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CONSUMPTION AND WASTING DISEASES

SUCCESSFULLY TREATED BY
“HYDRATED OIL,”

With Cases shewing the immediate increase in weight produced by it.

BY
G. OVEREND DREWRY, M.D.

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“Common Sense Management of the Stomach,” “The Value
of Mineral Waters in Constitutional and Chronic
Diseases,” joint Author of “Cup and Platter;
or, Notes on Food and its Effects,” &c., &c.*


SECOND EDITION.

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PREFACE.

HE prevalence of Consumption, and the admittedly unsatisfactory results which have hitherto attended any special treatment of it, would alone be sufficient to obtain a hearing for any one having the slightest grounds for the belief that he had advanced that treatment one step. The results which I have now obtained, render any further withholding of them culpable. My desire is to throw what light I can on the subject of Assimilation of Fats in the human body, and I

shall feel indebted to any one who will furnish me with the carefully ascertained weekly weights of cases treated on the principles which I have imperfectly endeavoured to describe.

57, QUEEN ANNE STREET,

CAVENDISH SQUARE.

August, 1876.

CONSUMPTION

AND

WASTING DISEASES.

IT is a fact recognised by physicians who have to deal with Consumption and other wasting diseases, that the patient makes rapid improvement in every way, as soon as any increase in weight begins to shew itself. Indeed, it would appear that if the general nutrition of the body can be well maintained, the ravages of ulceration, suppuration, &c., in the lungs may be repaired, under judicious treatment, even to the extent of absolute recovery.

The influence of climate and habits of life in promoting or retarding these results is also admitted, although the benefit usually obtained by

change of climate is not as great as might be desired, owing to the difficulty which exists in persuading patients of the necessity for obtaining this change before the disease has advanced too far to admit of recovery.

It is not necessary here to discuss the pathology of the subject; Consumption furnishes no exception to the general rule, that Pathology is far in advance of Therapeutics. It is the particular plan of treatment which I believe to be the only successful one in all cases in which emaciation is apparent, which I shall endeavour to describe. In order to make the description as concise as possible, the best mode which suggests itself is to give, first, the results obtained from the long series of experiments which, in conjunction with H. C. Bartlett, Ph.D., F.C.S., I made last year, and then the notes of some of the cases which have occurred in my own practice during the present one.

However startling these results may appear, I am able to vouch for their accuracy; and if further testimony is needed, many of the patients treated

during that period may be referred to, and I am authorised to state, will be glad to afford any further information which may be desired.

I hope, through the kindness of some of my medical brethren, soon to publish the results of a far larger number of cases than those which up to the present time I have been able to keep under observation.

The whole matter hinges upon the transformation of fat in the body. It has been believed, up to the present time, that the fatty matters of food are reduced by the juices of the body in health to the form of an emulsion, and are absorbed through the membrane of the lacteals in that condition, and it is believed to be impossible to produce a true solution of oil in water. That these views are not correct I shall be able to prove.

In the experiments to which I have alluded, which were made principally on large dogs, the animals were fasted for forty-eight hours, a meal of fat was then given, to which was added some leather, cut into pieces, to excite activity of digestion ; and

different periods allowed for this process to be performed. The animals were then killed, and stomach, duodenum, pancreas, &c., immediately removed and examined.

In all these instances oil was found in true solution—that is, capable of being taken up both by water and alcohol, without producing the milky appearance characteristic of an emulsion. It was also found to exist in this condition in the pancreas as well as in the duodenum.

Further experiments shewed that, in addition to oil in solution, it was present also in the form of emulsion; and that there was also a certain amount of soap, which it is held to be impossible to make artificially in the ordinary way at a lower temperature than 176° Fahrenheit.

Proceeding with experiments to produce a mixture which should comply with all these conditions, it was found that pure oil is absolutely insoluble in water, and that the addition of alkalies did not convert it into soap, without prolonged boiling and

high temperatures. The solution and saponification which occurs in the body is due to the admixture of the secretions of the pancreatic and other intestinal glands together with certain constituents of the bile; and this occurs at a temperature not exceeding 100° Fahrenheit.

A series of experiments, to test how far this combination of oil in solution, saponified, and in the form of the most perfect emulsion, could be produced by synthesis, resulted in the very curious demonstration, that in no other sequence of treatment than that of the natural digestion of fats in the human body can precisely the same conditions of solution, saponification, and emulsion, be produced.

Without the ferment principle peculiar to the before-mentioned glands, no true solution of oils or fats can be effected at all, unless the fatty acids are separated, and to a certain extent decomposed at high temperatures.

The glycerides in combination with bases are only instantaneously formed after the fatty matter

has been fermented ; consequently, if the glands of the body, through disease or atrophy, do not furnish these ferments in full vigour and sufficient quantity, the mixture, in contradistinction to chemical combination, either remains inert and passes through the bowels in that condition, and cannot therefore be assimilated, or produces that purgative action which is opposed to the assimilation not only of fats, but also of every other food-matter in the bowels.

By making first a fermentative emulsion, and then bringing into action the principles of the other reagents displayed in a healthy natural digestion of fatty matters, an artificial partially-digested oil is obtained, the smallest leaven of which is sufficient to excite and carry on a full and healthy digestion not only of the untransformed oil with which it is mixed, but also of the fatty matters found in an ordinary mixed diet.

Subjecting the mixture so prepared to various tests, it was found that phosphatic salts instantly throw the oil which has been rendered soluble out

of solution and emulsion ; and it becomes visible on the surface as pure oil.

The deductions which I made from these experiments were :—

1st. That in Consumption, and many other diseases, there does not exist in the patient the power of dissolving a sufficient proportion of fat or oil, and that in this manner all the fatty tissues, including the nervous system, are starved.

2nd. That when the oil or fat has been dissolved in water, it is thrown down and fixed again as fat in the fatty tissues, on being brought into contact with various salts, and, particularly as regards the nervous structures, with phosphatic salts.

3rd. That the fat maintained or produced in the body, when this process of solution is properly performed, is not due entirely to this cause, except that by this process alone can the nerves be nourished through the medium of which all the other processes of Life are carried on.

4th. That in cases where there is not power to transform the fats of ordinary food, from deficiency of secretion, either pancreatic or biliary, there may be and probably is an advantage to be obtained from the use of cod-liver oil or the pancreatic emulsion of cod-liver oil; the one sometimes assisting the biliary secretion, the other undoubtedly aiding the defective secretion of the pancreas. But when the power of digestion of the fatty matters of food is so far wanting as to produce considerable emaciation, and particularly when there is great repugnance to fats and oils of all kinds, which are passed through the body undigested, neither cod-liver oil, nor any other fatty matters, alone, or emulsified with pancreatin, are presented to the weakened digestive organs in the soluble form which alone renders them capable of assimilation. Hence the unsatisfactory results which have attended the use of such oils.

5th. That in cases where there is great

emaciation, if oils prepared so as to secure solution, emulsion, and saponification, are given regularly with food, increase of weight will be obtained.

6th. That in cases where phosphorus appears to be lacking in the system, the phosphatic salts to be administered must not be given with the hydrated oils, but in the intervals between the meals.

How far the test of practice has proved the accuracy of these deductions I leave the following cases to shew. They have been selected for publication out of a large number, which have been successfully treated, as far as my observation went, but many of which I have since lost sight of: and, adopting the mode best calculated to secure the attention of busy men, viz., that of brevity, I have given the outlines of each case in the fewest words.

CASE No. 1.

Mrs. M., a lady aged twenty-eight years; height, 5 ft. 4 in.; weight on January 22nd, 1876, 7st. 2lbs.

She had been under my care some time with Phthisis, presenting the unmistakeable signs of blood-spitting, purulent expectoration, &c. Her state was such that I did not believe it possible for her to live through the winter. She commenced taking the "hydrated oil," January 22nd, in doses of one dessert spoonful thrice daily with food. She took no other medicine. The weights were:—

			st.	lbs.	oz.
January 22nd	7	2	0
February 12th	7	11	0
February 24th	8	3	0
			<hr/>		
Increase in 32 days	1	1	0

Or an average of nearly half-a-pound per diem for a month. She was weighed again March 12th, and was found to have increased 3lbs., her weight being 8st. 6lbs. She had lost all her distressing symptoms, had no cough, and could walk three or four miles without fatigue; she said she was "always hungry," and could sleep through the night without any unnatural perspiration.

She went to visit friends in the country, and did

not take the oil. Her weight May 25th, was 8st. 5lbs. 4oz. She expressed her gratitude, and offered to give any information respecting her case.

CASE No. 2.

Mrs. A. M., a lady aged thirty-six; no chest affection. Had been drifting into a low state of health, accompanied by excessive nervousness and great emaciation; was seen by me October 26th, 1875. I found large quantities of phosphates passing through kidneys, also free phosphoric acid. I at first suspected that I should find albuminuria, but this was not the case. The treatment consisted of the "hydrated oil" thrice daily with meals, and 12 grs. of hypophosphite of soda in distilled water in the intervals. The result is shewn by the following extract from a letter which I am authorised to publish, written to me by the lady's mother, herself the wife of a medical man, and thoroughly competent to form an accurate judgment.

"After many weeks of great debility and loss of nervous power of heart and stomach, the bare thoughts of eating

“giving her such palpitation that she was obliged to walk
 “about while attempting to eat, feeling that if she did not do
 “so she must die, the taking of your hydrated oil and your diet
 “regulations effected so great a change in Madame Le B.’s
 “condition, that within three days, increase of nervous power
 “was shown, and increase of size distinguished in limbs, body,
 “and face. The same beneficial results continued to increase
 “during the four months in which she took the oil, and before
 “the end of that period, her restoration was quite completed,
 “and her appearance most satisfactory to her friends.

“She had previously become very emaciated, and at the
 “end of your treatment she had regained flesh in a manner
 “most marvellous. From what you have told me of the results
 “in other cases, I can safely say that she has increased as much
 “and as rapidly as any of your patients.

“Her nervousness, which had been such, at the time you
 “commenced your treatment, that she could not speak without
 “trembling, even to an old friend, has entirely disappeared.”

CASE No. 3.

Master E. G., aged eight-and-a-half years. When
 seen March 28th, 1876, I heard no sign of tubercle
 in the lungs, but symptoms pointing to mesenteric
 disease; his weight was only 54lbs. He com-
 menced the “hydrated oil,” and on March 28th

	Weighed	54lbs.
April 9th	„	55 „
„ 23rd	„	57 „

Left off oil May 4th, and on May 13th weighed 55½lbs. He resumed the oil, and on May 31st weighed 57lbs. 9oz.; on July 15th weighed 62lbs., when his general health and appearance were considered so satisfactory that he discontinued the oil, and when last seen at beginning of August, weighed as nearly as possible the same as on previous weighing, July 15th.

CASE No. 4.

Mr. S. R., a gentleman, aged thirty-five, of active habits, first seen May 30th, 1876, when he told me that he had previously enjoyed good health, but that he had rapidly lost flesh during the previous three months, which he could not account for, except that he thought he had undermined his constitution some few years back by regularly keeping excessively late hours, and drinking, without becoming intoxicated, large quantities of ardent spirits,

not always of the best quality. He was very emaciated. He commenced taking the "hydrated oil" June 6th, and wrote me June 21st that there was no change in weight the first week, but at the end of a fortnight he had gained 2lbs., and added—"This is accurate, I know." I have not been able to test the further increase, as he has been travelling, and has not taken the oil regularly.

CASE No. 5.

Mrs. C., a woman in advanced Consumption, was treated by a friend of mine with oil which had been supplied for another case. His letter to me bears date 6th May, 1876, and says:—"Will you let bearer have a bottle of your oil? My patient is going back for the want of it; she found it do her so much good. Six pounds increase in ten days." This case, which was apparently sinking fast, recovered so as to go into the country. When last heard of all blood-spitting and characteristic expectoration had disappeared.

CASE No. 6.

Miss B., a little girl, aged ten years, a well-

marked case of strumous disease, so ill that she could not leave her room, and could scarcely retain any food in the stomach, was treated with "hydrated oil" and with milk, to which the minutest portion of the reagents were applied. At the end of a month she was so far recovered as to be able to take a journey to the seaside.

CASE No. 7.

An infant, aged twelve months. When first seen weighed $12\frac{3}{4}$ lbs., and, as the weight shews, was in a condition of emaciation to a frightful degree. Had been a robust infant up to the time of receiving a blow on the lower portion of the spine. A careful examination shewed want of motor power in the lower limbs, and the functional activity of bowels and bladder was almost entirely in abeyance. The "hydrated oil" immediately arrested any further loss of weight, and functional regularity was gradually restored; at the end of a month he had gained 2 lbs. in weight and in less than three

months was able to walk : a result, I need scarcely say, totally unexpected by every one who had seen him.

These cases are taken as fair examples of the uniform increase in weight produced by taking the "hydrated oil" in cases of different age and various types of disease. No. 1 was true Phthisis. No. 2 was certainly not Consumption, but a well-marked case of Atrophy. No 3; Tabes Mesenterica in a boy. No. 4; Emaciation, distinctly traceable to taking excessive quantities of alcoholic fluids, in a man. No. 5; A well-marked case of Phthisis in a woman. No. 6, a case of Scrofulous Disease in a little girl. No. 7; Partial paralysis caused by a blow on the spine in an infant.

These seven cases will, I think, be sufficient to prove that "hydrated oil" does produce the effects which I anticipated, and will, I hope, induce many physicians to test the accuracy of these results in their own practice. From the fact

that out of a large number of cases of emaciation, accompanied by different forms of disease, there has not been one in which the "hydrated oil" did not produce almost immediate and marked increase in weight, I am confident that the greater the number of cases in which it is tried, the more unfailingly beneficial will its effects be proved.

Indeed, I am convinced that its power of supporting the nervous structures, places it in the position of a *true tonic*; and that further experience in its use will demonstrate its value in many cases where emaciation is not present, and where most of the so-called tonics have been tried in vain.

The effects of "hydrated oil" upon the nervous system I have frequently been able to note, some time before much increase in weight became perceptible; the loss of nervous irritability, and the generally improved tone of health manifested; leaving no room for doubt that nerve food had been supplied.

There are one or two practical points in the administration of this important remedy, which, by

the way, ought to be regarded as necessary food in a form capable of assimilation, as well as a medicine, which must not be overlooked. One is that it should be always taken with meals, and that the food should be readily digestible and should not contain a large quantity of salt. The reasons for these precautions are :—

1st. That the oil is distributed over a larger surface by its admixture with food than if swallowed when the stomach is empty.

2nd. If indigestible matters are taken into the stomach, the proper assimilation of the oil is interfered with by the excessive acidity of the gastric juice, and

3rd. Excess of salt has the tendency to destroy the balance of solution, saponification and emulsion, which is necessary for the absorption of all fatty matters in the human body.

It may be necessary to point out to non-medical readers, into whose hands this treatise may fall, that there are many symptoms in cases of Consumption and wasting diseases which may require other

remedies. My experience, however, shews that in cases where cod-liver oil or an emulsion of it has been depended upon, increase of weight is rarely obtained.

In conclusion, I may say that patients are unanimous in their statement that no eructation is produced by "hydrated oil;" that the appetite is much increased by taking it; and that so far from possessing the unpleasant taste of ordinary cod-liver oil, the taste of "hydrated oil" is agreeable rather than the reverse, and is described by some as resembling Devonshire cream. These, I submit, are very important points, in cases usually attended by great irritability of stomach. Although the chemistry of the subject is most ably described in a treatise on "The Digestion and Assimilation of Fats in the Human Body," by H. C. Bartlett, Ph.D., F.C.S., in conjunction with whom the experiments leading up to the discovery of these essential points were made, the delicacy of adjustment, both in the chemical reactions, and in the manipulation necessary to produce the required combination of oil in solution,

as emulsion, and saponified, is so great as to render it difficult of manufacture, even under the direction of so able a chemist as the author of that treatise. I believe, however, that I may say that the difficulties have now been overcome, and that "hydrated oil," prepared by the method I have described, may be obtained of any druggist. I am thankful to have had the privilege of assisting in the elucidation of this great principle; and now leave the matter in the hands of the medical profession, confident that the beneficial results of extended experience will exceed my most sanguine anticipations.

NOTE TO SECOND EDITION.—The First edition of 5,000 copies having been exhausted in a fortnight, I have added a few words to the original treatise, and have also appended the formula of “hydrated oil.” The further results which I have obtained decidedly strengthen me in the belief that more is to be expected from the use of “hydrated oil” in Consumption than from any remedy yet discovered.

57, QUEEN ANNE STREET,
CAVENDISH SQUARE, W.

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#### FORMULA OF HYDRATED OIL.

*Each dose of Two Tea-Spoonsful, equal to 120 drops, contains:—*

|                    |    |    |    |    |    |    |                  |
|--------------------|----|----|----|----|----|----|------------------|
| Pure Oil           | .. | .. | .. | .. | .. | .. | 80 m. (drops.)   |
| Distilled Water    | .. | .. | .. | .. | .. | .. | 35 „             |
| Soluble Pancreatin | .. | .. | .. | .. | .. | .. | 5 grs.           |
| Soda               | .. | .. | .. | .. | .. | .. | $\frac{1}{3}$ „  |
| Boric Acid..       | .. | .. | .. | .. | .. | .. | $\frac{1}{4}$ „  |
| Hyochohic Acid     | .. | .. | .. | .. | .. | .. | $\frac{1}{20}$ „ |







# COMMON SENSE MANAGEMENT

OF THE

## STOMACH:

By GEORGE OVEREND DREWRY, M.D.,

*Member of the Pathological Society, formerly Physician to the City Dispensary; Author of Treatise on Dyspepsia, &c.*

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OR,

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By G. O. DREWRY, M.D.,

*Author of "The Common Sense Management of the Stomach,"*

AND

H. C. BARTLETT, PH.D., F.C.S.

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### CONTENTS.

Introduction — Water — Milk — Breadstuffs — Meat — Fish —  
Vegetables and Fruit — Food Accessories — Beer — Wine —  
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### EXTRACT FROM PRESS NOTICES.

"'Cup and Platter ; or, Notes on Food and its Effects.' By G. Overend Drewry, M.D., and H. C. Bartlett, Ph.D., F.C.S. (Henry S. King and Co.) Everybody is interested in the subjects brought forward in this volume, but it is not in every one's power to promote some of the reforms advocated by the writers. The English householder, however much he may desire to obtain wholesome food and drink and a pure water supply, is so dependent upon retail tradesmen and on the water company which supplies his neighbourhood, that his opportunity of action is extremely limited. If



## *Cup and Platter.*

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he suspects the quality of the milk, the purity of the bread, and cleanliness of the baker—or if the water, for which he pays a large amount yearly, is reported of unfavourably, he will no doubt grumble, and cherish uncomfortable suspicions ; but there is little more that he can do. The writers, however, give many useful hints which may be generally serviceable, and some of their statements will cause universal satisfaction. After searching analysis they state that the endeavour to bring forward sound and unadulterated articles of food is much more common than they had anticipated, and that ‘want of knowledge is responsible for an incredibly larger proportion of food-waste than is due to any villany of corruption or venality of trade instinct.’ It may be possible to obtain pure food ; but pure water, in the judgment of these writers, is a commodity that the London companies have hitherto failed to furnish. ‘Turbidity of water, and its containing living organisms and fungoid growths, to say nothing of the fishes and worms often found in domestic cisterns, are evidences vouched for by the officials appointed by Government to inspect the water supply of this metropolis, and our own investigations prove an impregnation with matters far worse than any of these.’ Householders are therefore recommended to look to their filters, and to take care that the ‘filtering medium’ is renewed every twelve months. In the chapter on milk it is observed that to ascertain its purity demands an expensive and elaborate system of analysis. Condensed milk is strongly recommended ‘as the best source of obtaining really wholesome milk in a condition of greater uniformity than can be obtained from any of the smaller dairies.’ The writers are opposed to the indiscriminate rejection of alcoholic stimulants. In spite of Dr. Richardson, people will continue to believe in the good effect of pure beer and sound wine, and Messrs. Drewry and Bartlett have no objection to offer to the moderate use of either. Beer, they observe, is in most instances preferable to wine. It contains peculiar constituents of food-matter, independent of the alcohol contained in it, and ‘in some instances these are of extreme value, and can hardly be so readily assimilated in any other form.’ Strong wines, like sherry, port, and burgundy, ought, it is remarked, to be treated as liqueurs, while bordeaux and hock are suited for daily consumption. Under the heading ‘Breadstuffs,’ a strong protest is entered against certain corn-flours advertised for infants. They possess no nutriment which is assimilable by a child of not less than five or six months old ; and, even when mixed with other food, the starch they contain cannot be digested by young infants. A very unpleasing account is given of the disgusting state of the ordinary bakers’ cellars, and the writers notice favourably Dr. Dauglish’s system of bread-making by machinery, by which process the baker’s person never comes in contact with the bread. They add, however, that in several large bakeries they have inspected where the old method is adopted, the attention paid to cleanliness leaves nothing to be desired. ‘Cup and Platter’ contains many practical remarks which deserve the reader’s attention. The book is written in a somewhat ungainly style, but the fact that these chapters contain in a condensed form the notes of a series of lectures will perhaps account for defects of composition.”—*Pall Mall Gazette*.

“A very useful handbook of food, free from crotchets and quackery ; and full of good sound common sense. It is a book alike for the healthy and the



## Cup and Platter.

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