The plague of nerves: their treatment / by a physician.

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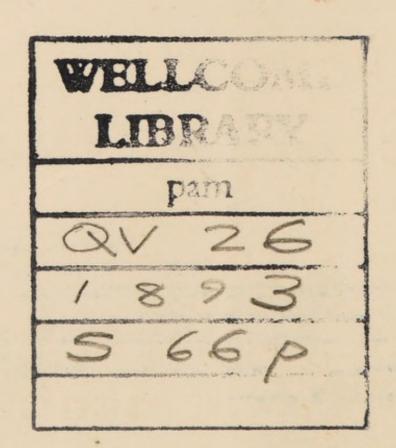


The

Plague of Rerves.

Their Treatment.

By a Physician.

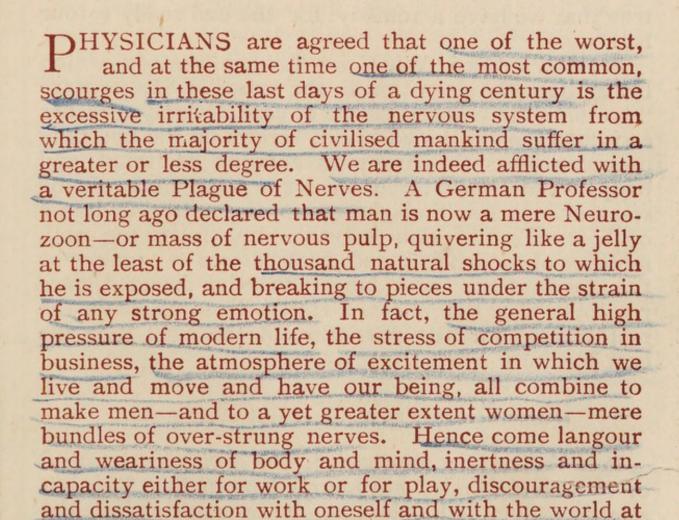




Modern Plague of Nerves

AND

Its Remedy.



large. Hence come broken rest, perturbed dreams and



sleeplessness; distaste for food and disorder of the digestive functions; neuralgia, loss of power to resist disease, and general breakdown. Hence, too, comes drunkenness and the abuse of narcotic drugs so frightfully prevalent at the present day. From disorder of the nerves comes the alarming increase of insanity which recent statistics show; from this cause also spring the epidemics of suicide which from time to time startle society. Anarchy itself, that red spectre which threatens the destruction of our boasted civilization, is the offspring of disordered nerves.

We are taught to believe, however, that there is no bane without an antidote; and if it be too true that we are suffering from a Plague of Nerves it is equally true that we have a remedy for the evil ready to our hands.

In Hall's Coca Wine we have a remedy which brings back the sleep that in the words of Shakespeare "knits up the ravelled sleeve of care," which refreshes and quickens the jaded brain, screws up the unstrung nerves, revives the drooping energies of mind and body, wakes new force in every limp fibre of the wearied muscles, and shores up the tottering house of life. To the sick it brings health; to the well, increase of well-being and fresh stores of vigour; to the despondent, new hope; to the dejected, new possibilities of happiness. Hall's Coca Wine is the real remedy for the pessimism of the age; it is the best cure for

It is the nearest approach to the elixir vitæ dreamed of by the alchemist, not merely lengthening life, but strengthening and enlarging it by multiplying the power of work and the capacity of enjoyment.



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[&]quot;The weariness the fever, and the fret, Here, where men sit and hear each other groan."

WHAT HALL'S COCA WINE IS.

It may interest the reader to know something of the composition of this most valuable remedy. Its active constituents is Coca, a substance which is famous for its wonderful power of restoring nervous tissue and building up nerve forces. Coca may justly share with opium the praise of being "God's best gift to man," for it is as invaluable as a nerve tonic as opium is as a sedative. The marvellous virtues of this substance, as set forth in the following pages, are contained in the leaves of a shrub known to botanists as Erythroxylon Coca. This grows on the slopes of the Andes, in Peru and Bolivia, and also in the Argentina and other parts of southern and central America. When the Spaniards conquered Peru in the sixteenth century they were struck by the constant use which the natives made of Coca. When questioned on the subject, the Peruvians answered that it made them proof against hunger, cold and fatigue; that it gave strength to their muscles and endurance to their frames; and that in addition to this, it gave them an indescribable feeling of well-being which made them, like Tam o'Shanter, "o'er a' the ills o' life victorious." Historical writers tell us that the plant played an important part in the religious ceremonies of the Incas, and it was regarded by the people as having something of a sacred character. So deep and all-pervading was the reverence with which the Coca plant was regarded by the Indians, that after the Spanish Conquest an attempt was made by the authorities of the Church to condemn its use as a mischievous superstition. In a royal decree, dated October 18th, 1569, it is expressly declared that the notions entertained by the natives as to Coca are delusions of the devil. The evidence of the extraordinary properties of the plant, however, was too

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overwhelming even for the bigoted Spaniards, and the thunders of ecclesiastical and royal decrees against it served but to bring its virtues more prominently before the minds of Europeans. The owners of Peruvian mines were not long in discovering that Coca enabled them to get more work out of their men than they otherwise could do. So manifest, indeed, were the beneficial effects of the plant, that we find a Jesuit missionary writing-in defiance of the ecclesiastical anathemas which had been poured out on it -that "it is melancholy to reflect that the poor of Europe cannot obtain this preservative against hunger and thirst: that our working people are not supported by the strengthening plant in their long-continued labours." Another Jesuit, alluding to the use of Coca by the Peruvian natives, expresses the conviction that the effect claimed for it is not pure imagination, but that it does give strength and courage to those who use it. "One sees the effect of it," says the good Padre, which "cannot be attributed to imagination, as in travelling "without food many days with a handful of Coca."

Nor can it be said that the esteem in which Coca was held by the Peruvians was much exaggerated. The words of Abraham Cowley describe its virtues

with literal truth :-

"Of all the plants that any soil does bear,
This tree in fruits the richest does appear.
It bears the best, and bears 'em all the year.
E'en now with fruit 'tis stored—why laugh you yet?
Behold how thick with leaves it is beset.
Each leaf is fruit, and such substantial fare,
No fruit beside to rival it will dare.

Endowed with leaves of wondrous nourishment, Whose juice sucked in, and to the stomach ta'en, Long hunger and long labour can sustain; From which our faint and wearied bodies find More succour, more they cheer the drooping mind, Than can your Bacchus and your Ceres join'd."

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It is the simple truth that Coca combines in itself the qualities of a food, a beverage, and a medicine. A few details showing its powers in each of these respects will not be out of place.

COCA AS A FOOD.

As a food Coca belongs to the class called by physiologists aliments d'épargne. These are substances which, though not airectly serving to build up tissue, prevent its breaking down. Gubler, one of the best modern authorities on all that relates to drugs, states that Coca yields up the force stored within it by slow degrees so that its invigorating effect is prolonged. All travellers agree in bearing witness to the marvellous sustaining powers of the Coca leaf under severe bodily exertion. With a few leaves of this wonderful plant to chew the Indian can go without food for days together, without exhaustion and to all appearances without inconvenience. In the mines in the coldest parts of the Cordilleras the Indians sometimes work day and night with only a few moments of rest at long intervals, and with no food or drink but a handful of Coca leaves. The Indian runners who carry the mails over rugged and desert mountains for hundreds of miles make their journeys exposed to the worst inclemencies of weather on Coca alone. Europeans in these regions would break down under the terrible labour of the mines and the rigours of the climate unless they had learnt by the example of the natives how to maintain their health and strength by the systematic use of Coca.

Dr. Paolo Mantegazza the distinguished Italian physiologist who was for many years in practice as a doctor in South America and who made a special



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study of the effects of the plant by extensive observations on natives and by experiments on his own person, speaks of its value as a food as follows:—

"It is particularly among the hard-working Indians that the Coca enjoys a high reputation as a nutriment and restorative, and its use is considered absolutely essential for the endurance of fatigue and exertion, so that a labourer, in making his contract, has a view, not only to wages, but to the amount of Coca to be furnished. The Inca who lives at a height of seven to fifteen thousand feet above the level of the sea, and whose meagre fare consists principally of maize, some dried meat, and potatoes of bad quality, believes that he can sustain his strength solely by the use of Coca; the porter, who carries the mail, and accompanies the traveller over the roughest roads at the quick pace of the mule, invigorates and strengthens himself by chewing Coca; the Indian, who works half naked in the silver and quicksilver mines, looks upon this plant as an ambrosia capable of imparting new life, and of stimulating to new exertions."

Charles Kingsley, in "Westward Ho," speaks of Coca as the miraculous herb which makes food unnecessary, and Mr. Rider Haggard, in his thrilling, romance "Heart of the World," tells how the villain Don Pedro Moreno tried to starve Zibalbay and his daughter Maya by keeping them without food for five days. "Doubtless," the author continues, "he would have succeeded in this design, or in doing them to death had it not been for a quantity of a certain preparation of the Coca leaf mixed with pounded meat and other ingredients, which they carried with them. Zibalbay had the secret of this food, and by the help of it he and his daughter had journeyed far across unpeopled wastes, for so wonderful are its properties, that a piece no larger than a bullet will serve a man's stomach for

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twenty-four hours, even when his power is taxed by work or travel."

One of the most remarkable effects of Coca is the manner in which, in sporting language, it "improves the wind." This effect is especially marked in climbing mountains. Sir Robert Christison, the late distinguished professor of pharmacology in the University of Edinburgh, was able, with its help, when he was considerably over 70 years of age, to climb Ben Voirlich on two occasions without feeling any fatigue. Numerous other cases of this kind are recorded in the medical journals. Coca also prevents difficulty of breathing experienced at high altitudes where the air is much rarefied.

COCA AS A STIMULANT AND A BEVERAGE.

Coca prevents thirst as well as hunger. Its stimulant properties make it suited for a beverage of the class of tea, coffee, &c. It is more restorative than any of these, and used in moderation it is equally harmless. In these days of nervous overstrain a substance like Coca, which is at once a stimulant and a restorative of the highest power, is almost a necessity of life. It prevents the disintegration of nerve tissue, which leads to neurasthenia or exhaustion of nerve force and premature breakdown. Coca does much more, however, than merely keep a ramshackle nervous system from falling to pieces; it renovates it in every part and in fact builds it up anew and awakens in the whole system a stronger, longer, brighter life than it had before. Coca is a stimulant which differs essentially from alcohol in this: that while the latter produces a transient exhilaration it does not increase but actually lessens the power of work, Coca on the

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other hand infuses new life into the brain, nerves and muscles, and rouses all the latent energies, both of body and mind, to the maximum pitch of intensity. The two substances are complementary to each other; alcohol gives the impetus, Coca keeps up the movement. Coca therefore acts to the best advantage when combined with a certain proportion of alcohol as in Hall's Coca Wine, which, as will presently be seen, is the best preparation of Coca in existence.

COCA AS A REMEDY.

Coca is recognised by the medical profession as one of the most powerful nerve tonics known to science. It is the best restorative after mental or bodily fatigue and the most effectual reconstituent in nervous debility and exhaustion. It is also an excellent remedy in asthma, bronchial spasm, chronic bronchitis, consumption and other conditions of the air passages leading to obstinate cough and general prostration. It also acts powerfully on the stomach and digestive apparatus, especially in cases of nervous dyspepsia, want of tone in the walls of the stomach, and intestine, flatulence, nausea, vomiting and pain. It is most beneficial in relieving the vomiting of pregnancy and in preventing and relieving sea-sickness. It is often very useful as a cure for the craving for alcohol and for narcotic drugs such as opium, morphine, &c. It finds a place also in the treatment of diabetes, soothing the insatiable hunger and the troublesome thirst which are among the most distressing symptoms of that disease. works wonders in all states of the body accompanied by nervous or muscular weakness. It is invaluable in the weakness following acute fevers and especially influenza. It has a powerful effect on the organs of



voice, giving tone to enfeebled vocal cords and bracing up the relaxed throat in a wonderful manner. Lastly, as a "pick-me-up" after overwork, or dissipation it has no equal. It may be added that Coca is a medicine of the mind as well as of the body. It relieves depression of spirits, and by the new life which it enkindles in the brain and nervous system it raises a man from the slough of despond to a state of hope and happiness in which he feels able to defy "the slings and arrows of outrageous fortune."

HOW COCA IS BEST TAKEN.

Having shown what Coca can do, it remains for us to consider how this great boon of nature can be used to the best advantage. It has already been said that the properties of Coca are complementary to those of alcohol, the two combined forming an ideal restorative and stimulant. But the mixture must be made in the right way so that one substance may not paralyse the other, but the powers peculiar to each may be developed to the fullest possible degree by their union. The very best form in which Coca can be taken is Hall's Coca Wine. Wine by itself has a high nutritive and medicinal value. To quote the great Chemist Liebig: "As a restorative, a means of refreshment, where the powers of life are exhausted, of giving animation and energy where man has to struggle with days of sorrow, as a means of correction and compensation when misproportion occurs in nutrition, and the organism is deranged in its operations, and as a means of protection against transient organic disturbances, wine is surpassed by no product of nature or art."

But there is wine and wine, and an inferior wine is

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not only unworthy to be the vehicle of so precious a substance as Coca, but to a great extent neutralises its beneficial qualities. Of the several preparations in the market, claiming to be "Coca Wines" some (and those not the least widely advertised) are composed of fairly good wine with an infinitesimal amount of Coca; in others the makers have been rather more liberal in the matter of Coca, but less generous in their choice of a wine. Some combine in themselves both defects, containing only the merest trace of Coca in wine which it would be flattering to call indifferent. With the exception of Hall's Coca Wine there is not one of these preparations which is at once agreeable to the palate and sufficiently charged with Coca to give the compound its full medicinal value. The preparation of a good Coca wine is a matter of considerable difficulty, requiring the greatest care in the selection of the materials, and the greatest skill in their combination. As the Coca leaves deteriorate by keeping, it is essential to have regular supplies in sound condition. In the preparation of Hall's Coca Wine only carefully picked leaves are used, and the same care is exercised as to the quality of the wine and in mixing the two ingredients so as to ensure a perfect result. After a long series of experiments Mr. Hall has succeeded in producing a wine which contains one drachm of the soluble and active constituents of the leaves in each wineglassful, the wine at the same time retaining its natural delicacy of flavour.

How well Mr. Hall has achieved the object he has aimed at, viz.: the production of Coca Wine at once palatable and medicinally effective, is shown by the

unanimous testimony of the medical press.

Thus the Lancet of April 9, 1892, says: -

Hall's Coca Wine (STEPHEN SMITH & Co., Bow, E.)—"This is an excellent Wine, with an alcoholic



strength equal to good port, possessing a similar flavour and bouquet, but associated with it also is the peculiar though pleasant aroma of the fresh Coca leaf. Ether, when shaken with the alkalised wine, yielded a residue on evaporation, which with hydrochloric acid gave characteristic crystals of cocaine hydrochlorate; they were further identified with the numbing effect produced by the crystals when rubbed on the tip of the tongue. Analysis gave the following data: Alcohol, 15 per cent. by weight, 18.50 per cent. by volume; total solid matter, 18.73 per cent. (sugar and Coca principles), mineral matter, 0.33 per cent. restorative and invigorating properties of the Coca leaf are now well known, and it may be very conveniently and palatably administered in the form of an agreeable Wine such as that under examination, a wineglassful of which is stated to contain one drachm of the soluble active ingredients of the leaves."

This testimony is endorsed by The British Medical Journal of Feb. 6th, 1892, which speaks as follows:—

"A preparation of Coca leaf, bearing the name of 'Hall's Coca Wine' has been submitted to us. It appears to be carefully prepared and contains a large proportion of the alkaloid. The preparation is not unpalatable. Coca is undoubtedly a valuable stimulant and tonic, and this preparation of it, which is made by Stephen Smith & Co., Bow, E., may be recommended as fulfilling these indications."

The Hospital Gazette of April 16th, 1892, says: -

"We have received from the manufacturers (Messrs. Stephen Smith & Co., of Bow, E,), a sample of Hall's Coca Wine. It is extremely palatable and has the peculiar flavour and aroma of the Erythroxylon Coca well marked, indicating that the finest leaves of the plant are used in its preparation. As a nerve tonic and digestive stimulant of high value, Coca is well



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recognised by the profession, and its administration in conjunction with Wine gives the best results. In addition to its value as a tonic and digestive stimulant, Coca Wine is deserving of trial in cases of insomnia resulting from brain fatigue, as it frequently produces sleep without resorting to the use of dangerous narcotics. This preparation is in every respect fully equal to any similar combination which has been brought under our notice."

Again, The Medical Times, referring to Hall's Coca Wine, says:

"Some two years ago, when this medicated wine was first introduced to the notice of the profession, we expressed the opinion, after giving it a trial, that it would prove of value as a digestive stimulant and restorative, as also in cases of brain fatigue associated with insomnia. Extended use of this preparation confirms our first experience, and we can confidently recommend it to our readers who may wish to prescribe a preparation of Coca to aid other therapeutic agents. A wine glass of this preparation, the basis of which is an excellent full-flavoured wine of the same alcoholic strength as good port, contains about one drachm of the soluble active ingredients of picked Coca leaves. We may add, that although the characteristic taste and flavour of Coca leaves are very obvious, the wine is extremely palatable, and quite free from the sweet nauseating taste which is too often met with in Coca and other medicated wines, The manufacturers are Messrs. Stephen Smith & Co., Bow, E."

These are the opinions of scientific experts given after the most rigorous chemical and therapeutic testing. They show beyond question that Hall's Coca Wine is really what it claims to be, that is to say, a preparation in which the potent restorative and



tonifying principle contained in the leaves of the Coca plant is incorporated with a wine of a first-class vintage without the slightest loss of medical virtue on the one hand or of bouquet on the other. It has not a trace of the abominable flavour which makes some so-called "Coca Wines" physic of the nastiest kind—of the kind that Macbeth wished to have thrown to the dogs. Though strong enough to give more strength to the strongest, it can be taken by the weakest, and the most delicate stomach will not reject it. In the preparation of Hall's Coca Wine, the maker may with justice claim to have come up to the standard of excellence defined by Horace—Omne tulit punctum qui miscuit utile dulci (He who has mixed the agreeable with the useful has been successful at every point).

The wine is as agreeable as the Coca is useful, and the two mixed together in Hall's Coca Wine form a perfect whole, which is "a joy for ever" in health, and one of the sovran'st things on earth in depression,

weariness, or illness.

How fully the careful manner in which it is prepared is recognised by the medical profession the following testimonials clearly show:—

Dr. VACY ASH, M.B., Rochester Gardens, Brighton,

says:

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"I shall be very pleased to recommend Hall's Coca Wine whenever Coca is indicated, for I consider it a very good preparation of the drug. In its present form it can be taken by the healthy and by ailing individuals. Taken with meals it is an exceedingly palatable beverage, assisting digestion and assuaging the thirst without having recourse to copious draughts, which are so detrimental to the proper assimilation of food."

Dr. CROUCHER, J.P., Ex-Mayor of Hastings, writes: "The wine appears to me to be of a much more pleasant flavour than any Coca Wine I have tasted,



and I consider that it shows evidence of containing more Coca than other wines of that class."

Dr. Jno. Donovan, Morley, near Leeds, writes:

"I consider Hall's Coca Wine the best of its kind, and it is one I have recommended to my patients."

Dr. JAMES H. MASON, Cardiff, says:

"I beg to thank you for the Coca Wine. I think highly of it, and should you arrange to have an agent here, I would give it a more extended trial."

Dr. C. J. KIRWAN, Blyth, says:

"Many thanks for Hall's Coca Wine. I consider it excellent."

Dr. H. MARSTON, Barry, Cardiff, says:

"Many thanks for the sample of Coca Wine, which was duly received. I was well satisfied with the quality, and found it very efficacious in the case for which I tried it. I have since recommended it to other patients, and shall be glad to continue to do so in suitable cases."

Dr. J. GALT, Wood Green, says:

"The bottle of Hall's Coca Wine was duly received. It seems a very good preparation. So far, only a portion has been used, but that has given satisfaction."

Dr. A. J. MASTER, Kensington, writes:

"I am very satisfied with the Coca Wine, and as I desire to give it an extended trial in my own family, I will thank you to send me as soon as possible a dozen bottles of it."

USES AND APPLICATIONS OF HALL'S COCA WINE.

Such being the wonderful virtues of Coca, it is not surprising that Hall's Coca Wine, in which they find their most effective embodiment and most consummate expression, should have won for itself the



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highest degree of favour with the medical profession and with the public. To the truth of this statement there is a larger and ever-increasing body of testimony from those who have charge of sick persons and who see the effects of the preparation on their patients, and from those who use it themselves and thus can speak of its highly beneficial effects from personal

experience.

THE STATE OF

The nature of Hall's Coca Wine having been described, and the general principles of its action having been fully explained, it will not be out of place to indicate concisely the special circumstances in which it may be employed with the greatest advantage. To make these brief notes more practically useful to sufferers, the various conditions in which Hall's Coca Wine finds its most beneficial applications are arranged under separate headings according to the part of the vital machinery which is defective. The genuineness of the effects is attested in each case by authentic, and it may be added, mostly unsolicited, testimony of the most convincing character.

NERVOUS EXHAUSTION AND DEPRESSION.

Dr. Mantegazza's physiological experiments showed that in medium doses Coca "excites the nervous system in such a manner that the movements of the muscles are made with greatest ease; then it produces a calming effect." This conclusion is confirmed by the practical experience of everyone who uses Hall's Coca Wine. Coca is, in fact, a food to the nerves, repairing waste and giving force; hence it is the remedy par excellence for nervous exhaustion, nervous irritability, depression of the vital powers, fatigue, or over-excitement of the brain, sleeplessness, neuralgia, loss of muscular power,



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want of tone and weakness following confinement and acute fevers, and especially influenza, hysteria, and other forms of nervous disturbance and disease. All the vital functions are under the direct control of the nervous system; if that be out of order the whole economy suffers. This is the secret of the almost magical influence which Hall's Coca Wine has on conditions apparently of the most diverse and, indeed, opposite kinds; it goes to the root of the evil, which is to be found in some disorder of the nervous machinery. It has the great and special advantage that unlike all other excitants it stimulates without leaving the least depression when the immediate effect has passed off. As showing the marvellous efficacy of this preparation in the several conditions enumerated, a few testimonies from persons who have either felt or seen its effects are here appended; they are only specimens of innumerable others that could be quoted.

Dr. PEEL RICHARDS, of Malvern, speaks of Hall's Coca Wine as follows:

"It is the first Coca Wine I have met with deserving the name. As a powerful nerve stimulant (without after depression) I have not known its equal."

Dr. D. S. DAVIES, L.R.C.P., M.R.C.S., writes:

"I have much pleasure in recommending Hall's Coca Wine as a tonic and restorative."

Dr. Andrews Mungal, Thurso, N.B., says:

"I used the Hall's Coca Wine myself, and consider it worthy of all you claim for it."

Dr. JNO. CRAVEN, J.P., L.R.C.P., L.R.C.S., &c.,

&c, says;

"I duly received the Hall's Coca Wine, which I made a trial of on a delicate patient, who tells me that he found it more sustaining than port or

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champagne. I consider it an excellent preparation, being pleasant in taste and appearance, as well as possessing all the good qualities claimed for the leaf."

Dr. S. S. Parkinson, of Glasgow, says:

"I have much pleasure in stating that I found Hall's Coca Wine of much service to my sister, who was in a very low state. I shall have pleasure in recommending it to my patients when opportunity offers."

Dr. R. A. KELLY, of Dublin, says:

"Thanks for the sample of Coca Wine. I gave half a wineglassful to a lady friend, a patient of mine. She told me that she felt quite buoyant, and now intends keeping a bottle always in the house, so pleased was she by its action."

The Matron of the Cottage Hospital, Wimborne, in acknowledging a sample of Coca Wine, writes:

"She will have great pleasure in recommending it as a splendid nerve tonic."

Nurse Mary writes:

"I shall be only too pleased to recommend Hall's Coca Wine, as I consider it an excellent nerve tonic most valuable to invalids."

Nurse Alice Millbank writes:

"I shall have very great pleasure in recommending it. I think it a splendid restorative."

Miss Hartland, Malvern, writes:

"Miss Hartland has already highly recommended it to some delicate friends, and will continue to do so, believing it a splendid nerve tonic."



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Nurse White, Belper, writes:

"It is a splendid nerve tonic, and will have much pleasure in recommending it."

Mrs. E. Watson, Hampton Hill, says:

"Should feel obliged by your sending me another six bottles of your famous Coca Wine. I must say that, altho' having only taken three bottles, I feel already a different being, so much better in spirits, and stronger in every way, and always ready for my meals."

MENTAL AND PHYSICAL FATIGUE.

As to the great restorative effects of Hall's Coca Wine in all cases of fatigue after over-exertion of the bodily powers, over-work of the brain, and over-excitement of the nervous system, the following are selected from a large number of testimonials to the same effect.

Dr. BARRIE TAYLOR, M.B., L.R.C.P., writes:

"I appreciate Hall's Coca Wine very much for its rapidly stimulating action on muscle and nerve, in cases of physical and mental fatigue. I can speak confidently from experience, and testify to its worth after exertion of any kind."

Dr. Noble says:

"Whilst taking Hall's Coca Wine I was able to do double the amount of work. I think most highly of this preparation."

Nurse Evans says:

"My opinion of Hall's Coca Wine is far beyond what I ever expected. Its strength-giving properties are wonderful indeed. I shall be glad to recommend it after having experienced its beneficial effects on my own exhausted condition."



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The Rev. Mr. STREETEN writes:

"About a year ago I had six bottles of Hall's Coca Wine, and it did my daughter a great deal of good. Please send at once one dozen of the wine."

Nurse Edmonds, Southampton, writes:

"I have been a trained nurse for many years and have had great mental strain lately. Your splendid tonic has brought to life very many of my patients, and as my future work will be mostly occupied in Invalid Ladies and Gentlemen, I shall certainly highly recommended your invaluable Wine to them."

SLEEPLESSNESS.

Sleeplessness is one of the curses of the present generation. It depends on the state of nervous overtension in which we are kept by the stress of the battle of life. Of all forms of suffering there is none more terrible in itself or more disastrous in its effects than the deprivation of sleep. In their despair the victims of insomnia are driven to the use of dangerous narcotic drugs which come to hold them in a degrading, pernicious and too often deadly bondage. One of the most crying wants at the present time is a remedy for sleeplessness at once safe in its action and sure in its effect. Such a remedy sufferers from insomnia have ready to their hand in Hall's Coca Wine. This is now recognised by the medical profession, but it cannot be too widely known by the public. The following extracts from a large number of similar testimonies speak for themselves.

The Hospital Gazette says:

"In addition to its value as a tonic and digestive stimulant, Hall's Coca Wine is deserving of a trial in



cases of insomnia resulting from brain fatigue, as it frequently produces sleep without resorting to the use of dangerous narcotics."

The Court Circular, March 26th, 1892, says:

"Apart from its unique power as a recuperative in cases of over fatigue of mind and body, we can personally recommend Hall's Coca Wine for sleeplessness, having found it invaluable in an obstinate case of insomnia, and we are glad to note that it is extensively prescribed by the leading physicians."

The Southern Press, December 2nd, 1893, says:

"We were next offered a glass of Hall's Coca Wine, a cure for sleeplessness. It did not require Dr. Halliday to tell us that, for in a few minutes we were under its magic influence, and made the shortest track for our domestic bunk."

Dr. HENDERSON BAIRD writes:

"I am at present giving Hall's Coca Wine in a case of insomnia, and may say the effects up to now are good. I shall be pleased to prescribe it in any suitable case under my care."

Mr. ROCHE, Lechlade, Glos., writes:

"I have tried your Coca Wine and am very pleased with it as a remedy for sleeplessness, and shall recommend it to my friends as being most beneficial."

"Miss Hartland, Malvern, thanks Mr. Smith very much for the bottle of Coca Wine received safely, and proving very successful towards producing sleep."

NEURALGIA.

Another form of suffering which is extremely common at the present day is neuralgia, or nerve-ache.

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So frightful is the pain that when it is persistent it makes life unbearable, and may even lead to insanity and suicide. It is caused by a low state of vitality brought about by some breakdown in the regulating action which the nervous system then in a state of efficiency exerts over the processes of nutrition and tissue change. Neuralgia, in fact, has been somewhat poetically defined as "the cry of the nerves for pure blood." Hence the most appropriate remedy is one that combines in itself blood-forming elements with a substance that supplies to the worn-out nerves the vital material which they have lost. Such a combination is found in the highest possible perfection in Hall's Coca Wine. Hen e this preparation is a true specific for neuralgia.

Nurse Christine Jensen writes:

"I received the Coca Wine, also your letter of 25th inst., and shall take great pleasure in recommending the wine to my friends. I have been suffering from neuralgia for several weeks, and it has run me down a good deal already."

M. E. C. writes:

"I have found it invaluable when suffering from sleeplessness and neuralgia. Two wine-glassfuls quite cured my last attack of the latter complaint, and since I have kept the wine in the house I have not been troubled with my old enemy."

THE MUSCULAR SYSTEM.

The marvellous effects of Coca in giving strength to the muscles and preventing fatigue have been fully described in the preceding pages. When taken in the form of Hall's Coca Wine the invigorating action of



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the Coca is greatly enhanced. For those who have any special bodily exertion to make; for athletes who are ambitious to break records; for hunting men, cyclists, and sportsmen of all sorts and conditions, there is no strengthening or restorative cordial that can be compared with Hall's Coca Wine. It is equally valuable as a preparation for muscular effort and as a restorative after it. Among innumerable testimonies to the same effect we select the following:

Dr. BARRIE TAYLOR writes :-

"I appreciate Hall's Coca Wine very much for its rapidly stimulating action on muscle and nerve."

Dr. Noble says:

"Whilst taking Hall's Coca Wine I was able to do double the amount of work."

Nurse Evans says:

"My opinion of Hall's Coca Wine is far beyond what I ever expected. Its strengthening properties are wonderful indeed."

Nurse MILLBANK writes:

"It is a splendid restorative."

Mrs. Watson writes:

"I must say that although having only taken three bottles I feel already a different being, so much better in spirits and stronger in every way."

THE CIRCULATORY SYSTEM AND THE BLOOD.

Coca having so remarkable an effect in increasing muscular energy necessarily has a great influence in strengthening the action of the heart and regulating the circulation. In Hall's Coca Wine not only is this



valuable property preserved, but the generous wine improves the quality of the blood, making it richer in the red elements in which the material for the nourishing of the body is contained. Hall's Coca Wine is, therefore, the best remedy for defective circulation and poverty of the blood. All persons with weak heart palpitation and irregularity of the pulse, should take it regularly. For all sufferers from anæmia, for persons with pale, pasty complexions, for women who are subject to menstrual irregularities, Hall's Coca Wine is a sovereign remedy.

Answering a correspondent in the Gentlewoman, the editor says: "Your pallor is caused by anæmia. A tonic will bring more colour to your cheeks than anything else. My prescription is 'Hall's Coca Wine;'

it is as pleasant as it is effectual."

Sister PAYNE writes:

"A relation of mine, who has been suffering for a long time from nervous disease and bloodlessness, has been done a great deal of good by 'Hall's Coca Wine.' I shall be glad if you will forward three bottles to me."

THE DIGESTIVE SYSTEM.

Coca gives tone to the stomach, subdues irritability, excites the appetite, and checks sickness. In the form of Hall's Coca Wine, all the beneficial effects of the drug are increased. In cases of atonic indigestion, flatulence, and pain after food, Hall's Coca Wine is an almost infallible remedy. As a preventive and cure for sea-sickness, it is far superior to any of the innumerable remedies which have been recommended for that distressing and humiliating affection. Hall's Coca Wine stimulates the vital processes concerned in



the removal of waste matters, and the distribution of new reparative material, thereby maintaining the balance of nutrition without which there can be no health.

Dr. CROUCHER, J.P., late Mayor of Hastings, writes: "A patient of mine is taking your wine with very marked benefit."

Dr. ARTHUR CLARKE, of Dover, says:

"Many thanks for the wine, which I found most excellent, far better than most of the brands in the market. All my patients who have tried it have derived great benefit."

Dr. Richardson, Co. Devon, says:

"I am pleased to have to say that I am much gratified with the result of my experience of your speciality, and am recommending it generally in my practice."

Dr. J. HALPIN says:

"I am pleased to report most favourably on the 'Hall's Coca Wine,' notably the case of a child suffering from Tabes Mesenterica, who retained it in her stomach when other foods were habitually rejected."

Mrs. Watson writes:

"Although having only taken three bottles, I feel already a different being, so much better in spirits, and stronger in every way, and always ready for my meals."

THE RESPIRATORY SYSTEM AND THE VOCAL ORGANS.

The extraordinary action of Coca on the respiration has already been referred to. In Hall's Coca Wine





this virtue is fully preserved. In healthy persons it improves the "wind," enabling them to walk, dance, run, swim, climb heights, &c., without the least distress. In those suffering from asthma, bronchitis, or any condition causing breathlessness it removes the diffi-

culty by giving increased power to the lungs.

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Closely connected with its action on the lungs is its influence on the vocal organs. It imparts tone to the little muscles which govern the vocal cords and gives power and precision to their movements. This is why Hall's Coca Wine is such a favourite with those who use the voice much, professionally or otherwise. For singers and speakers, for actors, clergymen, Members of Parliament, public lecturers, and entertainers it is invaluable, giving resonance and brilliancy to the voice, and making the larynx almost incapable of fatigue. In confirmation of this it may be mentioned that Madame Adelina Patti, the Queen of Song, after taking the wine described it as excellent. Hall's Coca Wine, too, is an excellent preventive of stage fright, steadying the nerves and imparting confidence and self-possession.

WASTING DISEASES.

In wasting diseases, such as consumption, cancer and diabetes, Hall's Coca Wine is especially valuable for its great sustaining properties, which enable the sufferer's system to resist the encroachments of the disease much longer than it otherwise could do. In consumption Hall's Coca Wine eases the exhausting cough and relieves the wearing sleeplessness; in cancer it soothes pain; and in diabetes, while keeping up the patient's strength, it appearses the ravening



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hunger and quenches the raging thirst which are the most painful features of that disease. In all ailments attended with weakness and wasting Hall's Coca Wine is unrivalled as a remedy.

Dr. J. Halpin writes: "I am pleased to report most favourably on the Hall's Coca Wine, notably in the case of a child suffering from Tabes Mesenterica."

[Tabes Mesenterica is the disease known to the public as "consumption of the bowels"]

Nurse Walsh writes: "I have tried it with a consumptive patient with a very good result. I shall certainly recommend it; in fact I have done so. I consider it a boon to nurses and doctors."

The UNITED STATES MINISTER TO THE VATICAN writes: "Will you kindly send to Mrs. Thomas B. Bryan, Rome, 6 (six) bottles of the Coca Wine, expenses collected on delivering? Her daughter was ill and I gave her one of my bottles, which helped her so much that they are desirous of having her continue it."

Mrs. Russell, of Bromley, writes: "I have found the Coca Wine has done me so much good that I should like to continue it."

INFLUENZA.

Every one who has suffered—and which of us has not?—from influenza knows too well the terrible prostration during the illness, and the wretched feeling of weakness that follows it. Although half-a-dozen





microbes have been discovered, for each of which the doubtful honour of being the cause of influenza is claimed, no trustworthy means of preventing or curing the scourge has yet been found, except Hall's Coca Wine. Influenza is really a disease of the nervous system, and Hall's Coca Wine is acknowledged to be the most powerful of nerve tonics. The only way to protect ourselves against influenza is to fortify the system so as to make it invulnerable against the poisor. This will be done most effectually and at the same time most agreeably by means of Hall's Coca Wine. The late Sir Morell Mackenzie said that it is only after the patient has got rid of his influenza that the time of real danger begins, because it is then that people, believing themselves to have completely recovered, insist on exposing themselves to all kinds of risks. Hall's Coca Wine will tide them safely over the period of danger. For the relief of the weakness which follows influenza, and for the prevention of the serious affections of the heart, brain, nervous system, &c., which so often follow in its wake, there is nothing like Hall's Coca Wine. The following testimonies bear witness to its beneficial effects:-

Dr. STURROCK, L.R.C.P., writes:

"I gave a bottle of Hall's Coca Wine to a clergyman recovering from influenza and pneumonia. It did him a great deal of good."

A M.R.C.S. writes:

"I am much pleased with this Wine, and found it useful when an agreeable and efficient tonic was requisite for the restoration of patients after an attack of influenza or other depressing complaints."



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Dr. Chas. H. Mayhew, M.R.C.S., L.R.C.P., writes:—

"Having been recently suffering from debility after influenza, I tried Hall's Coca Wine, and found it to be an excellent nervine tonic."

Mr. Dawes, B.A., 55 and 56, Chancery Lane, London, writes:

"I cannot refrain from sending a word of grateful thanks to you for the immense benefit I have received from your Coca Wine. I found it a marvellous restorative in the prolonged weakness which followed a severe attack of influenza. I find it also the very best tonic in cases of continuous mental exertion, and shall strongly recommend it to students preparing for examination."

Nurse Nicholls writes:

"That she has found the Wine to have great restoring powers, and thinks it a valuable wine for anyone suffering from influenza, fevers, or any complaint that lowers the vital powers."

Nurse Poole writes:

"That a patient of hers tried it some time ago, and derived great benefit from it after influenza."

The following Extract from Good Health, December 9th, 1893, bears on this subject:

ANOTHER EPIDEMIC OF RUSSIAN INFLUENZA.

TREATMENT.

"The patient must go to bed at once—and stop there—first, however, having had a Turkish,



vapour, or hot mustard and water bath, and a wine-glassful of Hall's Coca Wine in a half-pint of boiling water. Hot bottles should be put to the feet, and plenty of blankets put on the bed. Don't make the bedroom too hot—60 to 65 deg. is enough. In severe cases, however, a medical man must be called in, and then the choice of medicine will rest with him; but in ordinary cases, warmth, rest, perspiration, nourishment, and the above drugs will cure."

CONVALESCENCE.

To convalescents from illness of any kind Hall's Coca Wine is a veritable boon. It is especially valuable after diphtheria, strengthening the weakened heart, and counteracting the tendency to paralysis. After typhoid fever, scarlet fever, measles, small pox, &c., it saves the patient weeks of tedious recovery.

Dr. J. F. CHITTENDEN, West Auckland, writes:

"I beg to acknowledge the receipt of Hall's Coca Wine, and found it answer well to the character given to it, and well worthy of recommendation."

Dr. ARTHUR CLARKE, Dover, writes:

"Many thanks for the Wine which I found most excellent, far better than most of the brands in the market. All my patients who have tried it have derived great benefit, and they like the flavour."

Nurse Mary writes that she considers "Hall's Coca Wine most valuable for invalids."

Nurses Davies and Laurie say:

"The Wine received safely, and must say it is splendid for convalescent patients."





Nurse Lawrence writes:

"I think it splendid, and will do all in my power to recommend it to patients and doctors. I have already found benefit from the few glasses I have taken. It is a good pick-me-up."

Sister MARY writes:

"We like it much, and will be pleased to recommend it to any invalids whom I may know."

Mr. George White, Cuddeston, writes:

"That he thinks it a splendid pick-me-up."

PREGNANCY AND FEMALE COMPLAINTS.

To ladies in an interesting condition Hall's Coca Wine is, it may almost be said, indispensable. It relieves the sickness, which is one of the most distressing accompaniments of that condition; gives tone to the nervous system, which is generally more or less upset; suppresses morbid cravings, and keeps up the strength. During confinement Hall's Coca Wine is valuable for its stimulating effect on the womb and on the muscles concerned in parturition, expediting delivery and easing pain without in any way interfering with the process. During the period of what may be called active womanhood, Hall's Coca Wine is most useful in preventing menstrual irregularities. At the "change of life" it is equally valuable, supporting the strength, cheering the spirits, and successfully carrying the woman over the dangers of that critical time.





GENERAL SUMMING-UP.

From the evidence that has been adduced it is clear that it may without exaggeration be claimed for Hall's Coca Wine that it is the most powerful nerve tonic at present known. It stimulates the flagging energies of mind and body, clears the head of the business man. makes the overwrought brain of the lawyer and literary man fit for its daily work, enables the student to burn the midnight oil without fatigue, strengthens the muscles and steadies the nerves of the athlete and sportsman, gives confidence to the speaker and voice to the singer, cures "stage fright" and "examination fever," kills pain, keeps the drowsy awake and brings sleep to the weary, restores the vital power drained away by disease, robs child-bearing of half its terrors raises the spirits, brightens the eye, brings the glow of health to the cheek and generally makes life worth living.

Price 2/- and 3/6 per Bottle, post free.

Proprietors:

STEPHEN SMITH & CO., BOW, LONDON, E.



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