

Observations on pulmonary consumption, or an essay on the lichen islandicus, considered both as an aliment and a medicine in that disorder / [Jean-Baptiste Étienne Benoît Olive Regnault].

Contributors

Regnault, Jean-Baptiste Étienne Benoît Olive, 1759-1836.

Publication/Creation

London : Printed for the Author by J. Smeeton, and sold by Johnson, etc., 1802.

Persistent URL

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To the Medical Society
from the Author.

5



OBSERVATIONS

ON

PULMONARY CONSUMPTION,

OR

AN ESSAY ON THE

LICHEN ISLANDICUS,

CONSIDERED BOTH

As an Aliment and a Medicine in that
Disorder.

Optima Medicina Cibus opportune datus. CELSUS.

By J. B. REGNAULT, M. D.

LATE PHYSICIAN TO THE MILITARY HOSPITALS AND
FORCES OF FRANCE, &c.

London:

PRINTED FOR THE AUTHOR,
N^o. 13, DUKE STREET, MANCHESTER SQUARE,
BY J. SMEETON, ST. MARTIN'S LANE, CHARING CROSS;
AND SOLD BY
JOHNSON, ST. PAUL'S CHURCH YARD;
DULAU AND CO. SOHO SQUARE; CALLOW, CROWN COURT;
AND COX, IN THE BOROUGH.

1802.

OBSERVATIONS

ON

PULMONARY CONSUMPTION

AND

ITS TREATMENT

BY

JOHN HENRY WATSON, M.D.

Entered at Stationer's Hall.

LONDON: Printed and Sold by

BY J. HENRY WATSON, M.D.

AT THE SIGN OF THE WINDMILL, IN ST. MARK'S LANE, NEAR ST. PAUL'S CHURCH

AND

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PRINTED BY

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JOHN HENRY WATSON, M.D.

1841

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ERRATUM, *which might embarrass the Reader.*

The note 25, page 32, refers to La Marck, and should have been inserted at the foot of page 31.

INTRODUCTION.

IF we reflect on the dreadful ravages committed by pulmonary consumption, more especially among the young, and the inefficacy of all efforts which have hitherto been made to arrest its progress, and prevent its fatal consequences; we shall

B

be

be convinced, that an attempt to fix the attention of the public on means which have proved effectual in restoring health to persons afflicted with this cruel malady, is at once to console, and serve the human race.

It is not our intention to deliver a regular treatise on Phthisis; so many eminent men have already described this disease, in a manner so masterly, that we could only repeat, without improving on, what has been already written.

We mean nothing more than to present a series of observations which we have made on the successful administration of a remedy† already known, but too much neglected, or inaccurately employed.

† The Iceland Moss.

Nothing

Nothing is easier than to form systems, exclusively to adopt, and then impose them on the public; which is more dazzled by the brilliant, than the true.

The desire of abridging the labour which conducts to fame and fortune, has determined more than one physician to prefer this plan to that of observation; which is slow, painful, and destitute of all splendor.

The greater part of our time is employed not so much in the real study of medicine, as in that of the productions of the imagination, to which we are forced to submit, and to adapt the practice of the art. "Imagination," says Chancellor Bacon, "creates, invents, embellishes the arts, but injures real science."

When we carry into the practice of physic a disposition to observe, we soon detect the insufficiency of all theory. The new improvements in every branch of natural philosophy, notwithstanding their brilliance, discover at every step how much is left unaccomplished; and that even their splendor has not totally dissipated our darkness; we are forced to acknowledge the necessity of calling to our aid facts founded on repeated experiments. It is not speculation alone which must be the guide of the Physician; he requires other supports; he must be a close observer; he must search into Nature herself for the truth of his ideas. In a word he must submit his theory to a series of trials, and wait its confirmation from a multitude

tude of proofs. “ The true Physi-
 “ cian,” says the celebrated Baglivi,
 “ is he who studies Nature best, and
 “ who is led by a profound investi-
 “ gation to her most hidden myste-
 “ ries, by a chain of observations,
 “ conducted by good sense, and se-
 “ vere reflection.” Observations are
 the demonstrations of a Physician.

It will be seen in our treatment of
 the following cases, that we have not
 neglected general means, when cir-
 cumstances required them; but we
 owe our uniform success, to the ac-
 tivity with which we have employed
 a remedy, hitherto administered, in
 doses far too small, to produce the
 advantage which may be derived
 from it.

To judge with greater certainty of
 the medicinal powers of the Lichen

Islandicus, we have often employed it without any additional aid. We should assuredly have more decisive ideas of the virtues of medicines, if, banishing those multifarious pharmaceutical preparations of the Arabians, we always followed this method, not more simple than rational.

We expect to meet with warm opposers, with sceptical writers, who in spite of the best established facts will maintain, that it is impossible to cure a confirmed consumption; but the candor of enlightened Physicians, and the new facts which will daily arise, will furnish an irrefragable answer to these men, who have infinitely impeded the advancement of the science of medicine—Yes, we must assert, that one of the causes which has most contributed to im-

pede

pede the progress made in the treatment of Phthisis pulmonalis, is the idea that it is incurable; an idea which unhappily prevails among the majority of Physicians; nevertheless, how many diseases do we now behold successfully treated, which were formerly regarded as the opprobrium of medicine. "Learn," said Cappivacius to the Physicians of his time, "other means of treating Phthisis, and you will no longer deem it incurable."

It must however be granted, that disorders of the breast can only proceed towards a cure by slow and insensible steps; in order to obtain advantage from the best plan, steady perseverance is essentially necessary. The sick in general are readily capable of commencing a plan, but

few can be found who have resolution sufficient to pursue it with constancy. We may even generally remark, that great enterprizes are by no means uncommon, but there is nothing more rare among men than this steady perseverance.

It is a series of facts, it is the experience of ten years which we submit to the public; during which, the administration of this remedy has been attended with the same success, in Germany, France, and England.

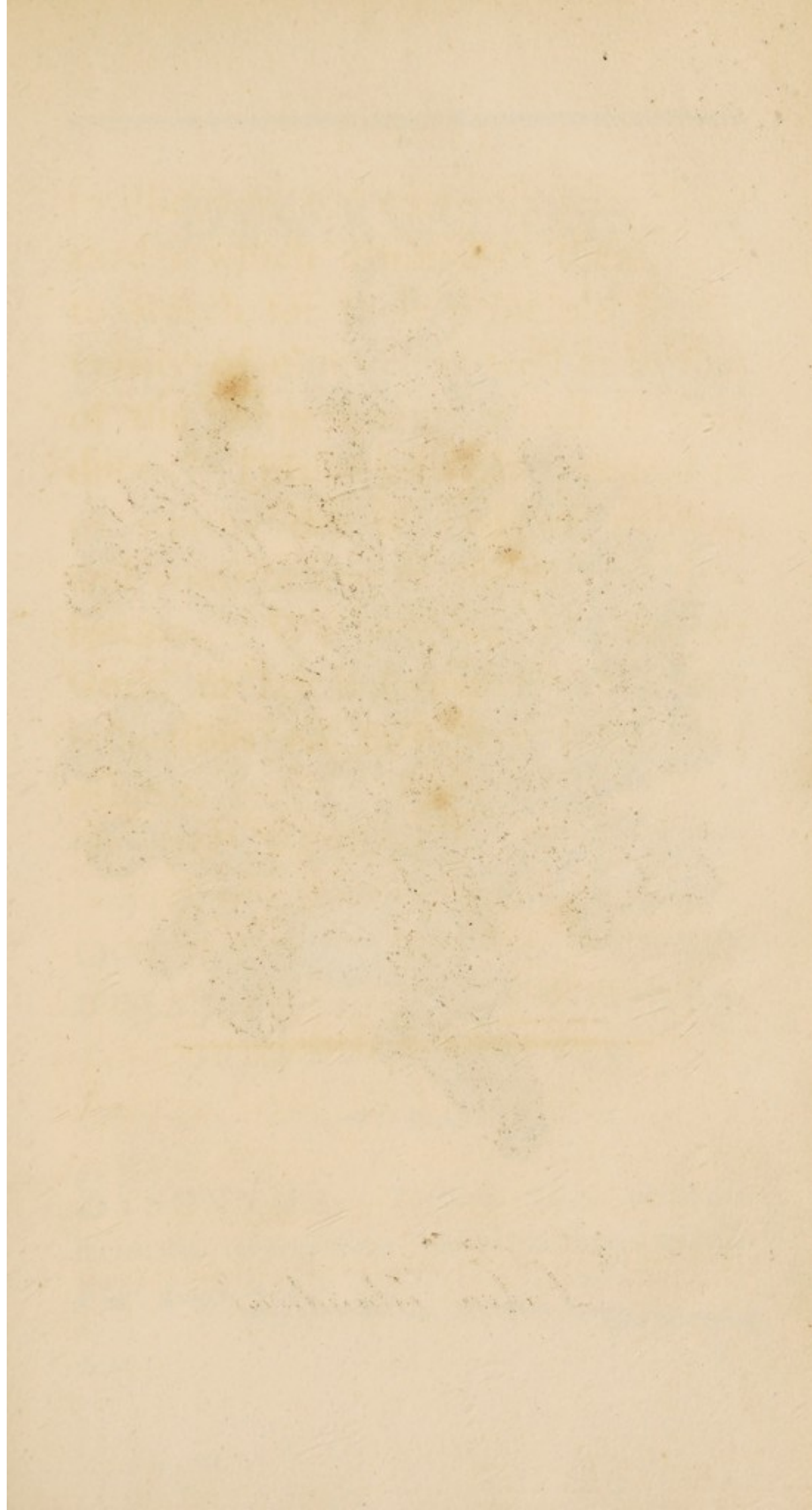
We have attentively observed the different methods of treatment recommended in these different countries, and compared them with each other, devoid of all national prejudice, or the bias of favorite theories, and with all the impartiality of which we are capable; we have endeavoured

to

to discover, and correctly seize those shades which distinguish them, and to search for their principle in diversity of climate, as well as in that of the temperaments which it produces. This object has appeared to us worthy the science we profess, and contributing to its general perfection. We propose in another work, to lay before the public our reflections on this very interesting subject.



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Lichen islandicus.

OBSERVATIONS
ON
PULMONARY CONSUMPTION,
OR
AN ESSAY ON THE
LICHEN ISLANDICUS,
Considered both as an Aliment and
a Medicine in that Disorder.

ERYNGO-LEAVED LICHEN.
LICHEN ISLANDICUS, LAT. — LICHEN
D'ISLANDE, FRA.—FIALLA GRAAS, ISL.
ISLAND MOOS, GER.


SYNONYMA. Lichen foliis oblongis,
laciniatis, marginibus conniventibus, ciliatis.
Flor. Lapp. 445.

Coralloides

Coralloides cornua Damæ referens. *Tournef. Inst. rei herb. P. 365 et hist. des plantes des environs de Paris, P. 316.*

Lichen fronde convexa, ciliata, pustulata, obtuse ramosa, utrinque levi, ramulis brevissimis, bicornibus, *Hall. Sterp. Helv. Spec. 1978, P. 82.*

Lichenoides rigidum eryngii folia referens, *Dill. hist. musc. P. 209.*

Lichenoides Islandicum Hoff.—pl. *Lichenos, vol. 1. fasc. tab. 9, fig. 1, P. 41. flor. Dan. 155. Withering Bot. arrang. P. 196.*

Lichen pulmonarius minor angustifolius, spinis tenuissimis ad marginem ornatis, receptaculis florum transverse oblongis, rubris vel ex rubro ferrugineis. *Michel.—gen. plant. 85.*

Muscus pulmonarius terrestris sanguineus. Breyini Valent. musc.

Muscus Islandicus membranaceus, insigniter sinuosus in margine spinulis ciliaribus ornatus. Raii.—hist. plant. P. 30. vol. 3.

Muscus catharticus Borrichii. Honnbow's hist. of Iceland.

Description of the Plant.

This Plant bears leaves of a fawn colour, or grey ash; sometimes it is found mixed with
pale

pale green even in a dry state, but it is much more obvious when the plant is fresh. The lower part is often tinged with the colour of venous blood*; the leaves almost always resemble the termination of a † buck's horn; but the indentation of the border, is much diversified: they are two or three inches long, linear, laciniated, ornamented with very fine, short hairs: the leaves are convex beneath, concave above; their whole surface is smooth, shining, blistered; and their substance tough, membranaceous, and difficult to be torn, both when recently gathered, and dry. The stem alone becomes brittle by drying. The saucers are terminating, sessile, orbicular, and of a reddish brown,

Where found,

This Lichen grows wild in Europe in barren, dry, and rocky places. Tournefort

* Oeder in his Pl.—155, of the Flor. Dan. represents it thus: J. Breynius, who collected his specimens near Dantzick, found towards the lower part a *fluid*, resembling blood.

† The horn of that species of Deer called on the continent *Dama*.

saw it in the environs of Paris. Haller says he found it on the whole chain of the Alps. Stoll noticed great quantities in Hungary. Gilibert asserts, that Lithuania produces a considerable quantity of it, which must undoubtedly be on the Crapack Mountains.

Dillenius says that it grows on the Commons in the vicinity of London; on the high grounds near Cambridge; and at Stieperstone in Shropshire. Ray tells us, that it was found by a Botanist on the mountains in Wales.

Mr. Newberry saw it upon the Rocks at Dartmoor in Devonshire. It has been also observed on the Pentland Hills near Edinburgh; on several other mountains of Scotland; and likewise in the low lands. Sibbaldus found it in Stroma, one of the Hebrides. Oeder says, that it has been met with in the province of Drontheim in Norway.

Fabricius observed it on the rocks which border on the Categat.

The mountains of Hartz in Thuringia (in the Electorate of Saxony) furnish it in abundance; but the places where it grows in
greatest

greatest quantity, are Lapland, and Iceland, which appear to be the lands of Lichens*.

It is without smell; its taste is slightly bitter, when chewed; the saliva dissolves it into a soft mucilage. An ounce of the Lichen, boiled for a quarter of an hour in 12 ounces of water, will yield seven ounces of mucilage, as thick as that which is obtained by dissolving

* The Lichens are of great use in medicine, in dying, and in rural and domestic Economy.

The Wall Lichen (Lichen. Parietinus, Lin.) according to Baron Haller is a powerful tonic in restraining diarrhoea. The Lichen Juniperinus is a specific in jaundice. The Lichen of the Rock (Lichen saxatilis) affords the Peasants of Oëland and Gothland a brown and red dye: they boil the thread and lichen with the lye over a slow fire. They form with the Lichen of the Wall, of which we have just spoken, and allum, a yellow dye for wool. The Lichen tartareus Lin. and the Lichen calcarius Lin. furnish a red dye by macerating them for six or eight weeks in wine.

The Lichen roccella Lin. the Lichen parellus Lin. and the Lichen stigiis Lin. afford also a good purple or violet dye.

The Lichen prunastri Lin. is found very useful in Egypt for making bread and beer. The Lichen rhangiferinus, which vegetates under the snow, forms for some part of the year the chief subsistence of the Rein Deer, the flocks of which constitute the whole wealth of the Laplanders, since they furnish them with clothes, bedding, and food.

one part of Gum Arabic in three of water. The inhabitants of Iceland obtain from it an aliment at once agreeable, and nourishing.

It is probable that the medicinal properties of the Lichen were learnt from the Icelanders. When the Plant is fresh, they employ it as a laxative: but it loses this quality by drying. One may also extract this property by a slight infusion in water, in which form, it becomes an efficacious remedy in consumption, cough, diarrhœa, and dysentery.



undoubtedly it is the best remedy which has been yet discovered for this disease. Its excellent qualities have been perfectly described in the Memoirs of the Swedish Society of Arts and Sciences.

Scopoli⁴ appears to be one of the first who has called the attention of Practitioners to the use of this Lichen in the different stages of Consumption. Doctor Hertz⁵ relates many examples of its happy effects in this malady. He says also that this valuable remedy has so well answered his expectation in dysentery, that he has never had occasion to employ any other. Doctor Schoneider,⁶ a Danish Physician, assures us, after a number of experiments, that it is the most efficacious remedy yet known in Phthisis Pulmonalis. He protests that he has in five or six weeks seen patients perfectly re-established by the use of this Lichen. It is true that in these rapid cures the Phthisis was the consequence of eruptive disorders. Mr. Cramer,⁷ who has paid particular attention to this subject,

⁴ Ann. hist. nat. 1. 1769. P. 112, et Ann. 11. P. 141.

⁵ Briefe an Aerzte vol. 2.

⁶ Societatis Med. Hauniensis collect. vol 1. 1774, 8vo.

⁷ Dissertatio inauguralis medica de Lichene Islandico, 1780. Quarto.

subject, has published, in a learned work, a multitude of facts which prove its eminent virtues in obstinate coughs, spitting of blood, and Phthisis Pulmonalis. If sometimes it has failed to compleat a cure, says he, it has at least uniformly alleviated the symptoms, and procured sensible relief. Tromsdorf,⁸ who has written very well upon this vegetable production, recommends it in the most positive manner. Dr. Stoll⁹ affirms, that it is very useful in cases of delicate structure, and weakness of the Lungs, in scrophulous constitutions, and where there is a proneness to mucous secretion in that Organ; the Lichen Islandicus, by its tonic, and healing virtues, corrects this catarrhous diathesis. Nay, this tonic virtue is such, in the eyes of Dr. Stoll, that he earnestly recommends it when the strength of the lungs is insufficient to expel the secreted mucus: or even where the abundant expectoration would quickly exhaust the patient.

Doctor Crichton,¹⁰ who of all the authors that have written on the Lichen, has most li-

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⁸ Dissertatio de Lichene Islandico.

⁹ Ratio medendi, edit. Paris, p. 117.

¹⁰ London medical Journal, 1789.

mitted its use, yet grants that it is excellent in Phthisis Hæmoptoica, and Phthisis Pituitosa, or Mucosa. “ The Lichen Islandicus,” says he, “ appears always to have a decided effect, “ that of strengthening the organs of digestion, “ and the general habit. In Phthisis its good “ effects consist in improving the matter to be “ expectorated; in diminishing the frequency “ of the cough, and rendering it more easy; “ in calming the irritability of the patient, “ and in preventing, or much moderating the “ Hectic Fever.”

Dillen¹¹ speaks of its great virtues in the different kinds of Consumption: and we must declare, that according to our own experience, the Lichen Islandicus has been employed with the most happy success, in Tabes Dorsalis. § Mr. Quarin¹² has remarked that when the Lichen was inefficacious, it never produced bad effects, even when large abscesses were found, and that it has the virtue of enabling a weak and languid stomach to support and digest milk.

¹¹ Dillen. Hist. Musc.

§ See Case, 17.

¹² Animad. prac. in diversos morbos, p. 79.

milk. Mr. Elwert¹³ recommends it in Phthisis attended with ulceration. After innumerable observations he is convinced that this remedy has succeeded, even in cases where night sweats had long been present, where the violence of the cough occasioned vomiting; where the emaciation was extreme, and where the hectic fever appeared confirmed.

Every one knows how much mucilaginous substances are employed in affections of the breast; these substances lubricate the membranes and Parietes of the viscera, and coats of the vessels, allay the spasm and irritation; alleviate the inflammation and pain; envelope and destroy the acrimony of the fluids, soften their pungency, and blunt the activity of the acrid juices of the primæ viæ. But as the nature of this malady requires long perseverance in the regimen, the continued use of mucilaginous substances is in general productive of great inconveniences; for though they sit easy enough on the stomach through their insipidity, they weaken and diminish the tone of this viscus, injure the appetite, retard or impede digestion; poured into the blood in

¹³ Fasciculus plant. 1786.

too great a quantity by the Lacteals, they take from this fluid its active stimulant properties, and insensibly diminish the energy necessary for the re-establishment of health. But if the Lichen Islandicus possesses mucilaginous properties, it brings with it a corrective of their inconveniences, it improves the tone of the fibres, it strengthens and sharpens the appetite, assists digestion, removes the nausea, corrects the acescence of the humours in the primæ viæ, resists the spontaneous production of acidities, and arrests the putrescent tendency of the fluids in general. A sovereign remedy is furnished by the Lichen Islandicus when the hæmoptysis arises from a scorbutic diathesis, and even when signs of approaching dissolution are present, as oppression of the chest, flushed cheeks, dry cough, and generally, a sinking of all the vital functions. This last circumstance fully justifies the free use of this valuable plant.

When our object is to extinguish the hectic heat, to moderate the intestine motion of the blood, and prevent the return of the hæmoptysis and its consequences, the use of the Lichen, both as diet and medicine, possesses virtues truly specific, which give it a decided superiority

riority over Asses Milk and all other pectoral remedies.

The Bark which has been so much extolled by *Morton*, *Brunner* and *Werloff*, is not nearly so useful as the Lichen, which possesses all its advantages without its inconveniences. For the Bark being astringent may prove injurious, as the consequence of astringent is likely to produce a renewal of the habitual hæmorrhage in two ways, first by constringing the vascular system a plethora ad vasa is induced, which is the common occasional cause of renewed hæmoptysis; a second cause is, that in consequence of the physical and vital action of this medicine, constipation, which is here a natural effect, commonly brings on a disposition to general hæmorrhage, distinguishable, even in subjects not naturally disposed to hæmoptysis, by the tension of the pulse, and in most patients by the loss of some blood from the nose, the lungs, or by hæmorrhoids. Besides, the inflammatory state of the blood and the irritability, independent of radical weakness, plainly contraindicates the use of the *cinchona*, as has been pointed out by the observations of De Meza,¹⁴ a Danish Physician.

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¹⁴ Vis cort. peruv. suspecta in hæmoptoes et phthiseos curatione. Vide acta societatis medicæ regię Hauniensis, Tom. 1. p. 40.

The good effects of the Lichen Islandicus are particularly conspicuous in one of the most alarming symptoms of Phthisis, the Diarrhœa.* The remedies which have been employed in this case are innumerable, and all Practitioners grant their inefficacy, and sometimes even their danger.

Mr. Pauliski,¹⁵ in speaking of the great advantage of this vegetable substance in pulmonary Phthisis, remarks, that it prevents, or diminishes the Diarrhœa, that symptom so fatal to the consumptive. He particularly dwells on its virtue in Phthisis occasioned by the metastasis† of some acrid humour on the Lungs, and finally declares that he never saw it produce bad effects.

When the disorder is far advanced, the object of the treatment being to fortify the fluids, and correct their existing acrimony, we must with this view employ antiseptics joined with antiscorbutics; but if these medicines are indicated by the general state of the fluids, it often happens that by their nature they injure
the

* See Cases 10 and 16.

¹⁵ Med. pract. deob. 2 Samm. l. 104.

† See Cases 5, 9, 13 et 14.

the present state of the respiration. The Lichen Islandicus being exempt from these inconveniences, fulfils this twofold indication in the most satisfactory manner; nor can there be a doubt of its eminent antiseptic, and even antiscorbutic virtues, provided it be taken in doses sufficiently large.*

THE LICHEN ISLANDICUS has been given boiled either in water or milk; sometimes in infusion, often in decoction; it has been also given in powder,† or under certain circumstances an extract of this vegetable has been administered.

We may appear minute in the eyes of certain sarcastic wits who study medicine in the gross, when we recommend the most scrupulous attention to separate all extraneous substances, which at first sight appear to constitute a part of the Moss itself. This preliminary preparation however is essential if we mean to obtain with certainty the virtues of the plant; it must then be infused in boiling water, to separate all the earthy

* See Case 7.

† Dodoneus in his history of plants published in 1650, says the Physicians of his time, gave the Lichen in powder.

Sibaldus assures us that the powder of this Lichen taken in small beer is a specific in the hooping cough.

earthy particles which adhere to it, and to take off the bitterness which renders it disagreeable : after which it should be boiled, whether we mean to employ the mucilage obtained in this manner either as food or medicine. It may be rendered more or less agreeable by the addition of milk, honey, syrup, &c.

One may prepare also from the Lichen Islandicus a kind of jelly, which contains in some degree of concentration, all its medicinal properties.

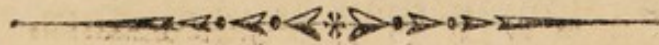
Take for this purpose six ounces of the Lichen, and with three quarts of spring water, make a strong decoction by boiling for an hour, press the boiling decoction through a fine hair sieve, and then put it over a slow fire in a jelly basin, and let it evaporate till it is reduced to a pint, then add six ounces of refined sugar, and evaporate the mixture till you have about a pound of thick syrup, which when cold will assume the consistence of a jelly.

By taking, in the course of the day, six spoonsfull† of this jelly, you are certain of
having

† By a spoonful is understood half an ounce.

having employed one ounce of the pure extract of the Iceland Moss.

Before we conclude this part of our subject, we must observe, that of the Lichen Islandicus, which we have employed, that from Iceland, has uniformly appeared to produce more certain effects than that of Saxony or Great Britain. May we not hazard a conjecture that in the northern regions, this plant lying under the snow for more than eight months, its medicinal properties may be more perfectly elaborated than in milder climates? This is merely a conjecture, but if it should lead to a more satisfactory explanation, we shall be happy in having suggested the idea.



THE LICHEN ISLANDICUS CONSIDERED
AS AN ARTICLE OF DIET.

THE ancients commonly employed so few remedies, that they called medicine *Paucarum herbarum scientia*, the knowledge of a few simples; because with a few plants, skilfully and judiciously managed, they effected surprising cures. Yet it was only by means of the substances which were taken rather as a regimen than as medicines, because they were commonly taken in aliments, which made a medicinal nourishment, *medicina in alimento*. The Physician applied himself principally to know how to nourish his patients properly, and to learn the things which would combat the cause of their diseases. If there
is

is one instance in which we ought to adopt this doctrine of the ancients, it is undoubtedly in Phthisis pulmonalis; where we must not only attend to the bad state of the lungs, but correct the whole mass of the fluids, which are altered or infected, if the disorder has made any progress; and as evacnants only weaken the patient, without ameliorating the state of the fluids, we must insist on employing remedies which may change the bad constitution which has supervened through the whole system. It is this certainty, which has determined us to prepare the Lichen Islandicus* as an aliment, in order to extract from it all the advantages it can yield.

Mr. Cramer ¹⁶ has proved from the nature of its constituent principles, and the long experience of the Icelanders, that this substance is nourishing, and at the same time easy of digestion, strengthens the solids, and although
mucilaginous,

* Alexander Trallianus, Rhases, Meibonius, Clerc, Daniel Cruger, La Peyre, speak of the great advantages of medicinal nourishment in Phthisis.

¹⁶ Dissertatio inauguralis medica de Lichene Islandico, 1780, in 4to.

mucilaginous, gives tone to the stomach, and at the same time provokes appetite.

The Icelanders, says Dillen,¹⁷ make broth of it, or dry it to make bread; they also make a kind of oatmeal of it to mix with milk.

Doctor Gilibert¹⁸ tells us that after boiling the Lichen, the jelly becomes nutritive.

Fabricius,¹⁹ in his voyage to Norway, recommends in times of dearth, and scarcity of grain, the use of the Lichen Islandicus, which furnishes a substance very nourishing, and is the common food of the Icelanders.

Borrichius

¹⁷ Dillen. hist. musc.

¹⁸ Demonstrations elementaires de Botanique, tom. 3, p. 402.

¹⁹ Barrede Zu Johann. Christ. Fabricius reise nach Norweigen, *Hambourg*, 1779, p. 23.

“ The Norwegians, says he, make a bread with the interior
 “ of bark of the fir, which they reduce to flour and bake it to the
 “ consistence of bread: the bread is sweet, but very close and
 “ heavy; it often causes afflicting disorders, and premature death:
 “ it is much to be wished, that they could substitute for it, other
 “ vegetable substances.

“ I advised the clergy and magistrates to encourage the use
 “ of Lichens, and more particularly, the Lichen Islandicus, which
 “ furnishes a light and nourishing diet. We know that in Iceland
 “ they not only employ it for this purpose, but that it is of the
 “ greatest service in diseases of the lungs.

Borrichius²⁰ tells us that the Icelanders dry it, and after having reduced it to flour, mix it with their daily aliments. Sibbaldus,²¹ Haller,²² and Crants,²³ say the same thing; and add, that the broth of this substance, not only powerfully supports phthisical persons, as a diet, but affords the most effectual relief as a medicine.

Linnæus,²⁴ in a dissertation on the different substances employed in making bread, speaks of the Lichen as very proper nourishment, and assures us, that many people make bread of it.

La Marck, speaking of its virtues, tells us, that it is nutritive, highly pectoral, and even antiphthisical. In Iceland, adds he, they reduce it to powder, make a kind of oatmeal or semolina, which they put in their broth, and even make bread of it; boiled in milk, it affords a nourishment not disagreeable, and which by its mucilage, may perhaps be
useful

²⁰ Borrichius in Bartolini Act. Med. hafm, 1671.

²¹ Historia Plantarum in Scotia sponte nascentium, p. 39.

²² Stirp. Helv. spec. 1798, p. 82.

²³ History of Greenland.

²⁴ Amen. Acad. tom. 5, p. 67.

useful in diseases of the chest, to persons threatened with Phthisis, and to those convalescent after pectoral disorders.

Mr. Pallas says that he found in country places, in Southern Asiatic Russia, an esculent Lichen, which the inhabitants eat during years of scarcity. The description he gives leads us to believe, that this esculent Lichen is the *Lichen Islandicus*.

The Icelanders, according to Honnebow,²⁶ make a very delicate dish of the Lichen. “ I have often eat it, says he, at first from curiosity, afterwards because I found it as agreeable, as wholesome. This plant grows in great abundance, the inhabitants who live near the places where it is found, collect it in great quantities for their own use, and to send to market. Those who reside at a distance, send a number of horses to bring it in considerable quantities. Many people make no use of flour when they have a sufficient provision of this food, as agreeable to the taste, as conducive to the health.”

The

²⁵ Dictionnaire Encyclopedique methodique botanique Art. Lich. Icel.

²⁶ History of Iceland.

The Author of a Voyage to Iceland, undertaken by the command of His Danish Majesty, gives us this account,* viz.

“ This moss is used as food over all Iceland, and they eat it daily; in consequence of which a duty has been imposed on it, as on other articles of consumption. The most usual mode of preparing it, is by making a gruel of it, after steeping it in water for twenty-four hours, to take away a degree of bitterness which renders it unpleasant. It is then taken out, the water shaken off it, and boiled in whey to the consistence of jelly, which they eat warm with butter, or cold with curd. Some chop it small after it has been steeped in the water; others dry it by a fire or in the sun, after which they powder it by beating it with a kind of mallet in an oval sack; then it is boiled in milk, and furnishes an agreeable dish, easy of digestion and highly nutritious.

“ We will add, that this food which we have used ourselves, is the most salutary
 D “ that

* Voyage en Islande fait par ordre de Sa Majesté Danoise. Traduit du Danois par Gauthier de la Peyronie, 1802.

“ that can be given to persons attacked
 “ with consumption or other disorders of the
 “ chest.”

Hippocrates, who made diet his principal, and often only remedy, was the first that wrote on the choice of aliments. In what he has left us on this subject we recognize, as much as in any of his works, the great Master, and consummate Physician.

Since no one doubts that the renovating juice is the most refined of all the animal fluids, whenever these are in disorder, or impoverished, that must necessarily lose by degrees its essential qualities; it can then but imperfectly repair the waste of the solids; these wastes continuing, and increasing, form chasms very likely to disturb the order and regularity of the oscillations of the fibres; hence confused irritations through the whole nervous system, distinguished by uneasiness and lassitude. If the Lichen has proved so often and so immediately efficacious, we must grant that its use, both in diet and medicine, will not be limited to the mitigation of urgent symptoms; but that an aliment which is continually furnishing nutritive and medicinal principles, by operating
 an

an entire change in the state and qualities of the fluids, will be able to extinguish, absorb and exhaust, if we may use the expression, the very right fomes of the disease.

We have seen that the Icelanders, for the greatest part of the year, make it a principal article of their diet. Many authors have pointed it out as a substitute for corn in other parts of the world in times of scarcity; why should not the Physician claim a share in its virtues, since its properties have been shewn to have so powerful an influence over the whole animal œconomy? This substance has something so soft and mild, that it forms a new lymph, calculated to replace through the body of the consumptive that renovating juice of which emaciation has deprived him. It furnishes a mild Chyle proper to allay the intestine motion of the blood, or its irregular determination, which supports the predisposition to hæmorrhage common to young persons threatened with Phthisis.

All practitioners agree that a great point in the cure of pulmonary Phthisis, is to produce a harmony in all the different parts of the system. The choice and regulation of the quantity of

mild and gelatinous diet, are powerful means of attaining this end. The Lichen employed as a medicinal nourishment fulfils this indication; it has a sedative virtue which produces the *Silentium Pectoris* so recommended by the Ancients. It appeases the cough, the convulsive efforts of which endanger the rupture of the blood vessels, and form an insuperable obstacle to the healing of those ruptured or ulcerated in the Lungs.

This remedy administered with perseverance in the cough of consumptive Patients never fails by alleviating that, to procure ease to the Lungs; nor is this all, it attacks the root of the evil by giving freedom to the circulation, in the minute ramifications of the pulmonary arteries; and at the same time facilitating the expectoration, which it improves both in quantity and quality, while the cause of its production is removed, and the spasm prevented by its lubricating effect on the viscera.

Of all the different methods which we have employed in preparing the Lichen for diet, chocolate holds the first rank. Chocolate is one of the most wholesome and valuable beverages now in use; it is very nourishing, and

answers

answers in all cases where the object is to invigorate the system. A Spanish Author says, they have proved in America upon Criminals condemned to die by hunger, that an ounce of Cocoa, will support life longer than a pound of Rice or flesh.

Doctor Sparman (in his voyage to the Cape of Good Hope) tells us, that the whole crew of a vessel were subsisted during two months upon chocolate alone; and that they found this food so congenial, that it gave plumpness and vigour to bodies weak and exhausted.

Doctor Navier has employed chocolate with success in consumptive disorders of long standing.

Mr. Gaterau, a Physician at Montpellier, has cured a nervous Phthisis, which had resisted a variety of treatments, by the continued use of chocolate.

We cannot resist extracting a part of the opinion of the author of *The General History and Economy of Plants*. “Chocolate, says he, is
 “not only nourishing but it is medicinal; it
 “agrees well in chronic disorders by virtue of
 “its oleaginous, balsamic, and tonic qualities;
 “it is equally salutary to persons attacked

“ with scurvy or pre disposed to it. Its mild
 “ and unctuous properties render it an excel-
 “ lent defence against the acrimonious deflux-
 “ ions which attend catarrh, and by irritating
 “ the fauces, produce violent coughs.”

The consumptive will find in the use of it a medicinal aliment, which they would in vain search for elsewhere. If they would take no other nourishment than chocolate, or creams made with farinaceous and demulcent substances, such as semolina, sago, vermicelli, the oatmeal of Brittany, and others of this kind; it is certain they would derive much more advantage from it than from the use of any milk. In a word, well prepared chocolate is at the same time an excellent diet, and no contemptible stomachic remedy, as well on account of its nutritive qualities as of those of the saponaceous, balsamic and digestive salts with which it abounds. It is equally pectoral by virtue of its oleaginous quality.

Independent of this preparation, we have made others with the Iceland Moss, such as creams, pastils, jellies, biscuits, and gruel; in short we have varied it as much as possible, to prevent our patients experiencing that disgust which arises from uniformity.

OF THE REGIMEN TO BE OBSERVED
DURING THE USE OF THE LICHEN.

WE have seen in the foregoing pages, how much the mode of living influences the cure of pectoral disorders. We can only lay down some general rules, which according to the circumstances of the case, must be modified by the discernment of a skilful Physician. We must however again repeat that the more simple the diet, the more it will coincide with the plan, and tend to insure its success.

It will be necessary to abstain from all substances difficult of digestion, from high seasoned dishes, pastry, coffee, liqueurs, &c. meats highly nourishing, such as Partridge, Capons, are by no means proper; it will be equally necessary to abstain from rich soups, made with poultry, mutton, &c. as they augment the turgescence of the blood, and cause a determination to the diseased parts.

It will be much better, if we think it necessary to order broths, that they should be less nourishing, and rendered medicinal, by being made with Mutton, Veal, and a large proportion of Purslane, Lettuce, Turnips, and Borrage; but much more suitable preparations are made with barley, oats, rice, sago, arrow root and salep, combined with the Lichen Islandicus. For these substances are sufficiently nutritive, easy of digestion, and very proper to sweeten the blood, and to renovate and improve its consistence; qualities, the restoration of which, are most requisite in this disease.

The patient should renounce all business, and every thing which may agitate the mind; he should go to bed early, and avoid watchings; he should equally shun damp, great heat, and severe cold; he should be warmly cloathed, more particularly about the breast and extremities; he should indulge himself in rational amusement, and in moderate exercise either on foot, on horseback, or in a carriage; in case bad weather, or other circumstances prevent the patient from going out, he must use dry frictions, which among various advantages possesses that of moderate exercise.



SELECT CASES

ADDUCED TO

Illustrate and Confirm the foregoing
Opinions and Conclusions.

CASE I.

MR. Alex. Keller, 25 years of age, of a sanguine, bilious temperament, with a long neck, contracted chest, elevated scapulæ, *alarum instar*: in the month of December 1794, after some excess in wine, and having sung much, was attacked with a dry and violent cough, which continued during many months. In spite of every attempt to arrest its progress, the cough became so distressing, that after food it produced an inclination to vomit; a constant dull pain on the left side; a lively flushing in the cheeks; heat in the palms of the hands;
slight

slight fever, which increased towards evening; the expectoration purulent, and streaked with blood; and rapid emaciation, left no doubt of the state of the chest. In the month of April following, the patient required my care. After having applied cupping, with scarification on the side affected, I put him on the use of the Lichen Icelandicus, which at first constituted the whole of his diet; by degrees I permitted him to add farinaceous substances, then new laid eggs, till at the end of five months his health was so far reestablished, that attention to particular diet became nearly unnecessary. In 1798 I had occasion to see him, he was perfectly well, and had perceived no return of his complaint in that time.

CASE II.

Mr. J. of La Belinaye, had after repeated attacks of hæmoptoe, been harrassed with a dry cough; his expectoration was often streaked with blood and very unfavourable, he had colliquative sweats and difficult respiration. Although he thought his case desperate, he applied to me in the beginning of the year 1795:

two

two months treatment, of which the Lichen Islandicus was the basis, completely reestablished his health, to the great astonishment, and still greater satisfaction of his friends.

CASE III.

In September 1795, Mademoiselle L. K. a German, 18 years of age, being in the country and walking with some young friends, an amazing large dog attacked her with great impetuosity; although she received no injury, her terror was so great that she fainted on the spot, and was carried senseless to the house of her relations, which was at some distance. The assistance given her soon restored her senses, but as it was a critical period, the secretion totally disappeared; during a month suitable means were employed to regulate the approaching epoch, but in vain; a dry obstinate cough came on, pains in the back and loins were perceived, she became pale and cachectic, and was tormented with cruel pains in the chest; the expectoration soon became streaked with blood, and purulent; a slow fever and extreme emaciation sealed the confirmation of Phthisis.

In

In the beginning of January 1796, I was called to attend this young person, who with reason excited the most anxious solicitude. Her diet was at first strictly confined to the *Lichen Islandicus*; I gave her eastern saffron, not only in the drink she used, but in the various alimentary preparations made for her; in less than six weeks, in consequence of this plan, so simple, the symptoms disappeared, the menses returned, the regimen became less strict, and in a short time this young and interesting person recovered her accustomed health, and returned to her former occupations.

CASE IV.

Madame de L - - - -, aged 30 years, of a constitution extremely nervous, having suffered repeated losses, which had placed her in the greatest danger, fell into a state of languor and extreme emaciation, with constant slow fever, and could neither take nor keep on her stomach any kind of nourishment; her pulse was so small and weak, that it was hardly perceptible; the organs of digestion were in so wretched a state, that she could hardly swallow two or three
spoonfuls

spoonfuls of broth without experiencing inexpressible spasm, and seemed every moment on the point of losing her senses.

I began by discarding all the parade of Pharmacy, with which her chamber was filled. I put her on the use of the Iceland chocolate for her only medicine and food; it was prepared with water, and a spoonful of it was given every hour; at the end of three days, her pulse became stronger, and she found no difficulty in taking her new food; I increased the quantity by degrees, and after some time, part of the yolk of an egg was added, and gradually rendered more nourishing, by suffering her to take the whole, and every succeeding day increasing the quantity. After persevering in this regimen for six weeks, my patient had gained so much strength, that I permitted her to take a little chicken; her health became more and more established, and in four months she returned to her former mode of living and occupations, and her health was more brilliant than ever, to the great astonishment of those who had seen her in her dreadful state of decay.

CASE V.

Madame Allard, a widow, aged 36 years, had an ulcer in the leg, which after having continued a considerable time, healed of itself; in a short time after a dry cough supervened, and so violent, that it was sometimes followed by vomiting. She soon spit blood, mixed with purulent matter, the slow fever became manifest, and undoubtedly she would have fallen a victim, if she had not determined on adopting our plan. She was not long without perceiving the happy effects, and the cure had certainly been more rapid, if the patient had not sometimes been imprudent in neglecting her regimen.

CASE VI.

Mr. Meyer was attacked in December 1794 with a severe cold, which having been neglected, left a dry cough, with oppression, a dull pain between the shoulders, and stricture on the chest, which was augmented by walking, or the least motion. The tongue nevertheless was clean, the urine little altered, and the appetite

petite tolerably good ; but the thirst was ardent, the skin constantly dry and burning, and the hectic fever strongly marked by the extraordinary vivacity of the pulse. The painful swelling of the hæmorrhoidal vessels, determined me to apply leeches. This application diminished the dryness and rigidity of the solids, procured a mild and refreshing diaphoresis, which somewhat abated the febrile heat. I then made him take the Lichen ; he employed it also as diet ; the regimen was at first absolutely vegetable ; in proportion as the cure advanced, I became less rigorous. Persevering in this plan for two months, effected a perfect cure, and since that time he has acquired an em-bon-point as decided as flattering.

CASE VII.

Mr. G. Barbazan, a merchant, aged 37 years, of a phlegmatic temperament, and tall, slender and delicate make, with high shoulders and contracted chest, being obliged to travel much in different countries, exposed to extreme variations of atmosphere, and committing many errors in his regimen, was attacked with frequent

quent spitting of blood, he had profuse sweats, copious discharge of urine, a moist and frequent cough, erosions of the gums, and scurfy eruptions over the whole body. He had long been pursuing various plans, and always without success; every day augmented the alarm for his situation. In the beginning of the year 1795, he reposed confidence in us. A complete vegetable diet, the Lichen Islandicus, combined with antiscorbutics, in a few months put a period to all anxiety. Since that time he has made different voyages, both to the North and South, and although of a constitution extremely delicate, his health continues. He is, it is true, correct in his mode of living, and for a long time continued the use of the Iceland Chocolate.

CASE VIII.

Madame de S - - - -, of a very delicate constitution, after five years marriage became pregnant. Her accouchment was very favorable, she was determined to suckle her daughter, contrary to the advice of her Physician, who judged rightly that she could not support
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the fatigue. At the end of two months, a dry cough, great heat of the chest, excessive weakness, and an alarming emaciation, indubitably announced to this tender mother that she must relinquish the delight of suckling her child. All her relations apprehended her loss. Less than three weeks of our care sufficed to restore peace to this disconsolate family, and at the end of two months she was perfectly well, thanks to the Iceland Moss, which was the basis of her treatment, and entered into the preparation of all her diet.

CASE IX.

Mr. A. Muller, Merchant, aged 30, of a sanguine bilious temperament, was attacked with a malignant fever, where they had to conflict with the most adverse symptoms. On the thirtieth day there was a critical deposition on the lungs, which excited a violent cough: the expectoration was purulent and mixed with blood, and the weakness of the Patient was extreme. The exhibition of the Lichen in very large doses as a medicine, and its use in diet soon put a stop to the cough and diminished

nished the expectoration; seven weeks perseverance in this plan perfectly reestablished his health.

CASE X.

The Daughter of Mrs. E. Shults, aged 17 years, had fallen into a general emaciation; she had a slight cough, a slow fever accompanied with diarrhœa and vertigo. A physician of eminence who had the care of her, had neglected nothing which his art indicated. But all was ineffectual, and the disorder gained ground every day; she was reduced to the most alarming state when I was called in; three weeks perseverance in our plan, produced a sensible amendment, and in less than three months she was perfectly reestablished. She had been so much pleased with the Iceland chocolate that every time her relations wished to indulge her, they gave her this chocolate for her breakfast.

CASE XI.

Mr. F. Dupond, in the course of the year 1795 was attacked with frequent catarrhs, accompanied

accompanied with severe cough, and considerable affection of the chest, the flushing of the cheeks, some spitting of blood, and the state of the pulse, determined them to bleed, which perhaps they did too frequently. This only augmented the disorder, and weakened the patient; the emaciation made every day a most alarming progress; the excretions were profuse, the least exercise increased the fever, the access of which became sensibly more manifest every evening after dinner. Having consulted a physician who was deemed skilful in the cure of this disease, he abruptly announced to the patient that he laboured under an incurable phthisis; previously alarmed by his situation, this declaration threw him into a profound melancholy. It was early in May 1796 that the patient came to me perfectly convinced that his situation was irremediable. I endeavoured to calm his fears, put him on the use of the Lichen Islandicus, and prescribed a suitable regimen. I continued my attendance till the month of August, when he was well enough to undertake a long voyage. From that time I have received information

that his health continues, and that he has had no relapse.

CASE XII.

Mr. C. R. De Launay aged 30 years, having a flat narrow chest, high shoulders, and long neck, was attacked, in the month of April 1796, with a vomiting of blood which was undoubtedly excited by a very long and violent race on foot, after many days intemperance. The treatment employed seemed to have dissipated all apprehension, when in September following, there supervened a dry sharp cough; soon afterwards, expectoration of a very unfavorable appearance took place, loss of appetite, ardent and continual thirst, with the other symptoms of fever. His respiration became more and more difficult, a burning heat was felt in the extremities, and the emaciation increased daily. The Lichen Islandicus in large doses, a vegetable diet, of which the Lichen made a considerable portion, moderate, and daily exercise: such were the simple means I employed, to recover a patient, of whom all his friends despaired, and who by four months perseverance

perseverance in this plan entirely reestablished his health.

CASE XIII.

Madame De - - - -, aged 23 years, had been subject for near four years to an excessive fluor albus, so irritating as to occasion a very painful tension, with lancinating pains in the abdomen, and thighs, which rendered it impossible for her to sit, she had considerable weakness in the lower extremities, so as to make walking very difficult to her. At first the discharge was thick, and colourless; it afterwards became thin and green, causing much smarting; this weakness rendered digestion slow, and painful; she consulted a surgeon who laid down a plan which sensibly lessened the discharge in a short time, and it soon ceased entirely; but hardly had it began to diminish, before a violent cough supervened which increased rapidly.

The expectoration was at first limpid, but became streaked with blood, a slow continued fever supervened, and the emaciation grew more and more alarming, when in the month

of May 1798 she determined to have me called in.

Leaches to the pudendum, sitting in a partial bath,† an issue in the thigh, and the continued use of the Lichen Islandicus both as food, and medicine, entirely reestablished her health in three months, which from that time has had no interruption.

CASE XIV.

Mr. H. Fournier, a French clergyman, aged 51, had an abscess in the mesentery, which appeared to have been perfectly cured, but the matter being thrown upon the chest, a trifling cough supervened, with a purulent expectoration tinged with blood, night sweats, with dryness of the skin, emaciation, and at length a slight fever, which increased every evening. The exhibition of the Lichen Islandicus upon our principles for three months, completely reestablished his health; two months after, we had occasion to see him, and he had not experienced the slightest return of his disorder.

CASE

† Called in French, *Bains de fauteuil*.

CASE XV.

F. Dennis, a journeyman trimming maker, about 40 years of age, and phlegmatic constitution, had been for about six months in a state of pulmonary Phthisis, confirmed and characterized by a slow fever, painful oppression of the chest, which was increased by the least exercise; the expectoration though easy and in small quantity, was evidently produced by an *inflammatory exudation*; the weakness and emaciation of the body, want of sleep, and vomiting after food, produced in the Patient well founded alarm. He had employed by turns, balsams, resins, bitters, the juice of cresses, &c. without any advantage: after having administered a slight emetic, and a mild laxative, I opened a seton below the the axilla on the side of the breast. I employed the Lichen Islandicus, which he took in large doses; he breakfasted and supped on the Iceland chocolate, and the rest of his diet was principally prepared from this substance. This treatment produced an immediate effect, the respiration became more free, the pains

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disappeared,

disappeared, the fever yielded shortly, the nocturnal sweats were suppressed by degrees, his strength was restored, and in less than six months he recovered the most perfect health.

CASE XVI.

Mr. L. A - - -, aged 27 years, of a delicate constitution, and in whom weakness of the chest was an evil almost hereditary in his family, was attacked the 2^d of November 1801, with pain in the side, for which he was bled. On the 6th of the same month, a spitting of blood took place, without any fever; this they encountered with three successive bleedings, astringent drinks, potions, &c. with an appearance of success. But the advantage he derived, continued only a few days, for after having talked a little more than usual, he was suddenly seized with a very violent stitch in his side, which was relieved by another bleeding, fomentations, &c. but the cough continuing, the expectoration assumed a very unfavourable appearance, and the fever became continued with exacerbations, perceived chiefly in the night;
in

in spite of the numerous remedies employed to overcome these circumstances, a diarrhœa supervened, which continued near three months, though all the usual means were employed to check it; the emaciation and weakness had made during this time a most alarming progress.

In the month of April following, he was entrusted to me: notwithstanding I despaired of his state, the desire he expressed of being under my care, and the conviction he felt that I should cure him, induced me to devote all my attention to him; nor was it long before I conceived some hope; at the end of three weeks from the commencement of my plan, the diarrhœa had disappeared, and soon after, the expectoration wore a better character, and the fever diminished. In the month of June, the patient was out of all danger, and in September he resumed his former habits, and lived like other people.

CASE XVII.

On the 7th of May 1781, I was consulted by Sir Charles T - - - , and requested to see
his

his son Mr. T - - - -, aged 21 years, whom, according to the opinion of many Physicians, they considered as entirely lost. This young man, born with a good constitution, had accomplished the destruction of it by excesses of all kinds. He suffered excruciating pain in the head, which sometimes appeared to him, to creep like an ant down the back. The neck, the muscles of the loins and hams also were so painful, that he could hardly bend them; the belly was sluggish and costive, he made water with difficulty, and every time he did it, or went to the night table, there ran from him a thin matter, resembling the semen; and this took place also during sleep, whether he had voluptuous dreams or not. If he ascended a hill, he was immediately out of breath. His head was heavy, and he had tinitus aurium. When I was consulted, he was in a state of extreme languor. His legs were swelled as in leucophlegmatia, his whole body was terribly emaciated, and his eyes were hollow and dull.

During the first fifteen days the Lichen Islandicus was the basis of all his nourishment, either in chocolate, biscuits, jellies, &c. Afterwards I joined with it sago and salep; by
degrees

degrees I permitted meat broth, new laid eggs, and then roast fowl ; after four months attention my patient went into the country, where his health was completely restored, by following our prescriptions.

CASE XVIII.

Mr. L. Grangeneuve, aged 28 years, of a constitution naturally weak, and an evident disposition to Phthisis, was seized with a severe affection of the lungs, marked by a dry and frequent cough, with a sense of oppression and stitches in the chest, and by a spitting of blood, which was followed by hectic fever. After eating he perceived a burning heat in the soles of the feet and palms of the hands, and his state of emaciation and exhaustion was extreme.

After having consulted different physicians, and followed their prescriptions without deriving any advantage, he requested my attendance ; this was in the month of December 1801. I did not resolve to undertake the cure of him, till he had assured me he would in no respect deviate from the regimen I should prescribe.

I told

I told him that during the first month, the principal remedy would be the Lichen Islandicus, and the Iceland Chocolate his principal diet; he was obedient, and so immediately perceived the advantage of it, that he contrived various means of using the Lichen, and less than three months attention completely reestablished him.

CASE XIX.

Lady Ch. D - - - -, aged 23 years, with a scrophulous predisposition, of a very delicate constitution, with narrow chest, high shoulders, and long neck; was attacked in the month of September 1801, with a dry cough, the obstinacy of which fatigued her much: her voice was become shrill; there was a weight and oppression on the chest, which was encreased by the least exercise, and an excessive expectoration had, with reason, excited great alarm in her family. The patient alone being persuaded that it was nothing more than a cold, which time would cure. A fever however soon supervened, which encreased after meals. Her cheeks were of a brilliant red; and the rest
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of the face pale and wan; the cough became worse, and the matter expectorated tinged with blood, and of an offensive smell. The emaciation increased daily, and great dejection of spirits with irritability of temper took place.

It was in the course of December that I was called in, when this young and interesting person told me, she would do nothing, because she was convinced her state was incurable. After endeavouring to strengthen her mind, and gain her confidence, I assured her of a restoration to health, provided she had docility and perseverance to follow my advice, which she did; and the opening an issue, with the use of the *Lichen Islandicus* according to our plan, both as medicine and food, removed all the symptoms in less than four months, and Lady Ch --- D --- enjoys at this moment excellent health.

CASE XX.

Alexander Lebas, Valet de Chambre to Mr. Mortemart, aged forty-two years, of a gross and phlegmatic temperament, was attacked in the month of September 1801, with
a very

a very violent dry cough, with pain and heat in the chest, and a fever with exacerbations every evening; regular treatment did not relieve the symptoms till the end of November, when the application of a blister to the chest seemed to alleviate the distress, but the advantage was transient. In the beginning of February following, the patient had considerable hoarseness, the cough became more dry and obstinate than ever; new pains, new heat in the chest, slow fever, burning in the palms of the hands, excessive head ach, total loss of appetite, want of sleep, with small and quick pulse. Different plans of cure had been unsuccessfully employed; the disorder continued to gain ground. As the blister on the breast had been applied with an appearance of advantage, it was repeated, but far from diminishing, it seemed to aggravate the symptoms. The oppression and excessive thirst tormented the patient: his chest was covered with sweat, his urine was red, his strength declined. On the 15th of March he requested my attention. The Iceland Moss was the basis of his treatment, the symptoms rapidly diminished, and soon entirely

entirely disappeared, and in the month of May his health was perfectly reestablished.

CASE XXI.

Captain O'Shiell, aged thirty-eight years, of a bilious sanguine temperament. After having committed some excesses, which the higher circles think very pardonable in young officers, he perceived a pain in the chest, which was soon followed by a spitting of blood, in the morning particularly. His uneasiness was increasing, and his alarm becoming greater as the various advice given him had effected no change in his favour.

He had continued in this way for more than a year, when he acquainted me with his apprehensions and requested my advice. The Iceland Moss in large doses, and proper regimen, in three months, removed these various symptoms, and from that period he has experienced no pain or weakness.

It must be remarked, that Capt. O'Shiell had long been subject to languor and weakness of the stomach, which has entirely ceased, since the use of the Lichen Islandicus.

WE might add many other facts, but we have endeavoured to bring forward the most interesting, and we believe they are sufficient to determine the public opinion; it must be obvious that our plan is not the production of an inflamed imagination, anxious to establish new systems, but the result of many observations, and consequent reflection, during ten years, and confirmed by uninterrupted success.

We know very well how difficult it is to efface impressions early received in the course of our studies, that our first prejudices, according to Descartes, influence our ideas and judgement. However, as the truth, when attended with its evidence, needs only to be proposed, we hope our method of treatment will not fail to gain partizans, and that the validity of our conclusions will be farther confirmed by those who shall give it a fair trial. The consumptive, at any rate, will be obliged to us, for the perseverance with which we have conducted our researches; since it has enabled us to give them the hope of a certain cure, for a disease generally deemed incurable.





SOME REFLECTIONS ON VARIOUS
MEANS WHICH HAVE BEEN MUCH
BOASTED OF, AND EMPLOYED IN
THE TREATMENT OF PULMONARY
PHTHISIS.



OF THE RESIDENCE IN COW-HOUSES.

THE salutary effects in pulmonary Phthisis from residing in a cow-house have been much boasted of, various examples of cures performed by it have been adduced; yet notwithstanding these examples, notwithstanding what has been said by a learned physician in a work *Ex professo* on this subject, observation has proved that the air of stables and cow-houses is more likely to accelerate, than retard the approach of death. How, in fact, was it possible we ever could hope to restore the power of the lungs in such an atmosphere,

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when

when the result of modern experiments in physics proves, that air which has been expired is mephitic, and that even that which escapes from the body by transpiration soon becomes mephitic and improper for respiration?

The freshness of complexion, the beautiful carnation, the strength of butchers, and of those who reside in triperies, &c. who all respire an air surcharged with animal particles more or less foetid, are facts which seem to contradict the insalubrity of the air in the stables where these animals are shut up. But this contradiction will soon disappear, if we consider that the air in which these people live is not decomposed by the action of the lungs of animals, like that in the stables. If the consumptive wanted an air charged with animal particles, that of shambles is much more suitable than that of cow-houses. But if these means can be of any utility, it must be by uniting them with the other resources of our art.

Doctors Clerc, Fouquet, Darluc, and many other physicians since, on account of the putrid nature of animal exhalations and of the constant heat of cow-houses, calculated

lated to excite those sweats so fatal to the consumptive, have strongly reprobated this kind of residence.

OF TAR WATER.

Tar water, *Pix liquida*, is a gum resinous juice, which is extracted from a kind of fir growing in the northern climates; its odour is strong, balsamic, and empyreumatic. From it was prepared a water for some time much employed in medicine, in consequence of the recommendation of Berkley, Bishop of Cloyne in Ireland, who in a work, curious from its singularity, ascribed to it astonishing virtues. But so far has this Panacea been from triumphing over all the maladies enumerated in that work, that it has never even decidedly cured consumption.

Meanwhile, if we cannot reckon upon the remedy in this disease, if it is not universal, as the Bishop pretends, we must acknowledge that it is an aid not to be neglected in many disorders of the stomach, in obstructions of the kidneys, and urinary passages. Moreover we

may apply in some degree to the tar water what we shall hereafter say of the Balsams.

OF MINERAL ACIDS.

Some physicians have extolled the mineral acids, and employed them with confidence, and perseverance; but wise and enlightened practitioners who, without prejudice, have attended to the action of these remedies, have discovered their danger without perceiving any advantage. I believe I cannot do better on this occasion than detail the opinion of a physician* justly celebrated for his skill and experience.

“ Let him abstain (particularly in spittings
 “ of blood) from these pretended styptic reme-
 “ dies, which act upon the primæ viæ, and
 “ not upon the sanguiferous vessels of the
 “ lungs; from whence it not only happens
 “ that they do not answer the object we have
 “ in view, but they occasion accidents which
 “ we often cannot obviate. I knew a phy-
 “ sician

* Dr. Portal.

“ sician who gave a very large dose of vitriolic
 “ acid in all the drink of a consumptive pa-
 “ tient who spit blood. This remedy was
 “ continued a long time without producing
 “ the effect which was expected; at length
 “ it excited vomiting and continual pains in
 “ the epigastric region, which tormented the
 “ patient cruelly till his death. I opened
 “ him, and independent of various changes
 “ in the chest, which had given rise to the
 “ disorder of which he died, his stomach was
 “ particularly tough, its coats were thicker
 “ than common, and its internal surface was
 “ unequal, and covered with varicose vessels.”

The continued use of acids is always dan-
 gerous, particularly the mineral acids: they
 are more peculiarly injurious to the phthisical
 whose irritability is always excessive, and even
 if they did not produce alarming effects, they
 would be still dangerous, if, as is asserted, they
 impede the circulation.

Cartheuser has taken much pains to anti-
 cipate the alarming consequences of this kind
 of remedy. Desault relates a case of a young
 man who died of tubercular Phthisis, which
 principally originated in the abuse of acids.

Many celebrated practitioners of the present time declare that having employed them on the credit of respectable physicians, they have been obliged to renounce them in consequence of the innumerable evils they had occasioned.

OF BALSAMS.

A prejudice which we cannot too carefully guard against is the use of balsams; such as balsam of Copaiva, Opobalsamum, Benzoin, Gum Ammoniac, Guaiacum, Myrrh, Styrax, Olibanum, &c. the most dangerous of all the remedies employed in Phthisis. The balsamic and detersive qualities extolled in the balsams do not reach the lungs, or only arrive there, after having spread heat and inflammation over the whole body, to kindle in them the same flame. The idea of ulceration has favoured the use of these balsamic remedies; but in examining the nature of ulceration in the lungs we see that they are in general phlegmonous ulcers and tubercles, which form as many abscesses as there are vesicles which have suppurated. Among the distinguished physicians who have attacked this abuse which we deprecate,

cate, may be cited Doctors Pringle, Fothergill, and White.

We might with equal justice speak of the inutility of lohochs and other oily remedies, which have been given in the hope of quieting the cough. These remedies are more injurious than salutary, for they pall the stomach, and excite nausea, besides the cough can only cease with the exciting cause, and it is that which we ought to attack by all suitable means.

OF MILK.

Milk has obtained a very extensive reputation in Phthisis, and is generally ordered in the most inconsiderate manner, in all the different stages of this disease. Meanwhile this remedy not only disappoints in most cases, but it is very often dangerous. It has been constantly remarked that given in fever, or in the last stage of Phthisis, so far from succeeding, it augments the symptoms, and produces various distressing circumstances, such as acidities, weight at the stomach, flatulence, diarrhœa, sweats, &c. and that these effects cease,

when the use of it is refrained from. Raulin regards it as pernicious in every stage of Phthisis, and assures us that it cannot fail to do harm, both when tubercles are forming, and when the suppuration is established. He declares, that it is more difficult to remedy the bad effects which milk produces in pulmonary Phthisis, than in any other disease. The physicians of Breslaw very correctly observe, in the collection of their observations, “ That milk can never produce good effects when there are indurations, tubercles, scirrhi, &c. in the Lungs.”

Bennet, a celebrated English Physician, forbids the use of milk to the consumptive, in his treatise intituled, *Theatrum tabidorum*.

Morton, an oracle of modern medicine, in chronic disorders of the breast, is by no means the advocate of this remedy.

Desault a Physician of Bordeaux, Junker, and Bordeu have proscribed it in their practice.

In a word, many skilful Practitioners of our days, who had been educated in an entire confidence in the admirable virtues of milk, have absolutely renounced its use. “ Is it not possible,

possible, says Doctor Tardy†, that from the colour of milk being analogous to that of the chyle, from its mild insipid taste, and from the nutritive and balsamic qualities prepared by the hand of Nature herself, for the stomach of young animals, we may be deceived, and induced to believe from analogy that it is equally adapted to the impaired and infirm stomach? Let us consider how great a difference there must be between the tender and delicate, but healthy stomach of an infant, and that of an adult, debilitated and weak, whose digestive organs are worn out or obstructed by vitiated juices, acids, or substances imperfectly concocted; if we will, I say, call to mind the nature of the decomposition which this fluid undergoes, before it can be digested; and attend to the painful labour which it must occasion to the stomach of a Patient in this state; in a word, if we reflect on the putrescent principle which it must communicate to the whole mass of the fluids, which in the consumptive are

† *Recherches sur la Phthisie pulmonaire par le Dr. Whitte*, translated from the English, by A. A. Tardy, Physician of Montpellier, note 27.

are of themselves rapidly tending to putrescence, how many reasons shall we not find to suspect that milk can never fulfill the indications which have been expected from it in pulmonary Phthisis?"

The famous Haller, speaking of milk, thus expresses himself: "*Est in lacte suum vitium. Debilitat adultum hominem, ventriculum obtundit: alvum aliis nimis solvit, siccat aliis ablinitis intestinis, et in universum minus convenit iis hominibus quibus fibra debilis est et laxa.*"

After such authorities, and our own experience, we can assert that it is in a very small number of cases that milk can be employed with success. We may even add, that to be administered with advantage, it demands much more attention and observation than is commonly believed.

Meanwhile we do not mean to say, that milk ought to be entirely proscribed; our intention is only to demonstrate, that this medicinal aliment does not merit the blind confidence which multitudes have granted to it. We would particularly guard some Physicians against the constant disposition to prescribe a milk diet, in all affections of the chest; a common
- error,

error, daughter of ignorance and fatal prejudice.

OF EXTERNAL EVACUATORIES.

Those external applications which discharge the serum of the blood, and keep up a degree of inflammation on the surface, are of important service in Phthisis; but we too readily employ blisters, and too much neglect the seton and caustic. The continual use of Cantharides produces throughout the whole humoral system a very sharp volatile salt, which remarkably favours the dissolution of the blood; on which account they should be more particularly abstained from in scorbutic Phthisis.

Mr. Portal, whose information and discernment are generally known, has demonstrated in a learned memoir the direct communications of the lungs with the chest and superior extremities. “It is below the Axillæ, says he, “upon the sides of the chest, and along the “under part of the arm, where the cellular “membrane is abundant, that these evacuato- “ries ought to be placed. Anatomy pre- “scribes, and the nature of the disease indi- “cates it.”

We

We must acknowledge, that in our practice we have profited by this judicious advice, and have found it correct: but we must add, that we have always given the preference to the seton, when the repugnance of the Patient has not opposed it. This kind of issue has the advantage over the caustic of being made instantly, and the suppuration is complete on the second day; while in the application of the caustic we must wait the dropping off of the eschar, which often does not take place till the 12th or 15th day. The wound made by the seton is so completely under the direction of the surgeon, that he can produce it when he pleases, and heal it when he wishes, by taking away the threads or tape. The cautery sometimes heals of itself contrary to our wish, and sometimes we fail to succeed in healing it, at least so immediately as the seton.

OF LIME WATER.

Lime Water has been recommended by many physicians in pulmonary Phthisis. Willis, Morton, De Boissieu, Schmucker, have warmly praised it; Detharding has written a work to demonstrate its efficacy in ulcers of the lungs.

The

The deterrent and desiccative properties of lime water in external wounds, have undoubtedly led to its use in ulcers of the lungs; but we have shewn, under the article Balsams, the absurdity and danger of this doctrine; besides the employing such a remedy has other considerable inconveniences. The prudent physician will not lose sight of the great causticity of lime; it is such, that although water will only hold a very small quantity in solution, this water has a strong alkaline flavour so acrimonious, that it is almost impossible to drink a glass of it; to render it capable of being drank without inconvenience, it must be diluted with a very considerable quantity of pure water. We may easily conceive thus weakened how small a proportion of the medicinal properties of lime it will retain. We may endeavour to temper the causticity of lime water with milk, but this manner of prescribing it, is more pernicious than useful; Mr. Maquart has demonstrated its danger, by reminding us, that quick lime produces, when given in mucous substances, white of eggs, and preparations of milk, coagula of extreme hardness.

This

This remedy is fatal in cases of irritability of the stomach ; even its advocates grant that its continued use rarely fails to deteriorate the digestive powers ; what advantage then can arise from such a remedy in a disorder where we can only hope for success from continued perseverance in the plan we adopt ?

BRISTOL HOT WELLS.

Mineral Waters have at all times been cried up for the cure of different disorders, and still more frequently have been recommended, as an excellent mode of dissipation ; hence they in general please those attacked with chronic complaints, who are fond of novelty and a variety of remedies. Pliny has said, speaking of the physicians of his time, who employed these aids “ *Medici qui diverticulis aquarum fallunt Ægrotos.*” Whatever Pliny may say, and notwithstanding these springs may not always answer the splendor of their reputation, we ought not absolutely to reject their use, nor ought we exclusively to rely on their advantageous effects.

The Bristol Waters have been long celebrated as a specific in pulmonary consumption,

tion, but the gratitude of those who have been relieved has been carried too far. If pleasure, dissipation, and exercise, are powerful succours in the treatment of consumption, we cannot deny that all these advantages are found united at this spring, and we may, without partiality, attribute to them the relief which has been experienced by some patients.

The picturesque scenery which surrounds this favoured spot, the beautiful rides in its neighbourhood, its warm and sheltered situation, and the company which frequent it, must all tend to inspire the chearful passions, and harmonize the temper: but as a medicine this water cannot possess any specific virtue capable of subduing the diseased action which takes place in the lungs. Its specific gravity is only 1.00077, and it is nearly tasteless; the principal ingredients are lime, selenite and glaubers salt, and the whole contents found in a gallon do not exceed 48 grains, or about six grains in a pint, which is less than we find in most springs.

Dr. Saunders in his work on *Mineral Waters*, speaking of the virtues of this spring in the cure of consumption, says, “ Much difference
“ of

“ of opinion has arisen on the supposed vir-
 “ tues of the Bristol water in this disease, and
 “ from the number of unsuccessful cases
 “ among those that frequent this place, many
 “ have been disposed to deny any *peculiar*
 “ *power to this, superior to any simple water.*
 “ It is not easy to determine how much may
 “ be owing to the *favourable situation and mild*
 “ *temperate climate* which Bristol enjoys; but
 “ it cannot be doubted that the hot wells,
 “ though by no means a cure for consumption,
 “ alleviate some of the most harrassing symp-
 “ toms in this formidable disease.”

This measure of commendation may be
 bestowed on many other of the means com-
 monly employed, or recommended, for the
 cure of Phthisis, and therefore we shall rest
 our judgement respecting the efficacy of the
 Bristol water on the opinion delivered by this
 respectable physician.



THE number of persons we had seen perish by pulmonary consumption, among whom were relations very dear to us, engaged us from the commencement of our medical studies, to pay particular attention to this cruel disease, and by assiduous labour to attempt the discovery of some means by which it might be attacked with advantage. It was not till after many trials, and much reflection, that we adopted the mode of treatment which we now submit to the public. The success of ten years practice has produced in our mind a conviction, that the result of our labours will alleviate the sufferings of this numerous class of patients, whose relief has been our principal object.

But the suffrage which we are most ambitious of obtaining by the publication of this Work, is undoubtedly that of the profession. If after having perused it they should be inclined,

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clined,

clined, as we hope they will, to administer the Lichen to their patients as medicine and food, according to our method of preparation and exhibition, and should likewise experience its efficacy; they will much oblige us by communicating the different cases in which they have thought proper to employ it, the observations which have occurred to them during its use, and the circumstances in which it has appeared to be most immediately beneficial, as well as those wherein it has seemed to fail.

We propose shortly to publish a Supplement to this Essay, in which we shall be happy to introduce the result of their experience, eager to collect their observations, and even their doubts, well persuaded that they, as well as ourselves, can have no other view than the solace of suffering humanity and the advancement of medical science.

FINIS.

