordingly we find that those parts of the world are most healthy where they subsist by the chase; and that men lived longest when their lives were employed in hunting, and when they had little food besides what they caught. What would that philosopher Diogenes have said, had he been present at a modern meal? Would not he have thought the master of a family mad, and have begged his servants to tie down his hands, had he seen him devour fowl, fish, and flesh; swallow oil and vinegar; wines and spices; throw down salads of twenty different herbs; sauces of an hundred ingredients; confections and fruit of numberless sweets and flavours? What unnatural motions and counter-ferments must

such a medley of intemperance produce in the body ! For my part, when I behold a fashionable table set out in all its magnificence, I fancy that I see gouts and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambuscade among the dishes.

“ Nature delights in the most plain and simple diet. Every animal but man keeps to one dish. Herbs are the food of this species,—fish of that,—and flesh of a third. Man falls upon everything that comes in his way ; not the smallest fruit and excrescence of the earth, scarce a berry or mushroom, can escape him.”

Having thus far considered many of the incipient causes of Indigestion, I shall proceed to the discussion of those symptoms which are among its most common indications. Indigestion is usually attended by vertigo, or giddiness in the head ; dry skin ; white furred state of the tongue* ; pains and sense of fulness in the region of the stomach ; cardialgia, or heart-burn ; loss of appetite ; nausea

* “ The state of the tongue is in general an infallible criterion of a disordered condition of the stomach.”—*Abernethy*, p. 22.

and vomiting ; violent pains in the head, sometimes periodically ; the aliment passing through the intestines in a crude and undigested state ; shortness of and foetor of the breath. Sometimes it is attended with great thirst and want of sleep ; at other times a degree of lethargy and drowsiness ; frequent startings ; incubus, or nightmare ; pulse frequent and feeble ; palpitations of the heart* ; cold perspirations ; and great fatigue, on the least exertion. The mind is attended with great despondency and irritability. There is flatulence and itchings, pallid countenance, spots on the face and skin, great costiveness ; at other times frequent discharges resembling yeast, and the loss of that gratification which is experienced in satisfying hunger : the patients eat their meals at stated intervals, in compliance more with custom than inclination. Another symptom I have frequently witnessed, in cases of Indigestion, which is an occasional cough and expectoration, with ultimate discharges of blood

* “ The actions of the heart seem to me also to become disordered from sympathy with the stomach.”—*Abernethy*, p. 232.

from the stomach of a thick grumous character, and to an apparently alarming extent, succeeded by parched tongue and mouth, with acute febrile symptoms.

As to the prognosis of Indigestion, it may be considered to be generally alleviated, if not entirely cured, by discontinuing the causes, when they originate from hard drinking and other bad habits, (which have been already noticed in this chapter,) and also the timely aid of proper medicines. But in those who have ruined their constitutions by hard drinking, the disease not unfrequently produces jaundice, palsy, apoplexy, dropsy, diseases of the skin, glandular suppurations, imbecility of mind and body, with the most fatal results.

In adverting to the diet and regimen most beneficial, I beg to introduce the admirable remarks of Dr. Beaumont: "There is no subject of dietetic economy about which people err so much as that which relates to quantity. The medical profession, too, has been accessory to this error, in giving directions to dyspeptics, until a sense of satiety is felt. Now this feeling, so

essential to be rightly understood, never supervenes until the invalid has eaten too much, if he have an appetite, which seldom fails him. Those even who are not otherwise predisposed to the complaint, frequently induce a diseased state of the digestive organs by too free indulgence of the appetite. Of this fact the medical profession are generally not sufficiently aware. Those who lead sedentary lives, and whose circumstances will permit of what is called free living, are peculiarly obnoxious to these complaints. By paying particular attention to their sensations during the ingestion of their meals, these complaints may be avoided. There seems to be a sense of perfect intelligence conveyed to the encephalic centre, which, in health, invariably dictates what quantity of aliment (responding to the sense of hunger and its due satisfaction) is naturally required for the purposes of life, and which, if noticed and properly attended to, would prove the most salutary monitor of health and effectual preventive of disease. It is not the sense of satiety, for this is beyond the point of healthful indulgence, and is nature's

earliest indication of an abuse and overburden of her powers to replenish the system ; it occurs immediately previous to this, and may be known by the pleasurable sensation of perfect satisfaction, ease, and quiescence of body and mind ; it is when the stomach says ‘ enough ; ’ and is distinguished from satiety by the difference of the sensation ; the former feeling enough, the latter too much. The first is produced by the timely reception into the stomach of proper aliment, in exact proportion to the requirements of nature, for the perfect digestion of which a definite quantity of gastric juice is furnished by the proper gastric apparatus ; but, to effect this most agreeable of all sensations and conditions, (the real elysian satisfaction of the reasonable epicure,) timely attention must be paid to the preliminary processes, as thorough mastication and moderate or slow deglutition.

“ These are indispensable to the due and natural supply of the stomach at the stated periods of alimentation ; for if food be swallowed too fast, and pass into the stomach imperfectly masticated, too much is received in a short

time, and in too imperfect a state of preparation to be disposed of by the gastric juice.

“The quantity of gastric juice, either contained in its proper vessels, or in a state of preparation in the circulating fluids, is believed to be in exact proportion to the proper quantity of aliment required for the due supply of the system. If a more than ordinary quantity of food be taken, a part of it will remain undissolved in the stomach, and produce the usual unpleasant symptoms of indigestion; but, if the ingestion of a large quantity be in proportion to the calls of nature, which sometimes happens after an unusual abstinence, it is probable that more than the usual supply of gastric juice is furnished; in which case the apparent excess is in exact ratio to the requirements of the economy, and never fails to produce a sense of quiescent gratification and healthful enjoyment. A great deal depends on habit in this respect. Our western Indians, who frequently undergo long abstinence from food, eat enormous quantities, when they can procure it, with impunity*.”

* Beaumont's Observations, p. 63.

It will be deemed unnecessary that I should expatiate more on this subject, having so fully and I fear tediously, dwelt on the disadvantages accruing from intemperate indulgences; I shall merely add, that the age, constitution, and the ordinary avocations of patients, must be considered before any specific rules can be laid down either in the dietetic or medical treatment of this afflicting malady; for I need hardly observe, that experience is the only monitor which can direct the proper arrangement, and, consequently, guide the sufferer to a speedy and effectual relief from the distressing effects of indigestion.

Cold bathing, and afterwards rubbing the body with flannel*, are remedies to be universally adopted, and eagerly persevered in, as highly calculated to restore the tone of the whole system.

Small doses of opium, administered as a cordial, I have seen productive of the greatest

* A gallant and distinguished officer in the British army, *General Rolt*, has, in an excellent little work, introduced the use of horse-hair gloves, and certainly with great practical benefit.—*Rolt on Moral Command*.

benefits*; but this requires great caution, or we shall be found to verify the old proverb,—

“ Incidit in Scyllam qui vult vitare Charybdim.”—VIRGIL.

The resorting to approved watering-places is also among the most proper remedies, not only by the tendency their chalybeate springs may have in strengthening the system, but, at the same time, by the various pursuits they afford to the mind, the tranquillity of which must be regarded as among the most desirable objects in the treatment of this disease. I have remarked, in my Essay on Female Disorders: —“ The advantages of travelling are obvious; many persons fancy they are never well, unless

* This opinion has since been confirmed by Dr. Wilson Philip, who, in his excellent Treatise on Indigestion, (p. 181,) states that, “ To the head of remedies employed for temporary relief, belong small doses of opium. Large doses of this medicine have no place in the treatment of indigestion, except for the purpose of relieving severe pain; they tend to increase the other symptoms. Very small doses, however,—two or three minims of tincture of opium, for example,—repeated two or three times a day, often prove highly serviceable in allaying morbid irritation; and their constipating effect is generally easily counteracted. They sometimes, indeed, have very little of this effect.”

repeated changes of air and scene are followed up; and continental tours are projected, the German spas and baths are used, and the waters drank as possessing some divine agency in the removal of their diseases, and often imaginary ills. But what does all this prove? that if the same periods of time were occupied in wholesome exercise out of doors, there would be no need of quitting our native country; for I verily believe that more benefit is derived from the examples of early rising, the stimulus to exertion resulting from a round of pleasurable and rational amusements, and the necessity induced of participating in them, than by the miraculous medical properties that have been ascribed to the various spas of the world*." Another and powerful auxiliary in the treatment of indigestion, is the mixing in cheerful society: "the flashes of merriment that were wont to set the table in a roar," excite in the mind pleasing emotions, and contribute much to digestion by imparting increased secretion of blood, not only to the stomach, but to every

* Rowe on Disorders of Women, p. 38.

other part of the body. "Laughter is one of the greatest helps to digestion with which I am acquainted; and the custom prevalent among our forefathers of exciting it at table by jesters and buffoons, was founded on true medical principles. In a word, endeavour to have cheerful and merry companions at your meals: what nourishment one receives amidst mirth and jollity will certainly produce light and good blood*." But, above all, the utmost exertions are required to effect a due and healthy secretion from the digestive organs; and, where the liver appears to be inert, (which is almost always the case,) small doses of *Pilula Hydrargyri*, with occasional ones of *Magnes. Sulph. and Inf. Sennæ*, are to be given.

Indeed the adoption of that alterative system of treatment which has so frequently been alluded to, cannot fail to relieve, if not entirely subdue, this formidable malady.

To assist the removal of costiveness, patients should be induced to visit a place appropriated for that purpose daily, at a fixed period; as that

* Professor Hufiland, of Berlin.

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tion of all the characteristics of low spirits and indigestion ; and I conceive that a pathological investigation of these maladies is much illustrated by those practical observations necessarily arising from disorders of the stomach, liver, and their remedial influence, together with the description of those cases I have had the opportunity of having under my care*.

The numerous cases of "LOW SPIRITS AND INDIGESTION" which have been described in former editions of this Work, having been applied by many of my readers, afflicted with GOUT, to their own peculiar cases, they have been induced to consult me ; and although it is not my intention to traverse the beaten path of

* "The Englishman in Jamaica sees with regret the disappearance of his appetite, previously a source of frequently recurring enjoyment ; and he succeeds, by the use of cayenne pepper and the most powerful stimulants, in enabling himself to take as much food as he was accustomed to eat at home. But the whole of the carbon thus introduced into the system is not consumed : the temperature of the air is too high, and the oppressive heat does not allow him to increase the number of respirations by active exercise, and thus to proportion the waste to the amount of food taken : disease of some kind, therefore, ensues."—*Liebig's Animal Chemistry*, p. 23.

my predecessors, in the treatment of this distressing malady and its concomitant symptoms, yet I cannot forego this opportunity of expressing the firm conviction I entertain of its close alliance with indigestion and derangement of the general health.

I am aware that many writers on this disease have attributed gout to hereditary influence, arising without apparent cause; but I feel confident in asserting that the most frequent attacks of gout scarcely ever occur without previous symptoms of indigestion; that although it has been termed a peculiar morbid action in the joints, affecting the serous membranes, yet it is referable to a disordered state of stomach, and certainly to be remedied by those means which have been so often alluded to in the treatment of dyspepsia.

Gout has been termed a safety-valve to the constitution, and frequently hailed as a boon to the suffering patient: and even admitting, as I do, that there may be a morbid predisposition lurking in the constitution, the appearance of which symptoms may be justly considered as

a relief, yet who can imagine that animal life, however constituted, requires for its maintenance in a comparative state of health, a disease involving such suffering ?

Let me entreat the reader to view the premature old age, the enfeebled powers of mind and body, induced by repeated paroxysms of gout ; its too frequent termination in stiffness of the joints, the accumulation of chalk-stones, dropsy, palsy, and apoplexy : the inference must be obvious, that a disease capable of producing such formidable results must be considered in a far different view than as a salutary relief to the system ; and therefore requiring all the remedial measures in the power of medicine to afford, rather than to shelter ourselves on its appearance, and direct means only for its local treatment, or the usual approved system of its internal management.

The press for years has teemed with admirable and certainly scientific investigations into the origin, causes, and general principles for the treatment of gout ; and I believe the conclusion arrived at by all writers is, that it is a local

inflammation, induced by a peculiar morbid condition of the constitution.

A contrariety of remedies, such as *hot* and *cold* applications, *stimulating* and *refrigerating* systems of diet, *depletion* and *repletion*, *opium* and *purgatives*, have all been adopted and commended, no doubt with occasional temporary relief; but the disease is still undefined. The fact of its existence only is known, and it is, like several others, a reproach on the tablet of our medical discoveries and acquirements. It would appear arrogant in me, after the path has been so ably trodden by many of the most learned men of this and other nations, to intrude my opinion in these cursory remarks; but having witnessed all the formidable ills of gout and having viewed for many years the hitherto lamentable failure of many of the most approved remedies, I trust I may be pardoned for having introduced these observations.

They emanate from the variety of cases of low spirits and indigestion which have been submitted to my care, and which have consequently led

to the treatment of the premonitory symptoms of gout; and moreover confirmed the view I have long entertained, that the malady in question *arises* from, and is *dependent* on indigestion, and not the *cause* of it; and further, that the proper treatment of dyspepsia will not only prevent the frequent paroxysms of this disease, but will, if adopted with perseverance, finally remedy it. I would inquire of any one who has been afflicted with gout, whether the attack has not usually been preceded by low spirits, loss of appetite, irregular action of the bowels, restlessness, excitability of the mind, general languor and debility, and those other symptoms I have described as connected with indigestion? The answer is obvious. Again, when we consider the long-established fact, that the peasantry, and those who toil for their daily bread, and are consequently deprived of the many luxuries which affluence obtains, and are compelled to exercise those animal powers which the Divine Author of our being assigned to His creatures, are seldom, if ever, afflicted with gout, we have fair reason to conclude that the free use of our limbs, the

moderate enjoyment of the comforts of civilized life, and the medium of intellectual and rational amusements, are not only the best safety-valves of the constitution, but are essential to the prolongation of human existence, and the most desirable object to attain in the removal of diseases.

Reasoning, therefore, from the circumstance, that the peasant, by the means I have stated, is in the enjoyment of robust health; that the man abounding and participating in all the luxuries that wealth can obtain is dyspeptic and gouty; we may justly infer that the habits and modes of life of the lower classes are, under certain modifications, highly conducive to the prevention of disease; while the stomach and body of the higher orders, being deprived of their greatest protectors, exercise and temperance, become in the first place disordered, and gout, or any other morbid action of the system, is consequently engendered.

These observations indicate also the manifest influence of the stomach, and its powerful sympathy in gouty as in other diseases.

Let it not be imagined, from the foregoing

remarks and conclusions, that I am advocating principles of entire abstinence from animal food or fermented liquors. This is far from my intention, for I am fully convinced of the propriety and necessity of their assistance; and I conceive that, in the artificial state in which "we move and have our being," the climate which we inhabit, the inclemencies of season, exposing the body to the sudden and violent changes of temperature, and the various preternatural excitements of the mental and corporeal faculties, all powerfully prove the utility of those admirable restoratives and contributors of health, when applied in moderation; and it is therefore doubly important, in our efforts to remove disease, that these adjuncts to nature should only be called in to our assistance under the most experienced and careful conductors. That the abuse of any system ought not to be instanced against its moderate use, is an established axiom. The observations of my friend Dr. Clutterbuck, a physician of extensive experience and justly acknowledged talent, are so much in accordance

with my own views, and so excellent in themselves, that I have great pleasure in introducing them :—

“The value of *temperance* (another word for *moderation*) cannot, certainly, be too highly estimated ; yet it does not follow that an entire abstinence, either from *animal* food or *intoxicating* liquors, is, generally speaking, desirable or useful in such a climate as the one we live in. On the contrary, observation would lead me to believe that what is usually termed *good living* (by which I would be understood to mean a *moderate* indulgence in the pleasures of the table) conduces both to the attainment of vigorous health and to the prevention of disease. The body, when in health and strength, appears to be more steady in its movements, and less readily disturbed by external causes, than when debilitated by privation or other means.

“We may the more readily admit this, when we advert to the numerous instances that fall under almost daily observation, of individuals who live to a great age, with an extraordinary

exemption from disease, whose habits of life are nevertheless far from temperate.

“ This *comfortable* doctrine, as it must be allowed to be, is not (merely on that account) to be condemned ; nor will it, I trust, be repudiated by my present hearers. For myself, at least, I confess I am not of the *ascetic* tribe of philosophers who denounce as sinful everything in the shape of *enjoyment*, and who inculcate the notion that the only path to Heaven is thickly strewn with thorns and briars*.”

In persons suffering from asthma, many of the leading symptoms of indigestion may be discerned. The well-known sympathy of the pneumo-gastric nerves will perhaps account in a great degree for the powerful effect a disordered stomach has in re-producing attacks of spasmodic asthma, as well as the loss of voice.

It appears that the liver becoming overloaded with its portal blood, and the venous circulation consequently much impeded, an excess of carbon takes place, and congestion to a considerable

* *Vide Lancet*, 1842.

extent occurs in the organs of respiration. The blue lips, the oppressed breathing, the moist skin, the flushed countenance, all betray an inequality of the vital force. The pulse is sometimes hurried and irregular; the appetite, during the attacks, varied; the bowels are costive; the secretions from them ill-conditioned and scanty; the kidneys irregular in their functions, the excess of carbon being characterized by the brick-dust appearance in the sediment of the urine, which at other times is limpid, pale, and copious.

In the varied phenomena of life it is difficult to explain the medium of certain organs becoming objects of disease, and their predisposition to it. It is equally mysterious that one member of the same family should be afflicted with insanity, pulmonary, or any other presumed hereditary disease, while others are entirely exempt.

It may be replied that diseases are frequently engendered from accidental circumstances, and this may fairly be admitted; but it does not include all those deviations from health which

are productive of the most serious and frequently fatal results.

The ample stores of physiology, and the researches of pathology, have as yet been unable to account for the multiplied forms of disease, or the various objects of its attack.

Asthmatic patients are generally the subjects of dyspepsia, and, like those afflicted with gout, are usually reminded of the recurrence of its paroxysms by the loss of appetite, and the other well-known symptoms of indigestion which affect them.

It is not my intention to condemn the remedies universally adopted in the treatment of asthma; the distressing effects of that disease often requiring the application of prompt and immediate means of relief; and for that purpose æther and opium,—counter-irritants and expectorants,—are most essential; but I would direct my measures to the regulation of the digestive functions, by a system of diet and regimen and those medical rules which I have frequently referred to in this volume.

It has generally been remarked that asthmatic

persons have voracious appetites, and can but with difficulty be restrained from indulgence in large quantities of food: this must prove the want of that equilibrium which is important to be maintained in all the functions of life.

The number of respirations being much augmented, a greater quantity of oxygen is absorbed, and therefore a like volume of carbonic acid is produced. The necessity for food which contains carbon and hydrogen, must be in proportion to the amount of inspired oxygen, or, as Professor Liebig has significantly expressed it, "the animal body acts as a furnace which we supply with fuel:" the food is the fuel; with a proper supply of oxygen, we obtain the heat given out during its oxydation or combustion*.

The natural number of respirations is about eighteen in a minute; and when we often observe that in cases of asthma the respirations are more than doubled, it accounts for the emaciated appearance of such persons, and proves the destructive effects of increased oxygen.

Bleeding has often been adopted in the treat-

* Animal Chemistry, p. 23.

ment of asthma, and I confess with but little advantage, for it appears only administering to an effect rather than the cause; the relief it affords to the pulmonary vessels is merely of a temporary nature, and, I think, ought only to be prescribed in case of great urgency; whereas the diminution of vital force it occasions is much to be feared; and as in many asthmatic patients no benefit can be obtained unless expectoration takes place, it is evident that the loss of blood will retard this secretion, and render the returns of the paroxysm more certain and frequent.

It has been customary by many writers on asthma to reprove in the strongest terms the use of purgatives; but with all deference to such opinions, I venture to state that I have seen them, when properly and judiciously prescribed, productive of the greatest benefits.

It must be evident that all accumulations in the bowels, not only mechanically but physiologically interfere with the functions of the chest. Pressure of distended abdominal viscera upon the diaphragm interferes with the expan-

sion of the organs of respiration, while the loaded state of the venous circulation prevents a free passage through the lungs.

Now as the abdominal pressure and obstructed venous circulation are to be mainly attributed to the accumulations of matter in the alimentary canal, and the turgid or gorged condition of the blood in the liver, it is fair to presume that by depleting the bowels, we not only remove the mechanical pressure, but also promote a healthier action in the organs of digestion:—
“ Nil tam ad sanitatem et longevitatem conducit quam crebræ et domesticæ purgationes.”—
 Bacon.

Aged and debilitated persons require the use of purgatives more than those in early life; and in patients who have long suffered from attacks of asthma, it is even more important that their bowels should be kept perfectly free, as they are usually constipated, and with difficulty acted upon.

Mild aperients, when carefully administered, remove the accumulation of viscid mucus which generally obstructs the mouths of the

vessels, facilitates the absorption of nutriment, and thereby invigorates the constitution.

The diseases which arise from Indigestion, and from its frequent mistaken appearances, and consequent neglect, are so various in their character and results, that Indigestion appears to me almost an inexhaustible mine for the production of all human maladies.

Of late years I have witnessed the formidable inroads it has made upon the constitutions of various patients. In some there have been considerable enlargements of the joints, mesenteric tumefactions, glandular swellings of the neck and throat, and ultimately the seeds of pulmonary consumption have been germinated, which are consequently denominated *Dyspeptic Phthisis*.

In these cases the attack is preceded by symptoms of indigestion, pains and tightness in the chest, and difficult or oppressed breathing. The mouth becomes parched, and the tongue dry; morbid derangement of the biliary secretion, loss of appetite, and symptoms of general debility, cough hard and dry, with little expec-

toration ; the skin hot and the pulse hard and frequent, the countenance flushed at intervals, glassy eye, anxiety and restlessness.

These symptoms indicate the impending danger, and are considerably increased should the patient indulge in a free mode of living, as is frequently the case.

Often have I seen tonics and cordials, with opiates, administered to remedy the debility, and allay what is usually considered nervous irritability ; but this mistaken course of treatment only tends to perpetuate the mischief and lull the patient into a false state of security.

The second stage of this disease is marked by an increase in all the symptoms. The expectoration, which was at first limpid, glairy, and trifling, now becomes thick, viscid, and tough, resembling pus, with occasional streaks of blood ; and as the disease progresses this expectoration increases, night cold perspirations ensue, and the patients sink into a rapid pulmonary consumption of an ordinary kind.

I confess the usual characteristics of purulent matter in contradistinction to mucous secretion,

are not always to be relied on, and must not in these cases be considered as forming the basis on which to exercise an indubitable judgment.

In the incipient stage of dyspeptic phthisis, there will be found great tenderness upon pressing the epigastric region, preternatural fulness in the left hypochondrium, flatulence and distension, with irregularity in the bowels, coated tongue, acideructations, appetite impaired, sometimes voracious, at others disgusted with the sight of food. The biliary secretion defective and ill coloured. The urine high coloured and carbonised; sometimes scanty, at others copious and limpid. The breathing becomes short, and on any extra exertion is rendered difficult and oppressive, with uneasiness in lying on either side.

The hectic fever now assumes its appearance, the countenance is flushed, and expectoration commences, with a dry cough. The skin is hot and dry, and considerable evening febrile exacerbation takes place.

The usual pulmonary emaciation is comparatively slow.

It is at this period of the disease when the eye of the experienced practitioner will at once distinguish it from true consumption, and the adoption of that mild alterative mode of treatment so often alluded to in this Work, will prove highly beneficial.

The pneumo-gastric sympathy will explain, in some degree, the phenomena of dyspeptic phthisis; and as the improved condition of the digestive functions manifests itself, so will the corresponding pulmonary symptoms participate in the general advancement to health; for little doubt remains in my mind that a morbid state of the digestive organs will produce a similar diseased affection of the lungs, if at all pre-disposed.

If we assume that in one minute ten pounds of blood pass through the lungs of an adult, we can readily imagine what an injurious and destructive effect increased circulation must have on the lungs. The liver, spleen, pancreas, and stomach are all supplied with blood from one common arterial trunk: it therefore of necessity must occur, if the functions of these important

organs are suspended, that a greater volume of blood is thrown back upon the whole system, increased temperature is induced, and in pulmonary diatheses the most formidable disorganization may, and frequently does take place. The conductors force the *nerves* which convey power to the different organs of digestion for the performance of their functions, but only in vain; the safety-valves of the constitution are closed; consequently the entire system becomes disordered and emaciated, as the elements of blood are imperfectly formed and irregularly supplied for the wants of the whole human frame.

As modes of treatment must be varied according to symptoms, they would, perhaps, be more fully exemplified in the enumeration of Cases, as in the chapter on Low Spirits; and therefore, under that impression, I have selected a few of the most striking.

CASE I.

MR. F——, aged 35, of a low stature and irritable temperament, had been affected with Dyspepsia for the last six years, gradually arising. First, he had a sense of heaviness at his stomach after dinner, with drowsiness : and faintness, trembling, and head-ache, about an hour before dinner ; then, in a little time, succeeded loss of appetite, sudden transient distensions of the stomach, which were relieved by throwing off a quantity of wind ; habitual costiveness, to relieve which he had frequent recourse to aloes, jalap, &c., which never fail to aid the disease rather than subdue it ; at last pyrosis, or rising of a glairy fluid from the stomach in a morning, joined its obstinate influence to the before-mentioned symptoms, and destroyed all enjoyment of food. A few weeks after the concurrence of the above symptoms, the vigour of health was completely prostrated, and a constitution naturally robust (produced by the healthy occupation of an agriculturist) greatly emaciated. The foundation of his disease was laid

by indulgence in spirits, wine, and high living : in this course, from the imperceptible effect which it at first had on his constitution, he thought he might persist with impunity ; but time soon convinced him of his error, and he was obliged to renounce all those unnatural stimulants, and adhere to a simple mode of living, which however was now of itself insufficient to check the progress of disease ; and it soon became indispensably necessary to apply for medical assistance. As he had alienated himself from his irregular habits and propensities, the first intention of cure was accomplished ; therefore I considered the state of the stomach to be now of the greatest importance. To remove those crudities, which the loss of appetite, sense of weight, and eructations, clearly proved to exist, I directed vomiting by means of the Antim. Tart. ; then, to correct the secretions, which had acquired much acidity, and to obviate costiveness, I prescribed a rhubarb and magnesia draught, with small doses of calomel. In a short time the fæces became more natural, losing that firmness and greenish cast which they

had acquired. The medicines procuring him two easy motions every day, relieved the fulness and distension of the stomach; and the absorbents had the desired effect of counteracting the acidity. His diet consisted of very light animal food, chicken broths, the most delicate kinds of fish, &c., taking very little each time. After a perseverance in the above remedies a short time longer, the symptoms, for which I had directed them, were removed; and then it became necessary to restore that tone and action to the muscular fibres of the stomach, which they had lost, and to give the organ itself vigour to perform its functions; for this intent I prescribed tonics of gentian, myrrh, and sulphate of iron, with occasional doses of senna and salts.

These recalled his appetite, and removed the pyrosis, head-ache and trembling, and shortly after he enjoyed his meals more than he had done for six years; his bowels were daily relieved; and, with exercise, his health was soon restored, and his strength returned with surprising celerity.

CASE II.

A GENTLEMAN, in the fortieth year of his age, was become so debilitated, through a mistake of his real complaint, as to have been brought almost to the brink of the grave. The most grievous symptom he laboured under, when he applied to one of the faculty, was alarming palpitations of the heart on ascending an eminence or using the slightest exertion, which obliged him to stop instantly, through fear of fainting; his breath was also checked, and his face and hands became of a livid colour, betokening a great difficulty for the veins to return the blood to the heart. From several cases of malformation of the heart, ossification of its valves, aorta, coronary arteries, &c., which have been found on dissection, and are usually thought to occasion those dreadful sensations described, his medical attendant was led to believe his was one of those cases, and accordingly employed the ordinary means which reason and experience have directed, such

as frequent and great bleedings, an abstemious course of living, with little exercise, and anodynes to blunt the shafts of death, conceiving it impossible to remove the cause. He thought it was his duty to intimate to him the difficulty of his situation, and the insufficiency of medicine to perfect a cure; and also proposed further advice, should he feel any inclination for it. I was then called in. From the statement of the other practitioner, the appearance of the patient, and several of the concomitant symptoms of Dyspepsia he complained of, I conceived his present disease was closely allied to indigestion, and that the palpitation and shortness of breath (which are frequent attendants on Dyspepsia) proceeded from debility and want of energy in the vessels, rather than malformation or disease of them or the heart. With this view I proposed the trial of tonics, with a more generous diet, and small doses of pil. hydrarg. and rhubarb, to rectify the stomach, and remove that obstruction of the intestines which had long continued. A short space of time convinced me of the truth of my suggestion, and hope began to beam upon the

countenance of the patient, who had been cast into the deepest melancholy by the opinions that had been expressed on his case. The violent pulsations of the heart were considerably moderated, and his breathing, which had been affected by the impeded motion of the blood through the lungs, consequently alleviated. A little perseverance in the medicines, with cold bathing, added vigour to his system, and entirely removed the symptoms I have enumerated, with that langour, uneasiness, head-ache, nausea, trembling, hiccough, dejection, flatulence, and distension of the stomach, which he had long experienced. His pulse, which had been very irregular, became natural, and his tongue free from that tenacious fur which had denoted an imperfect digestion. The blood assumed its accustomed vivid hue upon his checks, and, in short, his friends had soon the ineffable satisfaction of seeing him enjoy his pristine health.

From the above case, it is evident how fallacious are the appearances of disease, and how difficult it is to discriminate between those diseases which bear so great an affinity to each other in symp-

toms, but require a treatment diametrically opposite ; for the remedies proper for the one would most surely prove fatal if applied to the other ; and it is to be regretted that there are no certain criteria by which we might easily distinguish the real cause, and know at first sight what method to pursue ; but the man of experience is the only arbitrator on whom we can rely, and who, from the collected appearance of the subject, can draw a safe judgment.

CASE III.

AN unmarried Lady, between 30 and 40 years of age, was seized with a severe pain in the epigastric region, and had complained of it two days before I was called in. She was troubled also with nausea and violent retchings, without being able to dislodge the contents of the stomach ; heart-burn, and an inordinate desire for chalk, slate, and even ashes ; which clearly indicated great depravity of digestion, and the presence of acidity in the stomach. She had frequently

complained of late of a peculiarly unpleasant sense of taste in a morning, and her tongue had acquired a permanent whiteness; the stools a blackish green cast, and the catamenia were deficient, and nearly colourless. The eructations were distressing; and, in bed, she had the sensation of an enormous weight on her chest. The pulse, during the violence of the pain, was at the rate of 70 in a minute, and of a natural softness. She had much habituated herself to the use of tea, and a rich full supper just before going to bed; therefore it was not surprising that the organs of digestion should become greatly impaired, and her rest be disturbed by frightful dreams;—indeed, natural sleep had entirely forsaken her, and, to obtain repose, she had recourse to the baneful power of laudanum. These afflictions and habits combined, were quickly undermining her constitution; they soon destroyed her appetite and proper digestion; gradually increased costiveness, and the above symptoms; and, at last, produced that violent pain which promptly demanded medical assistance. As she had taken an emetic the preceding morning

without relief, I considered the present nausea and inclination to vomit were the effect of the narcotic, from its improper use; and, upon a little inquiry, she owned that she had swallowed 60 drops of laudanum the night before, and a similar dose about two hours previous to seeing me; therefore my method to allay this excessive irritability was to prescribe saline effervescing draughts, with magnesia; at the same time applying warm fomentations to the parts which were most painful. In the space of eight hours, the sickness was much modified, and the pain greatly diminished. Two profuse evacuations from the bowels succeeded, but they were indicative of bad digestion; accordingly, after a more perfect cleansing of the alimentary canal, I ordered stomachics and gentle tonics; and, very soon after, I was enabled to employ chalybeates with strong bitters, and occasional doses of pil. hydrarg., with inf. sennæ, which had the beneficial effect of recovering the powers of digestion, and by imparting vigour to the habit, enabled it to throw off the secretions in a full and healthy quality, which is of such

infinite importance to the proper regulation of the human body. I forcibly impressed upon her mind the necessity of following a regular manner of living, and the great advantages accruing from early rising ; and, by a strict adherence to temperance and exercise, she has since continued perfectly well.

CASE IV.

A MARRIED Lady, from a continued irregular life in the gay metropolis, had become so diseased, that a removal into the country was judged necessary by her physicians ; when she not only laboured under the common symptoms of Dyspepsia, but indurated tumours on several parts of the body were observable, together with violent cramps in the calves of the legs, audible palpitations, and severe head-aches. These symptoms were, apparently, much relieved after coming into the country, till she was suddenly deprived of reason. During the nights and in the mornings she talked incoherently, but, through-

out the day, she had intervals of sensibility. While she continued in this way, the debility, nervous trembling, and despondency disappeared, and her pulse was firmer than usual. She had no pains in her head, but complained of an uneasy sensation and confusion. Being constive she took some purgative medicine, but obstinately refused every other kind whilst her mind was in that deranged state. However, in a few days she became better, and in a fortnight recovered her reason, but relapsed into her old complaints, which were daily gaining ground on her constitution. She was now convinced of the necessity of trying some further means to prolong her life, and, in that hope, submitted herself to my care. From the mass of disease which presented itself, I could entertain but little hopes of relieving, much less of curing her; however, I ordered the mild alterative treatment, with occasional purgatives.

It was some days before these medicines had any visible effect, except that the bowels were rendered soluble by them, occasioning an evacuation every morning of foetid matter. She

took but little food more than chicken-broth and asses' milk, of which last I recommended her to drink a tea-cupful every morning fasting. On the tenth day from the administration of the medicine, the motions became of a more healthy consistence and colour, and she was more free from spasms ; her rest also became better, and she felt more easiness at her stomach. The boluses creating a slight degree of ptyalism, I directed her to take them every other night. After some perseverance, the hardened tumours seemed disposed to subside, and upon the whole her health was materially improved. I continued the medicines as long as the fæces and tongue testified an imperfect secretion in the stomach, gradually ordering the tonic ingredients. The oppression at the chest was so much abated that she ventured to eat some chicken and other light and simple food, which causing no uneasiness, and the chylopoetic viscera resuming, in some measure, their healthy functions, I omitted the alterative and continued the tonic system.

The third week after employing the above, the uterus resumed its periodical evacuation,

which had not been the case for three months previous. Her appetite was now extraordinary, and digestion improved; the palpitations, nervous irritability, and trembling vanished, and the tumours were dispersing. At the end of the third month from her arrival in the country, she returned to London, with a firm resolution to shun every path which might lead to the sumptuous table of the extravagant voluptuary. I have since had the pleasure of hearing she still continues in an abstemious course of life.

The preceding extraordinary case strongly proves the sympathy which exists between the stomach and brain: from the dyspepsia proceeded that excessive irritability and derangement of the mental faculties; and when the brain was excited, it diffused a preternatural stimulus to the system, consequently imparted a temporary degree of vigour to the organs of digestion, and removed the dyspeptic symptoms; but, as being the effect of preternatural excitement, it could not possibly continue; therefore, when the irritability of the brain subsided, the symptoms of indigestion returned, but a much greater

degree of debility prevailed, because every part of the body had undergone an unnatural exertion, and the nervous system was to be expected to participate in this morbid affection, which would soon have destroyed life.

CASE V.

A MARRIED Lady was recommended to apply to me for advice in the month of September 1818, having been afflicted with symptoms of dyspepsia for some months preceding. She had suffered from excessive hæmorrhage subsequent to parturition, which produced faintings and great debility. Notwithstanding the utmost care being taken, she caught cold, which kept up a continual nausea, shivering, and pain. However, by the necessary antiphlogistic remedies, she in some measure recovered, and had sufficient strength to leave her bed ; but her appetite was defective, and the nausea returned at intervals. Her bowels had been very irregular, and the

evacuations were deficient and ill-coloured. When I first saw her, the muscular parts of the body were very much wasted, her eyes sunk into her head, and her skin had the appearance of being daubed with white paint; a mere skeleton, covered with integuments, appeared before me. She now complained of pain in her forehead, and particularly in the balls of the eyes; troublesome distension; weight and sense of choking at the stomach; trembling and palpitations upon moving the body, with œdematous swellings of the legs and ankles; sickness and vomiting. Now, as these symptoms proceeded from exhaustion through a deficiency of vital energy, my object was to restore it as quickly as possible; and as the first step thereto is to calm the nervous system, I prescribed a full dose of tinct. opii in cinnamon water, and relieved the bowels and flatulence by means of a clyster with assa-fœtida in it. About four hours after she had a copious motion, and passed a quantity of wind, but the stomach still continued irritable, and scarcely anything would stay upon it: as the anodyne was rejected, I employed it in a broth

clyster, and ordered the epigastric region to be rubbed frequently with a liniment composed of opium and camphor. These applications, in some measure, palliated the urgency of the symptoms. The next day a degree of tranquillity was restored to the stomach, yet convulsive twitching motions of the muscles were evident. I then advised the administration of broths of the most nutritious kind, divested of all fatty matter, and prescribed small doses of opium, continuing the use of the enemas. In a few days I had the satisfaction to find the stomach more tranquil. And now the primary object appeared to be to obviate a recurrence of the symptoms; which was to be effected by producing a degree of re-action in the *prima via*, by giving small doses of pil. hyd. combined with opium, inf. sennæ, and manna: these evidently procured the greatest relief, as considerable discharges of thick mucus were the consequence. I eagerly pursued this plan for some time, till the alvine secretions denoted that the liver had resumed, in a great degree, its proper functions. The evacuations were

manifestly becoming daily improved in colour and consistence ; and with the use of tonics, in combination with occasional doses of opium and calomel, her health was considerably amended. I then recommended cold bathing, air, and exercise to a degree without experiencing fatigue, which ultimately succeeded in re-establishing her health.

CASE VI.

Miss L., aged two years, had been, for some months, gradually wasting away ; indeed, her case was considered a complete one of atrophy : there was considerable mesenteric obstruction and enlargement ; clay-coloured and costive evacuations ; depraved appetite ; constant peevishness, and great prostration of strength ; she appeared much emaciated, and her case was considered hopeless, as she had been under the care of two eminent medical men in town, who had

prescribed tonic draughts three times a day for seven weeks, and had complained of the neglect of the country practitioner who, previously, had the care of her, although his plan certainly had been attended with less debilitating effects than theirs ; however, she became gradually worse, and was removed into the country again. I was then first requested to visit her, and learned this history of her case. I prescribed the alterative plan of treatment, together with the strictest attention to her diet, and directed it might consist of equal proportions of light animal and vegetable food ; together with air and exercise, and the regular use of enemata, consisting of mutton broth. The result of this plan afforded me great satisfaction, as her recovery became gradual, and I soon saw her quite restored to health.

CASE VII.

Mrs. B., aged 43, the mother of nine children, was attacked, in the autumn of 1822, with violent pains in her head, vertigo, her hearing became affected, and her vision quite impaired ; her appetite was extremely defective, and she suffered great prostration of strength. She was nervous and irritable ; her pulse was hurried, at other times languid and feeble ; her tongue much coated with a white tenacious fur ; considerable tenderness in the epigastric region ; costive and clay-coloured evacuations ; œdematous swellings of the ankles, and a species of hemiplegia, having nearly lost the use of one side of the body. In this deplorable state she had been attended for some months by a respectable medical practitioner, who prescribed tonics and a generous diet, attributing her disease to atony ; but this plan appeared to aggravate all the symptoms so much, that, her vision becoming daily worse, she was ordered to consult an eminent oculist in

town, under whose care she continued for some time ; but he judiciously considering that her blindness arose from some constitutional causes, as he could discover no organic disease of the eye, recommended her to have some other opinion. I was, in the spring of 1823, requested to visit her, and considering her disease as emanating from dyspepsia, which opinion all the symptoms warranted, the usual routine of medical application was commenced, varying them as the circumstances demanded. I also adopted the most rigorous methods as to diet, air, and exercise. I had the good fortune to find my patient possessed of a superior mind ; and my plans having been scrupulously adhered to for three or four months, I soon enjoyed the great satisfaction of seeing an amiable woman restored to health. She has since been occasionally subjected to slight recurrences of her disorder, but, by the adoption of early and decisive remedies, they have as speedily disappeared.

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ever, in the course of a month the glands in the neck became swollen, and ultimately suppurated, and I then ascertained that the liver and bowels were more active, and the symptoms much alleviated. Sometimes, however, the patient was hysterical, at others phthisical: by watching these various appearances, and applying the suitable remedies, her constitution gradually yielded to the treatment adopted, and she has continued well since.

CASE IX.

A GENTLEMAN, 50 years of age, residing in the neighbourhood of Chigwell, had been for several years afflicted with gout. In his habits he was temperate and active; occasionally subject to cough and pain in his chest, but otherwise in the enjoyment of general good health. During the spring of 1838, from long exposure to cold, he was attacked with inflammation of the chest, which,

after considerable difficulty, yielded to active measures, but left him desponding, and exceedingly debilitated. During the succeeding summer he became dyspeptic; the pain in his chest returned; his gouty paroxysms had forsaken him, and he appeared much emaciated; and notwithstanding my earnestly suggesting the alterative treatment and dietetic plan I have frequently alluded to, and expressing my confidence in its success, his family became alarmed, imagining that consumption had fixed its firm seat; and he consulted a physician in London, eminent for the treatment of pulmonary diseases, who at once confirmed their fears, and stated to me, that with his stethoscope he had detected tubercular disease in the lungs. I, of course, bowed to his opinion, and the treatment he suggested was strictly adopted for several months, but certainly without the slightest improvement in health. The patient continued coughing, and the dyspeptic symptoms were all aggravated. In this state they were again induced to adopt the alterative plan, as recommended by me, for several weeks, which so far restored him, that his gout slightly

returned, and he was enabled in the November of that year to undertake a voyage to a warmer climate, still continuing the plan. He returned to England in the May ensuing, perfectly restored, and has continued so ever since. This case appears to confirm the important dominion the functions of digestion possess over the whole system ; and too frequently have pulmonary diseases been confounded with dyspeptic. Even when the predisposition to disease of the lungs does exist, it may be controlled by proper vigilance and attention to the alterative treatment ; for experience has proved that these means will mitigate, if not remove, many of “the ills that flesh is heir to.”

CASE X.

A LADY, 55 years of age, residing in the neighbourhood of Chigwell, had for some time complained of pains in her stomach, restlessness, giddiness, and dimness of vision ; her pulse was

full and slow ; her appetite faulty, indeed a loathing on the appearance of food ; her bowels costive, skin dry, and she had suffered much mental anxiety. On my visiting her I ordered the dose as directed in the first case, which effectually relieved the bowels. She appeared better, and continued improving for several days ; but, after passing a restless night, the pain in her stomach returned, her body became distended, and this was accompanied with considerable flatulent discharges ; her countenance anxious and distressed, with all the formidable train of dyspeptic symptoms. Indeed a more striking case of indigestion could not have been witnessed. In spite of all the remedies, little or no relief could be obtained ; several weeks elapsed, when she was seized with violent vomiting, and voided at least three pints or more of grumous blood and serum ; this of course increased my anxiety and alarm in her case. I then directed perfect repose, with saline effervescing draughts, and small doses of opium, as a cordial, together with a simple farinaceous diet, gentle laxatives of manna, and mucilage of castor oil. To the sur-

prise of her family, she gradually improved. I therefore ventured to prescribe small and debilitating doses of pil. hydr. and rhubarb, with decoction of sarsaparilla, relieving the bowels occasionally with senna and manna, varying this treatment as the state of the secretions required; and with considerable watching and attention to the appearance of the secretions, she was ultimately restored to health.

This case must still further corroborate the proof of the insidious mischief that indigestion gradually commits. The origin and cause were no doubt to be attributed to improper and excessive diet, neglect of the ordinary evacuations from the bowels, and the usual routine of fashionable indulgence in a habit singularly predisposed. Nature relieved herself of the accumulated burthen, though the digestive functions were left irregular and impaired, but the grand restoratives, diet, regimen, and attention to the secretions of the liver, eventually prevailed.

CASE XI.

A YOUNG Lady, aged 26, residing near Chigwell, had been suffering for the last six years with violent pains in the lumbar region, the paroxysms of which were frequently so severe as to require powerful doses of opium and warm baths, which were of course but a temporary relief; her general health was much impaired, and she had scarcely left her couch for the last two or three years; her appetite was impaired, her pulse quick and feeble, the bowels irregular, the biliary secretion defective, and notwithstanding her general amiability of temper, she was peevish and irritable; the uterine functions were much disordered; the urine was limpid and sometimes copious, with a brick-dust sediment. She was much emaciated, and her disease presented one of the most distressing cases I had ever witnessed of indigestion. Her history was most interesting; she had been

attended previously to my seeing her by thirteen medical men, some of the most eminent in the profession, and her case was considered hopeless, the general opinion being that a calculus was lodged in the left kidney, and that the dreadful paroxysms of pain she endured in the lumbar region were attributable to it. Setons and blisters had been employed.

After the opinions that had been given, (and to these I was bound to pay the utmost deference, from the justly acknowledged talents of the men who had formed them,) I could not feel desirous of interfering, still less could I hope that any remedial measures suggested by me would be beneficial; but, considering that the alterative and dietetic systems I have so frequently here explained, could not aggravate the formidable ills that prevailed, I decided upon their adoption. For the first two or three months little benefit was apparent: the distressing paroxysms were, if anything, not quite so frequent or severe. The bowels were more open, although the evacuations retained their slimy, mucous, clay-coloured character; but my patient (for in-

deed she truly was so) rigidly persevered. Months passed on with but occasional relief ; but previous to the expiration of my year's attendance, I had the highest gratification in finding all the symptoms yield. The paroxysms of pain had subsided, the bowels were regular and healthy, and the other important organs had assumed their duties ; so that the poor invalid was amply repaid for her perseverance by her eventual restoration to health ; the result proving in the most striking manner the powerful influence exercised by the digestive functions over the whole frame.

CASE XII.

ELIZABETH MOSS, the daughter of a respectable tradesman at Chigwell, aged 18, had been for the last five years not only totally incapable of walking, but even of standing, or of moving her legs without violent pains. In the spring of last year I was requested to see her. The history of

her case was this : she had five years since complained of gradual inability to walk ; her stomach had continually rejected food ; she was peevish and irritable, and at school declined to mix with her companions ; her countenance was pallid, and her whole frame progressively wasting, and from being one of the most healthy-looking and good-tempered active girls, became indolent, dull, and morose. She got worse and worse under the best medical advice her father could procure, and appeared gradually sinking. Her case excited much compassion in the neighbourhood, and several benevolent ladies prevailed upon her parents to allow them to get her admitted into one of the hospitals in London, where she remained for many weeks. Her spine was blistered, she was put under the slight influence of mercury, electrified, warm baths, cupped, and in fact everything possible was done for her ; but she was brought home much more emaciated, and altogether in a hopeless and distressing condition, and in this deplorable state she remained for five years with little remission of the symptoms. Her appetite had fluctuated much, but her

inability to walk or stand was unaltered, and she had violent pain and a choking sensation in her throat when she attempted. It was in this melancholy state I was requested to see her. I found her pulse feeble and weak, skin dry and horny, tongue white and coated, a sensation of distension and tightness about the epigastrium and præcordium, and a feeling of coldness at the stomach, with flatulence ; the stools were deficient in bile, and the bowels generally irregular, sometimes constipated, at others relaxed: the urine muddy, dark coloured, and depositing a brownish sediment ; the uterine functions from the age of 13 had been irregular and unhealthy. Reviewing as I did all these symptoms with attention, I then examined the spine carefully, but was unable to detect any irregularity or tenderness upon pressure, or indeed any local malady, and I therefore concluded that this was a case of dyspepsia under its most aggravated form and character, and directed my remedies in the most careful manner, beginning with a thorough depletion of the bowels and stomach ; afterwards

I prescribed, under varied circumstances, that mild alterative treatment to which I have so frequently alluded, with animal and farinaceous diet, and directed her to be wheeled into the air every day that the weather would admit. In a few weeks she appeared better, her appetite was improving, her bowels were more regular, and the colour much altered; the liver gradually began to resume its functions, her spirits were better, and her ability to move became evidently increased. She soon attempted to walk with assistance from her bed to the opposite side of the room, and in a few months, to the astonishment not only of myself, but of every one who witnessed her case, she was enabled to resume her domestic duties, and is at this time in perfect health, and quite as capable of walking or running as at any period of her life. This case, viewed physiologically or pathologically, presents an interesting history to all medical practitioners. The morbid sympathy induced by the deranged functions of the liver and stomach upon the brain, was never more powerfully developed. The capability of

motion corresponded with the improved condition of her general health. It is probable that there had been pressure from serous effusion either on the brain or medulla spinalis, and as the improved state of the digestive functions rendered the absorbent system more effective, it also accounted for her extraordinary recovery.

CASE XIII.

A FIELD OFFICER in the East India Service, in consequence of an attack of fever and dysentery, became so much invalided as to be sent to England, in the year 1840, for the recovery of his health. The sea voyage at first appeared to recruit him, but he landed emaciated, enfeebled, and scarcely able to walk. For some months after his arrival he was placed under the most able medical treatment, and had tried change of scene and air and sea-bathing, but he was restless, impatient, and dissatisfied

with every remedy suggested to him, and did but little credit to the justly acknowledged professional talent which he had consulted. But it sometimes occurs to invalids that "trifles light as air may prove confirmations strong." He had read this little volume, and decided upon seeing me in the spring of last year. He appeared generally diseased; his countenance might be denominated as a visceral one; he was dejected, waspish, and irritable; skin yellow and dry; violent cough by paroxysms; pulse hard and quick; abdomen enlarged and tympanic; breathing short on the slightest exertion; depraved appetite; frequent rigors; bowels generally costive, with much discharge of blood; and hæmorrhoids, or piles, which were distressing to him. I at once stated that little more could be suggested for him than that already prescribed by my able predecessors; and unless he had made his mind up to a steady perseverance in the system I should adopt, it would be in vain to commence it; and that I further felt anxious not to take charge of him unless he strictly pledged himself to pursue it. He promised, and I believe fully performed.

The mild purgative system, with cold water injections up the rectum, and a few drops of hydrocyanic acid three times a day, with occasional small doses of opium, soon allayed his extreme nervous irritability. I then directed his diet to be sparing, and to consist of animal and farinaceous food, boiled rice and milk, abstaining from all vegetables ; small quantities of wine of a generous character ; decoction of sarsaparilla, with manna and tincture of cardamoms ; exercise in the air in an open carriage, with sufficient warm clothing ; early rising and retiring to bed ; cheerful society, and, so soon as he was capable, horse exercise. In a few months he became much improved in all his symptoms. I then recommended him a tour to the sea-coast last autumn. He is now quite well, and intends returning to fulfil his military duties in a few months. This is another illustration, that however climate and arduous professional duties may impair the general health, where there is no organic disease, the mild alterative system, with diet and great perseverance, will prevail ; but it is found to be too difficult in many patients to persuade them to

adopt a course so at variance with their general habits, and requiring so much patience and attention to effect a beneficial result.

CASE XIV.

A GENTLEMAN, who had resided many years in the West Indies, applied to me in July last. He complained of severe pain in the præcordium and difficulty of breathing, which he stated had frequently attacked him during his residence in the warm climate, and which had rendered his existence miserable and distressing. He stated that the paroxysms for the last three years had been more frequent, and their effects were gradually undermining his constitution; that he had suffered from an attack of jaundice, and that his medical attendants there had recommended, as the only means of prolonging his life, that he should return to England, and that he had arrived in the autumn of the

year preceding. The change had been most beneficial to him, as well as the medical aid he had recourse to, and for several months he appeared recovering; but he had been attacked with diarrhœa, attended with bloody evacuations (this is a symptom I have frequently remarked in patients who have suffered much from the influence of warm climates), and from that period his general health seemed fast declining. He had tried change of scene and air in vain, became dispirited and dissatisfied; his legs were œdematous; his appetite defective, at other times inordinate; his general appearance emaciated, and his countenance anxious and distressed. In this condition he applied to me. I found his pulse quick and hard; his tongue coated, and his fauces dry; great tenderness about the epigastrium, and the abdomen generally enlarged. His nervous excitement was almost approaching to insanity; his eyes were glassy, and he was becoming hectic. He had grossly neglected his bowels; they were costive and irregular. His urine high coloured and scanty. He complained much of pains in his

loins and legs, and only with difficulty could drag one leg after the other. I commenced the mild purgative system, and ordered also small doses of prussic acid, directing entire abstinence from wine and spirits, a farinaceous diet, with gentle exercise and air, retirement to a little distance from town: he became progressively capable of resuming his animal food and horse exercise; the most formidable ills gradually (though slowly) disappeared, and I found that small doses of pil. hydrarg., with ext. of colocynth, and decoct. of sarsaparilla, most materially contributed to his restoration to health.

I cannot help remarking on this case, how important became the arrangement of his food. At first all animal matter was rejected; but as the bowels were kept free, and the *quantity* of food carefully watched, as well as the *quality*, the stomach was less irritable, and ultimately performed its office.

CASE XV.

AN Officer, aged 62, of high rank in the Artillery, who had served many years in India, and who, previously and subsequently to his return to England, had been much invalided from the effects of climate upon a naturally robust constitution, and who, with great truth and justice, remarked that neither rank nor wealth could compensate for the loss of that most valuable of all human blessings, health, consulted me. He had returned home several years when I saw him, and stated, that although upon the whole he was improved in health, yet that he suffered from violent fits of coughing; that his appetite was most uncertain; that he was weary and fatigued on the slightest exertion; that his nights were restless, and his bowels never evacuated but with medicine; and that he had been a martyr to the piles, with occasional discharges of blood, and that his head-aches were most severe and distressing. He had been cupped and bled frequently,

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the rectum every morning, with other remedial measures which have been so frequently adopted in these cases : and his countenance, which had before been of a yellow cast, assumed a clearer hue ; his spirits improved, and all the truly desponding symptoms were progressively removed ; and I have no doubt that, should he persevere in the rules and regulations I have formed for him, he will eventually be restored to comfort and health. The history of this case perfectly accords with the pathological view I have ever entertained of the morbid influence of warm climates upon European constitutions. The liver either becoming indurated or incapable of the secretion of bile, consequently the vena porta, with all those vessels returning the venous blood from the mesenteric and intestinal vessels, becoming obstructed, sufficiently accounts for such frequent hæmorrhages as are witnessed both from the stomach and hæmorrhoidal veins ; and although the depletion of them by cupping, leeching, or bleeding, is highly beneficial, yet may be regarded as only administering to the effect, and not to the cause.

CASE XVI.

A LADY of fortune, residing in the neighbourhood of Chigwell, and deservedly esteemed for the many amiable qualities that adorn her sex, at the advanced age of 74 was seized with a fit of apoplexy. She had previously complained of pains in her head and giddiness, heat in the stomach, costive state of the bowels, irregular appetite, and general lassitude and debility ; but, considering that these infirmities were the natural concomitants of age, she paid but little attention to them, “ and seemed rather to endure the ills she had, than fly to others we know not of ;” and, therefore, these monitors were disregarded. I was first consulted on her attack, and directed the usual remedies of bleeding, leeching, and purgatives, with considerable benefit ; and although the brain was much relieved, and her speech restored, yet she was paralytic, and her stomach dyspeptic, with all the aggravated train of symptoms arising from pressure.

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but disease entirely controlled. A severe attack of influenza terminated her existence, when she had just completed her 87th year.

On a review of this history it must occur, that had the symptoms she first complained of been promptly attended to, the attack of paralysis might have been warded off; for, if the circulation of blood through the brain could be so controlled by the treatment, even when mischief had arisen, what must be the reasonable inference? Her stomach, liver, and the digestive functions had all become deranged; the blood had been imperfectly formed, and lost part of its *vis vitæ*; congestion consequently took place in the vessels of the brain, producing pressure and paralysis. Thus this case also proves, that at whatever periods of life disease occurs, or whatever description of disorder attacks the human frame, the regulation of diet, regimen, and the management of the bowels, are the most important points to direct our attention to, and the most important advantages to obtain.

CASE XVII.

A GENTLEMAN, residing in the county of Essex, aged 48, had been for the last 20 years suffering from gout: he applied to me about two years since, complaining of loss of appetite, pains in the stomach and right hypochondrium, general debility and lassitude; his nights were restless, his bowels costive, with great depression of spirits; the paroxysms of gout had been more frequent and severe; in short, his constitution appeared to be gradually sinking. He had received temporary relief from many of the usual remedies, both from the pretender and the regular practitioner.

Imagining that his present symptoms were allied to indigestion, he requested me to prescribe for him. I directed the mild alterative system of treatment: gentle exercise in the air; his diet to consist of light farinaceous, with a small quantity of animal food once daily, regular hours of going to bed, and early rising, change of scene, with warm salt water bathing, injections of cold water up the rectum

every morning; his drink to consist of small proportions of brandy in water, taken only during and after his meal of animal food. In a few months his health became much improved; he was cheerful, felt quite equal to his previous exertions, and resumed his horse exercise; but presuming on the absence of all former symptoms, he ventured to deviate from the path of security by joining again the companions of his old irregular habits, into which he soon relapsed, and consequently became dyspeptic and gouty. I then ordered the application of powerful stimulants to the affected parts, with warm water (which I have frequently found highly beneficial in inflammatory attacks of gout), gentle laxatives, &c. He gradually recovered, and although the paroxysms occasionally recur, yet their violence and frequency have been much diminished; his warning symptoms point out to him the remedies; and instead of being a martyr to the gout, his life is rendered comparatively happy by the adoption of the mild alterative system, and by his strictly adhering to the golden rules of temperance and exercise.

CASE XVIII.

A GENTLEMAN, aged 73, a retired and highly respected medical practitioner in the county of Essex, for many years of his life had suffered severely from gout; chalky depositions had taken place in several joints; his legs were œdematous, his nights restless, his bowels generally costive, the evacuation sometimes yeasty and frothy; limpid and copious discharges of urine; the tongue was coated, pulse weak and irritable; his appetite was inordinate, with a great desire for all the luxuries of the table. His habits through life had not been very irregular, yet he had lived freely and well. His constitution appearing to give way under late repeated attacks of gout, I was requested to see him. I placed him upon the plan so frequently introduced here, of regulating his bowels and of dieting himself; I also established a system of purging him twice a week, and recommended as much exercise as he was capable of undergoing. The benefits he derived were never more powerfully evidenced in any case;

for although little chance could be calculated upon of removing his disease at so protracted a period of life, yet his whole system was renovated; and not only were his sufferings much mitigated, but his general health was improved, and the evening of his life divested of many of the distressing effects of low spirits and indigestion.

CASE XIX.

A LADY, the daughter of an eminent surgeon in the county of Essex, came under my care : she had for several years suffered from habitual fits of coughing, wheezing, and difficulty of breathing, and had been as frequently relieved by the usual remedies; but the attacks became more urgent, her general health much affected, and all the symptoms considerably aggravated; her pulse was frequent and wiry, her skin dry and horny, the tongue coated, and the entire train of dyspeptic symptoms presented themselves, with pains in the chest and right hypochon-

drium: in this alarming condition she was confined to her room for several weeks. My first plan was, to relieve the chest by blistering and local bleeding, depleting the system by occasional purgatives, directing a mild and simple diet, and even temperature of the chamber. Although compelled by the urgency of the symptoms to adopt this course for temporary relief, which happily succeeded, my mind was nevertheless powerfully impressed with the opinion that all the mischief arose from indigestion; and I therefore directed my attention to what I conceived the only mode of removing all these formidable evils. For this purpose I prescribed undebilitating doses of mercury and gentle purgatives, occasional counter-irritation on the chest, with bland and nutritious food, and total abstinence from all stimulants. The mild and alterative system was strikingly and beneficially developed; the violent coughing and difficulty of breathing became relieved, the appetite returned, the constitution was improved, and several months have now passed away with perfect restoration to health.

CASE XX.

A DIGNITARY of the Church, in the spring of 1842, aged 67, consulted me. He had been for several years suffering from a most painful and formidable cutaneous disease, which had resisted every remedial measure he had adopted by the recommendation of many eminent practitioners; and in addition to this, he had for some time been attacked with severe head-aches, indigestion, and general visceral derangement. His habits through life had been studious and sedentary. The continuance of his symptoms had at length induced inflammation in one of his legs, which ultimately suppurated, and discharged an unhealthy pus, with considerable excoriation of the skin, fœtor, sloughing to an extensive degree, and ulceration. His stomach was irritable, occasionally rejecting his food; the secretions were unhealthy; his nights painful and sleepless; countenance anxious and depict-

ing great suffering; the pulsation weak and irregular; the heart with difficulty maintaining the circulation of blood to the extremities; the appetite irregular. No one could view this case but with considerable fear and doubt, for at that period of life the symptoms all presented disorganization and decay of nature, and the languid condition of the heart appeared too fully to corroborate this opinion. However, it occurred to me as the only chance of recovery, to direct my remedies to the improvement of his digestive organs, at the same time suggesting the most simple and soothing applications to the wound. My dietary and medical treatment was faithfully observed, and in two months he was enabled to visit Ramsgate, where after remaining for several weeks, he returned home dispirited and uncured, for the sloughing and ulceration had even extended. I confess I felt chagrined and disappointed; but considering that no other course could be advantageously pursued, I varied the treatment but little, only adapting it to any untoward symptom that might occur, watching him with great care and attention.

The disease appeared gradually to yield ; I carefully removed the sphacelated portions from the wound, which assumed a more favourable aspect, and it seemed to serve as an index of the improved state of his general health, for in proportion as the liver, stomach, and other digestive organs approached to a healthy state of action, so did the granulation arise, and the *vis medicatrix naturæ* perfect her work, and in a few months he was restored to health. I was gratified in witnessing a valuable and talented man restored to health and society, and resuming his useful sphere of occupation.

CASE XXI.

A CAPTAIN in the Madras army, residing in a distant part of England, in consequence of ill health had been obliged to return to England ten years since ; he had during that period consulted medical practitioners distin-

guished for the treatment of Indian diseases, but not having obtained any permanent benefit he applied to me about twelve months ago. He appeared much emaciated; his eyes were sunken; skin yellow, hot, and horny; spirits dejected; sometimes irritable; defective appetite, habitual costiveness, with slimy mucous discharges; urine scanty and high-coloured, with brick-dust sediment, sometimes pale and limpid, and in large quantities; pains in the head; confused noises and giddiness; oppression about the region of the heart, stomach, and liver. What formerly imparted pleasure and satisfaction, seemed now to annoy and disturb him; and although he was an officer of great merit in his profession, and of firm mind and integrity, yet it was lamentable to witness the inroad which disease had effected, not only in his constitution, but in his hitherto amiable and considerate disposition. I directed purgatives, to be continued alternate days for some time, with a mild nutritious diet and regimen; small quantities of brandy-and-water; the introduction of a pint of cold water up the rectum

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CASE XXII.

Miss J., residing in the neighbourhood of Chigwell, in the autumn of 1841 was attacked with violent pains in her chest, difficulty of breathing, fever, and general derangement of all the digestive functions, which was followed by severe coughing, and frequent expectoration of blood to a considerable degree. The febrile symptoms were urgent, requiring prompt and decided antiphlogistic measures, which ultimately prevailing, left her in a state of extreme debility. Loss of appetite, paroxysms of coughing, and frequent hæmorrhage. I then directed my remedies to allay the pulmonary irritation, by gentle laxatives, counter excitement, &c. The fever happily subsided, but left her dyspeptic, with partial suppression of the uterine functions. I now adopted the mild alterative plan, and although the symptoms of pulmonary disease

frequently presented themselves, yet she continued improving during the winter. In the spring, I recommended a change to the sea air of Brighton, which benefited her much. In the autumn of last year, some of her former symptoms again appeared, but were soon controlled by having recurrence to the former remedies ; and for the last five months she has remained perfectly well. In considering the various symptoms of this case, it must afford an additional evidence of the great sympathy between the pulmonary and digestive organs ; for as her general health improved, so the cough, expectoration of blood, and other characteristics of consumption vanished. I fear that too many cases of a similar nature are mistaken for a disorganization of the lungs, when they are induced by the disordered functions of digestion. My patient possessed a superior mind, which tended in no small degree to her recovery.

CASE XXIII.

MR. B., a gentleman now residing at Chigwell, had suffered for the last twenty years from all the distressing symptoms of indigestion; his case had frequently been considered hopeless by many of the medical profession, and although he had been temporarily relieved, he never had recovered, but was a martyr to this deplorable malady. In the spring of last year, he was induced to apply to me. I found him in a state of extreme debility; tenderness in the epigastric region; hot and dry skin; jaundiced appearance of the *tunica conjunctiva*; countenance full of anxiety; pulse hard, quick, and feeble; frequent and considerable discharges of blood from the rectum; costive and knotty evacuations from the bowels; urine scanty and high coloured. His mouth and tongue parched and coated; great tenderness about the liver, and, as I fancied, considerable enlargement and induration; and in-

deed a mass of more disease, or a case of greater difficulty, could scarcely have presented itself. My first mode of treatment was to evacuate the bowels by gentle laxatives, ordering mucilaginous drinks and simple farinaceous food; I then directed mild mercurial friction on the right side, considering that by stimulating the liver, I might to a certain extent prevent the formidable discharges of blood from the rectum, by relieving the obstructed portal circulation: every variety of untoward symptoms occurred, which were to be combated only by constant and vigilant care; the main point, viz. the improved condition of the digestive functions, was never lost sight of. The mild alterative system was rigidly adopted. The strictest attention to diet was observed. Cold injections every morning were thrown into the rectum; and ultimately the remedies in the most triumphant manner subdued the disease, and the patient, at this time, is in a state of convalescence.

CASE XXIV.

A GENTLEMAN of considerable reputation at the bar, between 40 and 50 years of age, had been for many years a martyr to spasmodic asthma. I believe there was scarcely a remedy he had not tried, or a physician of any eminence that he had not consulted. Two years ago, the disease had made such innovations upon his general health, that he was, as a last resource, recommended by his physician to try the effects of a continental tour, and a residence in the more genial climates of Italy and Switzerland. He continued abroad for many months, sometimes exchanging the mountain air for the valley; but the attacks returned in spite of all his perseverance, and he was frequently compelled to submit to bleeding to allay the severity of the paroxysms. In August of last year he returned to England, without having experienced the slightest benefit; and despairing of any remedies from the usual medical routine, he was induced to adopt a peculiar system of empiricism

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formidable array. But his mind was calm and he possessed great fortitude and patience, for a murmur never escaped him.

The first object to attain was to allay the severity of the paroxysms of dyspnœa, and which, by the usual remedies, was happily accomplished. I then prescribed purgatives to be taken on alternate days for a week, and afterwards the mild alterative mode of treatment, to be followed with the strictest attention to diet. A few weeks passed on with diminished suffering; the general health bore decided marks of improvement, and in a few months this gentleman was so far restored to health, that he not only remained in his native country, but was enabled to resume his professional duties. The treatment of this important case will, I conceive, fully justify the remarks I have deemed necessary to introduce on the subject of Asthma; and I content myself with referring the reader to them.

CASE XXV.

A GENTLEMAN residing at Wanstead, aged 45, consulted me in January 1842. He had been suffering for several weeks with pains in his limbs, loss of appetite, general debility ; he was much emaciated, his countenance dejected and tinged with a yellow hue ; his eyes sunken and glassy, the *tunica conjunctiva* yellow ; the skin hot and dry ; his nights restless ; pains in his right shoulder ; the evacuations from the bowels slimy, with muco-purulent discharges ; the urine scanty and high coloured, with a brick-dust sediment ; his mouth parched and tongue loaded. The case presented a melancholy aspect, and was deeply interesting to me, for as a neighbour and a friend I had enjoyed the society of the patient for twenty years ; he was a person of great mental attainments, and had been distinguished for manly exercises ; the contrast was painful in the extreme ; his patience and fortitude never forsook him, yet the ravages that disease had

made were too evident. The disorder had been in existence for several years, and had now reached its climax. For many weeks the remedies appeared to have little effect. Notwithstanding he was purged twice a week, and on the intermediate days the alterative system was adopted, he continued dyspeptic, and manifested scarcely any desire for food. In three months he was much improved to all appearance, and then, suddenly, an attack of rheumatism seized him; his limbs became swollen, and he was confined to his bed. These paroxysms recurred frequently during the year 1842, and were very disheartening; his friends became very anxious, and I could not myself conceal the fears and doubts which I entertained of his recovery. Happily the steady perseverance in the remedies and diet suggested finally prevailed, and I had the gratification of seeing a valuable member of society restored to his sphere of usefulness.

CASE XXVI.

A LIEUTENANT in the Bengal Artillery arrived in England last December, for the purpose of placing himself under my care. He was much emaciated, and fears for his recovery had been entertained throughout the passage, as he appeared to be gradually sinking. He was a mere skeleton; his eyes were sinking, yellow, and glassy; his skin was dry and horny; his pulse feeble and quick; his tongue loaded with a white tenacious fur; foetor of the breath; constipated bowels, with discharges of blood and piles; urine scanty and high-coloured; respiration hurried and quick; pain and constriction in the region of the heart, and palpitations. A more awful effect of an Indian climate upon a European constitution could not have been contemplated; great caution was therefore required in the management of so fragile a subject. I directed him to have his residence in the vicinity of London; that he should be occasionally taken out in a carriage; that his diet should consist of farinaceous food and animal jellies; all stimulants to be avoided;

perfect repose and quietude ; and his mind to be amused with music or reading. I then ordered enemas of mutton broth to be thrown up twice daily ; and for the first month, gentle laxatives of manna and senna occasionally to be taken. He appeared to rally under this simple plan. At the end of a month I was enabled to commence my mode of treatment. Mercurial frictions were employed for a month, every other night, over the region of the liver, until a slight degree of ptyalism was induced. During the next month I prescribed my usual alterative doses, and made slight alterations in his diet. By this time he was enabled to take exercise with but little comparative fatigue. His spirits, which had been much dejected, were improved ; there were, occasionally, paroxysms of despair (a symptom I have frequently witnessed in these tropical diseases), but eventually, after a rigid attention to the rules suggested, he completely recovered, and is now sojourning with his family in Devonshire, prior to his return to India.

THE foregoing cases will afford sufficient testimony of the efficacy of that mode of treatment which I have recommended, and which appears to be most calculated to alleviate the varied and distressing symptoms enumerated. And now, by way of enforcing more fully the grand object to be acquired in treating of these diseases, viz. the obtaining a due and healthy action of the digestive organs (whose derangement must be considered as forming its basis), I shall enumerate the most essential remedies.

First, The food should be proportioned to the state of the stomach, both as to quantity, quality, and frequency. "Nothing more is requisite for this purpose than to live up to the simplicity dictated by nature, which teaches us to be content with little; to pursue the medium of holy abstemiousness and divine reason, and to accustom ourselves to eat no more than is absolutely necessary to support life; considering that what exceeds this is disease and death, and done merely to give the palate a satisfaction which, though but momentary, brings on the body a long and lasting train of disagreeable

sensations and diseases, and at length kills the soul*." Too much attention cannot be paid, either to the character of the food, or to the frequency and quantity; and we should always remember that the greatest and most serious ills have been produced more by repletion than inanition. Dr. Combe says, "It would be a mere waste of time to lay down any exact diet for general adoption: men differ so much from each other, and in their employments, ages, and modes of life, and the same individual differs so much at different times, even from himself, as to render any invariable rule a sheer absurdity." After each meal, the patient should be indulged by sleeping, in a gently reclining position, as digestion goes on more rapidly when the mind as well as the body is unemployed †. This fact has been fully proved by some experiments made by the late Professor of Anatomy in the University of Cambridge, Sir Busic Harwood. He fed two

* Lewis Cornaro on Health and Longevity.

† "Semper autem post cibum conquiescere ac neque intendere animum, neque ambulatione quamvis tenui dimoveri." — *Celsus*, lib. i. p. 23.

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quently was, appeared to enjoy it. The former soldiers soon gave way under long-continued or harassing marches ; while the latter, with the same exertions, contended against the exhaustion made on their animal powers, and were but little affected.

Walking and horse exercise must be regarded as most important objects in regulating the animal œconomy ; and it has been a matter of general observation, that persons, whose duty has imposed upon them the necessity of daily walking a certain number of miles, have been less susceptible of disease, and their lives have been prolonged beyond the usual scale of human existence : while also, the Arab, whose life is passed upon “ his fiery steed,” bids defiance to the “ warring of elements,” endures fatigue without suffering, enjoys uninterrupted health, and subsists on the most precarious supply of food.

A sportsman, habituated to ease and luxury, will rise with the sun, undergo the most laborious exercise in hunting a stag, hare, or fox, for the space of half a day, not only without fatigue, but with benefit to health, owing to the

amusement and hilarity which the mind enjoys ; but were the same gentleman compelled to go through half as much exercise which afforded no amusement, his fatigue and disgust would be insupportable. This is every day the miserable experience of men who were once engaged in the habits of industrious trade and bustle, and whose success and wealth have encouraged and enabled them to retire from business : they find life a burthen, and, not having a pleasing object to encourage exercise, they acquire a painful *ennui*, and find they have exchanged the *otia* for the *tædia vitæ*. It is here that various exercises have been suggested as *succedanæa* ; but, alas ! they all fail, because they want the pleasurable zest. The dumb-bell is tugged, the feet and legs are dragged along the walks and avenues of a garden, but alike uselessly*.

Secondly, The biliary secretion should be correct, both as to quantity and quality ; and in cases where the liver has imperfectly performed its office, the advantages of undebilitating doses of mercury must be apparent by the visible

* Dr. Kitchener's Art of Invigorating and Prolonging Life.

alterations in the colour of the evacuations, from having the appearance of clay, and then assuming that of wetted rhubarb, which is to be considered as one of its most healthy indications. The precise qualities of the biliary secretion have never been fully developed: some physiologists have asserted that it is intended to be mixed up with the chyme, after it has passed through the pylorus, to supply the deficient principles of the blood*; while others have given it as their opinion, that it is for the purpose of lubricating the intestinal coat, and gradually exciting its peristaltic action, as it is observed in constipated habits to be very defective†: thus much may be remarked, as the liver is the largest organ in the body, it would argue an absurdity in the animal economy, not to infer that it had a most extensive and most important office to perform. It would appear presumptuous in me to offer an opinion

* Richerand's Elements of Physiology, p. 183.

† The bile seems to be a necessary stimulus for the peristaltic motions of the intestines; for where its flow is arrested, constipation is the result.—Müller's Physiology, p. 556.

on a subject that has engrossed the attention of so many learned and eminent men ; but thus much, perhaps, I may be allowed to observe, that, in all cases, the gradual improvement in the secretion of the liver is accompanied by a corresponding amendment in the general health of the patient ; and consequently the effecting of that improvement may be ranked as the *sine quâ non* of the medical art.

Thirdly, The evacuations from the bowels should take place regularly once in twenty-four hours. This would seem of importance to ensure a continuance of health : and must be of equal, or rather of much greater importance, when the irritating qualities of crude and undigested food, lodging in the intestinal canal, affect and obstruct the whole system ; the removal of such obstructions becomes indispensable. Hence the necessity of frequent evacuants. Dr. Armstrong, in his excellent work on fevers, has proved that repeated purgatives, after violent febrile attacks, by removing all crudities, improve the secretions, and consequently increase the powers of digestion.

It may be argued, if sleep is so essential to digestion, why avoid suppers? But I would observe, at that period nature requires rest, to compensate for the waste of the body during the exertions of the day; and it is too much to impose on the system the additional duty of digestion, instead of leaving it to its repose: independently of this, there is an increased volume of blood determined to the head by the pressure of a distended stomach on the aorta; and, as the brain is thus compressed, such a state must not only interrupt the functions of that organ in the distribution of its blood for the repair of different parts of the body, and, consequently, destroy that equilibrium in the circulation which is essential to the maintenance of health, but frequently occasion all the symptoms of apoplexy, and ultimately sudden death. Indeed, when this equilibrium is impaired, that organ which may be most deranged in its functions, and, consequently, predisposed to assume any improper bias, appropriates to itself the balance so lost, and becomes the seat of disorder, in proportion to the nature and extent

of its office. Hence, we often witness the baneful effects of cold occasioned by wet feet, or any check to the secretions of the skin. The part receiving the injury does not become the seat of disease, but the brain, lungs, liver, or any organ most susceptible of morbid action, becomes the object of attack. By due attention to these important points, the patients feel themselves proportionably relieved; and this is generally considered as forming the most infallible criterion of returning health.

In further animadverting on the disadvantages arising from dram-drinking, tea-drinking, and other habits, which are become so general, and prove so highly detrimental to all the nervous and muscular energy in the human frame, I cannot enforce the necessity of attending to these observations better than in the words of the celebrated Haller:—
 “ We see thence how a weakening of the fabric, by excess of dram-drinking, tea-drinking, and lewdness, has reduced the old athletic British constitution of our ancestors, to the modern puny tenerity of habit, obnoxious daily to a

train of nervous and other disorders, almost unknown to our progenitors*.”

Since the first publication of these observations, considerable light has been thrown upon the process of digestion by the experiments of Dr. Beaumont, of the United States; he had the rare opportunity of studying, during several years, the process of digestion in a man named St. Martin, who came under his care in consequence of having received a gun-shot wound, which left an opening two inches below the left mamma, in a line drawn from that part to the left spine of the ileum, which communicated with the stomach at its upper part, near the upper extremity of the great curvature, and three inches from the cardiac orifice. The borders of the opening into the stomach, which was considerable, had united, in healing, with the margins of the external wound; but the cavity of the stomach was at last cut off from the exterior by a fold of mucous membrane, which projected from the upper and back part

* Mihles' Translation of Haller's Physiological Lectures, vol. i. p. 28.

of the opening, and closed it like a valve, but could be pushed back by the fingers. If, while St. Martin lay on his back, pressure was made with the hand in the situation of the liver, and the body turned at the same time on the left side, bile flowed through the pylorus, and could be drawn off by an elastic gum tube introduced into the stomach: sometimes too, though rarely, bile was found mixed with the gastric juice, when the above manœuvre had been practised. Chyme was obtained from the stomach by applying the hand to the lower part of the epigastric region, and directing pressure upwards. When the stomach was full, mere pressure upon the valvular fold which closed the opening was sufficient to cause an escape of the contents. The stomach while empty could be explored to the depth of five or six inches by artificial distension. The food and drink could in this manner be seen to enter it. Dr. Beaumont has kept a complete journal of the digestive process in this man. The following Table shows the time required for the digestion of different kinds of food which were taken.

A TABLE showing the Mean Time of Digestion of the different Articles of Diet.

ARTICLES OF DIET.	PRE- PARATION.	MEAN TIME OF CHY- MIFICATION.	
		<i>hours. min.</i>	
Rice - - - - -	boiled -	1	0
Pigs' feet, soused - - - - -	boiled -	1	0
Tripe, soused - - - - -	boiled -	1	0
Eggs, whipped - - - - -	raw -	1	30
Trout, salmon, fresh - - - - -	boiled -	1	30
Trout, salmon, fresh - - - - -	fried -	1	30
Soup, barley - - - - -	boiled -	1	30
Apples, sweet, mellow - - - - -	raw -	1	30
Venison steak - - - - -	broiled -	1	35
Brains, animal - - - - -	boiled -	1	45
Sago - - - - -	boiled -	1	45
Tapioca - - - - -	boiled -	2	0
Barley - - - - -	boiled -	2	0
Milk - - - - -	boiled -	2	0
Liver, beef's, fresh - - - - -	broiled -	2	0
Eggs, fresh - - - - -	raw -	2	0
Cod fish, cured dry - - - - -	boiled -	2	0
Apples, sour, mellow - - - - -	raw -	2	0
Cabbage, with vinegar - - - - -	raw -	2	0
Milk - - - - -	raw -	2	15
Eggs, fresh - - - - -	roasted -	2	15
Turkey, wild - - - - -	roasted -	2	18
Turkey, domestic - - - - -	boiled -	2	25
Gelatine - - - - -	boiled -	2	30
Turkey, domestic - - - - -	roasted -	2	30
Goose, wild - - - - -	roasted -	2	30
Pig, sucking - - - - -	roasted -	2	30
Lamb, fresh - - - - -	broiled -	2	30
Hash, meat and vegetables - - - - -	warmed -	2	30
Beans, pod - - - - -	boiled -	2	30
Cake, sponge - - - - -	baked -	2	30
Parsneps - - - - -	boiled -	2	30
Potatoes, Irish - - - - -	roasted -	2	30
Potatoes, Irish - - - - -	baked -	2	30
Cabbage, head - - - - -	raw -	2	30

ARTICLES OF DIET.	PRE- PARATION.	MEAN TIME OF CHY- MIFICATION.
		<i>hours. min.</i>
Spinal marrow, animal	- - boiled	2 40
Chicken, full grown	- - fricaseed	2 45
Custard - - -	- - baked	2 45
Beef, with salt only	- - boiled	2 45
Apples, sour, hard	- - raw	2 50
Oysters, fresh	- - raw	2 55
Eggs, fresh - -	- - soft boiled	3 0
Bass, striped, fresh	- - broiled	3 0
Beef, fresh, lean, rare	- - roasted	3 0
Beef-steak - -	- - broiled	3 0
Pork, recently salted	- - raw	3 0
Pork, recently salted	- - stewed	3 0
Mutton, fresh -	- - broiled	3 0
Mutton, fresh -	- - boiled	3 0
Soup, bean - -	- - boiled	3 0
Chicken soup -	- - boiled	3 0
Aponeurosis - -	- - boiled	3 0
Dumpling, apple	- - boiled	3 0
Cake, corn - -	- - baked	3 0
Oysters, fresh -	- - roasted	3 15
Pork, recently salted	- - broiled	3 15
Pork-steak - -	- - broiled	3 15
Mutton, fresh -	- - roasted	3 15
Bread, corn - -	- - baked	3 15
Carrot, orange -	- - boiled	3 15
Sausage, fresh -	- - broiled	3 20
Flounder, fresh	- - fried	3 30
Catfish, fresh -	- - fried	3 30
Oysters, fresh -	- - stewed	3 30
Beef, fresh, lean, dry	- - roasted	3 30
Beef, with mustard, &c.	- - boiled	3 30
Butter - - -	- - melted	3 30
Cheese, old strong	- - raw	3 30
Soup, mutton -	- - boiled	3 30
Oyster soup - -	- - boiled	3 30
Bread, wheat, fresh	- - baked	3 30
Turnips, flat - -	- - boiled	3 30
Potatoes, Irish -	- - boiled	3 30
Eggs, fresh - -	- - hard boiled	3 30

ARTICLES OF DIET.	PRE- PARATION.	MEAN TIME OF CHY- MIFICATION.
		<i>hours. min.</i>
Eggs, fresh - - - -	fried -	3 30
Green corn and beans - -	boiled -	3 45
Beets - - - -	boiled -	3 45
Salmon, salted - - - -	boiled -	4 0
Beef - - - -	fried -	4 0
Veal, fresh - - - -	broiled -	4 0
Fowls, domestic - - - -	boiled -	4 0
Fowls, domestic - - - -	roasted -	4 0
Ducks, domestic - - - -	roasted -	4 0
Soup, beef, vegetable, and bread	boiled -	4 0
Heart, animal - - - -	fried -	4 0
Beef, old hard, salted - -	boiled -	4 15
Pork, recently salted - -	fried -	4 15
Soup, marrow-bones - - -	boiled -	4 15
Cartilage - - - -	boiled -	4 15
Pork, recently salted - -	boiled -	4 30
Veal, fresh - - - -	fried -	4 30
Ducks, wild - - - -	roasted -	4 30
Suet, mutton - - - -	boiled -	4 30
Cabbage - - - -	boiled -	4 30
Pork, fat and lean - - -	roasted -	5 15
Tendon - - - -	boiled -	5 30
Suet, beef, fresh - - -	boiled -	5 30

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