

**The Hygeian treatment of the most prevalent diseases of the West Indies,
and of warm climates generally / [Anon].**

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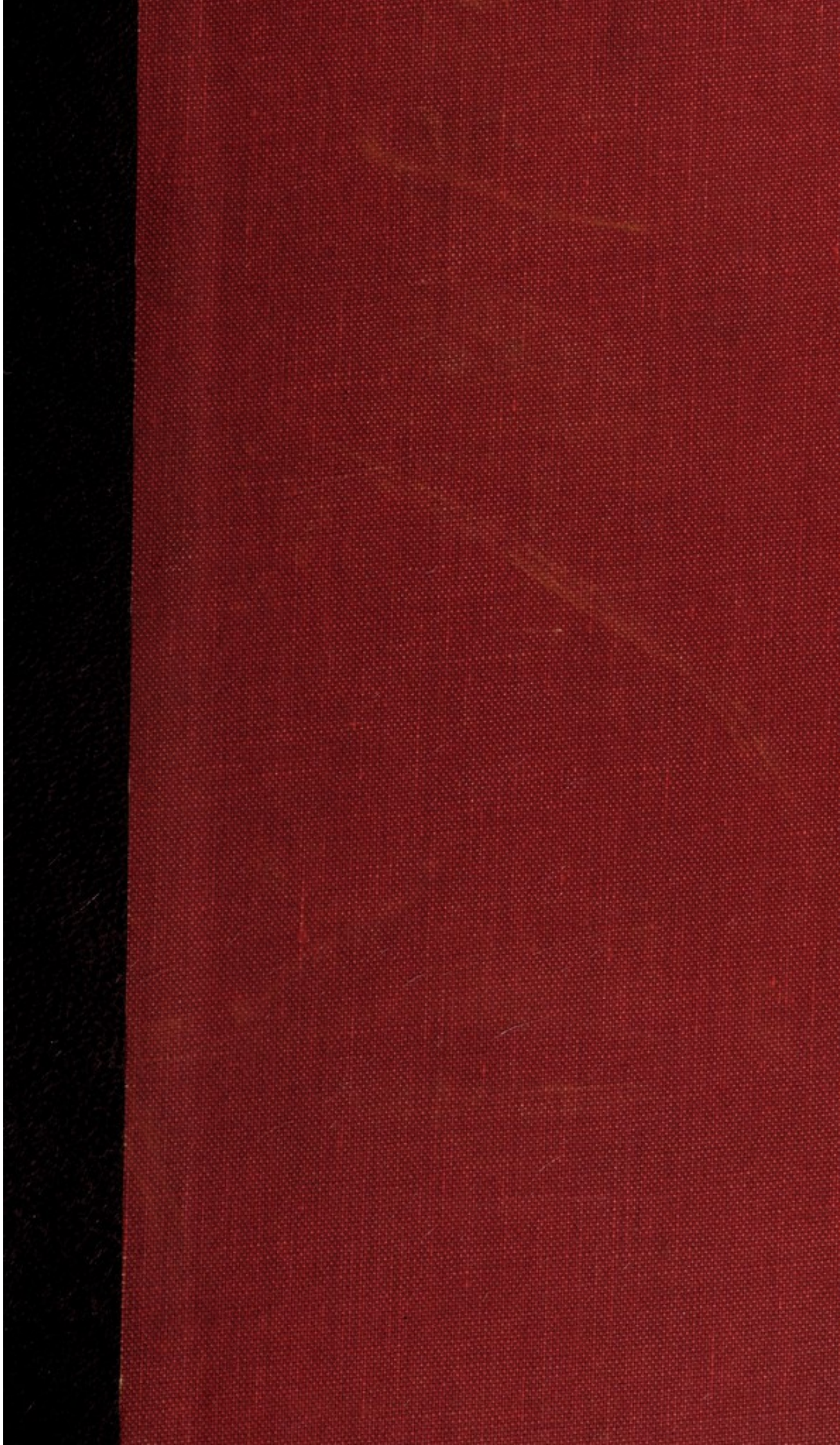
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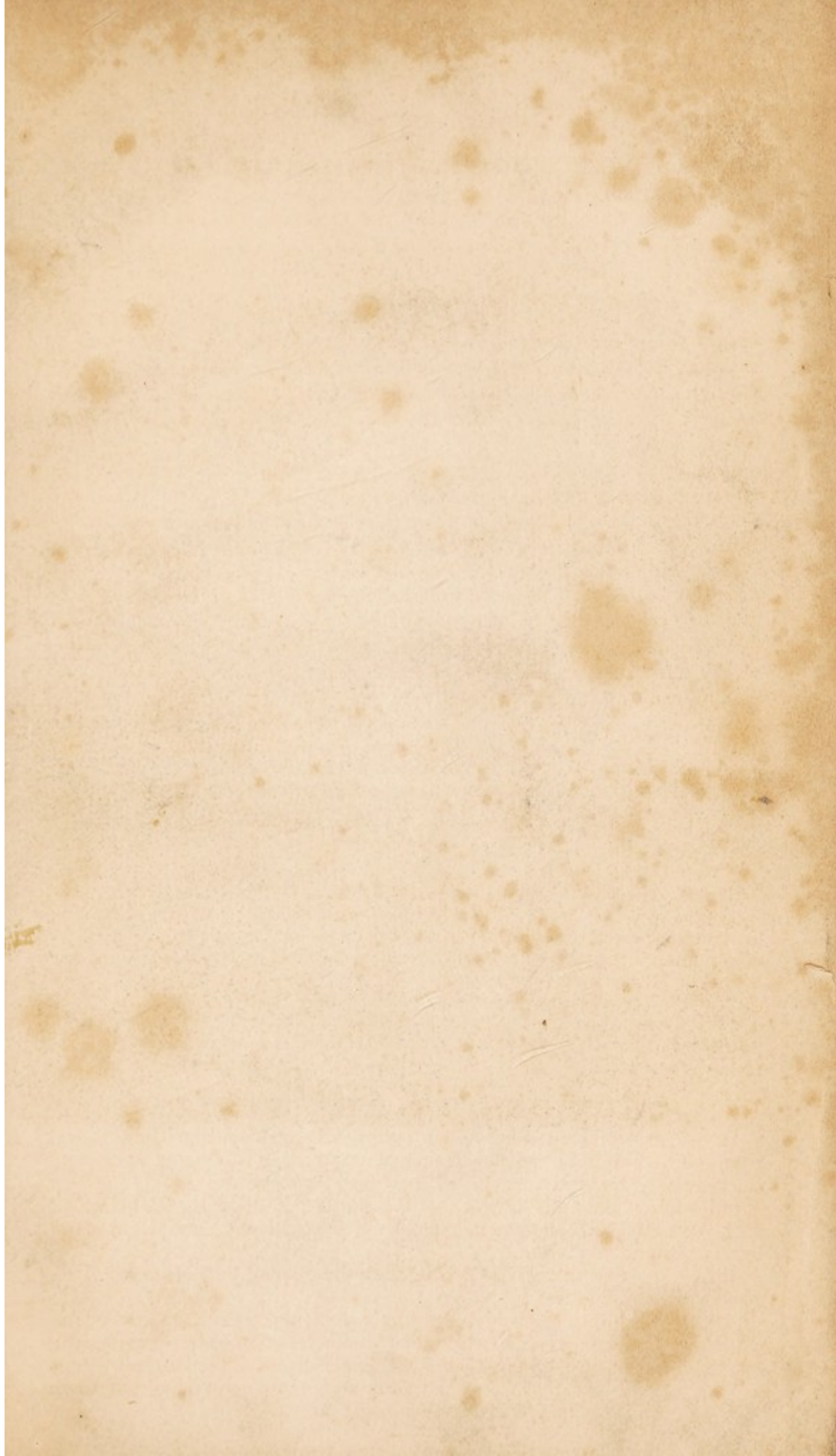


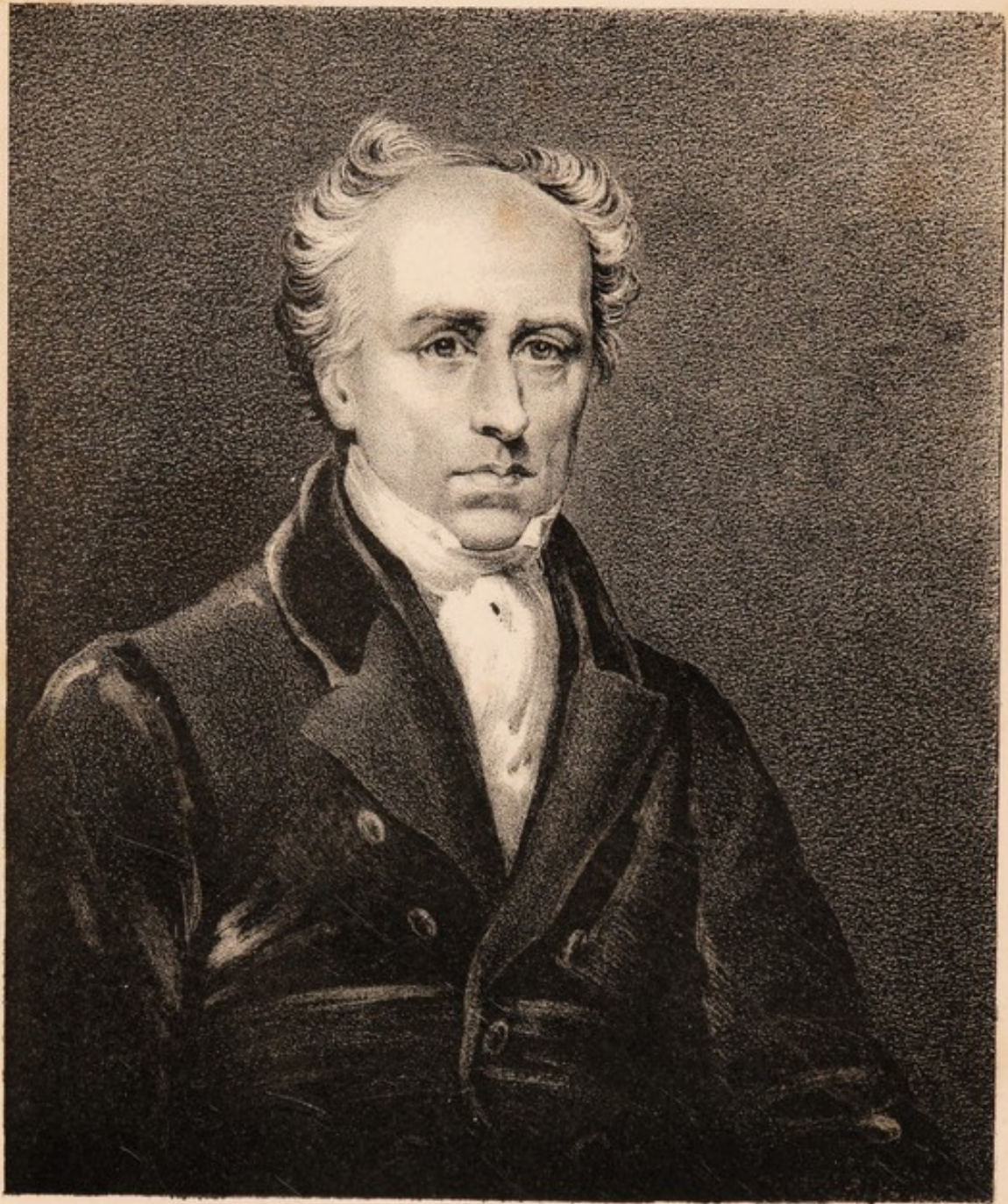
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JAMES MORISON ESQ^{RE}
THE HYGIENIST.

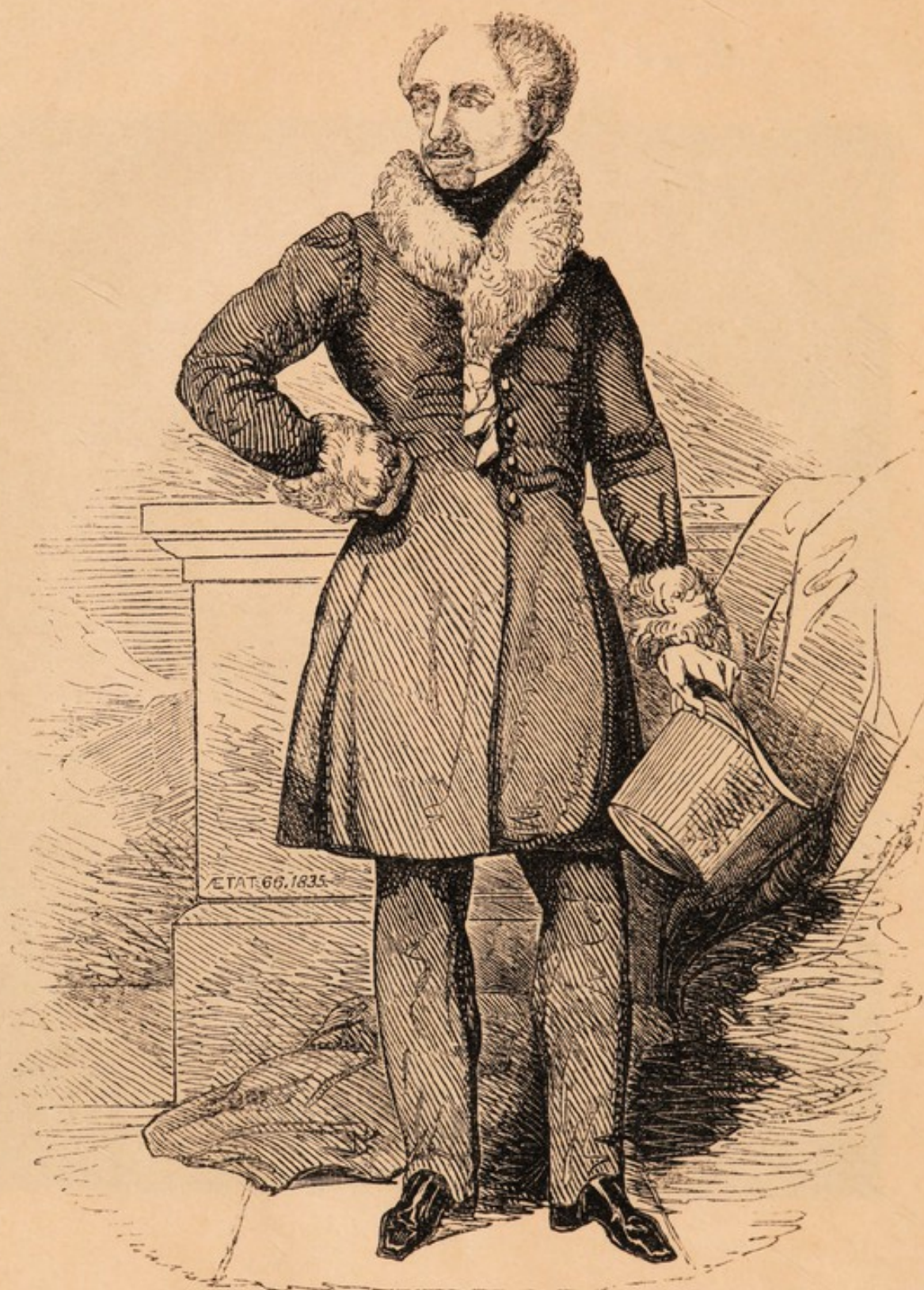
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THE HYGIENIC
PRACTICE OF THE BIRTH CONTROL



MR. MORISON,
THE HYGEIST,
President of the British College of Health.

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THE
HYGEIAN TREATMENT
OF THE
MOST PREVALENT DISEASES
OF
THE WEST INDIES,
AND OF
WARM CLIMATES GENERALLY.

“The safer way to understand Physic is to consult Nature herself in the
history of diseases.”—LOCKE.

LONDON:
PRINTED BY GEORGE TAYLOR, LITTLE JAMES STREET,
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Printer to the British College of Health.

1836.

MEDICAL GLOSSARY.

An Explanation of Technical Words used in this Work.

- ABDOMEN.* The belly.
- Albugineous.* Transparent whiteness.
- Cæcum.* The blind gut.
- Capillaries.* Minute veins.
- Colon.* The first of the large intestines.
- Diaphanous.* Transparent, clear.
- Duodenum.* An intestine.
- Dyspnœa.* A difficulty of breathing.
- Epigastrium.* The upper fore part of the belly, reaching from the pit of the stomach nearly to the navel.
- Formication.* A pricking in any part of the body like the stinging of ants.
- Hepatic.* Belonging to or proceeding from the liver.
- Hypochondria.* That part of the body which lies under the cartilages of the spurious ribs.
- Hypochondrium.* The same.
- Lamellæ.* Film.
- Omentum.* The caul covering the intestines.
- Pelvis.* The inferior part of the cavity of the belly.
- Peritonæum.* A membrane which lines the belly.
- Peritonitis.* An inflammation of the peritonæum.
- Præcordia.* The division between the thorax and abdomen.
- Prolapsus Ani.* A falling down of the anus.
- Reticulum.* Having the form of a small net.
- Scalpel.* An instrument used to scrape a bone.
- Scapula.* The shoulder blade.
- Scirrhus.* A hard tumour, an induration of any part.
- Sphacelation.* Mortification.
- Stranguary.* A discharge of urine by drops, attended with pain
- Tenesmus.* A continual painful urging to go to stool without a discharge.
- Tension.* The distention of a part.
- Thorax.* The breast or chest.
- Tormina.* The gripes.
- Tunica.* A skin.
- Viscera.* The bowels.

THE HYGEIAN TREATMENT
OF THE MOST
PREVALENT
DISEASES
OF
THE WEST INDIES,
AND OF
WARM CLIMATES GENERALLY.

THIS brief Hygeian publication is particularly addressed to those individuals who are exposed to the ravages of disease as it appears in the torrid zone. We are indebted for much of the matter to several eminent men, who have devoted a long series of years to practical and pathological researches beneath the enervating influence of a vertical sun, though surrounded by so many temptations to indolence and luxury.

The following is a concise view of the Hygeian theory, or the elements of true physiology :

ORIGIN.

Hygeianism is but of recent date. It originated

with Mr. JAMES MORISON, of Aberdeen, and was by him first promulgated in 1825. This gentleman was for thirty-five years, the subject of a deeply-seated disease, which baffled the utmost skill and exertions of more than fifty of the most eminent practitioners of the faculty in various countries. Forty years ago he consulted the celebrated Dr. John Hunter of London, who himself laboured under and died of a similar disease, but he neither knew how to cure himself nor Mr. Morison. By Hygeianism alone Mr. Morison cured himself of a malady of so long standing, from which, probably, no mortal before him ever recovered.

Thirty-five years' inexpressible sufferings, both of body and mind, is an event which falls to the lot of few. But we shall do better in making use of the Hygeist's own words :—

“ A thirty-five years' inexpressible suffering, both of body and mind, is an event, too, which falls but to the lot of few, if of any at all. Had it pleased God to call me out of this world eight years ago, I should have died as another man, and been forgotten, and the world could have reaped no benefit from my case and misfortunes, nor from the favourable effects produced by the same means on my children. This is a guarantee to the world not often to be met with, and a convincing proof of the motto prefixed to this advice, that ‘ health and old age are within the reach of us all.’

“ I had passed my fiftieth year before I first saw the light—the true light that guided me to health ; and from my sixteenth year, I had passed a life of disease, physical misery, and woe. During that long period, I thought, believed, and acted as others do who are in search of health :—boarding schools, confinement, and costiveness, were the parents that gave birth to my disease. After a lapse of five years, from sixteen to twenty-one, passed in a neglected state, and when disease was rooted in my body (for people, and I myself then, consider the diseases of the body like a pear on a tree, and that they must be allowed to come to their full maturity before they are to be touched or meddled with), I began to run the gauntlet of all the remedies which physicians of all countries are in the habit of prescribing. Beginning with change of air, country amusement, and exercise, anthelmintics, or vermifuges, mercurial and mineral purges ; the scene was changed into stomachics, bitters, port wine, and beef-steaks, shower cold bath, chalybeates, and mineral waters. Then came change of climate—from a cold climate to the torid zone : no alteration. Next succeeded mercury in all its shapes—salivation, valerian, æther, bark in abundance, laxative pills just to move the bowels, assafœtida : then poverty of diet, scarcely any thing but vegetables and water. Nothing had any effect in giving me ease. At another time, a renowned M. D. or Surgeon of this town, and of noted eccentricity, restricted me to a diet of a tea-cup-

full of bread and milk for breakfast ; and for dinner, a basin of soup with bread and meat, the whole only to be of volume even to fill the basin. Half an ounce of salts every morning, and a glass of cascarilla bark before dinner, were the medicines to accompany this diet of an anchorite, which were thought the *ne plus ultra* of medical skill—along with particular injunctions at what hour to take exercise, and at what hour to sit still ; and thus setting forth at the same time that relaxing, bracing and starving, could not fail to restore nerves, and organs of digestion, and give to the machine new life and ease. But many months of this made me no better, but worse. My doctors began to be at their wit's end ; but they never want a refuge when disease is obstinate, and does not choose to obey their prescriptions. It was then imagination—nothing can be done ; go about your business, occupy yourself with business and employments, and learn to bear your sufferings. Total want of sleep, constant beating and uneasiness about the heart, dejection, the feeling of something like a bar across the lower part of my breast, no relish for amusement nor any thing else, costiveness—all these diseases together were nothing to their sapient eyes and ears, accustomed to hear such complaints daily ; but the sufferer does not content himself with such language. The next thing was, for these great oracles of Epidaurus, to find, in the formation of my chest, the cause of my complaint and constant uneasiness. Then the truss maker, or

steel stays maker, was set to work: steel jackets were made to spread out my bones of the chest, and give to the heart full scope to play. This appeared to me then, a high effort of genius, and showed the resources of their medical art; and I blessed the men, who, thus devoting themselves to the research of knowledge to cure our diseases, evinced so much science. What does not the poor sufferer grasp at? But, alas! my chest would not open, the bones would not spread out. Reader, I suppose you think you have heard all, and that I must in good earnest declare, and think myself incurable. So I well nigh did and thought; but disease is a cloak you cannot carry about you unseen. So it happened to me—one's features, the eye, the gait, the complexion—every thing announces it when the body is out of order; and I was then still young, and had a right to ease, and even to health. This attracted the attention of an eminent medical man, in a large town, where I then was, and whom I had seen accidentally: this was twenty years ago. He soon displayed his science by finding out a cause for my complaint, which none of his predecessors had yet thought of. A cure or operation of such importance was not, however, to be undertaken by one alone, and a medical board was formed of two physicians and two surgeons, and all in high repute: and what do you think their unanimous decision was? Only to make a hole or incision at the pit of the stomach, arrive at the cartilage which is

there, lift it up and cut off its point ; giving plausible reasons that the cartilage was too long, rubbed upon the stomach, and caused the beating, irritation, want of sleep, &c., &c., which I invariably complained of. Guided by such Mentors, and men of science too, I consented to submit ; one night's good rest and sleep, I thought, would repay me for all the danger I ran ; such was my calculation and eagerness to get well. The operation was begun, of which I bear the mark to this day ; but on advancing, the scientific gentlemen got frightened at the danger, and abandoned me to the care of another surgeon to heal up the wound. This was a shock hard to bear ; such a disappointment after my sanguine hopes. What was to be done ? suicide ? Nature and religion both revolt at it. Thus I continued, year after year, struggling with disease—my speedy dissolution was often looked for—my meridian of life passed—the powers and energy of life fast subsiding—my faculties impairing, and sight becoming dim. I was fast descending to the grave—the lightest meal gave me all the horrors of indigestion—that low languid state of it in which the sufferer finds no ease nor rest in any way—my glands in the neck and groin obstructed—irritable, peevish, sleepless—my joints stiff, and my feet filled with excruciating pains, so that I could scarcely walk—on my elbows and shoulders the flesh appearing raw, the skin being eat away by the acrimony of the humours. Such was I in my fifty-first year ; and my original complaint,

the cause and source of all these evils, remaining the same. At this period I acquired new ideas. I began to reason with myself on all that had passed, and had been done. I soon saw the futility of the whole, and the want of principle and design in all the prescriptions of my doctors: they appeared to me, no better than the hood-winked person at the play of 'blind-man's buff:' they are groping about, and it is all a chance whether they hit on the right disease or not; nay, that by their present practice they cannot cure any disease, as they are ignorant of the real cause of all disease. If a patient gets cured of his disease, it is by nature: well for him if they have not given him soporiferous drugs to counteract nature. Let me make here one remark: has the medical profession, notwithstanding the antiquity it boasts of, discovered or established as yet any real fact as to the treatment of disease, and that has proved convincing to themselves or satisfactory to others—their practice varying in different countries, and in the same country varying according to the individual notions of the physician, one contradicting another? Do they not show, by their eagerness in looking out for new remedies, and new modes of cure, that they are in want of something, which they have not yet found? Can any one of us, or themselves, say, that they possess a sure mode of improving our health, benefiting our nature, and expanding our faculties, to the utmost of which they are susceptible? Such, however,

should be the task of the true physician. They are still expecting to find out, to accomplish this, some great remedy, or specific, in some remote quarter of the globe: and the lichin of Iceland, or another exotic, the name of which I do not remember, are now under their demure consideration as proper drugs to operate the salvation of the human race. In a year or two they will be forgotten. Do you think this is the way to treat man, the chief work of the creation? Depend upon it their theory and practice are erroneous. We trust and depend upon them, to be sure, because it is the practice of our country; and every one knows no better, and is at a loss what to do. Discarding every thing I had learned and believed in before from their doctrines, I said to myself, What can it be that makes me so ill, so miserable? It is neither musket balls nor stones, nor sharp pointed instruments; for I have neither of these within me. It cannot be any of my solid parts; for if any of them were in an injured state, I should soon feel the consequences of it. It can then be nothing else but my bad humours, which, from my stomach and bowels, are diffused all over my body. I then rested settled as to that point, resolved to place my confidence in the Vegetable Universal Medicines, as the only rational purifiers of the blood and system, as they alone take away the dross and impurities out of the body—and they have not deceived me. One step leads to another; I soon found that the idea with re-

gard to them was erroneous—that instead of weakening, they strengthen ; that though used for any length of time, they still operate alike ; that the stomach and bowels never get wearied with them ; on the contrary, that they delight in them ; that all other functions and powers are improved ; that on leaving them off, costiveness did not ensue (provided you have once persevered with the use of them to effectually purify the system ;) and that evacuating by these vegetables is the natural function of the bowels, as digestion to the stomach, breathing to the lungs, sight to the eyes ; and every one knows that all these are the better for being used. All nations, from the remotest ages, have had ships ; but Columbus only found out the way to America—before him they only knew how to paddle about the shores ; by Columbus, the world has derived from ships the advantages they were susceptible of. So I have ventured on an unknown ocean, and made the object I was in search of, *health*. These Vegetable Medicines were likewise known, but their use was not. People and Physicians knew only that it was sometimes necessary to give them, in a small degree, just, as they say, to open the bowels, and prevent nature from being stopped—trusting to their art to establish and maintain the just equilibrium among the humours, by their various drugs of different natures. But this equilibrium always escaped them, when they thought themselves the surest of it. They did not know, or, at

least, they do not show it by their practice, that by draining the body of its dross and humours, all the other juices flow in their natural healthy state. They seem to think the stomach and bowels comparable to a pair of mill-stones, and that use would make them smooth and loose their powers ; hence the erroneous system of giving tone, force, bracing, &c. Perhaps they are just now debating in their medical councils, whether it is by muscular force, or by juices, that digestion is consummated. The stomach and bowels have always power enough when they are clean. The only thing they dread is, when their juices are obstructed, and cannot flow freely ; therefore the evident inference from this is, that it is by the juices alone that the digestion of our aliments is consummated.

“ By the use of them, I have, comparatively speaking, renewed my youth ; I have got rid of all my pains—my limbs are supple—the palpitation at my heart is gone, and my spirits easy—my sleep is returned for a period of four or five hours—I neither fear wet, cold, nor heat, nor catch colds in any situation ;—exercise gives me no fatigue ;—and this great change, so much good, operated for the trifling inconvenience of swallowing a few pills at bed-time, and a glass of lemonade in the morning, which do not impose—nay, dont require—any restraint, either day or night, but leave you perfect master of yourself and your time. My most sanguine expectations, three years ago, could not have anticipated such a

result. I was dying, and ten time worse than any of you, and, as you see, the disease was old. For recent complaints, and as a preventive, ten days will do more than a year for one. Luckily for me, amidst such various treatments, I had the good fortune to escape laudanum and bleeding; otherwise I should not have been here to tell the tale. After long perseverance, two years and a half after I had begun with the Vegetable Universal Medicine, I had ocular demonstrations of the cause of my complaint being evacuated: a substance of a skinny glutinous nature, four or five inches long, moulded like a gut, descended from the mouth of my stomach, immediately from the place where the learned doctors and surgeons had begun the incision for opening, and of which a fac-simile is still in my possession. You may well imagine, that from its long abode there, it had acquired consistency, which must have been much greater before passing through the stomach and bowels, and thus presenting itself to my eyes. Had my body been opened at any period of my illness, no doubt the dissectors would have dignified it with the name of ossification of some of these parts: and there, as we may suppose, it was sticking close as gum or fungus to a tree. Reader, this was the cause from the beginning of my disease—want of all rest and comfort, and loss of fortune. I frequently thought I should go mad, and that I was possessed of a devil within me. In the first periods of it, and when my other feelings were still acute, I would

have taken up my abode in the sandy deserts of Africa, to obtain a few nights' sound sleep, the common solace of mankind : and so I well nigh did, or worse, for it drove me to the West Indies. You cannot imagine to yourself the anguish and pain of it ; yet no one knew how to give me any relief. At its commencement, thirty-eight years ago, it was only a simple humor that had settled there, and, by the treatment which nature prescribes for all disease, would have been radically cured in a week, or ten days ; but it was neglected, and allowed to take root and grow. Reader, all your diseases and pains arise from a like cause ; they must proceed from a humour. I defy all ingenuity to establish any other cause. I had no more visible appearance of humours then about me than you have. I was only highly uneasy and disturbed, and had pain ; and it is evident that my heart at every stroke met a resistance. Nothing could give me sleep. You see my medical advisers never dreamed of finding out the true cause : the Vegetable Universal Medicines, however, did me this good office, as they search the whole body, and ferret out disease ; that is, obnoxious humours, wherever they are seated. Do not we hear every day of people with pains in the side, breast, abdomen, and head, which terminate fatally, only because the proper remedy is not applied ? Did not Bonaparte die of a disorder of this kind, in some shape or other, which some courses of the Vegetable Universal

Medicine would have stopped and eradicated? So do we all; but it is not investigated: a humour, in some shape, is the cause of all disease, and of death. Is this no small consolation to mankind, to have their minds set at ease on a point that so much interests them, as to know the real cause of their diseases, and to see their way clear out of the wilderness in which they were before lost?

“ But physicians will say (and some others will join them), Who could discover the cause of such a disorder? or, that you had brazen stomach and bowels to support such purging. It is, however, the talent you often pique yourselves upon the most, to discriminate constitutions, and to treat them accordingly. On the many applications I made to you, why did not any of you find out the stomach and bowels of brass at the time? This is, however, but mere waste of words, and requires no other refutation than to repeat, that every one possesses the same stomach and bowels of brass, and that it is only stagnant and corrupt humours which the stomach and bowels dread, and that it is owing to these humours, in one shape or other, that all around us die; for death always proceeds from an injury done to some of our inward parts by these humours. And here I cannot forbear still impressing on the mind of the reader, that all pain, no matter how trifling, an individual feels, is the beginning of disease, and will be every day making progress, if you do not

check it and evacuate it. It is the snow-ball, at the top of the mountain, which, if allowed to roll down, becomes an overwhelming mass at the bottom.—Away, then, with that inhuman and brutalizing idea and method which many people have, of foolishly resisting and attempting to conquer pain and disease. They say unto themselves—I am ill ; I suffer, but yet I will not submit ; it would be pusillanimous, effeminate. Certainly, such a man's apology is to be found in the ignorance of his advisers. If he consulted a physician, he told him one thing and prescribed accordingly ; if he went to another physician, he told him another story, and prescribed something else ; friends did the same, till the poor sufferer, tired out, but not relieved, said, I will do or take nothing, as I find them all useless ; and from this it became a sign of wisdom to take nothing, because they had never yet been put on the right road. The intelligent reader will perceive, that by this mode of treatment you strike at the root of all disease at the same time, and prevent the hydra monster from assuming his various shapes. How often do we see a person fallen sick, when he is treating and labouring under any disease, another malady, of a different nature and symptoms, declares itself, and the patient falls a victim to a complication of diseases, but which proceeded in all from the same cause or origin !—It belongs to this great nation, renowned for religion, morality, glory, perfection in the arts and sciences,

and riches, manfully to come forward and stop the havoc of disease and wretchedness : this equally interests the rich and the poor, all and every one. The whole nation is groaning under the present practice of the medical profession, which fosters disease more than cures it, and debases our constitutions. Is there no difference betwixt right and wrong in medical treatment? Do the professors of it consider themselves heaven-born? or, is it a subject which defies investigation? Our hospitals, infirmaries, poor-houses, and mad-houses are filled with diseased objects. Before they have attained half their natural age, the young are swept away, or grow up diseased and profligate. Much care has been taken, and great means employed to instruct their minds; but we forget to instruct them as to the treatment of their bodies. This, however, would be no difficult task, and the good consequences of it would soon be felt. The constitutional virtues have always been held in the highest estimation, as forming good religious members of society. In my own family, on my own children, I have evident testimony of the very salutary effects of the Vegetable Universal Medicine; although they were born with far from good constitutions to boast of, but the reverse, being all subject to various chronic complaints, as might be expected, yet by the use of them, their constitutions and state of body have been wonderfully improved and altered for the better, kept free from all sur-

rounding disease, not catching colds, coughs, nor sore throats, and always hearty, lively, and apt to learn.

“ Reader, I have an inward conviction of the truth of all advised here—a conviction learnt from experience ; for experience should always precede conviction, however plausible the previous reasoning may be, which led you to make the trial by experience. If it be otherwise, it is only system-making and chimeras. I have revealed to mankind truths the most important to them ; and thirty years ago I would willingly have given all I possessed to have had the same revealed to me, and thought I had made a good bargain ; for what is life without health, and the enjoyment of our faculties ? Not a state of happiness, but of misery. And who is the man who in his life has not felt the insignificance and even perniciousness of all medical knowledge and prescriptions hitherto ? My last advice is, if you wish to live long, pleasantly, and happy, useful to yourself and to others, think it not too much trouble to prevent disease. It is much easier to prevent than to cure. Root out the weeds by time. You are now put upon the high road, with health full in view, and guided by sure unerring principles to direct you.”

THE PRINCIPLES OF THE HYGEIAN THEORY ARE CONTAINED IN THE FOLLOWING PROPOSITIONS :—

1. *The vital principle is contained in the blood.*
2. *Blood makes blood.*
3. *Every thing in the body is derived from the blood.*
4. *All constitutions are radically the same.*
5. *All diseases arise from impurity of the blood, or, in other words, from acrimonious humours lodged in the body.*
6. *This humour which degenerates the blood has three sources—the maternine, the contagious, and the personal.*
7. *Pain and disease have the same origin ; and may therefore be considered synonymous terms.*
8. *Purgation by vegetables is the only effectual mode of eradicating disease.*
9. *The stomach and bowels cannot be purged too much.*
10. *From the intimate connection subsisting between the mind and the body, the health of the one must conduce to the serenity of the other.*

ILLUSTRATION.

Previously to this we must premise, that the Hygeian theory,—unlike the science of the faculty, which, after two thousand years' practice, has no fixed principles at all,—is founded in experience, and

can, therefore, only receive a full development in its application. On this account, our explanations shall be brief.

PROP. I.—In assigning to the blood the principle of vitality, Hygeists do not mean to exclude respiration from the important part to which it has been entitled ; but it is always in reference to the bodily constitution, and to the power of the blood as exhibited in the *vis medicatrix naturæ*, which it possesses and exercises over the whole structure, that they set forth the vitality of the blood, as the basis of their system :—

1. In claiming for the blood, the constituting principle of man, Hygeists conceive their meaning may be best illustrated by considering the state of the embryo during the period of gestation. From the moment that conception has taken place, a communication establishes itself between the centre of the embryo and the blood of the mother. This blood may be said to nestle, as it were, that is, turns round and round, and by degrees brings to perfection the animal fruit. You may suppose this drop of blood deposited in the embryo, and kept in circulation by the blood of the mother, as similar to a person building his own house, or covering, or to a snail growing in its shell. By degrees, the blood forms this habitation or covering for itself, which is called the body, going on progressively, during nine months

of pregnancy, perfecting and completing it for the new world it is about to enter. This process is all carried on by and from the blood of the mother, introduced into the young infant by means of the navel, and which thus circulates in the child in the womb as it does after birth. At maturity, or the expiration of nine months from conception, the blood has then completed its work—a child—and thus made a receptacle or habitation for itself to live in ever after—a work complete and perfect in all its organs and parts. We hence see that the blood of the mother was the sole agent in forming the body of the infant.

2. The vitality of the blood farther appears from the healing power it exercises. In other sciences the constituting is generally reckoned the controlling power, and why should not the same apply in the important science of the human body? But as healing presupposes disease, we have reserved the illustration of this power of the blood for No. 6. Before leaving this particular we may observe in conclusion :

3. The vitality of the blood receives a complete demonstration from the fact, known to the veriest youngster in blood letting, that when the sanguinean stream is drawn off, then life becomes extinct.

II. This has received a partial illustration in the foregoing. We may observe in continuation, that

the same process that is at work in the embryo, is carried on in the body, when separately subsisting. In the one case, the blood is derived from the parent, and tends to the completion of the bodily structure ; in the other, the blood is derived from the aliment deposited in the stomach, and tends to the support and nourishment of all the members, and the preservation of health. Hence, we eat only to make blood, which is itself the essence of the nutritive part of food of all kinds, taken into the stomach. The operation of nature in the stomach called digestion, is the process of changing all kinds of food whatsoever into blood, and is effected solely by the juices of the blood itself, poured into the stomach.

III. This is a native inference from Proposition I., and is sufficiently illustrated under that head. It may be truly said, in the words of the Psalmist, that in this respect “ we are fearfully and wonderfully made,” and that we are entirely ignorant, as is said by the wisest of men, “ how the bones do grow in the womb of her with child.” Yet, if the premises be true, the truth of our proposition cannot be disputed.

IV. We are all made by the same Almighty hand ; we all descend from the same common stock ; have all the same mode of formation ; and all breathe the same atmosphere. How then should our constitu-

tions differ? If the question were proposed, What is the constitution of the body?—not two in a hundred would give the same answer. Hygeists say, in plain terms, the constitution is the blood. All the delusion upon this subject has arisen from the faculty. When the learned practitioner gravely sets forth, that every individual has his own peculiar constitution, which he alone, and his brethren, by their scholastic knowledge and studious application, have the power to discriminate: we cease to wonder at the daily proverb, “one man’s meat is another man’s poison.” By this deviation from Nature’s simple path, a wild field is open to confusion and chaos. Health and disease—likings and antipathies—one food agreeing, another disagreeing—all are referred to constitution; and they would make us believe, that every one requires a different diet peculiar to himself. One person must not be bled; another may. One may vomit; another may not. One may use purgatives of peculiar kinds; another none at all; and so on. One man may eat and drink this, another that: one breathe a warm air, another a cold one:—only, all constitutions agree in this,—that they must all eat and drink.

V. If it be true, as we have attempted to demonstrate, that life resides in the blood, it matters not what part or organ is affected. Life must be affected, and disease produced, just in so far as the blood is

affected, and deprived of its restorative power. If blood be the seat of life, blood must be the seat of disease. Reasoning upon the nature of his ailment, first led Mr. Morison to ascertain its real cause. —“ Discarding every thing I had learned, and believed in before, from their doctrines, I said to myself, what can it be that makes me so ill, so miserable? It cannot be any of my solid parts that are affected; for, if any of them were in an injured state, I should soon feel the consequences. It can, then, be nothing else but my bad humours, which, from my stomach and bowels, are diffused all over my body. At the commencement of my disease, forty-five years ago, it was only a simple humour that had settled there, and might have been radically cured in a week or ten days; but it was neglected and allowed to take root and grow. Reader, all your diseases arise from a like cause; they must proceed from a humour; I defy all ingenuity to establish any other cause. I had no more visible appearance of humours then about me than you have. Did not Bonaparte die of a disorder of this kind, in some shape or other? so do all; but the cause is not investigated. A humour in some shape, is the cause of all disease and of death.”

VI. But it may be asked, where does this humour, so prolific of disease, derive its origin? We answer, the degeneracy of the blood has taken place, and been influenced—

1. *Before birth*, by the degrees of health, and constitution of the parents ; for, if the embryo be supported in the manner described, that is, by imbibing the mother's blood, it must inevitably follow, that a portion of the maternine humours is imbibed too. And we may here fitly introduce the healing power of the blood. Every individual, even the most diseased, has within him a germ, or root of the original pure blood of our common mother, Eve. This germ of pure blood, is the supporter of his life ; and the same power which enables the blood to add to itself, disposes it to maintain a constant struggle to throw off the heterogeneous corrupt humours, which are the cause of disease. We are hereby conducted to the origin of the small pox virus, which, although hitherto reckoned a disease, and by the ignorance and mal-treatment of the faculty, has proved the worst of all plagues ; and, although it has a morbid origin of itself, and at present lays the foundation of most of our diseases, yet, in the Hygeian nomenclature, it is not a disease, in the common sense of the term ; but, just an effort of nature to throw off the bad humour. While the child is in the womb, the natural outlets for disease are closed, and the impurities become fixed in the blood, until after birth, when nature tries to rid herself of the encumbrance, by means of this channel. From this view of the case, it is plain, that the symptoms should not be opposed, but by all means

assisted. Fever, another disease of the faculty, admits of a precisely similar illustration, being a disorderly movement of the blood, struggling to get free, and to disencumber itself of something which incommodes it. That the blood really possesses this power, will clearly appear from what happens in wounds. If the wound is not so bad as what may be called mortal on the spot, that is to say, by having injured blood vessels, and thus allowed the blood to run out and fill the cavities of the body, a speedy recovery will follow; and even in the worst cases, while life remains, Nature has often in store a remedy for apparently great ills, when *Her* laws are attended to. Experience and facts come in support of this theory of wounds, and shew that the constitution, the circulating blood, has the power of forcing out, through the flesh, any extraneous substance which has got into it. We have thus endeavoured to establish the origin of disease, according to the Hygeian principles.

2. The second source is the *contagious*—that is, from touch, or the introduction, or inoculation of a malignant humour into the body. The laws of the Almighty are general; certainly, however, there is a contagion, arising from the bodies of persons in certain diseases, as likewise from the swampy air of some places. But what is to be inferred from this? Nothing more than that, merely, the bodies of such individuals as catch the infection, were in already a

diseased state, with regard to their humours ; and that, the contagious air, like a piece of leaven to the flour, was only the means of setting them into fermentation. But the true efficient cause is always within ourselves. The serous humour of the small pox is the most easy eradicable of all diseases to which man is subject ; and, in fact, with timely attention, almost all other complaints will have no foundation to rest upon, as the root of all will be thus understood and destroyed. But, mark the perversity of man ! As if humour was perfectly innocuous in itself ; and as if there was not a sufficient quantity of humour already in the human body, it must be transplanted, and that, too, from the animal race. *Inoculation*, and its scion, *vaccination* : what earthly purpose can they serve, but that of standing memorials of the folly of mankind in every age ? When we reflect how far human reason has allowed itself to be overcome by its abject submission, for so long a period, to such degrading treatment, we cannot forbear exclaiming in the words of Sacred Writ, “ How is the gold become dim ! how is the most fine gold changed ! ” In our day, the Jennerian vaccine scheme rose up, and introduced the wild fallacy of improving upon the inoculating system, by scraping up the scabs of the beasts of the field, extracting from thence, the precious juice that should counteract the virulence of those viscous humours of the juvenile frame, which the past inoculating system had failed to effect.

3. The third source of the disease is the *personal*, viz., as influenced by the habits, diet, and treatment in disease during infancy and youth, which begin and lay the foundation of all diseases, according to the person's own conduct and mode of life. The truth of this is obvious from what has been already observed, and will become sufficiently apparent in the practical application of these principles to disease.

VII. The newly-born infant cries as soon as it beholds the light—and why does it cry? Crying is not natural, either to man or child; and if the child cries, it is because it suffers pain—pain proceeding from the acrimonious humours in its stomach and bowels. All pain, then, is the commencement of disease; and which, if not early remedied, may grow into the most mortal disorder. Nor is pain, as indicatory of disease, confined to the period of youth. At every stage of life, what pains the infant, may pain the man.

VIII. If it be true, as we have attempted to establish, that all diseases arise from humour, the eradication of this humour must be the eradication of disease. The blood possesses all the healing powers we have ascribed to it; but it is not omnipotent—it cannot work miracles. In a few cases, such as that of a clogged head, nature has the power to cleanse

herself, but if we consider the quantity of humours in the human body, as compared with its solids, we shall cease to wonder at the bad effects of humours, and the necessity of giving a stimulus to the blood, to counteract their malignity. It is estimated, from experiments, that in a body weighing one hundred and twenty-five pounds, the bone, cartilages, nerves, and flesh, only amount to twenty-five pounds, or one fifth ; and that there is blood weighing as much, or another fifth ; thus leaving seventy-five pounds to be accounted for in other fluids.

Purgation, then, affords to the blood just the stimulus it requires. By purging the body of its bad humours, you allow the germ of pure blood to gain ground, and to make fresh blood of a better quality, and so on progressing till the whole mass is regenerated ; for the good principle, or good pure blood, is always striving to be predominant over the bad, or diseased humours. Humours may be partially removed, or driven from one part to another by other applications, but never eradicated. Purgation, by vegetables, can only effect this ; for they only are digested ; and thus becoming assimilated to the blood, they penetrate the whole system. This is the grand secret of the Universal Medicine—the only *rationale* for the various cures effected by Hygeianism. Here, too, we see why the purgatives of the faculty fail in their effects ; it is because they are indigestible. *Salts* are a mere mechanical purge, similar to water

running through a spout ; because their peculiar resistance to animal heat, prevents their being acted upon, or detained by the gastric juices. All *oils* are known to be difficult of digestion ; and castor oil by slurring over the intestines, enables them to resist all but the muscular, or contracting power or inclination of the intestines ; thus* forming an effectual barrier to digestion.

IX. Purging is the natural function of the bowels, as sight is of the eyes, or hearing is of the ears. Solomon observes, that the eye is not satisfied with seeing, nor the ear with hearing ; and neither are the bowels ever weary of purging.—What the body loses or discharges now in bad, vitiated humours, is replaced by good blood in four or five hours after a moderate meal ; and soon, without the stomach or bowels feeling any inconvenience. They are, on the contrary, wonderfully improved, this being Nature's own work ; and she does nothing by halves. The common idea attached to purging is, that much of it weakens the body. This notion, however, has risen entirely from the medicines employed by the faculty for this purpose. Salts invariably leave a burning sediment, which adhering to the inner membranes of the smaller intestines, must of course act as a corrosive—thus preventing digestion and causing consequent weakness.

* All the world knows that oil *skims* over but never *mixes* with fluids ; so only can it act in passing through the intestines.

Mercury, too, another mineral, has been administered in various forms as a purgative ; and its use has made more victims throughout the world than Bonaparte in all his campaigns. It is by nature heavy and cold of itself, renders its unhappy victims dull and melancholy, and a prey to all mental and bodily sufferings. But we need not carry the illustration farther ; the truth of our illustration is abundantly evident in practice. Patients have taken thirty, forty, and fifty Pills at a time, in severe and urgent cases : and what was the result ? nothing but that they were the sooner well. One person ill of a violent bilious and brain fever, and who would have been doomed by the faculty to bleeding and blistering and a three weeks' confinement, was immediately relieved, and at his employment the same afternoon ! Another through mistake took double the quantity prescribed, but what was the consequence ? why that he recovered in half the expected time ! Would such have been the case if a similar mistake had occurred with the drugs of the faculty : “ I have taken above three thousand Pills” says a patient in England, “ without a day's intermission, and am still expelling the *root of all evil* as profusely as ever.” A lady of Devonport, who laboured for seven years under a complication of diseases, has taken upwards of five thousand pills, and is gaining strength daily, and, she says, almost lives upon them, as nothing ever gave her the relief she has experienced, or even a hope of ever being cured.

Lady Sophia Grey, in her letter to Messrs. Morrison, says—

“My case is a complication of disorders. The liver is of the oldest date; was affected dangerously in 1790, in my twelfth year, and before that I had typhus and scarlet fevers, and was always delicate. In 1800 my spine was injured by a very bad over-turn in an open carriage, but not discovered until 1831; and during that time I never knew what real health was, and suffered most severely in many ways. It first brought on violent spasms in the left hip, which no medical skill could even relieve for fourteen years; during which time I had a termination of blood to the head for two years, and was much weakened by such constant application of leeches. In 1818, my liver was violently affected, and for a whole year I had leeches and blisters without end, and twice bled in the arm. This complaint cured the spasms; but I had severe returns of the liver complaint for many years, and the same weakening remedies. I had also an inflammatory, slight rheumatic, and a bilious fever, and the last fell on my nerves, and I thought I should have lost my senses.

“In 1826, rheumatic gout came on, and I have been confined and a cripple from it for months together; until I took your medicine I was rarely free from it. In 1831, my spine was discovered to be affected; and had it been discovered even ten years sooner, I am convinced I should have been restored to health. This seemed to conquer the other complaints; but my strength was nearly gone, and I could not bear such frequent blisters and leeches, and from great weakness, and a too active mind and body, it brought on continual attacks of the spine, liver, and gout, and I was reduced to such a state of nervous debility before I began taking this medicine in May, 1834, that for months I did not dare to see any one, except my husband and servant, as the least excitement seemed to threaten me with loss of senses; and the palpitation of the heart, (from which I had suffered for years,) was become almost past bearing. Sound and refreshing sleep I had not known for years;

but, if free from pain, I felt rewarded for the want of sleep. Several other complaints, not named, were brought on by the spine and weakness.

“ For the last fourteen months I have never been confined for a day to the house. All my complaints have decreased gradually ; from being a mass of inflammation, I do not know what thirst is : and after having been dieted for nine years, and deprived of every thing I liked, I now can eat or drink whatever I fancy, for every thing agrees with me ; I sleep sound and well, and have as much strength as I must ever dare to expect, but sufficient for the enjoyment of life ; and I have never taken a grain or drop of any other medicine, or wanted blister or leeches.”

In general fifteen or twenty pills prove very efficient doses in all cases. This proves that there need be no apprehension in any case of over doses : and shows, too, the absurdities of the faculty, when they attempt to frighten you with super-purgation ! The only failure that occurs is from under doses, or want of perseverance ; because, forsooth, the health cannot be recovered in a day's time : or where the constitution has been destroyed by the medicines of the faculty.

X. “ There is a spirit in man : and the inspiration of the Almighty giveth him understanding.” Mind and matter are distinct principles, yet in the mortal state they are necessarily dependent upon, and materially influenced by each other. How erroneously have metaphysicians reasoned on this subject ? Arguing that the brain was the residence or habitation of the immortal spirit, it therefore deemed a sort of tutelary deity over the body, and to which all its

organs and parts must be subservient ; forgetting altogether, that the mind is only a part of the man, and the brain only a part of the body. Serenity of mind is found to be the invariable concomitant of bodily health ; and *vice versa*, mental uneasiness ; irritability, aberrations, nay, insanity itself, result from a diseased frame. Reasoning from the preceding principles and illustrations, Hygeists are led to the conclusion, that whatever promotes the purification of the blood, must give health and tone to every part of the system ; and that mental tranquillity must be sought by the same method. Accordingly it has been found in the Hygeian practice, that the *Universal Medicine* is as beneficial to the mind as to the body ; first calming then curing all derangements, nervous affections, and restlessness from whatever source—all found to arise from acrimonious humours in the blood.

Hygeianism is simple.—Simplicity runs through all the works of nature. The human frame, when properly understood, is a simple structure. Hitherto, science, instead of simplifying, has rendered this subject perplexed and incomprehensible. As our structure is simple, why should not the mode of treating it be simple too ? The Hygeian theory knows no disease but one. The eye, the most simple and beautiful of all our organs, has, according to the old school, hundreds of different diseases, and every other part has a proportionate number. The Hy-

geian theory knows no remedy but one—a simple composition of vegetable purgatives alone. The remedies of the old school are in a ratio with the diseases. Dr. Ure's *Materia Medica*, which has been hitherto allowed to be correct and concise, has no less than twenty-four tabula of remedies, each of which contain from five to fifty drugs. The *Edinburgh Pharmacopœia* contains 480. Nor is it singular to find the list of drugs in some European Colleges rate so high as 1000, while our own enumerates 774 diseases.

Nature has furnished the body of man with outlets innumerable, whereby to get rid of all useless matter, as well as every thing inimical to health—thus clearly indicating her *ratio medendi*. It is remarkable, however, that Nature has found no orifice, even the most minute, whereby a single drop of blood might escape. To effect this, an incision must be made, and nature ever shudders at the sight of blood spilt. By an attention to truths so obvious, how many millions of lives might have been saved! In the cure of disease, might not man, long ere now, have learned an useful lesson from the animal tribe? Does not nature—or instinct, if you will—teach a dog to go to the field, and eat grass when he is diseased—a kind of food he will not taste at any other time? Agriculture, or the vegetation of plants, is the oldest of the sciences, and was the first occupation of mankind. Draining, however, the grand improvement thereof, or *sine qua non* for rendering the earth fruitful, is but of late

introduction. The philosopher, or true observer of nature, cannot but be struck with the great similarity existing between the terrestrial body and the human or animal frame. The cause of unproductiveness in the one, and of disease in the other, proceed from the same source—a corrupt, stagnant, and sour humour. Carry off the corrupt juices, and fruitfulness and health are produced in both. We might further illustrate our meaning by contrasting Hygeianism with the old school doctrines and practices, but this much may suffice for the present.

Hygeianism is comprehensible by all.—Its principles may be comprehended by a youth of twelve years of age.

PRESERVING HEALTH IN THE WEST INDIES.

THE few following observations may be of some consequence towards preserving the health of Europeans in the West Indies.

By far the greatest number of persons who go out to the West Indies, are in the early stage or vigour of life ; and, if they preserve health on the passage, arrive in it in high spirits, and with the European tone and vigour of system, in some measure, unbroken. The open sea air, and the exercise which they have been accustomed to take on the ship's deck, has insured to them a keen appetite, and a healthy vigorous digestion ; and the European custom of using a great deal of animal food in the meals, is by no means repressed by a sea voyage. But no person in the West

Indies ever takes or can take sufficient exercise, either within or without doors, to digest such a diet. The modes and habitudes of life are in that country entirely different from the European; and this produces a considerable diminution of the digestive powers; but the acquired appetite remains for some time, and the usual proportion of animal food is perhaps indulged in, till some stomach or bowel disorder occurs to check it.

New comers ought to be aware of all this, and that they are now in a country where the digestive organs are peculiarly liable to disease, and they ought, therefore, to diminish considerably both the quantity and richness of their diet. They cannot too soon adopt the regimen of the Europeans who have resided in the climate, and accustom themselves to what are called the native dishes, which consist for the most part of boiled rice and fruits, highly seasoned with hot aromatics, along with meat stews and sauces, with but a small proportion of solid animal matter.

Provided every degree of excess, that approaches to intoxication, be avoided, a regulated use of wine and spiritous liquor will be attended with far less injury to health than a full diet of animal food. But any degree of excess in these, which goes the length of producing any disorder in the stomach, or in the process of digestion, will be attended with the same bad effects; and if hard drinkers be, in Europe, proverbially subject to diseases of the liver, how shall

Indies they expect to escape in a country where this is in a manner endemic? A little shrub and water, or Madeira and water, between meals, is useful, and in some measure necessary, to keep up the tone of the digestive organs, and to supply the waste occasioned by an excessive perspiration. But the *sherbets*, composed of acid and water, and perfumes, are dangerous potations, nor are the English beverages at all worth the price that is paid for them. It is not by acids and coolers, that the septic tendency of the climate is to be resisted, so much as by hot and stimulating aromatics, eaten along with the food, and a few glasses of wine or punch after it. The superabundance of vegetable acid in the stomach and bowels, tends rather to injure the business of digestion than to promote it.

Another way in which some young men injure their health on their first arrival in the West Indies, is from a kind of false bravado, and the exhibition of a generous contempt for what they reckon the luxurious and effeminate practices of the country. They have, perhaps, heard and read much of these before embarkation; and this leads them to a general contempt of the country custom and manners, as arising entirely from those dispositions. Perhaps they will not even carry an umbrella to screen them from the rays of the sun, but will ramble about and take their former exercise in the heat of the day, till some climate sickness is brought on, and teaches them effectually to distinguish between what the inhabitants

of the country have learned from experience, as the best means of resisting its unhealthy tendency, and their own erroneous and rash conjectures.

There is another custom, which tends greatly to confirm the opinion new comers generally entertain of the sensuality and effeminacy of the European residents,—the universal practice of going to sleep on a couch an hour or two after dinner ; but this, the necessity of avoiding perfect ennui, and being left alone, soon reconciles them to ; and we are not aware that any evil arises from it, provided two things be attended to ; viz., to guard against a too full meal of animal food, and too much wine, and that this restriction be not made up by a proportional indulgence at supper. To this, there is the more temptation in the West Indies, that from supper being at a cooler hour, it is apt to become the convivial meeting, and the more social meal. In fine, strangers arriving in the West Indies, if they regard the preservation of health, cannot too soon adopt the modes of living followed by the experienced European residents there, in the management of the whole of what have been called the Non-naturals ; and, as much as official costume will admit, the light and loose mode of dressing adopted by the natives, will be found far preferable to the tight and heavy clothing of Europe.

LIVER DISEASES—HEPATITIS

Prevails to an amazing extent in the West Indies; its nature and treatment, therefore, is of paramount importance. Diseases of this organ, under one form or other, are so frequent as to entitle them to be considered as the grand epidemic of India. They constitute frequently one-third of the Hospital cases. In the summer months they are still more numerous. Its forms are various—sometimes acute, sometimes subacute, or chronic. The more acute forms are mostly accompanied by an affection of the liver, and a highly vitiated condition of the biliary secretion—while the chronic are attended by abscess and other organic changes of that viscus.

In many cases of hepatic, as well as of simple dysentery, the patient presents, for a day or two, many of the symptoms particularized in our description of Malaria—(see Malaria, p. 48.) But this is not uniformly the case. The countenance is often pale, the skin cold, with shaking, sickness, and loss of appetite; and a disordered, costive, and irritative state of the bowels. The patient often, at the same time, complains of a sense of chilliness, coldness or uneasiness in the back and lumber region, running down the sacrum, sometimes as far as the anus, with griping pains through the abdomen. These symptoms, however, seldom fall under observation; for it is not, generally, until simple or complicated dysentery are fully developed, that either medicine or advice is sought after. In those cases of hepatic dysentery, in which the complication is immediate, or disease nearly coeval in both organs, the premonitory symptoms now noticed are often well marked, the griping pains extend through the abdomen and hypocondria, and are sometimes attended with vomiting, a sense of fulness and oppression at the præcordia, lowness of spirits, and slight dyspnœa.

At the commencement of this particular form of disease, and dia, fits of dyspnœa, occasionally pain in the right shoulder,

generally following the above symptoms, the alvine digestions become frequent, and at first are usually copious, but morbid, both in colour, consistence, and odour. At this period they are very seldom either mucous or bloody, but they are generally very dark, crude, and offensive. As the disease advances, they vary daily, but are generally green, bottle-green, greenish brown or black, mixed with venous blood; sometimes slimy and watery, with a greenish frothy slime on the surface; rarely clay-coloured, and not unfrequently, especially in the advanced stages of the worst cases, reddish brown, ochre-like, or consisting chiefly of water, with blood, more or less, intimately diffused through it. The motions vary in frequency and in character, according to the stage of the disease and the treatment adopted. There is generally urgent tenesmus present, with scalding of the anus, and often *prolapsus ani*. The calls to stool are more frequent during the night, and attended with more or less irritative fever and restlessness. Sometimes the blood is so very intimately mixed with the other matters forming the alvine evacuations, that it must have proceeded either from the superior portions of the alimentary canal, or from the liver itself. But this is an appearance observed chiefly in the far advanced stage of the disease, when also the evacuations often resemble the washings of raw meat, and present nearly similar characters to those marking the last period of the simple form of the disease. The urine is generally in very small quantity, high-coloured, muddy, and evacuated usually with pain and difficulty.

In addition to this state of the alvine excretions, the patient generally complains of a fixed pain, weight or uneasiness, in the pit of the stomach, increased on pressure, and frequently extending to the right hypochondrium, and beneath the right scapula. There are usually, also, present tension, and a sense of pressure at the hypochondrium, with anxiety at the præcordia, fits of dyspnœa, occasionally pain in the right shoulder,

or in the chest, with a dry, teasing cough, headach, giddiness, sickness at stomach, sometimes vomiting, and great depression of spirits. The pulse is generally accelerated and irritable, especially towards night.

The appearance of the tongue is various in different stages of the disease, and in different cases: in the early stages it is generally white, excited and covered with a yellowish fur. As the disease advances, the tongue either becomes dry, clean, smooth, and red; or excited, dry, and covered, at the root particularly, with a dark crust. The skin is sometimes dry, harsh, and of a dirty appearance; occasionally it is covered with a greasy perspiration, and copious sweats often occur through the advanced periods of the disease. There are also frequent thirst and great desire for cold fluids. In other respects, the progress of hepatic dysentery is much the same as the simple form of disease already described; but it presents, in general, a greater range or variety of phenomena in different cases, and even in the same case, in different stages of the malady.

In the more chronic examples of hepatic dysentery, the matter frequently finds its way into the alimentary canal, through adhesions previously formed—or through the ducts themselves.

The symptoms of the chronic forms of hepatic dysentery are more mild: tormina and tenesmus are not severe, if at all complained of. Little or no pain is felt, even upon pressure, in the course of the colon; but the alvine evacuations are always more or less unnatural, and present appearances either of a morbid state of the bile, or of a deficient or obstructed secretion of this fluid. The calls to stool are also not so frequent as in the acute cases; but there are present great debility, depression of spirits, and sinking of the powers of life, particularly in those who have been addicted to intoxication.

In cases of hepatic dysentery, a dirty appearance of the skin, sallow cast of countenance, attended with an expression of anxiety and great depression of spirits, are very generally present, and may often be relied upon as evincing disease of the liver, even although pain, weight, and tension at the epigastrium, præcordia, right thorax, and hyphochondrium, may be wanting. The presence, however, of these latter signs, in addition to the former, and to the symptoms described as characterising the progress of simple dysentery, is distinctive of the associated disease of both organs.

CURE.—The Hygeian mode of treatment is ; when the symptoms, as above described, have made their appearance, to commence by taking five pills of No. 1, increasing them daily by four more, until the number has reached twelve ; then take five pills of No. 2 and the next day ten ; and continue daily with that quantity, Nos. 1 and 2 alternately, increasing only when fresh flying pains are experienced, proving that the medicine is searching or drawing out the acrid humours from the system.

It unfortunately happens, that in all diseases of the Liver bleeding is almost always resorted to by the medical practitioner. Blisters, fomentations of the external parts, emollient glysters, diluents and refrigerants are also employed. If these latter do no good they can do no harm. But this is not the case with mercury ; for in whatever form it may be used, whether taken internally or employed as frictions over the region of the liver, it is attended with danger. Even when a suppuration has been formed, and the abscess points outwardly, the pus will be evacuated and the ulcer healed, if the Hygeian system be persevered in. In this latter case, the advice given by the Hygeist is to begin with ten pills No. 1, at the expiration of three days to take ten pills of No. 2, and increase the number till they have reached twenty, and to continue at this rate till a positive amelioration has taken place.

DISEASES OF THE LIVER.

Chronic inflammation of the liver may occur as a primary disease, or take place as the sequel of acute disease.

When chronic inflammation takes place primarily it generally is seated in the internal texture of the organ, and often gives rise to but few local symptoms, and but little constitutional disturbance. But chronic is a term which conveys with it no precise idea, and merely signifies a slow state of inflammatory disorder, presenting every grade from that state of disease which may be considered as only slightly deviating from the healthy action, and which may continue for a great length of time, giving rise to various organic changes, to that which runs its course rapidly, and terminates either one way or another, in a few weeks. When this form of inflammation remains after the more acute phenomena has been subdued, it has generally its seat in the substance of the liver, but not uniformly: it may be seated in the surfaces; for the active inflammation, which has been followed by the effusion of coagulable lymph upon the surface of the organ, and the formation of adhesions between it and adjoining parts, may be, to a certain extent, rekindled, after it has been altogether or nearly extinguished, and the vascular action, reinduced, may assume a slow and subacute form.

Chronic disease of the liver varies in grade from active inflammation to the most trifling deviation from healthy function, presents itself under such a variety of symptoms as totally to preclude the possibility of delineating them all. In addition, there is the complication of stomach disorder, intestinal irritation or torpor, nervous derangement, &c., without one or more of which attendant the hepatic affection seldom makes its appearance. The following symptoms will be found about the

best guide in deciding on the presence of chronic inflammation of the liver.

The loss of flesh ; the dyspeptic symptoms, particularly the slow and painful digestion, accompanied with acid and acrid eructations, flatulency, nausea, and sometimes vomiting, torpid state of the bowels, or dark-coloured, offensive, slimy, greenish coloured, tenacious, or watery or muddy motions ; the frequent calls to stool, and the scanty and morbid state of the evacuations ; the dark-coloured and disordered condition of the urine ; the distension and oppression at the epigastrium and right hypochondrium ; the occasional aching pain and weight in these situations ; the uneasiness and pain about the right shoulder or shoulder-blade, the slight acceleration of the pulse towards evening, with an irritable beat, and considerable heat and restlessness through the night ; the burning heat of the palms of the hands and soles of the feet in the evening, and chilliness in the morning ; the white, foul, and excited tongue ; the bitter or disagreeable taste of the mouth ; the hardened state of the gums ; the sallow and tallowy appearance of the countenance, and either yellow or pearly white colour of the eye ; the sickly and leuco-phlegmatic character of the body generally ; and the elevation of the shoulders, are the principal symptoms by which we are guided in determining the existence of chronic inflammation of the internal structure of the liver.

The pain is more complained of when inflammation is at work upon any of the surfaces of the organ. When in the *convex* surface the chest is where the pain is most felt—when on the *concave* surface in the stomach and bowels.

The terminations of chronic hepatitis are various. The chief organic changes met with in the West Indies, consequent upon chronic inflammation of the liver, are the following :—

Collections of matter may form in the substance of the organ,

consequent upon chronic inflammatory action, as well as from the more active state of disease. When the purulent matter is collected into one large abscess, it generally nearly approaches the appearance of abscess consequent upon active inflammation. Not unfrequently, however, very minute abscesses are scattered through the substance of the liver, both with and without the appearance of a distinct cyst, the matter collected being of a firm or cheesy consistence, and yellowish white colour. Sometimes this consistent kind of matter does not fill completely the cavity containing it: it seems as if the watery portions of the matter had been removed by absorption, and thus the more consistent part fills imperfectly the cavities in which it is contained. The substance of the organ intervening between the purulent deposits is sometimes more vascular than usual, and of a brick-red colour: and at other times not materially changed from the healthy colour and consistence.

The liver, in many instances of long-continued and slight inflammatory action, becomes much enlarged, particularly its right lobe. This appears to arise from the deposit of lymph in the interstices of the structure, which deposit becomes dense, and closely resembles an organized substance, most probably from the absorption of its watery portions. The enlargement is often accompanied also with deposits of purulent matter in various parts of the organ, with a friable state of its texture, and a dark-coloured and congested condition of both its internal structure and surfaces; the latter are generally much darker than natural, and often variegated with lighter streaks and small spots.

When the deposition of lymph in the structure of the liver is attended with greater density, either partially or generally, a true scirrhus condition becomes the result. This state seems to be merely the consequence of a deposit of matter, and an increased consistence of the viscus, and frequently with

an effusion of lymph in the granulated tissue composing the greater portion of its internal structure.

Tubercles of various kinds—sometimes apparently encysted, others without any evident cyst or distinct envelop, and, when divided, presenting either a texture, varying in consistence from a gristly or cartilaginous state to one of semi-fluidity, occasionally filling completely the cavities in which they are contained, particularly when they approach a state of fluidity, and at other times, when their consistence is greatest, leaving vacuities between their circumference and the parts of the liver surrounding them, are often severally detected in examinations of the more chronic forms of hepatic inflammations. The tuberculated liver is also enlarged, and occasionally it is much firmer in its texture than usual. When signs of co-existent inflammation of the internal structure are present, there is frequently also greater friability; but this is not uniformly the case. Sometimes the substance of the viscus presents a gristly or cartilaginous appearance, and is lacerated with greater difficulty than usual. Such appearances are chiefly remarked in the most chronic cases.

In these cases also, more particularly in those addicted to the use of spirituous and intoxicating liquors, the substance of the liver is obscurely tuberculated, of a cheesy consistence and texture, and of a deep nankeen-like colour; it is generally, at the same time, more or less enlarged. In many chronic cases of diseased liver, arising from the above cause, we have found the internal structure of the organ of a par-boiled and scabrous appearance, drier and more spongy than natural, and, when divided by a scalpel, or torn asunder, presenting a more or less pale colour, and great inequality of consistence, small rough eminences being surrounded by soft, greyish, and spongy matter. In some of these cases, the substance of the viscus is of a greyish brown colour. Conjoined

with this condition, the size of the liver is often diminished, its vessels nearly without blood, the hepatic ducts devoid of bile, and the gall-bladder either empty or containing a small quantity of a pale, straw-coloured, watery fluid, scarcely resembling bile. The state of the hepatic vessels, biliary ducts, and gall bladder, is often also conjoined with scirrhus enlargements, tuberculous disease, with atrophy, and with many of the other very chronic states of the liver now described.

From the above description, it is evident that these diseases of the liver are solely caused by viscid humours in the blood, which, if discharged, by following the same remedial process as we have given in page 41, a cure will be the result.

MALARIA.

A most important circumstance, which goes far to account for the much greater unhealthiness of moist and marshy situations in warm countries, is the quantity of animal matter in a state of decomposition, which they present. The same causes which render vegetation quick and luxuriant, tend also to generate immense swarms of reptiles and insects; the exuvia and dead bodies of which, mingling with vegetable matter in a state of decay, and combining with moisture, give rise to miasms of a much more noxious description than those resulting from vegetable decomposition and moisture alone. In the course of our experience in warm climates, we always have considered the number of insects and reptiles with which the place abounds, as more indicative of unhealthiness than any other circumstance; for in it, there is a more powerful cause of disease in its worst forms superadded to those already in existence; and, as the one cause is extensive and powerful, so generally is the other. The great unhealthiness of low, moist, and marshy places in temperate climates, during warm seasons, particularly in the months of July, August, September, and October, is as much owing to the immense swarms of insects which then abound, and which die during these months. Italy furnishes numerous proofs of this; and every warm country in the globe will verify the axiom, that a place is unhealthy in proportion as it furnishes, with the various causes of disease depending upon locality and temperature, animal remains and animal substances in a state of decomposition, mingled with the products resulting from the decay of vegetable matter.

The effects of Malaria on the human constitution are various to an extraordinary degree; depending, of course, upon the

greater or less purity of the blood and fluids : even yellow fever, in its worst forms, seems to be the consequence of these causes operating in a state of greater activity or concentration upon highly-disposed subjects. The plague of Egypt is, beyond a doubt, the product of malaria.

Next in importance to fever is dysentery, which is often produced in an epidemic form by malaria. Scorbutic dysentery is produced in all climes by terrestrial exhalations acting on constitutions weakened by poor living. Hepatitis also arises from the conjunction of malaria and tropical heat. There is seldom seen within the tropics a case of disease in which, upon dissection, the liver and spleen are both sound. The malaria of the West Indies has a much greater influence on the constitution of the European than on that of the native

In addition to the diseases we have enumerated as being produced among Europeans by malaria, and in addition to its blighting effects in warm climates upon a native white population, even when it fails of inducing active and specific disorder, we should particularize its influence in occasioning ulcers of the lower extremities, and foul sores, and even sphacelation and gangrene. Every military surgeon has numerous opportunities of observing, in the West Indies, the relation which subsists between unwholesome situations and these disorders, both among Europeans and natives. Indeed, it seems to be a general and necessary effect of malaria to diminish the powers of life throughout the whole body ; and the phenomena accompanying and indicating this effect are various, according to numerous concurrent circumstances, to predisposing causes, and to concomitant influences.

The modus operandi of malaria, or the way in which the poison is conveyed into the constitution, may be thus explained.

Terrestrial emanations, and all those causes of disease

which float in the atmosphere, make an impression on those surfaces with which the air comes in contact:— and this impression, when sufficiently strong, or frequently made, is productive of disease, either of the system generally, as in fever, or of some important viscus, as the liver or spleen. It is, therefore, chiefly to the internal surfaces of the lungs and air-passages that we are to look as the channels through which malaria makes its hurtful impression upon the animal frame. The exhalations floating in the air being actually absorbed from the surface of the air-passages and cells into the blood vitiating this fluid, or rendering it still more corrupt when it is in an impure state, and by its presence there deranging the whole system.

There is an interval between the application of a cause of disease and the developement of its effects. The phenomena which take place in this interval are generally unattended to by the patient; but a careful observer will perceive that the seeds of disease are sown, and unless preventives are used a goodly crop of illness will be the result.

From the preceding observations it will be seen, that those who are exposed to terrestrial emanations should be continually upon their guard; it behoves them more particularly to keep the blood and fluids in a state of purity. Upon the slightest appearance of ailment, let them have, immediately, recourse to the Universal Vegetable Medicine, which must be taken until the remotest symptom of indiposition has disappeared—these persons may then set at defiance Malaria and its concomitants.

DYSENTERY.

Collections of excrementitious matters, form one of the earliest pathological states which give rise to acute dysentery, by causing irritation, and inducing inflammation, followed by ulceration, if the case be neglected.

In a great many cases, this form of dysentery is preceded by a constipated state of the bowels, often of a long duration, especially among persons who have recently arrived in the West Indies. To this condition frequently supervenes mucous diarrhœa, attended with pains of the abdomen, coming on at intervals, and generally preceding the alvine evacuations. This form of diarrhœa may continue for two or three days, passing gradually into dysentery, with all the characteristic signs of the disease. In a few instances, especially when the evacuations are copious, the diarrhœa subsides, and the patient recovers without experiencing, at least for that time, a true dysenteric attack. This result arises from the irritation produced upon the surface of the large bowels by the fœcal accumulations having subsided, in consequence of the irritating matters having been removed, and of the copious secretion which had taken place.

Frequently, the dysenteric symptoms are present from the first hour at which the patient complains, the stools being then scanty, mucous, streaked with blood, and attended with abdominal pain and tenesmus. In cases of this nature, the increased action of the muscular coats of the bowels, especially about the sigmoid flexure and rectum, prevents the passage of the fœcal collections through their canal, and, in many cases, occasions a complete obstruction, little passing away but the perfectly fluid secretions. In cases of this description, if the disease be not

early subdued by very decided treatment, sloughing often takes place, followed by involuntary motions, when the fæcal accumulations at last come away, such parts of them, at least, as have been dissolved being washed off by the watery secretions poured out from the irritated vessels of the inflamed surface.

This form of dysentery is an inflammatory disease. The mild, the severe, and the inflammatory varieties, which have been marked out by some medical writers, are nothing more than varying degrees of the same, or nearly similar pathological states, proceeding from the extent to which the inflammatory action may have *supervened*, from the susceptibility of the system to sympathise with the local disease, and from the peculiarity of individual constitution, depending upon the state of the blood and fluids. There is no line of demarcation by which these varieties can be separated from each other as regards the cure. The acute and uncomplicated form of dysentery is an inflammation limited chiefly to the cæcum, colon, and rectum.

Simple dysentery, in its least acute forms, generally commences with frequent calls to stool, the motions being scanty, mucous, gelatinous, streaked with blood, and accompanied with pain and tenesmus. At first the pain seems chiefly limited to the rectum, occasional griping pains being only felt in the abdomen. The tongue is often but little affected, farther than being white and loaded; the pulse sometimes at the beginning not materially accelerated, but generally soon becomes affected to an extent, varying according to the habit of the patient and severity of the disease. If the disorder be not subdued in this early stage, all the symptoms become more acute; the pain in the abdomen increases in severity and is more constant, yet, in many cases, little or no pain is complained of, excepting at the time when the patient is passing a motion, although the

stools are of the most morbid character, and the disease altogether of the most severe form. This, however, ought not to be imputed to the absence of inflammatory action; for the mucous surface of the cæcum, colon, and rectum, may be inflamed, and, indeed, in a state of ulceration, and yet but little uneasiness, even upon firm pressure of the abdomen, is apparently felt. This seems to be owing to the varying degree of excitability and sensibility with which the human frame is endowed, and, perhaps, to some modification in the condition of the diseased parts, beyond the detection of our unaided senses. Yet, in many cases, where pain is either entirely absent, or but little complained of, a sense of heat in the abdomen, especially in the course of the colon, is very generally felt; when this symptom is present, it ought always to be recognised as indicating the existence of inflammation of the surface of the bowel. A similar inference ought also to be deduced from a sense of soreness in the abdomen. This symptom is very often present in all the stages of the disease, and always indicates great irritation of the surface. It frequently accompanies the sensation of heat, or supervenes to that symptom.

As long as the disease is confined to the lining of the large bowels, the patient seldom feels more than a sense of heat, or a dull aching pain, not increased on pressure, which he usually describes as being heavy, and shooting at times through the whole abdomen: but when the cæcum is minutely examined, pain, to a greater or less extent, is always felt; and, perhaps, some degree of fulness, even when pressure over the transverse arch of the colon occasions no uneasiness. If the left side of the abdomen, beneath the ribs, be grasped in the hand, so as to embrace the descending colon and sigmoid flexure, pain is sometimes felt, but not always; but when the right side is similarly grasped, so as to press upon the cæcum

in opposite directions, then pain is almost always complained of.

As the disease advances, the stools usually become still more frequent, the tenesmus more severe, the discharges of blood greater and often more intimately mixed with the matters evacuated, which gradually pass from a mucous, slimy, and gelatinous character, to a more watery appearance, of a dark colour, with a muddy solution of feculent matters, and sometimes with considerable discharges of fæces. The urine is now, and often earlier in the disease, of a high colour, voided frequently, and attended with scalding. Sometimes complete strangury is present: this is owing to the intimate connection subsisting between the urinary organs and the seat of disorder. The tongue becomes more loaded and excited; the pulse more accelerated; and the skin harsh, hot and dry. The straining increases; the calls to evacuation become more incessant, especially during the night, when the general febrile symptoms also are augmented.

When the straining and tenesmus are very urgent, we may then consider the rectum to be very remarkably inflamed: indeed, we know not of an instance where such a state was not evident when these symptoms were present. If tenesmus be very severe, in any particular instance, and if the patient presents but little abdominal fulness or tension,—if he complains but little of heat and soreness in the abdomen,—if he can bear pressure without uneasiness being produced about the region of the cæcum and sigmoid flexure of the colon, we may then consider that disease is chiefly seated in the rectum, and that the large bowel is comparatively exempt, or, at least, much less affected than the rectum. But, although this inference may be drawn, especially if there be little constitutional disturbance present, we ought not to depend upon it with certainty, and we should never allow it to seduce us

into the adoption of weak measures of cure. The No. 2 pills ought then always to be employed instead of No. 1.

We have often seen the most extensive ulceration in the cæcum and colon, and yet the patient had not complained of tenesmus, the rectum having been comparatively sound. And we have seen tenesmus to a great and distressing degree; the colon, throughout its extent, being, upon *post mortem* examination, found little disordered, and the disease confined to the rectum. From these circumstances, therefore, we have, especially when tenesmus has been urgent, considered it merely characteristic of disease of the rectum, although frequently an attendant upon dysentery, and treated accordingly, whether it arose at the commencement of the disease, or during the advanced stages.

In simple acute dysentery, the number of calls to evacuate the bowels varies from ten or twelve, to thirty or forty times in the twenty-four hours—many of the stools being merely a small quantity of viscid matter and blood—some more copious, and consisting of various morbid secretions and excretions. These fluid motions rapidly exhaust the strength of the patient. These watery evacuations are indicative of the lodgment of acrid matters in the bowels, requiring to be removed by purgatives at the commencement of the attack.

Besides the appearance of the stools already pointed out, there are others which are less constant, and which deserve notice. The evacuations are sometimes of a singularly variegated hue, consisting of glairy mucus, mixed with a greenish, gelatinous substance; sometimes with pure bile, at other times with a muco-purulent matter, with large pieces of albuminous-like concretions formed upon the internal surface of the bowel, and afterwards detached, and either with streaks of fluid blood, or with dark coagular, more or less intimately mixed with the other matters discharged. Blood is occasionally

evacuated in very large quantities, fluid, and distinct from the other matters forming the evacuation ; it then flows from the lower parts of the large bowels. When consisting of coagular, and of dark grumous clots intimately mixed with the discharges, we may consider it as having proceeded from the upper part of the colon, or from the cæcum itself. The discharge of pure blood sometimes takes place early in the disease, and continues to its termination in death, but this intestinal hæmorrhage is seldom of a florid hue ; it most frequently presents the venous character, and occasionally a dark brown muddy appearance, mixed intimately with watery, feculent, and offensive dejections. The copious sanguineous discharge may or may not proceed from an ulcerated surface. The latter description of discharge is characteristic of ulceration, and occurs most frequently in persons who have neglected the state of their bowels ; and when the blood and fluids are therefore in a state of foulness, or who have indulged in intoxicating liquors, which are so destructive to soldiers.

The membrane of the rectum or colon is sometimes detached, in the latter stages of the disease, and discharged per anum in a tubular form. Most frequently, however, these membrane-looking tubes are exudations of coagulable lymph thrown out upon the inflamed surface of the bowel. When dysentery has advanced to the most unfavourable stage, the stools are streaked with purulent or sanious matters, evidently proceeding from ulceration of the bowels.

CURE.—In this disease the object to be aimed at is the discharge of acrid matter deposited in the alimentary canal, and preventing any further deposition of such matter. In the more advanced period of the disease the principal objects are : the giving a proper defence to the intestines against irritating causes, the diminution of morbid sensibility of the intestinal canal, and the restoration of due vigour to the system in general, but to the

intestines in particular, for it is certain that the proximate cause consists in a preternatural constriction of the colon, occasioning, at the same time, those spasmodic efforts which are felt in severe gripings, and which efforts, propagated downwards to the rectum, occasion there the frequent mucous stools and tenesmus. Who can for a moment deny that hardened fæces, retained in the colon, are the cause of the griping, frequent stools, &c. ; for the evacuation of these fæces, whether by nature or by art, gives relief from the symptoms mentioned, and it will be more fully confirmed by this, that the most immediate and successful cure of dysentery is obtained by an early and constant attention to the preventing the constriction and the frequent stagnation of fæces in the colon. Vomiting is a principal remedy in this disease, with a view both to the state of the stomach and the fever, but the emetics must also operate by stool. Ipecacuanha is by no means a specific. The Universal Vegetable Medicine acts both as an emetic and as a powerful purgative. No. 2 pills are to be taken twenty at a time ; the patient will be perfectly relieved, and in a few days quite restored to health.

CHOLERA.

The pre-disposing causes to this dreadful malady are :— Rapid atmospherical vicissitudes, in regard either to temperature or moisture ; exposure of the body to currents of cold air, particularly the chill of the evening, after being heated by violent exercise of any kind inducing debility or exhaustion ; low marshy situations ; insufficient clothing ; flatulent and indigestible food, especially crude and watery vegetables,

which compose a large portion of the diet of the natives ; and particularly that gradual undermining of the constitution which arises in a condensed, dirty, and ill-fed mass of population, are all unquestionably powerful pre-disposing causes ; and though not necessary to the production of the disease, do, when present, offer a more unlimited range to the operation of the original cause, whatever that may be. Sad experience has, however, shown, that the absence of all these affords no security against the attack.

The most general attack seems to consist in a spasmodic affection of the stomach, duodenum, and more especially the biliary ducts (the total absence of bile in the matter voided upwards or downwards being, perhaps, the most uniform characteristic of the disease), which quickly extending through the whole intestinal canal, discharges its contents ; for it has often been observed, that the purging more resembles the forcible squirting from a syringe, than the operation of a common cathartic. It is more than probable, however, that these are merely the first perceptible symptoms, for it would appear that a great change has already taken place in the circulating system, and that the action of the heart itself has been greatly diminished before they occur. This seems evident, from the numerous cases in which neither vomiting nor purging are present, and in which the first appearance of disease is the almost total suspension of the vital functions, immediately followed by severe spasmodic affections of the muscles, and coldness of the extremities. It is said that a diminution of the nervous influence occasions contractions or spasms of the muscles ; and it is, perhaps, equally probable that a diminution of the stimulus of the circulating fluid, and especially of the vital heat which it constantly supplies, may produce the same effect. This, indeed, appears to lay the foundation of the cold stage, and the chain of distressing symptoms that accompany it. There

are, perhaps, few diseases attended with such fatal effects, to which the human frame is subjected, of which so little of the first attack has been observed by practitioners ; and this may be, perhaps, easily accounted for by the insidious nature of the attack itself, which is generally unaccompanied with any alarming symptoms, but more particularly when we consider the nature and circumstances of those subjects who have been chiefly presented to our view. They are composed of the poor and labouring classes, who are occupied in obtaining subsistence for the day that is passing, and who, while the excitement which labour and exercise produce remains, may feel but little inconvenience ; but the moment that ceases, may speedily become its victims ; hence it has been generally observed, that the attacks are most frequent in the night.

As far as we have had opportunities of observing, the commencement of the disease in natives (which have been confined chiefly to domestic servants, who, fully aware of its fatal nature, seemed anxious to avail themselves of the remedies which they knew we were ready to administer), after a few watery stools, or pain in the bowels, sometimes accompanied with vomiting, we could distinctly perceive a preternatural heat of the skin, with a small, quick, and thready pulse, laborious breathing, and, in some, attended with such a change of features and countenance, as to render them with difficulty recognizable by their employers. In such cases, if the Universal Vegetable Medicine be not immediately exhibited, it is equally certain that the disease, in a few hours, assumes all the worst forms that have been described—namely, coldness, sinking of the pulse, spasms, and death. It must, however, be acknowledged, that this stage of excitement is by no means so distinctly unfolded among the natives as among Europeans.

Symptoms of the Disease.

The attack is generally ushered in by a feeling of fulness and pain in the stomach, and swelling of the abdomen, with sickness, and a desire to go to stool. Then comes, almost immediately, vomiting and purging of a pale thin fluid, without taste or smell; great anxiety, oppression, and sense of constriction about the heart and præcordia, thirst and internal heat. These symptoms are accompanied, or quickly followed by severe cramps, generally beginning in the fingers and toes, and thence extending to the wrists and fore-arms, calves of the legs, thighs, abdomen, and lower part of the thorax.

Together with these signs of general depression, the action of the heart and arteries is uniformly diminished. The pulse sinks rapidly at the wrists and temples, and at last can no longer be felt, or is merely perceptible by a slight and indistinct fluttering. The respiration becomes laborious and hurried, with sighing, and long and frequently broken inspirations. As the blood forsakes the extreme vessels, and withdraws to the great cavities, the exterior surface of the body grows pale, shrunken, and cold. The skin becomes clammy, dark, and disagreeable to the feel, bedewed with large drops of cold sweat, and discoloured, of a leaden bluish purple or livid hue. The countenance is greatly changed; the features are contracted, collapsed, and ghastly. The eyes sunk in their sockets, fixed and glassy, covered with a thick film, heavy, dull, suffused, and surrounded by dark brown or black circles. The lips livid, or of a purple colour. The finger nails blue; the palms of the hands white, bleached, and puckered into folds. The mouth dry and parched; the tongue bluish, or white and faltering; and the voice hoarse and low.

There is a sudden and great prostration of strength. The hands tremble, and the action of the voluntary muscles are

uncertain and unsteady. The patient can no longer stand or walk without assistance ; he becomes as feeble as a child ; staggers like a drunken man, and, unless supported, sinks down like one in the last stage of debility from fever.

In feeble habits, and where the disease attacked with extreme violence, the scene is soon closed. The circulation and animal heat are never restored. The spasms, vomiting, and purging are frequently renewed. The thirst continues incessant and unquenchable ; and is no sooner gratified by draughts of water, or other fluids, than dreadful retching ensues. The burning heat, anguish, agitation, and restlessness continues unabated. At length the patient, exhausted by the depressing influence of the malady, and the repeated large discharges, falls into a listless state, and has no longer strength for either full vomiting or purging. A little fluid is now only rejected by the mouth, as the abdominal muscles are thrown into spasm, or passed off involuntarily downwards, as the body turned round in bed. The patient remains deadly cold, grows weaker and weaker, and insensibly sinks into death, or is carried off during a repetition of spasms, sometimes in one, but more frequently within four, six, or twelve hours.

Much variety, however, occurs in the kind, order, and sequence of the symptoms, according as the virus of the disease happens to be more or less concentrated, or the individual affected of a strong or feeble constitution. *Vomiting is the symptom of earliest and most frequent occurrence.* Next comes purging ; then the cramps and spasms. Frequently, however, this order is reversed, and the purging and the spasms take the lead of the vomiting ; sometimes the cramp precede both ; sometimes there is no vomiting, sometimes of purging, sometimes no spasm throughout ; sometimes all these symptoms are simultaneous, and the vomiting and purging take place together, as if caused by sudden contraction of the alimentary

canal in its whole extent. In some rare instances, the virulence of the disease is so powerful, as to prove immediately destructive of life, as if the circulation were at once arrested, and the vital powers wholly overwhelmed. In these cases the patient falls down, as if struck by lightning, and instantly expires. Others, again, sink, after making one or two feeble efforts to vomit, and drawing a long and anxious inspiration. Some recover from the insensibility produced by the first shock, and afterwards go through the regular course of the disease.

Among the natives generally, where the attack is exceedingly severe, the constitution sinks, with scarcely an attempt to rally; and of those who recover, the secondary stage is of short duration, and unaccompanied with much reaction. In the milder cases, the attack either is repelled by the unaided powers of life itself, or readily gives way to the simplest means of cure. The pathognomonic symptoms of the disease speedily abate, the patient sinks into a profound and quiet sleep, and the breaking out of a warm equable perspiration all over the body, evinced the restoration of the vital powers, and might be considered an almost infallible sign of recovery. In such cases, slight debility and irregular action of the intestinal canal are the only ill consequences of the attack; and a copious discharge of bile, fæculent matter, either natural or by the exhibition of a single dose of a simple purgative, completes the cure.

But, in the more violent forms of the disease, recovery is longer protracted, and the sufferings of the patient are more severe. After the most distressing symptoms have been in great measure subdued, he is still harassed by constant thirst, irritability of stomach, pain and soreness of the epigastric region, watchfulness, and confused dreams. The stomach and bowels do not, for a long time, regain their usual tone: and

the frequent occurrence of obstinate dysentery or diarrhœa prove that almost irreparable mischief is done to the whole of the chylopoetic viscera. In these cases the debility is great and of long duration; and the strictest attention is required during many days, to prevent the patient from sinking entirely. Sometimes the debility terminates in incurable dropsy. In some instances, partial loss of vision; in others, loss of hearing ensues.

It is almost uniformly observed, that health is soonest restored in those cases in which fœculent, black, and acrid motions are early procured; and that, on the other hand, their absence is almost uniformly marked by feverishness, sour eructations, flatulence, constipation, and other signs of want of tone and sluggish action of the hepatic system. Fevers of the remittent and intermittent type are among the most frequent *segulæ* of the disorder; but among natives, and especially those of weakly frame, they can not be considered to form an essential part of the attack. They are hardly ever immediately superinduced upon the collapsed stage, and it seems rather an incidental affection, in bodies much predisposed to take on new forms of disease by great existing debility.

When the disease runs its full course with Europeans, and with natives of robust athletic make, the following appearances generally present themselves. What may be termed the cold stage, or state of collapse, usually last from twenty-four hours to forty-eight hours, and is seldom of more than three complete days' duration. Throughout the first twenty-four hours, nearly all the symptoms of deadly oppression—the cold skin and oozing of clammy sweat from every pore, the feeble pulse, occasional vomiting, purging, and cramp—the thirst and anguish, continue undiminished. Then the system shows symptoms of revival; the vital powers begin to rally; the circulation and heat to be restored; and the spasms, sickness,

and desire to go to stool, to be considerably lessened. The warmth gradually returns; the pulse rises in strength and fulness, and then becomes sharp, and sometimes hard. The tongue gets more deeply furred; the thirst continues with less nausea. The stools are no longer like gruel or rice water; they usually, between the third and sixth day, become first brown and watery, then dark green, black, and pitchy; and the bowels, during many days, continue to discharge immense loads of vitiated bile, until, with returning health, the secretions, the liver, and other viscera, gradually put on a natural appearance. These discharges are generally hot, acrid, and passed with griping and tenesmus. Sometimes they are of a bright yellow colour, and the surcharge of bile is so great, as to be ejected in a pure stream from the stomach. It is remarked that, where the motions consist of a chocolate-coloured fluid, with flocculi swimming in it, the patient rarely recovers.

The fever, which almost invariably attends this second stage of the disease, may be considered rather the result of an effort of Nature to recover the rude shock which she has sustained, than as forming any integral and necessary part of the disorder itself. It partakes much of the nature of the common bilious attacks of these latitudes. There is the hot dry skin; the foul, deeply-furred, dry tongue; parched mouth, thirst, sick stomach, depraved secretions, restlessness, watchfulness, and quick variable pulse; sometimes with delirium, stupor, and other marked affections of the brain.

Generally, when the disorder proves fatal, after reaching this stage, the tongue, from being cream-coloured, gets brown, and sometimes black, hard, and more deeply furred; the teeth and lips are covered with sordes; the state of the skin varies; chills alternating with heats; the pulse becomes extremely

quick, weak, and tremulous; hiccough, catching of the breath, great restlessness, and deep moaning succeeds; and the patient soon sinks, incoherent and insensible, under the debilitating effects of low nervous fever, and frequent dark, tarry, alvine discharges.

In other cases, this secondary period runs a somewhat different course. As the action of the heart and arteries, is renewed, and the natural warmth of the body returns an unusual degree of energy succeeds. The brain is evidently affected, and the patient is quite insensible to the great danger into which he has fallen. The pulse rises as high as 120; great heat, especially over the large cavities, is complained of. There is extreme agitation and distressing thirst. The patient continually calls for cold water, to relieve the sensation of the abdomen. Sometimes a warm perspiration breaks out near the wrists and forehead, which affords temporary relief to his sufferings. To this state of excitement, that of collapse quickly succeeds. There is then great prostration of strength; the bowels become quite torpid; severe pains occur low down in the abdomen, near the site of the rectum, which are always aggravated upon stools being procured by medicine. The state of the stomach now excites surprise; its unnatural irritability is entirely gone, and the most nauseating medicine can be poured into it without exciting vomiting. It rarely occurs that the patient survives the great sinking produced by this stage; and even where good fortune and the strength of his constitution carry him through it, he suffers long after from debility and disordered bowels.

CURE.—The common colic of new-born infants is a disorder that would be prevented were children always to suck their mothers, whose milk at first is purgative. In the cure of cholera the

Hygeist has proved, from innumerable cases, that to accomplish this end it is absolutely necessary to evacuate the contents of the intestines, and to remove morbid irritability existing in that part of the system; indeed to preserve the life of the patient from the most imminent hazard, it is absolutely necessary to prevent and remove those inflammatory affections which often occur in this disease. As the chief danger in cholera arises from an inflammation and consequent mortification of the intestines, in the first place we must diminish the tendency to fever. In this disease a large quantity of bile is deposited in the alimentary canal, particularly in the stomach; its influence must be counteracted, and the discharge of it must be promoted. The Hygeist, in his letter to "The Court of Directors of the East India Company," thus expresses himself upon this dreadful malady:—

"Now this proper treatment consists only in procuring free evacuations. If you begin and continue in that way, you are sure to subdue the disease.

"I would therefore propose, that on the first symptoms of this disease, and especially if it is raging in the country, that the patient take a strong dose of the Vegetable Universal Medicine, No. 2, fifteen or twenty pills.

"In a short time they will procure salutary evacuations; and if there is a disposition to vomiting, they will facilitate it, which will do much good, and empty the stomach of the morbid humours, whatever their qualities may be.

"Let no one feel astonishment at prescribing a medicine of an emetic quality to cure a vomiting; it is proceeding on the same just principle as taking a purgative medicine to cure a dysentery or violent diarrhœa; as in both cases you must get rid of the morbid acrimonious humours, which are the exciting cause of both.

"These medicines are not, properly speaking, emetic; they only prove so occasionally, from the quality of the humours they meet with in the stomach.

"Should the dose of pills be rejected immediately, which may

happen, they will nevertheless have done some good, and the dose should be repeated in a short time—in half an hour—when the stomach will be more capable of retaining them.

“ Though part of the first dose should have been retained in the stomach, there need be no apprehension of them both conjoined being too strong, being perfectly innocent, and they will only act the quicker, and the patient be sooner relieved.

“ If the first dose has been all retained, and produced some effect, but symptoms still continue alarming, a similar dose is to be repeated in ten or twelve hours, or sooner, which in no case can do any harm.

“ But if great improvement of the patient's state has taken place, the second dose may be delayed till the expiration of twenty-four hours, and continued so daily for some days, till quite well; and by no means think of using any opiates or stimulent medicines whatsoever.

“ If the stomach should have continued in such an irritable state, that two doses of pills have been visibly rejected, still they will have done much good, and tended to allay the irritation, which proceeds only from the great acrimony of the bile and humours; then a strong dose of the pills, from fifteen to twenty, may be dissolved in a little boiling water, and drank lukewarm.

“ In this liquid state, they will sooner produce their effect in the stomach, and probably be retained; and from the beginning of the disease, glysters of a strong infusion of senna or castor oil should be given, which will facilitate the operation of the pills downwards,—the great desideratum in this disease being to procure speedy and copious evacuations.

“ A dose of the vegetable aperient powders should always be taken as soon as the pills have begun to operate, and may be used as a lemonade throughout the day.

“ Should the disorder from the beginning have appeared violent, and attended with spasms, it will be always well to use the warm bath repeatedly. The temperature thereof should be high,

and the patient remain a considerable time in ; this will allay the spasms, and with evacuations will always give ease.

“ I have often had occasion to remark, that a person whose stomach is loaded with phlegmy, acrimonious humours, will sometimes vomit immediately on taking the pills, for a minute or two, but it subsides instantaneously, and the patient feels much relieved from it ; and yet the pills have not been rejected, as they have produced next morning their customary effects ; this is altogether an operation of nature, finding out at once what the stomach stands in need of ; it will therefore be satisfactory to examine the contents so vomited immediately, to ascertain whether the pills are come up or not ; if there is any doubt, it will be always prudent to repeat them, as more or less of them can do no harm ; this should be pursued when the case is bad and violent, as delay might be dangerous. In common cases, this repetition is not necessary, unless the patient choose it himself, well persuaded, as he will be, that they will only do him good sooner ; others again may allow an interval of three or four hours, or wait till morning. As for drink, I would recommend warm lemonade or acid fruits alone ; and if the patient chooses at any time to smoke a little tobacco, it won't hurt him.

“ When neither vomiting nor purging takes place, it shows that the danger is very great indeed, arising from the morbid tenacious humours, and insensibility which they have caused ; in such cases, the dose of pills should be augmented twenty or more ; and if that does not succeed in procuring evacuations, upwards or downwards, recourse should be had to strong doses in a liquid state,—well impressed as you should be, that no relief is to be expected but by procuring speedy and copious evacuations.

“ It may not be unnecessary to add, that this is the mode of treatment to be followed when the disease has already taken place, and is at its height, and consequently is the more difficult to manage and combat ; but if a few doses of these universal medicines had been taken some days previously, the attack would have been prevented without any trouble, or passed off so slightly as not to

be worth noticing ; for certainly the patient had felt some derangement in his health ; and if the disease is raging in the country, such a precaution should not be neglected.

“ As this dreadful malady arises solely from an accumulation of the bilious and other humours, and the malignant acrimonious qualities thereof, the previous diminution of those humours cannot fail to carry off the seeds or *materiel* of the disease.”

JAUNDICE.

Description.—The jaundice first shows itself by a listlessness and want of appetite ; the patient generally becomes dull, oppressed, and generally costive. These symptoms have continued but a very short time, when a yellow colour begins to diffuse itself over the *tunica albuginea*, or white part of the eye, and the nails of the fingers ; the urine becomes high coloured, with a yellowish sediment, capable of giving a yellow tint to linen ; the stools are whitish or grey. In some there is a most violent pain in the epigastric region, which is considerably increased after meals. Sometimes the patient has a continual propensity to sleep ; but in others there is too great watchfulness ; and sometimes the pain is so great, that though the patient be sleepy, he cannot compose himself to rest. The pains come by fits ; and most women who have had the jaundice and borne children, agree, that they are more violent than labour pains. As the disease increases, the yellow colour becomes more and more deep ; and itching is felt all over the skin ; and even the internal membrane of the viscera, the bones, and the brain itself, become tinged, as has been

shown from dissection, where the bones have been found tinged sometimes for years after the jaundice has been cured.

In like manner, all the secretions are affected with the yellow colour of the bile, which in this disease is diffused throughout the whole mass of fluids. The saliva becomes yellowish and bitter; the urine excessively high coloured, in such a manner as to appear almost black; nay, the blood itself is sometimes said to appear of a yellow colour when drawn from a vein; yet Dr. Heberden says, that he never saw the milk altered in its colour, even in cases of very deep jaundice. In process of time the blood begins to acquire a tendency to dissolution and putrefaction; which is known by the patient's colour changing from a deep yellow to a black or dark yellow. Hæmorrhages ensue from various parts of the body, and the patients frequently die of an apoplexy; though in some the disease degenerates into an incurable dropsy; and there have not been wanting instances of some who have died of the dropsy after the jaundice itself had been totally removed.

Causes.—As the jaundice consists in a diffusion of the bile throughout the whole system, it thence follows, that whatever may favour this diffusion is also to be reckoned among the causes of jaundice. Many disputes have arisen concerning the manner in which the bile is resorbed into the blood; but it is now generally agreed, that it is taken up by the lymphatics of the gall bladder and biliary ducts. Hence a jaundice may arise from any thing obstructing the passage of the bile into the duodenum, or from any thing which alters the state of the lymphatics in such a manner as to make them capable of absorbing the bile in its natural state. Hence the jaundice may arise from schirrh of the liver or other viscera pressing upon the biliary ducts, and obstructing the passage of the bile; from flatus distending the duodenum, and shutting up the

entrance of the ductus communis into it ; from the same orifice being plugged up by viscid bile ; but by far the most frequent cause of jaundice is the formation of calculi, or, more properly, biliary concretions : for although they were long considered as being of a calcarous nature, yet more accurate experiments have now demonstrated, that they consist principally of a sebaceous matter ; accordingly, while they are so light as to swim in water, they are also highly inflammable. These are found of almost all sizes, from that of a small pea to that of a walnut, or bigger : they are of different colours, and sometimes appear as if formed in the inward part by crystallization, but of lamellæ on the outer part ; though sometimes the outward part is covered with rough and shining crystals, while the inward part is lamellated. These enter into the biliary ducts, and obstruct them, causing a jaundice, with violent pain for some time ; and which can be cured by no means till the concretion is either passed entirely through the ductus communis, or returned into the gall bladder.

In a very relaxed state of the body there is also an absorption of the bile, as in the yellow fever ; and indeed in all putrid disorders there is a kind of yellowish tint over the skin, though much less than in the true jaundice. The reason of this is, that in those disorders there is usually an increased secretion of bile, commonly of a thinner consistence than in a healthy state, while the orifices of the lymphatics are probably enlarged, and thus ready to absorb a fluid somewhat thicker than what they ought to take up in a healthy state ; but these disorders are of short duration in comparison with the real jaundice, which sometimes lasts for many years. These affections, however, cannot, with propriety, in any case be considered as real instances of jaundice ; for to constitute that disease, bile must not only be present in the blood, but wanting in the alimentary canal.

It is observable, that women are more subject to jaundice than men, which probably arises from their more sedentary life; for this, together with some of the depressing passions of the mind, are found to promote the accession of the disease, if not absolutely to produce it. Pregnant women also are frequently attacked by the jaundice, which goes off after delivery.

CURE.—The great object to be aimed at in the cure of Jaundice is unquestionably the removal of the cause which obstructs the passage of bile into the intestines. These urgent symptoms must be alleviated by supplying the want of bile in the alimentary canal, or by affording an exit for bilious matter from the general mass of blood, and by obviating the effects of distension and obstruction to the circulation in the system of the liver. Although the jaundice arises sometimes from indurated or schirri of the liver it is not incurable, as professional men have frequently asserted. The concretions must be dissolved, to prevent their formation a second time. The only method in jaundice is to expel the concretions into the intestines, for which vomits and purgatives must be used; the former are highly efficacious, as they powerfully shake all the abdominal and thoraci viscera, and then tend to dislodge any obstructing matter that may be formed in them. The Universal Vegetable Medicine will, as we have said before, invariably produce the effect of an emetic, and the same medicine will also cleanse the primæ viæ, and solicit a discharge of the bile into the intestines. The warm bath is serviceable by its relaxing quality; the same number of pills must be used, as in the directions under the head of Liver Complaints.

FEVERS.

Fever has been properly defined by the Hygeist, a struggle of the blood to push its way through viscous, phlegmy, corrupt humours, the seat of which is principally about the heart and stomach; but humours collected in any part of the body, as in a boil, sore, or erysipelas, occasion fever. The humours are deposited and stagnate in their parts and stop the blood, and the whole system becomes in a state of fermentation from it. The different characteristics, symptoms, and appearances which fevers put on, arise from the nature of those humours which are the cause of them, being either inflammatory, slow, hectic, putrid, or bilious. In treating intermittent fevers, whether tertian, quotidian, or quartan, Boerhaave and Stahl, who were the most successful practitioners of their day, acted upon the principles of the Hygeist; conceiving that the disease proceeded from a lentor or other disorders in the blood, they always thought it necessary to correct and evacuate these peccant humours by emetics and purgatives.

The three capital distempers, the putrid, the malignant fever, and the scurvy, do not differ in nature; that is, they owe their existence to the same cause.

In all those distempers, the proximate cause is putrefaction, in a greater or less degree, either residing especially, in some particular part of the body, or disseminated through the whole.

It is not our purpose to attempt a precise and analytic investigation of the nature of putrefaction, nor endeavour even to conjecture that intimate, specific arrangement, and motion of the particles of bodies affected by it, in which it may essentially consist; as such a discussion would extend much beyond the limits proposed. Putrefaction with regard to the human

body, is a certain degeneracy or corruption of our juices, whence they contract a peculiar acidity or sharpness, more or less injurious to the solids ; and thus impeding their functions, and altering their natural tone and qualities, they produce symptoms more or less violent and malignant, and occasion a great relaxation both of the consistence of the fluids, and the vibration of the solids. The first perceivable alterations which putrefaction causes in our habit, are a colliquation or attenuation of the juices ; and in the solids, such a dissolution of their firmness and connexion, as correspond with our notion of atony, or relaxation.

Hence the nature of putrefaction, so far as it is to be known from the first prognostics, or signs, appears to consist in an intestine motion of the juices, by which the equable mixture of their constituent particles is thrown into confusion, and destroyed ; whilst, perhaps, the air, which naturally is lodged in that mixture, and was before deprived of its elasticity, now by some means or other recovering it, by its consequent expansion and proflition, is to be accounted one of the primary or chief causes of putrefaction.

Thus, the beginning of putrefaction, consists in a separation and division of the particles, both fluid and solid ; wherefore, on the fibres proving more relaxed, and the juices becoming more fluid, a putrefaction may be inferred, whether this alteration tend to the improvement of the health ; or to the destruction of the body, or whether it be agreeable or offensive to our senses.

In the common, putrid, or bilious fever, (the corrupt matter still having its first seat in the *primæ viæ*, that is, the stomach and intestines) chiefly fetid eructations, thirst, a bitter taste in the mouth, or like that of rotten eggs, vomitings, putrid stools, and worms ; with an aversion to flesh, fish, and all animal food, even to an egg.

This corrupt matter in the stomach and bowels, having acquired a great degree of sharpness, and having passed into the blood, then follows a fever, mostly of the remittent and infectious kind, the continuance of which brings on a malignant fever.

With regard to the malignant fever, a sudden sinking of the pulse and prostration of strength, lowness of spirits, a stinking breath, fetid evacuations of all kinds, so that even the smell of the sweat, and of the blood itself, are offensive in an advanced stage of the disease. The tongue is black, deliriums, languors, and relaxations, eruptions and spots on the skin are frequent: the urine, the excrements, and, in extreme cases, the very sweats are bloody.

The remittent fever in the West Indies generally comes on suddenly, and begins with a sense of debility and a very great lowness of spirits. These symptoms are attended with a greater or less degree of chillness, a dizziness, a nausea, very acute pains in the head and loins, and a trembling of the hands; the countenance is pale, the skin commonly very dry and corrugated, the eyes dull and heavy, the pulse quick and small, the breath generally difficult, and interrupted with hiccough.

We will not stop to give a description of the different kinds of fever that prevail in the West Indies, whether they be the name of the jungle fever, the hill fever, the fen fever, &c., as we have before said they all proceed from the same cause. The following is the Hygeist's treatment of fever.

“It is very evident that fevers, notwithstanding the numerous denominations which have been given to them by the medical profession, all spring from the same cause. That state called fever has never been properly investigated. Physicians have considered it as a morbid state of our different organs, produced by various external causes; whereas fever only originates in the blood and the malignity of the humours infesting it.

How could fever originate in any organ or solid part? They are all only supported and kept in life by the blood, and they can neither be improved nor made worse by it. All fever is only a struggle to surmount the viscous malignant humours of the body, and to shake them off.

“Fever being, then, a commotion of the humours, and the opposite of chronic disease, the mode of treatment will be the reverse. It will be necessary to begin with No. 2 of the Vegetable Universal Medicines, which in such cases produce the most salutary consequences, taking doses of fourteen and eighteen, and using the Vegetable Aperient Powders as soon as the pills have begun to operate. If the stomach is at all irritable, these will speedily cause the throwing up of some acrid bile, which will give relief sooner than anything, and diminish the irritability of the stomach, which is only owing to the presence of these corrupt acrid humours. If there is any doubt that the pills have been rejected, another dose should be given, as they never can do any harm, and the patient will only be the sooner relieved by them. According to the state of the case and violence of the fever, these should be repeated in twelve, fifteen, or twenty-four hours, and till the fever abates. The patient may drink anything that is most agreeable to him; but nothing will be more beneficial to him than lemonade, cold or warm. As soon as the fever has abated, he should use alternately No. 1 with No. 2. In this manner he will find his appetite and strength return in a short time; and if he perseveres a little there need be no fear of any relapse, nor of those lingering convalescences which we often see take place, followed by other fatal diseases. All the diseases we see owe their origin to fever having been improperly treated at some period or other.

“The Hygeist here submits to the public the theory of that fever which he calls the fever of health. This is a fever which

will happen to invalids long diseased, in a chronic, debilitated state, and who, perhaps, in that state never experienced any fever at all. Such patients having begun with the Universal Medicines, and taken them for a fortnight, three weeks, or a month, will have felt much better, and their disease daily diminishing. Let them not be surprised if they should have at any time, for a day or two, a little fever. It will not be strong or marked, but simply fever. Let them in such cases not neglect to take stronger doses of No. 2 and the Powders, and it will disappear immediately, and they will find themselves after much the better for it. It is owing to their bodies being then somewhat purified. Their blood has acquired more strength and elasticity, and is then striving to eradicate from them the last seeds of their disease. They will soon be convinced of the reality and truth of all this."

ULCERS, SORES, &c.

To enter into any particulars with respect to foul sores, which, in tropical climates, generally attack the lower extremities, would be a work of supererogation—they arise solely from viscid matter in the blood and fluids. If strong doses of the Universal Vegetable Medicine be taken for one fortnight they will disappear.

APPENDIX.

THE Hygeian Agent at Calcutta having met with some opposition in consequence of the report of the celebrated York Trial having been widely circulated in India, we have deemed it of importance to insert the following Letters, which have appeared in the London papers upon the subject ; if our limits had permitted we could have extended the correspondence which has taken place relative to this affair to the size of a volume. It will be observed by the impartial reader, that the York Doctors were completely at variance with the most eminent men of the medical profession.

PROFOUND KNOWLEDGE OF THE YORK DOCTORS.

SIR,—“ *Errare est humanum.*” That all men are liable to error is an axiom which has, in my humble opinion, been particularly exemplified in the late trial at York,—*Rex. v. Webb.* That the Jury were influenced, nay, absolutely directed by the evidence of the Medical persons who appeared as witnesses, is a circumstance that cannot, for a moment, admit of the slightest doubt. I am neither a follower of Mr. Morison’s system of Hygeianism — in which he maintains that all diseases, of whatever nature they may be, originate in an impure state of the blood, and can be cured by a Vegetable Aperient Medicine ; neither am I an adherent to Esculapianism—with the different

doctrines of which, I conjecture, there are very few persons well acquainted : but, with all becoming humility, I do profess to know as much upon the subject in question, as those very learned medical gentlemen of the city of York. The question resolves itself into this:—In the small-pox, is it advisable to employ efficient purgatives, or drastic purges, which mean the same thing? No—say the York Doctors—Yes, say I. Here are my proofs:—

DR. REES.—“ In the small-pox, the bowels should be freely opened by some cooling purgative—when the fever comes on with great violence, manifesting very early its character, very active measures should be adopted. An *active purgative* will relieve inflammatory action, and should be speedily administered and repeated.”

DR. GOOD.—“ The grand principle in the treatment of the small-pox, as of all the other exanthema, is to moderate and keep under the fever; and, however the plans that may have been most celebrated for their success, may have varied in particular points, they have uniformly made this principle their polar star; and have consisted in different modifications of cold water, acid liquors, and *purgative medicines*—heat, cordials, and other stimulants, having been abundantly proved to be the most effectual means of exasperating the disease and endangering life. Dr. Mead seems to have been almost indifferent as to the *kind of purgative* employed, and certainly gave no preference to mercurial preparations. His idea was, that all were equally beneficial that would tend to lower the system; and in this manner he accounts for the mildness of the disease, after any great evacuation, natural or artificial.”

G. BAKER, M. D. Physician in ordinary to her Majesty.—(See Medical Transactions of the College of Physicians, vol. 1, page 275.)—“ In the small-pox *powerful purgatives* should be given during the fever, previous to the eruption, during

the period of eruption, and even after its completion. Cold water, acid liquors, and *purgative medicines* had been uniformly insisted on by those whose practice had been warranted by successful experience. It is now sufficiently evident, that the method of *purging* may be followed beneficially to the patient. What a contrast then does there appear between this method of treating the small-pox and that which had generally prevailed, established by the practice of the mutable physicians? Was it not usual with them even to promote a costive state of the bowels through the whole of the disease? It is to be suspected, therefore, that the old doctrine, 'Nature cures diseases—Nature is the surest guide,' &c., may, in this, as well as in other instances, have led practitioners into a dangerous error. The true way then of following the dictates of nature in this case, is to endeavour to assist her in moderating the fever, which will be attempted by antiphlogistic medicines, and *purgative medicines*. But I would speak further of the use of *purgatives*—not only in respect of the disorder before us, but more generally. Should it not seem, then, that the beneficial effects of them in this, and other eruptive diseases, result chiefly from that peculiar relation which is observable between the affections of the skin and the intestines. The perspirable matter, checked suddenly, and thrown back upon the constitution, is, in all cases, very apt to affect the bowels, and *vice versa*. If, upon these principles, *purgatives* were more generally given, physicians, perhaps, would be more successful in their treatment of some other fevers, attended with eruptions of the skin. I am convinced, by experience, that the application of this practice in military fever has been of singular advantage; and it is worthy of observation in this place, that the symptoms of the measles are often rendered less formidable, when, during the disease, the patient has every day *two or three evacuations* by stool.

Nature herself frequently points out in what manner she ought to be relieved, by raising a spontaneous *diarrhœa*; and experience has shown that the discharge is salutary, and cannot be restrained with security."

DR. MONRO, Physician to his Majesty's Army, and St. George's Hospital, &c.—(See Medical Transactions of the College of Physicians, page 387.)—"The purgatives that I generally use in the small-pox, are jalap, mixed with an equal quantity of cream of tartar, and five or six grains of calomel."

DR. WINNINGHAM, in his *Commentarium Nosologicum*, says, "that he never observed in this disease (small-pox) that any medicines that open the belly, to have any bad effect by weakening the patient; but, on the contrary, has always seen them very serviceable to young patients."—(See Medical Essays, vol. ii. page 404.)

DR. MORGAN recommends *strong purgatives* in the small-pox.—(Idem. vol. iv. page 498.)

DR. THOMAS SIMPSON.—"It is evident that nothing can be of more service than the subtraction of that matter with which the vessels are destroyed or overloaded, for which purpose I know nothing so serviceable as *purging*, which, in all other inflammatory cases, where we fear too great a disposition to suppuration and gangrene, we always fly to as soon as possible; thus carrying off a greater proportion of the vitiated serum than the good blood, and being carried off with less disturbance to the body, than salivation can be."—(Idem, vol. vi. page 581.)

DR. PARR.—"Small-pox may be contemplated as a fearful disease. Dr. Cullen and Dr. Helvetius observed the utility of *purging* when the dangerous symptoms came on, and which Sydenham also strongly recommended. Dr. Friend introduced the practice in England, of giving *strong purges* in these cases. The confluent small-pox is a disease of peculiar

difficulty and danger. On the cessation of the discharge of saliva, or even previous, the action of *purgatives* must commence; for at that period the secondary fever commences. The use of *purgatives* was adopted very early, but was not generally known till the publication of Friend's works—and particularly his epistle to Dr. Mead. Medicines of this kind are given in doses sufficient to procure *two or three motions daily*, and by this means the secondary fever is checked. We have always employed *purgatives* with advantage; but, it sometimes happens, that at this period of the disease, the patient sinks too often from debility. As it is proper to prevent accumulation in the bowels, calomel may be employed as a *purgative*, as well as any other *purgative medicine*."—(Dr. Parr's Med. Dict. in 2 vols. 4to.) See, also, Haxam, Thompson's Enquiry, Tissot, Kirkpatrick, Dimsdale, Woodville, Percival, Blake, Baker, Burges, Matty, Watson, Glass, Bromfield, Chandler, Cullen, and White; all of whom are of opinion, that *strong purgative medicines* should be administered in the small-pox.

I think, Sir, that I have produced sufficient authorities in favour of strong aperient medicines—to be administered in the small pox. These very eminent men whose names I have quoted, differ very considerably in their practice, from those eminent men at York.—Mr. Allen, who says, that the small-pox was aggravated by purges, and death accelerated.—Dr. MATTERSON, who affirms, that *purgatives* should be given with great care, and *gamboge* not at all; and that he never knew medical men give drastic purges, but only saline ones.

DR. BELCOMBE: "That the constant system of *purgation* which had been kept up, should not have been done; and that death was accelerated by *purging*."

DR. WAKE: "That *gamboge* was, of all medicines, most calculated to *increase inflammation*—that drastic purges are

injurious in any stages of the small-pox, and would not *now* be administered by any medical man." It may be here necessary to say, that the word *drastic* means merely *vigorous, efficacious*—and gamboge, the only drug acknowledged by Mr. Moat as forming a small portion in the composition of Morison's Pills, is thus defined by Dr. PARR in his "Medical Dictionary:"—

"*Gamboge*.—From its supposed virtues it is called *gummi ad podagram*. It is used as a drastic purge, in small doses, united with other laxatives, operates with *safety* and *ease*, producing *copious discharges* by stool. The dose is from two grains to *ten*. Boiling in water is said to lessen its activity. Or it may be given in doses of three or four grains, rubbed down with a little sugar, and *repeated every three or four hours*—it then evacuates freely, both by stool and urine. It is recommended also in obstructions of the bowels."—This description does not coincide with Dr. Wake's assertion—that gamboge was, of all medicines, most calculated to increase inflammation.

It is really a great pity that Mr. Webb was not acquainted with the different authorities I have quoted above; the Jury very probably might have been as much inclined to give credit to their averments, as to those of the York doctors; and had that been the case, the prisoner would most certainly have been acquitted. Of course the public are not now better acquainted with the composition of Morison's Pills, than they were before the trial—gamboge excepted; but, taking the analysis of the chemists to be correct (which I very much doubt, as this gentleman seemed somewhat to flounder in his testimony), and reasoning hypothetically, viz., that the Pills also contain Aloes, Cream of Tartar, and Colocynth—it appears from the evidence, that the Jury were led to believe that these medicines were highly dangerous. Let us see what Dr. Parr

again says in his "Medical Dictionary," upon these substances:—

"*Aloes*.—This is the inspissated gum of the Aloe plant. Its effects are uncertain, but it does not leave a costive habit. Small doses cleanse the first passage, and promote the secretions in phlegmatic, sedentary, and cachetic habits, and oppressions in the stomach from irregularity. In all diseases of the nervous tribe, aloes are useful, and assist digestion.

"*Tartarum*, or tartar, is an essential acid, concrete salt of grapes; it is a mild, cooling aperient, in doses from $\mathfrak{D} i$ to $\mathfrak{z} i$; laxative, in doses of ij or iii drams; and purges in one of $\mathfrak{z} i$, it promotes the operation of resinous purges; prevents their griping, and has been particularly recommended for maniacal and melancholic patients. The crystals of tartar are laxative, and refrigerant, and may be given from $\mathfrak{z} i$ to $\mathfrak{z} ij$. In large doses they act as a purgative, exciting the action of the absorbents in every part of the system. Either in large or small doses, this medicine is diuretic.

"*Colocynth*.—The bitter, or wild gourd. It purges briskly—but the most effectual method of abating its violence, without diminishing its purgative qualities, seems to be, by *tritulating it with gum*, or the oily seeds, by which means its resinous particles are prevented from adhering to the membranes of the intestines, so as to irritate and inflame them."

I have shown from the best authorities, that drastic or efficacious purging is recommended in small-pox during all its stages; and, that the drugs alleged to have been administered (which, of course, the jury believed to be those of which Morison's pills were said to be composed,) are suitable medicines in cases of small-pox—yet the evidence of the doctors went both ways to lead the jury to believe, that, first—purging was highly dangerous; and, secondly, that the kind of purgatives were highly injurious. Lord Lyndhurst said, "I am of opinion

that it is a question for the jury, whether the prisoner acted with the grossest ignorance; if he did, and the deceased's death ensued in consequence, he is guilty of manslaughter. But whether he did so or not, is for the jury to decide."

The jury decided that Webb did not act with gross ignorance, but, that he acted in such a way as to accelerate death. By whose testimony were they guided, in bringing in a verdict of guilty? By the doctors. Were the doctors justified in coming to the conclusion they did? Consult the works of the eminent medical men, whose names I have above-mentioned, and you can judge for yourself. It is deeply to be lamented, for poor Webb, that the jury were not informed of *all* the circumstances I have related at the beginning of this long letter.

I am, Sir,

Your obedient servant,

A FRIEND TO JUSTICE.

MR. WEBB'S CASE.—MEDICAL STUDENTS.—

MOLIERE'S PURGON.

The late trial at York, at which the Hygeist was found guilty, and sentenced to six months' imprisonment, may be thus briefly described:—A youth, named Richardson, who some months ago had been attacked with severe cholera, called into his assistance Mr. Webb, a highly respectable individual, to afford him relief in this dreadful malady. Copious doses of the Vegetable Aperient Medicine were administered to the patient, and he was restored to perfect health. A few weeks ago, the youth was attacked with a confluent small-pox; and the same person who had cured him on the former distressing occasion, in whom he placed the utmost confidence, and in whose remedies he had the utmost belief, was again sent for

by the desire of the youth. A quantity of the Vegetable Aperient Medicines was administered to him ; but as the malady did not give way so rapidly as was expected, the friends of the sick youth became alarmed, and a doctor was sent for, who administered also some kind of medicine to him. The youth died—and the Hygeist is made responsible for his death ; although the strongest evidence was adduced, to show that in similar cases, a great many individuals had been restored to health by the same means that had been employed by the Hygeist. To say that an individual who has recourse to the Vegetable Aperient Medicine, shall, without the least doubt, recover, were tantamount to blasphemy. *He* alone, who holds the thread of our existence, decides that point ; but when no other medicines have proved of any use, the Vegetable Aperient has, in almost every instance, been found efficacious ; and it is, because the mode of its acting upon the body is so simple, and so much in accordance with plain sense and the soundest reasoning, that the Faculty are opposed to it, and exhibit against Hygeianism, a fury—alas ! not an impotent rage ; which, though natural to expect from them, redounds in no way to their honour.

The most extraordinary part of this affair, is—that the evidence of the medical men who were present at the trial, was in direct opposition to the most celebrated writers on medicine. The latter assert, and experience bears them out in their statements, that strong purgative medicines ought always to be resorted to, in cases of small-pox ; the York Doctors, who, one would suppose, from the manner of giving their evidence, deem themselves infallible, say, that purgatives ought not to be administered : and it was, because they were adverse to the Hygeist's system, which, as I have said before, agreed so clearly in this instance, with that pursued by such men as Doctors Monro, Good, Rees, Parr, Morgan, Mead, Friend, Tissott, and

innumerable others—it was, I repeat, in consequence of their testimony, which can be controverted by the highest professors in their own school, that Mr. Webb was sentenced to so heavy a punishment. The Doctors may have acted very honestly in giving their opinion to the best of their knowledge ; I have no doubt they did ; but I also know, that they evinced the most consummate ignorance upon the subject of small-pox. I have this, however, to say in their favour, that a great number of other country doctors, had they been called upon, under similar circumstances, to give their evidence, would have exhibited as much honesty, but not more learning—indeed, what can be expected from country practitioners ? We Hygeists differ from them in almost every instance ; but we have a system which is unalterable, with which, in consequence of the simplicity of its tenets, we all of course are well acquainted, and in which we cannot be mistaken. But these rustic followers of Esculapius are untaught and unskilful in the very doctrine they profess to follow—each man, however, may have a doctrine of his own ; and as the natives of Yorkshire possess an intuitive knowledge in breeding horses, so, perhaps, have the York practitioners an intuitive skill in curing their patients.

THE SMALL-POX AND THE YORK DOCTORS.

The following Letter appeared in the Globe of the 15th, and in the Morning Herald of this day.

York, Nov. 10, 1834.

SIR,—May I take the liberty of calling your attention to the absurdity of those prescriptive measures by which our legislature would ensure the public health ? Even the French, who have enumerated a hundred diseases, supposed to be more or

less contagious, in various regulations, have neglected so severe and fatal a disease as small-pox in their sanatory laws. "No notice," says Majendie, in his recent lectures, "has been taken of this complaint, which is, *par excellence*, the contagious one, being communicable by contact, by respiration, and by inoculation; and I doubt much if any other disease comprehends these circumstances." I believe we have motives for lamentation upon this subject, equally as great as those assigned by the French physiologist.

Within these four months, upwards of a hundred individuals have fallen victims to the small-pox in this city (York.) In all these cases, as far as I am able to learn, the unfortunate individuals received the best medical assistance, yet, of those who were attacked, very few escaped a premature death. It is not my object to call in question the talents of the practitioners, who, from the imperfect state of medical science, have not been able to discover any efficacious remedy for this fearful disease. But could not certain politic regulations be established to prevent contagion from spreading?

There are thousands of parents in England alone, who are ignorant enough to seek opportunities of obtaining for their children the inoculation of the small-pox, and hundreds of persons calling themselves members of the medical profession base enough to assist them.

H. SEYMOUR.

What will the York doctors say to this announcement from one of their own citizens? One hundred of their patients then, have died of small-pox since the period when Mr. Webb was sentenced to six months' imprisonment, and all the medical skill that had been afforded proved of no avail. *Very few who were attacked, but fell victims.* It would afford me much gratification to learn from authority what is the exact per centage of lives

saved. Is it one, two, three, or four hundred? I have some good information upon this head, and it would appear, that out of 118 persons who were attacked with this pestilential disease, eighteen only did not die. It will very naturally be supposed, that after the extraordinary verdict which consigned Mr. Webb to a gaol, people felt some reluctance to administer the Vegetable Aperient Medicine in cases of small-pox. Upon this account, solely, were the unfortunate patients delivered to the York doctors—how they have performed their part, the above letter sufficiently testifies. I say, that the hundred poor creatures who are now in their graves, were attended only by the faculty, because the patients themselves were in absolute terror lest it might be averred that they had destroyed their own offspring if they had given the *Aperient Vegetable Medicine* to their children, and the same children had unfortunately not recovered, either because sufficient doses had not been administered, or because some other medicine prescribed by a doctor had been taken, necessarily counteracting the effects of the otherwise infallible remedy. Well, then, the York people, speaking generally of them, were frightened, and the consequence of this fright has been, that the number of the inhabitants of that ancient city has been diminished by one hundred. It is a painful duty, on my part, to tell these disconsolate parents, that to a moral certainty, probably all, but certainly a greater part of these persons might have been saved from premature death. “This is mere boasting!” the doctors of York, and the enemies of Hygeianism, will at once exclaim, “Why Mr. Webb, with his *Vegetable Aperient*, could not cure the patient Richardson; and, therefore, how absurd is it to assert, that the hundred persons who have died of the small-pox, would not have fallen victims to the dreadful malady if they had followed the system of Hygeianism.” “But, Gentlemen of the Faculty, and you Messrs. the opponents to the Vegetable Aperient, un-

fortunately young Richardson did *not* follow the Hygeian treatment. His mother called in a doctor, and that doctor not only ordered the Vegetable Pills to be discontinued, but also administered some other medicine ; and, therefore, we Hygeists assert, that nothing can be more unjust than to say that the Aperient Medicine had even a fair trial ; and it is by no means certain that the very drugs given by the doctor, caused the precise effect attributed by an ignorant jury to the Vegetable Medicine. But I will act with becoming charity, and I will say that even the doctor did not kill Richardson ; I will even go farther, and say that if the disease had not killed Richardson, the doctor could have saved his life by his judicious mode of treatment. Well ! poor Richardson is dead—that is clear—and the doctor did not kill him. Now was not this same doctor called in to attend some of the hundred patients who are actually festering in the tomb ? Had any of these poor creatures taken the Universal Medicine ? No.—Then why did not the doctor cure them—because it was stated, in Richardson's case, that he would have restored the patient to health, if the Vegetable Pills had not been taken—Aye, why did not the doctor cure them ? What ! ten, eleven, twelve, thirteen, fourteen, and fifteen persons attacked with small-pox, attended by one skilful professional man, and he, the man of science, with a diploma and a golden-headed cane, not able to save one life out of fifteen !—My belief is, that the very smell of Morrison's Pills is sufficient to prevent the small-pox from being cured, for it must be known, that although Mr. Webb is in gaol, he still continues to administer the Vegetable Aperient Medicine to the numerous patients who visit him—the smell, I say, of these pills, while being conveyed from the prison to the place of residence of the person who was going to take them must have had a potent effect ;—the effluvium, you may rely upon it, penetrated by some means into the sick chambers

of those attacked with the distinct or confluent variola, and although they had been drenched according to art by the physicians and apothecaries of the city, the poor patients sank under the baneful miasms produced by Morison's Universal Medicine—such at least is the only reason the York doctors assign, why the hundred patients who had been so scientifically treated did not recover.—I am now going to speak more seriously.—I said above, that the inhabitants of York were naturally terrified at the verdict given against Mr. Webb, and at first, although many of them had personally derived immense relief from the Vegetable Medicine, having the fear of York Castle before their eyes, they thought it was best to wait and see whether Morison's Pills, that are taken by half the kingdom, would poison the moiety of the King's subjects, and whether Messrs. Morison might not be brought in as guilty of *man-slaughter*, and a verdict given against them for murdering at least 800,000 or a million of natives of Great Britain. But no one came forward to say that any body had been killed by Morison's Pills, except one bold Trojan, named Francis Davis, of Pershore, "who has been three years in London studying his profession, at a vast expense," and he said that two pills had made very large holes in the intestines of a young woman, and although he exerted all his talents, he was not able, after eighteen days' hard work, to glue them together, or unglue them, one or the other, but I have forgotten which; and yet the patient took, during these said eighteen days, no Universal Medicine but only his own—that is, the drugs prescribed by him "Who had been in London three years studying his profession, at a vast expence." When the York people—I mean those who are not Yahoos—began to discover, but not without astonishment, that notwithstanding the opinion of the learned London judge, and the no less learned opinion of the jury, that the persons who obstinately

persisted in taking the Vegetable Aperient Medicines when ill, recovered their health, and, in spite of the profound knowledge of the York jury, were able to eat a breakfast, a luncheon, a dinner, and a supper, why then the sapient natives of Eboracum began to think that not only the medicine was not poison, but that the doctors had been leading them into error. And they have shouted in the ears of the faculty, pointing to the hundred cases of small-pox,—“ Why did you not cure them? Why did you allow them to die? Our children might as well have taken Morison’s Pills, and as you have not cured the hundred patients, perhaps you killed them!” About a dozen children belonging to staunch followers of Hygeianism were attacked in the city of York, with small-pox during the period I have alluded to—four months—of course no medicine was given to them by their parents but the Universal Vegetable Aperient, and they have **ALL** recovered: had they fallen into the hands of the doctors, Mr. H. Seymour, in his letter, would, in my humble opinion, have added to his list of victims, and made them **ONE HUNDRED AND TWELVE**.

FINIS.

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FINIS

