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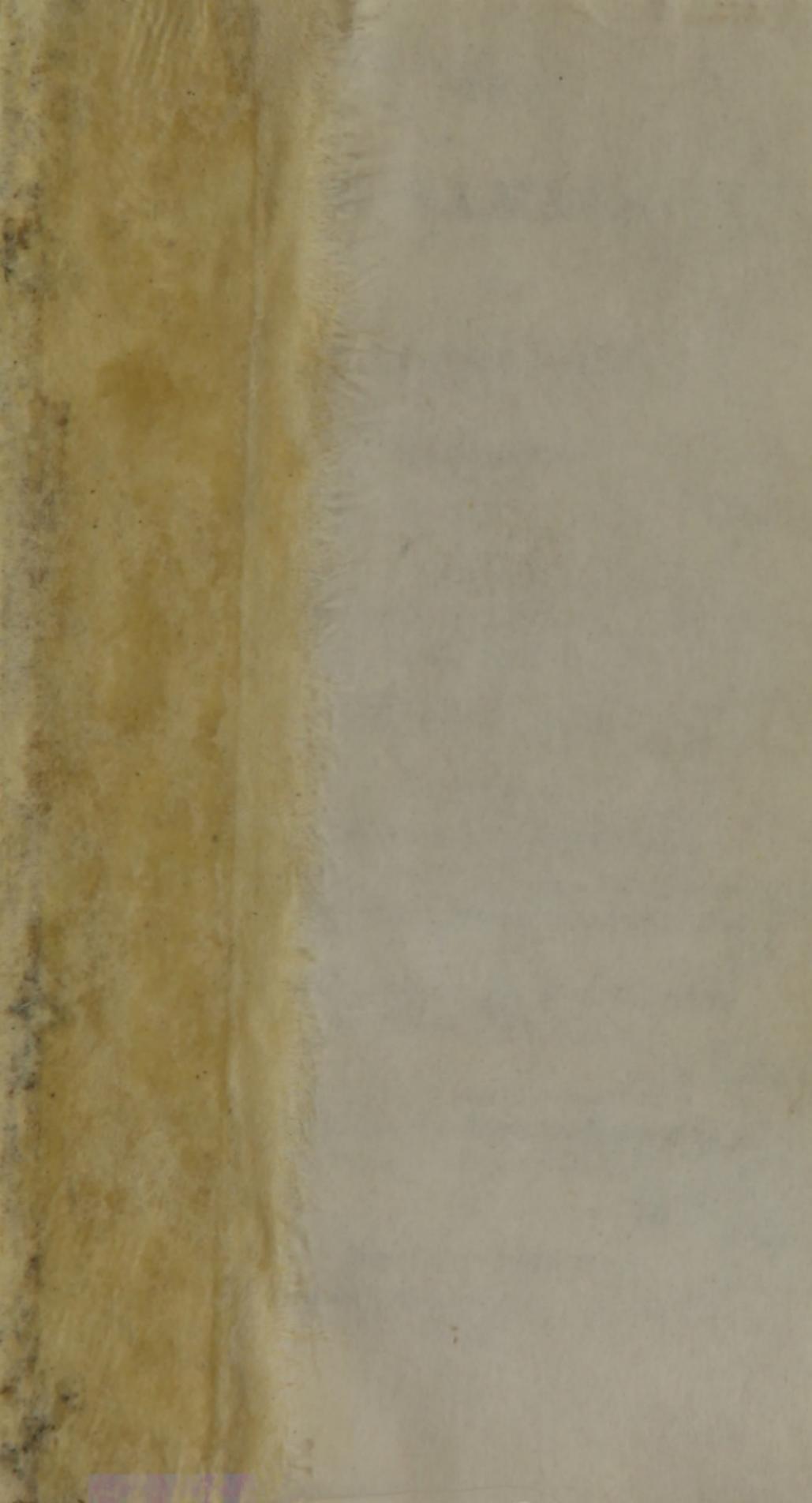
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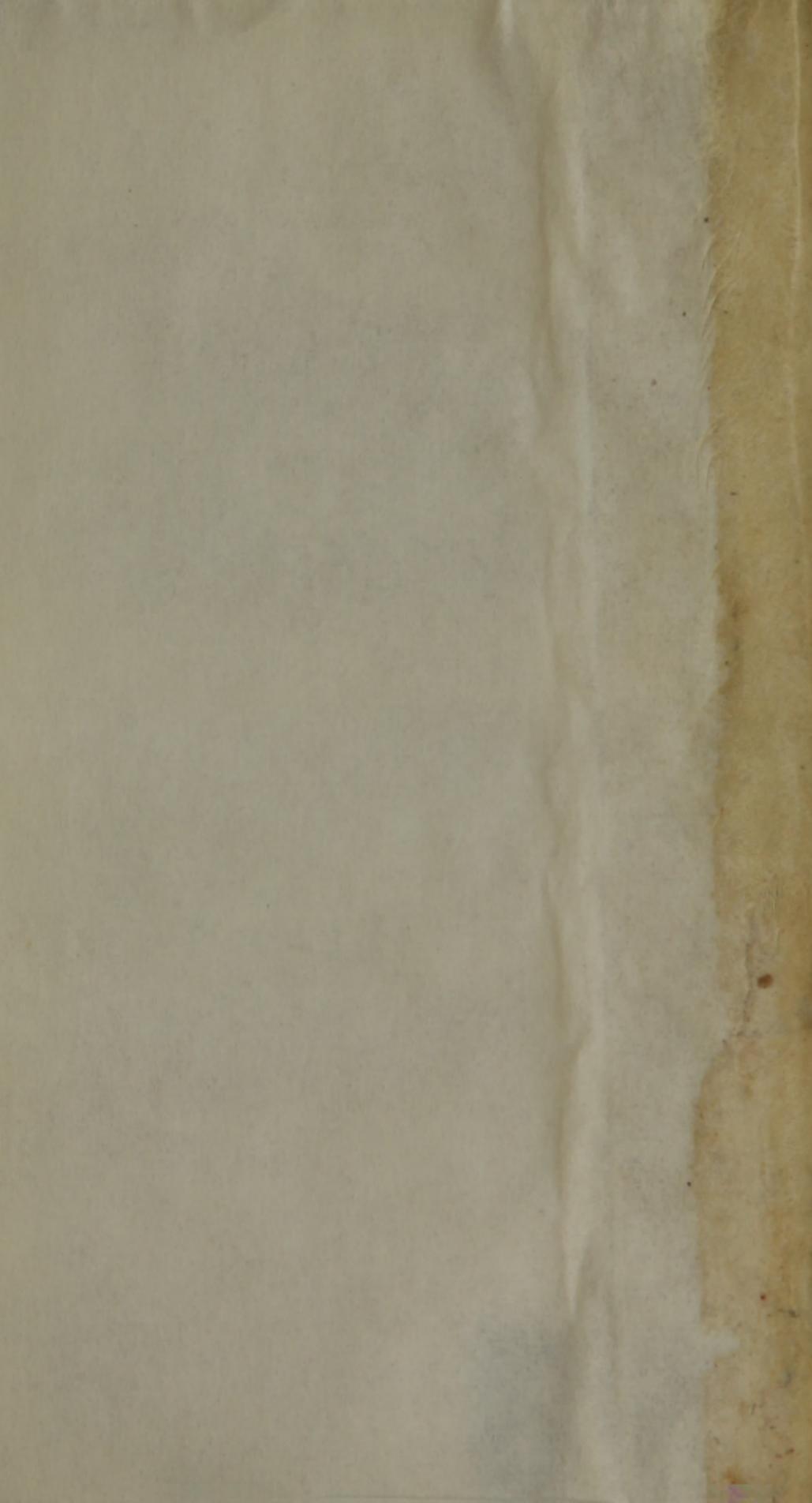
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THE

GOOD SAMARITAN;

OR,

1845

SICK MAN'S FRIEND:

CONTAINING THE

BOTANIC MEDICAL PRACTICE

NECESSARY

**For the Removal of all Curable Forms of
Disease,**

IN STRICT ACCORDANCE WITH THE SOUNDEST PRINCIPLES
OF PHILOSOPHY AND COMMON SENSE:

INTENDED AS A

POCKET COMPANION,

FOR THOMSONIANS, AND ALL OTHERS WHO WOULD WISH
TO PREVENT, OR CURE THEIR OWN DISEASES.

BY DR. WM. JOHNSTON,

OF CHESTER COUNTY, PA.

“Nothing extenuate, nor ought set down in malice.”

Philadelphia:

STEREOTYPED BY L. JOHNSON.

1841.

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ADVERTISEMENT.

THE subscriber thinks it his duty to inform his numerous friends, that, in consequence of the many losses which he sustained, together with the severe and protracted sickness, and the several deaths, with which his family was afflicted; it was rendered impossible for him to publish this work; and in order that it might make its appearance according to his proposals, he was obliged to transfer his copy-right to MR. ANTHONY KELTY. Yet he can assure his friends, that the patronage they have, or may extend to this work will be of essential benefit to him, as a reasonable portion of the profits arising from its sale will be generously appropriated for the support of his family.

He would likewise tender his acknowledgments to his medical friends, for the advice and assistance he received from them; and hoping that this work may prove a source of comfort, health, and happiness, to all his readers, he subscribes himself their humble and devoted servant,

WM. JOHNSTON.

ENTERED according to Act of Congress, in the year 1840, by ANTHONY KELTY, in the Clerk's Office of the District Court of the Eastern District of Pennsylvania.

INTRODUCTION.

IN presenting the following pages to his numerous friends and patrons, the compiler wishes it to be distinctly understood, that it is not his intention that this book should supersede the works of the venerable father and founder of the Thomsonian System of Medical Practice ; but, on the contrary, that it may be the means of opening the people's eyes to the excellency, utility, and superiority of *that system* over every other yet discovered. For it is his candid opinion that, by placing such a mass of useful information as this little book contains, before an intelligent community, it will be the means of causing them to reflect, and examine the subject for themselves ; and this, in all probability, will promote the sale of the invaluable works of Dr. SAMUEL THOMSON, now selling at twenty dollars.

As Dr. THOMSON's system of medical practice has been so highly recommended, I shall here place before my numerous readers a few of the honourable testimonies borne in its favour by men of high standing in society, who were well qualified to judge correctly respecting its claims to the confidence of a well informed public.

From the Albany Daily Advertiser.

THOMSONIAN SYSTEM.

We pretend to no knowledge of the virtues of this much talked of system of medicine. The opinions

of Messrs. Dimmick, Edgerton and Metcalf, are very favourable, and the high respectability of their characters entitles them to an attentive perusal. So much feeling has been excited on this subject in some of the northern towns, as we are told, politics are merged in the question of *Steam* and *Anti-steam*.

A CARD.

The subscriber for himself, and in behalf of the Friendly Botanic Society, in the state of New York, tenders his sincere thanks to the majority of the honourable committee, Messrs. Dimmick, Edgerton and Metcalf, for their indefatigable exertions and candour in their patient investigation of the Thomsonian system of Practice in behalf of the state, and for furnishing him with their written opinion for publication. And also, his thanks are due to a great number of individuals, in this city, as well as from various parts of the state, for their kindness in voluntarily appearing before the committee and testifying in relation to the value, safety and success of the said system of practice. To Doctors Mitchell and Green, the minority of the committee, I feel myself under no obligations, as they have, among other erroneous statements, falsely accused us of using one of *their own* most prominent medicines, viz.: arsenic,* (see

* Doct. Wm. Warner studied medicine in the state of Massachusetts, and received his diploma agreeable to the laws of said state. For two or three years past, he has practised in this city, and last fall being called to attend John Hogle, who was slightly indisposed, he administered to him some of his medicine, and in a few hours Hogle died; and on opening the body arsenic was found in a saline state in his stomach, upon which Warner was arrested, tried, and sentenced to solitary confinement in the Albany county gaol for three years, where he is now expiating his crime, because he had not received his diploma in this state, and of course could not kill agreeably to its laws.

Dr. Thatcher's Dispensatory, page 299 to 301.) An instance of the kind I will challenge them to produce, with any of the Thomsonian practitioners or that of their using any other deleterious article, whether mineral or vegetable, if they follow their system of practice. Our grateful thanks are also due to the State Medical Society and its various auxiliary branches for their kindness (*although unintentionally*) in establishing the Thomsonian system far more permanent than it has ever been before in this state; may they persevere and prosper in like manner with all their undertakings in relation to us.

The subscriber takes this method to inform his friends and the public, that in consequence of the mass of business on the calendar, prior to his report, it has been utterly impossible to reach it this session.

JOHN THOMSON.

Albany, April, 1828.

Albany, April 19th, 1828.

Sir—In compliance with your request, and with a wish to do justice to the public in relation to the effects of what is called the "Thomsonian system of practice" on the community, I feel myself justified in saying, that having been one of a committee of five, appointed by the Assembly of the state of New York, to inquire into and report to that house on that subject, I have made particular examination so far as I could find time and opportunity, during three or four weeks, in the city of Albany. But my inquiries have not only extended to the examination of various individuals, from different parts of this state where that system is in use, but have also examined about twenty-five families, or the heads thereof, in the city of Albany, where considerable use seems to have been made of that method of curing diseases. I am sensi-

ble that from education, from habits of thinking, and from my intimate connection with regular physicians, I approached that examination with strong prejudices against every species of *quackery* and *empiricism*. But of *this species of quackery*, I had no knowledge before. I first read Dr. Thomson's certificates of great cures, with all that indifference which men generally do when they expect imposition or deception is about to be played off upon them. On examination, however, of all or nearly all the cases certified, as having taken place in the city of Albany within a few months, in the latter part of the year 1824, and the fore part of the year 1825, I found them fully supported by statements made by the respective families or heads thereof; I also found many *particulars* of those cases stated, which, in my opinion, adds much to the importance and striking features of them, which do not appear in the short statements made of them in those certificates. I also endeavoured, if possible, by inquiry of various individuals, as well of the enemies of the system as the friends, and those who were indifferent on the subject, what cases, if any existed, of injurious effects arising from its use; and although I found some three or four, in which dark surmises and suspicions seemed to have been set afloat in the community, in every case which I was able to trace, I did trace, by examination of the friends of the persons thus supposed to have been injured by, or fallen victims to such practice; and could have no reason to believe or suspect that any injury had been done to the patient, but more or less relief thereby gained. It is also due to Dr. Thomson to say, that in every case, wherein suspicions have been indulged, it appeared the patient had been pronounced by the regular physicians incurable; and that such opinions had been given in nearly all the cases, amounting to

some forty or fifty, of which I heard detailed the particulars; and in some of which, to use the language attributed to the regular physicians, "it was as impossible to restore them to health, as it was to create a new world." After such an examination and maturely reflecting thereon, I think it neither rash nor indiscreet to say, that judging from the effects of his practice in the city of Albany, however much regular physicians may, as I am sure they will, carp at the expression, and speaking after the manner of men, or if you please, according to human reasoning, it has snatched ten *from* the grave, where it has hastened one *to* it.

What may be its particular effects in other parts of the state, or when not administered by Dr. Thomson himself, I am unable to state. The persons thus examined appear respectable, intelligent, and candid, and generally expressed their great opposition to, and want of confidence in Dr. Thomson's practice before they had tried it, and were induced to make the trial in consequence of the *desperate* nature of their cases, and with a belief or hope that no *injury* could be done thereby. With your theory or principles I had little to do; the *effects* of your practice was the principal thing sought for by me, as by your fruits I was resolved to judge you, and however much may be the obloquy, which the declaration of a favourable opinion of your practice may call forth from the learned, not only against *quacks*, but the *supporters* of quacks, I freely take upon myself the responsibility of subscribing to the above.

Your obedient servant,

A. DIMMICK, Member of Assembly.

P. S.—Most of the individuals thus examined, had family rights, upon which they placed a very high

value ; and one gentleman, whose respectability and candour are very high in public estimation, declared he would not be deprived of the knowledge for 1000 dollars. I also examined two gentlemen from Nantucket, who spoke most distinctly of the respectability and credibility of the persons whose signatures appear attached to Dr. T.'s certificates of his practice in that place.

A. D.

I concur in the above, having been chairman of the committee before whom the examinations were had.

BELA EDGERTON, Member of Assembly.

I certify that I was one of a committee of five appointed by the Assembly of the state of New York, to investigate the effects of the Thomsonian system of practice on the public. And that it appears by the petitions and other papers presented and referred to said committee, as well as from the testimony of many respectable individuals resident in the city of Albany, who attended the committee personally, that the practice of Dr. Thomson had in a great many instances proved highly beneficial, and there was no evidence submitted to show his practice had proved deleterious in any case.

A. METCALF.

Albany, April 11, 1828.

The following extract is from a letter dated Liberty Hill, Kershaw District, S. Carolina, Feb. 11, 1832. It is from the pen of the talented patriotic statesman and physician, Dr. Robert D. Montgomery. It was originally addressed to the Rev. Wm. Carlisle. The contents of the letter have been forwarded to us by R. Ferriss, Esq. of Winsborough, enclosed in a communication bearing date Oct. 19th, 1832.

Mr. Carlisle prefaces the letter by the following

remarks: "The circumstances that gave rise to the publication of the following letter were these: Dr. Montgomery applied to me for a Thomsonian family right, he pledged himself to report his opinion of the system as soon as he should have opportunity of fairly testing it. A request being sent to him by the Thomsonians for that purpose—the following letter is his reply;" after an interesting detail of his patriotism and public services, in conclusion he adds; "suffice it to say, that Dr. Montgomery's opinion of any system is of more importance than the opinion of a thousand self-interested physicians, whose object is to keep the people in ignorance of the nature of disease, and consequently of the mode and manner of performing cures."

The following is the letter referred to.

Gentlemen—I received your letter on the 10th ult., and on the evening it came to hand, was severely attacked with the cholera morbus, which prevented a more early answer. You request my opinion on the Thomsonian practice of medicine, and inquire something concerning my medical studies, previous to my adopting the botanic practice. I will with pleasure endeavour to satisfy your inquiries, in as brief a manner as I am able. It will perhaps be the most satisfactory course to give a short history of my medical life, then my reasons for adopting the new practice may appear in a more convincing light. After I had finished my collegiate education in the year 1794–5 and 6, I proceeded to the study of medicine in Columbia, S. Carolina, under the tuition of Drs. Montgomery and Henricks, both students of the Rushean school. After this, I attended the medical lectures in Philadelphia, given by Drs. Shepper, Rush, Woodhouse, and Barton. Having attended the regular

course of lectures under these professors, they adjudged me entitled to a diploma, for my medical knowledge, yet it was contrary to the rules of the institution to give me one, unless I went through another course; my finances would not admit of it at that time, and I never obtained a diploma. After my return from Philadelphia, I fell immediately into practice, but quickly found, that the *theory*, however beautiful it might appear, would by no means agree with the practice. I entered the practice with all the ardour that it is possible for a young physician to possess. Every leisure moment was employed in perfecting my knowledge of the science of medicine; and I flattered myself that I was as successful in my practice, as my cotemporaries: my prospects were flattering and my practice lucrative for fourteen or fifteen years. I then became wearied of the practice, and during the latter part of my time, have given it over, unless constrained by the entreaties of a friend. I could do no better than to pity their distress. You would here inquire, what it was that could induce me to relinquish a gainful practice, and adopt a system of yesterday—to leave the old, beaten track for one newly opened? I answer, because the marks to point the way to proceed, in the old practice, were fallacious and not to be depended on when life was at stake. Here I would candidly ask the candid physician, if he has not often been deceived, in the symptoms of disease, when flattering himself with the prospect of the speedy recovery of his patient, when he left him, perhaps at evening—the next visit, perhaps the next morning, found him breathing his last? you beheld him surrounded by weeping friends, because they viewed him departing to his long home. In such circumstances, humanity sickens, and anxiously inquires, “Is there no relief from disease and premature death?” The an-

swer is to be found in the botanic practice. But, is this practice infallible? Does it never fail? Yes, it may fail, has failed, and will fail, in a number of cases. It has and will fail, of course, when the vital spark is nearly extinct, when the powers of life are destroyed by disease, or when the condition of the patient is such that there is not any thing remaining for the medicine to act upon. Medicine cannot act on a dead body, though it be ever so active. At such a crisis, this practice, as every other, will most assuredly fail: yet, in the midst of all these failures, the new practice will have a decided superiority over every other mode of cure yet known by man. I find by experience in my family, and among my friends, who have used the medicine as directed, that in fevers, it generally relieves the patient in twenty-four hours, and often in less time. A number of cases in my own family, that have been as violent as any under the old practice, which required three or four weeks before they were able to leave their bed, yet by the Thomsonian practice, these have been relieved in the short time already stated. This practice, under my direction, has triumphed over an ascites, or dropsy of the abdomen, in which the old practice had laboured in vain. The bite of a rattlesnake, on one of the family, accompanied with violent pain, was freed from all pain in less than ten minutes, and the swelling of the foot and leg was but trifling. In myself, a violent attack of rheumatism and cholera morbus both yielded to the botanic applications. Another fact is worthy of notice; your patient does not suffer the great debility, by a course of the new practice, that commonly takes place in the old. The natural functions are soon restored to their former vigour. The patient forgets that he was sick. Do you wish me to account for this? It is easily done—there is not that prostration of strength by de-

pleting remedies in the new, as in the old practice. Another reason why the same degree of debility is not induced, is that the medicine used is in harmony with the powers of life; hence it is, that, after the operation of the Thomsonian remedies, the patient feels invigorated and cheerful. One other fact which gives the new a decided advantage over the old practice is, that the remedies are the same in all cases that can possibly occur; the object is uniform, viz.: The restoration of the natural heat, as it is a primitive vital property; hence the practising physician, acting with any tolerable degree of common discretion, cannot err materially in administering the remedies: He is not liable to do any irreparable injury to his patient. This is not the case with the old practice: How often have we witnessed with grief the baneful effects of medicine on the constitution of the patient? Where is the physician that will not acknowledge that his medicine has often operated in a different manner than he had expected, and that his patient was worse from the use thereof.

A Brown, a Rush, and others have declared firmly their belief in the unity of disease, and the unity of cure: Doct. Thomson joins them in the belief, and practises precisely on that principle. Away, then, with your thousand diseases, and your thousand remedies, and adopt that system of practice that is both safe and salutary to man.

In conclusion, I would add, another reason which makes the Thomsonian practice valuable, and that is its simplicity, or its plain, natural adoption to the illiterate, untutored part of the human family. The poor and illiterate require the attention of the humane and benevolent in all countries, and such are the most numerous class in society: To such the Thomsonian practice holds out the helping hand, to snatch them

from pain and death, and such it invites to a participation of its benefits.

These are some of the considerations which have determined my judgment to the botanic practice of medicine. I am fully confident that whoever will give it a fair trial will rejoice at the success.

I am, respectfully, yours, &c.

ROBERT D. MONTGOMERY.

Part of Dr. Thomas Hersey's Address to the United States Botanic Convention, convened at Columbus, Ohio, Dec. 1832.

You will bear with you to your respective places of abode, my best wishes for your personal welfare, and the prosperity of the system. I have been drawn into the acknowledgment and adoption of this system, in subserviency to my own convictions of the innocency, efficacy, and certainty of the remedies prescribed, for the removal of disease. More than forty years of my life have been devoted to the ancient and regular practice. Ten years have been spent in investigating the merits and ascertaining the justness of the claims of this system on public confidence. A partial leaning was the first step; the result was a mixed practice, which I soon discovered could not succeed; I discovered I must be a Thomsonian altogether, or abandon the cause. I resolved on the experiment on the joint testimony of my own impartial experience and the testimony of others on whose information I could rely without suspicion.—The result has been, that thus resolutely pursuing this course, I was really astonished at the success.—This rivalled any thing with which I had ever been acquainted in domestic practice, or in my former official capacity of surgeon

of the U. S. Army, or any private or public station I had ever been called to fill.

To enter minutely into a laboured detail of incidents, connected with this conversion to Thomsonism, would be uninteresting and useless—I know that in these concessions and this devotedness to the botanic system, I forfeit the good opinion of many reputable friends and literary acquaintances, but those who know how highly and cordially I esteem a multitude of these, will be fully convinced that I could never have been induced to have risked this forfeit, or endanger that friendship and confidence, from any less motive, than the conscious and unavoidable impress of truth—were they to make the same impartial investigation, with truth alone for the object, and could they have access to the same weight of testimony, I candidly believe, if the influence of mere self-interest could be banished from their minds, we should have a large accession of converts.

I am happy to learn from the most unquestionable documents, that Thomsonism is extending its benign and salutary influence through the United States—many of the learned professional characters, of pre-eminent standing, are not to be deterred from espousing the cause; many physicians, whose literary attainments would do honour to any institution, boldly espouse and defend the system—others, like some ancient disciples, who approached the Messiah by night, for fear of the Jews, support the cause in a more covert way—events are ripening fast—a momentous crisis in medical practice is standing at the door—the lancet, calomel, nitre, antimony, arsenic, opium, and blisters, must prevail or they must be laid aside. Thomsonians wish not for any legal indulgence in the use of these deleterious, life-depressing articles. They are willing to be restricted in the use of these,

they are willing to be confined to botanical remedies and those exclusively. In the use of these remedies, amidst all oppositions, the success tramples on authorities and powers, it travels gloriously and victoriously, and never shrinks from the severest scrutiny. This is not the time nor place to enlarge on this interesting theme.

Testimony in favour of Dr. Thomson.

Copy of a letter from Dr. Benjamin Waterhouse, formerly Lecturer on the Theory and Practice of Physic, in Cambridge University, to the late Samuel L. Mitchell, of New York.

Cambridge, Dec. 19, 1825.

My dear Sir—Mr., alias Doct. Samuel Thomson, who has the honour of introducing the valuable *Lobelia* to use, and fully proved its efficacy and safety, will deliver you this. He has cured and relieved many of disorders, which others could not, without being a regular diplomatized physician, and dared to be a republican in a hot-bed of federalism: for which he has been shamefully ill-treated, even to persecution.

I have aided and assisted Thomson from a firm belief that his novel practice has been beneficial to numbers, and that it may be placed among improvements. If he be a quack, he is a quack *sui generis*, for he proclaims his mode and means. Had John Hunter, whom I well knew, been born and bred where Samuel Thomson was, he would have been just such another man; and had S. T. been thrown into the same society and associations as J. H. he would, in my opinion, have been his equal, with probably a wider range of thought; but both men of talents, and originality of thought.

I am, indeed, so disgusted with learned quackery, that I take some interest in honest, humane, and strong-minded empiricism; for it has done more for our art, in all ages and in all countries, than all the universities since the time of Charlemagne. Where, for goodness sake, did Hippocrates study?—air, earth and water—man, and his kindred vegetable—disease and death, and all casualties and concomitants of humanity, were the pages he studied—every thing that surrounds and nourishes us were the objects of his attention and study. In a word, he read diligently and sagaciously the *Great Book of Nature*, as Thomson has, instead of the little books of man.

How came your Legislature to pass so unconstitutional an act as that called the *anti-quack* law?—such as the parliament of England would hardly have ventured on—for *who will define quackery?* Were I sufficiently acquainted with your excellent Governor Clinton, I would write to him on the subject. You New Yorkers are half a century behind us in *theological science*, but your quack bill looks as if you halted also in physic.

By what I have seen and learned of Mr. Thomson, I wish him success, and the notice of the eminent and the liberal in the profession, and with this view I give him this rapidly-written letter to Dr. Mitchell, and am, with a high degree of esteem and respect,

His steady friend,

BENJ. WATERHOUSE.

THE GOOD SAMARITAN.

CHAPTER I.

ON MEDICINE.

THE great, the good, the highly gifted, and much persecuted Dr. SAMUEL THOMSON, was the first who submitted to the world, the self-evident proposition, that food and medicine must harmonize with each other—that they often grow in the same field, and may be gathered by the same hand. And indeed, common sense might teach us, that there must be a perfect correspondency and congruity between food and medicine, as both are intended alike to have a beneficial and healthy influence on the system—the one to continue a healthy action, the other to restore that action when lost.

The learned Dr. S. ROBINSON says of *medical poisons*, “It would seem a solecism in language, the bare combination of these terms, but such is the fact—poisons, the most violent and destructive, have been denominated the most valuable medicines.” Indeed it is a sorrowful truth, that the most active and potent articles used by the medical faculty as medicines, and upon which they place their principal reliance, are *known and acknowledged* to be in an eminent degree *destructive to life*, and subversive of the very laws which they are intended to promote. How absurd

then it must appear to every enlightened mind, when the living power is weakened—the vital spark nearly extinguished, and all the organs in an impaired state, to administer such articles as are known to produce the *same effects* upon the healthy system, and which must, in disease, increase the very disorders they are intended to counteract!

A correct knowledge of proper medicinal substances can only be learned from experience and a close observation of nature. The opportunities for drawing lessons of instruction from both these sources, and the qualifications for profiting thereby, were eminently enjoyed by Dr. THOMSON; and unborn millions will yet have cause to bless that providence which raised him up and sustained him in a most arduous struggle to establish his system of medical practice in the world. When his enemies and persecutors shall have been long mouldered into dust, and their names and memories eternally forgotten, the name of SAMUEL THOMSON shall “stand as a splendid beacon on the solitudes of time, to point the traveller the road to glory.”

It is not denied that the vegetable kingdom furnishes some of the most active and fatal poisons with which we are acquainted; but this fact, instead of arguing, as some have urged, against the propriety of drawing upon that kingdom for our remedial agents, furnishes the strongest evidence in favour of it. Nothing but vegetable matter, or the product of it, can be assimilated; that is, made to answer the purpose of nourishment. It inherently possesses an active principle by which it produces its effects, whether good or bad; and if it furnishes the most active poisons, it should also, by analogical reasoning, yield the most active medicines. Dr. COXE has observed in relation to *Antimony*, (and his remarks are applicable to all

the metals,) that, "All the metallic preparations are uncertain, as it depends entirely upon the *state of the stomach*, whether they have no action at all, or operate with dangerous violence." But this cannot be said of vegetables, because they possess a principle in themselves, by which they are always capable of producing an effect upon the system. And no instance, perhaps, has ever been recorded, in which the application of vegetables, whether as medicines or poisons, did not produce their peculiar and specific effects, unless they were impaired by age or from other causes.

We again repeat, that the vegetable kingdom furnishes, either directly or indirectly, all our food; and why not all our medicine? Or did a **BENEFICENT CREATOR** place the means of sustaining our bodies in health, upon the surface of the earth within our immediate grasp, and the means of restoring our health when sick, within its bowels? Impossible! The goodness of **DEITY** could not do this—could not suffer this! So it follows, that whether we consult the nature of man, of disease, or of **DEITY**, the evidence and the result are irresistible, that the vegetable kingdom alone furnishes the proper remedies for relieving our maladies.

What then becomes of the boasted discoveries and remedies of the famous **PARACELSUS**, who first applied chymistry to develop the remedial resources of the mineral kingdom? He, to be sure, is *now* denounced as a miserable quack; but it cannot be denied that he was the author of Medical Chymistry, the value and success of which is now so highly appreciated by the Medical Faculty. And what is the result of all the pretended improvements of mineral preparations which have been so perseveringly studied since the days of this famous **PARACELSUS**? Nothing but re-

finements in error ; improvements of the means which have, from that day to this, inflicted innumerable woes on the human family ; and retarded and interrupted the march of true medical science. As we do not wish our readers to take our bare word for the truth of these assertions, we will refer them to the most approved standard works on medicine ; so that if they will persist in using such violent poisons, as quicksilver, opium, nitre, nightshade, hemlock, foxglove, arsenic, antimony, &c. &c., they may be apprised of the dreadful results which these deleterious articles often produce on the human system—results which no respectable physician will or dare deny. And how it ever enters the minds of benevolent physicians, that such articles as we are about turning our attention to, could be useful as medicines, is beyond conception, and affords but an additional example of the proneness of the human heart to err in despite of reason and common sense.

☞ See APPENDIX.

CHAPTER II.

Remarks on blood-letting by Professor Terry, and Dr. Lobstein, showing the inconsistency and barbarity of such an inhuman practice.

ON BLOOD-LETTING.

BY DR. D. L. TERRY.

CAN the practice of bleeding, for the cure of general and local fevers be sustained upon the testimony of correct pathology, sound physiology, careful obser-

vation, and true experience? In order that a person may be qualified to give a correct decision in regard to the merits of this question, it is indispensable that he conceive just notions of fever himself; that he have a true knowledge of the nature of disease, of the general doctrine of life, and of the nature and uses of the blood; that he mark well what he *sees* and *feels* of disease, and that he be not one of those, who are determined to be ignorant in spite of experience.

We have made some observations upon the nature and use of blood in the beginning of this essay, with which we believe every enlightened man will fully agree. Our theory or doctrine of disease, of fever, and inflammation, we have also given, with some of the evidences and authority for the same. These doctrines are in accordance with the best of our judgment and knowledge; therefore, in forming our answer to the question at the beginning of this chapter, we shall apply the question to these doctrines as a test, and give our answer according to the result.

Any mode of practice in the treatment of fever, which harmonizes with true pathology, with physiology and experience, must be regarded as good, according to our present state of knowledge; if then, the practice of bleeding is not found to be so parallel with the steps of nature, in the cure of disease, as some other known and practicable means, then we must pronounce it bad.

We have said that there are many remote causes which may operate upon the human system, under certain circumstances, in such manner as to derange that regular performance of all the functions of the body; which derangement brings on a preternatural state of body, or, in other words, a diseased state. A diseased state of body cannot long continue without giving rise to certain exertions of nature, which are

commonly termed fever, and looked upon as real disease; but which are called by Dr. Johnson, a salutary action, or an effort of the constitution, &c.; by Mr. Hunter, a necessary action—a good symptom, &c.; by Dr. Gregory, the operations of nature tending to the restoration of health, the steps of nature in curing disease, &c.

We stated that all the actions of the system (morbid or diseased actions excepted) are supported by the life-giving stimulus of the blood. We have now arrived at the conclusion that disease is the immediate cause of fever—that fever is a necessary and salutary action, and that this action is supported by the blood. We must inquire into the immediate and subsequent effects of bleeding, to see whether they are such as may be desired in the removal of disease.

The immediate effect of the abstraction of blood, is debility or weakness. This is a fact which all experience proves; nor can it be successfully controverted. The secondary effect of bleeding, is a protracted recovery from disease; also an increased susceptibility of the system to be affected by such causes as are calculated to produce disease.

The first of the above positions is based not only upon experience, but upon the physiological fact, that all the strength of the system is derived immediately and directly from the blood; and hence, to pretend that a small quantity of blood may be abstracted without producing a proportionate degree of weakness, would be as good philosophy as to say that one grain of mustard-seed makes no part of the bushel; or to say that the body contains one, two, or three pounds of blood more than is compatible or proper for its safety or health, is to say that nature performs works of supererogation, to interrupt her own laws. Such opinions would do but little honour to men of sense.

Bleeding reduces the force and frequency of the pulse; that is, it diminishes the action of the heart and arteries, and thus reduces fever. Well, says one, if bleeding reduces the fever, it must be good. But stop, what is fever? O! I had forgotten that I read, in a former part of this book, that fever is a necessary and salutary effort of the constitution to relieve some oppressed organ, to restore some impeded function, to remove the disease. Well, then, bleeding is not good simply because it reduces fever. But does not bleeding remove the blood which is most impure, and which is, consequently, a cause of disease?

We are fully aware that many are honestly of this opinion, but wherever we find a physician holding out such an idea to the people, we are obliged to lay one of these things to his charge, viz: that he is unpardonably ignorant of the true knowledge of his profession, or else he is wilfully dishonest, or, in other words, is willing to sacrifice the health of his patient to his own interest. Foreign or extraneous matter is only mixed mechanically with the blood, not chymically combined with it. Where the secretory functions are suppressed, as that of the kidneys and skin, that matter or fluid which should have passed off, by these secretions, is retained, mixed with the general mass of the blood, and produces unusual irritation. The proper way to purify the blood in such case, seems to be the way which nature takes; that is, to restore the action of the skin, thus producing perspiration; and the action of the kidneys, thereby separating more of the unhealthy particles from the blood.

Now we will suppose that there are twenty-eight pounds of blood in the body, and with this is mixed four pounds of impure fluid from retention. Now we take one pound of blood, and we remove but one

twenty-eighth part of the morbid matter, at the same time taking away one twenty-eighth part of that strength, of which the patient may stand in the greatest need. But, says one, the doctor says, "it is the bad blood which he draws," and I think he is correct; for, on watching the operation of bleeding, I have frequently noticed that when the blood first begins to flow, it is quite thick, and looks dark and clotted. All this may be true, and frequently is, as respects the appearance of the blood; but let us look into the cause. It is customary, previous to opening a vein, to apply a ligature around the limb, between the point to be punctured and the heart, for the purpose of retarding the blood in the veins, and thus rendering the vein to be opened more conspicuous and prominent.—The blood contained in the veins on the side of the ligature more distant from the heart, by being obstructed, loses its colouring matter, by uniting with a larger quantity of the carbon of the animal substance; hence, it becomes darker, and, by its quiescence, partially coagulates, forming the small clots before mentioned.

Therefore, when the blood begins to flow, upon the opening of the vein, it looks dark, &c.; but after it has flowed sufficiently long to remove that portion which had been retarded by the ligature, it appears of a brighter red, no clots are discovered, and all conclude that the bad blood is all drawn off, and, consequently, it is time to stop. Yes! we agree with them; it is time to stop—to stop such absurdities, such imposition, and such sacrifice of life! If the blood abstracted by venesection differs at all from the general mass of blood, we would be led, from certain circumstances, to believe that it is the better portion of the blood.

It is well known to physicians that, in many dis-

eases, there are very frequent determinations and congestions of blood in different organs, as the brain, the lungs, the liver, &c.; of course, the congested or stagnated blood ceases to give that stimulus and strength to the system which is usually imparted by this fluid. Then the only dependence which the constitution has for strength to support life and to make the necessary efforts to remove disease, must be solely derived from the circulating and vivifying blood; it is the blood which is in active circulation (except the obstruction caused by the ligature) that is drawn by venesection; hence, according to the reasoning above, it must be a portion of the blood of the better quality, that is drawn off by the *lancet*.

Though bleeding, when it is performed during increased action of the heart and arteries, invariably reduces this action for the time; yet it is known to have a different effect if performed at the time when the action of the heart is below par, from the oppression of the general disease, concussion of the brain, suffocation from gases, &c. In these cases, bleeding increases the action of the heart and arteries by accelerating the febrile action, or forwarding the process of a reaction. Well, then, says the believer in bleeding, you have established the propriety of blood-letting in this state of the system, upon your own principles; for you say here, that bleeding increases the action of the heart and arteries, when performed under the above described circumstances; you say, also, that it accelerates the accession of febrile action, or forwards the process of reaction; you have said that this febrile action or reaction is a necessary and salutary action or effort of the constitution, tending to the restoration of health! Now, agreeably to all this, it seems to me that bleeding must be good; for, if the fever is a salutary action, tending to remove

this is all the can- quage I have

Mechanician

disease, it cannot come on too soon; when there is disease existing in the system, the sooner it commences, the sooner the restoration of health will be accomplished. Now we look upon this kind of reasoning, as arising from a very superficial examination of the subject; and, under no other examination of it, could such a series of reasoning appear even in the slightest degree plausible.

In order to form a correct decision as to the merits of any question, it is not enough that we examine and bring forward all the evidences which can be found to favour one side of the question, which we might, from a superficial view, think best supported; but we should also examine and weigh well the arguments against this side.

We have already observed that all diseases consist in either functional or organic lesion, and that their immediate consequence upon the system, is oppression of its organs, and depression of its general strength. We have also remarked that a natural fever or re-action, on account of the existence of disease, does not take place, until the disease is so extended as to endanger the immediate safety of the individual affected; that is, fever does not take place so long as there is sufficient strength and vital stamina in the constitution, to bear up under the oppressive influence of disease. Hence, the interval between the primary application of an efficient morbid cause to the body, and the commencement of the re-action of fever, designed to remove the effects produced in the body, by the operation of the external morbid cause, will be longer or shorter in proportion to the extent or intensity of the cause itself, and the strength of the system at the time. Nature, suffered to take her own course, always starts at the best time and under the most favourable circumstances.

To illustrate our idea, we will suppose an individual to receive a fall from some considerable eminence, in which he strikes upon the feet in such a manner as to produce no external wound, but, as soon as he comes to the ground, he falls apparently dead.

This is a case of concussion of the brain; that is, the brain is so much jarred by the fall, as to cease in a measure to perform its usual function. The equilibrium of the circulation is disturbed; a congestion of blood takes place in the brain, and perhaps in some other of the internal organs. Now, though this is very oppressive to the system, yet, from the vigour of the constitution, the system is enabled to bear it, and still perform the vital functions sufficiently to support life, till nature shall have prepared her means, so as to make her efforts of restoration under the most favourable circumstances.

But if bleeding be resorted to, a degree of debility is thereby produced, which incapacitates the system for the endurance of the derangement, till all would (except for bleeding) have been in readiness for the work of reaction.

Thus we find, that by bleeding we give rise to the necessity of a premature accession of fever; we also diminish the strength of the constitutional efforts of fever, and, at the same time, add to the strength of the disease. If it is not the vital energy of the system which stays the ravages of disease, we know of no property in animal matter from which disease can meet with any resistance.

Mr. Hunter says, "that bleeding increases irritability, and causes an increased disposition to act, without the power to act with." The way in which bleeding increases irritability, is this: that it produces direct debility. When it is said that a part of the whole body is irritable, it is meant, that such part, or

*Reaction cannot be
premature in congestions - The
sooner the better*

the body is much affected by slight causes ; there is so much weakness, as to disqualify the part for resisting slight attacks. In this state, the body corresponds with the mind of those persons, who get angry from slight and trivial causes ; such are said to have irritable tempers of mind, and everybody knows that this irritability of temper arises from weakness of mind.

Bleeding causes an increased disposition to act, since it increases the weight of the disease by diminishing the strength of the one who bears it. The same load that would be regarded as light, by the strong man, would be declared by the weak man to be insupportably heavy ; and if the burden were to be carried to a little distance by the weak man, he could not stand and hold it, till the obstructions could be moved out of his path, but he sees that his only alternative is to make onwards ; and, from his being weak, the burden heavy, and his path rough, he probably falls before he gets halfway ; he is no more able to raise the load, no, not even to raise himself. Not so with the strong man ; he stands with his load on his shoulder till some one (the physician) goes and moves the obstructions out of his way ; he then advances with firm and sure steps, arrives at the destined spot, throws down his burden, and is free and ready to attend to his business. In speaking of the weak man, it should have been observed, that, should he get through, and throw off his burden, still he is so much exhausted as to require much tonic medicine and a convalescent stage of several weeks.

“Bleeding increases the disposition to act, without the power to act with.” Suppose a hungry person just to sit down to a table furnished with food agreeable to his taste, but there is only enough for his present necessity ; now suppose one to come and carry off the food from his table ; would not his disposition

to act be increased, without the means to act upon ? He would see that his only chance would be, to make sure of all he could while it is going.

So, when the human system is labouring under disease, and some wise son of Esculapius comes and begins to abstract the blood, the disposition to act is increased, because the system seems sensible that a certain effort must be made, and that her power of making it is going. Nature, therefore, makes the attempt ; but too often finds her resources deficient, from loss of blood. But, say our brethren of the bleeding faith, we know that we can reduce fever and inflammation by bleeding, sooner than by any other means. We admit that this assertion is correct ; but it is one of the strongest arguments which can be used against the very mode of practice, for the vindication of which it is urged. For every person who has a correct view of fever and inflammation, (which we call local fever,) must see, that they should not be reduced, till the disease, for the removal of which they were excited, shall be subdued. So, bleeding does not effect the desired object, it only does it apparently. Though the removal of disease is invariably attended with a subsidence of fever, yet the reverse of this, in no case, can happen.

If an individual discovers that his health is somewhat deranged, the natural desire to live, together with the recollection of the enjoyment of health, prompts him to make an attempt to restore health. He sends for a physician of the REGULAR order, (because he desires regular treatment ;) his physician comes, and, after feeling his pulse, viewing his tongue, and making some inquiry of the state of the bowels, pronounces his patient to be sick of a fever ; if the fever be high, the physician recommends his patient to be bled ; upon being bled, the pulse sinks, the

strength fails, the fever is diminished or weakened, and the disease strengthened.

But what is the *modus operandi*, or manner in which bleeding acts, in the removal of the disease? Who is able to tell us? We must say, that we have never seen even a plausible explanation given concerning its curative powers, in our reading; and we believe we have carefully studied and read those authors on practical medicine and surgery, who most boldly and strenuously advocate the practice of bleeding for the removal of febrile and inflammatory diseases.

The fact is obvious, that bleeding is a mode of practice, which, when used for the cure of disease, admits not of a rational explanation, nor will physicians attempt to explain its effects to men of enlightened and experienced minds.

They may say that bleeding is an ancient practice, and that it has been sanctioned by men of much learning and experience, and that this is sufficient authority. But the march of science and truth have condemned many of those practices which were thought proper in ancient times. As well might we say that it is right to worship idols because it was customary in ancient ages; and, we might add, even too common in our own day and country; for whether is it better to worship the sun, moon and stars, or to worship wealth, fashion, fame, and worldly applause?

Well, says my friendly and well-disposed reader, from what you have said on the subject of blood-letting, I am disposed to regard it as a bad practice in general, yet I think you must admit that bleeding is good in some few cases; such for instance as pleurisy and cases of violent bruises from falls and blows. No, kind reader, we cannot admit that the abstraction of blood is a good practice, in even these cases. To agree with our fellow-men in sentiment, feeling, and

mode of thinking, when such sentiment, feeling, and thinking are agreeable and consistent with reason, and productive of general good and happiness, is a source of much gratification to an improved and virtuously directed mind. But whenever we discover that our fellow-men are labouring under unreasonable and erroneous impressions or sentiments, to agree with them in such sentiments, would be hypocrisy, not wisdom; would be vicious, not virtuous; and would excite the sensation of an admonishing and condemning conscience, not the peaceful delights of conscious goodness. Pleurisy is an inflammatory disease, that is, a diseased state of that delicate and finely organized membrane (the pleura) which lines the internal parietes of the thorax or chest, and forms a complete envelope for the lungs. This diseased condition of the pleura necessarily demands and gives rise to inflammation, which, through the medium of universal sympathy, affects the whole arterial system, and therefore comes under the head of general fever.

It is well known by all who have been the subjects of this disease, that it is one of excruciating pain and almost insupportable suffering. The acute pain arises from distention of the pleuratic arteries and veins, increased and morbid sensibility, and the unavoidable dilatation and contraction of the lungs in performing the function of respiration. But this pain is only a secondary and, necessarily, consequent symptom; that is the inflammation. Nature's efforts to remove the disease could not be performed, but at the expense of this severe pain. We must recollect that the part affected is highly sensible and constantly agitated by the motion of the lungs; the causes (we mean the immediate causes) which produce the pain, are absolutely requisite for the adjustment of the derangement; hence the pain must be regarded as a partial and ne-

cessary evil, which is more than counterbalanced by the good which grows out of the direct causes that excite the pain.

From what has just been said, we come to the conclusion, that means may be used in the treatment of disease, which relieve pain, but strengthen disease. So in pleurisy, bleeding generally gives speedy relief, since it produces a vacuum in the vessels of the bleeding vicinity ; thus making room for some of that blood which should and would have gone to the affected part ; but how long would this relief from pain continue ? The answer is obvious, viz : just long enough for the vacuum to be filled, and the blood to be again (and necessarily too) injected into the arteries and veins of the pleura. Then, when nature commences her efforts to relieve the oppressed organ, the pain, as an unavoidable consequence, returns. If the doctor is present, he bleeds again, and gives relief for the moment in the way before explained. Should nature once more be able to make an effort, sure as the doctor finds it out, he bleeds. Now, if any one wishes to know the result of such practice, let him call to mind the cases of pleurisy which he knows to have been treated in this manner, and then tell me, if such patients have not been doomed to a speedy dissolution, a long convalescence, or to a slow, sluggish and ineffectual fever, (termed by the books typhoid pneumonia,) or in simple language, disease of the lungs, accompanied with the ineffectual and puny efforts which nature makes after being deprived of her strength.

The result of what we have said upon bleeding, in cases of pleurisy, is, that pain, in all diseases, is a consequent and unavoidable symptom ; that the degree of pain will be proportioned to the degree of sensibility in the affected part, and the extent of the

disease ; that pain may be relieved, without removing disease, and that in all these cases there is danger that the relief is purchased at too dear a rate ; that bleeding, though it may, and frequently does give temporary relief, never fails to add strength to the disease by weakening the vital powers of the system ; that there is no more propriety for bleeding, in cases of pleurisy, than in any other inflammatory affection of the internal organs. In cases of severe falls and bruises, it is customary for physicians to bleed immediately ; and the custom is sanctioned by the common consent of thousands ; but we appeal to those physicians of modern education, for a refutation of this practice ; they know it is condemned by the greatest and best authors on modern surgery. When a blow or fall is first received, it produces general oppression, which can only be obviated by a reaction ; bleeding protracts the interval between the reception of the injury and the commencement of the reaction or fever, and necessarily renders the reactive effort less effectual when it does come on.

Authors have recommended that bleeding be delayed till a reaction takes place, and then let the bleeding be in proportion to the strength of the reaction. We would strongly recommend that, in all such cases, bleeding be delayed till reaction takes place, and then (unless we presume to know more in such matters than the Governor of nature's laws) not bleed at all. The equilibrium of the circulation is deranged or destroyed by the blow or fall, and the re-action or fever is all that can restore it. Those physicians whose practice it is to bleed in cases of concussions from falls and blows, are either self-sufficient in knowledge, or else their minds have not kept pace with the acknowledged improvement of their science.

Dr. Thatcher, (a warm advocate for the practice of bleeding,) speaking of it under the head of the general treatment of fevers, says, a cautious and deliberate consideration of numerous and variant circumstances, is requisite in determining on the propriety of abstracting blood from the general system in fevers, since the diminution of that fluid, which is the immediate *pabulum of life*, cannot be a matter of indifference to the constitution; if it be the most powerful means of influencing the vital actions, so it is the most dangerous, when improperly employed; if the most effectual in diminishing excitement, it is consequently the most apt to exhaust the vital energy. We have no infallible index to direct us; it is impossible, from the state of the circulation in the fever, to point to any certain criterion for the employment of the lancet; the state of the pulse is often ambiguous and deceptive. These circumstances require the nicest discrimination, as the result is often very different in cases seemingly analogous. A precipitate decision is fraught with danger, and a mistake may be certain death.

Typhus, which is the fever most prevalent in our climate, under all its modifications and forms, is attended with great general debility; and, as exhaustion of vital energy soon ensues, it is obvious that, to diminish the quantity of the vital fluid, must be to increase that dangerous state of the system which accelerates the fatal termination. Various, therefore, are the circumstances to be taken into view, and great is the diversity of opinions to be examined, in order to a right decision of this difficult point in practice.

It is admitted here, by Dr. Thatcher, that there is no certain criterion whereby we can determine the propriety of bleeding, and in this sentiment we most cordially agree with him; for it appears to us impos-

sible to point out the propriety of a practice which has no propriety in it. He says, also, that it (bleeding) is a dangerous practice; that many circumstances are to be taken into the account in deciding the point; and, from what he further tells us, we would think that even the best qualified and most experienced might sometimes make a mistake, come to an incorrect conclusion, and thus hasten the fatal termination.

But if this language of Dr. Thatcher's be true, respecting the obscurity in which his supposed propriety of bleeding is involved, can we reasonably suppose that the superficial knowledge, and of course non-experience of the young medical fops, or rather self-styled regulars, who are poured forth upon the world, with their unbounded confidence in calomel and the lancet, are sufficient to direct them to a proper decision of this point of practice? No, they are not qualified to decide, according to Dr. Thatcher's own sentiments. Our reader will, we think, conclude with us, that physicians, especially the young, who have not yet learned the bad effects of bleeding by experience, do frequently make "precipitate decisions which are fraught with danger, and mistakes which may be certain death." But what must be the consequence of that indiscriminate use of the lancet and calomel, which is practised in the southern states by planters and overseers, who are as little acquainted with the science of medicine, as a native African is with that of astronomy or navigation. Can the consequence be any other than that of human sacrifice? This must be the inevitable result.

Then we ask of our candid reader, will you adopt the practice of bleeding, and, for any little indisposition which you may feel, run the risk of having part of your very life taken from you? If physicians will persist in a practice which is so destructive to life and

so repugnant to reason and common sense, will you not rather act and think for yourself?

We shall here give a few remarks on the subject of blood-letting, made by the learned and experienced Dr. J. F. Daniel Lobstein, of the Medical Faculty of Paris, late physician of the Military Hospital and Army of France, member of the Medical Societies of Philadelphia, of the city of New York, of Massachusetts, of Maryland, of Lexington, Ky., of New Orleans, of Pittsburgh, Pa., of many others of Europe, and of several other learned and benevolent societies of the United States, author of several works on medical and literary subjects, physician and practitioner of midwifery in the city of New York.

“For the life of the flesh is the blood.”—Leviticus, xvii. 14. “A long time has elapsed, since I determined to publish my remarks on the pernicious effects of bleeding, which, not only during that time, but especially at present, is considered as almost a universal remedy, and frequently resorted to as a restorative in the slightest indisposition; notwithstanding the direful consequences attendant on such practice, it continues to be the main pillar of the medical profession. Were bleeding and mercury totally prohibited, a great many physicians would find themselves in the inextricable mazes of a sad dilemma; their time easily disposed of. It is astonishing to find that so many persons, and still more astonishing that so many physicians have fallen into this extravagance. Blood, as the most precious matter for life, is lavishly squandered where there is no necessity; yes, often without knowledge for what purport.

“My remarks shall, therefore, convince my fellow-citizens, that, so far from blood-letting being beneficial, it is productive of the most serious and fatal effects. Should I contribute, by these remarks, to save more

lives in future, and arrest this cruel practice, I would feel that gratification which arises from the consciousness of having performed a good act. How much is it to be regretted that such an awful scourge of humanity should exist.

“During my residence of fourteen years past, in this happy country of liberty and independence, I am bound to say that, in all my practice of twenty-seven years, as a physician, never have I seen, in any part of Europe, such extravagance of blood-letting as I have seen in this country. How many thousands of our fellow-citizens are sent to an untimely grave! how many families deprived of their amiable children! how many husbands deprived of their lovely wives! how many wives of their husbands, who have fallen victims to bleeding; and the same may be said of mercury. We no more count the loss of blood (by bleeding) by ounces, but by pounds. Each headache, each indisposition, is, among physicians, quite a sufficient pretence to say, “*you must be bled.*” In the blood is the human life. In the blood is placed the strength of the whole organic life; without blood there is no heat, no motion of the system; yes, take away from the brain the blood, and the self-cogitative powers will be instantly extinguished.

“Is it not evident that the most robust persons are such, because rich in blood? Certainly it is not such persons who are attacked with nervous weakness. Strength and blood stand always in direct relation. He who takes blood from the patient, takes away not an organ of life, but a part of life itself.

“In burning fevers, it is by numerous experiences proved, that the most simple fevers, by bleeding, become nervous and putrid fevers, of which I can attest many such instances. In pure gastric fevers, bleeding is always pernicious; it does not vacate the diseased

matter which is situated in the intestinal canal, and can only be removed by gastric remedies, while bleeding in such cases vacates a part of the strength which is necessary to be acted upon, in order to expel the disease.

“I desire it not to be forgotten, that, in regular gout, the inflammation is nothing else than a crisis, a local metastasis, by which a dangerous stuff from the internal parts is thrown to the external. Nothing takes more of the necessary strength away than bleeding; and the conclusion is, either the attack of the gout disappears directly, and the disorder is thrown internally, or to some dangerous part, as the head, the lungs, &c. Hence arise inflammation of the lungs, apoplexy, or inflammation of the stomach.

“In nervous affections, bleeding is no remedy; the nervous affection itself has, from its nature with the blood, nothing common; on the contrary, it arises from a defect of the blood and of weakness. I have seen, during my residence of nine years in Philadelphia, many ladies with nervous affections, and of such, four highly respectable ladies, whose physician I had the honour to be. Their former physician, in all slight indispositions, ordered them to be bled; whereby they became more and more nervous, and those had no nervous attacks when I stopped the bleeding. I treated in a similar manner, a very respectable lady in Philadelphia, who was attacked with a very severe pleurisy, and I saved her without bleeding, which to many in that city was very astonishing.

“It is alleged that the climate of this country requires, in all indispositions, to be bled; and, secondly, the people of this country are accustomed to be bled. Let us examine these reasons. How it comes to pass that, during my residence of fourteen years in this country, I can prove, by a great number of persons

who have been treated by me during that time, and in the same diseases in which such persons were treated by physicians of this country, who employed calomel in great quantities, blisters and blood-letting, cups and leeches to supererogation; and, of all those persons who have not fallen victims to such treatment, their convalescence was very long before they could obtain a little strength. Ladies who were very nervous, tormented with hysteric spasms. The former recovered by my treatment, in a very short time, and the latter, as I dispensed with the use of bleeding, lost their spasms, and became directly better; all which I can satisfactorily prove.

“Where I have not employed bleeding, such persons recovered by my treatment in a very short time. If now the climate of this country should require in all indispositions directly to commence with bleeding, and I have neglected it, all these persons were inhabitants of this country and climate; all these should have died, but they recovered sooner.

“2d. That people in this country are accustomed to be bled: this is true, a very true verity; but what is the true reason of it? Whether is it the patient or the physician? I believe, to speak with justice, it is the latter. What does the patient know of what is convenient for him? He complains of headache, cramps in the stomach, cholic, dyspepsia, &c., he sends for his physician, in whom he very likely has confidence; he thinks that all that is ordered him will be convenient for him; and the doctor, after feeling his pulse a little strong, declares to him his severe sentence, “you must be bled,” and thus is a habit of bleeding established. I know very many cases wherein a physician has accustomed his patient to be bled four times a day! But time has proved the result of such treatment by the death of a great number of such

patients. I am certain that all such persons who have been bled a great many times in their lives, their constitution must become weaker every year, but their repentance will in future be too late.

“The duty of a true physician, who is not an egotist, is to answer to the confidence of his patient, to recover him as soon as he can, and not, by weakening remedies, to prolong the treatment, especially if the patient is able to pay, thereby to inscribe to him a great number of visits, and the patient, by this intention, afterwards falls a victim to the avariciousness of the physician. How many patients have perhaps been treated with such an intention? If the physician can persuade his patient to be bled freely, if he do not soon die under such treatment, nevertheless his constitution is enfeebled and becomes weaker every year; and thus the patient is obliged frequently to call for his doctor, who has the pleasure at the end of the year to have a great many visits inscribed to his patient.

“Such a treatment I shall never undertake, notwithstanding different physicians would persuade me to do it. The quickest recovery of my patients, shall always be my greatest satisfaction.”

The above are the words and sentiments of the distinguished gentleman whose name we have given at the commencement of the remarks. We give them as his words, and we leave our readers to make their own comments upon them; observing only, that we think they deserve serious consideration; as coming from one of such high standing in the profession both in Europe and America; one educated in the old schools of blood-letting and mercury; one who against early prejudices and popularity has come out boldly and independently in the cause of truth and humanity. When a man is thoroughly convinced that he is

acting in a bad cause, it is the surest proof of his goodness and magnanimity, to come out and enlist in a good cause.—The love of popularity and the pride of boasting ignorance, has bound many, as with fetters of iron, to a bad cause, and induced thousands to misrepresent a good cause, and to do all in their power to injure those who are innocently and devotedly engaged in it.

In noticing the different ways in which inflammation or local fever may terminate, we mentioned mortification as being the most unfavourable termination. Under one variety of circumstances, inflammation will end in resolution; under another, in adhesion; when influenced by others, it may end in suppuration or the formation of matter, and, when operated upon by other circumstances still less favourable, it may terminate in mortification, or the death of the part. Each of the above named terminations, may be traced to an adequate cause. If a person of sound constitution receives a wound, giving rise to inflammation, this inflammation, if not prevented by art, will very probably end in resolution; or, in other words, a restoration of the form and functions of the part, without producing disorganization or organic lesion. If the constitution is less vigorous, or if there should accidentally be suffered to remain in the wounded part some foreign or extraneous matter, suppuration will be likely to ensue. But if the individual should be labouring under much debility at the time of the reception of the wound, or soon after, whether this debility be depending upon former disease or excessive depletion, we may reasonably conclude that, in such a case, mortification will be the result. How many cases of mortification have been produced by the debilitating effects of blood-letting? Any man possessing but a moderate portion of common sense, may see how

bleeding is calculated to produce mortification. No part can keep up its action any longer than it retains its power to act with. It is well known that mortification is most apt to occur to the aged, and such as are much debilitated by the effect of unwholesome food and bad air.

It is also known that, except in cases of local disease, mortification more commonly happens in parts more distant from the centre of circulation, in the extremities where the powers of life are weakest; all going to prove that debility or diminution of vital action is the immediate cause of mortification.

Improvement in surgery consists primarily and more essentially in lessening the necessity of operations, and, secondarily, in ascertaining the easiest and safest mode of operating, when the first object fails to be accomplished.

We, as medical reformers, profess to have discovered a plan of treatment for local fevers, which shall in general prevent the occurrence of mortification, and thus obviate the necessity of surgical operations. We know full well that he who skilfully amputates a limb, gains much applause; but we think that the reward of him who so treats the disease as to remove it, and thus save the limb, is much greater and far more desirable, since it consists in the pleasure arising from the consciousness of having done a useful and good act; though by this it should not be inferred there is no good in the former act; but we are apt to judge of the rectitude of actions, as we do that of people; viz.: by comparison or analogy.

We might say much more upon the subject now under consideration, without the fear of subjecting it to the inconvenience of even a partial exhaustion; but, for the accomplishment of our present object, and

in accordance with the brevity of this essay, enough has been said ; we feel confident that our candid and impartial reader will acquiesce with us in the following conclusion :

That bleeding seems to be a bad mode of practice, let us view it on what side soever or in whatsoever disease. That it is much better calculated to make people sick, if practised upon them when they are well, than to make them well if practised on them when sick. That it ought to be entirely abandoned by every physician. And that, if people are so partial to it, as to be determined to risk it, they should by all means get bled when they are well and better able to bear the loss of blood. That, finally, it becomes every lover of health and life, to study well into these things, to ascertain whether they be true or not.

CHAPTER III.

The value of steam in the removal of disease ; chiefly extracted from the second and third volumes of the Thomsonian Recorder.

SOMETHING GOOD FROM CONSTANTINOPLE.

AN EXTRACT.

“ BESIDES their many ridiculous modes and practices for the cure of *diseases*, there is one which, however, *merits our attention and praise.*”

The reader will notice that the extract is given from a communication in the Parisian *Lancet*, originating from Dr. Madden, and by him addressed to Dr. Gregory. We here present an extract from certain

extracts made by Dr. Felix Pascalis, and published in the New York Medical Enquirer.

Having thus briefly traced the origin of the extract now being made for the Thomsonian Recorder, we will first inquire, at the threshold, what one mode of cure, practised at Constantinople, "*merits our attention and praise?*" Reader, can you believe

"It is that of *Vapour Baths*, the good effects of which, in *cutaneous* and *rheumatic* diseases, could not be too much recommended. I have certainly witnessed many cures from them, four times as expeditious as those performed by the usual modes of treatment, even the most effectual."

After such a concession, we have been quite amused to see to what conclusions these learned gentlemen have arrived. The original writer, however, as principal in the subjoined sentiment, must be considered amenable for his own absurdities. Mark carefully his observations—

"But frictions alone seem to constitute the efficacy of the remedy. The limbs and joints are so much squeezed and twisted in all possible ways and manners, that they necessarily must become supple, however stiff they might have been before. I frequently was terrified at seeing how the attendants in bathing, could dislocate bones of the wrist, or of the shoulder, and immediately would restore them to their proper place."

Who does not see that the muscular relaxation occasioned by the warm bath made the luxations of the joints practicable? How readily do the most rigid, swollen dislocations become reducible by the same means? What degree of friction could succeed, in many cases, with which most practitioners must be intimately acquainted, without using the bath? Friction without bathing, instead of relaxing, would,

in a great proportion of cases, very uniformly aggravate the difficulty. But, that bathing and friction, judiciously combined, should overcome the difficulties that impede the reduction of luxated joints, is easy to conceive; and that they actually do produce such effects, is confirmed by constant observation.

The writer proceeds—

“Their adroitness in this respect is really surprising and prodigious. It would be of immense service, it seems, to gouty and rheumatic patients, to introduce into Europe the Turkish vapour baths; but they should be conducted, in *every respect*, as they are by them; for those which have been tried of late years in Brighton, compared with those of the Turks, are mere child's play.”

The writer, insisting on the necessity of conducting the whole concern, in “every respect,” as he has described, is rather ludicrous. We have much confidence in the vapour bath, in steaming and bathing with warm water, without excessive friction, squeezing, twisting, and dislocating bones. The editors of the *Medical Enquirer* have appended a note to the above, in which they remark—

“We are the more fully persuaded of the truth of the above singular and somewhat dreaded kind of bathing, as we have had, in our young days, the opportunity of a short voyage to Constantine, in the Regency of Algiers, where similar vapour baths were established in the most perfect style. The barbarian who handled our limbs, *frightened us exceedingly during the operation*, yet he did not cause any exquisite pain, although he left us very weak for a short time, on the couch prepared in an adjacent room; but pleasant feelings of comfort and elasticity both of limbs and spirits succeeded, which cannot be better

described than in the words of the poet:—‘*Et membris habillis venit vigor.*’ ”

Whether this exhilarating vigour, transfused through the whole system, was occasioned by bathing or by friction, squeezing, twisting, and dislocating, the writer does not inform us, but we are induced to apprehend it must have been by the manual manœuvres of the barbarian who “ handled the limbs, and frightened the subject of his operations exceedingly during the operation.” We are more inclined to this opinion, because this was a bath “ *established in the most perfect style,*” of course all these terrifying pranks were probably performed in the most dexterous manner.

The note of the editor or editors is more remarkable, as we find the association of physicians and surgeons, by whom the Medical Enquirer has been conducted, have always evinced uncommon hostility to Dr. Samuel Thomson’s mode of practice, steam and all. It is laughable to think with what a zest they, or some of them at least, could have enjoyed their terrific fright, and be “ squeezed and twisted in all possible ways,” until their wrist and shoulder bones were put out of joint, by the hands of a barbarian; but these same regular doctors, in a civilized Christian country, would shrink from the steam or vapour of warm water, carefully, humanely, and judiciously applied by Dr. Thomson or any of his disciples. We have not heard of any Thomsonian being accused of dislocating wrist and shoulder bones by steaming, but frightful stories of engorgements and congestions in lungs and brains of men, has become, among these wise men of physic, quite a proverbial story. What a ridiculous farce is sometimes attempted to be played off by scientific skill, by which the credulous and unthinking multitude are hoodwinked and deceived.

I would here remark, that steaming has become almost as fashionable with many of the members of the medical faculty, as with Thomsonians themselves; but, then, it must be done in a more scientific manner. Boiled oats or corn put up in small bags, and placed at the feet and sides of their patients, will produce marvellous effects; and they will thereby avoid the imputation of being the servile imitators of the despised Thomsonian steamers. The Thomsonian mode of steaming is maligned by the regular scientific traducers—it is called “boiling alive,” “roasting,” “sweating blood,” &c., &c. But instead of *steaming*, call it the “vapour bath,” and it is as innocent and harmless *as the soft mist of hot water!* “A rose by any other name would smell as sweet!”

We will now close this chapter with an extract from Dr. A. CURTIS'S lecture, delivered in Baltimore, October 16th, 1834.

An eminent medical writer remarks—“It has been generally thought that one constant effect of the warm bath is, to relax and debilitate the body; but this idea is now admitted to be founded in mistake. It is an error to suppose that persons who have been immersed in the warm bath are more liable to take cold; for the body is better able to resist cold after warm and vapour bathing, than at any other time.” “The vapour bath used in this country [England] is simple in construction and effectual in application. It is an apparatus to which the steam of boiling water, either simple or medicated, is conveyed through pipes from a common steam boiler. In this apparatus, the stimulant power of heat is tempered and modified by the moisture diffused through the air; and as the elastic vapour, like air, is a less powerful conductor of heat than a watery fluid, the effect of vapour in raising the temperature of the body, is much less than that of the hot bath.

Its heating effects are also further diminished by the copious perspiration which ensues; so that, on every account, the vapour bath is safer, in most cases more effectual than the hot water bath, and may be employed with success when the latter would be attended with danger. It may be applied also to the whole, or to any part of the body. To effect this, the steam is conveyed into a wagon-roof frame, under a blanket or other covering, to confine the steam. The temperature of the vapour bath is from one hundred and ten to one hundred and twenty degrees; and, though from ten to fifteen minutes is generally sufficient, there may be cases where an hour may be necessary.

Whenever the cold bath is deemed proper, the warm bath should first be used as a preparative. The bather should always go into the cold bath when warm, and seldom exceed one plunge, which produces a glowing and healthful appearance of the countenance, and an additional flow of spirits. "After the body is properly dried and rubbed, the cool air is grateful and perfectly safe. There is no danger whatever from cold—we are less liable to take cold after warm and vapour bathing, than at any other time. When the bath is used for cleanliness, refreshment, or as a luxury, the above rule admits of no exceptions."

"The vapour bath is to be used in all cases of fever, when perspiration is particularly desirable. The more immediate and general effects of this bath in fever, are, that it disposes to a calm and sound sleep, and regulates the discharge from the skin: the increase of the symptoms is lessened, if not prevented; the head is prevented from delirium, and the symptoms are moderated till the disease terminates. It has also been found beneficial in inflammation of the bowels, complaints of the liver, dropsy, water in the head,

glandular swellings of the neck, calculus complaints, gout, leprosy, white swelling, strangulated hernia, affections of the skin, &c." Our author then gives a long list of diseases, in which he says the cold bath is injurious, and adds—"On the other hand, the warm and vapour bath, properly regulated, will be found principal agents in curing most of the foregoing disorders."

"In eruptions of every kind, in edematous (dough-like) swellings of the limbs; in stiffness and contraction of the joints; in all those diseases called nervous; in every case requiring a course of mercury, [I should rather say, that has had a course of mercury—I know of none that requires it;] in early infancy; in the decline of life to the last stage of existence, the warm and vapour bath may be used with advantage and safety."

Let it be remembered that, by our author, steam is considered the principal agent in curing not only the diseases enumerated, but nobody knows how many others, represented by the significant &c., and that the Thomsonians use internal remedies so much more active against disease, and in favour of life, as to throw steam, valuable as it is, into the character of a mere auxiliary—a faithful nurse only that waits on the doctor. If steam alone, then, merits the high commendations I have quoted, what should be the meed of praise awarded to a full Thomsonian course. Could even the author of the Botanic System himself, have desired a more particular or accurate description of his steam-bath, or a more commendatory account of its usefulness and safety, than what is given in the above quotations? How completely does this author sweep away the objections of "weakening," "rendering liable to take cold," "causing inflammations," "congestions," "delirium," "en-

gorgements," "hemorrhages," and a thousand other bug-bear evils?

But, it may be said, this is only his opinion; he does not give the proof. Very well—let us draw the proof from other testimony.

"*Facts.*—Dr. Willich says, [Domestic Encyclopaedia, vol. 1, page 160,]—The sweating or vapour bath is used in Russia, by persons of every rank and age, in almost every disorder, before and after a journey, hard work, &c. These are frequented at least once a week, or as often as possible, whether in a state of health or sickness.

"The extraordinary degree of heat produced by the evaporation of water thrown upon red-hot stones, in a close room, raises the thermometer to 146 or 168 degrees—a degree of heat considerably above that which melts wax, and only twelve degrees below that for boiling spirits of wine. In such a bath the Russians lie naked on a bench, notwithstanding a profuse perspiration, sometimes for two hours, occasionally pouring hot water over their bodies, and at length plunge over head into a large tub of water. Many rush out almost dissolved in sweat, and either throw themselves into the adjoining river, or roll themselves in snow during the most piercing cold, without suffering any inconvenience, and probably with advantage; for we understand that rheumatisms are scarcely known in Russia, and there is great reason to attribute this exemption to the vapour bath." Dr. Charleton, who used the warm bath freely, says:—"Of 996 paralytics, most of whom had resisted the power of medicine, 813 were benefited by the proper application of the warm bath."—*Ib.* In his views of the Russian Empire, the Rev. W. Tooke says: "It is not to be doubted that the Russians owe their longevity, their robust state of health, their little dispo-

sition to certain mortal diseases, and their happy, cheerful temper, mostly to their baths. This remedy of nature's own invention, was employed with so much success that, for five hundred years, Rome had no other physicians." M. Savary, in his Letters on Egypt, says: "The Egyptians employ the vapour bath, for the purpose of procuring delightful sensations, and removing that irksomeness and apathy which is the concomitant of an idle and sensual life," &c.

Remark.—The Turks, Egyptians, and Russians bathe; the Persians and Hindoos champoon: the Russians jump from the steam-room into rivers, or wallow in snow, and all for "pleasure," "luxury," "delightful sensations," &c. And shall we be told that a Thomsonian steam-bath, with all its concomitant circumstances, which would immeasurably enhance the value of the above mentioned vapour baths, is almost as much to be dreaded as death itself? Be assured, my friends, that they who speak any evil of such a bath, are either *very* ignorant themselves, or else they presume on an ignorance in you, that is, to say the least of it, disgraceful to a free and enlightened community. Dr. Cooper, of South Carolina, recommends a steam apparatus much like those used by Botanic practitioners, and says he has often used it with a happy effect. Can the steam that is sanative and luxurious in South Carolina and Russia, that procures delightful sensations and a beautiful glow in the countenance in Egypt, Turkey, and Persia, destroy all the health and beauty of the robust sons and fair daughters of this enlightened city? For myself, I can safely declare that, in all my observations of the practice on persons of all ages, of both sexes, in a great variety of conditions and diseases, I have never known steam to do the least harm. On the contrary,

I agree most cordially with the authors quoted, "that, when properly regulated, the steam bath will always be attended with advantage and safety."

CHAPTER IV.

The system on which Dr. Thomson's mode of administering medicine is founded ; which are the few following, simple, and just principles.

1. THAT the constitutions of all mankind are essentially alike, and differ only in the different temper of the same materials of which they are composed. The materials or elements of which all are formed, as enumerated by MAGENDIE, are phosphorus, sulphur, carbon, iron, manganese, potash, lime, soda, silica or sand, alumina or pure clay, muriatic acid, water, oxygen, hydrogen, azote, caloric, or the *principle of heat*, light, and the electric and magnetic fluids ; which Dr. THOMSON, for brevity's sake, has resolved into *four* grand divisions ; namely, *earth, air, fire, and water* ; and adds, earth and water constitute the solids of the body, which are made active by air and fire. This last element, in a peculiar manner, gives life and motion to the rest : And when entirely overpowered by any cause whatever, death ensues.

NOTE.—Different numbers and portions of the elementary substances united together, form what are termed the proximate materials or principles of animals. These are albumen, fibrin, gelatin, mucus, the cheese-curd principle, urea, osmazome, the colouring matter of the blood, and the yellow colouring matter of the bile, &c. &c. &c.

Albumen is a principal material in the composition

of both the solids and fluids of the animal body. It resembles the white of an egg; and is coagulated by heat, as the white of an egg is by cooking; by which it may be distinguished from all other animal fluids.

Fibrin is a principal constituent of the blood, and is the basis of the muscles or flesh; and is therefore one of the most abundant of the animal fluids.

Gelatin exists copiously in many of the solid parts of the body; such as the cartilages, tendons, membranes, and bones, but not in any of the healthy fluids. It is that which produces the jelly, after boiling the skin or legs of animals, and, when properly prepared, forms glue.

We might go on with a lengthy description of all the principles which enter into the composition of animal bodies; but as this would be of but little interest or advantage to the common reader, we will desist.

2. That the construction and organization of the human frame, is in all men essentially the same. They have similar solids and fluids, viz. : bones, cartilages, tendons, nerves, muscles, veins, arteries, flesh, blood, and other juices, body, and parts, or members.

3. That all are sustained in a manner as similar as their formation, from the earth, the common mother of us all. Of the elements man is made, and by the same elements he is supported.

4. That a state of perfect health arises from a due balance or temperature of these elements. But when this is by any means destroyed, the body is more or less disordered. And when this is the case, there is always an actual diminution or absence of the element fire or heat, and in proportion to this diminution or absence of heat, the body is affected with its opposite, cold. [☞ This is what the calomel doctors call catching or taking cold !!!] The former (heat) is

nature itself, the best physician of the body ; the latter (cold) its enemy ; the first is the health and life of the body, the last its disease and death.

5. That all disorders, however various the symptoms, and different the names by which they are called, arise directly or indirectly from obstructed perspiration. The many evils derived from hence, must be obvious, when it is considered, that the discharge from the body thereby, is greater by one eighth, than by all the other evacuations combined. Obstructed perspiration may be produced by a great variety of causes: such as anxiety, and sorrow of mind, by severe study, and any sudden emotion, as anger or joy ; by *intemperance*, as drunkenness, gluttony, or too little sustenance ; from any kind of irregularity, from inaction, or too severe labour ; from too much sleep or too little ; from sudden changes of habit, or in the atmosphere ; from bad air, or unwholesome diet ; from wounds, bruises, burns, or chills, and from any injury, whether external or internal. In a word, from whatever diminishes the active energy of *heat* or nature.

6. Now, as all men have similar constitutions, being formed of the same materials differently tempered : as their construction and organization essentially agree : as they are all sustained from the same elements which form their composition : as a just balance, and due proportion and operation of those elements produce a state of health, and the reverse destroys it : as all the forms of disease take their immediate rise from insensible perspiration in a greater or less degree obstructed : as this is an effect universally produced from whatever is injurious to the system, as the distant and original cause of disease—it is evident, that those medicines which are most agreeable to nature, and efficacious in removing obstructions,

and the evils thereby produced, and restoring the equilibrium, activity, and energy of the system, must be the best, and universally applicable. For, be it remembered, that DISEASE IS A UNIT.

7. No medicine can with certainty be depended upon in removing disease, except so far as *it is known* to act in harmony with the living powers, or vital principle; hence all *poisons* are expunged from this system of practice; and nothing is given to sick persons under the name of medicine, that would induce disease, or cause persons in health to become sick. The medicine used in this practice is variously compounded, and is powerful; but innocent as powerful. It is warming, opening, searching, penetrating, purifying, quickening, and quieting. All these qualities it absolutely possesses, and is therefore suited to the disorder of the human frame, whatever may be the name given it.

8. Every animated body has its proportion of caloric or heating principle, suited to its size, adapted to its nature, proportioned to that degree of living power requisite to keep up the operation of all the animal functions, essential to the perpetuating of the peculiar specific form and mode of being in such animal.

9. The heat of animal fire, or that degree and condition of it that constitutes the living state of animalized existence, is maintained and continued by a suitable supply of appropriate fuel, or materials that are naturally adapted to that end-or use, THESE ARE FOOD AND MEDICINES. These harmonize with each other in their salutary effect, or natural influence on animal bodies.

10. Food and medicine originate from the same munificent Hand, grow in the same field, and are adapted to the same end or design, viz. : to supply fuel to the

fire of life, to sustain and nourish the animal machine by warming, dilating, filling the vascular system maintaining the action, and supplying the wasting powers of the living state. Medicine removes disease not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

11. On these supplies our life depends, viz.: the continuance of that state of warmth and action which constitutes the living state. When food is masticated and taken into the stomach, the process of digestion commences. By the warmth and action of the organs of digestion and the gastric juices, the food is decomposed or consumed like fuel consuming in a fire. The breath and perspirable vapour, are the smoke arising from this fire. The fœcal matter of dejections are as the ashes or earthy substance remaining after the consumption of fuel.

12. To understand the cause and nature of life and death, or of warmth and motion of cold and inaction, it is necessary to advert to general principles, and the analogies of nature. There is one general cause of the natural sensation of hunger, and one general method to relieve that want, or satisfy and relieve that sensation. Suitable food relieves hunger when taken into the stomach.

13. In perfect accordance with this, there is but one immediate cause of disease—however varied the remote cause may be, the immediate cause of the sensation of disease is uniformly and invariably the same, differing only in degree, and incidental diversity of symptoms, occasioned by local injuries, organic lesion, or functional derangement dependent on these, or whatever might predispose to a diseased state.

14. As there is one general cause of the sensation of hunger, to be relieved by one general method, viz.: by food, and this food may consist of sundry articles

adapted to the same general end, so there is one general, or immediate cause of the sensation of disease, to be relieved or removed upon one general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body than an epicurean variety; so disease is more readily and certainly removed by a few simple remedies, that are best adapted to the human constitution.

15. That medicine that will most readily and safely open obstructions, promote perspiration and restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state or form of disease, and must be universally applicable to a diseased state of the human system.

16. Thus I have given a summary view of the outlines of my conceptions of the construction and elementary composition and constitution of the human body in a living state, whether healthy or diseased. The power or faculty of breathing is a capacity or condition to be acted on with effect, rather than any inherent power or faculty of acting. *HEAT rarifying and lightening air* excites respiration: rarifying and lightening water excites perspiration. Rarifying and lightening air and water, the vapour of breath and sweat are produced and thrown off.

17. By heating water in the stomach we lighten the air in, and expand the lungs—the weight of the cool condensed and weightier external air, presses out the light and rarified air; these circumstances of the living state of the animal body, occasion the alternate contractions and dilations of the lungs, that constitute the action of breathing, indispensable to the living state.

18. By heating water in the stomach and air in

the lungs, we put the steam engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam engine. Some of the fundamental principles of action are the same. In inspiration cool fresh air is inhaled, in respiration the rarified lightened air and vapour are exhaled or thrown off, out of, or from the *steam pipe*. This action by which steam is expended, the whole machinery of the living animal is kept in operation—the great fountain pump of the heart is kept in play, and pumps the blood through the lungs and arteries to the extremities, deep in the flesh and near the bones, which is returned in the veins. The warmth and action commencing at the fountain are propagated through the system to the remotest extremities.

19. So long as the fire keeps up that state and degree of warmth essential to the living state of the animal body, or, to, speak figuratively, so long as the fire is kept good in the boiler, to keep the engine at work, so long the pump will go.

20. Our regular meals supply regular fuel to keep up animal heat, as the regular teasing and tending a fire with wood will keep it burning. Drink supplies the boiler with water, which creates the steam : condensed water is discharged through its natural channel.

21. On these principles of the philosophy of life we may expect a regular, well-formed machine to continue its operations until worn out, or broken by the indiscretion and bad management of the engineers.

22. If the machine be intrusted to the management of an ignorant, incompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent in the discharge of his duty, your *steamboat*, if I may so speak, will begin to fail in its speed, for lack of fuel to keep up the fire and

water to supply the steam ; or the engineer may conclude *the cholera* affects the machine, and will cast ice into the boiler to cool it down, or tap the boiler as a preventive or remedy, and draw off the hot water—his boat begins to sink rapidly down stream. This is often done by the lancet.

23. If you would keep your steamboat's *steam-breath* motions going on, keep up a supply of water in the boiler, and a supply of fuel to keep it sufficiently warm : raise the steam, and the actions of life will proceed regularly.

24. Concerning the doctrine of a *vital principle* diffused through the whole organic structure of the animal machine, inducing an elementary mode of union, or specific union of the component elements, differing in nature from all chymical union and affinities, and from all the laws of physical union with which we are acquainted, we would just observe that this subject has employed the minds and pens of many talented writers, who have cast but little valuable light on the intricate theme.

25. When we are asked what constitutes a living fibre, we might as well ask what constitutes any other property of living matter. What constitutes that in which the life of a leaf or stem of a living tree consists—"What can we reason but from what we know?" Every living thing has something peculiar to the nature or life with which it is endowed in the living state, whether vegetable or animal : but a living animal has heat and motion ; without this animal heat and motion the animal becomes dead : without a due proportion of heat inward and outward, or outward and inward, there is no animal motion, no animal life.

26. We know not of any vital principle, except a capacity to be brought into that peculiar mode, state,

and degree of warmth and action, constituting animalization, or the sensitive living state of animal bodies.

27. Warmth and action do not constitute animal life, in unorganized matter; they do not constitute animal life without an organized animal structure, to which heat gives the impulse applied to and connected with the animal structure; caloric, or the principle of heat, rarifying and lightening air, excites action, which circumstance of being, constitutes animalization or the living state.

28. Warmth and action do not constitute animal life, only as applied to, connected with, and exercised in an organized animal body, possessing a capacity inherent in its nature to be put in operation, in which state or condition of being, sensation, perception, and consciousness of identity, or individual existence, are gradually developed: but these circumstances of life are not life itself—there may be animal life, viz.: breath and motion, in an animal body where these functional powers are totally deranged or utterly extinct.

29. Fire and steam are necessary to propel a steamboat, but notwithstanding the capacity or adaptation of the mechanical structure to be propelled, the boat will not go until the fire is kindled and the steam raised to put it in motion.

30. The animal body is a machine so constructed, so modified, endowed with such a capacity for life, call it vital principle, or what you please, that heat, rarifying and lightening air, stimulating and expanding the lungs, puts the machinery in motion, and pumps the tide of life through all its crimson channels. This combination of circumstances constitutes the living state of the living animal, for where these circumstances do not exist, there is no animal life—the animal form is dead.

31. Suppose a man in all the vigour of life falls into the water and sinks, in a few minutes he is taken out apparently dead, the warmth and motions of life, if not extinct, are at a low ebb—as soon as you can kindle up the decayed spark, and restore inward heat by medicine, friction, or any appropriate means, if the capacity for the action of life is not utterly extinct, an energy is given to the system, the air in his lungs becoming warm, rarifies, and expands, and heaves them into action—the machinery begins to move—the wheels of life no longer wallow in back water—the proper state and proportion of heat inward and outward is recovered—nature rises to its wonted strength and vigour.

32. All that is requisite in such a case, is to supply fuel to raise the latent spark of the fire of life. The same holds good in a collapsed state of disease, whether it appears in a cholera form, or whatever shape it may wear. The vascular system loses its wonted tone, the whole system is sinking—the power of life is unable to distend and expand the lungs; the heart and arteries no longer propel their contents by maintaining the requisite action. The spark of life is becoming extinct; the water that should breathe, exhale, and perspire away, becomes congestively condensed and extinguishes the spark of living fire. The coolness and weight of the internal air is too much for the small degree of heat remaining in the lungs, heart, &c.; the power of life, or rather the power or capacity to live, to keep the powers of animal life in their warm and moving, or living state, become measurably extinct. For lack of heat, the air in the lungs is not rarified and lightened so as to give the necessary action, &c.

33. In this case, shield the sufferer from surrounding cold air, by wrapping in a blanket, placing warm

in bed, and gradually raising a steam around him ; administer gradually, frequently, and perseveringly the warming medicines, and giving injections, which all acquainted with my system will readily understand—proceed until you can gain a sufficient degree of inward heat to expand freely, to rouse the sinking, fainting, I might say drowning patient, to a proper degree of warmth and action ; when they have pursued a proper course, they will sweat freely ; and when they crave food, give them enough to keep up the steam—the pump of life will begin to work freely, and the patient to rejoice in the warmth and action arising from the resuscitated powers of departing life.

34. Much has been said about drawing in the breath ; but the fact is, you cannot keep the *breath-air* out, so long as there is a due degree, or natural proportion of heat in the lungs ; neither can you prevent the motion of the *pump-like* action of your heart in its systole and diastole. But when the heat decays, or state of living warmth declines, the lungs begin to labour like a wheel wading slowly in back water. The pump has not power to roll the blood along the arterial canals, the pulse falters—the extremities grow cold—the blood that maintained the warmth, by its active circulation, recedes from the extremities—there is not heat enough at the fountain or boiler to keep up the steam, and continue the living action—blood settles in the veins, not being supplied and propelled by the pulsation in the arteries—the fire becomes extinct—the pump no longer plays at the fountain—the man dies ***** for want of breath ;  for want of capacity to breathe, or because the inward heat is reduced below the living point. The proper and natural proportion and modification of the inward and outward heat, as they exist in the living animal, becomes deranged, destroyed, and life

extinct. The disease is as contagious as though the man had been ***** *hanged or drowned!!!*

35. It has been thought expedient to use some repetitions, that the leading ideas being variously expressed, might be more clearly illustrated, and easily understood by the common reader.

36. The regular faculty are requested to inquire, whether the depleting antiphlogistic practice that has been popular and notoriously mortal in its results has not been the cause of producing much disease, and many of the most fatal results that have attended on what has been called scarlet fever, yellow fever, cold plague, and *now* cholera.

37. I am aware of being accused of skepticism by some capricious critics; though I do not interfere with the polemic debates of those theological disputants who too often confuse the minds and disturb the peace of society. If it may serve to pacify the ingenuous feelings of any honest inquirer after truth, I would just observe that "*the breath of life,*" is inhaled or breathed into man, and by heat rarifying air breathing commences, and man thus becomes, and is thus sustained a living animal. How far my ideas contravene the declaration of Moses on this subject, let those who are wiser than myself determine.

38. In conclusion, I would remark that the causes of vegetable and animal life are the same, viz.: one common principle produces similar effects: Nutritive life in animals and vegetables bears a striking resemblance to each other; vegetables, like animals, are constituted or formed of the four great cardinal elements; all vegetable life is under the control, influence, and operation of similar principles as that of an animal. Without *earth, water, fire, and air*, nothing like vegetation could exist. The winter season is a state of *death* to vegetation: just in proportion to the loss

of heat is the degree of the suspension of life: we mean a loss of heat in that peculiar modification or elementary combination thereof that constitutes the living state of a vegetable: this is a degree of death, or a degree of the suspension of vegetable life. In many instances the suspension is total.

39. In cold countries, after the winter has passed away and the spring returns, suspended vegetation and suspended animation are again restored; the torpid reptile again inhales the breath of life. Heat in this case is not only an agent of restoration to life and vigour, but is so adapted to the condition of the being on which its influence is exerted as to constitute a living principle—so, on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with and contrary to the living state is death itself.

40. Heat does not act alone and independent of its fraternal elements, but in harmony and accordance with the whole family. But without their elder brother, there is no life in the material universe. The elements would rest in everlasting silence and inactivity if destitute of this generative father of life and motion.

41. Abstract the element of fire from all the other elements, stillness and silence would be universal; the life of all that breathes and moves would be swallowed up in the stillness of eternal death. Earth and sea would be and remain a solid, unmoving, and immoveable mass; the fluid air would be consolidated to the flinty hardness of the diamond on its native rock; creation would be a blank—and ***** here I pause!!!

42. We will conclude this chapter by a few general remarks on FEVER, in order to show the mistake of doctors and others, concerning the great variety of

fevers which it is supposed people have, and often die of. Our author remarks:—Much has been said and written upon *fevers* by the professedly learned doctors of medicine, without throwing the most profitable light on the subject, or greatly benefiting mankind. They have been abundantly fruitful in inventing names for the various forms of disease, and with great care and accuracy distinguished their different symptoms; but they appear quite barren as to the knowledge of their origin and remedy. To the first but little importance, comparatively speaking, can be attached; but the latter is of the highest importance to all classes of people. Names are merely arbitrary *sounds*; and the knowledge of a *name* is but the anise and cummin; but in the knowledge of the origin of a *malady*, and its antidote, or remedy, lie the more weighty matters of the science.

43. According to the writings of *learned physicians*, there are a great variety of *fevers*, some more, and some less dangerous. But to begin with a definition of the NAME: What is fever? *Heat*, undoubtedly, though a disturbed operation of it. But, is there in the human frame more than one kind of heat? Yes, says the physician, (strange as it may appear to us common folks,) there is the *pleuretic* heat, the *bilious* heat, the *typhus* heat, the *slow nervous* heat, the *putrid* heat, the *hectic* heat, the *yellow* heat, the *spotted* or *cold* heat, and many other heats [in all about thirty-nine!] and sometimes (calamitous to tell) one poor patient has the most, or the whole of these *heats* or fevers, and dies at last for the want of heat!!!

44. Is fever or heat a disease? Hippocrates, the acknowledged father of physicians, maintained that NATURE is heat; and he is correct. Is *nature* a disease? surely it is not. What is commonly called

fever, is the *effect*, and not the *cause* of disease. "Fever is an effort of nature, to rid herself of an offending cause." It is the struggle of nature to throw off disease. The cold causes an obstruction, and fever arises in consequence of that obstruction, to throw it off. Remove the *cause*,—that is, the obstruction,—and the effect—that is, the *fever*—will cease. No person ever yet died of a fever; for as death approaches, the patient grows cold, until, in death, the last spark of vital heat is extinguished. This the parchment gentry cannot deny; and as this is true, they ought in justice—yea, in mercy to their fellow-beings, acknowledge that their whole train of depletive remedies, such as *bleeding, blistering, physicking*, starving, with all their *refrigeratives*; their OPIUM, MERCURY, ARSENIC, ANTIMONY, NITRE, &c., are so many *deadly engines*, combined with the disease, against the *constitution* and life of the patient. If *cold*, which is the commonly received opinion, (and which is true,) is the cause of *fever*, to repeatedly bleed the patient, and administer *mercury, opium, nitre*, and other refrigerants, to restore him to health—is as though a man should, to increase a fire in his room, throw a part of his fire out of the house, and to increase the remainder, put on water, snow, and ice!

45. As it is a fact, that cannot be successfully denied, that fever (and all other forms of disease) takes its rise from one great *cause* or origin, it follows of course that one general method of removing that *cause* will answer in all cases; and the great principle is, to assist nature, which is HEAT.

46. At the commencement of a fever, by a direct and proper application of suitable medicine, it can be easily and speedily removed, and the patient need not be confined long. *Twenty-four or forty-eight*

hours, to the extent, are sufficient ; and often short of that time, the fever may be removed, or that which is the cause of it. But when the patient is left, unassisted, to struggle with the disease, until his strength is exhausted, and more especially, when the most unnatural and injurious administrations are made, if a recovery is at all possible, it must of necessity take a longer time. These declarations are true, and have been often proved, and can be again, to the satisfaction of every candid person, who will lay their prejudices aside, and will make themselves acquainted with the truths contained in this little book.

The venerable and intelligent Dr. HERVEY held forth the following language just before his death.

“ By what unaccountable perversity in our natures does it appear, that we set ourselves so much against every thing that is new ? Can any one behold, without scorn, such drones of physicians, that after the space of so many hundred years' experience and practice of their predecessors, not one single medicine has been detected, that has the least force directly to prevent, to oppose, resist, and repel a continued *fever*. Should any one, by a more sedulous observation, pretend to make the least step towards the discovery of such remedies, their hatred and envy would swell against him, as a legion of devils against virtue ; the whole society would dart their malice at him, and torture him with all the calumnies imaginable, without striking at any thing that should destroy him root and branch. *For he who professes to be a reformer in the art of physic, must resolve to run the hazard of the martyrdom of his reputation, life, and estate.*”

Dr. THOMSON says,—“ The treatment which the writer has received from some of the learned physicians, since his discovery of the remedy for the fever, and various other diseases, is a proof of the truth of

this last saying of Dr. HERVEY. They have imprisoned him, and charged him with every thing cruel and unjust; though, upon a fair trial, their violent dealings have come down upon their heads; while he has not only been proved innocent before the court, but useful; having relieved many which the other physicians had given over to die."

Yes, fellow-citizens, even in America, "the land of the free, and the home of the brave," the generous, undaunted, and persevering Dr. THOMSON has been imprisoned in a filthy dungeon, in the dead of winter, without fire; and tried for his life; because he would put his discoveries into the hands of the people, for their own benefit; thereby striking a death-blow at the very root of *doctor-craft*. Circumstances forced him to put his powerful mind into action, the result of which will be an everlasting benefit to all those who choose to profit by it. He has found out remedies which, any one alone, might be sufficient to have immortalized his name. The truth of which, I trust, will be apparent to all who will carefully peruse this volume through.

CHAPTER V.

A description of the most common forms of disease, with the mode of treatment according to the true Thomsonian principles.

ABSCESSSES, (Common.)

CAUSES.—Deep-seated inflammation, &c.

SYMPTOMS.—Cold shivering, shooting pains, throbbing, &c.

Treatment.—When the symptoms are violent, give

a full course of medicine without delay : apply a poultice of pulverized slippery-elm bark and ginger, mixed with a tea of No. 3, and after the abscess breaks, apply the poultice or salve until a cure is effected.

ACIDITIES, (*in the Stomachs of Children.*)

CAUSES.—Costiveness; improper or too much food; bad milk; weak digestion; natural tendency, &c.

SYMPTOMS.—Crying, restlessness, hiccup, vomiting, green stools, sour belchings, drawing up of the legs, &c.

Treatment.—Give two or three doses of composition tea, with a piece of sal æratus as big as a pea in one of the doses; then give an emetic of No. 1, or of the “Infant’s Emetic;” and after the operation of the emetic is over, give the “Infant Drops,” or the No. 4 syrup, or spiced bitter tea, to restore the digestion.

AGUES AND FEVERS.

CAUSES.—Marsh effluvia; poor diet; fatigue; intemperance; damp rooms or beds; unripe fruit, &c.

SYMPTOMS.—Cold shivering languor; pain in the head and loins; coldness of the extremities; with sometimes great sickness and vomiting; to which succeed shivering and violent shaking; after comes on hot burning fever. These symptoms returning in 24, 48, or 72 hours.

Treatment.—Full courses of medicine repeated every day, or every other day; with generous nourishing food; using, at the same time, the hot bitters, three or four times a day, until a cure is effected.

In some violent cases, where the above treatment seemed to be almost useless, having been faithfully pursued for two or three weeks, without success; I have succeeded in arresting the disease, and breaking up the above symptoms by using the “Ague Chaser”

instead of hot bitters. Still, however, I think the No. 4 bitters are the best, unless the system has been previously *oppressed* with too much hot medicine.

ASTHMA, (*Difficulty of Breathing.*)

CAUSES.—Spasmodic affection of the lungs, brought on by almost every thing that increases the action of the heart; atmospherical influence; noxious vapours, or fumes of metals or minerals taken into the lungs. In a word, the disease may proceed from any cause, that either impedes the circulation of the blood through the lungs, or prevents their being duly expanded by the air.

SYMPTOMS.—Fulness and oppression (with a wheezing noise) about the chest and stomach; fever, headache, &c.

Treatment.—If suddenly attacked, or during a paroxysm of asthma, take a full course immediately, or immerse the feet in warm water as hot as can be borne, and drink freely of composition, ginger, or cayenne tea, until a perspiration ensues; then go to bed, and put steaming bricks or a jug of hot water to the feet, and take one or two table-spoonfuls of Tincture of Lobelia, or the Cough Drops—if this dose should puke, drink composition, No. 3, or spearmint tea to cleanse the stomach; after which, take some light food, and when the sweating begins to abate, wipe dry, and change the clothes; afterwards take from a half to two tea-spoonfuls of the Tincture or Drops, three or four times a day, until cured. The above treatment should be repeated, if necessary.

BILE (*Vomiting of.*)

CAUSES.—Foul stomach; indigestion, &c.

SYMPTOMS.—Frequent nausea, and vomiting bilious matter; soreness and distentions of the stomach, &c.

Treatment.—The same as Acidities; giving a course, if necessary, and the bitters to correct the bile and assist digestion.

BILES.

CAUSES.—Foulness of the blood; scorbutic affections, &c.

SYMPTOMS.—Hard, circumscribed, and exquisitely painful tumors.

Treatment.—Cleanse the system of canker by using No. 3 and taking an emetic; then poultice till ready to be opened—lance and apply the poultice or salve till cured.

BLEEDING FROM THE NOSE. (*Epistaxis.*)

CAUSES.—Fulness of habit; determination to the head, &c.

SYMPTOMS.—Pain in the head, heaviness, lassitude, &c.

Treatment.—Place the patient's feet in warm water—keep him warm by giving Composition, with a teaspoonful of No. 6 in each dose. If this does not succeed in a short time, give an emetic, and apply the steam to equalize the circulation: as soon as this is effected, the bleeding will cease.

In all cases of bleeding from the stomach, or lungs, or uterus, let it be your chief aim to obtain an equilibrium in the circulation: when this is accomplished, there will be no more unequal pressure of the blood on the vessels of these organs, or any other part where the hemorrhagic determination existed.

In cases of uterine hemorrhage, a large tea-spoonful of No. 2 mixed with sweet milk or molasses may be given every fifteen or twenty minutes, until several doses are taken. The feet must be kept warm at the same time; and the vagina and uterus should be injected with a strong tea of red raspberry leaves and

bayberry, with a tea-spoonful of No. 6 or 3d Preparation, blood-warm. This injection, in large quantities, should be repeated until the object be obtained. I would add, that, in cases of such great emergency, emetics should not be omitted, nor injections to the bowels dispensed with. The same directions will apply to all cases of flooding, whether from miscarriages, or the birth of a full-grown child.

CHICKEN POCK, (*and Variola.*)

CAUSE.—Specific contagion.

SYMPTOMS.—Chilliness, succeeded by fever; pain in the head; eruption on the skin, &c.

Treatment.—First give an emetic, to clear the stomach; then Composition, or the Infant Drops with a little No. 6 in them, to keep up perspiration; if the bowels are disordered, give injections also. In small pox, the same treatment must be applied, and, also, full courses of medicine must be given to drive the virus from the system and keep the determination to the surface.

CHILBLAINS.

CAUSE.—Exposure to severe degrees of cold.

SYMPTOMS.—Painful inflammatory swelling, of a deep purple or lead colour, &c.

Treatment.—Wrap the limbs in cloths wet with cold water, and, at the same time, give hot medicine: as cayenne, ginger tea, or Composition, with a tea-spoonful of No. 6 in it; if the skin be off, apply fine elm, wet with a tea of No. 3. Burns and scalds should be treated as above, keeping the parts burnt or scalded constantly wet with cold or lukewarm water, for at least 12 hours, or as long as the smart returns—and, in all cases where the injury is great, a full course must not be omitted.

NOTE.—Where the feet are badly frosted, and, of

course, disagreeably itchy; take a pot full of dry chestnut leaves, after they have fallen from the tree; boil them well, and bathe the feet in the liquor, as hot as can be borne, for several nights in succession; after bathing, rub them well with No. 6, and, in a short time, a radical cure will be effected.

CRAMP, (*in the Stomach and other parts.*)

CAUSES.—Spasm of the muscles, from various causes, such as exposure to cold; irritating substances in the stomach, &c.

SYMPTOMS.—Various, according to the cause; wounds, &c. In women, hysterics; pregnancy, &c.

Treatment.—Full courses, in which the 3d Preparation and injections are freely used, will be the speediest way of removing the complaint. The use of bitter tonics, accompanied with nerve-powder, are also indispensable, after each course. When the cramp is in the limbs, rub them with stimulating liniments—No. 6—No. 6, and sweet mixed, or the 3d Preparation. Friction alone, will sometimes answer the purpose.

COLIC (*Colica.*)

CAUSES.—Crude and ascendent food, wind, redundancy of acrid bile, obstinate costiveness, fumes of lead, &c.

SYMPTOMS.—Distension of the lower belly; severe pains at the pit of the stomach, and about the navel; wandering pains in the bowels, often accompanied with vomiting.

Treatment.—Give No. 6, in tea-spoonful doses, repeated occasionally. If this should not suffice, give an emetic, or a full course immediately

CONTUSIONS, (*Bruises.*)

CAUSES.—Mechanical injuries, &c.

SYMPTOMS.—Pains, swelling, dislocation; spasms, involuntary contraction, &c.

Treatment.—Apply cold water by the means of cloths, and give heating medicine at the same time to raise a perspiration: to rub the part affected with No. 6, or No. 6 and nerve ointment, or nerve tincture mixed, is also very good. A full course is often necessary.

CONVULSIONS, (*Fits.*)

CAUSES.—Teething, worms, bowel complaint, &c. in children. In grown persons, exposure to cold, sleeping in the open air, or on damp ground; obstructions in the general circulation, and irregular evacuations of the system, &c.

Treatment.—Persons who are subject to this complaint, should resort to full courses of medicine immediately. Between the courses the best means of keeping up a healthy action, and restoring tone to the system, should be attended to; such as the composition tea, with nerve-powder in tea-spoonful doses night and morning; No. 4 bitters, or No. 5 cordial with No. 2, in half tea-spoonful doses, should be taken three or four times a day. By pursuing this course of treatment faithfully, the general health will be improved, the digestion restored, the nervous system strengthened, and the disease entirely eradicated.

COSTIVENESS.

CAUSES.—Frequently from neglect of going to stool; large quantities of solid food; indigestion; copious sweats, &c.

Treatment.—Give the wine, or No. 4 bitters; pepper sauce at meals; and make use of injections. See, also, the anti-dyspeptic pills.

CANCER SORES.

CAUSE.—Dr. Thomson says, “a cancer is the highest degree of canker, being the most powerful effect of cold, and consequently the greatest degree of inflammation; therefore the remedies ought to be those of a warming nature, as the greatest preventatives against cancers. (See *New Guide*, pp. 104—106.)

Treatment.—Regular courses to clear the system of canker, accompanied with a free use of stimulants, tonics, and antiseptics; applying the cancer plaster at the same time to the sore—washing it frequently with a strong tea of No. 3, with No. 6 in it. If the cancer is not running, take a piece of soft leather—cut a circular hole of a suitable size in it, and place the leather with the hole directly over the cancer wart, or tumour: then put a plaster of quicklime and soft soap over the hole, which will, in a short time, ripen and dissolve the tumour; after which, apply a poultice, or the cancer plaster, as above directed.—(See **CANCER PLASTER.**)

COUGHS—COLDS.

CAUSES.—From *catching* cold, changes of temperature, wearing of wet clothes, &c.

SYMPTOMS.—Cough; expectoration more or less; thin discharges from the nose; sore throat, &c.

Treatment.—Take a dose of composition and No. 6, on going to bed; apply hot bricks, rolled in wet cloths, to the feet; also take the Cough Powders; and if the cold be of long standing, give a regular course, and repeat, if necessary.

CROUP, (*or Phthisis.*)

CAUSE.—Application of cold, &c.

SYMPTOMS.—Known chiefly by the sonorous whoop of deep inspiration.

Treatment.—Bathe the feet in warm water immediately; and while bathing, give from a half to a teaspoonful of the Cough Drops every ten or fifteen minutes, until the child pukes. This generally gives relief; but if this treatment fails, steam, and take the patient through a full course.

DEAFNESS.

CAUSES.—Hardened wax; deficiency of wax; cold; inflammation, &c.

SYMPTOMS.—Total or partial loss of hearing.

Treatment.—In most cases of deafness arising from the above causes, full courses of medicine are indispensable. At the same time apply, by means of wool or cotton, hot, stimulating oils; or drop in the ears No. 6 and sweet oil, or tincture lobelia and sweet oil, equal parts mixed; then inject with warm soapsuds every twenty-four or forty-eight hours. By pursuing the above course of treatment I have cured several bad cases of deafness which baffled the skill of several eminent physicians.

DELIRIUM, (*Insanity.*)

CAUSES.—Anxiety, grief, disappointed love, jealousy, sudden frights, violent fits of anger, religious terror, &c., &c.

SYMPTOMS attending the melancholic madness are, dejection of spirits, sadness, love of solitude, unwillingness to move, singular gestures, &c. Sometimes, pain in the head, redness of the face, noise in the ears, wildness of the countenance, grinding of the teeth, incoherent discourse, malice towards friends and near relatives, &c., &c., are symptoms attending furious madness.

Treatment.—The first objects to be attained are the confidence, respect, and obedience of the poor maniac; when these are gained, full courses of me-

dicine should be administered, accompanied with a free use of the nerve-powder, No. 4 Bitters, and the 3d Preparation of No. 1. The 3d Preparation, in tea-spoonful doses, should be given in a strong tea of nerve-powder, three or four times a day, and the courses repeated two or three times a week. While pursuing this course of treatment, every endeavour should be used that would be likely to excite in the mind of the patient a lively and agreeable train of thought, that he may thereby be brought to forget the cause of his wo.

DIABETES.

CAUSES.—Strong diuretic medicines, as spirits of turpentine; intemperance; acid drinks; excessive grief; severe labour, or any thing which produces general debility, &c.

SYMPTOMS.—A frequent and profuse discharge of urine, of a violet smell and sweet taste: attended with great thirst, voracious appetite, dry skin, costiveness, extreme weakness, and gradual emaciation of the whole body.

Treatment.—Full courses every two or three days. Nerve-powder and golden seal in equal parts, in tea-spoonful doses, should be given in a tea of Composition, four or five times a day. The skin should be washed with a weak solution of pearl-ash, once in a day or two; and rubbed well with flannel or a flesh brush, every night and morning. The diet should be principally animal food, as this yields more nourishment to the feeble powers of the system, than vegetable aliment. In aged persons this complaint is rarely ever cured.

DIARRHŒA OR LOOSENESS, (*Dysentaria.*)

In diarrhœa, the stools assume various appearances. Sometimes they are of the common colour, but loose

and copious ; sometimes they are of a bright yellow ; sometimes white and frothy ; sometimes they consist of mucus ; sometimes they are watery ; and at other times they consist of food and drink passed without being digested. But these appearances are matters of small consequence, as the mode of treatment is the same in all.

Treatment.—Common cases are often cured by a few doses of Composition or No. 3 tea, to which has been added a tea-spoonful of No. 6 and a tea-spoonful of nerve-powder. I have cured some violent cases of this complaint, when even approaching to dysentery, by a free use of the conserve of hollyhock. But in all severe cases, a few courses should be administered ; when the “Mothers’ Cordial,” or No. 4 or No. 5 may be used with a good effect.

DROPSY, (*Hydrops.*)

There are *three* different forms or kinds of this complaint, which are named according to the different parts of the body in which the water is lodged.

When the water is collected in the cellular membrane, which is situated between the skin and flesh : it is called *Anasarca*, or dropsy of the cellular membrane.

When collected in the chest or thorax, it is called *hydrothorax*, or dropsy of the chest.

When it is collected in the cavity of the abdomen, it is called *Ascites*, or dropsy of the abdomen.

CAUSES.—Dropsy is often induced by bad medical treatment of some other form of disease ; as jaundice, dysentery, intermittent fever, &c., where salivation and the frequent use of mercury has been resorted to. It is also caused by excessive evacuations, as copious bleedings, and strong purges ; intemperance ; affections of the liver, spleen, pancreas, &c., and by

whatever has a tendency to weaken the powers of the system.

SYMPTOMS.—*Anasarca*, or general dropsy, shows itself by the swelling of the feet and ankles, which, by degrees, ascend upwards, affecting the thighs, trunk of the body, and, finally, the face and head. The breathing also becomes difficult: the patient has a cough with expectoration of a watery fluid: urine small in quantity and high coloured, and deposits a reddish sediment: bowels generally costive: perspiration obstructed; the countenance yellow: great thirst, torpor, heaviness, and a slow fever.

ASCITES, or dropsy of the belly, is generally produced by the same causes, and is attended by tense swelling of the abdomen. The water is usually collected within the *peritonæum* or internal lining membrane of the abdomen; consequently it is diffused amongst the intestines; though sometimes it is found *between* the *peritonæum* and the external walls of the abdomen. In this as well as the first-mentioned form of the disease, there is dryness of the skin, oppression at the chest, cough, diminution of the natural discharge of urine, and costiveness of the bowels. And soon a swelling is perceived at the lower part of the abdomen, which gradually extends itself and increases, until the whole body or abdomen becomes uniformly swelled and tense.

As the water increases, the breathing becomes more difficult, the countenance pale and often bloated, the skin dry and parched: great thirst arises, and the urine is scanty, thick, high-coloured, and deposits a brick-coloured sediment. The pulse is also variable; sometimes quicker and sometimes slower than natural. When to these symptoms are added, intense local pain; great emaciation, with fever; and the disorder having been induced by a diseased state of the liver,

or other viscera of the abdomen, we may rest assured that the most persevering exertions will be necessary in order to effect a cure.

HYDROTHORAX, or dropsy of the chest, is distinguished by a sensation of water perceived by the patient in the chest, on certain motions of the body; or as if the heart were moving in, or surrounded by water.

The causes which give rise to hydrothorax, are much the same as those which produce the other forms of dropsy. It is most common to males who have lived high and intemperate; and those who have long suffered from gout or asthma.

It often comes on with a sense of uneasiness at the lower end of the sternum, (breast-bone,) and difficulty of breathing, which is increased by any exertion, and is always worse when the patient is in bed. As the disease advances, the difficulty of breathing increases, and at length becomes excessive. The patient is scarcely able to lie down, and the head and upper part of the body must be supported almost erect. The sleep is frequently interrupted by alarming dreams, out of which the patient starts up with a sense of suffocation, attended with violent palpitations of the heart. The face and extremities become cold; the pulse is feeble and irregular; and a pain or numbness frequently extends itself from the heart, towards one or both shoulders. Drowsiness, or delirium, frequently attend the latter period of hydrothorax, and occasionally a sensation of water floating about can be distinctly perceived by the patient, on any sudden change in the position of the body. The difficulty of breathing still increases, until the action of the lungs is entirely interrupted by the quantity of water in the chest—when death puts an end to the sufferings of the patient.

In giving this lengthy description of this often fatal

disease, it is my intention to put the reader on his guard, that he may, if possible, avoid many of the predisposing causes of the complaint; and, also, when the least symptom of the disease appears, that he may adopt the most energetic mode of treatment that the case may require.

Treatment.—The first object to be aimed at, in the treatment of dropsy, is, to *evacuate the water*, and to restore or increase the *vigour* and *tone* of the system. To accomplish the *first*, full courses of medicine must be perseveringly administered; and to effect the *latter*, the best stimulants and tonics must be exhibited; and every means adopted which may have a tendency to promote a free and copious perspiration.

Dr. THOMSON has treated many cases of this complaint; (see his "Narrative" and "New Guide,"—books which every householder ought to be in possession of;) and he tells that he has taken his patients through as many as three full courses in two days; and his success in curing this formidable disease, far exceeds any former examples we have ever seen on record. We would recommend the same mode of treatment, for we have tried it in several cases of anasarca or general dropsy, with complete success. No other means equal to the vapour bath or steaming can be used to remove the water, and when to this we add the whole course of medicine, accompanied with full doses of Nos. 2, 3, 4, and Nerve-Powder; three or four times a day, between the regular courses, we have the double advantage of discharging the water from the cellular tissues, and of increasing the vigour and tone of the whole system.

There are several articles which may be made into tea, and used as a common drink, while undergoing medical treatment for this complaint, such as the quaking-asp bark, (Thomson's poplar,) the pipsisway

and wild lettuce, or the compound called "Diuretic Tea," mentioned in another part of this volume.

But ASCITES, or dropsy of the belly, will often require the operation of tapping, and even then the prospect of cure will not always be certain. Dr. Thomson tells us he never knew but two persons who were in this situation, to be perfectly cured. "One," says he, "was a girl, whom I attended; I tapped her and took away seventeen pounds of water; then swathed her up close, and gave medicine to keep up a perspiration: she did not fill again, and was completely cured. The other was a man; he had been tapped twice. I carried him through a course of medicine several times, and gave the juniper ashes, with molasses and gin, which carried off large quantities of water, and he entirely recovered from the disorder."

To perform the operation of tapping, an instrument termed a *trocar* is employed in a very simple manner. It is about four inches long, either round or flat; on one end is a handle, and the other is made sharp. The part between the handle and edge is covered by a silver tube, which is in size just sufficient to admit the trocar into it.

In order to perform the operation, the patient may either sit on a chair, or lie on the edge of a bed, when a long cloth or towel should be passed round the upper part of the abdomen, and be securely fixed behind by an assistant; this presses the fluid downwards, and at the same time gives support to the diaphragm, (midriff,) preventing its sudden descent, which would otherwise be very apt to produce fainting. The operator, seated in front, on a low chair, takes the trocar, previously oiled, in his right hand, and holding the handle firm in his palm, he places his forefinger on the tube, which not only prevents the trocar entering

too far, but also serves as a guide to the instrument. The point of the trocar is then to be applied to the abdomen, about one inch and a half below the navel, in the *linea alba*, and steadily pushed through the skin and muscles of the abdomen, giving it a slight half kind of rotary motion, (turning first a little one way and then the other,) as it is pushed forward. Its entrance into the cavity of the abdomen is rendered evident by the cessation of resistance, which the operator will be sensible of immediately on the point of the instrument entering the abdomen, when he must desist from further pushing it forward.

The operator then, with the thumb and forefinger of the left-hand, gradually pushes forward the tube of the trocar, while with the same fingers of the right-hand he withdraws the trocar, leaving the tube for the water to flow through, which may be received in some proper vessel. As the water continues to flow, the towel or cloth which is around the abdomen, must be drawn proportionably tighter. Should the tube become stopped by lymph or the caul, it must be removed by a blunt probe, which must be small enough to pass through the tube.

The water being evacuated, the tube is to be taken between the thumb and forefingers of the right-hand and slowly withdrawn; while, with the fingers of the left, the edges of the wound are forced together. A pad of lint should be placed over the wound, and a broad bandage applied round the abdomen to give sufficient compression to the bowels, and which may also, in some measure, prevent a re-accumulation of the water.

Every effort must now be made to increase and keep up the inward heat and vigour of the system. Full courses must not be omitted, accompanied with Composition, Spice Bitters, Nerve-Powder, "Diuretic

Tea," &c., &c., until the tone of the organs are improved, and health is fully restored.

EAR-ACHE, (*Ootalgia.*)

CAUSES.—Abscesses ; ulcers ; hardened wax, &c.

SYMPTOMS.—Severe pain ; fever, sometimes with delirium ; convulsions, &c.

Treatment.—Apply the following compound, by means of cotton:—Oil of sassafras, $\frac{1}{2}$ oz. ; olive oil, 1 oz. ; camphor, 1 drachm, mix and apply warm. If the disease should be accompanied with delirium or convulsions, a full course of medicine must be immediately resorted to.

ERUPTIONS, (*of the Skin.*)

CAUSES.—In children, from bad milk ; from teething ; irritable state of the bowels, depending on teething ; disease, &c.

SYMPTOMS.—There are various kinds of eruptions, such as nettle rash—one resembling the measles, another resembling the itch ; large loose scabs on the forehead, &c.

Treatment.—Give an emetic ; Composition, with Tincture of Lobelia in it, to drive out the eruption ; wash with a strong tea of No. 3, and, also, with the 2d Preparation of No. 1.

St. Anthony's fire, nettle-spring, or surfeit, are all caused by overheating the system and cooling too suddenly, which leaves the pores obstructed ; and, then, by taking more cold, they will break out with an itching and smarting, as if stung by an insect. If perspiration is produced by any cause, this eruption will disappear, until another cold is taken ; when the patient will be as bad as ever.

Dr. THOMSON says, "The only way to effect a cure, is to give hot medicine and steam, till they

are brought to the same state of heat as that which first caused the disease; and then cool by degrees." In short, raise the heat, throw out the canker, and tone the patient up. This can be soonest done by a full course, and the use of the bitters and nerve-powder.

EYES, (*Inflammation.*)

Treatment.—Use the eye-water as per directions.

FLUX, (*Dysentery.*)

Treatment, the same as diarrhœa, or looseness of the bowels.

GIDDINESS.

CAUSES.—Fulness of blood in the head; bad state of the stomach, &c.

Treatment.—Equalize the circulation by giving warm medicine, which will determine to the surface. Sometimes a full course will be necessary. Keep the feet warm.

GRAVEL, (*Lithiasis.*)

CAUSES.—Strong secretions forming in the kidneys, &c.

SYMPTOMS.—Pain of the back and loins; numbness of the thigh on the affected side; nausea; vomiting; stranguary, &c.

Treatment.—If the case is bad, give regular courses; drink a tea of aspen poplar, wild lettuce, pipsisway, or the "Diuretic Tea." In mild cases, this tea alone will give relief.

GRIPES IN CHILDREN.

CAUSE.—Offensive acrid matter in the bowels.

SYMPTOMS.—Pain, &c., of the intestines.

Treatment.—Give a light emetic; also a little No. 6, with a tea of No. 3. Give injections also.

GREEN SICKNESS, (*Chlorosis.*)

CAUSES.—Want of power in the system to propel the blood into the uterine system; suppressed menses, &c.

SYMPTOMS.—Hoarseness; palpitations; fatigue on the least motion; pain in the back and loins, and hips; wind and acidity in the stomach; depraved appetite, &c.

Treatment.—Full courses of medicine, with No. 5 cordial, and Ladies' Bitters, three or four times a day, between the courses. Injections, per vagina, composed of a tea of unicorn root, red raspberry leaves, witch hazel leaves, and Nerve-Powder, with a teaspoonful of No. 6 in each teacupful, used two or three times a day, will be of great benefit also. Bathing the feet in warm water, and rubbing No. 6 on them, will also have a good effect.

HEADACHE, (*Sick.*)

Treatment.—Cleanse the stomach with No. 1; having previously given a dose or two of Composition; bathe the feet in warm water, and stimulate them with No. 6, or Pepper Sauce. Take the bitters No. 4, or the Ladies' Bitters, to correct digestion, with No. 2 to warm the stomach. (See, also, the Anti-Dyspeptic Pills.)

HYSTERICIS.

CAUSES.—Nervous irritability; excessive grief; conceit, &c.

SYMPTOMS.—Attacks in paroxysms of yawning; stretching; depression of spirits; tears; flushings; sickness at the stomach; palpitation; pain in the left side; symptoms of suffocation; crying; laughing; fainting; insensibility; wild and irregular actions, &c.

Treatment.—I have cured several violent cases of

this complaint with the 3d Preparation alone, given in tablespoonful doses. But regular courses, with the Nerve-Powder, No. 5 Syrup, and the Ladies' Bitters, will generally eradicate the disease in a short time.

HYDROPHOBIA.

CAUSES.—Poison from the bite of some rabid animal ; such as dogs, cats, foxes, rats, &c.

SYMPTOMS.—The most unequivocal, is the difficulty of swallowing, and an abhorrence of all liquids, &c.

Treatment.—Give full courses immediately, using the 3d Preparation to puke with ; use it also in the injections, and bind it on the bitten parts by means of cloths wet with it ; after having first syringed the wound well with the clear liquid of this preparation. Steaming, in this malady, is of the utmost importance ; and, indeed, the regular course of medicine should be repeated until you have good reason to believe that the virus is driven entirely out of the system. This course of treatment, faithfully pursued, has never failed of effecting a radical cure. For proof of this assertion, I beg leave to refer the reader to the works of Dr. THOMSON, (who first discovered this infallible remedy ;) to the reports of the United States Thomsonian Conventions, and to the works of Dr. Howard.

Dr. THOMSON says, "This preparation is for the most violent attacks of disease ; such as lock-jaw, bite of a mad dog, drowned persons, fits, spasms, and all cases of suspended animation. It will go through the system like electricity ; giving heat and life to every part. * * * * I have cured three dogs with this preparation, that were under the most violent symptoms of hydrophobia. One of my agents cured a man who had been bitten by a mad dog, and I have not the least doubt of its being a specific for that disease."

In the proceedings of the U. S. Thomsonian Convention, held at Columbus, (Ohio,) December, 1832, we find the following:

“Resolved, 8. That our confidence in the Thomsonian practice has been confirmed by testimonials from respectable sources, in almost every state in the American Union.”

“Resolved, 9. That in the Thomsonian course of medicine, *LOBELIA INFLATA* appears to be a specific, in cases of hydrophobia; that it has been repeatedly used by Thomsonians, in cases of confirmed madness, and has never been known to fail even in extreme cases.” See Thomsonian Recorder, vol. 1, p. 189; also, vol. 3d, pp. 81. 228. 235. 238.

Dr. HOWARD says, that, “if the Lobelia had been so often tested by fashionable physicians, in the cure of hydrophobia, as it has been by the people [of these United States,] its fame would have been spread from sea to sea, and its echoes would have penetrated the deepest recesses of every civilized land. But the origin of this remedy is too humble; its adoption would eclipse the already waning glory of scientific and professional fame. It must, therefore, be despised and rejected; yes, the most valuable gift of Nature’s God is neglected, because the honour of a vaunting, vainglorious profession may be tarnished by the acknowledgment of its virtues.” See “Improved System of Botanic Medicine,” vol. 2d, p. 21.

HOOPING-COUGH.

CAUSE.—Specific contagion.

SYMPTOMS.—Repeated fits of coughing, with a peculiar sound called whoop; oppression in breathing; hoarseness, &c.

Treatment—the same as common cold, giving a

little Tincture of Lobelia, or Cough Syrup occasionally, as the case may require.

INDIGESTION.

CAUSES.—Various habits of body ; sedentary lives ; chronic weakness ; every thing, in fact, which weakens the system in general, and the stomach in particular.

SYMPTOMS.—Want of appetite ; distention of the stomach ; flatulent eructations ; general debility ; aversion to motion ; dejection of spirits ; acrid eructations ; heart-burn ; costiveness or diarrhœa, &c.

Treatment.—Give full courses, accompanied with plenty of the Canker Tea and No. 2, to warm the stomach. Bitters, No. 2, Composition, and Nerve-Powder, must be given freely. Steaming and the cold shower-bath must also be given between the courses, if the case is bad. If the bowels are much deranged, injections must be used two or three times a day. In this, and several other forms of chronic disease, I have found it of great use to give the 3d Preparation in small doses, mixed in some of the other medicines. By pursuing the above treatment faithfully, relief will always be obtained, and a cure effected, where there is any constitution left to build upon.

ITCH, (*Psora.*)

Treatment—the same as eruptions.

JAUNDICE, (*Icterus.*)

CAUSES.—Obstructions of the bile, from various causes—such as calculi in the gall-bladder or its ducts ; spasmodic constriction of the ducts themselves ; scirrhus of the liver ; strong purges, &c.

SYMPTOMS.—Yellowness of the skin and eyes ; bitter taste in the mouth ; inactivity ; loss of appetite ; pain in the right side, &c.

Treatment.—If the case be bad, or of long standing, give regular courses, and tone up the system as in any other case of disease. Mild cases may be cured by bathing the feet in warm water, at night, and drinking freely of Composition tea, with a dose of Nerve-Powder and No. 6 in each drink of the tea.

LUMBAGO, (*Sciatica*.)

A rheumatic affection of the chronic kind, affecting the loins, hip joints, &c.

Treatment.—Rub the parts affected with No. 6 or Pepper Sauce, using injections daily; and drink a tea of poplar bark and pipsisway, taking a full course of medicine every two or three days, until cured.

LOCKED-JAW.

CAUSES.—Wounds in the flesh, tendons, sinews, &c.

SYMPTOMS.—Stiffness in the back part of the neck; uneasy sensation of the root of the tongue; pain at the pit of the stomach, shooting through the back; stiffness in the jaws, which increases until it is impossible to open the mouth.

Treatment.—Inject the wounded parts with the 3d Preparation, binding the same on by means of cotton or soft cotton cloths. If the jaws are entirely set, and the teeth closed, endeavour to hold the cheek at the corner of the mouth loose from the teeth, and then pour this medicine from a spoon between the teeth and the cheek, and it will immediately find its way to the throat, and afford relief by loosening the jaws. This method of relieving the locked-jaw was first published to the world by Dr. THOMSON, and is far better than knocking out the teeth, as is done by the mineral doctors. When this is effected, carry your patient through a full course of the medicine, which, indeed, ought to be done as soon as the first symptoms make their appearance.

MEASLES, (*Morbilli, or Rubeoli.*)

CAUSE.—Specific contagion.

SYMPTOMS.—Fever; cold chills; short cough; loss of appetite; drowsiness; inflammation of the eyes; dimness of sight, and sometimes blindness; stools greenish; bleeding at the nose; small spots resembling flea-bites, &c.

Treatment—the same as chicken, or small-pox. If the difficulty of breathing is great, the Tincture of Lobelia or the 3d Preparation should be given in small doses, two or three times a day.

MILK-FEVER.

CAUSES.—Delaying putting the child to breast, cold, &c.

SYMPTOMS.—Breasts turgid, painful; fever, accompanied with nausea, &c.

Treatment.—When this form of disease occurs, carry the patient through a course of medicine; giving the Composition, Ladies' Bitters, No. 5 and 6, or the Mother's Cordial, four or five times a day, with steaming bricks, or a jug of hot water to the feet, in order to keep a gentle moisture on the skin; and use injections freely, to prevent costiveness.

PILES, (*Hæmorrhosis.*)

CAUSES.—Habitual costiveness; hard riding; excesses of various kinds; strong purges; suppressed evacuations; pressure, &c.

SYMPTOMS.—Small tumors on the verge of the anus; pungent pain, especially on going to stool; pain in the back and loins; vertigo; headache; discharge of blood, &c.

A discharge of blood from the hæmorrhoidal vessels is called the *bleeding piles*. When the vessels only swell, and discharge no blood, but are exceedingly painful, the disease is called the *blind piles*.

Treatment.—Give regular courses; using injections of No. 3, with a little cayenne added at first, and wash frequently with the same; applying sweet oil occasionally, also, and as the soreness of the parts abates, make the injections stronger, until they can be borne made in the usual manner.

PALSY, (*Paralysis.*)

CAUSES.—Any thing that prevents regular exertion of the nervous power upon any particular muscle or part of the body, such as drunkenness; wounds of the brain, or spinal marrow; pressure on the brain or nerves; very cold or damp air; sudden fear; want of exercise; the poisonous fumes of metals or minerals, as lead, mercury, arsenic, &c.

SYMPTOMS.—A loss or diminution of sense or motion, or of both, in one or more parts of the body.

Treatment.—The most energetic treatment should be at once adopted in this form of disease; such as *full courses*, and rubbing the affected parts with the strongest stimulating liniments, accompanied with frictions of a warm hand or flesh brush.

If the tongue, throat, or head is affected, the patient should gargle his mouth frequently with No. 2 tea, or No. 6, and use the cephalic snuff, for the purpose of making him sneeze. The diet must also be warm and invigorating, seasoned with spicy and aromatic vegetables; and the Pepper Sauce should be used freely.

The courses of medicine should be repeated, and the above practice persevered in, until an entire cure is effected, which will soon be the case, except in old age, where great debility prevails.

RHEUMATISM, (*Chronic.*)

Treatment.—Whether this disease be chronic or inflammatory, the same treatment that is recommend-

ed for lumbago will answer the purpose: making a free use of the vapour bath between the regular courses. See all No. 6 and directions for using it.

RICKETS.

CAUSES.—Scrofula; diseased parents; any thing that weakens the constitution or relaxes the habit of children.

SYMPTOMS.—Weakness; a cadaverous appearance; tumid belly, head, and joints.

Treatment.—Give full courses, or bathe the child's feet in warm water, and, after wiping dry, rub them with No. 6 and Nerve Tincture, mixed; give an emetic to cleanse the stomach, and injections, daily, composed of No. 3 Tea, Nerve-Powder, and No. 6; give the Infant Drops, or No. 5 Syrup, with a little Nerve Tincture in each dose.

ST. ANTHONY'S FIRE.

CAUSES.—All the causes which excite inflammation; the use of fermented liquors; suppressed evacuations; acrid bile, &c.

SYMPTOMS.—Effervescence of a florid colour, preceded by cold shiverings, febrile symptoms, &c.

Treatment.—After using the Composition, or No. 3 Tea, with a small portion of No. 2 in it, for a day or two, and washing the part with a tea of No. 3 and Lobelia several times a day also; then give a full course of medicine, not forgetting the bitters and Nerve-Powder, to correct the bile and strengthen the nervous system.

ST. VITUS'S DANCE, (*Chorea Sancti Viti.*)

CAUSE.—Cold and obstructions; suppressed evacuations, &c.

SYMPTOMS.—Slight lameness of one leg; arms

next affected and thrown into various contortions; spasmodic contraction of the joints, attended with severe pains, &c.

The disease termed Chorea, or St. Vitus's Dance, generally attacks young people from the eighth year of their age till the time of puberty; though it has sometimes been found to occur at a more advanced period of life. Females are more liable to it than males.

Treatment.—A full course or two, to clear the system of obstructions; then injections daily with Nerve-Powder or Nerve Tincture in them; the limbs should be rubbed with Nerve Ointment, Nerve Tincture, and No. 6 mixed and warm. No. 4 Bitters, Ladies' Bitters, and No. 5 and Nerve Tincture should be used freely, together with the most nourishing food.

SCARLET FEVER, (*Scarlatina.*)

CAUSES.—A reduction of vital heat. Sudden and violent changes of the weather; contagious, injurious, gaseous vapours, &c.

SYMPTOMS.—1st, Chilliness running through the system, from a loss or diminution of the usual degree of vital heat. 2d, Sickness at the stomach, and occasional vomiting, from a reflux or regurgitation of fluid upon the stomach and central regions. 3d, The dryness, and shrivelled, peculiar appearance of the skin, from the constricted or collapsed state of the pores thereof. 4th, The typhoid stupor, lassitude, languor, foetid ulcerations, livid discolourations of the eruptions, and cadaverous countenance, which demonstrate the abounding impurities and the great degree of obstruction that prevails in the vascular system, tainting the springs of life at the fountain. 5th, The tumefaction, soreness, and ulceration in the mouth, throat, tonsils, &c., or the numerous vesicles

filled with a sharp excoriating rheum. Pulse hard and quick.

Physicians have divided this disease into three classes, or forms, and given to each a name, viz.:—*Scarlatina Simplex*, or the most simple and mild form of the disease. *Scarlatina Anginosa*, when attended with inflammation, swelling, and soreness of the throat, mouth, tonsils, &c. ; and *Scarlatina Maligna*, when it puts on a more malignant and terrifying form. But these are all a mere circumstantial or symptomatic variety in the appearance of one and the same malady, requiring nothing more of the practitioner, than that he should treat the disease upon general principles.

Treatment.—Give stimulating drinks in small doses, and in quick succession, composed of No. 2 and 3, or the Composition Powder, to which should be added a portion of Nervine and No. 6, when cool enough to drink. Then place your patient in the vapour bath, raising the temperature according to his strength, in which he may continue for ten, fifteen, or twenty minutes, or until a free perspiration ensues: after which place him in a warm bed between blankets, and cleanse the stomach effectually with No. 1. Cleanse the bowels with the same by injection. Combine both these with the diffusible stimulants, particularly Nos. 2 and 3, as above mentioned, to remove cankerous impurities, and you have gained three points, viz.: 1st, You have produced a determination to the surface, where the pores being opened, the cankerous affection is thrown out in the form of an efflorescence on the skin. 2d, You have discharged from the stomach and bowels the accumulated load of morbid matter with which they were oppressed, and produced reaction and heat in the chest, particularly in the stomach, the great centre of sym-

pathetic communication with the whole system. 3d, You have disturbed and loosened the cankerous slough, cleansed the vesicular ulcerations of their foulness, removed obstructions, produced a more healthy secretion generally, by exciting and sustaining a more healthy action.

The appetite and digestion must now be attended to. The latter must be strengthened by a judicious exhibition of the Bitter Tonics, or perfect No. 4, and the former supplied with wholesome nutriment. If the digestion receives the necessary aid, until nature can have time to resume some of her wonted energy, you will find your patient in a safe and promising condition. If the tonsils, and other glandular parts of the throat be inflamed and swollen, leaves of the common mullen, (when they can be had,) scalded in sharp vinegar, and applied to the throat, produce a very happy effect. I am in the habit of bathing the throat with No. 6, combined (sometimes) with sweet oil and camphor. It will be found useful, also, to wash and gargle the mouth and throat with a tea of No. 2 and bayberry.

By strictly adhering to the above practice, I have never lost a patient in scarlet fever, although I have attended hundreds, since I became a Thomsonian, which is now upwards of twenty-one years.

SCALDS AND BURNS.

Treatment.—Wrap the part in several thicknesses of cloths wet with cold water only; which must be kept wet, to prevent the return of the smarting. Warm medicine must be given, to produce a determination to the surface. If the scald, or burn, be severe, a regular course must be administered; and, after the pain has subsided, apply a poultice of pulverized slippery elm bark, wet in a tea of No. 3:

washing the parts with this tea every time the poultice is renewed.

SCALD-HEAD.

CAUSES.—Contagion ; uncleanliness, &c.

SYMPTOMS.—Eruptions, of an acrimonious nature, spreading over the head, neck, &c.

Treatment.—Take the patient through several courses, as the case may require ; at the same time the head should be well oiled and covered with wilted cabbage leaves, or a bladder, so as to keep out the cold air, and make it sweat as much as possible. On the next day, wash the head in warm soap suds ; and, when clean, wash with a strong tea of No. 1 and 3, sometimes anointing it with Nerve Ointment and No. 6, and washing it alternately with soap suds ; then No. 1 and 3, &c., until a cure is effected : not forgetting to guard the stomach, by giving the Bitter Tonics, Composition, Infant Drops, &c.

SORE BREASTS.

Treatment.—When an inflammation happens in the breasts of women, attended with hardness, redness, or other symptoms of suppuration, bathe with No. 6, or Pepper Sauce ; giving warm medicine at the same time, to keep up the inward heat. If this should not remove the swelling, and it is thought best to bring it to a head, apply a poultice of lily root made thick with fine ginger and slippery elm. If the patient should be sick, as is often the case with swelled breasts, carry her through a full course of medicine, which will remove the complaint in a short time.

SORE THROAT, (*Quinsy.*)

CAUSES.—Exposure to cold air, damp linen, &c.

Treatment.—If the throat be swelled on one or both sides, bathe with No. 6, and apply poultices as

warm as can be borne, composed of comprey, Indian turnip, ginger, and slippery elm, boiled in sweet milk. This poultice should be renewed every few minutes, or as often as they grow a little cool: the patient at the same time sipping small doses of cayenne tea, and keeping himself as warm as possible. I never knew this course to fail in backening a recent attack of quinsey in a few hours. But, in cases of longer standing, a full course or two of medicine will be necessary.

SPRAINS.

Treatment.—Rub with No. 6, and steam the parts repeatedly, and take some warm medicine to produce perspiration.

STINGS OF INSECTS.

Treatment.—Apply the Tincture of Lobelia, No. 6, or the 3d Preparation.

TETTERS.

Treatment.—When on the hands, wash and soak them well in warm buttermilk, as hot as the patient can bear; afterwards, rub them with Nerve Ointment and No. 6; and then, while oily, draw on a pair of old gloves, and wear them through the night. In the morning, wash with Castile soap, and, when dry, rub No. 6 on, and shield them from the air and cold water, as much as possible. On the next evening, proceed as above, washing in the buttermilk, &c., until a cure is effected. Sweet oil will answer as a substitute for the Nerve Ointment in this and many other cases.

THRUSH OF INFANTS.

CAUSES.—Various derangements of the alimentary canal; bad milk; low diet; cold and moisture, &c.

SYMPTOMS.—This complaint generally appears

about the angles of the lips, and then on the tongue and cheeks, in form of white specks, &c.

Treatment.—Give red raspberry leaf and witch hazel leaf tea to drink, and wash the mouth repeatedly with the same. Use injection of the same also, or No. 3, adding a little No. 6. The Infant Drops, and No. 5, should also be given, to correct the derangement of the stomach and bowels.

TOOTHACHE, (*Odontalgia.*)

The clear liquid of the 3d Preparation is the best toothache drops known; No. 6 is also good, with which bathe the gums and face, and, if the tooth is hollow, put some of either of the above medicines in it, by means of a pen, or cotton wet with them. In bad cases of this complaint, it would be best to have the tooth extracted; or take a lively sweat, and an emetic, which will always give immediate relief. I have obtained immediate relief from a distressing toothache, by chewing the inside bark of the common elder, and by letting it lie along the tumefied gums.

UTERINE EVACUATIONS, (*Catamenia.*)

An *immoderate flow of the menses* is usually accompanied with pain in the back, loins, and abdomen, somewhat like those of childbirth; and the patient becomes weak, the colour pale, the appetite and digestion are bad; to which œdematous swellings of the feet, dropsies, and consumptions, often ensue. It sometimes proceeds from a sedentary life; intemperance in eating and drinking; acrid food; excessive fatigue; great relaxation of the system, produced by strong purges; a dissolved state of the blood; violent passions of the mind, &c.

Treatment.—Full courses of medicine, accompanied with astringent teas and cordials, such as No. 5, the Mother's Cordial, No. 4 Syrup, &c. A strong

tea of the white plantain, with a little No. 2 in it, sweetened and drank in half teacupful doses, until three or four doses have been taken, in the course of six or eight hours, has produced the most happy effect. In this, and every other form of disease, where great debility prevails, let it be your chief aim to strengthen and tone up the system, with the restoring and life invigorating medicines recommended in this work; and complete success will soon crown your endeavours.

I would here remark, that during the treatment of suppressed *catamenia*, (see Green Sickness,) a strong tea of rock ferren should be drank, three or four times a day, for a few days previous to the time of the regular monthly discharge. This tea has a good effect in promoting a regular discharge of the menses.

WARTS.

The 3d Preparation of Lobelia, applied by means of cotton, which should be wet with the liquid several times a day, will, in a short time, cause them to disappear.

WHITLOW,

Is an inflammatory tumour on the end of the finger, of the same nature as an abscess on any other part of the body. It may be cured by first applying the poultice, till the tumour or sore is well cleansed; then apply the salve until healed.

WHITES, (*Fluor Albus.*)

In the mild form of this complaint, it consists of a thin, whitish, serous, slimy discharge from the uterus and vagina. Women who have borne children are most subject to it; but sometimes the chastest virgins have felt its ravages. In its more aggravated form, the discharges are yellow, or dark-coloured; green,

or blackish ; corrosive, and often very offensive. General debility, irritable state of the nerves, palpitations, hysteric affections, pale countenances, dyspepsia, costive habit, low spirits, &c., are its attendant symptoms.

Treatment.—A full course of medicine, followed by Dr. Logan's long Thomsonian course ; using the mixture called WOMEN'S FRIEND, two or three times a day. Daily ablutions with water, and washing the parts with fine soap and water, will be very useful. Syringing the parts with tea of raspberry leaves, witch hazel leaves, unicorn root, or crowfoot root, and Nerve-Powder, will greatly facilitate the cure. Injections to the bowels should be used daily, whether costive or not. A strengthening plaster should also be worn across the loins.

WORMS, (*Vermes.*)

Treatment.—Where worms are troublesome, we may rest assured that the stomach and bowels of the patient are in a bad condition. To remedy this evil, emetics and injections should be used, without delay. The warm medicine and bitters should be used freely, particularly the conserve of hollyhock, or, as it is sometimes called, the "bread of life." Purges and worm-destroying medicines (poisons) should be avoided, and a thorough course of Thomsonian treatment pursued, which will soon restore the patient's health, and then the worms will cease to be troublesome.

I have now given the reader a correct course of treatment, according to Thomsonian principles, for upwards of sixty different forms of disease ; and, I can add, that, from actual experience, during many years' constant employment as a physician, I have never known the foregoing practice to fail of effecting a cure ; or, at least, of greatly relieving the patient, except in the most hopeless cases, where the powers

of life were reduced below the reach or influence of medicine. And, if any of my readers should recollect, or call to mind, a form of disease, which I have neglected to enumerate, and they should find themselves at a loss to know how to treat the complaint, I would only say to them, in the words of the venerable Dr. THOMSON :

“Let names of all disorders be
 Like to the limbs joined on a tree ;
 Work on the root, and that subdued,
 Then all the limbs will bow to you.
 So as the body is the tree,
 The limbs are cholic, pleurisy,
 Worms and gravel, gout and stone,
 Remove the cause, and they are gone.”

CHAPTER VI.

The Materia Medica and Thomsonian's Pharmacopœia.

IN this chapter we will present the reader with the Thomsonian Materia Medica ;—the preparation of the *Six Numbers*, (so repeatedly mentioned in the foregoing chapter,) together with many other valuable recipes, some of which have never before appeared in print. At the close of the chapter the reader will also find a FULL, OR REGULAR COURSE of medicine described, which will answer the practitioner's purposes, in all fresh or sudden attacks of disease ; but which may require some variation in cases of long standing, and where the strength of the patient is greatly exhausted. In such cases, practical knowledge will be of the greatest importance ; and, where the advice of experienced practitioners can be obtained, it should never be dispensed with or neglected.

In the *Materia Medica*, the *botanic*, as well as the common English, or vulgar names of the plants being given, will enable the reader to find a description of such of them as he may be unacquainted with, in the works of Drs. THOMSON, HOWARD, CURTIS, BARTON, RAFINESQUE, and other botanists. But, as a few of the best articles will always answer the purpose better than a confused multitude, (see Dr. THOMSON'S "Stock of Medicine," "New Guide," p. 88,) I would advise the reader to select and keep on hand only such articles of medicine as will be necessary to prepare a sufficient supply of the *Six Numbers*: the Nerve-Powder, Composition, Cough Drops, Infant Drops, Nerve Ointment, Salve, Strengthening Plaster, Poul-tice, and (unless he is a sworn enemy to mild loosening medicine) the "Genuine Vegetable Anti-Dyspeptic Pills." These will be amply sufficient; yet I have given some other valuable preparations, which I have found very serviceable where patients have become tired with the long and continued exhibition of some of the above-mentioned medicines.

THE MATERIA MEDICA

Of DR. SAMUEL THOMSON'S *Guide and Narrative, being a correct catalogue of all the Plants recommended by him, in his practice of medicine*. Prepared for publication in the Thomsonian Recorder, by Dr. A. C. LOGAN, of Somerville Farm, Philadelphia county, Pa.

1. *Lobelia Inflata, vel Thomsonia*; Emetic Plant, Puke or Asthma Weed, Indian or Wild Tobacco, Eye-bright.
2. *Capsicum Annuum*; Cayenne Pepper.
3. *Myrica Cerifera*; Bayberry, Myrtle, Candle or Wax Berry.
4. *Nymphia Odorata*; Sweet Water Lily, White

Pond, or Toad, or Cow Lily—Cow or Water Cabbage.

5. *Abies, vel Pinus Canadensis*; Hemlock Spruce.
6. *Statice Caroliniana*; Marsh Rosemary, American or Sea-side Thrift, Sea Lavender, Ink Root.
7. *Rhus Glabrum*; Smooth Sumach.
8. *Hamamelis Virginica*; Winter Witch-Hazel, Snapping Hazel, Winter Bloom.
9. *Rubus Strigosus*; Wild Red Raspberry.
10. *Populas Tripida, vel Tremuloides*; Aspen or Poplar.
11. *Erigeron Purpureum*; Cocash or Squaw Weed, Skevish or Scabish.
12. *Chelone Glabra*; Balmony, Snake or Turtle Head, or Bloom Shell Flower.
13. *Berberis Vulgaris*; Barberry.
14. *Amygdalus Persica*; Peach Tree, kernels used.
15. *Apocynum Androsemifolium*; Bitter Root, Wandering Milk Weed, Honey Bloom, Catch-Fly or Trap, Ipecac.
16. *Frasera Verticillata*; Ohio Kercuma, Golden Seal, Meadow Pride, Columbo Root, Pyramid, Indian Lettuce, Yellow Gentian.
17. *Hydrastis Canadensis*; Yellow Root, Ground Raspberry, Eye Balm, Puccoon, Orange or Turmeric Root.
18. *Prunus Virginiana*; Wild Cherry Tree, kernels used.
19. *Cypripedium Pubescens, vel Parviflorum vel Luteum et Humile vel Acaule*; Umbil or Nervine, Noah's Ark, Moccasin Flower, Lady Slipper, Bleeding Heart, or American Valerian, and Indian Shoe.
20. *Amyris Kataf, vel Myrrha*; Myrrh.
21. *Zingiber Amonum*; Ginger.
22. *Piper Nigrum*; Black Pepper.

23. *Laurus Camphora* ; Gum Camphor.
24. *Oleum Terebinthinæ* ; Spirits of Turpentine.
25. *Mentha Piperita* ; Peppermint.
26. *Mentha Veridis* ; Spear or Water Mint.
27. *Saturciæ Hortensis, vel Satureja Hortensis* ; Summer Savory.
28. *Hedeoma Pulegioides* ; Pennyroyal, Squaw Mint, Stinking Balm, Tickweed.
29. *Marrubium Vulgare* ; Hoarhound.
30. *Inula Helenium* ; Elecampane.
31. *Anthemis Cotula* ; Mayweed, Wild Camomile, — Dillweed or Dilly, Dog's Fennel.
32. *Artemisia Absinthium* ; Wormwood. —
33. *Tanacetum Vulgare* ; Tansy.
34. *Anthemis Nobilis* ; Camomile. —
35. *Verbascum Thapsus* ; Mullen.
36. *Arctium Lappa* ; Burdock.
37. *Matricaria Vulgaris, vel Chrysanthemum Parthenicum* ; Feaverfew or Featherfew.
38. *Betula Lenta* ; Black Birch.
39. *Celastrus Scandens* ; Bittersweet, Fever-twig, or — Staff Vine.
40. *Ictodes Fœtida, vel Spathyema Fœtida* ; Skunk Cabbage or Weed, Collard, Itchweed, Skoka.
41. *Arum Triphyllum* ; Indian Turnip, Wake Robin, Dragon Root or Turnip, Pepper Turnip.
42. *Eupatorium Perfoliatum* ; Boneset, Thoroughwort or Stem, Indian Sage, Sweating Plant, Ague Weed or Crosswort, Feverwort, Vegetable Antimony, Jocpye.
43. *Deum Virginianum* ; Evan Root or White Avens, Chocolate or Throat Root, Bennet, or Cure-All.
44. *Dalium Verum et Aparine* ; Cleavers or Clivers, — Goose Grass, Yellow Bedstraw, Cleavewort,

Savoyan, Milk Sweet, Poor Robin, Clabber Grass, Gravel Grass, &c.

45. *Abies, vel Pinus Balsamea* ; Balsam Fir.
46. *Ulmus Fuīva* ; Red Slippery or Sweet Elm.
47. *Aristolochia Serpentaria* ; Virginia Snake Root, Birthwort, Snagrel.
48. *Sinapis Alba, et Nigra* ; Mustard.
49. *Cochlearia Armoracia* ; Horse Radish.
50. *Juglans Cinerea* ; Butternut.
51. *Verbena Hastata* ; Blue Vervain or Purvain.
52. *Verbena Urticifolia* ; White or Nettleleafed Vervain.
53. *Solidago Odora* ; Sweet Golden Rod.
54. *Pyrola Umbellata* ; Pipsissawa or Ground Leaf, Ground Holly, King's Cure, Rheumatism Weed.
55. *Pyrola Maculata* ; Pipsissawa or White Leaf, &c. &c.
56. *Cnicus Officinalis* ; Bitter Thistle, cultivated in gardens, for medical use.
57. *Rumex Crispus* ; Yellow Dock.
58. *Carduus Benedictus, vel Centaurea Benedicta* ; Blessed or Lovely Thistle.
59. *Zanthoxylon Fraxineum* ; Prickly Ash, Toothache Bush, Yellow Wood or Suterberry, or Pellitory.
60. *Pyrola Rotundifolia* ; Wild Lettuce, Round Leaf Consumption Weed.
61. *Aletris Farinosa* ; True Unicorn Root, Star Grass, Blazing Star, Aloe Root, Bitter Grass, Star Root, Devil's Bit.
62. *Helonias Dioica* ; False Unicorn Root, Colic Root, Devil's Bit, Drooping Starwort.
63. *Coptis Trifolia* ; Gold Thread, Yellow Root, Mouth Root.
64. *Lycopus Virginicus*.—*Var* : *Ruber* ; American

- Archangel, Bugle Weed, Water Hoarhound, Paul's Betony, Gipsy Weed, or Red Archangel.
65. *Lycopus Vulgaris, vel Europæus* ; Green Archangel, Bugle Weed, &c.
66. *Populus Balsamifera* ; Balsam Poplar—Indian name, Tackamahaka.
67. *Populus Candicans* ; Balm of Gilead Poplar.
68. *Panax Quinquefolia* ; Ginseng.
69. *Myrica Gale* ; Meadow Fern, Sweet Gale, Bog or Dutch Myrtle.
70. *Trifolium Pratense* ; Red Clover.

From the above catalogue of plants, the following medicines are prepared, which possess most efficiently DR. THOMSON'S *three grand principles*, namely : rough, hot, and bitter ; or, in other words, astringents, stimulants, and tonics.

EMETICS, (or No. 1.)

There are several valuable vegetable emetics ; such as the "Vervain," "Thoroughstem," and the *Lobelia Inflata*, which may be finely powdered and taken in substance, in teaspoonful doses, or in strong decoction in half teacupful doses, till the stomach is emptied of its morbid contents.

But the most unequivocal and efficient of these, and the one we have always alluded to in the treatment of disease, is the *LOBELIA INFLATA*, which is prepared for use in the following manner, viz. :

1. When the herb is in full bloom, gather as much of it as you wish to prepare into the *Green Emetic*. Let this be dried in the shade, where dampness or the night air will not be likely to injure it ; when perfectly dry, rub the leaves off the stems, and pack the leaves away in a close box ; some of them may be ground fine in a mortar, and sifted through a fine sieve, and kept for use. It is best not to grind too

much of it at once, as it keeps better in the leaf than in the fine powder. A teaspoonful of this powder is generally given to an adult for a dose, and this dose repeated two, three, or four times, at intervals of twenty or thirty minutes, until the stomach is well cleansed. [*See directions for giving an emetic.*] This is the 1st Preparation.

2d. To make the *Emetic Tincture*, gather the herb as above, cut off the roots, and pound it as fine and as soft as you can, in a mortar; fill a glass gallon jar with it, moderately pressed down; then pour as much alcohol in the jar as will cover it, and let it stand closely covered for a month or six weeks, then wring or press the tincture through a strong linen cloth, and bottle it for use. This is called the "*2d Preparation*," and is an important medicine in the cure of asthma. The dose is from a tea, to a tablespoonful, for an adult.

3d Preparation. In the month of September the Lobelia is generally ripe. It is then gathered, the roots cut off, and the herb spread on a sheet, to dry; when dry, the seed is shaken out and made clean, by being passed, several times, through a fine sieve. The seed should then be put away in a bottle or glass jar, for use. The seed, pounded in a mortar until it will stick together, is what is called the "*Brown Emetic*." When I have used the *Brown*, instead of the *Green Emetic*, I generally gave about *one-third less* for a dose.

To make the 3d Preparation, take half a pound of the ground seed, half a pound of cayenne, half a pound of Nerve-Powder, and one gallon of the best No. 6; mix, and shake all well together: the dose is from one to three teaspoonfuls. See Hydrophobia, Locked Jaw, Fits, &c.

After the seeds are thus disposed of, the leaves and pods may be packed away, in a box, for the *First*

Preparation, or Green Emetic; yet it will not be so strong, or of so beautiful a *green*, as that prepared from the herb in full bloom.

STIMULANTS, (*or No. 2.*)

The best African Cayenne (*CAPSICUM ANNUUM*) is No. 2. Red pepper, black pepper, ginger, pennyroyal, peppermint, or any thing hot, is used as a substitute, when the cayenne cannot be had.

A dose of the cayenne, is from one fourth to a teaspoonful, for an adult patient.

In giving No. 2, during a course of medicine, or while steaming, it is always best to give it in broken doses; that is, one-quarter or half a teaspoonful at a time, and repeat as the patient can bear it, except in such cases as will require large doses to arouse the system into action. In this way it may be used safely, in all cases of disease, to raise and retain the internal vital heat of the system, cause a free perspiration, and to keep the determining powers to the surface.

ASTRINGENTS, (*or No. 3.*)

Bayberry, white pond lily, hemlock, smooth sumach, witch hazel, and red raspberry, are the articles which compose Dr. THOMSON'S No. 3. Some practitioners use the bark of the root of bayberry, alone, for No. 3; but this medicine does not seem to answer as good a purpose alone, as when it is combined with other astringents. The preparation I have used as No. 3, for many years, is the following, viz.:

3 lbs. of the bark of the root of bayberry, pulverized.
 $\frac{1}{2}$ lb. of white pond lily root, pulverized.
 $\frac{1}{2}$ lb. hemlock bark.
 $\frac{1}{2}$ lb. sumach berries, and
 $\frac{1}{2}$ lb. of witch hazel leaves, or red raspberry leaves,
 all pulverized, and well mixed together.

A pint of boiling water, poured on a large table-spoonful of this powder, makes a good tea, with a little No. 2 added, which may be used instead of the Composition; and, while going through a course of medicine, a strong tea of this powder should be used freely, combined with No. 2 and the Nerve-Powder; it will warm the system, scour the stomach and bowels, and strengthen the nerves. The emetic should always be given in a tea of this powder, or the Composition. Injections, and poultices, are generally made of this tea. See *Injections, and A Course of Medicine*.

BITTER TONICS, (or No. 4.)

The best Bitter Tonics are, the bark of the aspen poplar; that is, the quaking asp, balmony, barberry bark, golden seal, true unicorn root, and prickly ash. Any of these, reduced to a fine powder, may be taken in small teaspoonful doses, to assist the digestion or restore the appetite. But, in all cases where bitters are necessary, a combination of these articles are better than either of them separately. Hence Dr. THOMSON uses this formula, namely:—Balmony, barberry bark, and poplar bark, pulverized and equal parts mixed. On one ounce of this mixture, pour a pint of boiling water; and, when cold, strain off the decoction, and add half a pint of spirits and one teaspoonful of No. 2, for hot bitters.

“This preparation,” he says, “is calculated to correct the bile and create an appetite, by restoring the digestive powers; and may be freely used, both as a restorative and to prevent disease.”

For several years past, I have used no other No. 4 than the following preparation, called

SUPERIOR No. 4.

2 lbs. aspen poplar,		$\frac{1}{4}$ lb. golden seal,
1 lb. tulip poplar,		$\frac{1}{4}$ lb. prickly ash,
1 lb. balmony,		$\frac{1}{4}$ lb. anniseed,
$\frac{1}{4}$ lb. bitter root,*		$\frac{1}{4}$ lb. cinnamon bark,
$\frac{1}{4}$ lb. barberry bark,		$\frac{1}{4}$ lb. best cayenne,

all finely pulverized, and well mixed together. Put half a pound of this mixture into two gallons of water, in a copper or brass kettle, and boil it down to one; then strain off the decoction, and let it settle; when it must be schired off the grounds, into the kettle again; to which, add four pounds of good sugar, and scald it well and skim it; then pour it out into a proper vessel, to cool; and, when cold, add one quart of French brandy, and bottle it up for use.

This preparation I have called superior No. 4, and is one of the best, for dyspepsia or indigestion. It gives tone and vigour to the digestive organs, expels wind from the stomach, relieves sick headache, and produces and maintains a healthy action throughout the system; especially after a course of medicine.

Dose, from a half to a wine-glass full, two or three times a day

N. B.—The above mixture may also be used as follows: On a teaspoonful of the powder, pour a small teacupful of boiling water; when cool enough to drink, strain it off, and drink it with or without sweetening, two or three times a day, just before eating.

DEMULCENT RESTORATIVES, (or No. 5.)

The preparation I here present the reader with, is a little different in form, though scarcely any in essence. See New Guide, p. 82.

* See Dr. THOMSON'S description of this valuable vegetable, New Guide, p. 61, 3d ed. 1831; after using it, perhaps, for forty years!!!

1 lb. bayberry bark,		$\frac{1}{2}$ lb. wild cherry tree
1 lb. poplar bark,		bark of the root,*
$\frac{1}{2}$ lb. peach kernels,		

all pulverized and well mixed together.

Boil one pound of the above mixture in two gallons of water down to one, and make a syrup, and add one quart of brandy, as directed for superior No. 4.

Dose.—Take from a half to a wine-glass full, three times a day.

This syrup is intended to strengthen the stomach and bowels, and to restore weak patients after a course of medicine. In a relax, or the first stages of dysentery, by using a tea of No. 3 freely, and giving the same by injections, and, also, giving this syrup to strengthen the digestive organs, it will generally cure it; and will also prevent those exposed from taking the disease.

THE INFANT DROPS, (*or Mother's Cordial*.)

Is also a restorative, and might be called the 2d Preparation of No. 5. It is intended to supersede the use of opium, morphia, laudanum, paregoric, and all other stupefying doses; such as are generally given by the mineral faculty to lying-in women, and restless children. It facilitates labour, and, assisted by hot stones to the feet, removes after-pains, and effectually prevents their re-occurrence. It is the very best preparation for diarrhœa in all its various forms, cramp colic, cholera morbus, and the summer diseases of children, that has yet been introduced into

* In No. 5 Dr. THOMSON omits the wild cherry bark, and boils the whole of the poplar and bayberry, in two gallons of water, for a short time; strains off the decoction, and adds seven pounds of good sugar; then scalds and skims it; after which, he adds half a pound of peach meats, pounded fine, and sets it away to cool. When cold, he adds one gallon of good brandy, and bottles for use. Dose, the same as above.

the chamber of the distressed. I have seen children, that had been nearly drugged to death by the doctors, restored to *perfect health by this preparation alone.*

It is prepared in the following manner, viz. :

4 oz. of No. 5 Powders,		$\frac{1}{2}$ oz. cinnamon bark,
1 oz. raspberry leaves,		$\frac{1}{2}$ oz. lemon peel,
1 oz. witch hazel leaves,		$\frac{1}{2}$ oz. golden rod,
2 oz. American valerian,		

well pulverized, but not sifted.

Boil all these ingredients in two gallons of water, down to one; then strain, and add eight pounds of loaf sugar to the decoction; scald and skim it, and, if you have about one gallon and a quart of the syrup, (which is the proper quantity,) when cold, add one quart of the Tincture of Valerian, and bottle it for use.

DIRECTIONS.—To restless infants under one year, give from ten drops to a teaspoonful, in a little warm water, two or three times a day. The dose may be increased to a tablespoonful, according to the age of the child; and a little No. 6 may be added to each dose, in case of spasms, cholic, or summer complaint.

Adults may take from a half to a wine-glass full, and, if the pains be severe, add one or two teaspoonsful of No. 6 to the dose, and repeat every two or three hours, until relief be obtained.

BLACKBERRY CORDIAL.

To two quarts of juice, add one pound of loaf sugar, one half ounce nutmegs, one half ounce cinnamon, one half ounce alspice, and one quarter ounce cloves, all finely pulverized; boil for a short time, and, when cold, add one pint of good brandy, and bottle for use. This is an excellent cordial for the summer complaint of children, and for the dysentery, and will answer as a substitute for No. 5 or the Infant Drops, where they cannot be had.

Dose.—From a teaspoonful to a wine-glass full, according to age.

RHEUMATIC DROPS, (or No. 6.)

Dr. THOMSON'S preparation is: One pound of gum myrrh, pounded fine, and one ounce of No. 2, put into a gallon of fourth proof brandy; let this stand five or six days, shaking it well every day, and it will be fit for use. When it is settled, it may be bottled up for use.

The *preparation*, which I have used for about five years, is as follows: Three-fourths of a pound of the sweet-scented gum myrrh, two ounces of fine golden seal, one ounce of fine hemlock bark, and one ounce of No. 2, put into a gallon of alcohol, shaking it once a day, for five or six days; when it may be let settle; then pour it off the grounds and bottle for use. Either of these preparations will answer all the purposes for which Dr. THOMSON has intended No. 6. The second is the cheapest, and has been declared the best, by some good judges of No. 6, but who were ignorant of the addition of the golden seal and hemlock.

The No. 6 stands unrivalled in the cure of rheumatism, whether chronic or inflammatory. Immediate relief is often obtained by bathing the parts affected well, before the fire, with these drops; and, at the same time, take a teaspoonful or two, in a little water, sweetened. It is, also, good for colic, in teaspoonful doses, repeated every fifteen or twenty minutes, until relief is obtained. It cures most cases of toothache, by bathing the gums and the outside of the face, and putting a little in the tooth, on lint. It is a powerful antiseptic, as it prevents mortification, allays inflammation, brings down swellings, eases pain, and produces a tendency to heal. "In fact," says Dr. THOMSON, "there is hardly a complaint in

which this useful medicine cannot be used to advantage." It often cures the fever and ague, and is good for chills.

By mixing the same quantity of Nerve Ointment, or sweet oil to these drops, you have an excellent liniment for bathing stiff or swelled joints, bruises, sprains, fresh wounds, or sores of any kind. And, by adding two ounces of Castile soap, scraped fine; two ounces of gum camphor, and half a pint of the spirits of turpentine, to one gallon of good No. 6, you have an opodeldoc, embrocation, or liniment, superior to any other now before the public, for wounds, bruises, strains, swellings, stiff joints, or sores of any kind, on man or beast. So that I may add, *in fact*, it is worth more than all the *mineral poisons* in the United States, for eradicating disease from the human frame.

NERVE-POWDER, (*Cypripedium Luteum*.)

COMMON NAMES.—*Yellow Lady's Slipper, Moccasin Flower, American Valerian, Umbil, &c.*

[See Dr. THOMSON'S description of this valuable plant, in his "New Guide," p. 65, and the "Materia Medica," No. 19.]

It is the root of the plant that is used for medicine; they should be dug in the fall, washed clean, and dried in the sun or an airy room. When quite dry, they should be pulverized and bottled for use. The dose is from a half to a teaspoonful, taken in any of the other medicines, or in hot water, sweetened; and repeated as often as the case may require.

Dr. THOMSON esteems the Lady's Slipper as one of the most valuable articles of vegetable medicine, and says, "It would be difficult to get along with my practice, in many cases, without this important article."

In its operation, it appears to act in harmony with

the laws of animal life, giving strength and tone to the nervous system; and, hence, it is useful in all cases of nervous irritation, hysterical affections, spasms, and fits, and in all functional derangements of the brain; such as madness, delirium, and despondency of mind; and in all cases of inability to sleep, particularly in fevers and consumptions.

COMPOSITION, (*or Diaphoretic Powder.*)

Dr. THOMSON'S composition is: Two pounds of fine bayberry bark, one pound of fine hemlock bark, one pound of good ginger, two ounces of ground cloves, and two ounces of No. 2, well mixed, and sifted through a fine sieve.

This medicine is used for a sudden cold, foul stomach, headache, jaundice, pain in the limbs, cold hands and feet, pain in the stomach and bowels, sore throat, diarrhœa or dysentery, rheumatism, and all complaints caused by cold. It may be used by male or female, young or old. It produces perspiration, and a free and equal circulation throughout the system.

DIRECTIONS.—Put a teaspoonful into a teacup, and add sugar, to please the taste; then pour it full of boiling water, stir it well, and drink it warm, two or three times a day, or oftener. When given to children, milk or cream may be added, to make it pleasant.

In dysentery or bowel complaints, while using this medicine, a teaspoonful of No. 6 may be added to each dose, and the same may be given by injections; which will, if taken in time, effect a speedy cure.

The learned Dr. SAMUEL ROBINSON says, that “this medicine is superior to any one in the *Materia Medica* of the regular faculty; and for purifying the blood, and cleansing the whole internal man, it stands without a rival.”

Dr. THOMSON has thrown the hemlock out of the Composition, and what he has substituted in its place I know not; but the following is the preparation I have sold, and used in my practice, for six or seven years past, viz.:

3 lbs. fine bayberry,		2 oz. fine cinnamon,
1 lb. good ginger,		2 oz. fine cloves,
2 oz. No. 2,		

all well mixed together, and passed through a fine sieve.

COUGH POWDER.

1 oz. brown emetic,		1 oz. No. 2,
1 oz. golden seal,		2 oz. gum arabic,
1 oz. nerve-powder,		

well mixed and sifted.

Dose.—Half a teaspoonful, on going to bed; mix in a little syrup, honey, or molasses.

The above may be made into pills, by adding as much soft water as will reduce the powder to the consistence of dough.

Dose.—Two or three at night, and, if the cough is troublesome, or of long standing, these pills should be taken two or three times a day, so as to affect the stomach slightly.

CONSERVE OF HOLLYHOCK, (*or Bread of Life.*)

Take one pound of fresh hollyhock blossoms, (the *calyx* being first taken from the blossoms,) and pound them in a mortar, until they are reduced to a fine pulp; then add, by degrees, four pounds of loaf sugar to this pulp, pounding both together, until they become as smooth as paste; then as much of the *Spice Bitters* (or the Ladies' Bitters, as they are generally called) as will bring this paste to the consistence of stiff dough, kneading the powder in with the pestal, until it is well worked; then add a tablespoonful of

the oil of pennyroyal, and pack it away, in a glazed jar, for use.

This is an excellent medicine for all complaints caused by cold; it may be eaten dry, or a teaspoonful may be mixed in a cup of warm water, and drank on going to bed, or two or three times a day, if required. Children troubled with worms should be encouraged to eat this medicine freely. I have known it to discharge them, in knots of ten or twelve large worms together. One or two of the Anti-Dyspeptic Pills might be given each day, while using the conserve for worms.  See treatment for worms in the preceding chapter.

SPICED BITTERS.

 *Published in the "Recorder."*

4 oz. fine poplar,	3 oz. unicorn root,
4 oz. golden seal,	3 oz. nerve-powder,
6 oz. bayberry,	1 oz. No. 2,
2 oz. prickly ash,	25 oz. loaf sugar,
2 oz. cloves,	

All these must be well mixed together and passed through a fine sieve.

Dose.—A teaspoonful in a cup of warm water, or cider.

LADIES' BITTERS.

Prepared, sold, and used by myself, in practice.

$\frac{1}{2}$ lb. fine bayberry,	$\frac{1}{2}$ lb. bitter root,
$\frac{1}{2}$ lb. poplar,	$\frac{1}{2}$ lb. gum myrrh,
$\frac{1}{2}$ lb. unicorn root,	$\frac{1}{2}$ lb. cloves,
$\frac{1}{2}$ lb. golden seal,	$\frac{1}{2}$ lb. cinnamon,
1 lb. white ginger,	$\frac{1}{2}$ lb. No. 2,
1 lb. Nerve-Powder,	12 lb. loaf sugar
$\frac{1}{2}$ lb. prickly ash,	

mixed and used as the Spiced Bitters.

Either or both of the above preparations may be used, by male or female, in all cases where strengthening medicines are necessary. The Spice Bitters are excellent for dyspeptic patients, who should use them freely, while undergoing medical treatment. See Dyspepsia.

The Ladies' Bitters might, with propriety, be called **WOMEN'S FRIEND**; as they are the best preparation of medicine we have ever seen exhibited, in cases of *female weaknesses*.

CHOLERA SYRUP.

On one pound of coarse bayberry, one pound of coarse Nerve-Powder, half a pound of coarse golden seal, and two ounces of No. 2, pour one gallon of boiling water; steep, for several hours, on hot embers; pour it off; add half a gallon of boiling water, and steep as before; then strain through a thick cloth; let it settle clear, and pour it off the grounds; then add one gallon of sugar-house molasses, one gallon of Jamaica rum, and one gallon of No. 6. When cool, beat up the whites of three eggs, and mix well with a pint of this syrup first; then mix the whole together, and scald and skim it carefully, and, when cold, bottle it up for use.

This makes a very pure and valuable cholera syrup, and, the spirit being heated over the fire, becomes reduced; and it is an excellent medicine for that complaint of children, called cholera infantum. It may be used in all cases of violent pain in the stomach or bowels.

Dose.—Adults may take from a tablespoonful at a time, (and repeat at discretion,) to a wine-glass full, according to the violence of the disease.

Children may take one, two, or three teaspoonfuls, according to their age.

COUGH DROPS.

4 oz. hoarhound,	4 oz. Nerve-Powder,
4 oz. bayberry,	4 oz. wake robin,
4 oz. golden seal,	1 oz. cayenne.
4 oz. skunk cabbage root,	

These articles (coarsely pulverized) should be boiled in one gallon of soft water, down to one half; then strain off the decoction; and let it settle clear; after which, add three pounds of good sugar; scald and skim it; and, when cold, add four ounces of Tincture No. 1, two ounces clear 3d Preparation, and bottle for use.

This is a valuable preparation for coughs, consumptions, and all complaints of the breast or lungs; and may be taken two or three times a day, as the case may require.

Dose.—A half or a teaspoonful, in a tea of Composition, Nerve-Powder, ginger, or Spiced Bitters.

It is also an excellent emetic for infants, in croup, hooping cough, &c. *Dose*, from a half to a teaspoonful, every ten minutes, till relieved.

HEALING SALVE.

1 lb. fresh butter,	1 lb. white turpentine,
1 lb. beeswax,	1 lb. balsam fir.

Melt and simmer them together; then strain off for use: to be applied to sores, after the inflammation has been allayed.

NERVE OINTMENT.

2 lbs. bark of the root of bitter sweet,	1 lb. wormwood,
	1 lb. camomile.

Put into neat's-foot oil, and simmered for twelve hours, and then add one ounce of spirits of turpentine to each pound of the ointment.

This preparation is for a bruise, strain, calice, or corns. See No. 6, &c.

STRENGTHENING PLASTER.

Fill a large kettle with mullen and burdock leaves; boil them well in soft water, and wring them out; fill up the kettle again, with fresh leaves; boil them and wring them out as before. Then boil down the liquor to the consistence of molasses, and add three pounds of rosin and two pounds of white turpentine; then simmer them well together, until the water is evaporated; stirring it with a stick at the same time. Try a little of it now, in cold water, to see if it will work in the hand like shoemaker's wax, and, if it is too soft, add more rosin, and, if too hard, add more turpentine; and, when tempered to your mind, pour the whole into cold water and work it like wax.

This plaster is used for weakness in the back, limbs, or any other part of the body. It should be spread on soft leather, or thick muslin, double, and applied to the parts affected.

ADHESIVE AND STRENGTHENING PLASTER.

Clean Rosin,.....	3 lbs.		Burgundy Pitch....	4 oz.
Beeswax,.....	4 oz.		Tallow,.....	4 oz.

Melt these together, and then add:

Sweet Oil,.....	$\frac{1}{2}$ oz.		Camphor.....	$\frac{1}{2}$ oz.
Sassafras Oil,.....	$\frac{1}{2}$ oz.		West India Rum...	1 gill.

When the latter articles are well incorporated with the former, pour the whole into a vessel of water, and work it in the hands, till cold. A little more rosin, or sweet oil, may be required, in certain seasons, to make it of the right consistence.

This plaster is used for the purpose of confining the edges of large wounds or ulcers together, in order that they may heal with greater facility. When applied for this purpose, spread some of it on a long and narrow slip of linen cloth; then bring the edges of the wound as nearly together as possible, and apply

a piece of this slip, cut to the proper length, across the wound. Then apply other pieces in the same manner, until the whole wound is covered. Sometimes the wound, or ulcer, may be covered wholly by one plaster, with holes cut through it, so as to permit the matter to escape from the wound.

It is also good for strains, bruises, weakness of the back or limbs, and for rheumatic pains.

CANCER-PLASTER.

Dr. THOMSON'S cancer-plaster is made of the heads of red clover, by boiling two brass kettlefuls in the same water, and pressing the heads to get out all the juice; then boil down the liquor to the consistence of tar, and it will be fit for use. This is an excellent plaster, but it is difficult to obtain; and, where it cannot be had, the following, or any of the plasters or poultices recommended in this work, will answer as good substitutes.

Take equal parts of brown sugar, wheat flour, No. 1, No. 2, white pond lily root, (fine,) and good ginger; wet them with No. 6, and mix them well together. Apply this plaster to the cancer-sore or tumour, while undergoing the regular medical treatment for the cure of cancers. (See Cancer-sores.)

POULTICES.

Make a strong tea of red raspberry leaves, or of No. 3; and thicken it with ground slippery elm, ginger, and crackers. This is an excellent poultice for all cankerous sores, or for scalds or burns, after the fire has been extracted by the application of cold water.

POULTICE for White Swelling.—One tablespoonful of Green Emetic, one do. of No. 2, one do. of fine pond lily, one do. of fine salt, and one of hard soap, scraped fine; wet the whole with hot water, and mix, and bring them to a proper consistence.

POULTICE for Swelled Joints, occasioned by Inflammatory Rheumatism.—Four tablespoonfuls of fine salt, two do. of fine cayenne, one do. of Brown Emetic; put these into a pint of hot water, and thicken with Indian meal, fine elm, and Composition Powder. This poultice must extend round the joint, and be kept constantly wet with cold milk and water; take warm medicine inwardly, at the same time. It may be applied to any other pain or swelling; and to the *feet*, in fever; especially if the head be much affected; observing to keep it wet during its application.

POULTICE OF LOBELIA.—Green Emetic and fine slippery elm, equal parts, wet with spirits, and applied to rheumatic pains, will often effect a cure. This poultice must be re-wet with spirits, whenever it becomes dry.

STIMULATING LINIMENT,

For contortions of the limbs, (as in St. Vitus's Dance,) cold extremities, and erratic pains.

Spirits of Hartshorn. 2 oz.		No. 6. 2 oz.
Olive Oil. 4 oz.		Tincture Cayenne. . 1 oz.
Tincture of Nervine. 4 oz.		

Shake these well together, and apply to the parts affected, before the fire.

PEPPER SAUCE, (*Anti-Emetic Drops.*)

Take one ounce of cayenne, two tablespoonfuls of fine salt, and one quart of the best vinegar; mix, and bottle for use. In cases of dyspepsia, indigestion, or coldness of the stomach, this preparation should be used freely at meals. It is the best remedy, to stop vomiting, we have ever used; given in doses of a tablespoonful or less. Dr. THOMSON recommends spearmint tea—this is also good; and mint, bruised and simmered in spirits and applied to the stomach,

has stopped violent vomiting, when many other things had been tried in vain.

The Pepper Sauce may also be used as bathing drops; for cold feet, rheumatism, headache, inflammations, bruises, sprains, palsied limbs, &c.

TINCTURES.

THE TINCTURE OF No. 2, is made by digesting four ounces of the best cayenne in one quart of alcohol, for ten days, in a hot summer heat; shaking it often. Twenty or thirty drops of this tincture, in a tumbler of cold water, is much better than a glass of spirits, in either a *cold* or a hot day.

THE TINCTURE OF NERVINE.—Take four ounces of the American Valerian, (coarsely pulverized,) and one quart of alcohol, and digest for ten days, as above directed. A teaspoonful or two of this tincture, will answer, sometimes, instead of a dose of Nerve-Powder.

COMPOUND TINCTURE OF GOLDEN SEAL.—Take three ounces of golden seal, one ounce of prickly ash, one half-ounce of cloves, and one half-ounce of cinnamon; digest these articles in a quart of alcohol, for twenty days, in a summer heat; strain off, and bottle for use. One or two teaspoonfuls of this tincture, in a glass of water, (with or without sweetening,) is very grateful to the stomach, where bitter tonics are needed.

DIURETIC TEA.

Poplar.....	8 oz.	Gum Myrrh.....	1 oz.
Juniper berries.....	8 oz.	Cinnamon.....	1 oz.
Clivers.....	8 oz.	Cayenne.....	$\frac{1}{2}$ oz.

All finely pulverized, and mix them well together.

This preparation is one of the *safest* and *best* diuretics I have ever used. This is very useful in dropsies, strangury, and gravel; and may be used freely, while undergoing regular treatment, for either of these complaints. Pour half a pint of boiling water on a

small tablespoonful ; strain, sweeten with honey, and drink it warm.

CLIVERS are known under the name of *Robin-run-the-hedge*. The stalk is four-square, and rough on the edges like a sickle, and has five or six very small leaves at each joint ; and the blossoms are very small and white. It generally grows on meadow or mill-race banks. Dr. THOMSON says, "A strong tea, made of this herb, is good for the stoppage of urine, and may be made use of for all obstructions, in those parts, to advantage." See New Guide, p. 71.

VOLATILE SALTS, (*Smelling Bottles.*)

Take one ounce sal ammoniac, and two ounces pearl-ash ; pulverize them separately, and mix them well together, and bottle quickly for use. You can add a few drops of such essence as may please your fancy.

A COURSE OF MEDICINE.

When about to administer a *regular course of medicine*, the first thing you must attend to is, to see that a sufficient supply of the different articles of medicine are in readiness ; and, also, that there is plenty of hot water, hot stones, chicken soup, or thickened milk, to answer your purpose. These things being in readiness, make a quart pitcher full of strong Composition, or No. 3 tea ; if the No. 3 is used, add a small teaspoonful of No. 2 ; sweeten the tea, and give the patient two or three half teacupful doses, in the course of ten minutes, adding small portions of Nerve-Powder, or No. 6, if you think it necessary. After this, place him over the steam, or in the vapour bath, and let him continue in the bath fifteen or twenty minutes, or, until a free perspiration comes on ; giving the No. 3, or Composition occasionally, to keep up

the inward heat; adding a little No. 2 to each dose, if necessary. When the patient has been over the steam, as long as he can conveniently bear it, wipe him off with spirits and water, vinegar and water, or throw about two or three quarts of cold water over him, and wipe him dry; shielding him, as much as possible, from the air, while doing it. When this is done, place him in a warm bed, and give the Emetic, that is, one teaspoonful of the *brown or green*, in half a teacup of No. 3; to which, add half a teaspoonful of Nerve-Powder, and one teaspoonful of the 3d Preparation. This generally pukes in fifteen or twenty minutes; but, whether it does or not, repeat the dose in thirty minutes, and, unless this second dose cleanses the stomach well, repeat it a third or a fourth time, until *this* is accomplished. While puking, give plenty of No. 3, Composition, or pennyroyal tea, to assist the operation of the Emetic. Chicken-broth, or boiled milk, may also be used freely, during the operation. The patient may also have a glass or two of cold water, if he requires it.

It generally takes from one to three hours to complete the operation of an emetic; but I have attended patients, where, after giving a sufficiency of the emetic (which is three or four doses) to cleanse the stomach, I have waited from three to ten hours, before the operation was over.

Where there is much acidity or sourness on the stomach, it would be well to add a bit of pearlash, or sal æratus, as large as a pea, to one or two doses of the emetic.

As soon as the operation of the emetic is over, give the patient a dose of Spice Bitters, No. 4, or a glass of Superior No. 4, or 5; and, in a few minutes after, some food; such as the patient may desire. He will now, in all probability, be inclined to sleep;

which he should be permitted to do. After resting a while, an injection should be administered, prepared as follows: To half a pint of No. 3 tea, add one teaspoonful of No. 1, half a teaspoonful of No. 2, one teaspoonful of Nerve-Powder, and one teaspoonful of No. 6. When the operation of the injection is over, and the patient is sufficiently rested, steam him and wash down, as before directed; and he may then dress or go to bed, as the case may require.

The above is what we mean by a *full* or *regular course of medicine*; it is for one day only, and generally occupies from three to seven hours. In very violent cases, such as congestive fever, and fits, I have given two such courses to the same patient, in a day; and for *five days in succession*.

After going through the above course, it will be necessary to give the Bitter Tonics three or four times in a day; and, if the disease is not completely broken up, to repeat the course in a day or two, or follow it up with

DR. LOGAN'S LONG COURSE;

which will be of essential service, if the case be of long standing. In *dyspepsia*, *chlorosis*, and *eruptions* on the skin or head, as *tenia capitis*, this course should not be dispensed with. Dr. LOGAN directs the use of golden seal, in the middle of the day, while taking this medicine; but any of the bitter preparations will answer the same purpose.

DIRECTIONS.—Take Composition Powder at night; next morning take bitter root; second night No. 3 powder; second morning No. 4 powder; third night Composition; third morning bitter root; fourth night No. 3; fourth morning No. 4; fifth night Composition; fifth morning No. 4; sixth night No. 3; sixth morning give the stomach three brisk actions with

No. 1 powder, that is, three teaspoonfuls of No. 1 infused in 3 gills of tepid water, and take one gill at a dose, fifteen or twenty minutes intervening between each dose.

DR. WM. JOHNSTON'S SHORT COURSE.

DIRECTIONS.—Bathe the feet in warm water, for ten or fifteen minutes; increasing the temperature of the water until it is as hot as you can bear it; drinking Composition at the same time, to raise the inward heat; then wipe the feet dry, and rub them well with Pepper Sauce; pull on the stockings and go to bed; and take two or three doses of the Emetic, to cleanse the stomach. After the operation is over, take a dose of Bitters and some food; and, when the sweating abates, wipe dry and change your clothes.

In nine cases out of ten, this short course of treatment will throw off the first attacks of disease, and save *you* a great deal of sickness and expense; and will save the doctor, also, a great deal of riding and visiting, for the purpose of keeping you sick.

HOW TO STEAM.

Various methods have been devised for applying the steam or vapour bath; but the following may be used in all cases, as the means can be had in every family.

Having hot water, and five or six half bricks or stones well heated, take a common washing-tub, and cover the bottom of it about three-quarters of an inch deep with the hot water; place a split or rush-bottom chair on the top of the tub, with the feet resting on two narrow boards, separated so as to admit the bricks or stones to be passed into the tub between

them ; and, if the tub is a large one, another narrow board may be placed across it, in front of the chair, for the patient's feet to rest on. The patient must be seated on this chair with his clothes off, and a blanket brought around him and the chair, from behind, the upper edge of which must be brought over his shoulders, and pinned under his chin ; the lower edge reaching down to, or near the floor, and around the tub. Another blanket must now be placed around the patient and tub before ; the upper part of which must be brought up close under his chin, carrying it over his shoulders, and pinning it behind the back of the chair ; thus forming a kind of tent, enveloping the patient, tub, and chair ; in which he sits with his head out. But, if the patient's head is affected, the first blanket may be brought over the top of the head, and down the sides of the face, so as to cover the ears, and then pinned under the chin, leaving the face *only* exposed to the air.

The patient, being thus placed over the steam, and having previously taken two or three doses of the warming medicine ; a hot stone is now passed into the tub, and the vapour ascends, being confined by the blankets, around the body of the patient ; and, when the stone becomes too cool to produce a lively steam, another stone is put into the tub ; and, by this means, a lively steam is kept up, still putting in a hot stone, as the patient can bear the steam, until a profuse perspiration is produced. Should the steam become too hot, the blankets must be raised, to allow the cool air to enter. If the patient should be hard to sweat, he should take the more cayenne, in warm water, sweetened, or in his Composition, or No. 3 tea, while steaming.

If the patient should become faint, or feeble, let him have cold water to drink, if he craves it ; and

dash a little on his face or bosom, or pour it on his back or head, which, if properly attended to, will generally afford relief; but, if it does not, take him off the steam and put him into bed.

When the steaming is finished, wipe off, as directed in the regular course of medicine.

METHOD OF STEAMING SMALL CHILDREN.

Let the woman who is to manage the child, be seated on a stool or chair, having a blanket over her lap, reaching down to, and along the floor, in front of her feet. Place the child, with its clothes off, on her lap, in the blanket; bring it over the shoulders, and pin it under its chin. The blanket must now be brought round the child, and stretched out before, so as to form a kind of funnel, in which it sits; and a pan or basin, with hot water in it, must be placed at, or in the lower end of this funnel, and the warm vapour will ascend around the child. By putting a small hot stone occasionally in the pan, giving the child some warming medicine at the same time, you may steam it in this way, until a free perspiration is produced.

The person holding the child must be the judge in regard to the heat of the steam; and the attendant will regulate it, by raising the blanket when too hot, or changing the stones when too cool. If the child is very young, and an emetic is needed, take a teaspoonful of the Green Emetic, steep it in a teacupful of warm water, (not boiling;) strain the decoction, and sweeten it, and give the child a teaspoonful every ten minutes, until it operates. After the operation is over, give the No. 5 Syrup, or the Infant Drops.

HAVING conducted my readers thus far, I will now take a brief view of the *effects* which the principal medicines of Dr. THOMSON have upon the system. The reader, no doubt, has already observed, that they are classed under six numbers—of which numbers, that elegant and scientific writer, Dr. D. F. NARDEN, thus speaks, in his treatise on the cholera. See Thomsonian Recorder, from p. 226 to p. 237, vol. 1 :—

No. 1.—Is the only medicine known in the world possessed with powers like it, viz. : to cause a natural action of the brain, and produce a new and abundant influx of sensitive, and expel the noxious substances which corrupt the organic life, without leaving this organ anyways impaired, as the narcotics do ; but, on the contrary, it always causes a natural action, if it acts at all. *It acts only where there is life ; as it has not the least power of doing any injury to the organs, nor to abstract life from them.* It can only help nature to perform her natural functions.

No. 2.—This is the generator of heat in the system ; its *effects* are, to rouse the sensitive in the organs, and is, properly speaking, a stimulus ; it gives energy to all the other medicines.

No. 3.—Possesses the power of gathering from the system such noxious substances as are made by the morbid action, and to give the organs the power of self-contraction, (antiseptic,) by removing the corrupted substance from them, and leaving them in better order to perform their original functions with increased vigour.

No. 4.—Possesses the power of restoring the debilitated organs ; it causes a natural secretion of the fluids, as well as to keep the system in its proper functions.

No. 5.—Restores the digestive organs. I would place this as a supplement to No. 4.

No. 6.—This is the well known *panacea*, which is known by almost every body, where “steam doctors” have passed, which has been most universally worshipped by those who have used it, and ridiculed and jeered by the envious or prejudiced. This is so composed of the former numbers as to possess all the qualities of Nos. 2, 3, and 4. Its peculiar composition has made it better adapted for the use of everybody. It has powerful effects upon the body which is yet animated, but perfectly harmless as to the destruction of even the most delicate organ. On the contrary, it can only produce healthy action, since it destroys or impairs none. It is known to be the greatest antiseptic yet used.

To this might be added another number, (the Nerve-Powder;) it is that which pacifies the nerves, and might be called happifier, or comforter. It is composed of such vegetables as will always relieve those distressing nervous affections, which so much harass the patient.

In speaking of the power and properties of Dr. THOMSON'S medicines, Dr. LOGAN observes—“This query is also proposed: ‘How, or in what way, is it that your remedies operate to remove obstructions?’ Answer—

“No. 1 is emetic, to remove morbid matter from the stomach; also, from its volatile nature, an active diluent and stimulant, purifying the blood, by throwing off, through the medium of the pores, all morbid matter that may exist there.

“No. 2 is a diffusive stimulant, the purest and most active known; increasing the natural heat, the first principle of life.

“No. 3.—All the articles composing this number, possess tannin in abundance, and the most active antiseptic properties; they loosen and remove any

canker or morbid matter that may be lodged in the rugæ of the stomach, [preparing it to be evacuated by No. 1,] and, also, all the same matter that may exist in the intestines, carrying off the whole by dejection.

“No. 4.—All the articles of this number possess the most active and powerful tonic properties, acting on the secretory vessels and glands, particularly on the liver; *the action and effect here*, is peculiarly important, inducing the formation of pure bile, of a proper healthy quality, and sufficient quantity, to act as the natural physic to the body, and the only physic nature intended us to use.

“No. 5 is exhibited to restore healthy action to the intestines, when they have been paralyzed or debilitated by disease, either acute or chronic, and acts as a demulcent alterative.

“No. 6 is applied externally, as a detergent, rubefacient, and antiseptic; internally, as a stimulant and antiseptic.

“Composition acts as an alterative, diluent, sialogogue, expectorant, sudorific, tonic, &c. Bitter Root acts as a very mild cathartic and alterative. Nerve-Powder acts as a sedative and antispasmodic. Slippery Elm acts as a demulcent, &c., and, inter alia, you have the Clivers, &c., &c., to continue the action upon the kidneys and bladder, after the operation of No. 1, *as we well know* this number will always induce a healthy action, in the two organs above named, by its peculiar action on the blood.”

“*Recapitulation.*—No. 1 is emetic, tonic, sudorific, expectorant, sialogogue, diluent, and alterative.

“No. 2 is stimulant, carminative, tonic, diuretic, antispasmodic, emmenagogue, sudorific, expectorant, sialogogue, rubefacient, anthelmintic, diluent, and alterative.

“No. 3 is astringent, diuretic, antiacid, anthelmintic, antiseptic, and alterative.

“No. 4 is tonic, antispasmodic, diluent, emollient, and alterative.

“No. 5 is demulcent, emollient, antispasmodic, and alterative.

“No. 6 is tonic, antispasmodic, emmenagogue, diuretic, diaphoretic, expectorant, detergent, antiseptic, rubefacient, diluent, and alterative.

“Bitter Root is cathartic and alterative. Composition is alterative, diluent, sialogogue, expectorant, sudorific, and tonic. Nerve-Powder is sedative, and antispasmodic. Slippery Elm is a demulcent. Clivers is a discutient, and diuretic, &c. &c.”

I will here add the following recipes for preparing “Turlington’s Balsam of Life,” and my own “Vegetable Anti-Dyspeptic Pills.” These preparations may be considered Anti-Thomsonian, but no matter; those who do not like them need not use them.

BALSAM OF LIFE.

Benzoin	12 oz.	Balsam of Tolu	4 oz.
Purified Storax	8 oz.	Socotrine Aloes	2 oz.

Digest these articles in one gallon of alcohol, for ten days, in a warm place; then filter or shire off the balsam, and bottle for use.

To be applied externally, for erysipelas, burns, tetters, ringworms, and other eruptions of the skin, with a feather, four or five times a day.

THE VEGETABLE ANTI-DYSPEPTIC PILLS.

Bitter Root	4 oz.	Gum Aloes	4 oz.
Golden Seal	4 oz.	Brown Emetic	2 oz.
Butternut Extract . . .	4 oz.	Best Cayenne	2 oz.
Rhubarb	4 oz.	EssencePeppermint	$\frac{1}{2}$ oz.

The above articles are to be mixed in a mucilage, made by dissolving six ounces of gum arabic in a pint of soft water, and should remain in a mass for twenty-four or forty-eight hours, so that the articles may be well incorporated together, before being rolled out into pills.

These pills will generally cleanse the stomach, remove habitual costiveness, promote digestion, increase the appetite, relieve sick headache, and give tone to the general constitution.

Dose.—For an adult, from three to ten pills, on going to bed in the evening. For children, from one to three may be given. Great benefit has resulted by giving one pill per day, to children who were troubled with worms. Adults, by taking two pills at a time, three times a day, will, in a short time, remove habitual costiveness.

A less quantity of these pills may be made, by observing the above proportions.

THE AGUE CHASER.

To one quart good Madeira Wine, add one ounce Peruvian bark, one ounce fine cloves, one ounce cream of tartar, and one half ounce of fine bayberry. The dose is a wine-glass full three or four times a day, after having first cleansed the stomach well with an emetic, as directed in my "Short Course of Medicine."

FOR TETTERS, RINGWORM, OR ERYSIPELAS ON THE FACE.

It is said that half a pint of clean oats, stewed in a quart of good vinegar down to half a pint, rubbed on the face often through the day, and the face washed with Castile soap, every morning, will cure the most inveterate redness arising from the above forms of disease, in a short time.

I am now trying this remedy myself, and observing the dietetic regimen below recommended; and, I think, it bids fair for effecting a radical cure.

In concluding our *Materia Medica*, we were about commencing an article on *Materia Alimentaria*; or, at least, to make some strictures on the popular mode of living, when the following extract met our eye, which purports to be from a medical work now, we believe, in press, by Mr. M. MATSON, of Philadelphia. Embracing, as it does, a large portion of what we wished to say upon the subject, we have taken the liberty of enriching our pages with the important truths which it inculcates:

“UNBOLTED WHEAT BREAD.

It may appear somewhat novel to mention bread as an article of the *Materia Medica*; but, believing as I do, that when properly prepared, it is of inestimable value, both as food and medicine, I cannot refrain from giving it a place. If there is any one thing comprised in our daily food more injurious than another, it is the bread made of superfine flour; and it is often rendered still more pernicious by the addition of alum, pipe clay, plaster of Paris, blue vitriol, and many other injurious and poisonous substances employed by the bakers. It gives rise to costiveness in its most obstinate form, and with this springs up the ten thousand diseases with which poor human nature is afflicted. People then fly to Brandreth's Pills, or some other purgative, for relief, and thus they go on from week to week, and month to month, eating the bread and irritating their bowels with physic, until they become a perfect wreck, and death closes the scene. Near the close of the last century, eighty

thousand English soldiers were fed on bread made of unbolted meal, owing to the scarcity of provisions, and such was its effects, that the officers and physicians of the army declared that the soldiers were never before so healthy and robust; and that disease of every kind had almost disappeared from among them.

The inhabitants of Westphalia, says a writer in Rees's Cyclopaedia, are a living testimony to the salutary effects of this sort of bread; and it is remarkable that they are very seldom attacked with acute fevers, and those other diseases which arise from bad humours.

The great objection to fine wheat flour is, that it is too concentrated, and requires the bran or innutritious portion, to adapt it to the wants of the system. Man cannot live long on highly concentrated food. Magendie, the French physiologist, ascertained that animals which had been fed exclusively on butter, or fat, presented, on examination after death, that peculiar state of the liver denominated *fatty*. He fed dogs on sugar and water, and found that they soon drooped, became emaciated, and diseased with ulcers, and died in about a month. "If dogs be fed on superfine flour bread and water," says the author of the Science of Human Life, [Mr. Graham,] "they will die in about seven weeks; but if they be fed on bread made of the whole natural substance of the wheat, or on unbolted wheat meal bread and water, they will live and do well." The same writer says: "Children whose food consists for a considerable time of superfine flour bread and other concentrated substances, as sugar and butter, generally become weak and sickly, and are often covered with sores; but by putting them on a diet of good bread made of unbolted wheat meal, with milk and water, or pure

soft water for drink, and be allowed to indulge freely in the use of good fruits in their season, none of the evils which result from concentrated forms of aliment will be experienced, but if properly treated in other respects, will be perfectly healthy, robust, and sprightly."

I have been the means of introducing the unbolted wheat bread into a large number of families, and always with the best results. Persons who have been costive for years, have been relieved of it in a week or fortnight, and oftentimes in two or three days. I never knew it to fail in a single instance, and have recommended it in a great number of cases. By continuing the use of it as an article of food, it will keep the bowels regular, unless the habits of the individual, and the gross abuse of his digestive organs, are such as to counteract all its good effects. In piles and sick headache, it is a remedy of great importance. In the latter disease it is necessary that tea, coffee, butter, and all animal fats be avoided. Food and medicine are somewhat synonymous terms with Dr. Thomson, and this bread may be strictly regarded as both.

If those who are in the habit of drugging themselves with physic, would make use of the unbolted wheat bread, eating a clever slice at each meal, they would cease to complain of costiveness, and find themselves gaining strength, and becoming every day more healthy and vigorous. It has been objected to the bread, however, that it irritates the bowels, and acts as a purgative. This is a mistake, for the bran is soothing to the bowels, and, unlike physic, does not leave them ultimately in a torpid or inactive state. Besides, it produces natural stools, and not the copious or watery discharges which follow the administration of a purgative. In some instances, where there was considerable disorder of the bowels, I have

known the stools to be more frequent than natural, but this continues only for a limited time.

It was my lot to be obstinately costive for many years, which I endeavoured to remove in the first place by small doses of bitter root; but being dissatisfied with that, I resorted to courses of medicine, but I never experienced any other than temporary relief; and at length I changed my diet, eating the unbolted wheat bread, and subsisting principally on vegetable food, taking a little lean meat now and then, when I felt a desire for it, and from that day, which has now been more than a year, I have never been troubled with costiveness in the slightest degree.

MAKING THE BREAD.—The wheat should be of good quality, cleansed from dirt and all impurity, and ground with sharp stones to cut the bran fine. The flour thus prepared, the bread is to be made with good yeast, and baked so as to be light and sweet, which any well skilled housewife knows how to do. Home made yeast is preferable to brewer's, because the latter often contains poison. The bread should not be eaten under twelve hours after it is baked, for everybody knows that warm bread, cakes, or any thing of the kind, is highly injurious.

Bread made as follows, is light and wholesome, and has the sweet and peculiar taste of the wheat in its natural state. Take of the unbolted meal any desirable quantity, and make it into a stiff dough with milk somewhat sour or changed, which has been previously sweetened by the addition of sal æratus. It is better to dissolve the sal æratus in warm water before it is used, and no more should be put into the milk than is necessary to give it a sweet taste. If any sourness remain in the milk it will cause the bread to be heavy. As soon as the dough is put into the pan, preparatory to baking, plunge a case-knife through it

to the bottom, cutting across two-thirds of the mass. This prevents the loaf from becoming solid in the middle. The bread will be more light by allowing the dough to stand fifteen or twenty minutes before putting it into the oven.

Bread thus prepared is fit for the table of an emperor, and besides being nourishing and easy of digestion, is one of the best medicines in the world. Persons with the dyspepsia should eat it at every meal. It excites the secretion of saliva, and leaves the mouth moist, whereas the fine wheat bread often dries the mouth, and can scarcely be swallowed without frequent draughts of tea, coffee, or other drink. It is delicious to the taste, and with new milk boiled, and thickened with fine flour, adding cream if desirable, it makes superior toast, which is excellent for persons recovering from sickness. The bread, cut into thin slices and toasted until it is quite hard and brown, makes superior coffee, especially when boiled with sugar and milk. There is no beverage more delicious and nourishing. I know of many families who use it instead of the ordinary tea and coffee, and they find it much better for their health."

If individuals who are labouring under slight indispositions, to which the popular mode of living is so liable to subject them, would follow strictly the advice above given, we feel satisfied that a large amount of suffering, and, by consequence, the inconvenience and oftentimes painfully distressing symptoms which follow the administration of medicine, would be wholly avoided. And this was the opinion of ARBUTHNOT, when he declared, "*that by diet alone all the intentions of medicine may be answered.*"

We have long deplored the unnatural state into which society have fallen in regard to dietetics, and

had come to the melancholy conclusion, that no remedy could be prescribed, no system devised, that would effectually obviate the fatal consequences of such a course. . But fortunately for mankind, a redeeming light has burst upon their astonished vision ; which, if faithfully followed, will lead them to that state of health and happiness which a BENEVOLENT CREATOR designed they should enjoy.

The limits which we have set to this work, will not permit us to follow out the subject to our satisfaction : our own experience alone would occupy too much space to be inserted in its pages. But for the information of our readers on this important subject, we would refer them to the works of "the American Physiological Society ;" and particularly to that master work, entitled "Lectures on the Science of Life," by SYLVESTER GRAHAM, the great originator of the system of living called by his name. Although there are doctrines advanced in said lectures, in connection with medicine, which we consider erroneous, yet, taken as a whole, we believe they embrace more *truth*, more that is calculated permanently to benefit mankind, than any work heretofore published. That system professes to be, and we believe is, founded upon the laws which govern the animal economy ; and, we predict, will ultimately be acknowledged as the great polar star of the practitioner of medicine. Our favourite system of medicine, we contend, is founded upon the *laws of life* ; (as we endeavoured to show in a former chapter ;) and all our remedies act in strict conformity thereto. How beautifully, then, do the two systems work together ! the one, i. e. GRAHAM'S, teaching us to live so strictly in accordance with the natural laws of our being, *as to preserve us in the highest state of health* ; and when, in consequence of a violation of those laws, we are attacked by disease,

the other, i. e. THOMSON'S, prescribes means and appliances, which remove it, in *full unison with the principle of life*: increasing only the activity of the organs, without producing the least derangement of any of their parts. The *one system* preserves health; the *other* aids in its restoration when lost.

For the benefit of those who may not have an opportunity of procuring the works referred to above, we will, with all due deference, prescribe a dietetic regimen, and annex a few simple rules to be observed in connection therewith. We will not enter into a discussion as to the kind of food best adapted to our condition or habits, but will rest satisfied for the present by observing that those who live upon a diet of bread, rice, potatoes, &c., and pure water as a drink, enjoy the *highest state of health*, and are less liable, when exposed, to take the ordinary or common forms of disease. We are in possession of an abundance of evidence in support of this proposition; and the fact that a large majority of mankind subsist upon such a diet, satisfies us in advocating it with such a degree of confidence. But as bread is one of the most expensive modes of using grain, it would be well if the labouring classes would remember, that nearly all the grain raised in this country would make the most nourishing food by boiling; and when it is used in this way, they are sure it escapes all those adulterations, which it too frequently receives from the hands of the miller and the baker. And who does not know, what wholesome and delicious meals can be prepared, of boiled rice, wheat, Indian corn, barley, rye, and even buckwheat; besides, potatoes, beans, peas, and other farinaceous substances; which, if they were more generally used, would be less expensive, and far more conducive to health, than our present mode of living.

DIETETIC REGIMEN AND RULES.

1. *As to quantity.*—One of the greatest evils of civilized life is, the immense *quantity of food* which we accustom ourselves to take at a single meal: the solid food being often sufficient for our sustenance from twenty-four to forty-eight hours; and this accompanied with and followed by large draughts of hot tea and coffee, which so distends the stomach, and relaxes its coats, that the process of digestion is but poorly carried on. One of the *causes of dyspepsia lies here.*

LEWIS CONARO, a Venetian nobleman, in his fortieth year, after having led a life of licentiousness and debauchery, was attacked by disease, and when all hopes in medicine for his recovery was lost, he abandoned it, and adopted such an abstemious course of living, that he not only *soon* recovered, but found himself in a *better* state of health than he had ever been during any former period of his life. He confined himself to just twelve ounces of solid food, and thirteen ounces of drink a day; and reached his *hundredth year!* This, he found by observation and experience, was the best plan *he* could pursue in order to preserve his health. But it does not follow, however, that this or any other given portion of nutriment is a proper standard by which *all persons* are to regulate their diet. Individual observation, and well tried experiments, can only determine *this* point.

We should never remain at table until a sense of fulness prevades the system, but should leave it with as much cheerfulness and buoyancy of spirits as when we sit down. We feel confident, that an undepraved appetite would rest satisfied with half the quantity that is usually eaten at meals.

2. *Time when.*—Three times is adjudged often enough to take food during twenty-four hours. The first meal should not be taken until an hour after

rising from bed, and after having taken sufficient exercise to bring the blood into active circulation. Six hours should elapse before dinner, and the same time before taking the third meal. Four hours should then intervene before retiring to rest.

3. *Kinds of food.*—We would in most cases advise *an entire* abstinence from all animal food; for experience has shown the fact, that a diet, consisting chiefly of animal food, excites thirst and nausea, occasions putrescence in the stomach and bowels, and finally brings on violent griping pains, accompanied with diarrhoea and dysentery: but in lieu of which, we would substitute a larger proportion of bread, made in the manner before described, together with the almost unlimited number of nutritious vegetables with which our land and gardens abound. The farmer or mechanic who thinks such a diet too weak, and not capable of sustaining him in his active employments, labours under a serious error. We would refer such to the hardy Irishman, with his spade in the bogs of Ireland, whose whole living consists of buttermilk, oat meal, and potatoes; and to the hardy Russian, whose diet mostly consists of rye bread and cabbage broth, thickened with oat meal; and yet is capable of performing a prodigious amount of labour, and of enduring fatigues almost incredible. Most of the cases recorded of persons performing a large amount of mental or physical labour—most of the cases of extraordinary longevity, will be found to have been such persons who abstained from flesh meats, or used them but sparingly, and from ardent spirits, tea, coffee, tobacco, &c. If we had time and space to spare, we would here point out the evil consequences arising from a free indulgence in the use of those deleterious stimulants; but as we have not, suffice it to say, that neither tea nor coffee contains the least nourishment for

either young or old, being merely stimulating drugs, producing, when used freely, that class of diseases which, for the want of a better name, we call *nervous*; and which never can be entirely cured until their use is altogether dispensed with. Indeed, we think the time is not far distant, when animal food, together with its disease-engendering accompaniments, will be regarded as ardent spirits are, among the most enlightened of our farmers and mechanics. How long has it been, since strong drink was regarded as essential, in the harvest-field, as the cradle and the rake? And may not animal food share a similar fate?

4. *Drinks.*—On the subject of *drinks* we expect to meet with a flood of opposition; and our remarks, we fear, will be but heedlessly regarded. Indeed it was our intention to have passed this part of our subject by, with merely noticing the deleterious effects produced by the drugs alluded to; but we have embarked in a cause which requires the development of truth; and however harshly *our sentiments* may grate upon the ears of the votaries of fashion and prejudice, our duty is plain, and requires us to make any sacrifice which *their* unpopularity may subject us to.

The habit of drinking hot, strong tea and coffee, which the people of this country have generally acquired, we consider an evil which calls loudly for reform. There may be forms of disease in the treatment of which these drugs may be administered with advantage; but we believe mankind would be benefited by their total annihilation. Our beloved country abounds with aromatic herbs which possess all their *virtues*, without any of their *deleterious* properties. The first named (tea) is a disagreeable, narcotic astringent; and we believe can never be taken in any great quantity, without being followed by evil consequences to the system. Even that lady, who finds a

remedy in a cup of strong tea for her sick headache, or the gouty, or hypochondriac, are hugging to their bosoms the insidious adder that has poisoned their life-blood, and now only increases their sufferings.

The manner in which coffee is used, renders it equally pernicious. In the dyspeptic, it produces sour, acrid eructations; in the nervous, tremors of the hands, giddiness, timidity, and sleepiness; in the phlegmatic, it occasions disagreeable eruptions, costiveness, hemorrhoids, and oftentimes insupportable weakness. It excites the passions, and, in indolent persons, it produces sleep. If the community were convinced, that their backaches, their headaches, their pains in the sides, the heart, the stomach, the bowels, the eyes, the limbs, &c., had their origin in the use of these health-destroying drugs, we doubt not, but they would indignantly abandon their use forever: yet such we believe to be the fact! *There must be a cause* for the ill health and delicacy of the people of the present day, and their condition presents a striking contrast with the sound health and hardiness of our forefathers, who made little or no use of these articles. We would say to our readers, if you wish to rid yourselves of the complaints to which you are now subject, and would wish to live out the full measure of your days, abandon at once the use of those health-destroying drugs. No respectable, or well informed physician, will advise their constant use. If you imagine you cannot eat your food without the help of some kind of fluid, we say, *masticate it thoroughly—eat slowly*—and nature will supply you with a sufficiency of pure saliva; the due mixture of which with the food is an important feature in the digestive process. If, in consequence of the dryness or inactivity of the salival glands, this does not prove sufficient, substitute *pure water only*, diminishing the

the quantity, until you can do without it altogether ; or at least until some time after you have eaten. Nature, we believe, supplies a sufficiency of gastric juice to carry on the process of digestion, which, if diluted even with pure water, is retarded.

What we have said in regard to tea and coffee applies with tenfold more force against the use of intoxicating drinks, such as brandies, wines, cider, beer, &c. Those who rely upon the nutritious properties of the last named, as an apology for its use, we refer to the testimony elicited during the trial of E. C. Delavan, for libel, in the courts of Albany. It was there proved, that the water used in the manufacture of that article was taken from stagnant ponds and pools, which were common receptacles for dead horses, dogs, cats, and the offal of slaughter-houses, and of other filthy and disgusting places. Such beer must have been quite as nourishing, no doubt, as "*cold rat soup!*" The evils, resulting from the use of intoxicating drink, being so wide-spread in their character, producing three-fourths of all the crime, pauperism, and wretchedness which abounds throughout the land, that we think there can be but few who are not aware of the fatal consequences of their use. To those who profess to be THOMSONIANS, and who still continue the use of intoxicating drinks, we say, you are abandoning one of the first principles of your favourite system ; according to which, *no agent that is essentially a poison, can at the same time be a medicine ; and no agent that is a medicine can be a poison.* Alcohol is regarded by all classes of the community as a poison of the most deadly character. How then can you continue the use of an article so baneful in its tendency, and claim for yourself the character of a consistent advocate of reform ?

Bathing.—An important feature in the regimen

which we have here recommended, is the frequent use of the warm and cold bath. Yet, nothing on which the promotion of health so much depends, is so much neglected. The people of this country appear universally to be affected with a species of hydrophobia; they dread the sensation which water produces when applied to the skin, as though they were really affected with the true disease. As a means of preserving cleanliness, as well as a preventive and a remedy for disease, bathing in its different forms cannot be too highly recommended. It is a kind of universal domestic remedy, that every person, in almost any situation, can apply, and should never be neglected. One of the most important functions of the animal economy is that of the skin in eliminating through its numerous pores the worn-out or waste matter of the system; and there is nothing on which the health so much depends. Its suspension not only gives rise to the unpleasant sensations which immediately follow, but it is the source of numerous painful disorders:—diarrhœa, dysentery, diseased liver, kidneys, and consumption often have their origin in suppressed perspiration.

The daily use of the *cold sponge bath*, applied immediately on rising from bed, produces the most happy effects. The relaxed fibres and muscles of the system are immediately contracted, their elasticity increased, and additional vigour is imparted to the whole system. In all cases of debility, in hysteria and hypochondria, in consequence of the extreme irritability of the nervous system which always exists in such affections, the cold bath is of the utmost importance. The stimulus which it imparts to the nerves, excites to renewed exertion, and produces that equilibrium on which the natural vigour and sprightliness of the body so much depends.

The frequent use of the tepid or warm bath is also highly important. After severe bodily exertion, excessive fatigue in travelling, or when the body is overheated, from whatever cause, the application of the warm bath is highly advantageous. It produces a determination to the surface, allays the irritability, and softens the skin; hence its use is indicated in all cases of internal congestion, and suppressed perspiration, and in cutaneous diseases of almost every character. The most proper time for applying the *warm bath* is the evening, just before retiring to rest. It secures the most invigorating and refreshing sleep.

We cannot close this chapter without urging upon our readers one of the precepts of the apostle Paul: "*Be temperate in all things,*" in eating and drinking, in exercise and rest. Whether our pursuits require the constant exercise of the brain or the muscles, due care should be observed that one portion of the system should not be too constantly employed, to the injury of the remaining portions. The farmer and mechanic should not be so constantly employed at hard labour as to leave no time to cultivate his intellect, nor should the professional man devote himself so closely to his studies, as to prevent him from taking free and active exercise in the open air. Nature never designed one portion of mankind to devote themselves exclusively to intellectual pursuits, and the other part to hard muscular labour; the proper exercise of both were evidently the intention of our CREATOR, and the true source of happiness will be found only in fulfilling the intentions of nature.

CHAPTER VII.

Containing an Abstract of the Common Medical Treatment of Disease, compiled from the Works of the most celebrated Men in the Profession, both in Europe and America. By a Regular Physician.

COMMON MEDICAL TREATMENT.

Abscesses, common.—Fomentation of warm water, of camomile infusion; linseed meal poultice, &c.

Acidities in the Stomachs of Children.—A teaspoonful, or less, of antimonial wine, repeated every quarter of an hour, to vomit; a few grains of rhubarb and magnesia, to open the bowels; chalk mixture; air, exercise, friction, &c.

Agues.—Put the feet in warm water; give cordials, with large doses of bark and wine; on the accession of the cold fits, give thirty drops of laudanum in cinnamon water, &c.

Bile, vomiting of, &c.—Gentle emetics, purgatives, saline draughts: after which, twenty drops of laudanum; plenty of barley water; foment seat of stomach with decoction of poppy heads; give opiates, &c.

Bleeding from the Nose.—Water sprinkled on the face and genitals; styptic lotions, e. g. alum and water, vinegar, &c., snuffed up the nose, or cotton plugs dipped in them and put up.

Biles.—Poultices, fomentations; open and digest with ointment of yellow resin; heal with Turner's cerate.

Chicken-Pock.—Spare diet at first; small doses

of antimonial wine, (from five to ten drops, frequently;) cold drink, such as toast and water, &c.

Chilblains.—Defend from the cold, by warm clothing; use oil of camphor, oil of turpentine, &c.; mixture of honey, turpentine, and fine flour, to be applied; poultices and emollient ointments, if they break.

Cramp.—If from a wound or fracture, extract extraneous bodies and dilate the wound; lay a pledget, dipped in tincture of opium, upon it; take opium internally, in large doses. To hysteric women, æther; to pregnant women, small bleedings.

Colic.—Where violent, bleed; give saline effervescent draughts, to each of which add twenty-five drops of laudanum; active purgatives, carminatives, warm bath, &c.

Contusions, (Bruises.)—Bathe the part with vinegar; soap liniment; if necessary, a poultice of oatmeal and vinegar; if there be much inflammation, bleed and purge, and use emollient fomentations; if suppuration ensue, forward it; treat as an open abscess.

Convulsions in Children.—If from teething, lance the gums; from worms, worm powders; from the state of the bowels, give purgative powders; if from rash thrown in, reproduce it by blister, the warm bath, &c.

Costiveness.—Castor oil, one ounce—or jalap, twenty grains; cream of tartar, thirty grains; with rhubarb, ten to twenty grains.

Corns.—Avoid the exciting cause, such as tight shoes; put the feet, morning and evening, into warm water; use litharge plaster; rasp or cut them down. Introduce cotton between the toes, to prevent them from rubbing against each other.

Coughs, common.—Use warm dilutent drink;

avoid exposure to cold moist air; keep to bed; put the feet in warm water, and take some gruel at bed-time.

Cow-Pock.—Medicine seems wholly unnecessary in this disease. It is now, moreover, so well known as a preventive of small-pox, that it needs no further remark.

Croup.—Bleed by opening the jugular vein, and from the arm; blister from ear to ear; give gentle emetics, which repeat occasionally; keep the child in an erect posture, &c.

Deafness.—Oil of almonds, oil of turpentine; if from deficiency of wax, balsam of tolu and ox-gall dropped into the ear, previously syringed with soap and water; if from hardened wax, æther and opium, &c.; bleed and purge, if necessary.

Difficulty of Breathing, (Asthma.)—If from spasmodic asthma, bleed and blister; if from inflammation, smoke stramonium or tobacco; if from humid asthma, paregoric, oxymel of squills, &c.; if from inflammation of the lungs, bleed, blister, &c.

Dry Bellyache, Devonshire Colic.—Fomentations of poppy heads constantly applied; purgatives, clysters, opiates, dashing water on the patient's legs and thighs, &c.

Earache.—If from inflammation, bleed, blister and purge; if from abscess, promote suppuration; if from ulcer, use balsam of tolu and ox-gall, or oil of turpentine; if without apparent cause, introduce a piece of wool, dipped in æther or opium.

Eruptions of the Skin.—In the eruptions of children, give a little magnesia, according to the state of the bowels, and keep the children moderately warm, to prevent the rash from striking in. The warm bath, cleanliness, &c. The greater part of the rashes of children, if properly attended to, and not injudiciously repelled, are by no means dangerous.

Excoriation of Infants.—Wash two or three times a day with milk and water, lukewarm; dry well, and sprinkle the parts with a little tutty or calamine powder.

Excoriation of Nurses' Nipples.—Wash two or three times a day, with a weak solution of alum, rose-water, or weak brandy and water.

Eructation.—Ginger tea, anniseed, caraways, &c. [See *Indigestion.*]

Eyes, inflammation.—Leeches to the temples, if severe; fomentation of poppy-heads; open the bowels; cooling lotions; wear a green shade.

Faintings, &c.—Apply hartshorn or spirits of ammonia to the nostrils, and sprinkle the face with cold water; allow plenty of air during the paroxysm. If it proceeds from debility, strengthen the system with tonics, &c. If it arises from loss of blood, place the patient in a recumbent position.

Flux, (Dysentery.)—An emetic of tartarized antimony; purge with castor oil, or linseed oil; and tincture of rhubarb; emollient clisters, opiates, &c.

Giddiness.—Bleeding, or leeches to the temples, cupping, &c.; cooling purgatives, as Epsom salts.

Gravel.—Purge with castor oil; after bleeding, if the fit be severe, use demulcent drinks, opiates, &c.; bleed, if nothing prevent it, if necessary. Give solution of potash, twenty to thirty drops, in a teacupful of broth; soap pills, ten grains for a dose, twice a day, &c.

Gripes of Infants.—Castor oil, one ounce; tincture of rhubarb, two drachms; tincture of opium, twenty-five drops; diluent drinks, aperients.

Green Sickness.—Nourishing diet; moderate use of wine; exercise, without fatigue, particularly on horseback; cheerful society; an emetic; gentle aperients of aloes, myrrh, and bitter timis; gentle electric shocks, passed through the pubis, &c.

Headache.—Cooling medicines, as salts, nitre, &c.

Heartburn.—A dose or two of rhubarb, from half an ounce to an ounce; stomachic bitters; wine or brandy, if from weakness; if from bile, thirty drops of nitrous æther; if from acidity, chalk or magnesia.

Hysterics.—Bleed, if the patient be young; apply stimulants to the nose; rub the temples with æther; bathe the feet; dash cold water over the legs; give musk, æther, opium, ammonia.

Hydrophobia.—Early excision of the bitten part; or to destroy it to the bottom, by means of caustics, &c.

Hooping-Cough.—In mild attacks, apply leeches to the temples; a blister to stomach, if breathing is difficult; bathe the feet; give gentle emetics, gentle laxatives, mucilaginous diluent drinks, an embrocation of opium and æther to the chest, two or three times a day; frequent change of air, &c.

Indigestion.—Magnesia and chalk, to correct acidity; gentle laxatives, air, exercise, and temperance. Tonics, to restore the tone of the stomach, avoiding those habits and pursuits which have given rise to the disease, and which continue to aggravate it, &c.

Itch.—Sulphur, mixed with hog's lard, is a well known specific for this troublesome and degrading companion. There are other cures for the itch, such as hellebore, diluted sulphuric acid, &c.

Inflammations.—Regimen, relaxed position of the part, local bleeding, cupping, scarifying, and bleeding generally; cooling lotions, cold poultices, &c.

Jaundice.—Keep the bowels open with soap and aloes, or rhubarb, castor oil, calomel, purgative salts, &c. When the pain in the side is not great, an emetic may be given, warm bath, opiates, &c.

Looseness, (Diarrhœa.)—Purge with rhubarb, give an emetic of ipecacuanha first; decoction of barley,

rice, marsh mallows; mixture of chalk and water, opiates, &c. If from worms, worm medicines, &c.

Loss of Appetite.—An emetic will remove it, if it be spontaneous. When the stomach is loaded with bile, elixir of vitriol and water, &c.

Lumbago, (Sciatica.)—Vapour bath. Rub the part affected with oil of turpentine, of which also take twenty or thirty drops inwardly, two or three times a day; balsam of copaiva, &c.

Measles.—Abstinence from animal food; patient kept moderately cool; saline medicine, barley water, mild opiates, (syrup of poppies, &c.) to ease the cough; inhaling the steam of hot water, opiates, &c. When diarrhœa at the end of the disease does not take place, a purge or two of calomel should be given, &c.

Milk-Fever.—Get the child to take the breast, or get the milk drawn by other means; give cooling opening medicines, small doses of nitre, &c.

Nausea.—A gentle emetic, a few drops of the oil of vitriol in a glass of water, &c. In pregnant women, a cup of tea or coffee should be taken before getting up; camomile tea, &c.

Piles.—Lenitive electuary, or cream of tartar and jalap, to keep the bowels open; foment with the decoctions of oak bark or galls, spermaceti ointment two ounces, powdered opium one drachm, to anoint. In pregnant women, who have the piles, the bowels must be attended to daily.

Rickets.—Wholesome dry food; roasted meat, eggs, port wine, good nursing, regular exercise, and pure air. When the child is too young to eat flesh meats, its diet ought to consist of milk, rice, millet, pearl barley, salop, arrowroot, semolina, with spices, &c.

Saint Anthony's Fire.—No embrocations or liniments are good. Cooling medicines, cold lotions, dusting the part with flour, &c.

Rheumatic Pains, chronic.—Camphor dissolved in ether, rubbed on; also, externally and internally, oil of turpentine; warm bath, flannel, &c.; vapour bath, electricity.

Ringworm.—Strong decoction of galls; a poultice of the flowers of the ring-worm bush.

Scarlet Fever.—Apartment clean and cool, light diet, no animal food, lemonade for common drink; gentle aperients, more particularly towards the end of the eruption, with two or three grains of calomel, &c. An emetic is usually prescribed.

Scalds and Burns.—Immerse the part immediately in cold water, and continue until the pain is gone.

Spitting Blood.—Small doses of nitre, infusion of roses, logwood, &c.

Scalded Head.—Shave the head close, wash with Spanish soap, and dress with tar ointment twice a day; powder the head with charcoal dust, &c.

Sprains.—Vinegar, ardent spirits, lees of wine applied. Plunge limb in cold water, immediately after the accident; leeches, liniment, bandages.

Sore Throat, Quinsy.—Low diet, several leeches, purge, soap liniment, flannel, gargle with barley water and vinegar; sage tea and vinegar, inhale steam, &c.

Stings of Insects.—Opium and water, sugar of lead and water; also, apply olive oil, &c. Take a cooling purge, if inflammation run high, &c.

Tetters, Herpes.—Ointments of white precipitate of the oxide of zinc, using, at the same time, Goulard's lotion; tepid bathing, &c. A gentle aperient may be taken occasionally. A bath, saturated with sulphurate of potass, or a lotion of two drachms of the solution of potass, in a pint of water.

Thrush of Infants.—Give a gentle emetic first; afterwards, oystershell powder, to which a little magnesia may be added. Two or three grains of con

trayerva. If the bowels are too loose, rub inside of mouth with borax, honey, &c.

Toothache.—Introduce cotton, dipped in oil of cloves, cajeput, nutmeg, a small pill of opium, camphor, &c.

Warts.—Removed by a powder of verdigris and savine leaves, equal proportions; removed also by thread, knives, scissors, &c.

Whitlow.—Lotions of camphorated spirit; a solution of ammonia, cerate of lead, if ulceration. If suppuration ensue, open it early and freely.

Wens.—By discutient plasters, excision, &c.

Water-brash.—It is relieved by musk, æther, castor, ammonia, opium, chewing and smoking tobacco, &c.

Cholera.—1st. Give for an adult fifty drops of laudanum in a wine-glass of hot brandy and water, equal parts of each, and repeat it every fifteen minutes, until four doses have been taken, so as to give in the whole two hundred drops: if thrown up, repeat the laudanum in a teaspoonful of brandy. 2d. Apply bags of hot sand to every part of the body and limbs of the patient. Large woollen cloths, wrung out of very hot water, may be applied in the same way, provided they are kept from cooling. 3d. Make a poultice or paste of common mustard, mixed in the same way as for ordinary use. Apply this hot all over the surface of the bowels. 4th. Give an injection made with a gill of starch, arrowroot, or gruel, with one teaspoonful of laudanum in it. When these symptoms come on, the patient should omit the use of solid food, and take as little as possible of any thing into the stomach. A proper nourishment in this state, is arrow-root or rice water. For drink, small quantities of pure water or tea. The patient should keep in bed. If the bowels have not been freely emptied, an even teaspoonful of powdered

rhubarb may be given. This is to be followed by an injection every four hours, of half a pint of flaxseed tea, with twenty drops of laudanum in each. The surface of the bowels should be blistered. If the patient is much exhausted, a teaspoonful of tincture of cinnamon in half a wine-glassful of hot water may be given, once in half an hour, for three or four times.

We would now ask the reader to compare the common medical treatment contained in this chapter, with that contained in the fifth chapter of this work; and ask himself, which of the two modes of treatment appears the most likely to remove the complaints. For example, examine the treatment of Scarlet Fever, in the fifth chapter, and compare it with the treatment of the same complaint, in this; and you will not wonder, that so many die under the regular practice, while so few die of that complaint, under the Thomsonian practice.

Again, look at the treatment of Cholera, in this chapter, and compare it with the effects produced by a regular course of medicine, as exemplified in the treatment of Scarlet Fever; and, I think, you will be at no loss to determine which mode of treatment would be the most likely to rescue you from the cold embrace of that terrible form of disease. What! two hundred drops of laudanum in half a pint of hot brandy and water, equal parts!—Bags of *hot sand* applied to *every part* of the body!—A mustard poultice laid over the *whole surface* of the bowels!—to which, add an injection of *starch* and *laudanum*!!! Oh, shade of *Æsculapius*! forgive us, if we err; but, for our own part, we would rather undergo the mild *boiling and roasting* effects of steam, cayenne, and lobelia, than be stupefied with opium and brandy—and then broiled to death with *hot sand* and mustard!!!

APPENDIX.

AT the close of the first chapter of this work, we requested our readers to "*see the Appendix;*" thinking that the latter part of the book would be the most proper place to present them with a description of the following poisons, as they are the most prominent articles of *medicine* now in daily use by the regular faculty. Indeed, we think it is but right, that those who are doomed to swallow such poisons, should be made acquainted with their effects upon the human system; that they may not ignorantly injure themselves, or their tender offspring.

ANTIMONY.—This metal is procured from mines in Hungary, Transylvania, Germany, France, and England. Tradition says, that BASIL VALENTINE, a German monk, gave it to some hogs, which, after purging, it very much fattened; and, thinking it might produce the same effect on man, gave it to his brother monks, who all died in the experiment; whence the name, *antimony*, is derived from *anti-monk*.

"The antimonial metal," says Dr. THACHER, "is a medicine of the greatest power of any known substance; a quantity too minute to be sensible in the most delicate balance, is capable of producing violent effects, if taken dissolved, or in a soluble state."

(*Dispensatory*, p. 392.) But notwithstanding its extraordinary powers, a vast amount of it is used as medicine; particularly in the forms of James' Powders, and emetic tartar.

The baneful effects of antimony in its crude or metallic state, have not, to our recollection, been detailed by any author whose works we have perused, or had access to; but those attending the exhibition of tartar emetic, the most common form of its administration, have more frequently been noticed.

For children, emetic tartar is unsafe: "when great debility of the system is present, even a small dose has been known to prove fatal." "As an emetic, it is chiefly given in the beginning of fevers and febrile diseases; but when great debility is present, and in the advanced stages of typhoid fever, its use is improper, and even sometimes fatal." "In larger doses, this salt is capable of acting as a violent poison." (*Hooper's Dictionary*, Art. "*Antimonium Tartarizatum*."

Dr. ROBINSON says, "Tartar emetic, as has been found after death, produces the most deleterious effects upon the stomach; and yet is given to remove disease, and called an excellent remedy; but is now denounced by those who are disposed to purge the *Materia Medica*; as may be seen in the *Transactions of the Royal Society*, for 1811-'12." Tartar emetic, even externally applied, produces powerful effects. By its corrosive qualities it destroys warts, if applied to them in powder or dissolved in water. Another property which it also has, when rubbed on the skin, is that of producing a crop of pustules, very like to the small-pox; and with this view it is used for rheumatism, white swelling, &c.

"The preparations of antimony," says ORFILA, "are often administered carelessly, because no danger

is thought to attend their use. Experience, however, proves that tartar emetic, if it does not excite vomiting, may produce death when given in the quantity of a few grains: instances, indeed, have occurred, in which an extreme prostration and debility have succeeded the administration of a *single grain* of this poison, when it has occasioned no evacuation. Sometimes, on the contrary, and particularly in infants, it excites vomiting so copious and painful, as to require an immediate arrest." "Mixed with lard and other substances," says the same author, "and applied as an irritant to the surface of the body, tartar may produce poisoning and death!"

To show the great uncertainty and danger attending the employment, not only of antimony, but of all other metallic medicines, we will introduce, before leaving this subject, the following quotation from COXE'S Dispensatory, 3d ed. p. 171: "All the metallic preparations are uncertain, as it entirely depends on the state of the stomach, whether they have no action at all, or operate with dangerous violence."

ARSENIC.—This destructive metal exists in great abundance in the mineral kingdom, combined with almost all the other metals. It is found principally in Italy, Hungary, Germany, and the United States. In the town of Warwick, New York, there is a huge vein of this metal in a mountain range, sufficient, it is said by a traveller, to poison the whole world. It exists here in that condition or state of combination, termed arsenical pyrites, or arsenical iron. (See *Hooper's Dictionary*, Art. "Arsenic.")

Arsenic is used in various arts, as well as in medicine, being prepared in a variety of different ways. The presence of arsenic in iron, in a very small proportion, has a very pernicious effect, rendering the iron brittle when at a red heat. The preparation of

arsenic which most frequently proves destructive to human life, is denominated, in the modern nomenclature, arsenious acid.

ARSENIOUS ACID, also called white arsenic, and by the chymists, *oxide* of arsenic, but more commonly known by the name of ratsbane, acts upon the human system as a deadly poison, in quantities so minute as to be insensible to the taste when diffused in water or other vehicles, by which it has often been given with criminal intentions and most fatal effects.

Arsenic has long been used externally in the treatment of cancerous affections, in the form of plasters and powder; and in either way is a burning, pungent caustic, possessing very dangerous powers. "Arsenic," says THACHER, "has long been known to be the basis of the celebrated cancer powder. It has been sprinkled in substance upon the ulcer; but this method of using it is excessively painful and extremely dangerous; fatal effects have been produced by its absorption. This fact I have known in several instances, when DAVIDSON'S agents, and others, have undertaken to draw out cancers, when the patient would absorb enough of this poison, which, seating upon the lungs, caused death by consumption, in the course of one year."

Arsenic has been much used in this country, in agues or intermittent fevers, under the name of FOWLER'S Solution, or Ague Drops; and also, according to the testimony of Dr. DUNCAN, in Great Britain. And "though the most *violent* of mineral *poisons*, arsenic, according to MURRY, equals, when *properly* administered, the *first* medicines in the class of *tonics*." "Such are the powers of this medicine, that two grains of it are often sufficient to cure an intermittent that has continued for weeks." (*Thacher*.) But let the intolerable morbid feelings; the shocking

depression of spirits; the more or less serious affections of the lungs; and the many other aches and pains, tell at what expense such cures have been often purchased.

So deadly is the effect of arsenic, that "in mines it causes the destruction of numbers who explore them;" and "the fumes are so deleterious to the lungs, that the artist ought to be on his guard to prevent their inhalation by the mouth; for if they be mixed and swallowed with the saliva, effects will take place similar to those which follow its introduction into the stomach, in its saline or solid state; namely, a sensation of a piercing, gnawing, and burning kind, accompanied with an acute pain in the stomach and intestines, which are violently contorted; convulsive vomiting; insatiable thirst, from the parched and rough state of the tongue and throat. Hiccup, palpitation of the heart, and a deadly oppression of the breast, succeed next; the matter ejected by the mouth as well as the stools, exhibiting a black, fetid, and putrid appearance; at length, with the mortification of the bowels, the pain subsides, and death terminates the sufferings of the patient."

"Arsenious sulphurets," says COXE, "are much used by painters, but these advantages are not able to compensate for its bad effects." "The property which it possesses of being soluble in water, increases and facilitates its destructive power; and it ought to be proscribed in commerce, by the strict law which prohibits the sale of poisons to unknown persons. Arsenious acid is every day the instrument by which victims are sacrificed, either by the hand of wickedness or imprudence. It is often mistaken for sugar; and these mistakes are attended with the most dreadful consequences. The symptoms which characterize this poison are, a great constriction of the throat; the

teeth set on edge; and the mouth strongly heated; an involuntary spitting, with extreme pains in the stomach, vomiting of glareous and bloody matter, with cold sweats and convulsions.

“On dissection, the stomach and bowels are found to be inflamed, gangrenous, eroded, and the blood is fluid. Soon after death, livid spots appear on the surface of the body, the nails become blue, and often fall off along with the hair, the epidermis separates, and the whole body becomes speedily putrid. When the quantity is so very small as not to prove fatal, tremors, palsies, and lingering hectic succeed.”

“The symptoms produced by a dangerous dose of arsenic,” says Dr. BLACK, “begin to appear in a quarter of an hour, or not much longer, after it is taken. First, sickness and great distress at stomach, soon followed by thirst, and burning heat in the bowels. Then come on violent vomiting and severe colic pains, and excessive and painful purging. This brings on faintings, with cold sweats, and other signs of great debility. To this succeed painful cramps, and contractions of the legs and thighs, and extreme weakness, and death.” “Similar results,” adds Dr. AKERLY, “have followed the incautious sprinkling of scirrous ulcers with powdered arsenic, or the application of arsenical plasters.”

ORFILA, in his work on poisons, describes the symptoms which follow the taking of this powerful poison somewhat more in detail; though it is not to be understood that the whole of them are to be met with at the same time, in the same subject. His account is as follows: “An austere taste in the mouth; frequent *ptyalism*; continued spitting; constriction of the *pharynx* and *æsofagus*; teeth set on edge; hiccups; nausea; vomiting of brown or bloody matter; anxiety; frequent fainting fits; burn

ing heat at the *præcordia*; inflammation of the lips, tongue, palate, throat, stomach; acute pain of stomach, rendering the mildest drinks intolerable; black stools of an indescribable fetor; pulse frequent, oppressed, and irregular, sometimes slow and unequal; palpitation of the heart; *syncope*; inextinguishable thirst; burning sensation over the whole body, resembling a consuming fire; at times an icy coldness; difficult respiration; cold sweats; scanty urine, of a red or bloody appearance; altered expression of countenance; a livid circle round the eyelids, swelling and itching of the whole body, which becomes covered with livid spots, or with a miliary eruption; prostration of strength; loss of feeling, especially in the hands and feet; delirium, convulsions, sometimes accompanied with an insupportable priapism; loss of hair, separation of the epidermis; horrible convulsions, and death!"

"Many attempts have been made to introduce arsenic into medical practice; but as it is known to be one of the most violent poisons, it is probable that the fear of its bad effects may *deprive* society of the *advantages* it might afford in this way." Experience has, however, taught us that these "attempts" have been but too successful in introducing this demoniac article into medicine; and many, as might rationally have been anticipated, have fallen victims to this destructive mineral; nay, to that reprehensible, inconsistent, and diabolical infatuation which has led physicians to the erroneous and life-destroying conclusion, that any substance known to be a potent poison, must likewise be a powerful medicine. It seems impossible that a rational being, in his sober senses, could, by any process of reasoning, arrive at such a fatal conclusion; and the most charitable apology that can be offered for this destructive para-

dox is, that physicians have adopted a wrong or perverse theory.

COPPER—*Cuprum*; so named from the Island of Cyprus, whence it was formerly brought. This metal abounds in considerable quantity; and is found in the greatest abundance in England, Sweden, Spain, and North and South America. It is used in the manufacture of a variety of cooking utensils; and, from its poisonous quality, has often been known to produce death. "Great care," says THACHER, "ought to be taken that acid liquors, or even water designed for internal use, be not suffered to stand long in vessels made of copper; otherwise they will dissolve so much of it, as will give them very dangerous properties."

BRASS, which is an alloy of copper and zinc, is also liable, though in a less degree, to the same objection as copper, and is much employed in the manufacture of cooking utensils. The best brass is composed of four parts of copper and one of zinc.

The effects of copper "when taken into the stomach, are highly deleterious and often fatal. It particularly affects the primæ viæ, exciting excessive nausea, vomiting, colic pains, and purging, sometimes of blood, or, though more rarely, obstinate constipation. It also produces agitation of the mind, headache, vertigo, delirium; renders the pulse small and weak, the countenance pale, and causes fainting, convulsions, paralysis, and apoplexy."—(*Thacher.*)

"Verdigris, and other preparations of copper, act as virulent poisons, when introduced in very small quantities into the stomachs of animals. A few grains are sufficient for this effect. Death is commonly preceded by very decided nervous disorders, such as convulsive movements, tetanus, general insensibility, or a palsy of the lower extremities."—(*Hooper.*)

“But although copper be thus dangerous, some preparations of it are in certain cases used with great advantage, both internally and externally.” (*Thacher.*) Internally, it is used as a *tonic*, and externally, as a *caustic*.

MERCURY—*Quicksilver*. This metal, or the ores which contain it, abounds most plentifully in China, Hungary, Spain, and South America; and of all the metals employed as medicine, is the one most extensively used; “there being scarcely a disease against which some of its preparations are not exhibited.”

Mercury is frequently found in the earth in a fluid form, sometimes so pure as not to need refining, when it is called virgin quicksilver; but more often it is mixed with other substances, in the form of ore. The most usual state in which it exists in mines, is a sulphureous ore of a red colour, called native cinnabar. “The people who work in the quicksilver mines soon die; when first affected they are seized with tremors, after which salivation comes on, their teeth drop out, and pains of the whole body, particularly of the bones, seize them.”

Quicksilver was originally used in the treatment of eruptive diseases; and it is owing to its success in those complaints that it was first employed in the venereal disease. “In the times immediately following this disease, practitioners only attempted to employ this remedy with timorous caution, so that of several of their formulas, mercury scarcely composed a fourth part, and few cures were effected. On the other hand, empirics who noticed the little efficacy of these small doses, ran into the opposite extreme, and exhibited mercury in such large quantities, and with such little care, that most of their patients became suddenly attacked with the most violent salivations, attended with dangerous consequences. From these two very

opposite modes of practice, there originated such uncertainty respecting what could be expected from mercury, and such fears of the consequences which might result from its employment, that every plan was eagerly adopted which offered the least chance of cure without having recourse to this mineral.

“A medicine, however, so powerful, and whose salutary effects were seen by attentive practitioners, amid all its inconveniences, could not sink into oblivion. After efforts had been made to discover a substitute for it, and it was seen how little confidence those means deserved on which the highest praises had been lavished, the attempts to discover its utility were renewed. A medium was pursued, between the too timid methods of those physicians who had first administered it, and the inconsiderate boldness of the empirics. Thus the causes from which both parties failed were avoided; the character of the medicine was revived in a more durable way, and from this period its reputation has always been maintained.

“It was about this epoch that mercury began to be internally given: hitherto it had only been externally employed, which was done in three manners. The first was in the form of liniment, or ointment; the second, as a plaster; and the third, as a fumigation. Of the three methods just described, only the first is at present much in use, and even this is very much altered. Mercurial plasters are now only used as topical discutient applications to tumours and indurations. Fumigations, as anciently managed, were liable to many objections, particularly from its not being possible to regulate the quantity of mercury to be used, and from the effect of the vapour on the organs of respiration, frequently occasioning trembling, palsies, &c. Frictions with ointment have always been

regarded as the most efficacious mode of administering mercury."—(*Hooper's Dictionary.*)

It may be observed, however, that the *submurias hydrargyra*, or calomel, and the *pilula hydrargyra*, or blue pill, are the preparations of quicksilver in most common use at the present time.

Mercury, as an article of medicine, is probably more extensively used than almost any other article of the *Materia Medica*; and hence mankind have suffered more from its destructive powers, than from all the other poisonous drugs that have disgraced the science. In bilious and other fevers, which have so universally and fatally prevailed in the United States, calomel has been regarded as almost the only evacuant of the bowels to be depended upon; and by most practitioners it has been considered necessary in malignant cases of fever, and in many other obstinate complaints, to administer a quantity sufficient to produce salivation. And when it is wished to procure this loathsome discharge very speedily, the direful remedy is applied externally, in the form of mercurial ointment, at the same time that it is administered internally, in the form either of calomel or pills. The disastrous effects of this "incendiary" practice, have left fearful monuments of its destructive character, in every city, town, village, and hamlet in the United States; and, in fact, in every civilized country where fashion and folly have been allowed to triumph over the dictates of common sense, and mercurial medicines permitted to assume the place of the more salutary productions of the life-preserving vegetable kingdom.

So extensively, indeed, have mercurial medicines spread their ravages amongst mankind, that it has become an important "part of the physician's study, to learn to designate and remove the maladies which

are caused by them.”* Mercury is the most general evacuant belonging to the *Materia Medica*; whilst its different preparations are made to answer no less than ten different indications in the treatment of disease. And notwithstanding the almost universal employment of mercury, in the treatment of nearly or quite every disease, “it is to be regretted,” says the work just quoted, “that for the want of a more precise knowledge of the peculiar properties of mercury, and the modes of its operation, writers have not yet assigned to it an appropriate place among the curatives of disease, nor agreed upon such general principles for its administration as will enable the *best* judgment to *use*, without sometimes *abusing* it; and,” continues the same writer, “is not mercury by many rather given as a specific, or for *symptoms of disease* for which they *know not what to give?*”

“Practitioners,” says Dr. HAMILTON, “prescribe, on every trifling occasion, calomel or the blue pill: thus, calomel is now almost the universal opening medicine recommended for infants and children; and a course of the blue pill is advised, without any discrimination, for the cure of trifling irregularities of the digestion in grown persons.” To show the wretched consequences of this indiscriminate employment of mercury, we need only refer to HOOPER’s Dictionary. “Many courses of mercury,” says he, “would kill the patient if the medicine were only given internally, because it proves hurtful to the stomach and intestines when given in any form, or joined to the greatest correctors.” It “often produces pains like those of rheumatism, and *nodes* of a scrofulous nature;” “and occasionally attacks the bowels, and

* Preface to the American edition of Dr. HAMILTON’S *Observations on the Use and Abuse of Mercurial Medicines*, by ANSEL W. IVES, M. D.

causes violent purging, even of blood." "At other times, it is suddenly determined to the mouth, and produces inflammation, ulceration, and an excessive flow of saliva." The teeth also become loose, and mortification sometimes succeeds, and terminates in the destruction of the gums, lips, cheeks, &c.

In addition to these dreadful local affections, mercury often produces a more general effect, which is termed the mercurial disease.

"It is characterized by great depression of strength; a sense of anxiety about the præcordia; irregular action about the heart; frequent sighing; trembling, partial or universal; a small, quick, and sometimes intermitting pulse; occasional vomiting; a pale, contracted countenance; a sense of coldness; but the tongue is seldom furred, and neither the natural nor vital functions are much disturbed." "In this state, a violent or sudden exertion of muscular power, will sometimes prove fatal."

It may possibly be thought that we are devoting too much time to the consideration of this single article; but when we take only a hasty survey of the general and immense extent of its horrible desolations, we are ready to think a volume too small for a faithful portraiture of the heart-sickening picture. The subject of intemperance has enlisted the energies of hundreds, nay, thousands, who have portrayed in glowing colours the disastrous effects of this voracious monster, preying upon the vitals of the human race: opposed, too, as it is, by the moral sense of the people, the dogmas of physicians, and the precepts of the gospel. But the career of calomel, instead of being opposed by any of those barriers which resist the progress of immorality, is encouraged by a class of men whose authority is only equalled by the subserviency of the people to submit to their dictates.

The propriety of comparing the effects of mercury with those of intemperance, very probably may excite some emotions in the minds of many who have not given the subject a careful consideration ; but we only request of these to reflect that calomel is prescribed in some form or other in almost every family which adheres to the poisonous practice of medicine ; and although an individual may be subjected to its deadly effects but once in his life, he may never after be free from its morbid influence. Indeed we do not doubt that the protracted, insupportable languor, and indescribable feelings of despondency which often succeed a course of mercury, have driven many an individual to intemperance, if not to suicide, for that relief which may be prized higher than life. We are not dealing in fables, nor fanciful tales of romance ; our subject is one in which the whole civilized world has a deep interest, and we feel it to be a serious duty to do all in our power to eradicate those prejudices which, through ignorance, have been implanted in the human heart.

The depredations which mercury has committed upon health and life since its first introduction into practice, demand that it should be placed in its native garb before the eyes of the world. Too much suffering and misery, and waste of human life, have resulted from the use of calomel, for those who are acquainted with its real character to remain idle spectators of its mighty march ; walking with gigantic strength through the world, and sweeping, with its baneful breath, thousands and tens of thousands from the stage of usefulness, and the great theatre of life !

“ Among the numerous poisons,” says Dr. HAMILTON, “ which have been used for the cure or alleviation of diseases, there are few which possess more active, and, of course, more dangerous powers, than

mercury. Even the simplest and mildest forms of that mineral exert a most extensive influence over the human frame; and many of its chymical preparations are so deleterious, that in the smallest doses they speedily destroy life." "When the effects of mercury upon the human body are accurately investigated and duly considered, it cannot fail to appear, that infinite injury must accrue from its use in many cases."—(*Hamilton*, pages 1. 3.)

In treating of the effects of mercury, Dr. HAMILTON observes:—"Preparations of mercury, exhibited either internally or externally for any length of time, increase in general the action of the heart and arteries, and produce salivation, followed by emaciation and debility, with an extremely irritable state of the whole system.

"These effects of mercury are *expressly mentioned, or virtually admitted, by every author, ancient or modern, who has directed its use; and it must appear very extraordinary, that their full influence should have been hitherto misunderstood, or at least not sufficiently regarded.*"

"The first effect enumerated, is an increased action of the heart and arteries, which is attended with the most obvious of the circumstances which arise from inflammation. Blood drawn from the arm of the most delicate and debilitated individual, subjected to a course of mercurial medicines, exhibits the same buffy crust with blood drawn from a person labouring under pleurisy."—(*Hamilton*, pages 4, 5, 6.)

"There is reason to believe that the inflammatory diathesis induced by mercury may continue for a very considerable length of time after the mercury has been laid aside, and without any manifest signs. When individuals in this state are subjected to accidental exposure to cold, or indulge in irregularity of

living, a violent and anomalous indisposition takes place, which is apt to terminate fatally, or to occasion a broken state of health."

"Salivation, or an excessive and unusual flow of saliva, in general follows the increased action of the heart and arteries, and is preceded by a certain metallic taste in the mouth, and is attended with a peculiar odour of the breath, different from what is ever perceived in any natural state of disease." "In some cases, besides the ordinary ulceration of the gums, and loosening and final separation of the teeth, the tongue, moveable palate, &c., swell and ulcerate to a frightful degree."—(*Hamilton*, pages 10, 11.)

"Delicate individuals, especially females, generally experience, after a course of mercury, various modifications of disordered feelings, communicating the idea of imaginary diseases, which unfit them for the duties of life, and render existence a burden. Among the anomalous complaints arising from this cause, may be enumerated, impaired or capricious appetite for food, with all the ordinary symptoms of indigestion, particularly retchings in the morning, and flatulency, disturbed sleep, with frightful dreams; impaired or depraved vision; frequent aches and pains in different parts of the body; occasionally such sudden failure of strength, as if just dying, and at other times violent palpitations of the heart, accompanied with difficulty of breathing. Along with all these complaints, there is such a wretchedness of look, with such a disposition to brood over their miserable feelings, that it is extremely difficult to persuade the relations or attendants of the patient that there is no serious indisposition."

Dr. FALCONER says, "that among other ill effects, (of mercury,) it tends to produce tremors and paralysis, and not unfrequently incurable *mania*. I have

myself seen repeatedly, from this cause, a kind of approximation to these maladies, that imbittered life to such a degree, with a shocking depression of spirits, and other nervous agitations with which it was accompanied, as to make it more than commonly probable, that many of the suicides which disgrace our country, were occasioned by the intolerable feelings that result from such a state of the nervous system." Dr. HAMILTON adds, "to the truth of these remarks every unprejudiced physician who has been in extensive practice must bear testimony."—(*Hamilton*, pages 13, 14, 15.)

It is also worthy of particular notice, that the disastrous effects of mercury do not depend upon the quantity taken; "it is notorious that the very smallest quantities of mercury have suddenly proved injurious. Thus, in a lady who had had such small doses of the blue pill, combined with opium, for three nights successively, that the whole quantity amounted to no more than five grains of the mass, salivation began on the fifth day, and, notwithstanding every attention, the gums became swelled to an enormous degree, bleeding ulcers of the mouth and fauces took place, and such extensive irritability and debility followed, that for nearly a whole month her life was in the utmost jeopardy. Every practitioner must have met with similar cases.

"Another common consequence of a very small dose of mercury is an excessive bowel complaint. In many individuals, a permanent irritability of the stomach and intestinal canal has followed the accidental exhibition of a few grains of calomel."

"Dr. FALCONER mentions, that he once saw a dropsy of the breast produced by the use of a mercurial remedy for a redness in the face, which it effectually removed, but instantly produced a dropsy of the

chest, terminating in death. Dr. BLACKALL has recorded similar cases."—(*Hamilton*, pages 20, 21.

Dr. HAMILTON also records one case, and Dr. IVES another, which "seem to prove, that mercury may remain inert for a considerable time in the habit, and afterwards, by some inexplicable circumstance, may become active." (p. 21.) We have also seen at least one similar case. And that it does remain in the systems of most or all persons whose constitutions have only been slightly affected by it, without breaking forth in its peculiar and virulent form, can be attested by almost every individual who has undergone the process of salivation. Such persons are commonly premonished of stormy weather, by the pains "like those of rheumatism," or, as often expressed, "pains in the bones," and soreness of the flesh. In some, the glands of the mouth and the throat become swelled, upon every exposure to wet or cold.

It may be thought, perhaps, that enough evidence has been adduced from the writings of those whose profession it is to use the poisonous preparations of mercury, to satisfy the most partial, that its use ought not to be admitted as a medicine; but as the prejudice in its favour is so deep-rooted and strong, and its destructive consequences so general and terrible, we cannot acquit ourselves without selecting something more from the great mass of testimony to be met with at every step of our inquiries upon the important subject.

Dr. HAMILTON, in speaking of persons who appeal to their own experience as a direct proof of the great utility of calomel, in certain cases, remarks: "But if those persons could attend impartially to the effects of that medicine, they would find that its immediate operation is severe, and that it is followed for some time by uncomfortable feelings, and by an unusual

susceptibility of derangement of the stomach and bowels.—(*Hamilton*, p. 79.)

Again ; “ It disorders the digestive powers of the stomach ; and in debilitated persons, the frequent employment of it sinks the strength and provokes hemorrhoids.

“ From what has been stated in the preceding pages, respecting the injurious effects of all the preparations of mercury, and especially of calomel, upon some constitutions, and the *impossibility of distinguishing those individuals to whom that mineral, in every form, is apt to prove noxious, it must be evident that no physician can calculate, with any degree of certainty, on the safe operation of mercurial purgatives ; and no preparation of mercury can be administered without the risk of some consequences ensuing, which could neither be intended nor expected.*—(*Hamilton*, pages 105, 106, 107.)

Were these facts less familiar to us than they are, we might pause, after quoting sentiments such as the foregoing, to indulge in those feelings of astonishment, which must involuntarily force themselves upon the mind of him who meets with them for the first time. But we are so much accustomed to the most glaring inconsistencies in most matters relative to medicine, that we long since ceased to wonder at the contradictions of theory and practice. The reader must recollect that our quotations are from authors who themselves use the article they condemn.

But we are not done yet. We must beg a little longer indulgence, whilst we introduce a few more quotations, touching this important subject. In an Appendix to the work of Dr. HAMILTON, we find some remarks to our purpose, written by Dr. A. W. IVES, a respectable practitioner of New York.

“ It is true,” says Dr. IVES, “ that those who have most zealously recommended this medicine, have not

denied the danger and uncertainty of its operation; still they appear rather to have laboured to give it the character of a specific, than to establish general principles which would reconcile the discrepancy of their theory and practice. 'Could a line be drawn,' says Dr. WARREN, 'between the disease in which it is prejudicial, and those in which it is advantageous; and could the mode of administration be accurately prescribed, much of that mischief which has originated from this most active class of medicines might be avoided, and many a constitution saved from ruin.' But this is a knowledge which we can never hope to attain, and, even if it were attainable, what would be the avail? There is a diversity in the character of the same diseases, arising from a difference in the circumstances or condition of the patients, which forbids the expectation that the science of medicine will be ever so perfected, and the labours of the physician so simplified, that a medicine can be safely prescribed for a name. It will continue to be the province of the physician to establish general principles from facts, and to mete out from these such particulars as may be suitable to the multifarious character and symptoms of disease; and until some general principles shall be settled for the better regulation of the mercurial practice in fevers, however extensive and popular it may be, it will continue to be empirical."—(*Hamilton*, p. 192.)

Dr. IVES remarks, that there is the closest analogy in the operation of animal poison and mercury: "Both," says he, "so far contaminate the circulating fluids as to keep up a permanent excitement for a considerable length of time; for as their properties can be destroyed by no antidote, their effects will continue till they are carried out of the system by its emunctories." (p. 196.) "Nor does mercury, as has often been

contended, possess the properties of a *tonic*; so far from increasing the tone of the muscular fibre, or the excitability of the nervous system, it diminishes both, in a direct ratio to the irritation which it excites." (p. 204.) And "it is yet a question of dispute, whether more lives have been prolonged by a timely salivation, than have been lost by the unsuccessful use of mercury, to the exclusion of other means." (p. 208.)

Dr. BARNWELL, after describing the effects of mercury, exhibited in the first stages of inflammation of the liver, says, "these are the effects, which we have seen invariably take place, from the abuse of mercury, in the early stages of disease; so that we are not more certainly convinced of the poisonous effects of arsenic, than of those mercurials given in the acute stages of this disease." The testimony of Dr. REECE is also very strong against the use of mercury. "We know not," says he, "whether we have most reason to hail the discovery of mercury as a blessing, or regard it as a curse; since the *diseases it entails are as numerous as those which it cures*. Our best informed dentists declare that they can clearly witness the progress of the use of mercury, in the increasing diseases and decay of the teeth. There are serious objections, also, to other articles of the metallic world; antimony, iron, and arsenic, are dangerous remedies in the hands of the ignorant; and mankind, perhaps, in the aggregate, would be benefited by their expulsion from medical practice."

If any should inquire why mercury is still used in medical practice, when its direful effects are so well known, the answer must be sought from several sources. "The facility," says Dr. HAMILTON, "with which calomel can be exhibited to patients who are reluctant to take whatever has the semblance of a

drug, is probably the chief motive for this unfortunate prejudice in favour of so hazardous a remedy ;” and this he very justly reprobates as a sacrifice of “conscience to convenience.” (p. 111.) And Dr. IVES observes, “there is no inconsistency so extravagant that it cannot be supported by precedent, and no hypothesis so absurd, that it cannot be defended by books.” It may also be added, that as the study of books is more easy to most men than the investigation of nature, practitioners have generally been willing to practise under the protection of some great name, rather than attempt to reform the abuses of medicine.

“Had the injurious effects of calomel been hid from the rest of the profession, and known only to the author,” says Dr. HAMILTON, “some apology might be offered for the pertinacity with which that medicine is still prescribed ; but so far is this from being true, that it may be confidently asserted, that no medical man of competent knowledge and observation would administer calomel as a purgative, in a hundred instances, without being convinced of its injurious tendency. Of this, innumerable proofs could be cited.” (p. 109.) And “it cannot be a want of deference to the distinguished advocates of the mercurial practice, to distrust the soundness of their deductions, when they are not only opposed by the acknowledged *principles of medical philosophy*, but by the judgment of such men as ROBERT JACKSON and Dr. LIND. To these might be added numbers of the most celebrated physicians of England, France, and America, all of whom, from *clinical observation*, have decided against the practice of resting the issue of febrile diseases on the constitutional operations of mercury.” (*Hamilton, Appendix*, pp. 191, 192.)

Those who have made themselves acquainted with

the desolating consequences resulting from the use of mercury, will not wonder that so much space has been allotted to its consideration. Men of the greatest experience have devoted much time and attention to its consideration; the chief of whom are PIERSON, MATHIAS, TROTTER, CARMICHAEL, and HAMILTON, whom we have so often quoted, and whose experience and observation have enabled him to make a correct estimate of the dangerous powers of mercury. He, however, supposes that, "notwithstanding all the hazards resulting from the use of mercury, there can be no doubt that it has certain medicinal virtues, the most remarkable of which is the power of curing the diseases occasioned by the syphilitic virus."

In the venereal disease, he thinks this is the only remedy which can with certainty be depended upon; but this sentiment can only be tolerated on "the principle of necessity," growing out of the circumstances by which he was surrounded. He knew of "no other equally efficacious medicine." Fortunately, however, for the world, medicines are now known which are not only far more efficacious than mercury in venereal complaints, but in all others; besides being at the same time free from all risk and danger.

LEAD—*Plumbum*. This metal is found in almost all countries; and is particularly abundant in the western and north-western parts of the United States. It is but seldom used as an internal remedy; but it is often applied externally to inflamed surfaces, wounds, scrofulous sores, and inflamed eyes. Internally it is employed "in some extreme cases of hemorrhagy from the lungs and bowels, and uterus," as a styptic or astringent; but, owing to its poisonous qualities, it is exhibited in very small doses, and that but seldom by prudent practitioners. All the preparations of lead are deadly poisons.

Lead is often used for sweetening cider or wines which have become sour; but this is a very reprehensible practice, and is only resorted to by unprincipled dealers in the article, for motives of pecuniary gain. The effect of drinking cider or wine, impregnated with any preparation of lead, is the same as those arising from the taking of it any other way.

“The colic of painters, and that formerly prevalent in certain counties of England, from the lead used in cider presses, show the very deleterious operation of this metal, when habitually introduced into the system in the minutest quantities at a time. Contraction of the thumbs, paralysis of the hands, or even of the whole extremities, have not unfrequently supervened.”

The symptoms of poisoning from lead are thus graphically described in the Book of Health: “Constriction in the throat, pain in the stomach, obstinate, painful, and frequently bloody vomiting.” Dr. THACHER, in his Dispensatory, says “its effects on the body are emaciation, violent colics, paralysis, tremors, and contractions of the limbs; as they generally come on gradually, the cause is sometimes overlooked until it be too late. Poisoning from lead is occasioned, either from liquors becoming impregnated with it, by being improperly kept in vessels lined with that metal, or to which lead has been criminally added to correct its acidity; or among manufacturers, who work much with lead, as painters and plumbers, and who are not sufficiently attentive to avoid swallowing it.”

“A dreadful disease,” says Dr. THOMAS, “of a similar nature with the colic under consideration, (*colica pictorum*, or dry bellyache) and caused by the destructive fumes of melted lead, is known to be very prevalent among those who are employed in

smelting or preparing this metal, and is said to attack even those who live near the furnaces."

Speaking of the *acetate* or sugar of lead, Dr. THACHER says, "Like the other preparations of lead, this is a violent poison." "The internal use of it, notwithstanding the encomiums some have been rash enough to bestow upon it, is entirely to be rejected."

The *subcarbonate* of lead, or white lead, "is sometimes employed medicinally, in form of powder or ointment, to children whose skin is fretted. It should, however, be cautiously used, as there is great reason to believe that complaints of the bowels of children originate from this source."

NITRE—*Nitrate of Potash*—*Saltpetre*. This article is pretty extensively used, "in numerous disorders. Its virtues are those of a refrigerant and diuretic." It also promotes insensible perspiration in fevers. "This powerful salt, when inadvertently taken in too large quantities, is one of the most fatal poisons. There are several attested cases on record, and some recent instances might be added, in which from half to a whole ounce of saltpetre, has occasioned violent vomiting, convulsions, swelling, and other painful symptoms in persons, who by mistake had swallowed it in a dissolved state, instead of glauber or similar salts." (*Thacher's Dispensatory*.) "In large doses, such as an ounce, taken at one time, it produces the most dreadful symptoms, constant vomiting, purging, mixed with blood, convulsions and death."—(*Coxe's Dispensatory*, p. 445.) "I have found from a series of practical experiments, for many years, that saltpetre has the most certain and deadly effect upon the human system, of any drug that is used as medicine. Although the effects produced by it are not so immediately fatal as many others, yet its whole tendency is to counteract the principles of life

and destroy the operation of nature. Experience has taught me that it is the most powerful enemy to health, and that it is the most difficult opponent to encounter, with any degree of success, that I have ever met with."—(*New Guide to Health*, pp. 26, 27.)

OPIUM. This is the inspissated juice of the white poppy, or *papaver somniferum*. The best opium is brought from Turkey; and a very inferior kind from the East Indies. It may also be made from the common poppy of this country. The Turks have the same kind of fondness for it, that the people of this country have for tobacco and ardent spirits.

Opium is exhibited as a narcotic, to procure sleep, and as an anodyne to assuage pain. It is also used as an antispasmodic, and to restrain diarrhœa. Indeed, there are few diseases in which this powerful article is not employed, either in substance, as in pills, or in tincture, as in laudanum. A still weaker preparation of it is to be found in the paregoric elixir.

The specific action of opium on the living system, by which it produces its peculiar effects, has been the subject of the keenest controversy amongst medical men. Some affirm it to be a powerful stimulant, and others, that it is a direct sedative. To our view, it is very clear, that its most important effects are sedative. It appears to possess but very little, if any power, directly to remove the cause of any disease whatever. It produces sleep, removes pain, relieves spasm, and checks diarrhœa; but it does it by destroying sensibility. It renders the living fibre insensible to the stimulus of the causes which give rise to those peculiar states or conditions of disease; and its debilitating effects are well known to all who have taken large quantities to remove spasm, or cure the lock-jaw. But as this, like all other violent poisons, is fast running its popular career, and is disused in the new

practice of medicine, it is unnecessary to dwell longer upon this controversy.

“Opium taken into the stomach in a large dose, gives rise to confusion of the head, and vertigo. The powers of all stimulating causes to make impressions on the body are diminished; and even at times, and in situations, when persons would naturally be awake, sleep is irresistibly induced. In still larger doses, it acts in the same manner as the narcotic poisons, giving rise to vertigo, headache, tremors, delirium, and convulsions; and these terminating in a state of stupor, from which the person cannot be roused. This stupor is accompanied with slowness of the pulse, and with stertor in breathing, and the scene is terminated in death, attended with the same appearances as take place in an apoplexy.”—(*Thacher's Dispensatory.*)

“It is a melancholy consideration, that opium is frequently resorted to for the horrid purpose of self-destruction. The alarming symptoms induced by it, are vomiting, delirium, stupor, deep and difficult breathing, convulsions, and death.”—(*Ibid.*)

DIGITALIS PURPUREA—*Foxglove*. This potent vegetable, when taken into the stomach, produces a most powerful sedative effect upon the circulation, decreasing the general irritability of the system, whilst the action of the absorbents is said to be accelerated. It has been highly recommended in consumptions, palpitations of the heart, asthma, dropsy, &c., for which cases it has been often employed.

“Of all the narcotics, digitalis is that which diminishes most powerfully the actions of the system; and it does so without occasioning any previous excitement. Even in a moderate dose, it diminishes the force and frequency of the pulse, and in a large dose reduces it to a great extent, as from seventy beats

to forty or thirty-five in a minute, occasioning at the same time vertigo, indistinct vision, violent and durable sickness, with vomiting. In still larger quantity, it induces convulsions, coldness of the body, and insensibility, symptoms which have sometimes terminated fatally.

“The administration of this remedy requires to be conducted with much caution. Its effects do not immediately appear; and when the doses are too frequent, or too quickly augmented, its action is concentrated so as to produce frequently the most violent symptoms.”—(*Hooper's Dictionary.*)

Dr. WITHERING, who first employed the digitalis in the treatment of dropsy, lays down certain explicit rules for its administration; referring to these, Dr. THACHER, in his Dispensatory, says, “without the strictest attention to which, no practitioner should prescribe this powerful and singular medicine.” Dr. THACHER further adds, “Such are the active and virulent qualities of this plant, that it ought not to be intrusted to the direction of the inexperienced practitioner; nor resorted to, without due attention to the state of the system; and when administered, its peculiar effects should be discriminated with the utmost vigilance and precision. Dr. RAND relates for admonition, one melancholy example of the fatal effects of digitalis, in a man who, having experienced relief from its use, adventurously exceeded the extent enjoined by his physician.” And well may cautions and admonitions be given in regard to the use of an article possessing such influence over the sanguiferous system. What else could be rationally expected, than that if it possessed the power, in a moderate dose, of reducing the pulse from seventy to thirty-five, a larger dose would check it altogether. It is also poisonous when applied to wounds or sores.—(*Orfila on Poison.*)

HEMLOCK—*Cicuta*. “This is a large biennial umbelliferous plant, which grows very commonly about the sides of fields and hedges, and in moist places. The root is white, long, of the thickness of the finger, contains when young a milky juice, and resembles, both in size and form, the carrot. In spring it is very poisonous, in harvest less so. The stalk is three, four, and often six feet high, hollow, smooth, and marked with red or brown spots. The leaves are large, and of a dark green colour, having a faint, disagreeable smell, resembling the urine of a cat. The seeds are inferior in strength. The whole plant is a virulent poison, but varying much in strength according to circumstances. When taken in an over-dose, it produces vertigo, dimness of sight, difficulty of speech, nausea, putrid eructations, anxiety, tremors, and paralysis of the limbs; to which may be added, dilatation of the pupils, delirium, stupor, and convulsions.”—(*Thacher's Dispensatory*.)

PRUSSIC ACID.—*Hydrocyanic acid*. It was but lately that this substance became known in its simple, separate state; and still later that it was introduced into medicine. Prussic acid is most readily obtained from the pigment, called Prussian blue; but it is also made from some vegetable productions, such as the bitter kernels of the drupaceous fruits, particularly the peach. It is used in pulmonary complaints, especially whooping cough, consumption, asthma, &c.

The Prussic acid is said to be the most violent of all poisons. “SHARINGER, a professor at Vienna, spread a certain quantity of it upon his naked arm, and died a little time thereafter.” “When a rod, dipped into this acid, is put in contact with the tongue of an animal, death ensues before the rod can be withdrawn. If a bird be held a moment over the

open mouth of a vial containing Prussic acid, it dies."—(*Hooper's Dictionary.*)

There are many other poisonous articles used as medicines by the medical faculty; but we have perhaps dwelt sufficiently long upon this subject. In describing the nature and effects of medical poisons, we have preferred quoting the language of those whose avocation it is to use them, rather than condense the facts into a narrower compass in words of our own; as it must be admitted that they, to the exclusion of all others, are better acquainted with their destructive tendencies and fatal effects. Most individuals, however, can call to mind cases which they have either seen or experienced, confirming the statements which we have made respecting the violent and dangerous character of many articles in common use by the faculty.

But our limits admonish us to leave a subject which calls up, in imagination, the pale, emaciated, and frightful visage of some acquaintance, neighbour, tender child, or endeared companion, who has fallen a victim to the destructive powers of those poisonous articles, falsely gilded with the name of medicine; the fearful effects of which have been accumulating for the last fifty years with the most ruinous consequences; yea, we might truly say, with more fatal and appalling violence, in some portions of the globe, than pestilence, famine, or the sword.

To the foregoing description and list of poisons, we will add

ALCOHOL.

The word *Alcohol* is derived from two Arabic words: *al*, (the,) and *kahol*, (denoting a fine mineral powder, mostly a combination of leaden ore and zinc,

mixed with some liquid substance.) When distillation was discovered, the chymist, seeing the vapour rising from the liquor under the process, reappear, when condensed, in the form of a new liquid, called it *Al Kahol*—the fine, the sublimated.

No such substance as alcohol exists in nature, in any form; neither is it *formed* by distillation. It is always and invariably *formed, produced, or created*, by the process of fermentation of saccharine or sweet substances. No substance which does not contain sugar, will, when fermented, produce alcohol, and the more sugar any substance contains, the more alcohol will it yield. Wheat, rye, corn, barley, potatoes, &c., contain much *starch and sugar*. The proportions of the constituent elements of starch are nearly the same as those of sugar, and hence sugar is easily formed from starch. It is to effect this change that distillers and brewers malt their grain, before they macerate or steep it in water. After malting, the grain is put into water, which is gradually raised to a certain degree of heat, and the addition of a little yeast causes it to ferment. In a few hours putrefaction takes place, and alcohol is formed, mixed largely with water. The beer or wort is now boiled, and the alcohol rises from it in the form of steam. To understand this, it is necessary to remark, that alcohol is converted into steam at a heat of 176° , whereas water requires a heat of 212° to evaporate it. The steam thus raised is *alcohol*, and is passed through a receiver called a worm, which is immersed in cold water. By this means it is condensed, and appears in a liquid form. This liquid has a penetrating odour, a burning taste, and is colourless, and highly inflammable. Still this is not what is generally known as ardent spirit. This is formed by adding water. Equal quantities of alcohol and water form proof

spirit—one part alcohol and two parts water form second proof—one part alcohol and three parts water form third proof, and so on.

Alcohol is to be ranked among the *poisons*, and is classed with ammonia, phosphorus, and glass, or enamel. All spirituous liquors contain alcohol, and therefore are poisonous; the *degree* of poison depending upon the *quantity* of alcohol they contain. We are now speaking of spirit which has not been drugged; for it is well known that spirit-makers and venders employ *nitre*, *spirits of kino*, *cocculus indicus*, &c., all of which are poisons.

Pure alcohol, if injected into the veins of a living animal in quantities of from one to four drops, coagulates the blood, and produces death in a very few minutes. If applied to the naked extremity of a nerve, it causes it instantly to contract, and deprives it of sense and motion. Diluted with three or four parts of water, and taken into the stomach, it produces similar effects, corrugates the solid parts which it touches, and destroys, at least for a time, their use and office. Water does not change the nature of alcohol; it only separates it into smaller portions. The same amount of alcohol in good wine has less effect upon the system than in brandy. Still the alcohol, the deadly poison, is there, and as far as it is there, it is injurious. Alcohol in pure wine, (by which we mean that which has had no admixture, and derives its alcohol only from fermentation,) “is in combination with saccharine, mucilaginous, and other vegetable principles.” This combination very considerably diminishes the action of alcohol upon the system. To account for this, it is only necessary to remember, that brandy is only alcohol and water—wine is alcohol, water, saccharine, mucilaginous, and other vegetable principles, mentioned above.

CASES CURED.

A PLAIN STATEMENT OF FACTS,

IN which the superiority of the Botanic practice over that of the Mineral treatment of disease is exhibited, for the encouragement of such of my readers as may be dragging out a miserable existence, without the least hope of ever being benefited by the use of medicine. They will here see, that some of the most hopeless cases that can well be conceived of, were successfully treated by the Thomsonian practitioner: the disease arrested, and the patient restored to a comfortable degree of health, in a very short time; then

Throw away your mineral poisons,
Stinking trash, the health annoy;
Never use them but on vermin,
Which, I'm sure, they will *destroy*.
Rosy health will crown your efforts,
Pallid cheeks will disappear;
Sleepless nights and dreams unpleasant
You'll no longer have to fear.

CASE I.

SOME six or seven years ago, I was called on to visit a lady residing in Lancaster county, Pa.; from herself, or husband, I learned that she had never enjoyed very good health, even while a girl; and, after

she became a mother, she suffered still more from various forms of disease, which were greatly aggravated by the medical treatment she received from her physicians. When I first saw her, I thought her case was, indeed, a hopeless one; but told her, that, if there was any relief for her, it could only be obtained from a *faithful* and *persevering* application of the Thomsonian remedies; as she had now spent upwards of six years in trying other remedies, (or rather poisons,) in vain. Upon examination, I found that her throat, and the upper part of her mouth, was in a state of severe ulceration; seven ulcers being visible, and the tonsils so much inflamed and swollen, as to render it almost impossible for her to swallow even the mildest fluid. She also suffered much from stranguary and constipation of the bowels; which, I thought, were, in part, occasioned by a prolapsed state of the uterus, and the constant use of a pessary, for the support of that organ. Add to this, the diseased state of the liver; which was ulcerated, painful, and swelled so much on the right side, as to appear uncommonly large, even through her clothes.

But that which rendered her condition the more alarming, and which, from her feelings, she had every reason to believe was true: her physician comforted her friends, by assuring them that he understood her case well; *that it was morally impossible she could ever be cured, as she had a cancer on the inside of her breast, and that the ignorant steam doctor would only aggravate her case, and steam her to death, in less than six weeks!* Yet, notwithstanding her hopeless situation, we undertook her case with fear and trembling, and, after about three months' unremitting attention, we had the satisfaction (under God) of restoring this amiable lady to a comfortable degree of health; which has continued until the present time.

As it regards the particular mode of treatment, it would be impossible for me to describe it correctly, at this late day; as I have lost the memorandum I kept of it at the time: but, suffice it to say, that regular courses were administered every three or four days; and tonics, astringents, demulcents, and light but nourishing food, were freely used between the courses, until the *citadel of life was retaken*, and the sufferer restored to ease and comfort.

While going through the fifth course of medicine, she puked up two lumps resembling the cores of large biles, but more solid; which, she said, must have come from her breast. The breast was very painful, both before and after the discharge of these lumps, and bled profusely at times, for several days afterwards.

For a more particular account of this case, I would refer such of my readers, as can make it convenient, to call on Amos King and wife, and Eli Smedley and wife, of Little Britain, and on Joseph Smith and wife, of Drumore township, Lancaster county, who are all personally acquainted with the lady here referred to.

WM. JOHNSTON.

January, 1841.

CASES II. & III.

From the Thomsonian Recorder.

To the Editors:

GENTLEMEN,—I have lately successfully treated two very alarming cases of inflammation of the uterus after child-bed delivery: Mrs. B. was attended *scientifically* for several days, and was well supplied with *cold water*, and drastic purges to stop the wasting and guard against inflammation! But, alas! she grew worse very fast. Her strength and speech failed; her jaws became stiffened, and life appeared to be

quivering on her lips, ready to take its everlasting departure! In this situation she was thought a fit subject for a Thomsonian. We were accordingly sent for. Our first object was to get some warm medicine inside. This could only be done by forcing her teeth open and shaking it down her throat; after which, we bathed her body and limbs with warm brandy and No. 6, placing steaming bricks about her in bed, and repeating the warm medicine; we soon got the circulation equalized, and obtained a free perspiration over the whole body. In two days she was able to be carried through a full course, and in one week she discharged her nurse and was able to perform the work of her family.

The other lady, Mrs. H., (a fine, healthy young woman, with her first child,) was five days in the hands of the doctor; she wasted badly, and her child narrowly escaped being crushed to death with his instruments. On the seventh day, her evacuations ceased; she became delirious, inflammation of the uterus had taken place, and she was swelled externally to an alarming extent. On the evening of the eighth day, the doctor refused to attend upon her, stating he "did not know what more could be done, except to give her a *little more oil!*" On this evening I was called upon, and found her in the situation above described. There she lay, puffing and blowing, and ever and anon exclaiming, "O! the fiery pains! how they shoot up my inside!" There was no fire in her room, nor would the doctor suffer any thing warm to be put about her, except cloths dipped in the *spirits of turpentine*, which were applied to the abdomen. I considered her case so desperate, that I refused to administer medicine unless some Thomsonians were present to bear testimony (if necessity required it) to what might be done for her.

The following are the outlines of the treatment in her case.

1. I gave Composition Tea, with Nerve-Powder and No. 6 in it, in small doses, accompanied with nourishment, increasing the size and strength of the doses as she could bear them.

2. The uterus and bowels were injected with No. 3, Nerve-Powder, and No. 6, adding slippery elm to that which was applied to the uterus.

3. The abdomen was repeatedly bathed with No. 6, and cloths wet in thin elm jelly were kept constantly applied to the vagina.

4. Steaming bricks were kept constantly to her feet, and a *good fire* in her room.

5. No. 4, made into syrup, was given to strengthen the digestive organs, while No. 2 was occasionally given in a little cream, to maintain "the fountain above the stream."

The above treatment was unremittingly attended to for three days and three nights, when, all alarming symptoms having disappeared, the woman was able to sit up in her room and nurse her child. After I had been about eighteen hours with this woman, the doctor came to see her, and in answer to her inquiries, told her that the *cause* of the burning pains of which she complained, was probably *a slight inflammation of the uterus*; yet he told a neighbour woman, on his way home, that if inflammation had taken place, the treatment she was receiving from me would *kill her!* This is a sample of this Dr. S——'s *generosity* towards me, as manifested in several other cases, after I had raised his patients, as it were, from the very brink of the grave.

WM. JOHNSTON, T. B. P.

Chester County, Pa., Nov. 19, 1834.

CASE IV.

This case was reported by Drs. NASH and TATEM, of the Thomsonian Infirmary, at Norfolk, Va.

“WE were called on board a vessel, a few days ago, to see the captain, who was in a most alarming condition. By powerful exertion he had produced a rupture. The *scrotum* was enlarged enormously, and much inflamed. He also laboured under a bilious fever. The best medical aid had been afforded him for eight days previous to our seeing him, but without producing the least abatement of his sufferings, or arresting the progress of the disease. Their treatment was the lancet, calomel, and ice applications to the rupture. We immediately removed the ice, made the application of steam, &c. &c., and in three hours the rupture disappeared; in 48 hours he was clear of fever, assumed the command of his vessel, and proceeded to sea.”

CASE V.

To the Editors :

GENTLEMEN,—The writer of this letter, a young man of respectability, came to our infirmary, August 8th, 1834, in a condition not easy to describe; he being bent backwards to a half circle, with one hip drawn out of its place, and a large bunch on his back. In this condition he was obliged to depend entirely on his crutches, to move from place to place about the house, and was restored in fifteen days, at our infirmary, corner of Charles and Mount Vernon Streets, Boston. On leaving the infirmary, he took his crutches in his hands, and said he would keep them as an everlasting memorial against the *poison-doctors*. By publishing the within, you will confer a

favour on two constant readers and admirers of the Recorder.

Holliston, Sept. 22, 1834.

Messrs. Thomson & Webber: Thinking that you might be gratified by hearing from a young Thomsonian, I have taken pen in hand to address a few lines to you on my past and present experience. After leaving your infirmary, (August 23d,) I had a very pleasant ride in the stage to this place, (24 miles.) What made it more pleasant was, that I had been so far relieved, at your infirmary, of my lameness, that I rode without any uneasiness to my back or hip, which I had not done before for several months. My brother and myself conversed all the way on Thomsonism. There was a gentleman in the stage who was afflicted with an inflammation in the eyes, and had been so for five years, more or less, and probably will be, as long as he employs M. D.'s, who had directed a mineral wash, (poison, of course.) I advised him, as I shall every person who is afflicted, to use Thomsonian medicines. He stated that he had taken twenty-five dollars worth of Hygeian pills, without curing his eyes, and that he had then been to Boston to see some great M. D. He was very much prejudiced against Thomsonian remedies, though not more so than I was, previous to my coming to your place last month: as it was, I told him many things to reflect on, and we parted at this place—he going on farther. Our other passengers, being ladies and children, who took no active part in the conversation, except occasionally greeting us with their smiles, as the dialogue became animating. We arrived at Holliston. I surprised the people collected around the tavern, by crossing the street, with my crutches, a great cloak, and a bundle in my hands. During the afternoon and evening, I had a great many calls

from persons who knew of my lameness, and were waiting anxiously the result of my visit to the steam doctors. I told and re-told the whole story, in my best manner. They all seemed pleased, for there were no doctors amongst the number. No, no! the doctors have stood back from that time to this, with one worthy exception, and he lives in Southbridge. My brother's store was nearly full all the evening—they were mostly young men. I talked of nothing, thought of nothing but the virtues of steam and Lobelia, till 10 o'clock, when I took a glass of wine bitters, and retired, with a heart overflowing with gratitude to have met my friends again, so much improved in gait and health. I stayed with my brother until Wednesday, (August 27,) when I left in the stage for Southbridge, where my parents reside. I rode as far as Thompson, Conn., (30 miles,) the first day, where I stayed one night, as I wanted to see some of the enemies of *steam*, who resided there, and who had warned me of the consequences (death at least) of going to a steam doctor. One in particular, who was loudest against the practice, was H. Blashfield, President of the Thompson Bank. He wanted me to go to Doctor Warren or Jackson, who, he said, knew *something*. This was when on my way from Southbridge to Boston. Well, here I was, back again to Thompson, very much improved, alive and kicking, to say the least, without my crutches! which I had left behind at Holliston, where I intend keeping them till I become a steam doctor, when I shall hoist them for a *sign*.

But to return: Mr. B. expressed a great pleasure at seeing me return, although contrary to his expectation. He listened to all I had to say, with so much attention, that, before ten o'clock, A. M. next day, at which time I left for Southbridge, I had convinced

him of the virtues of vegetable medicine and steam. The stage got to Thompson about one o'clock, P. M., so that I had a fine opportunity of telling the people, collected about the tavern, on account of a petty court, all about that poisonous weed, Lobelia. I talked so warmly of their having a right, and doctoring their own families, that they thought I was an agent. To this I said no, and attributed my feelings to the great benefit which I had received, and which they could not deny, as they had seen me previously hobbling about on my crutches. In the course of my long talk to the company, I broached in upon the regulars, for doing their share of the murdering of the human race, and what I knew, and had experienced from their hands, which was no small story, I assure you. At the end, I inquired how many they had in Thompson. Three, said one : Then three too many, said I. How do they like this system ? I questioned again.— Here are two of them, said the landlord, they can answer themselves. So it seems they had been listening. *Good*, thought I, nothing daunted, we'll have some talk with them ; but they had not much to say : they merely asked a few questions, which I answered, in true Yankee style, by asking others. August 28, rode to Southbridge, 12 miles. It is impossible for me to describe the pleasure, the joy, and surprise by which I was received home again, by my parents, friends, and acquaintances. It is impossible, said they, that you can go without your crutches ! We never expected it ! Nor did I, was my answer. But see, says I, I can dance with ease then came some flourishes with my heels. I stayed in Southbridge till last Friday, September 19th, when I returned to this place in eight hours, riding forty-two miles without feeling any particular fatigue. While I was in Southbridge, I steamed eight times, which has brought my

leg down to the proper length, and I now walk with ease and freedom over hills and mountains, or through the woods, which I practised considerably while at Southbridge. My back is rather weak, and when I stoop forward, I have to favour it by placing one hand on my knee; it is, however gradually improving—having on a Thomsonian plaster. The doctors at Southbridge, with one exception, looked dark and cloudy when I returned, depending on my own legs for support. I told one of our doctors, in this place, he might hang up his lancet if a steam doctor comes into the village. O, said he, it is astonishing how quackery prevails! It is light and life, said I, that prevails, with truth for their foundation.

Remember me to Doctors Hill and Lang. I shall be in Boston next month, I think, and I shall call and tell the rest of the story; it is too much to write. I have not given up the idea of being a Thomsonian practitioner, but must be otherwise engaged for a month, when I shall be able to be with you. In the mean time, believe me improving, and that Thomsonism is spreading. There are four family rights in this town at present, that I have heard of.

With respect, I remain yours, &c.

NEWELL G. MORSE.

CASE VI.

*This and the following case were reported by Do-
TOR WILSON THOMPSON, of Lebanon, (O.)*

MARGARET FOGLESONG, of Lebanon, aged seven or eight years, was taken ill with a slight fever. A physician was called, who gave her a portion of calomel, to destroy the worms. After its operation, she being no better, her father came for me. I attended,

and gave her Composition Tea; at the same time placing at her feet a warm stone, wrapped in cloths saturated with water and vinegar. The next morning I found her free from fever, sitting up, and eating. I left medicine, with directions to give it, so as to keep her in a moderate perspiration. As her health was so rapidly improving, I told her parents that my further visits might be dispensed with, unless she should relapse. Shortly after I left the house, the child complained that the medicine smarted her mouth; which was tender from the effects of the calomel previously administered. Her mother now insisted on sending for another physician; which was accordingly done, although the child was apparently no worse. The physician came, and after commenting upon the awful effects of the steam medicine, (as he called it,) and the good fortune of the child in being rescued from it so soon, commenced a course of *salivation*, and reduced the patient to the borders of death.

The calomel, acting on the gums and inner surface of the cheeks, progressed in eating them away, until a number of the teeth dropped out; after several weeks' time, mortification of the parts commenced, and soon made its appearance through the cheek by a black spot on the external surface, of the size of a six-cent piece. The attending physician then applied a blister to the cheek; and in a few hours the flesh, to the whole size of the plaster, appeared black and dead, exhaling an extremely offensive smell. The severity of pain was so great, that she would tear her face with her nails, and scream from the anguish. It became necessary to confine her hands, to prevent injury.

In this situation the physician gave her up as *incurable*; and I was again sent for. I went, and informed her father that I thought there was but one

chance in a hundred of rendering her any relief; but after much persuasion I consented to prescribe for her case. I directed a large poultice to be made of equal parts of white pond-lily root, bayberry bark, hemlock bark, and the bark of slippery elm, all pulverised, and boiled in water, made strong with ginger, and thickened with crackers. I then washed the whole wound, both inside and out, with strong soap suds; after which I washed it with a very strong tea of sassafras, common dogwood bark, and No. 6, mixed together, and used cold. The poultice above mentioned was then applied, and kept constantly moist with the above named wash; renewing the poultice every six hours, and washing the wound with soap suds, &c., at each renewal, and frequently bathing the line between the living and dead flesh with a strong tincture of Lobelia. During this process the patient drank frequently of a mixture of Composition and No. 6, and kept in her mouth lint or rags, wet with the above wash and No. 6.

Pursuing this course with constant attention, in about twelve hours the disease was checked. In twenty-four hours a division was perceptible between the dead and living flesh; and in a few days the whole mass of the dead flesh, loosening from the jaw-bones and living flesh, was detached by clipping some integuments round the edges; leaving the bone bare (which was black along the violar process, and out of which the teeth had previously dropped) from near the middle of the upper lip round just below the templar process, to the middle of the cheek, or about as far back as the back molar tooth, and thence to the lower edge of the under jaw bone, and following this along, passing the middle of the chin, and taking off about three-fourths of the under lip. All the flesh inclosed in this line, was removed in the above mass;

the violar came away by degrees. After this mass was removed, I continued the above washes, and dressed the wound with healing salve; and thus the entire cure was effected, with less disfiguration than could be expected under such circumstances.

WILSON THOMPSON.

CASE VII.

A CERTAIN Mrs. Stephens, aged about forty-seven years, had been for many years severely afflicted with a cough, and frequent ulcerations of some part of the thoracic cavity. These ulcerations were supposed to be on the lungs, or some of their immediate appendages: she discharged large quantities of purulent matter. She had been afflicted in this manner through a tedious succession of so many years, that she had abandoned the fond hopes of obtaining a cure, and yielded the soothing flattery of illusive anticipations to indulge and meditate despair. Her flesh was wasted away, until her emaciated frame presented the appearance of a living skeleton, connected by skin and ligaments. Her youngest child, I understood, was about thirteen years old. When she first made application to me, I was in Indiana, a few miles northwest of Connersville, near to where she now lives. She stated her case. I proceeded to prescribe and administer Thomson's Composition Powders; saturated Tincture of Lobelia; Nos. 2, 3, 6; Nerve-Powder, &c., as the case appeared to require. Directed to prepare some stomachic bitters, to be compounded of hoarhound, poplar bark, bitter root, sumach, prickly ash, and thoroughstem. I was far from home, and not in a situation to put her through a regular Thomsonian *course of medicine* at that time. However, perceiving she had derived such

special benefits from the small trial made of botanic medicine, she began to indulge a confidential hope, that if I could and would attend her, it was even possible she might obtain a cure.

Some time elapsed until, (a little more than a year ago,) in my travels, I passed through the neighbourhood. She sent for me: I found her exceedingly low. She was afflicted with a severe attack of influenza. The fever was inflammatory and violent. All her friends had concluded that this certainly must be her last sickness. The diseased state of her lungs, and her worn down constitution were unfavourable and discouraging circumstances. The attack was sudden, severe, and had progressed for two weeks with increasing violence.

I commenced the treatment of this complicated and distressful case, by giving her Composition Powders, and No. 2, half and half, using the American Valerian very freely; thus stimulating her in this manner for about an hour, or at least until I thought her strength was increased sufficiently to justify the attempt of placing her over the steam bath. In being steamed she sweated profusely, and every vestige of fever disappeared. I then used a cold bath, laving her with a solution of common salt in water and vinegar: then placing her in bed, I gave her about ten teaspoonfuls of Thomson's 3d Preparation. This was given a little after dark. She soon puked two or three times: she threw up but little. She then became restless and deranged, agonized with laborious breathing, and almost incessant coughing. She lost her speech and tossed from side to side, frequently throwing herself on the floor in defiance of our utmost efforts to prevent her, unless we had opposed strength to strength, at the hazard of doing her some material injury. In this situation she continued until

about the break of day. The afflicted family watched with painful anxiety round her bed, in tears and sobs. All the encouragement I could give them was unavailing. As the morning light began to dawn, she commenced puking freely, soon called for food, took freely of stimulating tonics, and was soon so completely relieved, that her husband said, she was as lightsome as in her youthful days. She continued to improve in her general health.

Reflecting on cases like this, is it any matter of wonder, that the Thomsonian cause is rising in public estimation? Rather, I would say, is it not passing strange, that there should any one be found, so lost to reason, so blinded by prejudice, as to make opposition, when surrounded by so many demonstrations of the safety and unparalleled efficacy of the Thomsonian system of medical practice. These deep-rooted prejudices must give way: they certainly are beginning to yield, and must finally disappear.

WILSON THOMPSON.

CASE VIII.

Inflammation of the Eyes.—This case was occasioned by taking a severe cold. The patient, Mr. A. Baker, residing in this county, (Chester,) as soon as he found his case was likely to become a serious one, sent for one of the most popular doctors in the county, who immediately prescribed the usual remedies, namely, purging medicines; lead-water, &c. But these remedies not having the desired effect, and the eyes and eyelids being in a high state of inflammation, the lids were turned up and *scarified*, on the under side, until they bled freely. This treatment, however, only made the matter worse, and the doctor proposed bleeding *directly on the eyeballs!* but to

this proposition the sufferer would not consent. But the case now became more alarming every day, and all the doctor could do, or did do, seemed to be unavailing; nevertheless, he *kindly* advised his patient to have nothing to do with the Thomsonians, for if he did employ them, he might rest assured "*they would soon put him as blind as the d—l!*" For nearly four weeks, however, he attended Mr. Baker faithfully; and, I verily believe, he did every thing he could do to restore his patient to health and eyesight; for, by this time, his health was much impaired, and he was almost, or totally blind. The doctor either believed, or pretended to believe, that Mr. Baker's sight was entirely gone; for he told some of his friends, in Cochranville, who were inquiring about his case, that he was *then*, or would soon be, "as blind as the d—l." This *consoling intelligence*, which was soon conveyed to the suffering man, so discouraged him, and destroyed his confidence in the doctor, that he straightway applied for relief to the despised Thomsonians. As I was from home, at this time, attending on several cases of scarlet fever, he applied to his friend and neighbour, Mrs. McNiel, who, without delay, took him through a regular course of medicine. This afforded him some relief, and, the next day, her husband called on me for medicine, and advice how to use it in this case. I directed, that the regular courses be continued every day, or at least every other day, and that, during the steaming operation, the eyes should be bound up with a bundle of soft cloths, and kept constantly wet with *cold water*; and, after the patient was entirely through the course, that they should be well bathed with THOMSON'S eyewater;* and between the courses, to give him as

* THOMSON'S Eyewater is thus prepared: Take equal parts of witch hazel leaves, red raspberry leaves, bayberry

much *light* and nourishing food, as his appetite would crave; and to use the *Bitter Tonics* freely, say four or five times each day; and to pursue this plan of treatment, until every vestige of the disease disappeared.

To the credit of Mrs. McNiel, and the friends who assisted her, she continued this mode of treatment perseveringly, and, in two weeks' time, had the pleasure of seeing her friend and neighbour restored to good health and eyesight, which has continued unto the present time.

WM. JOHNSTON.

January, 1841.

CASES IX. & X.

From a Norfolk (Va.) Paper.

THE THOMSONIAN PRACTICE.

Facts are stubborn things.—Mr. Broughton will please gratify the wishes of N. P. Tatem and Henry Sparrow, Esqrs., by publishing the following communication in his paper.

Most respectfully,

T. NASH & TATEM.

September 3, 1834.

Pleasant Hill, Aug. 29, 1834.

Messrs. Nash & Tatem:—I conceive it to be a duty which I owe to the public, to make known the following facts, in relation to the Thomsonian Prac-

bark, and a little No. 2; make a strong decoction of these articles, and strain it off, and let it settle clear; and, when cool, add one-fourth part of No. 6, and bottle for use.

Directions.—If the eyes are very sore, or much inflamed, dilute in clear water as much of this medicine as you may want to use at one time, say a teaspoonful; still using it a little stronger every day, until you can use it without being diluted. Indeed, the stronger it is, the better. Night and morning are the best times to use it, remembering to open and shut the eyes in cold water, once or twice a day, while following these directions.

tice of Medicine. In the latter part of the year 1832, the scarlet fever, in its most malignant state, made its appearance in my family. It first attacked a child, which was immediately placed in the hands of one of the most skilful physicians in your borough, and, after suffering for ten days without any abatement of the disease, it died in a state of putrefaction. About the same time one of my negro men was attacked with pleurisy, and placed in the hands of the same physician. He died in the course of ten days. As my family was very large, numbering seventy-five in all, and the scarlet fever had now attacked several other members, and believing the disease almost incurable, under the old practice, I was induced, notwithstanding my prejudices, to try the Thomsonian practice, and, much to the gratification and surprise of my family, we succeeded in curing every case, amounting in all to twenty. I think I may safely say, that many cases were equally as violent as the first. They were generally relieved in the course of four or five days. Having now the most implicit confidence in Dr. Thomson's system of practice, and having learned from experience that the medicines were entirely harmless in their nature, I have not hesitated to administer the medicines in every case of sickness which has occurred in my family from that time to the present; as also in the families of my neighbours, when requested.

The number of my patients has exceeded one hundred, and their diseases have been various; among others, bilious fevers, pleurisy, scarlet fever, dropsy, dysentery, liver complaint, dyspepsia, rheumatism, cholera morbus, bilious colic, coughs, wounds, &c., of all which cases I have lost but one, an infant. During the last month, August, I was myself attacked with sun-stroke, produced by exposure, and was en-

tirely relieved after taking four Thomsonian courses, administered by my son and Mr. T. Nash. I have now on hand a case of paralysis; the patient, one of my negro men, aged sixty-seven years, one entire side of him having been completely paralyed. I commenced administering the medicines the day after his attack, and have continued them regularly twice a week, for three weeks past, without debarring him at all of the use of his usual food. After the fourth course, he was enabled to walk with the assistance of one crutch, and has now the use of both his foot and hand, walks with a stick only, and I think will be able to walk in a few weeks; and, notwithstanding he has taken large quantities of Lobelia, and been very often steamed, he has gained in weight about ten pounds.

I must not forget, while I am writing, to inform the public that Dr. Stark sent to my care last fall, one of his negro men; he was very much diseased, and the doctor informed me that himself and some other physician had exhausted their skill in endeavouring to restore him to health, without success. I succeeded in relieving him from his emaciated condition, in a few weeks, and, in three months, he was entirely cured, and returned home well and hearty. Negro Phill is now well, or was some three weeks since, when I saw him.

Some time since, I was called to see a woman, the day after her confinement: she was extremely ill, suffering excruciatingly, and had a high fever. In a few hours she was entirely relieved, and I did not find it necessary to give her more medicine afterwards.

And now, gentlemen, you see that I have given the Thomsonian system a fair trial, and can honestly and urgently recommend it, properly administered, in all cases of disease.

N. P. TATEM.

Princess Anne, Aug. 20, 1834.

Messrs. Nash & Tatem :

DEAR FRIENDS,—In the spring of 1833, I commenced the use of the Thomsonian remedies, being then ill with a severe bilious fever. My sufferings with this disease, under the *old practice, by the regular doctors, have always been of long duration and very great*, never having recovered from an attack under from one to three months; and even then I was left in an emaciated condition. Hearing of the good effects of Thomson's medicines, and the speedy cures, I resolved to test them, and accordingly sent immediately for my respected friend, N. P. Tatem, Esq., who promptly came and commenced administering the medicines. In three hours, my high fever and excruciating pains were all gone; I felt perfectly at ease, and was in a fine perspiration. I really consider the attack of fever at this time was as severe as any I have ever felt; but in that short space of time it was thrown off, and I had no return of it. My appetite was forthwith restored, my strength rapidly gained, and in one week I had commenced a journey, and on the first day rode thirty-six miles. I soon entirely recovered. Since that time I have had several attacks of bilious fever, inflammatory sore throat, &c., and some members of my family, which is tolerably numerous, have also been attacked with pleurisy, bilious fever, and indeed have been ill, but were all relieved and cured in from one to six days at farthest. I really look upon Thomson's system as a great blessing, and do urgently recommend it to the notice of all persons. You will please let the public see my certificate, and inform them I am now sixty-two years old, and enjoy better health since I commenced the use of Thomson's medicines, than I have done for many years before.

HENRY SPARROW.

CASE XI.

A case of decided Hydrophobia, cured by Steam, Lobelia, and their concomitant Thomsonian Remedies.

THERE are, no doubt, many true votaries of science who will be disposed to carp at this assertion; but it is, nevertheless, a fact. The writer of this was called in on Thursday, the 13th instant, to see a negro boy about ten years of age, the property of Mr. David Harper, of this county, who had been bitten by a mad dog some time in the month of March or April last. For some time previous to the 13th, (as they informed me,) he had shown some strange symptoms, such as occasional derangement of mind, and a disposition to wander; and, on one occasion, got off from home, and had the whole family, consisting of some six, or eight, or ten persons in pursuit of him, for some time before he was overtaken.

On the above named day, he was taken with the most violent and alarming fits of madness. *Barking, howling, slavering, or foaming at the mouth, and attempting to bite* every person who approached him; and, on the presentation of water, or any vessel which he might think contained water, these symptoms became aggravated to the very highest pitch. He was somewhat calm when I first came in, and remained so for some two or three hours. The fits now beginning to return, I caused some water to be presented to him and shaken, when the most horrible sight I ever beheld, was exhibited. The above symptoms, in all their very worst forms. It was as much as three grown persons could do to hold him and keep him from biting them. He would even *seize the bed clothes, and growl and shake* them with as much seeming canine ferocity as ever a mad dog

did. With much difficulty, I poured into his mouth probably three tablespoonfuls of the third preparation of No. 1; the greater part of which was swallowed, but with difficulty, for he was considerably swelled about the root of the tongue and under the jaws. I caused a good fire to be raised immediately, and warm rocks kept as well as could be done to his feet, legs, and the lower parts of his body. While the fits were on him so severe, his pulse could hardly be felt at all. In the course of half an hour the violence of the fits began to abate. I then gave him two or three cups of strong Composition Tea, made very hot with No. 2, with two teaspoonfuls of the third preparation of No. 1 in each cup, and put him over the steam, keeping it pretty high, and every five or ten minutes repeating the Composition and 3d Preparation. To be short, I administered the medicines with no sparing hand; for I was convinced they were harmless, and I was determined to see what effect they would have in this case. In less than twenty minutes after I had put him over the steam, he was perfectly at ease, broke out in a gentle perspiration, and his pulse rose to the full and healthy stage; and, so soon as the steaming was over, and he wiped dry and put to bed, he fell into a sound sleep, and slept without intermission for ten or twelve hours.

While he was asleep, I left him and went home, about two miles distant, and directed that, when he awoke, the same medicines must be continued, until they produced vomiting. I had been a little surprised at his not having vomited before I left him, for I knew I had given medicine enough to vomit ten or twelve men in ordinary cases. At this, however, I was not disheartened, for I believed that the longer the medicines remained in him the more they would be diffused, and the more powerful their effect in counteracting

the cause of the disease ; and I knew that as long as he could be kept easy and warm, and with a good pulse, it was impossible for him to die.

In the course of two or three hours after I left him, he vomited copiously, (as they informed me,) and, in about three hours more, which was about five hours from the time I left him, I was sent for again, the fits having returned with nearly the same degree of violence. I pursued the same course as described above, and found that the medicines and steaming produced the desired effect in less than half the time required in the first instance ; he again fell asleep and slept soundly. I had requested, when I first saw him in the fits, that Dr. M. W. McCraw, who lived some ten or twelve miles distant, might be sent for, and also expressed a wish that several of the neighbours, and particularly Dr. S——ll, a regular bred physician, with whom I had held several conversations on the subject of the Thomsonian system of practice, and whom I knew to be incapable of wilful misrepresentation or deception, should be called in to see the real situation of the boy. But to this it was objected by the family, that the boy could hardly live till Dr. McCraw could be got ; and that, in fact, it required the presence of every one who was able to do any thing when he was labouring under the fits. The truth was, that they thought the disease incurable.

There had been a case immediately in the neighbourhood some three or four years before, of a young man, the son of one of our most respectable citizens. Several physicians had been called in, and all declared there was no cure for the disease ; he of course died : and the whole case, written off in scientific style, was published in the newspapers of the day, and tended to rivet upon the minds of the people, in all the surrounding country, a conviction that the disease carried

in its train, (and in spite of human skill,) death, in all its most hideous forms.

But to return to this case.—After I had twice reduced the spasms or fits, the family consented, as they began to have some hope of a cure, that Dr. McCraw might be sent for, and I despatched a note to the doctor, to come immediately, and bring some of his medicine, (my own supply, being kept chiefly for the use of my own family, was small.) I then left the boy asleep, and again went home, intending to return about the time the doctor should get there. When I returned the doctor was there, having arrived within about three hours, and that in the night, from the time the messenger had started for him. It was now about thirty-four or thirty-six hours from the time I had been first called in. We found the fits coming on him, and gave the medicines in probably rather larger quantities than had been done before. The boy had only some slight fits, but *barked and snapped*, and manifested the same *dread of water*. He, however, vomited a little, and fell asleep before we could get him over the steam, and has never had a fit since, but is now, (the tenth day,) to all appearance, as well as he ever was, eats heartily, sleeps soundly, and in fact we consider him perfectly cured. We have however, thought it best to continue the medicines in small quantities, and to steam him at least once in forty-eight hours, till now. It may perhaps be proper that I should state that the *dread of water* did not subside with the last fits, but that, for several days, two or three at least, this symptom showed itself, and I have no doubt but that he might have been thrown into fits again by persisting in shaking or pouring water out of one vessel into another before him. I am satisfied that this might have been done, so as to have brought on the disease again with all its

violence. Some slight experiments were made, which completely satisfied my mind on that point.

Whether this case will contribute in the smallest degree to establish the Thomsonian system of practice, here or elsewhere—whether the cause of truth and of suffering humanity will be subserved by its record; whether the spark which was elicited by the genius of Thomson, shall continue to burn, and blaze, and spread, until it shall dissipate the mist and darkness of error which have been for more than two thousand years accumulating upon the science of medicine, are questions which time and the experience of mankind alone can decide.

But it is said that the Thomsonian system is opposed to science, and that must forever damn it in the opinion of the well-informed and scientific. We would, however, respectfully ask those who say this, What is science? If they administer a dose of calomel or arsenic, or antimony, which they acknowledge to be poisons, and it kills the patient, is that science? Or, if we administer a dose of Lobelia, Composition, or No. 6, and it relieves the patient, labouring under precisely the same kind of disease, is that not science? These questions need no demonstration. They furnish their own answers. Science is truth, or that which enables us to discover truth. He, therefore, who is able to discover the true cause of disease, and to remove it, is certainly more scientific than he who can do neither.

Here we might be asked in turn, if our medicines always cure disease? To which we would frankly answer, no. Our medicines may be improperly administered—though none of them are poisonous—or the patient may be obstinate and inattentive to directions, and consequently they may and do sometimes fail in curing disease.

But let the issue be now joined between us, and let us come to the arguments, and we will then cheerfully submit the case to the decision of the common sense; or, if more to the taste of gentlemen, to the scientific part of mankind.

The medicines which they use, they acknowledge to be poisonous, but contend that it is sometimes necessary to give poisons, because the human system, in its efforts to throw off the poison, relieves itself from, or throws off, at the same time, the cause of the disease. That, if the poison should not be thrown off, but is taken up by the system, it only produces another disease; and, as there is a rule in the animal economy, that no two diseases can exist long in the same body, consequently the old disease is cured by creating a new one. Both these arguments remind us of the practice, said to exist among some of the Indian tribes, who, it is said, contend that, when they are fatigued with a load, the best way to rest themselves is to take up some additional weight, to be carried some distance, and that, when that was thrown down, the original load, with which they had been fatigued before, appeared quite light and was easily carried; and that, when they had a sore upon any part of the body, they burnt it, and turned it into a burn, in the treatment of which they professed to have great skill. Now, we will admit that they are sometimes successful in curing disease, as the Indians are no doubt sometimes successful in curing their burns; but we contend, and we believe that, when they come to understand the matter, or can take a real scientific view of it, they will agree with us, that, in all cases where a cure is effected at all, it is effected on the Thomsonian principles. Thomson, it is true, discards the use of poisons, but his practice is entirely a stimulating one; and, if poison should act as a sti-

mulant, and cause the system to throw off disease, the cure is entirely effected on Thomsonian principles. If they succeed in creating a disease, by poisoning the system, and thereby eradicate the original disease, they then have to stimulate, in order to relieve the patient from the effects of the poison. So, in either case, the cure is performed on Thomsonian principles.

If they bleed, and it relieves a congestion, or an inflammation, it does it by its stimulating effect, and consequently it is performed on the Thomsonian principles: And so of dieting, and blistering, and cupping, and scarifying, and the thousand other barbarous and Indian-like remedies, resorted to. They must all act either to produce a stimulating effect, or stimulants must be used to destroy the effect which they do produce, or no cure is performed; and, consequently, their cures are all performed, if performed at all, on the Thomsonian principles.

Why, then, condemn Thomson for having discovered remedies which are much more sure, and certain to produce the desired effect, without the least tendency to produce the slightest deleterious effect?

What is life? Certainly heat, or the effect of heat. Heat is said by philosophers to be the efficient cause of all things. If, then, we wish to preserve life, let us maintain the heat, which is the cause of life. There is no truth more simple, or plain, or scientific, than this, or its correlative truth, that the absence or deprivation of heat, produces death. These truths are immutable. They are co-existent and co-eternal, and will survive "the war of elements, the wreck of matter, and the crush of worlds."

R. MOORE.

Meherrin, Mechlenburg Co., Va. }
November 24, 1834. }

CASE XII.

From the Thomsonian Recorder.

CASE OF CONSUMPTION.

FROM a sense of duty to the suffering cause of humanity, a subscriber begs leave to offer for publicity, through the columns of your paper, a few interesting and encouraging facts, received from the lips of a gentleman of high respectability, residing in a western state, whose heart has not ceased to beat with gratitude for the restoration to health of a beloved wife and mother, who were snatched from the confines of an untimely grave. The substance of his statement, as near as recollected, was, That after a protracted decline, the sentence of "confirmed consumption" was pronounced upon her case by the most skilful of the Medical Faculty in attendance, from one of the largest towns in the state; and, from personal acquaintance of the writer with them, it is but justice to remark that they are "*not a whit* behind the chiefest" of their Esculapian brethren in the west, and in some respects perhaps before them. For, with becoming frankness and candour, after their best resources and most efficient remedies had been put in *fruitless* requisition, they acknowledged that not the least hope could be consistently entertained of intercepting the fatal issue. Alike convinced that they were indeed "physicians of no value" to her, his suffering consort, urged by the irresistible claims of maternal affection, could not thus relinquish her feeble hold of existence, and, to his utter astonishment, appealed from their decision to the advice and prescriptions of a Thomsonian steam doctor. Accustomed, as he had been hitherto, to regard the *educated faculty* as the legiti-

mate conservators of health, and no less to consider all others as dangerous innovators and enemies, he had imbibed the strongest prejudices against the Botanic fraternity. With these impressions, his natural pride was deeply wounded at the thought, that an obscure, illiterate steam doctor should succeed the able efforts of these learned, scientific gentlemen, whose knowledge of the healing art it would be, in his estimation, little short of sacrilege to bring in question. But not so with his more reasonable and reflecting companion, whose confidence in Botanic remedies had received a favourable impulse by some well-grounded reports which had reached her ears, that they possessed even the power to eradicate that most incurable of diseases, which she was conscious would, without the timely intervention of some such efficacious means, soon consign her to the "narrow house" appointed for all living. Eager to embrace this "dernier resort," she urged her suit as one pleading indeed for life; and, after the severest struggle in his own mind, between pride, duty, and affection, he was so far overcome by the latter, that the degradation of employing a steam doctor in his family was submitted to.

With apparent diffidence the rustic substitute, when called to see the patient, acknowledged her case to be not only a difficult but a very doubtful one; and on being pressed to speak without reserve, as to the possibility of a cure, he could only be prevailed with to attempt it, upon the express condition of implicit perseverance. "To the last," was the instant reply, at the top of her weak and feeble voice, which (although assured that it might require a long series of severe applications) was strictly adhered to on her part: but her skeptical spouse, who had relinquished none of his opposition to this absurd practice, as he termed it, at length began to remonstrate against proceeding any farther; insist-

ing, and not without some show of reason, that if more than twenty operations, then already performed, had produced no obvious effect, it might well be inferred there was no efficacy in the system, and finally declared it was an imposition he could no longer suffer or endure. Still anxiously grasping after life, when a single ray seemed to glimmer in the horizon of hope, she most tenderly expostulated with her otherwise revered husband, reminding him that all her expectations were founded upon the strict observance of her pledge to persevere to the end; and, to oblige her thus to abandon it, when a favourable crisis might be near at hand, (according as she had been taught to expect,) seemed still more unkind than his first refusal. Although constrained to admit that her health had not materially improved, she was, on the other hand, not a little encouraged by the striking fact that it had undergone no sensible diminution: and again, when the quivering lips of this forlorn, but not disheartened woman, supplicated for even one week longer, to conclude the course of Botanic treatment, he only consented to indulge her, on the ground of its being her last request, which, if refused, he could not but feel, might greatly imbitter the pangs of approaching separation. But what language can paint the bright prospects of joy that ere long (before the stipulated week expired) arose in his heart, where nothing but sorrow and gloom had so recently dwelt, as he beheld, while watching daily at her pillow, the changing symptoms, fully confirmed the confident declarations of her mouth, that the enemy was at last overcome, and the citadel of life and health retaken. As vainly might the writer attempt to describe the exultation of the happy man, while recounting the wonderful revolutions wrought in his own mind by the renovating power of those previously undervalued means, which,

in the face of his own frenzied opposition, had restored to his own possession and enjoyment the greatest of all earthly blessings. The victory was indeed complete, and to finish the story in as few words as possible, let it be remembered, that in less than six weeks after the trial commenced, this condemned, dying patient was able to sally forth on horseback the distance of more than a dozen miles, and actually to appear before and confront those knights of the lancet, whom she did not fail to compliment in her best (ironical) style for the eminent services they had rendered. Sure enough, the dead is alive, exclaimed the astonished gentlemen; but tell us, we pray you tell us, by what means have you risen from that bed of death? Brace up your nerves, she replied; you shall have the truth. As sure as I stand before you, medical gentlemen, who gave me over to die of consumption, the living witness of a perfect cure—know then, that I am exclusively indebted (as far as human agency was concerned) to that peculiar class of practitioners commonly termed Thomsonians or steam doctors, who have, I understand, received a very liberal share of ridicule and abuse at your scientific hands. But truth shall ultimately prevail; and I beg you, gentlemen, also to bear in mind, that, at any time, one living fact is of more weight than fifty falsehoods twice told, however deadly they may be.

In conclusion, the worthy gentleman, in extending the parting hand, expressed a hearty wish that it might be extensively known, that one of the most determined enemies of the Thomsonian system had become its firm, unshaken advocate and friend; and, above all, that another trophy had been added to the imperishable virtues of that system, in the effectual cure of “confirmed consumption.”

D. F. N.

CASE XIV.

Caswell County, N. C. Nov. 1, 1834.

To the Editors :

GENTLEMEN,—I hope you will give publicity, through the medium of your widely-circulated and useful paper, to the statement of facts herein set forth, which I have been induced to make, from the solicitations of my particular friends, and a desire on my part, that those individuals who may be so unfortunate as to be afflicted with that terrible disease called dyspepsia, might be led to try the same course of treatment, which has been so successful in the restoration of my health. According to my opinion there is not, within the wide range of human infirmities, a disease so well calculated to undermine the constitution, for it assails the very throne of life, and renders earthly existence itself almost insupportable, insomuch that I consider whoever contributes to the removal of its distressing and baneful influence, has performed an important service to mankind; a service, too, which should be properly appreciated, and for which we should feel under many obligations. It is not my custom to appear before the public as a composer of newspaper communications in support of new theories in any of the sciences, nor would I, on this occasion, but to aid the cause of useful knowledge.

In the commencement of the year 1830, my health began to decline. I looked upon it at first as a slight indisposition, that would soon disappear, and, therefore, gave myself but little uneasiness about it. The symptoms, however, became more alarming, and I was forced at length to have recourse to medical assistance, and accordingly consulted the best regular

physicians in my reach ; who, I have no doubt, made the best exhibition of that skill for which they have been famed. But you may imagine my mortification and disappointment, when I discovered that that mode of treatment on which I had relied with so much confidence had entirely failed ; and, instead of recruiting my health and strength, as I had fondly hoped, I had become more enfeebled and emaciated. It was now clearly seen that I was an unfortunate and confirmed dyspeptic. In the latter part of the same year, the far-famed and much celebrated plan of Halstead reached this country ; and, as it promised a speedy and permanent relief to dyspeptics, I immediately determined to try it. And forthwith I repaired to Raleigh, to receive that course of treatment which it prescribed. The remedies at first seemed to be attended with favourable results, and I began to hail this as a fortunate era in the history of human affliction. But, in a short time after my return home, the disease returned again with renewed force, and, in spite of all Halstead's remedies, prostrated me completely. I now gave up all hope of relief from that source. I therefore returned to my former physician to consult him again, who advised me to make an experiment with the blue pills, and also to visit some of our watering-places. By the strenuous remonstrance of one of my intelligent friends, I declined all idea of the blue pills. In this stage of the disease, I was recommended to experiment the practice of medicine invented by Dr. Samuel Thomson ; but I had many objections to it ; chiefly on the score of unpopularity. I reflected ; surely if this system of practice possessed any peculiar advantages in relieving the sick, how could it be possible that it should be so much ridiculed and vilified ? But I soon found that

my malady must be removed, or earthly popularity would avail me nothing. In this extremity I called on my brother, Anthony Williamson, who, a short time previous, had become a Thomsonian practitioner. He advised me to call in to his assistance the principal agent of Dr. Thomson, at Hillsborough, who attended me immediately, and commenced a course of treatment in July, 1831. They continued to treat me about two months, which completely checked the ravages of my disease. My health and strength improved rapidly, and continues without much interruption, although I frequently indulge in the use of food, that had previously seemed as poison to my stomach. My weight, at the time I commenced the use of the Thomsonian medicine, was about one hundred and sixty pounds. It is now, and has been for some time, from two hundred and ten to two hundred and twenty pounds.

My health has been very good for the last two or three years, and still remains so; for which I feel thankful to the Author of Beneficence, in developing the means which have afforded me such health.

I am, gentlemen, yours, respectfully,

THOMAS WILLIAMSON.

CASE XV.

Tumour.—The following statement relative to John Pegg, who is a resident of Randolph county, Indiana, was given to me by himself; and to the best of my recollection is as follows:

About fifteen years ago he discovered a small hard tumour about the size of half a pea, in the right armpit, which, on examination, appeared to be firmly attached to the main tendon of the arm. In a short

time after he first discovered it, it became somewhat painful; its growth was regular, though not rapid; and as the tumour increased in size, the pain also increased in the same ratio.

In about seven years after its first appearance, it was grown so large as to completely fill the arm-pit; it forced the shoulder as much above a natural position as it would bear; it also extended back and attached itself to the shoulder-blade, and protruded forward on the breast-bone considerably. During this interval he made many applications to it, but none of them appeared to check its growth.

He then came to the determination to suffer an amputation of the affected part, and accordingly put himself into the hands of one of the most skilful surgeons in his knowledge, who performed the operation on him; in doing which, he took off a part of the shoulder-blade.

The part amputated weighed one and one-fourth pounds; and on examination it appeared that the centre of the tumour, about the size of a hen's egg, was hard and brittle, and when the knife was forced into it, it bursted or cracked before the edge of the instrument.

In about three months after the amputation was performed, it began to grow again, and its progress was rapid in comparison to its growth before the amputation was performed. He went back to the surgeon, and he directed that there should be a plaster of cantharides applied, large enough to cover the affected part; and when it had become completely blistered, to remove the blister and dress it with an ointment made by putting the cantharides into oil, until it was nearly strong enough to blister; and as soon as it healed he was to apply the plaster again, and

then dress with the same ointment. During the application of those external remedies, he was to take Fowler's solution of arsenic, in as large portions as would be considered safe.

He pursued this course till he had blistered it seven or eight times, and then sent an account of his situation to the surgeon, who returned him information that his case was a hopeless one, and that probably he would not survive a year. He then applied to other physicians, and had their judgments relative to his case; and also attended a Medical Board, and was under examination the greater part of one day: it was their united opinion that his case was a hopeless one, and could not be cured. He then consulted about fifty of the most celebrated physicians of the old school, that were in the circle of his acquaintance, and it was their unanimous opinion that his case was an incurable one. They generally agreed in pronouncing it a cancer, or cancerous tumour; though a few of them rather favoured the idea that it was a scrofulous or scorbutic affection.

During this period he was making use of such external applications as were from time to time recommended to him by the physicians, but none of them appeared to arrest the progress of the disease. After he quit following these prescriptions, he was strongly urged to make a full trial of Swaim's Panacea, which he accordingly commenced, and took twelve bottles; but it proved of no advantage to him.

He then, (as is common in such desperate cases,) as his last resort, concluded to try the effect of Botanic Medicine, and accordingly put himself under my care, in the fifth month, 1827. The tumour by this time had again completely filled the arm-pit, extended considerably on the shoulder-blade, and also protruded forward on the breast-bone. The part of

the tumour that extended forward on the breast, I think was nearly as large as a man's two fists, and appeared to be as hard as a block of wood. The part in the arm-pit had projected out so far, that the skin had become dead, and was removed, presenting a bare surface as large as a French crown, from which exuded a small portion of excoriating matter. There was a great diminution of vitality in the arm and hand, which were invariably covered with a cold clammy sweat, so as frequently to stick to the fingers on being touched. The whole nervous system appeared to be much disordered, and when he was asleep the whole body was in one universal tremor.

I commenced with giving him a tea of Dr. Thomson's Composition Powders, and half a teaspoonful of the Nerve-Powder, three times a day, for two days; also, I made an external application to the tumour of slippery elm bark poultice, covering the poultice with good ginger, finely pulverized; and before I placed the poultice on the part, I put a small portion of best cayenne over the surface of the tumour.

This poultice I renewed morning and evening; and whenever I removed it, the parts were well washed with strong soapsuds, made of shaving soap. I also bathed the parts of the tumour that were not covered with the poultice, with No. 6, adding one-fourth part of spirits of turpentine, night and morning.

On the third day after I commenced, I took him through a regular course of medicine; which I began by giving him a dose of Composition and Nerve-Powder. I then placed him over the steam, and kept him there about fifteen minutes; still raising the internal heat as the warmth of the steam increased, by giving Composition, cayenne pepper, and pennyroyal. I then put him to bed, placed a hot stone to his feet, and gave him a teaspoonful of the Emetic Powder in

Composition, which was repeated every fifteen minutes, increasing each dose half a teaspoonful till it operated. I also gave pennyroyal tea during the operation; and after I had given the third portion of the emetic, gave him some milk porridge. After the emetic had operated, I let him remain in bed until recovered from the fatigue of vomiting, still keeping the hot stone to the feet, and giving the Composition or cayenne pepper.

After awaking from a nap of sleep, gave him a half teaspoonful of spice bitters; then something to eat; and in about ten or fifteen minutes took him up, placed him over the steam, and steamed him pretty highly for about fifteen or twenty minutes. Towards the latter part of the time, while he was over the steam, threw some vinegar on the stone, and then washed him off with cold water, with about a half a pint of good vinegar added thereto. This part of the operation was varied in after courses, as in probably more than half of them he was showered. This was performed after I thought he had been long enough over the steam, by first washing his face with cold water; then taking about one gallon and a half of cold water, and half a pint of vinegar, and pouring it on the back of the neck and shoulders, so as to run all over the body; he was then wiped dry and dressed; and commonly sat up the most of the day after he had been taken through an operation. I repeated the operation or course of medicine, above described, every other day for one week, still making the same external applications as above described. I then took him through a course of medicine every third day, steaming and showering him occasionally between the courses, which were continued for two weeks.

After the first operation, on dressing the tumour, I discovered that the operation had caused it to run con-

siderably; and steaming, without a regular course, produced the same effect more or less.

About the end of the second week there appeared a disposition in the ulcer to heal, and I applied pearl-ash to it, after washing it, and then added the poultice above described. In three weeks the tumour was perceptibly less; at which time he went home. I furnished him with medicine and directions; he also obtaining a right to use them himself.

He still made the same external application for three months, when he came again to my residence. He informed me that he had been frequently applied to by the sick for relief, and he had attended on them with good success; consequently his own case became much neglected, and he had been two weeks at a time without a course of medicine. By this time I think the tumour was reduced one-fourth in size, and the ulcer disposed to heal under the application of the pearl-ash. I then advised the Cancer Plaster made of clover heads, which was continued for five or six weeks after his return home, at which time I visited him, and found that it was inclined to heal under the application of the plaster. I put butternut bark to it, which blistered it; after which it was dressed with the elm, ginger, and cayenne. The butternut bark was applied several times in the course of six or eight months, whenever it was disposed to heal. During this time he had frequent calls to attend on other patients, and his case was much neglected, not taking a course of medicine oftener than once in six or eight weeks.

The tumour, however, became reduced to half its former size, and more and more neglected, when I recommended the application of the sorrel-salve, which reduced the tumour faster than any thing which had preceded it. It was late in the fall, when he could

procure but little of the sorrel, and his stock of salve became exhausted. For some time he had not gone through a course of medicine oftener than once in three or four months. His practice still increasing, his attention to himself decreased in the same proportion.

During the course of this winter he attended to the practice, paying some little attention to himself. By spring, when I saw him again, the tumour was about three-fourths gone; that season he procured more of the sorrel salve, and completed his cure; being two years and a half from his first commencement with me.

When the tumour first began to decrease, it gradually receded from the extremities towards the centre, or seat in the arm-pit, and it continued to decrease in this way; and by keeping a discharge of matter from the seat in the arm-pit, the solid or hard part was carried off by suppuration.

I visited him about twelve months after his cure was effected, and he told me that he believed the cause was entirely removed; and he further observed, that he at all times felt an uneasy sensation attending the parts that had been affected; but it was his decided opinion, that those uneasy sensations had their origin entirely from the amputation of a part of the shoulder-blade, &c., as aforesaid, and not from any effects of the tumour.

My own opinion relative to the case is, that if he had been carried through a regular course of medicine as often as would have been advantageous to him, and applied the sorrel salve at the commencement, that his cure might probably have been effected in less than one year.

DANIEL KINDLEY.

From the Recorder.

CASE XVI.

MESSRS. EDITORS:—I have, for some time, thought I would give some account of my stewardship, but have hitherto been prevented, through a multiplicity of business. Our cause is still on the rising hand. People are still flocking to the Botanic standard reared in Kentucky. My practice, through last season, was very extensive, and scattered over a large tract of country, which has enabled me to treat diseases of almost every character common to our state and clime, and I think I may safely say, that, during the past season, more than one hundred cases of fever, and some of the most malignant type, came under my treatment, with the loss of but two patients out of that number. I mention this, in reference to the success of the M. D.'s, and the success to which we have hitherto been accustomed.

I will mention one case worthy of notice:—Mrs. Dickinson, a respectable lady of this county, had been sick for the last twenty-five years. On the first of March last, I was called to see her, and found her in quite a hopeless condition. On learning the history of her case, I found she was first a victim to dyspepsia, but her disease had now spread to nearly the utmost extent of nosology; no doubt occasioned by the variety and quantity of medicines she had taken, as I was the seventeenth physician employed in her case. When I was called on, her medicines were four ounces of calomel, four ounces of rhubarb, and four ounces of jalap and aloes, formed into large pills. These, with a bottle of oil, had constituted her medical treatment for the preceding four months. As Thomsonsians may well suppose, I immediately changed her treatment, and gave liberally of our warming medi-

cines for two weeks, when she was carried through a full course. While under the operation of the emetic the first time, she was thrown into the alarming symptoms, so called; but she soon revived, the emetic operated kindly, disease was overcome, and she speedily recovered the enjoyment of a boon long lost to her, good health, and strength to attend to her household avocations. From Mrs. D.'s own statement, she has done more labour during last summer and fall, than for fifteen previous years.

I am not alone in the field of reform; others around me are practising with equal success. The Rev. G. Rush has done much for our cause. He is a man of bold, intrepid mind, attacking all forms of disease, and with the utmost success. Notwithstanding the numerous evidences of the efficiency and safety of our botanic remedies, we have some in this section, no doubt, would rather have death at the hands of the M. D.'s, than life and health at the hands of a "detestable steam doctor," the *gentlemanly* appellation frequently given us.

J. H. HARRIS.

Elkton, Todd county, Ky., Jan. 4, 1835.

CASE XVII.

For the Recorder.

Monticello, (Ala.) Nov. 20, 1834.

A MIRACLE!—About the 13th of August last, my sister, Leanah Beckworth, was taken with fever. On the 14th we gave her calomel, which operated in the usual way. On the 17th, she was stricken with numb or dead palsy; one-half, viz., the left, was motionless, pulseless, and destitute of feeling. Knowing that the mineral doctors did not profess to cure palsy, we concluded to send for what is called a steam doc-

tor, hearing one say previously that the Thomsonian system had cured palsy and disease in all various forms. I went for Dr. Thomason, of Monticello: he gave me medicine and directions, and came to see her the next morning himself. We gave her the medicine during the night, which gave her some relief. We continued to give and apply the medicine externally. In an hour or two after he arrived, she could begin to raise her arm a little. In a short time she could move her leg, and pulsation had returned, to our great astonishment. And, by the use of the medicine, (which he said was entirely Thomsonian,) she in a short time was restored to perfect health and strength, and is much stouter now than before her affliction.

RICHARD BECKWORTH.

The above statement, respecting the affliction and cure of my daughter, Leanah Beckworth, is correct. The medicine that effected the cure, I know not; it is a new medicine to me. Thomason called it Thomsonian medicine. My daughter is much stouter now than she was twelve months previous to her affliction, and has equally as good use of her left side (which is the one that was apparently dead) as she has of the right.

JAMES BECKWORTH.

The medicines, used in the above case, viz.: 1 ounce Third Preparation of No. 1, given during the night in tea-spoonful doses, repeated every fifteen minutes; Composition tea, with No. 2 freely; Pepper Sauce and Bathing Drops, used externally, with considerable friction; hot rocks of course around her: Third Preparation and umbil was continued. I directed them to carry her through a course of medicine,

and then use the bitters freely, not forgetting Nos. 2 and 3. It is impossible for me to give the particulars of the above case, as I was not there until the next morning, and soon after I arrived was prostrated myself, and was conveyed home in a carriage the same night.

JOHN THOMASON.

CASE XVIII.

From the Thomsonian Recorder.

Norfolk, (Va.) Infirmary, Jan. 9, 1835.

GENTLEMEN:—During the year 1834, we have received more than six hundred patients, exhibiting the greatest variety of disease: with the exception of about thirty, all of them had previously tried the mineral practice. Ten have died out of the six hundred:—their diseases were, consumption, dropsy, and cholera. Of the remaining five hundred and ninety, some of them left us without fairly testing the system, and have since died; but the greater part were entirely relieved and cured. Some of the cases cured, we really consider wonderful. Perhaps we should do injustice to the founder of this distinguished botanic system, were we not to give a short history here of one or two of our most notable cases:—One of our patients, a young man of twenty-five years, had lost the use of himself entirely for two years, from his arms down to the extremities. We believed, with the regular physicians who previously attended him, that the cause of his disease was in the spinal bone. There was a projection in the spine between the shoulder blades, of at least four inches, forming a complete *curve* in the back of six inches. There was not the least sensibility from the curvature down. The *absorbents* had lost all action, and the thighs and legs presented a

most pitiful aspect, being shrivelled and dry, exhibiting nothing but a hard, dry skin and bone. We pricked them with a needle and penknife, without producing any feeling whatever. The *anus* was distended more than an inch, and remained so for three months, the trunk very much swollen, *liver, stomach, kidneys, and bladder*, all horribly diseased. There seemed to be no action in the intestines; in fact, we believe the whole internal viscera was deeply diseased. It is impossible for us to detail his case. He received, however, not the least benefit from the old practice, but grew worse. *Setons, blisters, and bleeding*, with the most powerful purgatives, availed no good. We administered 200 powerful injections, before he was aware, from *sensibility*, that he had ever received one; nor did he know, for three months after we commenced with him, when he had an evacuation from the bowels, although, by injections, the bowels were daily evacuated. Many curious lumps and balls of canker were passed, both from the stomach and bowels. Some of them precisely the form of the intestines. After administering 66 faithful Thomsonian courses, 300 sweats, and being enveloped in herbs of different kinds often, and having a constant application to the *spinal projection*, made of *Nerve Ointment, Tincture of Lobelia*, and No. 6, equal parts, applied in a flannel bag of herbs, anointing with oil, &c.—the patient was restored to health, and could attend to business. In six months after we undertook him, he joyfully returned home. The spinal projection was reduced to half an inch, legs and thighs entirely restored, and the patient enabled to walk well.

Another cure we thought equally astonishing. A lady, aged forty-four years, had been afflicted with fits for nearly five years. She had received the aid of the best medical men in our state, but grew worse.

When we received her, in January, 1834, she was expecting her last attack, having been told by her physicians that she could not survive another. The attacks returned every three or four weeks. She had never less than thirty fits at one time, and very frequently as many as *five hundred*. Her digestive powers were nearly destroyed. A piece of flour bread as large as a nutmeg, or a piece of the breast of a turkey; or, in fact, any other food, not liquid, would certainly produce violent spasms. The senses were all much impaired; the sight nearly gone, and the whole body much swollen. Obstructions were general, and, really, her worn-out, emaciated appearance, was enough to dampen the spirits of the most sanguine botanic physician. We, however, undertook her, promising nothing; and, remarkable to say, in nine weeks, Mrs. Beazley was entirely restored to health; was reduced in size eight inches, and left us with the rose upon her cheek, weighing several pounds more than when she came. She never had a fit after we commenced with her, nor has she had one since.

We could mention many more very remarkable cases, but forbear for the present.

We are, most respectfully, yours,

THOMAS NASH and

E. A. TATEM,

Practitioners.

GEO. K. HOOPER,

Superintendent of the Virginia Infirmary.

CASES XIX., XX., XXI., & XXII.

From the Recorder.

Four interesting cases—Dropsy, Apoplexy, Puerperal, and Fever.

MESSRS. EDITORS:—Since my last communication, my practice has continued to be very extensive, so much so, that during the last year I attended one hundred and six families, and the calls were so numerous during the sickly season, that I had to refuse many of them. I will mention a few cases, with their treatment. One case among many, was a young lad with the dropsy. His situation, when I was first called in, was very alarming. His friends and neighbours had collected to witness his death, which had been expected for three days. On examination, I thought his case a very hopeless one. He was much swollen, even to the extremities. Severe pain in the chest, troublesome cough, bowels costive, and he had to be bolstered up, to prevent strangulation. Considering his desperate situation, I very reluctantly consented to prescribe. I, however, ordered five portions of the warming medicines to be given, for two days; the third day took him through a course of medicine; the next day gave him a strong decoction of peach tree bark, taken from the young sprouts, until it operated freely upon his bowels; continued the heating medicine, but changed the manner of preparing it. Instead of mixing the medicine with clear boiling water, I prepared a strong tea of common parsley, and to this added Composition, &c. I continued the courses of medicine every two or three days, but would sometimes omit the emetic. Every third day, I gave him the peach bark decoction until it operated freely upon the bowels. After the fourth course of medicine, I had to administer them less frequently, and discontinue the peach

bark decoction, as he appeared to be fast sinking away. His evacuations were extraordinary, amounting to from 20 to 30 watery stools in 24 hours. His natural urinary discharges were not less frequent. In three weeks, he was truly a piteous object to behold. The swelling had disappeared as low as the thighs; below, the swelling had increased; but in six weeks it was nearly all gone, except in the feet; these continued a little swollen. His appearance now, was that of a living skeleton. I continued the use of stimulants and tonics, and in a few weeks he was so far restored to health, as to go where he pleased. He soon became imprudent, refused to take medicine, exposed himself, took a relapse, and died in a short time. I did not see him after the relapse, but his friends unanimously attribute his death to his imprudence. I would recommend a free use of the decoction of peach bark in all dropsical cases, as I believe it to be one of the best diuretics that ever was given.

The second case I shall mention, was an apoplectic fit. The patient, a negro, was struck down while at work in the field, speechless and senseless. I was called about sunset, and ordered a tub of warm water, placed him in a chair with his feet in the water, threw a blanket around him, and commenced giving him No. 2, and Nerve-Powder, and continued it until he began to perspire. I then gave him the third preparation of No. 1, in tablespoonful doses, which, in a short time, produced vomiting; after which, he could be roused to notice objects, and could articulate a few words. I kept the water in the tub as warm as he could bear it, by adding boiling water occasionally, but was prevented steaming him and giving a full course, for the want of rocks and bricks. The general absence of rocks and bricks in the country where I reside, frequently embarrasses me, and prevents my

administering the Thomsonian remedies in the manner I would prefer; a difficulty I presume few Thomsonians have to contend with. I managed, however, in this case, to keep up a perspiration nearly all night, making a free use of the third preparation of No. 1. I gave tablespoonful doses, and vomited him occasionally through the night, and in the morning an active portion of vegetable pills. He was much relieved, could converse, and on the third day after the fit, was so far recovered as to wish to go to work, which his master would not permit him to do. He has had no symptoms of a return of the disease, and it is now about eight months since the attack.

The third case was a negro woman, who had lost the use of her limbs from the hips down, in consequence of taking cold the third day after she was confined in child-birth, which entirely suspended the evacuations and discharges that necessarily attend such cases. I was called in two weeks after the above had taken place, and found her in a dreadful situation. She had very little use of her lower extremities, could not walk a step, and when raised up, could not stand erect. Her abdomen was much swollen, and very hard. I commenced the treatment by giving her warming medicines a few hours; then gave a course of medicine; bathed her abdomen with No. 6; applied a catnip poultice, and prepared a decoction of witch hazel, with a small proportion of No. 6 and the Tincture of Lobelia, and ordered it to be injected into the vagina three times a day, and repeated the full courses of medicine every other day; bathing and changing the poultices twice a day, keeping up the internal heat with warming medicines between the courses. In about ten days her abdomen broke both internally and externally, and discharged a quantity of ripe matter. The neighbour women who called to

see her, all affirmed they had never witnessed a like case, and that she must die. The external aperture was in her left flank, and of the size of the palm of my hand. I first washed the sore with soapsuds, then with a tea of witch hazel, No. 6, and the Tincture of Lobelia combined, and dressed it with healing salve; keeping up the internal heat, and repeating the courses of medicine every three or four days. In about six weeks the entire cure was performed, and the balance of the year she was able to labour as usual.

The fourth was a case of fever; a boy six years old, son of Mr. Levi Harrison. I was sent for several days before I could attend, on account of other engagements. When I arrived, the child was supposed to be dying, by the neighbours assembled. Mr. Harrison thought it useless to administer medicine, but consented, when I informed him that if no good resulted, no harm should be done. The boy had lain from 1 P. M. until sunset, without any motion of the eyelids. I prepared an injection, adding a large portion of Lobelia seed, and administered it. In five minutes he winked, and showed some little signs of returning animation. Another injection was in a short time given, which, in about half an hour, operated as an emetic, and also produced a motion of the bowels. He now began to revive, and we continued giving medicines and nourishment by injection, until he became able to swallow and take a little through the mouth; but the principal reliance was on the injections. By a perseverance in the use of medicines and nourishment, an entire cure was effected, to the astonishment of all acquainted with the hopeless situation of the boy, when I commenced the Thomsonian treatment. But I must close. The above narrative of facts is at your disposal. B. G. KEY.

Montgomery county, Ala., April 18, 1835.

CASE XXIII.

Hydrophobia.—On the first day of January, 1831, a mad dog came upon the premises of Josiah Clark, of Columbia, Hamilton county, Ohio, about seven miles from Cincinnati, after passing through the neighbourhood; and was known to bite nine animals, viz.:—five dogs, a cat, one cow, and two horses; all of which went mad; some within about thirty days, and the last, a year old colt, belonging to Josiah Clark, about the middle of June. Josiah Clark received a wound on the hand, on the first day of February, by the tooth of a mad horse, which belonged to himself, while endeavouring to drench it with medicine. The creature died the next day. He suspected no danger from the wound, as it was soon healed up.

But some time in May he had some strange feelings, when on the water, being a fisherman by occupation. By the advice of some of his friends, he called on Dr. S. Tibbets, of Cincinnati, who gave him some of the third preparation of Thomson, which relieved him for that time. But several times in the month of June, he was seized suddenly with fits of trembling, and a strange sensation of fear, when the wind blew so as to cause the boat to rock on the waves; and he sometimes queried with himself whether it was possible he could be afraid of the water; and that, at times, when no thought of hydrophobia occurred to his mind. He felt also, as if the rays of light, reflected from the waves when the sun was shining, sent through him sensations of peculiar horror, and he was sometimes obliged to go on shore and remain a while to gain composure.

These symptoms rather increased on the whole till the tenth day of July when he felt much worse than

at any time before, and found he was rapidly growing worse. Being at Cincinnati that day, he went up home in a skiff, and undertook to row, but soon found himself unable to endure the exertion or the sight of the water. He then lay down, was covered up, and rowed home by his company. He retired to bed, but spent a dreadful night; a painful twitching of the muscles of the limbs, and lancinating pains darting from the hand which had been wounded, up to the breast, and throat; the glands of which had now become very sore and swollen.

He sometimes fell asleep, but was suddenly awaked by such frightful dreams as seemed to fill his soul with inexpressible horror. And all these symptoms were growing worse constantly. In the morning his family were terrified at his condition, and all his friends concluded he had now got the hydrophobia; and all thought it best that he should go immediately to Cincinnati, to obtain medical aid. Accordingly he started on horseback, but very soon found that he could not endure the motion of the horse. He was then laid down in a skiff, and covered up and taken down by his friends within about two miles of town, when, on passing a steamboat, which was ascending the river, it produced such a commotion of the water, he could no longer endure the motion of the boat. He was then landed and went up the bank, and was about going into a blacksmith's shop occupied by his brother-in-law; but when he came before the door and caught the rays of light from the fire, he suddenly started back in great distress; and it was not in his power to enter while the fire was in blast.—He then came on foot, attended by his friends, to the house of Mr. Steel, his brother-in-law, in Cincinnati.

His symptoms had now become so bad that all were nearly despairing of help; they supposed the

Thomsonian medicine, which he had taken some weeks before, had failed. Colonel M'Farland went to Professor Morehead, and related the case, who gave it as his decided opinion, that it was a clear and confirmed case of hydrophobia, and nothing could be done for him; and he did not think it worth while to go and see him, as there was no known remedy for the disease.

Isaiah Clark, brother of Josiah, went to Professor Cobb, and related the case to him: he expressed the same opinion in every respect as Dr. Morehead.

Dr. Tibbets was then sent for, who came, and commenced giving him the Third Preparation; which soon had the effect to allay, in a good measure, the excessive irritation of the nervous system; but such was the difficulty he laboured under in swallowing, that administration by injections was chiefly depended on. The medicine operated freely, and he emitted from his stomach a great quantity of a very tough and viscid mucus, which might be raised on a stick two feet, without separating from that which remained in the vessel; and much that passed from his bowels was of a similar consistency.

After puking, his stomach settled, and he was steamed.—The perspiration was copious and free. He was washed off, and felt much more composed for a short time, and slept about an hour; when he began to be disturbed again by frightful dreams, and all the nervous and spasmodic affections which he had previously felt. The same medicine was given again as before, with the same effect. Steaming, again, was followed by a short and quiet sleep; but the spasmodic twitching of the muscles of the legs and arms, was all the time visible to the spectators when they were uncovered.

About twenty-four hours had been consumed in

the two courses and before I saw the patient. Dr. Tibbets came to my house the first day for me; but I was out of town. When I saw him first, he seemed composed in mind, but felt all the former symptoms returning; he was thirsty, and desired water, but could not take a swallow without violent shudderings of the whole system, and painful sensations; but none of these unequivocal symptoms of the disease were as strong this day as they were the first, before he took medicine; but he seemed to grow worse every moment till medicine was given again. And the same course was pursued for eight days in succession, in which time he passed through sixteen courses. His intervals of repose were now so much longer, that one course in twenty-four hours seemed sufficient; and the treatment was pursued at this rate for eight days more. He then passed a day and night, taking small doses of medicine, which seemed to keep the disease in check without producing vomiting. In a few days more he went home, but continued to take medicine whenever he felt symptoms of the disease returning; taking a full course occasionally when smaller doses did not prove sufficient. Thus the dreadful malady seemed to wear off very slowly.

About the first of September he began to grow so impatient and discouraged that he went to a German doctor, who boasted confidently of superior skill in curing hydrophobia. After taking his medicine for a few days, he fancied himself much better; but on taking a slight cold the old symptoms began to return, and his new medicine had lost its effect. He sent for his German doctor, but he could do no more. He was obliged, therefore, to resort again to the Third Preparation, which was still true to its trust, immediately giving relief; and until I last heard from him,

which was some time in December, the evidence of a radical cure grew stronger.

I will remark, as I learned from Dr. Tibbets, that the pulse, when he first saw him, was very rapid, small, and irregular, and recognised with difficulty on account of the strong vibratory action of the tendons. Two hours after, when he was under the full operation of medicine, the pulse became full and strong, and numbered about forty in a minute; and this curiosity was observable every day: after his intervals of repose, when the morbid symptoms were increasing, the pulse grew rapid, feeble, and irregular, until medicine was given sufficient to check the progress of the disease; and when under the full operation of medicine, and the morbid symptoms were least observable, it was full and strong, and numbered from forty to fifty in a minute.

I will now notice several arguments, which have been made use of by the enemies of the Botanic System, to destroy the influence of this extraordinary cure.

Dr. Drake, who had not expressed his opinion on the case until he had seen the result of ten days treatment, felt himself at liberty to differ from those who had decided without this advantage; and assigned, as one reason for his opinion, the idea that the herbivorous animals cannot communicate the disease. He was then asked if Josiah Morehead, who died of hydrophobia under his own care, about two months before, had the hydrophobia. He replied in the affirmative; and added, the case of Morehead being under his own eye, he knew it to be a clear and unequivocal case; and differed not in symptoms, character, progress, and termination, from hydrophobia. He was then reminded that Morehead imbibed the disease by handling the hide of a cow that died mad; or, rather, by render-

ing out the tallow of the same cow, he burnt his hand, which caused a bad sore that remained till he died; and this appeared to be the seat of infection; and it was never known that he had been exposed any other way. The doctor replied it was not known how Morehead imbibed the disease, but it was a certainty that he had it. So we would say in the case of Clark; if it were demonstrated that the herbivorous animals cannot communicate the disease, we do not know how he imbibed the disease, unless it were by the circumstance that his own dog, while raving under the influence of the disease, jumped and snapped at him, at the same time blowing a full blast of breath with saliva, in his face, through a crack of his pen; which caused him to feel a strong sense of nausea at the stomach, and produced some blister-like eruptions on his face. But we cannot allow Dr. Drake any credit for arguments in this case, which he counted of no weight in the others, where they were equally applicable. Another argument, assigned by the doctor, was, that this case did not progress and terminate like hydrophobia; and there was no case recorded in any history, in which the progress of the disease had been stayed like this. But we cannot give him any great credit for this argument, unless he will produce a record of some case to his purpose under this mode of treatment. We think it rather hard and unreasonable that we cannot be permitted to prove that we can cure hydrophobia; except we first prove the disease to be *genuine*, by the fact of its terminating in *death*. There is a very wide difference between our system and that of the mineral doctors in this respect: our chance of success would be materially diminished after death; while theirs would remain just the same after death as before. But if death is to be the only criterion of

the disease, we will venture to say that a genuine case of hydrophobia shall never occur, where our system is applied before the utter prostration of the vital powers, and is followed up with proper attention and perseverance.

Dr. Cobb was expressing his opinion of the case with great confidence, in the hearing of a gentleman, who knew that Mr. Clark was under the Thomsonian treatment; but the doctor did not know it. The gentleman informed him of the fact; and asked him what he would think, if the patient should be cured by that treatment? The doctor replied, that he should be convinced that all who thought it to be hydrophobia were deceived. Thus we see the ground they take would render it impossible, even for Omnipotent power, to prove a cure.

WM. RIPLEY.

P. S. That it may be clearly understood what, and how much, is comprehended in this account, as a course of medicine, I will here state it more explicitly. Whenever the returning symptoms of the disease became evident, a small dose of Third Preparation was given, which always gave some partial relief, but of short continuance; then a larger dose was given, and soon repeated; next, more was given by injection, and so on; when the operation was over, then steaming and washing finished the course.

The medicine was not given with a very sparing hand; the Composition Tea and valerian were used freely; and I judge from four to six ounces of undiluted Third Preparation were used in every twenty-four hours during the first eight days.

CASE XXIV.

Very Important Case.

To Dr. F. Plummer :

SIR,—As there is considerable excitement respecting the Thomsonian system at this time, I consider it a duty I owe to you, as the General Agent for Dr. Thomson, to state the following particulars of my own case. In the winter of 1831, I caught a severe cold, and suffered much from the then prevailing disease, influenza, which I imprudently neglected, and took a fresh cold; after which, my blood was pronounced to be in a very bad state, from frequent eruptions on the skin. I was recommended Swaim's Panacea, and took 13 bottles to no benefit. In the spring of 1832 one of my eyes became very much inflamed and painful. I sent for a physician, who immediately bled me, and ordered an application of 70 leeches, which was done. But my arms and legs soon began to ulcerate; the pain and inflammation was so great that I was fearful of losing both my legs. I continued in this way until June; when I applied to a surgeon doctor of this city, who said that I had scrofulous sore legs; and he performed thirty-four operations on them from one to two hours each, and burnt the ulcers with caustic. I became so much worse under his treatment, and my sores were so offensive, that he advised me to go to the sea-shore, where I remained some time without any improvement. I suffered so much with pain, loss of sleep, and severe dieting, that life became a burden. I was then recommended to try a celebrated doctor in New Jersey, and my father, with considerable difficulty, conveyed me to his house, one hundred and twenty miles from Philadelphia. I remained with him from October 10th 1832, to March, 1833, when I returned

home without any hopes of ever getting well. Being yet willing to try, I again applied to a physician, who continued to blister and physic me for four months to no advantage; I then discharged him, and determined to never again have one of the faculty, having already spent a large sum of money, with all my pain and sufferings, without any benefit. I was now ready to try any thing but (what Dr. Waterhouse, late Professor of Materia Medica in the University of Cambridge, calls) "learned quackery!" I again took Swaim's Panacea, and all the nostrums of the day; I read Morison's Book of Cures by his pills, and determined to try them. I was in a weak state, and had more than forty ulcers on each leg. I commenced with five No. 1's, and then five No. 2's, and continued taking those pills according to directions, until I had got as high as fifty-one pills at a time, which did me no good, but added to my affliction a distressing hemorrhoid. I continued in this way until February, 1834, when I lost all use of my limbs. I could not turn myself in bed without assistance, and my mother had to feed me, for I could not raise my hand to my mouth if it were to save my life, caused by the severe manner I had been operated upon, blistered, physicked, and dieted, that I was tired of life.

In this deplorable situation I sent for Dr. Plummer, who commenced with me on the 27th of February. After taking three courses of medicine, I was able to walk down stairs. I then thought if he could cure me of so severe pains, he could heal my legs. But he thought them a difficult case. I was so much benefited, that I went to the infirmary to board, and sometimes took two and three courses of medicine a week, and had every attention that my case required, and I began to mend fast. I then bought the right of the medicine, and administered it to myself at

home ; and got so well, that I neglected myself and took a relapse. I again went to the Infirmary and stayed until I got completely well. I am now well and able to attend to my business ; and, had it not been for the knife and caustic, I should scarcely have had a scar ; but, as it is, I can show lots of them. If any persons wish to inform themselves more particularly of myself or of my case, they can by calling at my brother's, No. 40 Chestnut street. I have taken seventy-five courses of medicine, and never felt so near dying in the whole of them, as I did when the knife, caustic, and the probe of the doctor were entering my flesh. Many have been witnesses of my case ; and, if any wish, they can see me as above.

Sir, you are at liberty to make any use of this you please. Very respectfully, S. H. R.

Philadelphia, July 25th, 1835.

P. S. Scores of respectable persons can testify to the truth of this extraordinary triumph of our practice over quackery. F. PLUMMER.

CASE XXV.

Case of White Swelling in the right ankle.

ON the 24th of October, 1833, I was called to see the son of Thomas Everet, a respectable farmer of this county, (Davidson, Tenn.) seven miles from Nashville. Mr. Everet informed me that about three weeks previous to that time his son, while playing with his brothers, apparently in good health, was all at once seized with a violent pain in his leg, and, crying, he said his leg was broken ; an examination followed, and there were no marks of external violence that could be discovered, nor was the bone fractured. The pain remained very violent ; the ankle became some-

what tumefied, without alteration of the colour of the skin. A tumour on each side of the ankle rose and burst in the course of eight or ten days, which discharged a great quantity of cancerous, ichorous matter; the wounds rapidly increased in size, so that when I was called, the flesh on both sides of his ankle was so much destroyed, as well as the sinovial membranes, that the larger part of the ankle bones, and the lower part of the leg bones, were uncovered for at least an inch and a half; and, owing to the great relaxation of the remaining parts, the light could be easily seen through his ankle, there being only the tendo-achilles and the tendons on the upper of the foot, that kept it fast to the leg; and the great and rapid destruction of the soft parts, made the parents of the little sufferer fear that each time they unbandaged his foot, it would drop off. Another large ulcer on the upper part of the foot laid the tendons bare. In examining this terrible wound, I laid my fingers below the patella, and two large streams of purulent matter issued on each side of his ankle. The whole leg appeared tumefied and gangrenous, the veins being black and distended upon the leg; the edges of the wound were bathed with a dark blood oozing out of the veins, partly eat out. The little boy complained of a severe pain in his right shoulder; his body extremely emaciated; a hectic, feeble pulse, and a colliquative diarrhœa, was, to all appearances, fast hastening him to a not far distant grave. The smell of the matter discharged was so offensive that I had to leave the room even before I had thoroughly examined my patient. But I thought that it was impossible that any one could recover from so low a state, or even to arrest the rapid strides of that cruel disease. My opinion as to the probability of the recovery of the patient, was asked by the anxious

parents, and I gave it as my belief that he would die. Mr. Everett then asked me to do what I could ; and at his request I left medicines and directions as follows :

A tea to be drank, composed of Composition Powders, one part ; golden seal, one part ; poplar bark, one part, and one part of button snake root, (*Liatris Squarosa*,) made strong ; and of this take half a tea-cupful from four to six times a day. After bathing the sound parts of the leg in No. 6, and the sores in the juice of burdock leaves, we laid a piece of linen over the wounds ; we had a poultice of astringent vegetables prepared, and with it his whole leg and foot were wrapped up as hot as he could bear it. The next day I returned, and found that his pulse was much better ; I then administered him an emetic, which operated finely ; the same treatment as above was followed, and the best care was taken of the boy ; and every attention and human assistance that nurses could afford, was rendered to him. By pursuing this plan every day (with the emetic) for a whole week, he was much mended ; the disease evidently checked ; no more pain in his shoulder, and his general health much improved. The emetic was only administered every other day, for another week ; then twice the third week ; then occasionally afterwards. The cure of the boy would have been very rapid had it not been for his awkwardness when he began to be able to go about. His frequent falls would cause his foot to be put out of place and retard the cure. Several bones and pieces of bones fell out, when the wound finally cicatrized. In the mean time two ulcers were formed on the leg, out of which two pieces of bone sloughed off and came out, when his leg healed also. A tumour had also risen on his right shoulder ; though indolent, its softness and undulating appearance to the touch, showed that there was matter. It was lanced, a small

quantity of watery matter came out, and shortly afterwards a small piece of the *scapula* or shoulder blade was also taken out, when this immediately healed. This cure was effected in less than six weeks! I attended him from the 24th of October to the 24th of November pretty regularly, at which time he was so near well that further attendance was deemed unnecessary. A few months afterwards I had occasion to pass that way, and curiosity led me to examine the boy's foot, and see how stiff the ankle joint was. He walked across the room without limping in the least, which astonished me, as I supposed that the ankylose must cause some lameness; but when I came to examine it, I found, to my great surprise, that the motion of the joint was very little impaired! Such are the wonderful resources of nature, when not tortured by the meddling of modern butcheries and false learning.

I have attended several cases of this dreadful malady, with great success, which I propose to give you a history of at some future time.

Yours, &c.,

D. F. NARDIN.

Charleston, S. C., June 26, 1835.

CASE XXVI.

Case of Calculi in the Lungs.

From the Thomsonian Recorder.

MESSRS. EDITORS.—Taking into consideration the facts that the Thomsonian practice has been diffused through the New England States for the last fifteen or twenty years; that it is extensively diffused in the Western States, and has received the direct sanction of the Legislature of Ohio; that it has obtained such

a footing in the States of New York and Maryland, that its friends are making efforts to procure the repeal of the restrictive enactments of those States in reference to medical practitioners; that it is not unknown in the South; and that there are now about one million of Thomsonian right-holders in the United States, most of whom practise more or less—does not the infrequency with which letters in defence of Thomson's system appear, afford a strong argument in favour of that system?—as it is seen that its enemies stand with eager readiness to trumpet forth every failure in practice as a “quack murder.” The enemies of the system act as though they would be content with nothing short of its conferring immortality on all who have to do with it.

I feel grateful to that Providence which a few weeks since threw in my way a gentleman who was able to possess me of a clear understanding of the Thomsonian principles of medical practice, and afforded me unquestionable testimonials of the high standing of Dr. John M. Williams, of Baltimore, as a practitioner, whose service I was so fortunate as to obtain; for, having been afflicted with consumption for some years, and confined entirely to my room since November last, my life was despaired of by my friends, and although I flattered myself to recover, I am now convinced, by what has passed from my lungs, that their fears must soon have been realized. Nine days previous to the arrival of Dr. Williams, I was taken with a bleeding at the lungs, accompanied with increase of cough, great difficulty in breathing, and inability to sleep, and the morning that I passed through the first course of the Thomsonian Medicine, (which includes two steamings, with the cold shower, or washing off,) I could scarcely get across my room. The relief which I experienced after the second

steaming, was such, that I felt as though my disease had been entirely removed; for my respiration had become easy, my cough appeared to have ceased, and I could walk without embarrassment.

On commencing with me, Dr. Williams stated that he could not tell how many courses it would require to restore me, but thought that twelve might answer. I have passed through eight, and such has been their effect upon me, that I have thrown from my lungs seven calculi, (hard substances with sharp burry points,) and for three weeks past soft ones of the same form have been almost constantly passing. When all these shall have been brought away, I promise myself a restoration to health, as my strength continues to increase, and my general appearance is so much improved, that it is thought to be better than at any time during the last fifteen years.

Dr. Williams is still with me, although in reply to my letter of inquiry he promised only one week's attendance, during which he proposed to lay a foundation on which I might build; his philanthropy, not permitting him to turn away the numerous applications, made to him in consequence of his successful commencement with me, and, having made arrangements with a competent person to attend to his practice in Baltimore, he has determined on an effort to establish the Thomsonian system of medical practice in this district. Earnestly desiring his success, I invite the special attention of the reader to what Dr. Montgomery says regarding the ease with which fevers are arrested, for the purpose of stating that Dr. Williams will pledge himself, if the first called, to relieve the worst bilious or pleurisy case in 48 hours, (ordinary cases not requiring more than from 3 to 24,) and should he lose his patient, will not only make no charge for his attendance, but will pay \$30 towards

the funeral expenses, and I hereby obligate myself his security for the payment of the money.

I will conclude by invoking Him who has before made use of weak things to confound the wisdom of the wise, to hasten the fulfilment of Dr. Waterhouse's prediction, that both medical systems will "come out in the same road at last," the "medical faculty" adopting the Thomsonian.

JAMES C. DUNN,

Corner of 9th and E. streets, near the General Post Office.
Washington, May 28, 1835.

CASE XXVII.

The following cases were reported for this work by our esteemed friend, Dr. Armstrong, residing in South Sixth street, above Pine.

Philadelphia, Feb. 1, 1841.

Dr. Wm. Johnston :

SIR:—Having been informed that you are about publishing a work on the Botanic practice of Medicine, entitled, "The Good Samaritan, or Sick Man's Friend," I herewith send you an account of an extraordinary case of mania, (which was successfully treated by me,) in order to contribute my mite to the good cause of medical reform, and to bear my humble testimony in its favour.

Having had many years' experience in the medical profession; and many cases of a serious nature to combat with in my own practice, and which I succeeded in restoring to health by the use and aid of Thomsonian or Botanic medicine, I am fully convinced that no case need be uncured, (if curable,) when properly and judiciously treated by the wholesome vegetable productions of our own country.

The case above alluded to, was that of a lady of about twenty-five years of age, who was under the

old school, or regular treatment of physicians, (as it is called,) for some nine months in the Friends' Lunatic Asylum, at Frankford, without receiving the least benefit, but rather grew worse and worse, until her case became one of the most distressing character. She was confined in the above institution, and underwent the whole treatment of the antiphlogistic order; such as bleeding, blistering, salivation, head shaved, cold shower-bath, strait-jacket, confinement, tied down, &c. &c. &c. These, together with *starvation*, is, in my opinion, sir, enough to drive the stoutest constitutioned man in the world to madness; for such treatment is in direct opposition to nature, and all her sanatory efforts. I need hardly inform you, that I reversed the whole of this harsh and unnatural course, by giving the patient her liberty to enjoy the fresh air; and I pursued the repletive treatment in her case, by giving her our tonics and diaphoretics, and the most powerful stimulants that could be found in the vegetable kingdom; together with liniments, possessing and producing a stimulating and antispasmodic effect.

This treatment, persevered in, brought the patient to herself; to enjoy the society of her parents and friends *in the space of six weeks*; and she is now married and doing well.

CASE XXVIII.

For the encouragement and information of young practitioners, I would also present you with a case of Inflammation of the Lungs, to show them that *perseverance should be our motto*; and that we should never be too hasty in deserting our patients, or in giving them over to die.

David Harmer, a young man of twenty-one years of age, was attacked with inflammation of the lungs,

and was perhaps as severe a case of the kind as ever came under the care of a physician. So great was his sufferings, that it was really distressing and painful for his friends to be in the room with him. He discharged about a quart of blood, and a frothy substance from the lungs each day for six days in succession, when a profuse bleeding from the nose took place, which continued for two days longer, when he gradually came to his senses. (I should have stated that he was delirious during those two days.) After the bleeding from the nose ceased, the discharge from the lungs changed to a thick clotted substance, resembling ripe pus, which was very offensive; his tongue was covered with a thick, black, gummy coat, and appeared in colour as if he had been eating blackberries. His pulse, which was as quick as 130, now fell in the space of 12 hours to 40 beats in a minute; and, indeed, so hopeless did the case appear, that myself and all who saw him, thought it would be impossible for him ever to recover. But to the credit of the Botanic system of medical practice, he did recover under the following treatment, viz.: a regular course of medicine was administered every day, with enemata three times a day; also, cataplasms were applied to the breast, composed of Composition, brown Lobelia, and slippery elm, saturated with a strong solution of salt and water. We also applied stimulating liniments to his breast and head; and so great was the inflammation, that we were compelled to keep him continually under the influence of a compound of Lobelia and capsicum for the space of six days. The above distressing symptoms now beginning to abate, we pursued a tonic course of treatment until he was entirely restored to health, which was in about thirteen days after we commenced with him; when he was able to make his appearance in the workshop

among his comrades, to the joy and astonishment of all his friends. We are happy to add that he is enjoying good health up to this time, which is now about two years since he was under my care.

Respectfully, &c.
WM. ARMSTRONG, M. D.

CASES XXIX. & XXX.

The two following cases were reported for publication in this work by DR. WM. BURTON, Botanic Physician, residing No. 85 North 5th street, Philadelphia.

To Dr. Wm. Johnston :

DEAR SIR:—I herewith furnish you with two extraordinary cases of disease that came under my notice, and were successfully treated by vegetable remedial agents only.

In the summer of 1839 I was called to see a lady in this city, (Clarissa Smith,) aged about 49 years, who had been afflicted with scrofula in its most malignant form, for more than *twelve years, without intermission*; during which time she had the attendance of six respectable physicians of the mineral practice, without receiving the least relief, or mitigation of her complaint. She also used twenty-five dollars worth of Swaim's Panacea; and this also failing of affording her any relief; she began to despair of all hopes of recovery for her distressing situation.

When I came to see her, I found that the disease had progressed to an awful crisis; her legs were a mere mass of ulcers; one foot was nearly all fungous; we could readily pass a probe through it, from top to bottom; her flesh was wasted away, and she was so extremely feeble, that I declined giving her a *full and regular* course of medicine, but exhibited Composi-

tion and Lobelia in very small doses, until her stomach was cleansed, and a regular action of the skin was produced and kept up. Then I recommended my "*Compound Vegetable Purifying Syrup*," and, before she had finished the seventh bottle of this medicine, she was entirely restored to sound health, and remains so unto the present day.

I should have mentioned, that we used such outward applications to her foot and legs, as all well-informed Botanic practitioners are acquainted with.

For further information, respecting this interesting case, I refer you and the public to the lady's own

CERTIFICATE.

Philadelphia, October 1, 1839.

This is to certify to whomsoever this may come, that I, Clarissa Smith, living in Duke St. near Second, Philadelphia, have been sorely afflicted these twelve years, without intermission, with a loathsome disease, my physicians called scrofula. Both my legs, from the knee to the ankles, were a mass of deep-seated ulcers and tumours, discharging a thin kind of very offensive matter, and frequently would swell and become very painful. One foot had a hole from top to bottom, just below the instep, and the flesh appeared all fungous; the muscles of the leg were contracted and caused lameness; my general health became reduced, so that I could scarcely at times bear my own weight. During this period six eminent physicians attended me successively; each thought at first he would give me relief; but it was all to no purpose. I still kept sinking, and my friends, as well as myself, began to despair of any cure except the grave. I then was advised to try Mr. Swaim's panacea: after he saw my condition, he said he could cure me. I took twelve bottles of his panacea, without

the least benefit from the use of it. At this time my flesh wasted away, and I seemed fast declining, and had given over expecting help, when a benevolent lady, hearing of me, called to see me, and first told me of Dr. Burton's wonderful success in curing scrofula, cancer, and such like diseases, and prevailed on me, as a last resort, to send for him. He came to see me, and after inquiring particularly into my case, he said it was a desperate case, but he had a preparation that had not failed of cure in some very bad cases, and that, if I would promise to take it a reasonable length of time, he would undertake it. I put myself under his directions, and by the time I had taken three bottles of his Compound Vegetable Syrup, my health began to improve, and before I had finished my seventh bottle, I was completely restored to good general health, my legs and feet healed up, solid and smooth, and the contractions of the muscles relieved, and I can attend to my household affairs as formerly. Any one who doubts this, by calling on me at my house, can have a more full detail.

CLARISSA SMITH.

The other case alluded to, at the head of this communication, is as follows :

About eighteen months ago I was taken fifty miles into the country, to see a gentleman nearly sixty years of age, who was labouring under a *Strangulated Femoral Hernia*, and had ejected or puked up the contents of the small intestines, for one whole week! A council of physicians had pronounced him irrecoverable by any known process in the old plan of treatment, four days previous to my seeing him. When I arrived, the family were around him in tears, expecting his immediate departure; as his physician had assured them that he could not live three hours;

and had just then left the house. Having made inquiry, in relation to the treatment he received, and having examined the patient myself, I concluded, that if mortification had not yet supervened, there was still a chance for his recovery. Notwithstanding this was my opinion, yet the family demurred, and thought my efforts would prove entirely futile, as he appeared to be so rapidly declining. However, I persevered in reasoning with them, and finally gained their assent to make the effort; and, notwithstanding his speech and pulse were greatly depressed, and the puking had not yet abated, in less than twenty-four hours after I commenced the application of our vegetable remedies, I reduced the rupture completely, and presented him to his family physician, with a philosophical development of the *mode* and *means* of *reduction* and *restoration*; without the use of either *knife* or mineral applications.

The patient continues to enjoy good health, and would, no doubt, be willing to testify to the truth of this statement, if required.

Yours, with respect,

WM. BURTON, M. D.

Philadelphia, Feb. 1, 1841.

From the *Botanic Sentinel*,

MIDWIFERY.

OF all the causes of discontent and disquietude which pervade the circles of social life, there is none perhaps that possess a stronger claim upon the attention of the philanthropist, than the pain and anguish which civilized woman appears doomed to suffer. It will be universally acknowledged that the original curse, "in sorrow shalt thou bring forth children," still rests with unrelenting rigour upon the fair daughters of our own enlightened country. The unwearied efforts which have been made by men of learning and genius to meliorate the condition of the parturient female would naturally lead us to anticipate the happiest results. But who that has witnessed the protracted progress of a tedious labour treated with all the skill of a Denman, a Burns, or a Boudelocque—who that has heard the despairing groan, or viewed the agonizing struggles of the fair sufferer continued from day to day, and beheld as the last alternative the blades of naked steel fastened upon the delicate head of the unborn infant; who, I say, that has witnessed this heart-sickening scene of human wretchedness will not demur the efficacy of the obstetric art? It must be mortifying indeed to the pride of the learned accoucheurs to witness the total failure of their mightiest efforts. They have evidently overreached the object of their pursuit. They have clad the most simple and delicate art of the nursery in the masculine garb of the far-fetched sciences, which sits harshly upon it. It is not our intention presumptuously to depreciate the well-meaning endeavours of those who have laboured to cultivate the art of midwifery. We shall claim the right, however, to compare facts and make deductions

therefrom. Woman, in a state of civilization, is exposed to the influence of a variety of casualties which tend to protract the process of parturition to more than ordinary length. These casualties, however various in their nature, generally result in a morbid rigidity of the muscular fibres which thus becomes the proximate cause of delay. To remove this state of rigidity, then, is considered the most important indication of relief; and a remedy by which this object could be accomplished has ever been the desideratum of the art. Blood-letting has been supposed to approach nearest to it, and is the means in popular use for that purpose. But the employment of this agent with a view to produce that degree of relaxation which is always requisite to an easy delivery, is deemed of doubtful efficacy, even by those who have no other remedy to recommend. This will appear from the following admission of Dr. John Burns, whose authority is the polar star of the American accoucheur. In treating of the causes of labour, he says, "A fundamental principle in midwifery is, that relaxation or diminution of resistance is essential to an easy delivery, and could we discover any agent capable of effecting this rapidly and safely, we should have no tedious labours except from the state of the pelvis or position of the child. This agent has not yet been discovered. Blood-letting does often produce salutary relaxation, *but it is not always to be depended on, neither is it always safe.*" Now, if we sum up these admonitions, made as they are by an authority than which there is none higher, will it appear strange that many members of the faculty have entirely lost confidence in the popular practice of midwifery? Will it appear strange that they have forsaken the intricate path which led them by the brightest anticipations through the bewildering labyrinths of ancient and modern lore? Which

led them by a forced curiosity to visit the theatres of dissection, there to behold practised upon the female form a violation that would shock the bluntest feelings of a cannibal, and which terminated at last in the benighted field of danger and uncertainty? But are we to rest satisfied with this state of things? Are we to consider the practice which has been inadvertently acknowledged by its adherents as both uncertain and dangerous in its effects as the climax of all that is attainable by the progressive powers of discovery? That relaxation is essential to an easy delivery, as stated by Dr. Burns, is a fact which is evident to every one who is in the least acquainted with the subject. We frequently see the effect of this state of the muscular system in the peculiar facility with which women are often brought to bed while labouring under the consumption, or any disease that has a tendency to relax the solids. Now, the question to which we would invite the attention of our readers is, whether this state of relaxation cannot be speedily and safely accomplished in those cases where nature fails in her efforts to effect it. It appears from the preceding remarks, that the faculty are in possession of no means for this purpose upon which they can safely depend. On the contrary, we opine that the agent so much sought in the shops of the druggist and the laboratory of the chymist, grows spontaneously in every section of our country. That *Lobelia Inflata* can be employed so as to produce that state of relaxation, which Dr. Burns lays down as the fundamental principle of midwifery, is a truth that will be admitted by every one who has frequently witnessed the operation of this valuable herb. We will here take the liberty to cite a case which will tend to illustrate the remarkable degree to which the muscular fibres may be relaxed by the use of *Lobelia* and its

concomitant remedies. A Miss Merchant of our acquaintance, met with an accident which occasioned a complete dislocation of the thigh bone. The most eminent surgeons were immediately called, who, owing to the powerful contraction which existed in the muscles of the limb, were unable to effect a reduction. After every means had been employed, which are generally resorted to on such occasions, the case was abandoned as incurable, and the young lady anticipating herself a cripple for life, was left to hobble about upon crutches, a pitiable spectacle of professional ignorance. In this situation she continued for more than a year, when, in consequence of some temporary indisposition, she applied to Dr. Cornell, of Clinton. While she was under his care the remedy above mentioned was administered with a liberal hand. Upon one occasion, when the system had become completely saturated with this medicine, the dislocated bone by an accidental movement became placed in its natural socket, so that the young lady was immediately enabled to walk with as great facility as though the accident had never occurred. The relation of this case may afford a useful hint to the surgeon, yet the object of referring to it at this time is to illustrate the principle upon which the *Lobelia* operates in facilitating the process of parturition. For it is well known to every accoucheur that any agent capable of relaxing the muscular system generally, will, if employed during labour, produce the same effect upon the os uteri and other parts concerned in delivery. And, besides the safety and certainty with which the operation of this article is characterized, it possesses another advantage over the use of the lancet, by not being followed by that protracted state of debility which is the unavoidable consequence of copious blood-letting.

W. K. GRIFFIN, M. D.

A GLOSSARY,

OR, EXPLANATION OF MANY IMPORTANT TECHNICAL
TERMS.

Abdomen. The belly.

Abortion. The premature expulsion of the fœtus from the womb.

Abscess. A tumour containing matter, as a boil, &c.

Absorbents. 1. The small delicate vessels which suck up substances from the surface, or from any cavity of the body, and carry them to the blood. 2. Medicines which destroy acidities in the stomach, &c. 3. Substances which have the quality of withdrawing moisture from the atmosphere.

Absorption. The taking up of substances by means of the absorbents.

Accoucheur. A person who assists women in child-birth.

Acid. That which imparts to the taste a sour sensation.

Acrid. Sharp, pungent, corrosive, or heating.

Acute. Ending in a point; sharp. It means, when applied to diseases, one which is attended with violent symptoms, and comes speedily to a crisis.

Affusion. The act of pouring a liquid upon any other substance.

After-birth. A soft, round, fleshy substance, that connects the fœtus to the womb, and by which the circulation is carried on between the parent and the fœtus. It is frequently called the placenta.

Agglutinous. Adhesive.

Albumen. Coagulable lymph, similar to the white of an egg.

Aliment. Food and drink.

- Alkali.* A substance which is capable of uniting with acids, and destroying their acidity—such as potash, &c.
- Alternate.* To follow in regular order. In botany, leaves growing higher and opposite each other.
- Alvine.* Relating to the belly, or intestines; hence, the stools are termed the “alvine discharges.”
- Alterative.* That which changes the constitution from a diseased to a healthy state.
- Amenorrhœa.* An obstruction of the menses.
- Amonion.* The soft membrane which surrounds the fœtus in the womb.
- Amputation.* The act of cutting off a limb, &c.
- Anatomy.* The dissection or dividing of organized bodies.
- Annual.* Yearly, or every year.
- Anodyne.* Any medicine which eases pain.
- Anus.* The fundament, or third and last of the large intestines.
- Antidote.* A preservative against, or remedy for, disease; and particularly for poison.
- Antacid.* That which destroys acidity.
- Anthelmintic.* That which expels worms from the stomach and bowels.
- Anti-emetic.* That which removes or opposes vomiting.
- Anti-septic.* That which prevents or removes putrefaction.
- Anti-dysenteric.* That which cures or prevents dysentery.
- Anti-spasmodic.* That which prevents or removes spasms.
- Anasarca.* A dropsical swelling or affection.
- Aorta.* The great artery of the body, which arises from the left ventricle of the heart.
- Aperient.* An opening and gently purgative medicine.

- Artery.* A membranous pulsating canal, through which the blood passes from the heart to every part of the body.
- Aptha.* The thrush or sore mouth of children.
- Aromatic.* Fragrant; yielding a pleasant smell.
- Astringent.* That which corrects looseness and debility, by rendering the solids denser and firmer—known by its puckering effects on the mouth.
- Atmosphere.* The elastic, invisible, fluid which surrounds the earth, called the air.
- Auricles.* A name given to those parts of the heart which resemble small ears—called deaf ears.
- Axillary glands.* They are the glands situated in the armpit.
- Belching.* The act of ejecting wind from the stomach by the mouth.
- Bile, or gall.* A bitter fluid secreted by the liver.
- Caloric.* The chymical term for the matter of heat.
- Calculi.* The small gravel and stones which form in the bladder and kidneys.
- Canker.* Small eroding ulcers—generally covered with a whitish slough.
- Calyx.* The cup, or external covering of an unexpanded flower, generally green.
- Capillaries.* Very small blood-vessels.
- Carbon.* The chymical name for purified charcoal.
- Carbonic Acid.* Fixed air, compounded of carbon and oxygen.
- Carminative.* A medicine which expels wind from the body.
- Cartilage.* A white elastic substance, often called gristle.
- Cathartic.* That which purges the intestines.
- Catheter.* A small tubular instrument, generally

made of gum elastic, for the purpose of drawing the urine from the bladder when the natural discharge is suppressed.

Catamenia. The menses.

Caustic. A burning application.

Cellular. Consisting of cells or reservoirs.

Cicatrix. A scar or mark left after healing a wound.

Colon. The large intestine.

Chymistry—Is that science which teaches how to ascertain the nature of material substances, and the different parts of which they are composed, as well as the various effects, &c., which the union of different substances produce.

Chronic. When applied to disease, means of long standing.

Chyle. A white milky fluid, separated from the chyme after it has passed from the stomach into the small intestines.

Chyme. Food partially digested in the stomach.

Chlorosis. The green sickness; peculiar to females.

Constipation. An obstruction, or costiveness of the bowels.

Constriction. A drawing together, or contraction.

Contagion. } Catching; that which may be commu-
Contagious. } nicated by contact, or by a subtle ex-
creted matter.

Cranium. The skull.

Cutaneous. Belonging to the skin.

Cuticle. The outward skin.

Convalescence. The state of returning health after sickness.

Convulsion. A contraction of the muscular parts of the system, by spasms.

Corosive. That which eats or wears away any substance.

- Decoction.* A tea made by boiling or steeping any substance in water.
- Delirium.* A wandering of the senses, caused by the violence of fever.
- Demulcent.* A medicine which lessens acrimony, or blunts the effect of sharp medicines.
- Dentition.* Teething.
- Diaphoretic.* That which promotes perspiration.
- Detergent.* That which cleanses, purifies.
- Diaphragm.* A muscle separating the chest, or thorax, from the abdomen or lower belly; the midrif.
- Diarrhœa.* A purging, or flux.
- Diffusible.* That which flows or spreads in all directions.
- Digest.* To dissolve; often applied to the infusion of medicinal substances in spirits.
- Digestion.* The process of dissolving aliment in the stomach.
- Diluent.* That which thins, or increases the proportion of fluid in the blood.
- Discutient.* An application which disperses a swelling or tumour, or any coagulated morbid matter.
- Diuretic.* That which augments the flow of urine.
- Drastic.* Powerful; acting with violence.
- Dropsy.* A collection of serous fluid in the cellular membrane or in the viscera.
- Duct.* A small tube or vessel, by which fluids are conveyed from one part of the body to another.
- Duodenum.* The first portion of the small intestines.
- Dyspepsia.* A difficulty of digestion.
- Efflorescence.* In disease, applied to a rash, or redness of the skin; in botany, to flowers.
- Effluvia.* Exhalations from diseased bodies, &c.
- Electuary.* Medical ingredients, mixed with honey.

Element. First principles; a substance which cannot be divided, or decomposed by chymical analysis.

Emetic. A medicine which provokes vomiting.

Emmenagogue. That which promotes menstrual discharges.

Emollient. That which softens or relaxes the solids.

Enema. An injection; a liquid injected into the rectum.

Epidemic. A contagious or other disease, which attacks many persons at the same season and place.

Epistaxis. Bleeding at the nose.

Errhines. Medicines which excite sneezing.

Erratic Pains. Wandering; irregular.

Eructation. The act of belching wind from the stomach.

Erysipelas. The rose, or Saint Anthony's Fire.

Excrement. The alvine fœces, or stools.

Exhalents. Small vessels which carry off the excrementitious worn out matter from the system.

Exhibition. The act of administering medicine.

Expectorants. Medicines which increase the discharge of mucus from the lungs.

Fauces. The back part of the mouth.

Febrile. Pertaining to, or indicating fever.

Filter. To strain through cloth, paper, or any other porous substance.

Flatulency. Windiness in the stomach and intestines.

Flooding. Any preternatural discharge of blood from the uterus.

Fluid. A liquid of any kind.

Fluor Albus. The whites, or leucorrhœa.

Fomentation. A partial bathing, by applying flannels dipped in hot water, &c., to any part.

Friction. Rubbing the surface of bodies against each other.

Function. The office which any part of the human body is intended to perform.

Gangrene. Mortification of the flesh.

Gargle. A liquid preparation for washing the mouth and throat.

Gas. An elastic aeriform fluid

Gastric Juice. A secretion peculiar to the stomach.

Gland. A soft, distinct body, composed of blood-vessels, nerves, and absorbents, and destined for the secretion or alteration of some peculiar fluid of the animal economy.

Gelatine. A substance resembling jelly.

Hemorrhage. An unnatural flow of blood.

Hectic. A slow fever, which accompanies the consumption, &c.

Hemorrhoids. The Piles.

Hemorrhoidal. Pertaining to the piles; a discharge of blood from the vessels of the anus.

Hydrogen. An aeriform fluid gas; the lightest substance known; and is used for inflating balloons. It forms one of the elements of water, being about fifteen parts of the one hundred, of that fluid; and is fatal to animal life.

Hypochondria. A disease which is attended by languor and debility, lowness of spirits and melancholy; the sufferer often apprehending great evil or danger to himself, &c.

Hysterics. A disease of women, characterized by spasmodic affections of the nervous system, and often attended by hypochondriacal symptoms.

Infectious. That which taints, corrupts, or communicates disease.

- Integument.* A covering which invests the body, as the skin, nails, &c.
- Inspiration.* The act of drawing air into the lungs.
- Inspissate.* To thicken a fluid by evaporation.
- Intermittent.* Ceasing for certain intervals of time.
- Intestines.* The bowels.
-
- Lacteals.* The vessels which absorb the chyle from the intestines, and pour it into the thoracic duct.
- Laxative.* A medicine which loosens the bowels.
- Lesion.* A hurt, wound, injury.
- Ligament.* A strong elastic membrane, connecting the extremities of the movable bones.
- Lobe.* A part or division of the liver, lungs, &c.
- Local.* Belonging to a part, not to the whole.
- Lumbago.* A rheumatic affection of the muscles about the loins.
- Lumbar Region.* The loins; the small of the back.
- Lymph.* A colourless fluid, separated from the blood, and contained in small vessels, called *lymphatics*.
-
- Mania.* Raving, or furious madness.
- Materia medica.* A general class of substances, which are used as medicines in the cure of disease.
- Membrane.* A thin, flexible skin, serving as a cover to some of the internal parts of the body.
- Menses.* The monthly discharges peculiar to women.
- Morbid.* Diseased, sickly.
- Mucus.* A slimy, ropy fluid, secreted by the mucous membrane.
- Muscles.* Flesh: the organs of motion, consisting of fibres, or bundles of fibres, inclosed in a thin cellular membrane.
- Mucilage.* A solution of any gummy or slimy substance.

- Narcotic.* A poison which produces sleep by stupefaction—as opium.
- Nausea.* An inclination to vomit, without effecting it.
- Nerves.* Long, white cords, originating in the brain and spinal marrow, and extending throughout the whole body, separating into very minute branches, and serving as the organs of sensation.
- Nervine.* A medicine which affords relief from disorders of the nerves.
- Nitrogen.* An elementary gaseous fluid, incapable of supporting animal life: composing about four-fifths of the atmospheric air.
- Œsophagus.* The tube through which the food passes from the mouth to the stomach.
- Organ.* A part of the body capable of performing some perfect act or operation.
- Oxide.* A substance formed by the union of oxygen with some other substance; as, the rust of iron is a red oxide of iron: the scales about a blacksmith's anvil are a black oxide of iron, &c.
- Oxygen—oxygen gas.* A substance which composes about one-fifth part of the atmospheric air. It was formerly called vital air, because it appeared to be the only part which exercised any stimulant effect upon the living power. It appears to be absorbed, or consumed, in combustion or burning of fuel: and its absorption by cider, or other liquids, produces vinegar: hence it has been called the principle of acidity, &c.
- Pancreas.* A soft supple gland, situated in the lower part of the abdomen, which secretes a kind of saliva, and pours it into the duodenum.

- Paralysis.* Palsy; the loss of power of muscular motion.
- Paroxysm.* 1. An obvious increase of the symptoms of a disease, which last a certain time, and then declines. 2. A periodical attack or fit of a disease.
- Pathology.* The history and explanation of disease.
- Parturition.* The act of bringing forth, or being delivered of young.
- Peristaltic.* The worm-like motion of the intestines, by which they contract and expel their contents.
- Perspiration.* Evacuation of the fluids of the body by the pores of the skin. Also, the matter perspired, or sweat.
- Pharynx.* The muscular bag at the back part of the mouth, which receives the masticated food, and conveys it into the oesophagus, or gullet.
- Physical.* Pertaining to *material* things.
- Physiology.* That science which treats of *life*; or the laws and actions of living bodies in a state of health.
- Plethora.* A fulness of habit: a redundance of blood.
- Pleura.* The membrané-lining of the thorax or chest, an inflammation of which is termed *pleurisy*.
- Predisposition.* Previous adaptation to any certain purpose.
- Priapism.* Preternatural tension.
- Prolapsus.* A falling *out*, or *down* of some part of the body.
- Proximate cause.* That which precedes and produces any particular effect.
- Puberty.* Ripe age in both sexes.
- Pubes.* The share-bone.
- Pulmonary.* Belonging to the lungs.
- Pulsation.* The beating of the heart or an artery.
- Purulent.* Consisting of pus, or matter.

- Purgative.* That which increases the discharges of the intestines by stool.
- Pus.* A whitish cream-like matter, found in sores and abscesses.
- Putrescent.* Becoming putrid: tending to putrefaction.
- Quartan.* The fourth-day ague.
- Quotidian.* Daily: a fever which returns every day.
- Rectum.* The lower portion of the intestines, terminating in the anus.
- Refrigerant.* That which cools, or allays the heat of the body.
- Remittent.* To abate in violence for a time, without intermission.
- Resolution.* Dispersing a tumour, or inflammation, without suppuration.
- Respiration.* The act of breathing.
- Retching.* Straining to vomit, without effecting it.
- Rigidity.* Stiffness: want of pliability.
- Rigour.* A sense of chilliness, with contraction of the skin.
- Rubefacient.* That which induces redness of the skin without blistering.
- Saliva.* A fluid secreted by the glands of the mouth, called spittle.
- Salivation.* A scientific mode of purging the salival glands with mercury, to cure disease by spitting! and by rotting the gums and loosening the teeth!!!
- Sanguine.* Abounding with blood; plethoric.
- Sanguiferous.* Conveying blood; the blood-vessels are called the sanguiferous system.
- Sciatica.* A rheumatic affection of the hip-joint.

- Secretion.* The act of separating from the blood such substances as bile, saliva, &c. &c.
- Semen.* A secreted fluid or seed, essential to generation.
- Sedative.* A medicine which quiets the nerves and moderates muscular action.
- Sensorium.* The brain is so called, because it is the organ of all the senses.
- Sialogogue.* A medicine which causes a flow of saliva.
- Solvent.* Having the power of dissolving.
- Spasm.* } The cramp; pertaining to cramp or
Spasmodic. } convulsions.
- Stimulants, or Stimuli.* Medicines which excite the energy of the system.
- Spleen.* The melt. It is situated between the eleventh and twelfth false ribs, on the left side.
- Stool.* An evacuation from the bowels.
- Strangury.* A painful difficulty in voiding urine.
- Sudorific.* That which produces sweat.
- Suppuration.* The process by which matter is formed in sores.
- Syncope.* Fainting, or swooning.
- Tendon.* The white and glistening extremity of a muscle, by which it is attached to the bone: a sinew.
- Tepid.* Lukewarm.
- Tetanus.* The cramp—lock-jaw—fits.
- Thorax.* The chest.
- Tissues.* The textures which compose the different organs.
- Tonsils.* Two glandular bodies, situated in the back of the mouth.
- Tonic.* A medicine which increases the strength or tone of the system.

- Torpid.* Numb, stupid, inactive.
- Trachea.* The wind-pipe.
- Tremor.* An involuntary trembling.
- Tumour.* A morbid swelling of some particular part.
- Typhoid.* Weak, low, resembling typhus.
- Ulcer.* A sore or abscess, which discharges pus.
- Ureters.* The tubes which convey the urine from the kidneys to the bladder.
- Urethra.* The membranous canal, by which the urine is discharged from the bladder.
- Uterus.* The womb.
- Uterine.* Appertaining to the uterus.
- Vaccination.* Inoculating with the cow-pox.
- Vagina.* The canal which leads to the uterus.
- Vapour.* Steam; a moist, elastic fluid.
- Vapour-bath.* A place for applying steam to the body.
- Vascular.* Composed of vessels.
- Veins.* Vessels which return the blood to the heart.
- Vena cava.* The two large veins which pour the blood into the heart; the one from the head, and the other from the lower extremities.
- Vertigo.* Dizziness, or giddiness of the head.
- Viscera.* } These terms are applied to the organs contained in the thorax and abdomen; as
- Viscus.* } the lungs, the liver, &c.
- Viscid.* Glutinous, sticky.
- Vis Medicatrix Naturæ.* The healing power of nature.
- Virus.* Poison; the contagious matter of an ulcer, &c.
- Volatile.* That which wastes away by exposure to the air.

Typhoid. A kind of fever, infectious.

Uterus. The wind-pipe.

Uterus. An infectious humbling.

Uterus. A general swelling of some particular part.

Uterus. Weak, low, resembling typhus.

Uterus. A sore or abscess, which discharges pus.

Uterus. The tubes which convey the urine from the kidneys to the bladder.

Uterus. The membranous canal, by which the urine is discharged from the bladder.

Uterus. The womb.

Uterus. Appertaining to the uterus.

Uterus. Inoculating with the cow-pox.

Uterus. The canal which leads to the uterus.

Uterus. A kind of stone.

Uterus. A place for applying a stimulant to the body.

Uterus. Composed of vessels.

Uterus. Vessels which convey blood to the heart.

Uterus. The two large veins which pour the blood into the heart; the one from the head, and the other from the lower extremities.

Uterus. Distention or rigidity of the head.

Uterus. These terms are applied to the organs contained in the thorax and abdomen; as the liver, the lungs, &c.

Uterus. The liver, &c.

Uterus. Glanous, sticky.

Uterus. The beating power of the heart.

Uterus. Poison; the contagious matter of an ulcer, &c.

Uterus. That which wastes by exposure to the air.

Uterus. A kind of fever, infectious.

Uterus. A kind of fever, infectious.

Uterus. A kind of fever, infectious.

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WM. JOHNSTON.

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