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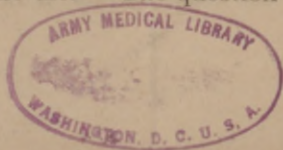
NATURE, CAUSES, SYMPTOMS, AND
PREVENTION

OF

PULMONARY CONSUMPTION.

CONSUMPTION, PULMONARY TUBERCULOSIS, DECLINE, PHTHISIS, AND MARASMUS, are terms which have been applied to a very grave malady or disorder that has always been considered incurable. "Indeed, Consumption of the Lungs has justly been termed the plague spot of our climate. Amongst diseases it is the most frequent and the most fatal; and, in fact, it is the destroying angel who claims a fourth part of all who die." The question is often asked

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by the non-professional public, whether the malady is fully understood; whether it can in the least degree be prevented or successfully treated when it has developed its seeds of decay within the body. These momentous and important queries it is our purpose now to consider; and although we shall not furnish an elaborate treatise, we shall endeavor to present, in as condensed a space as possible, such information upon the subject as may be deemed interesting or necessary, and in a manner that all may understand. We shall, in the first place, consider the nature or Pathology of the disease; secondly, some of the most prominent causes which induce it, the symptoms, and our views of a rational method of prevention and best means of treatment.

SCROFULA may be said to be the parent of TUBERCLE; every subject of a scrofulous diathesis or disposition is liable to have tuberculous deposits developed in the substance of his lungs, or in other organs and tissues of his body. Scrofulous subjects are *predisposed* to consumption—tubercles may remain latent or inactive in their lungs for years, without producing much discomfort or disturbance, provided there be no *exciting* cause to arouse them to action. Tubercles have been found in the lungs and other tissues of the newly-born infant, as well as in the lungs of the octogenarian. The taint or germ

of scrofula, or of tubercle, can be transmitted from parent to offspring through successive generations — it is *hereditary*. Tubercles, as they are found deposited in the substance of the lungs, are a peculiar morbid or adventitious matter, entirely foreign to the normal structure of the lungs, and are caused by unnatural secretion or imperfect nutrition; and they will terminate in the waste or destruction of the lungs, if their development and growth are not arrested. These tubercles are small, rounded bodies, about the size of a millet seed, are of gray or ashy color, and nearly transparent; they are firm and quite gritty to the touch, and when pressed between the fingers, they easily break down or crumble. They are found deposited between the cellular or loose tissues which separate the air cells from each other, and in number they may range from a single one to many thousands; often a large portion of the lungs is found so studded with them, that in cutting through its substance, it very much resembles cutting through sand or other earthy matter. They sometimes get to be quite large in size, being frequently found of the size of a pea or an almond; they also undergo a change in their color; from the gray or ashy, they present yellowish tints, more particularly at their centres; and in this condition they are never supposed to stop their progress of growth or increase, but go on softening, liquefying, and

destroying the textures contiguous to them. These tubercles, in their effects upon the tissues of the lungs, present the same phenomena that any other foreign substance would produce in the same or other tissues of the body; for instance, if a thorn is inserted into fleshy parts, irritation, inflammation, and suppuration ensue, which process is intended for the loosening of the thorn for its more easy removal. It has been truly said, that "Nature always endeavors to cure;" and in the case of the thorn in the flesh, or the tubercle in the lung, her attempt is, to remove the offending matter out of the way of pressure; therefore she establishes the ulcerative process for that purpose. Now, when the dormant energies of these tubercles are aroused, the same law of Nature is here obeyed as in the case of the offending thorn in the flesh; the tubercle enlarges and softens, and the surrounding walls or partitions which envelop it are perforated and broken down by ulceration, and the liquefying matter — consisting of the softened tubercle, and the products of the ulcerative action of the contiguous tissues — finds its way into the bronchial tubes and air cells of the lungs. This very effort of Nature, endeavoring or attempting to cure, by ridding the part of that matter which was offending, proves to be the most destructive process she could have set up. The escape of the purulent matter into the

bronchial tubes and air cells producing irritation therein, it becomes dislodged by the effort in coughing, and is expectorated or thrown up. If there were only one of these tubercles in the lung, and no further disposition for the formation of others, the cavity formed by the dislodged tubercle would eventually heal, forming what is sometimes seen in the lungs, and called a cicatrix or scar, and the patient might fully recover his health; but this happy termination seldom ever happens, for in the large majority of cases, there are hundreds, and even thousands, of these tubercles, and when they begin to soften or liquefy, do so simultaneously or by regular progression, until the whole or a great portion of the lungs is involved in the morbid process. The sad results of this ulcerative action upon the tissues of the lungs will become more apparent when their function is taken into consideration. Through the medium of the lungs, the venous or carbonized *black* blood is changed to arterial or oxygenated *red* blood; *the arterial blood only* serves to nourish the tissues of the body. The consequence is, if the lungs, or a part of them, are involved in tubercular action, the whole body ceases to be nourished, or very imperfectly so; hence the emaciation observed in consumptive persons. The digestive organs are incapable of furnishing from crude materials sufficient nutritive matter to supply

the great waste which is continually going on; now, the equilibrium between the supply and waste in the body *must be kept up*, or else the emaciation, already commenced, rapidly increases, until all of the organs essential to life have lost their vitality, and death ensues.

The *Symptoms* or *Signs* by which the presence or development of tubercles in the lungs may be determined, are, in the early stages of the disease, very obscure. *The little hack or cough* is hardly noticed until it gets to be quite troublesome; and even then it is thought to be only the consequence of a severe cold. Then in some instances the signs are so well marked, the symptoms so prominent, and its progress so rapid, that hardly any person would fail to understand the nature of the malady. In the *first* stages of consumption there is a dry cough, a tickling sensation, and sometimes pain in the back part of the throat, the patient often referring to that part as the locality of his trouble; the expectoration is frothy and more copious on waking in the morning; there are occasional pains in the side and under the collar bone; there is more or less difficulty in breathing on attempting to walk fast, or in the act of ascending stairs, climbing hills, &c. In the *second* stages, we find that the cough has increased in severity; the matter expectorated is more transparent and ropy, and is occasionally tinged with

streaks of blood; there is also more difficulty in breathing, in consequence of the increased number and size of the tubercles; the tubercles are now so numerous and large, that they compress the air cells and bronchial tubes, thereby diminishing the surface of the lungs by which respiration is performed; irritative or hectic fever may occur in this stage, and which usually declares its presence twice within the twenty-four hours by chills, or cold, creeping sensations coming over the patient; this cold stage is succeeded by a hot one; hence the rose blush on the cheek, the dry, burning sensation in the palms of the hands and the soles of the feet; the body at night is bathed with profuse perspiration, producing a most chilly and uncomfortable sensation; the appetite is capricious and the bowels irregular. As the disease progresses, the cough sounds more hollow, and as the matter becomes loosened, there is a gurgling or rattling sound; every paroxysm of coughing is now prolonged and attended with the greatest discomfort to the patient; large quantities of matter are coughed during the day, frequently amounting to one or two pints. The frequent paroxysms of the racking cough, the profuse night sweats, the often troublesome diarrhœa, with the immense pulmonary discharges, now enfeeble the patient, and emaciation rapidly follows; the breathing is more trou-

blesome, and at times it is so oppressive as to threaten immediate suffocation and death. Thus does the disease progress, until the powers of life can no longer hold out, and the "expiring lamp" must cease to burn, for the want of proper material to supply its flame.

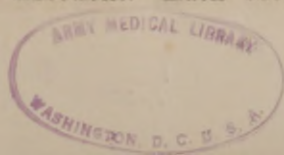
Among the most prominent *Causes* which give rise to scrofula, or tubercular deposits, are, living in cold, damp dwellings, where the sun's rays rarely ever penetrate; sleeping in small, crowded apartments that are not properly ventilated; subsisting on food that is not nutritious and wholesome; insufficiency of clothing, and exposure to sudden changes of temperature without suitable protection; *swallowing food without masticating it; hot bread; hot drinks;* and all other errors in diet and methods of preparing food, that produce gastric disturbance, indigestion, or dyspepsia; a sedentary life, anxiety of mind, grief, long-continued sickness, *excessive medication, improper use of medicinal remedies,* intemperate habits, and the abuse of alcoholic liquors. All these *are evils* which have a tendency to impoverish the blood, and will develop those seeds in the lungs and other organs of the body which sooner or later must germinate and bring forth their pernicious fruits. If scrofula and consumption can be engendered by errors in the mode of living, it must be obvious that it is essential to guard against

those errors. Instead of the cold, damp dwellings, whence the solar rays are excluded the greater part of the day, those that are warm, dry, and light should be substituted. The sleeping apartments must not be crowded by too many occupants, and they should be well ventilated; the bedding should be thoroughly aired every morning, and on no account must it be used when the least dampness is upon it. The food must be wholesome and properly prepared, of a nutritious quality, and it should be well masticated, and eaten with moderation. Fluids, either warm or cold, should be sparingly partaken of while solid food is in the stomach; and *hot drinks*, *hot bread*, and late suppers are to be entirely dispensed with. Many kinds of food, and the many methods of preparing it, produce, when eaten by some persons, gastric disturbance; and it should always be a rule with every one, never to continue a practice of eating or drinking any article of food when it is apparent that it does not easily digest, or causes the least disturbance in their stomachs. The skin must be kept clean and active by frequent bathing; woollen flannels should be worn next to the skin at all seasons of the year. Females should wear more warm clothing over the chest, and less about their hips; and instead of having the waist girted by the cords which hold the skirts and under clothing, they should have their under clothing

attached to a waist with shoulder straps; nothing can be more injurious to them than the continual compressing of the abdominal viscera. Excesses of every kind and nature should be studiously avoided.

Although some progress has been made within the last half century towards a rational method of treating tubercular consumption, still, the efforts of the most eminent in the profession to find a *remedy* for its successful treatment have proved unavailing. It is a disease of debility, of imperfect nutrition, caused by tuberculous deposits in the lungs; and in the process of their softening and elimination from their nidus, all the phenomena and effects of irritation, inflammation, and ulceration, in so vital an organ, are witnessed in *the impaired functions of other organs of the body*, and in the gradual decay of the whole frame. What has been wanting in the treatment of this disease, is the means of reinvigorating the whole body, to supply it with proper nutriment, to tranquillize the nervous system, and to restore the healthy functions to all the organs of the body. These results can, we believe, be now obtained by the use of FOUSSEL'S PABULUM VITÆ, *the most powerful, safe, and effectual remedy ever discovered for the treatment of Pulmonary Consumption*. It is a choice combination of vegetable products, and possesses all those rare medicinal proper-

ties which have been so long and eagerly sought for by the profession. It is not a discovery by accident, or of mushroom growth, springing up in one night, but the result of diligent and careful study through a long series of years, and is now for the first time presented to the notice of the public. In *every case* of suspected Pulmonary Consumption where it has been tried, *it has proved, beyond any doubt*, to be the *only remedy ever known* that would arrest the development of tubercle, or restore the vital functions of the lungs and other organs to their normal condition. We earnestly recommend a trial of its virtues to *every person* who has a cough, or may be predisposed to consumption, as a remedy of no ordinary value; feeling confident, if the directions which accompany it are faithfully adhered to, that it will prove to them a sovereign balm. It is a very agreeable and pleasant remedy, and can be taken by any person, old or young, without the least repugnance; the maximum dose never exceeding ten drops at one time. To guard against fraudulent imitations, it is put up in flint glass bottles, with glass stoppers; the words, "FOUSEL'S PABULUM VITÆ, FOR CONSUMPTION, F. J. LA FORME, SOLE AGENT, BOSTON, MASS.," being impressed in the glass; and as an additional precaution, the signature of the Agent, F. J. La Forme, will be written in red ink across each of the directions. Each bottle will contain



about ten drachms, and will be very carefully packed in a box, so that it can be transported to any distance without danger of breaking. Accompanying the medicine, there are directions in English, French, and German for its use, together with instructions for the management of the patient while taking it.

Price, Three Dollars per bottle. All orders, by mail or express, from any part of this country or Europe, accompanied with the money, will be promptly attended to.

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