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THE WINE
OF
SAINT-RAPHAEL

By Doctor Xavier BLANCHIN.

PREFACE

Among the many scientific and medical articles, which have been published on the subject of the wine of St. Raphael, we have thought it well to make a choice of some, which we have put together in this pamphlet for those who may be interested in knowing the properties of this peculiarly stomachic and digestive dessert wine.

It is true that all these articles praise the wine, but their praise is founded on the testimony borne to its merits in the lessons and books of men whose authority in hygienic and therapeutic science is indisputable.

There it will be seen that St. Raphael has been employed for more than thirty years, in the Paris hospitals, for the sick and convalescent, with continued good results, which have given it the preference over other wines. It may then be said of this wine that it is good, because it does good. There is no better test than that, whether with regard to alimentary or to medicinal substances.

But in our days, when a substance does good people want to know why; and chemical analysis investigates

which of its elements may act efficaciously on the organisation.

When subjected to this test, in comparison with other wines, St. Raphael was found to contain a larger proportion of an immediate principle called Tannin, which is known to possess the tonic qualities most in demand in our days, for the digestion, and for the circulation of the blood, in the sick and convalescent.

Since this discovery, several attempts have been made, as was to be expected, to compose tannic wines by simply adding tannin to those that were deficient in it. Wines more tannic than St. Raphael were thus made. But what art elaborates is never worth the natural production, and St. Raphael being natural is thereby superior, and preferable to these various preparations.

Its utility for the sick, having been remarked, it was natural to inquire whether it might not be good also for those who were well, indeed, but yet whose nutritive functions were not in perfect order. It is long since the trial was made, and now the consumption of St. Raphael in family life is still greater than in the clinic of the hospitals.

Such are the facts which will be found explained, and often justified by quotations from competent men, in this pamphlet.

It will draw attention, too, to the fortunate coincidence of St. Raphael having become known and appreciated at a time when almost all constitutions are defective, especially with regard to vital force and to the digestive functions. Indeed whose health is not in default now-a-days with regard to these organic functions and energies? Our whole system being, without any doubt, dependent on nutrition and assimilation; where is the man or woman, in



childhood, youth, maturity or old age, who does not need to have the energy of these functions sustained and even roused.

Is not anemia, the general name for all organic debility, at the bottom of sickness, and even of what is called health, in our days! The blood is pale, the circulation languid; the doctor and the hygienist agree as to the necessity of helping them by exciting the languid appetite and reviving the inert stomach.

The evil being thus discovered, the remedy is evident. Among the solid aliments, the most strengthening will be chosen. As to the liquid which must be called to their aid to digest them, it is already found. It is St. Raphael taken in the dose of dessert wines before and after meals.

We shall now give the articles which have seemed to us best suited for putting together in a pamphlet which may be looked on as a notice of the wine of St. Raphael.

ARTICLE I.

The natural wine of St. Raphael compared with other more or less artificial wines.

Wine, in itself, renders such important services in alimentary hygiene, that it is natural to give it a share in the dietary which is connected with the treatment of diseases, especially of those which are called atonic, and whose organic basis is the weakness of the humours or tissues.

Among the ancients we see that wine was ordered for the sick, however far we go back in the annals of medicine. Nay, when some medicinal substance, aromatic or

otherwise, had been dissolved in it, it was looked upon as the best medicament.

X In our own time there was a medical system which excluded wine totally from therapeutics and even from diet; but its day is past. The antiphlogistic doctrine of Broussais, supposing that the human organism was always too rich in warmth and force, replaced wine absolutely by water, which had to be further mitigated by some vislaginous matter such as gum. Gum-water, it may be remembered, was the only drink in the hospitals.

X We have changed all that now, and we do not find ourselves the worse of it. Have organisations changed? Has the blood grown poorer, the viscera weaker? In short, are our constitutions feebler than our fathers'? It is more reasonable to think so than to believe that modern medicine is in error.

red much + The fact is that, in our days, therapeutics have become tonic and fortifying; and hygiene also, which, through nutrition, cooperates in the cure of disease, has become restorative by the aliments it prescribes. It is not rare, now, to see doctors order wine instead of tisane, and the patients are not the worse for it, on the contrary.

It would be useless to discuss here this remarkable change in medical opinion, but we may well say that were Broussais himself to return, he would be confounded to see the good results obtained in modern practice by the liberal use of what he so absolutely interdicted.

The fact is that wine has resumed its place in the regimen of the sick, and plays a part there it would be difficult to do without. There can be no question even as to the services it renders.

It was the natural result of this state of things that every care should be taken to multiply and to vary the medicinal wines. This has been done to such an extent that it becomes difficult for the medical practitioner who knows them all to fix his choice on the one best suited to the case he is treating.

If we consider the special composition of many of these pharmaceutical wines, we see that they are designed to act on some particular organ, or affection. One object however is common to them all. They have the general intention of giving tone to the organism; they are aperitive and they contribute to good digestion; for it is, after all, on the digestion of the aliments that the restoration of the strength depends.

While doing justice to the learned preparation of these wines, the doctors who know that they are, more or less, artificial, are preoccupied by the desire to find a natural wine possessing the same medical qualities. Just as in the case of mineral waters, the most learned chemists might employ all their skill in making a bi-carbonated sodaic water, still the doctor would prefer, beyond all comparison, the waters of Vals or Vichy.

It is on these grounds that the preference has been given to the wine of St. Raphael which comes entirely from the fruit of the vine, and is made with all the care that can preserve its natural properties. Its success in the hospitals where its virtues have been tested by clinical experience is due to this cause only.

When the analysis of this wine showed that it contained an exceptional dose of *tannin* and of *alcohol* its tonic qualities were accounted for, as also the activity it imparts to the gastric functions of those who have been advised to make regular use of it.

St. Raphael has thus acquired the merited reputation of being stomachic and digestive.

ARTICLE II.

Medical qualities and recommendations of St. Raphael.

If we see medical science at last investigating the subject of the wines best fitted for man's use in the three conditions of life : health, disease, and convalescence, it is undoubtedly St. Raphael that we have to thank for it.

The alimentary hygiene of all ages and the animal chemistry of our own days are unanimous in acknowledging the utility of wine in the regimen of invalids, as well as in the alimentation of the healthy. But it is to be understood that only good wine is meant, and not all wines without exception, for in the great number there are some that would be positively unwholesome.

There are two different ways in which medical science can arrive at a solution of the important question thus put to it, but the results are identical.

The doctor is above all an observer of what takes place in the organism placed under his care. It is only by observing the results that he thinks he can judge well. He judges medicaments, as well as aliments according to the effects produced by their ingestion. If they do good he calls them good, and nothing but this evidence can convince him.

Not that the physician is indifferent to the notions furnished him by the other sciences, which study the relations existing between alimentary substances and the

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living organism; chemistry, by decomposing them, and discovering their affinities with the elements of our bodies, serves to confirm the judgment which the physician had formed from his clinical experience.

Thus, the atom of oxyde of iron noticed by the chymist in the analysis of St. Raphael, serves to justify its reconstitutive action on the blood; and we shall presently see that the other active or tonic substances it contains, explain the effects produced on those who use it: Finally, the elements of which a nutritive matter consists, must be similar to those which constitute the organism, in order either to repair its losses, or to give activity to its functions.

The analytic test of the component principles of St. Raphael has discovered among them the presence of tannin, which physiology declares efficacious for strengthening the organs and rousing the action of slow or difficult secretions. If hygienic or medical experience, then, comes to show that these effects have resulted from the judicious use of this wine, the experiment is complete, and no one can object to its being employed, when prescribed in due time and degree according to the cases.

And now what authorities can we invoke to certify that St. Raphael is rich in the principles necessary for producing these good results?

Professor Bouchardat's authority is so weighty in such questions that we think it sufficient for the evidence we ask for. Here are his exact words with reference to the tannin.

« Tannin, says the eminent hygienist, tannin, which, like the coloring matter of wine comes from the skin of the grape, is in greater quantity in the wine of St. Raphael than in any other dessert wine with which it may be compared. »

The other active element which characterises good wine is alcohol ; and the wine of which we speak is the richest in that respect also. Indeed, the same professor has written that this wine marks 15°16, a higher number than any of its rivals can attain to. As to *Iron*, of which we have spoken above, it is in an analysis of the same author's that we have found the element, *oxyde of iron*, inscribed on the analytic table of St. Raphael.

After this chemical statement, Mr. Bouchardat, as a practitioner, speaks of it in the following terms :

« The complexity of the organic principles which enter into the composition of the wine, and which resemble the principles of the human organism itself, accounts for the restorative action it produces on people worn out by anemia or by deficient nourishment. »

Mr. Bouchardat judges the effects of the tannin and alcohol, which we consider the most important, in the following authoritative terms :

« Alcohol has no doubt the chief part in the hygienic and medical action of wine; but its influence is happily modified by several other immediate principles, of which tannin is the most important for the organism. »

In fact, we believe that everything we have said in favour of the wine which is the subject of our study, is authorised and justified by the evidence of professor Bouchardat one of the modern masters who best combines therapeutics and hygiene in his erudition.

ARTICLE III.

The timely introduction of the wine of S. Raphael for strengthening treatment.

The alteration in medical opinion, with regard to medicines, as well as to nourishment, that has taken place in our days, or within the last 25 years, seems to us worthy the attention of the conscientious practitioner.

The doctors of the first half of the century, had been brought up in the fixed idea that most diseases were local or general inflammations; and that the blood, the fountain of normal energy, far from being impoverished by the transition from health to disease, was stimulated on the contrary, and produced an excess of strength in the constitution, which was the origin of disease.

From this nosological opinion, there proceeded, naturally, an appropriate therapeutic system.

That is to say, that all the treatment of that period, had, for its necessary object, the calming of the organic movements, and the moderation or extinction of the excitement of the sanguine fluid. What is called antiphlogistic treatment reigned despotically.

Bleeding, carried to a degree that we are now unable to understand, was, it will be remembered, the first article or precept of this system; the second, which concerned the alimentary regimen of the patient, prescribed all but total fasting. As to tisanes they were to be chosen calming and diluent, and tepid gum water was generally preferred.

Modern medical views are so different that we can scarce think it possible that a treatment so severely weak-

ening can ever have produced good effects. Yet we cannot admit that our fathers practiced a therapeutic system which resulted in failure, and that they were the dupes of an opinion that did nothing but harm. How is it to be explained that, thirty years ago, doctors always let blood in the same diseases for which they now would like to add or infuse it?

In face of a problem of such serious scientific interest, many suppose that the lowering treatment was as good in its time as it would be bad in ours. And the explanation they give for this difference is, that at the beginning of the century, constitutions were vigorous, rich in blood, plethoric in short, while our present generations have lost these precious qualities, they do not say why; we are nervous, lymphatic, our blood is poor in quantity and quality; in a word we are anemic.

In this way, the two opposite systems are justified; and we see also why our modern doctors do well to act in direct opposition to their predecessors, and to replace the antiphlogistic treatment by a strengthening one, joining a reparative alimentation to tonic medicines.

Formerly people were, for the most part, sanguine; they are usually anemic now. It was important to profit by this idea and to act in consequence.

The fact is that a complete hygienic and medical system has been constituted with tonic medicines and nourishing diet. Cures are more rapid; convalescence is shorter. There was nothing better to do in private houses, than to imitate what is practiced with success in the hospitals, where the physicians are generally professors of medicine.

St. Raphael is recommended by this authoritative practice. The reason given for its use among the sick and con-

valescent, is that it has the special property of aiding not only the digestion, but the nutritive assimilation also; and that besides the pleasure it gives the palate by its liqueur-like flavour, it is known to be aperitive and cordial.

A wine glass, taken before meals, rouses appetite, the same quantity after meals stimulates the digestive juices required for the elaboration of the food that has been taken.

We cannot better terminate this note on St. Raphael, than by quoting a passage from the works of professor Bouchardat, the highest authority on the matter.

« When wine is ordered as a remedy before or after meals, says the eminent professor, sweet and alcoholic wines are to be preferred. For this purpose nothing is better than St. Raphael, which, for more than thirty years, has advantageously replaced the foreign wines that used to be prescribed in the Paris hospitals.

« This excellent substitution is due to the suggestion of my very dear friend, Mr. Soubeiran. »

In the hospitals the dose of this admirable cordial is, generally, 120 grammes in the twenty four hours. This dose corresponds to about 20 grammes of pure alcohol. It may be doubled without danger, if administered in fractions.

ARTICLE IV.

St. Raphael compared advantageously to artificial wines, and particularly to quinine wine.

Among the great number of substances used for human alimentation, these whose composition comes nearest to

the natural state, are always to be preferred to those which have been subjected to artificial modifications.

This general opinion will scarcely be contradicted in our days, when it seems to be extending from alimentary to medical and therapeutic substances.

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What drugs are there, for instance, more prized in chest complaints than cod-liver oil, and natural sulphurous water? Which among the numerous pharmaceutical preparations of iron for the treatment of anemia is more valuable than the simplest natural chalybeate? What strengthening and digestive potion has ever been fabricated which is equal to good wine?

Starting from these known facts, let us suppose that some day soon, practical observation should show that the wine which we are studying here produces the same tonic effects as the quinine wines composed in the apothecary's laboratory, what doctor or what hygienist would refuse his preference to the wine of St. Raphael? The mere fact of its being natural would explain the choice.

But, as it happens, the supposition we have just been making is a reality. St. Raphael has long since been compared with quinine wines in the Paris hospitals, and with what result? The result is that if it has not quite replaced them, it is prescribed as their best succedaneum, and that some doctors call it a natural quinine wine.

It was these facts that enabled the « Medical Union » to say, in an article on this wine :

X « Quinine wine or St. Raphael are employed every day, in the Paris hospitals, with equal success in the same class of cases; to restore general strength, and to rouse the nutritive functions, when weakened by age or sickness. St. Raphael contains more tannin than any known wine.

It may then be called a natural quinine wine, since all the processes employed for dosing tannin show that St. Raphael contains as much of this principle as the best artificially prepared quinine wine. »

This same journal ended its notice by this remark, to which nothing need be added to explain the preference :

« St. Raphael bears the palm from quinine wine by its infinitely pleasanter flavour ; there is no cordial better liked by the patient, to whom it is given at the end of each meal in the moderate dose of a wine-glassful. »

The cases in which the doctor will find himself led to prescribe this generous wine will certainly be frequent. Indeed, in what chronic complaint, in what convalescence from acute disease, is it not a principal point to rouse the functional energy of the organs employed in the digestion, as well as in the ulterior assimilation of the materials of nutrition ?

If there are any cases which forbid its administration they must be very few. And the medical adviser is there to judge of the exceptions to be made in this respect ; but the rule is so general that St. Raphael will certainly be employed in three fourths of the above mentioned cases, and will render the services that are to be expected from the virtues attributed to it by the eminent clinical practitioners who have made its reputation.

When a substance is good in the regimen of the sick, we need not hesitate to assert that it must be good also in the hygiene of those who are in good health. It is not only in sickness that the digestion needs help ; we see people apparently in perfect health, and yet the functional working of whose stomach or intestines is not unimpeachable. Thus the good offices of St. Raphael are not limited to medical treatment and it may be affirmed that its consump-

tion will be larger, on the table of healthy families, than by the sick bed, if indeed it is not so already.

But we mean to glance at the states that are taken for health, and to show in which of them the reasonable use of this wine may be most serviceable.

ARTICLE V.

Good use of St. Raphael in the regimen of various diseases.

We must repeat it, in order to give our study the authority which constitutes all its value: the best title St. Raphael has to the confidence of doctors or patients, is that it was introduced into medicine by the clinical practice of the hospitals and asylums of Paris, and issued thence to be received into the therapeutics of all countries.

Professor Bouchardat, adverting to it with praise in his hygienic lectures, tells us that it has been employed in the hospitals for many years, and is of incontestable utility there.

It is only by contrast that modern practice recalls the ancient system.

In the days of the lowering treatment, patients scarcely ate at all in hospital, and they drank gum water. Now, and it is more than twenty years since this change began, they have two or three meals, drink wine generally and, from what we have just been reading, it appears that those who show symptoms of anemia, and they are the great majority, often get a glass of St. Raphael at dessert.

In our days, medicine is tonic and food is restorative. Not only is the food to be digested given, but also what is needed to secure the good consecutive digestions which restore the constitution.

This general practice, is more stringently observed for women than for men, for children and old people than for adults. Which is easily understood if we reflect that women children and old people are the natural victims of the anemic organisation.

But let it be considered also whether, even in youth, disease does not, most frequently, bear the stamp of functional and circulatory debility, against which it is urgent to react, by strengthening the one, and rousing the other, St. Raphael which perfects and completes the regimen ordered for this purpose is therefore successfully given to the young of both sexes.

In lying in hospitals, as will be supposed, the use of this sweet tonic wine is frequently indicated. The newly confined woman can, now, no more support the severe diet so rigorously prescribed formerly, than she could have endured the frequent blood lettings then practised during pregnancy. In short, everything shows that our generation is not endowed with the vital resources of our ancestors.

The regimen of Lying in hospitals, then, is meant to restore the organic losses of the newly confined woman in every way recommended by experience. Most frequently St. Raphael forms an integrant part of the restorative dietary in question, and its use is continued to the nurse, whose assimilation must suffice for her child's organism as well as for her own. She must digest and assimilate for two

We have said that good customs never fail to extend from hospitals and Lying in hospitals, even to private houses. In the first place because the doctors who have the hospital clinical service, are also, in general, those who have the largest private practice, and, secondly, because other physicians can do no better than follow the example of these masters.

It may then be said that St. Raphael is ordered, in private practice, as much as in the hospitals; and perhaps even more, because the private patient can ask his doctor for it himself, knowing that it was of service to him in former maladies, or having heard some one speak of the good it does, and say how pleasant it is to take.

The use of St. Raphael is now so widely spread that patients take the liberty of prescribing it for themselves, without even consulting their doctor. They know that it is a sweet wine, to be taken, either before meals to rouse the appetite, or afterwards for the digestion, and they use it, telling the doctor of it afterwards if there is cause.

Thus St. Raphael has advanced by degrees, from the regimen of the sick, to the hygiene of the healthy. It had been efficacious in sickness, it had been continued during convalescence, it was natural to keep it on in health.

Certainly the greater number of people take it now for its utility, for the service it renders to the whole organism, but there are some, and their number is daily increasing, who take it only for their pleasure, for its agreeable taste on the palate.

This brings us, naturally, to say a word of the utility of St. Raphael in what is commonly called a state of health.

ARTICLE VI.

*Hygienic importance of St. Raphael, or its utility
in health.*

People do not sufficiently remark this strange fact, that health has become subject to the rule of medicine.

Fomerly, when one was well, one lived in total independence of the doctor; the domain of hygiene was then quite separated from that of therapeutics.

Why is it no longer so, and why is the doctor called in for people of all ages to learn from him what system, what atmosphere, what clothing, what food and what drink are to be chosen, according to the cases and the individuals?

The answer to these questions is very simple; it is, that in our days health is not perfect; it is not a kind of health for which there is no falling off to fear, no improvement to desire, in any particular case; and it is the same for all.

Through what defect in our common organization is it thus for most men? You do not see it, replies the doctor, yet it is visible enough. You do not see that what we all want is vital force, organic vitality. That is to say that we have not a sufficient supply of it to constitute a really healthy body, one in possession of all its normal strength.

This way of answering the question has become the general opinion of modern physicians. They are unanimous in declaring that weakness is the foundation of organisms, and they express all that by the word *anemia*. By this name, they designate the debility which impairs the best constitutions among us, and makes them imperfect and defective. In short we are anemic.

We think it needless to dwell upon this general malady; nearly every one knows that this name of anemia implies at bottom an alteration of the blood, manifested by a deficient activity in the sanguine circulation, and accompanied, usually, by the discoloration and deformation of the hematic globules which are the living elements of the blood.

The fewer of these pale deformed globules there are among the red globules, the more healthy and vigorous is the sanguine fluid. Physiologists are able to distinguish, and even to count, these globules of different colors, by means of the microscope. It is known that there are millions of them in a drop of blood, and that, the more anemic the individual, the larger the proportion of pale or white globules.

Still more has been accomplished by observation: it has been shown that, after a few days of tonic and strengthening food the number of white globules diminishes, and, consequently, the number of globules indicative of health has increased. The science of organization has done nothing more remarkable, nor more useful, for one sees easily what results the healing art will deduce from these positive notions.

This short scientific statement is meant to throw light on the questions touched on at the beginning of this note. It explains why the general health is so poor in our days; why doctors are called in for those that are well, why hygiene and medicine are obliged to join in choosing a modus vivendi which shall regulate, according to sex and age, the habits, the dwelling, the clothes, the exercise, and above all, the food best suited for restoring, at all costs, the sufferers from anemia.

It has been already said that hospital patients, instead of being subjected to the severe diet of former days, are now given the food best calculated to rouse or renew the strength. St. Raphael is administered, as a liqueur, together with these reparative aliments, to perfect the results of digestion.

First the appetite has to be roused, and then the secretion of the gastric juices. The wine of St. Raphael is given for both purposes, and experience has shown that it answers better than any other in the two cases.

Now, if this sweet wine, given to the sick, possesses these aperitive and digestive virtues, it will have them still more for persons who are not to be called ill, but who are more or less anemic.

For what are the principal symptoms of anemia? want of appetite, weakness of stomach, difficulty of intestinal digestion, defective assimilation, etcetera; symptoms which one gets the better of, more or less, when one can combat them with the properties known to belong to St. Raphael, not forgetting to make choice of the aliments most conducive to these aperitive and digestive modifications.

And so it is, that this wine, having proved its excellence for the sick, has, subsequently, most reasonably, been adopted by the healthy; since they, also, according to the dominant medical opinion of our days, are affected by this anemia which saps the foundation of all health.

On this showing, we are all, to some degree, tributaries of St. Raphael; but in that case it could not suffice for the demand. Let us then content ourselves with briefly pointing out the cases in which it is really useful.

If one may be the better for its use at any and every

age, it is certain that in childhood, when a lymphatic condition is almost natural, especially among little girls, whose stomachs have not much functional energy, St. Raphael, in judiciously small doses, will have the desired effect.

In the schools for both sexes, the custom of giving it to the decidedly anemic pupils has long been approved of. And what girl is there whose organic energies do not require to be stimulated in view of the development which takes place at that period of life?

What we have just said, for childhood and youth, is not less applicable to other ages in both sexes. In fact, the doctors consulted as to the suitable nourishment for anemic patients, do not fail to advise St. Raphael to be taken at the end of the meals, which are generally composed of succulent and reparative substances.

In short, considering the medical opinion now prevalent as to the general health, suffering, in almost all cases, from lymphatism, or anemia, there is no fear of going wrong in prescribing a fortifying and restorative regimen, Meat, good table-wine, St. Raphael before or after meals. Every one will be the better for this regimen, which comprises the three articles imperatively necessary in our days.

ARTICLE VII.

An analysis of wine, in general, and of St. Raphael in particular.

Those who like to know what are the component principles of the substances which serve for their nourishment, will thank us for completing the publication of the prece-