PATHOGENETIC

PRACTICE OF MEDICINE:

EMBRACING

CHEMICO-PATHOLOGY AND THE

SYMPTOMS AND TREATMENT

Of Chronic Diseases by Pathogenetic Remedies.

DESIGNED FOR THE USE OF PATIENTS.

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In presenting my patients and the public with this first edition of the Pathogenetic Practice of Medicine, a few statements introductory may properly be made.

For the last ten years the author has been actively engaged in the local practice of medicine, as has been elsewhere stated. During that time he has directed his reading and practice to the elucidation of a new theory and treatment of Chronic Diseases. The great success of the new practice induced him to devote his time exclusively to the treatment of the particular diseases described in the body of this little work.

Patients reasonably desire to know what effects are expected from the use of the medicines I prescribe, also how they may be advantageously changed or varied to meet the changing symptoms of each case. This I had not time to do, nor would it have been accurately remembered if I had. Information, too, of this kind, is quite essential to the successful treatment of patients whom we cannot see oftener than once
in four or six weeks, and those we treat by correspondence not at all.

Again, many who only read a single copy of the Advocate do not get sufficient knowledge of my theory of practice to overcome their prejudice against any new method, or against the itinerant manner of introducing it.

Therefore, it seemed quite necessary that patients and invalids should have an abridgement, at least, of the general features of my system. This I have given in a very condensed form in the following pages, and in such plain and familiar language, that no one of ordinary intelligence can fail to fully understand its application. I have avoided medical terms and language, using that only with which every one is acquainted. The style is not satisfactory to myself, but I choose to sacrifice taste to usefulness.

In the first part we have traced the relation between diseases of the Liver, Stomach and Lungs, to show one important fact, viz: that Consumption is, in the majority of cases, only a constitutional termination of disease in the liver and stomach, by which the nutritive function is impaired, and life destroyed. This fact is equally important for the physician and patient to observe; and if rightly understood by the former, and well attended to by the latter, eight cases out of ten of Pulmonary disease would be prevented.

In the second part of this work I have endeavored to set forth the effects which my numbers have upon the human system—not the laws governing their action, but the result of that
action—the indications they are intended to fill as medical agents—also, their preparation—the doses—time of taking, and such incidental circumstances as are necessary for the patient to understand.

The third part embraces a condensed summary of the symptoms of individual diseases, not in detail, but those which are positive indications of disease of a particular organ, in order that the reader even may decide with a sufficient degree of accuracy to select such a number as is indicated in his case. Some of the symptoms of obscure disease it requires great skill and experience to detect. My object has been more to define the meaning of certain symptoms and signs of disease of a particular organ than to trace mere sympathetic pains, or bad feelings, many of which occur remote from the part affected, and are not material to know in the treatment of the case. I have noticed only those remarkable symptoms which will be readily recognized and understood. In addition to that, I have designated the numbers to be used, and the changes that may become necessary in the treatment.

That the work is free from literary errors I have not the vanity to claim; and should another edition be needed, I will promise the addition of much valuable matter; for in this I did not intend to "write a book," but to afford many useful suggestions, and furnish my patients with information for which I have frequently been asked. How far my efforts may be acceptable to the public, and how far this little volume may control the health and lives of the sick or well, cannot now be
determined; but if it subserves the interest of humanity, and saves any of my fellow creatures from suffering or an untimely grave, the author will feel fully rewarded.

New York, December, 1858.
PART I.

PATHOGENY;

OR,

The Cause, Course and Symptoms of Disease Explained and Treated from the Changes in the Elements of the Blood, Saliva, Gastric Juice, and other Secretions and Excretions—Based upon Latest Discoveries in Animal Chemistry, and Chemico-Pathology.

This elementary treatise upon Pathogeny is only an abridgement of MS. papers for a larger volume, and as this is designed only for a guide to patients unacquainted with professional literature, I shall present the pathogenetic theory of disease, disencumbered of much that the medical student might desire or expect.

Pathogeny, properly defined, relates to the generation, production and development of disease; to the earliest, as also the successive changes in the blood, and other fluids of the human system, which characterize the origin, course and termination of every generic departure from health. Certain elements are known to be essential to life and health, and they must exist in certain definite and uniform proportions; a greater or less pro-
portion of any one of them constitutes disease, in its origin. The first elemental change in all inflammatory diseases is an increase of fibrin in the blood—the elemental changes in anemia, (or thinning of the blood,) is a marked deficiency of the red globules, or carbonate of iron. Therefore the name of my system is not arbitrary, but expresses just what is desired, viz: elemental changes from Nature’s divine scale of proportion—and that is disease, by whatever other name called.

There are external and internal causes of disease. The external can only be guarded against, but not altogether avoided or controlled. The internal can be reached only so far as to restore the diminished or enfeebled elements, and reduce that which has accumulated in excess. Nearer the true course of physical disease or pathogenetic changes in the human system we can never arrive. From that point onward the varying conditions of health and disease are to be investigated.

*Allopathy* claims to treat the *cause* of disease, but it does not reach it—the *effects* only are treated. *Pathogeny* goes beyond, and studies disease in the elemental condition of those fluids—the result of which is the phenomena of life, and the purity of which maintains the function in the organ producing them. The fountain imbitters the stream, and the stream indicates the condition of the fountain.

*Pathogenetic* is derived from the Greek word *pathos*—disease; and *genos*—I make; hence its application and significance in regard to the elemental changes marking disease. One who endorses this theory may be called a *pathogenist*, and pathogenetic, being the adjective of pathogeny, properly characterizes the system of medical practice based upon it. In like manner other systems of medicine are known, viz: *Allopathic*—*Allopathist* and *Allopathy*; also *Homoeopathy*, *Hydropathy*, &c.
This explanation is sufficient to enable the reader to understand our position, and was necessary, this being the first treatise ever published upon Pathogeny, and the pathogenetic system of Medicine.

THE BASIS OF PATHOGENY.

1st. Before the science of Chemistry attained a reliable degree of certainty, the morbid changes in the fluids of the body were left to mere conjecture, although all external and other manifestations or signs of those changes were as palpable as now. Every step in the improvement and advance in the knowledge of inorganic chemistry, threw additional light upon the metallic and earthy compounds of which the human body is composed. The blood was found to contain many of them in a fluid state—a most wonderful revelation—a condition that the chemist never has been able to imitate, except by the aid of great heat, and in others not at all. The further application of chemistry to organized matter enabled medical men to analize compounds, and separate their simple elements, thus developing the relative proportion of each substance of which they were composed. In this manner the bones were found to contain certain elemental principles, such as phosphorus, carbonate of lime, amonia, &c. Every tissue of the body has thus by eminent men been subjected to rigid and repeated chemical tests, so that the accuracy of these experiments at the present day does not admit of a doubt. Indeed, the results of the laboratory are admitted as conclusive testimony in every court in the civilized world. So perfect have these results been, that chemically the laboratory can furnish the earthy part of man in the different proportions of his body.

At this point chemistry was for a long time instat quo. Another great field of enquiry was yet unexplored; the other
continent of chemical truth was undiscovered; these were vegetable and animal chemistry. These two latter branches fill the measure of all human knowledge concerning the elemental parts of inorganic, vegetable and animal organic matters,—the first (the earthy) unpossessed of the life principle, but capable of imparting it first to the vegetable, and that in turn to the animal. A sublime and incomprehensible ascension of dead matter, to stationary, inconscious life, up to the firm, delicate, mysterious structures of the human frame; and at each remove we find the dead earth in combination with living organic structures, till at last intelligence is superadded!

When Chemistry first revealed the fact that the red globules of the blood were composed of carbonate of iron, and that in certain diseases it was less in quantity than in health; and that in other diseases the iron carbonate was greatly increased, two important facts were established, and the effort to increase the amount in one instance and to diminish it in the other, was at once decided as the only reasonable and scientific mode and means of cure. That was Pathogeny and the treatment purely Pathogenetic; and no physician can pronounce it unscientific, or "quakery," for the principle was developed and applied long before any one now living was born. We throw in this latter remark en passant to those who will try to induce the public to believe that pathogeny is a "humbug," when every dose of the preparations of iron given to a pale, "bloodless" female, or a dose of Soda for sour stomach, is in principle pathogenetic.

Why is it that certain vegetable remedies possess a direct curative influence in certain diseases? The "learned doctors" cannot tell you the scientific reason of the well known effect of their own remedies. It is an established fact in organic chemistry that animal tissues, in their elemental constitution, are iden-
tical with the vegetable, having been metamorphosed under the life principle, and endowed with a new and higher grade of vitality. Certain names are given to the substances and the changes they undergo; but a greater amount of chemical knowledge is requisite to understand them than the common reader is supposed to possess, therefore I will only state the mere facts, it being sufficient for my purpose.

Medicine does not possess an arbitrary power over chronic disease, however much it may be concluded to have in the acute form. Vegetable remedies then, affect the human system just as the earthy and mineral ones do, by uniting with similar elements in the body to increase that which may be deficient, or by the power of neutralizing another which may be in excess. This theory of the operation of remedies is not only reasonable, but it is chemically and demonstrably true.

The farmer even, unconsciously practices pathogeny every day. He well knows by certain signs when his stock needs salt—he knows that if they are not supplied with this substance that their hair becomes rough, the animal droops, and does not thrive; experience has taught him that salt and ashes will change the bodily condition of the animal; yet ask the farmers the philosophy, or rather the reason for all this, and he cannot tell you. The blood of that animal is deficient in the compounds of sodium; the life principle in the animal converts the chloride of sodium, which is common salt, and the alkali into the required elements, and their health is restored. Is there any "quackery" about the principle here? Can an intelligent person, or even one of common observation, deny the evident relation between cause and effect in this case? Illustrations of this kind sufficient to fill a volume might be collected, both from animals and the human species, wherein cer-
tain abnormal or unhealthy conditions have been removed by particular substances which admit of no other explanation than the one given above. All of these facts will be fully treated of in a large volume designed for medical readers.

Without the aid of organic chemistry we at best could only grasp at what is known to be established truth, and the pathogenetic practice is founded on acknowledged and well established principles of Chemico-Pathology. Certain facts have long been known, but never before systematized, elucidated, and so arranged as to form a useful consistent whole, and applied to the treatment of disease.

Even an intelligent nurse has advanced far enough in observation to practice pathogeny. If the child under her care becomes weakly, looses its appetite, has "watery stomach," cannot retain its food, vomits frequently, and the skin becomes rough and dry, why, she knows better what to do than many physicians; she will give the little urchin salt—freely as you would a calf, till there is sufficient muriatic acid generated in the stomach to digest the food. Wherefore is gelatine given to an emaciated patient convalescent from typhoid fever? Because that is just what he has lost during the fever; our bodies are made for what we eat.

Vegetable albumen, fibrin, gelatine, &c., we have said in their elements are identical with the animal elements of the same name, but are in a lower state of organization, and the stomach must do more work to convert the vegetable into animal tissues than would be required to transpose animal food (which is already organized) into human flesh and bone and blood; for this is all that is done when animal food is used. Muscles or flesh is eaten to make muscles of, but if the iron in the blood be deficient, there will be a ratio of deficiency of fibrin, because
the iron is necessary to generate the fibrin, to which condition the muscle must be reduced before it can be assimilated or applied to the purposes of nutrition. Therefore, by reason of this correspondence between the vegetable and animal elements, is it that vegetable remedies derive their medicinal power. Pathogenetic remedies are as abundant in the vegetable kingdom as in the mineral, and are indicated just in proportion as those of vegetable origin preponderate over those of the earthly. This is the union God ordained; hence the folly of those who would "put asunder what He has joined together."

The correctness of the pathogenetic principle is supported by every known law in nature, unlike homoeopathy, which is directly in opposition to all her known laws.

The intelligent agriculturalist doctors his farm upon the fundamental principles here advocated. Particular elements are known to be fertilizers of a particular soil: now, when by protracted tillage a special element is exhausted, the farmer feeds the debilitated soil with the elements known to be deficient. Agricultural Chemistry has taught him this, and he profits by the instruction.

These familiar examples and illustrations have been adduced to show not only the reasonableness of pathogeny, but that it is daily observed and practiced upon by all classes, though unconsciously, even from the servant girl in the pantry who uses salæratus to remove the excess of acid from her bread,—the farmer in caring for both his stock and the fruitfulness of his farm, up to the intelligent physician who is guided by a full knowledge of the symptoms that point to excesses or deficiencies which exist in the human system, and administers such agents as chemistry tells him will equalize and harmonize those unnatural proportions.
2. Chronic constitutional disease, and all the morbid changes in the fluids, and secretions and excretions, admit of no satisfactory explanation, except upon the principle of pathogeny. Morbific agents operate both within and without the system. They may be received directly into the system with the food we eat, or fluids we drink; may be inhaled with the air breathed, or absorbed by the skin and mingled with the circulation. All the necessary elements for the support of life must enter the system in the above manner; hence the liability of noxious agents invading the sanctuary of life through the same channels. Should any unnatural circumstances intervene to prevent the ingress of necessary elements, disease is inevitable. Nature requires in her scale of supply equal and exact weight and measure in quality, as well as quantity, corresponding with the waste or expenditures of the system in performing the functions of animal life.

The cause of most diseases, with the present high degree of perfection attained in animal chemistry and *Chemico-Pathology*, may now be thus explained. Every succeeding medical journal brings news of further and more brilliant discoveries tending to establish the correctness of this means of diagnosis. True it is that a few diseases have thus far eluded the keen and vigilant eye of chemical science,—like an adroit enemy concealed the means of invasion and particular mode of operation. The same obscurity once invested many diseases now fully understood; therefore it is reasonable to believe from the rapidly accumulating evidence before us that by the aid and guidance of unerring chemical science the hitherto mysterious and inexplicable causes of certain known maladies will be fully discovered, and a more scientific and successful mode of treatment introduced for their cure. The laws of life and health have
undergone an intelligent, rigid and patient investigation; every advance in their knowledge is marked by a corresponding enlightenment in the causes of disease, which knowledge is indispensable to the successful appliance of remedial means. Every science is progressive—none more so than medicine, and no part of that more than pathology which means the cause and nature of any particular disease.

3d. Already has this theory found advocates. Professors Jackson and Churchill, of Philadelphia, Baron Liebig, of Germany, and many distinguished physicians in America and Europe endorse it, as the only truly scientific mode of removing disease.

Lately an effort has been made to prepare in the laboratory a compound consisting of those elements that naturally exist in the blood, and which are found by careful analysis to be deficient in certain chronic diseases. That preparation has received the significant name of "chemical food," and is composed of the phosphates of iron, soda, lime, &c., in the same proportions found in the blood of a healthy person. The same principle applies to vegetable and animal substances; and has long been the diet of the sick. The instincts of appetite suggest to those in health, the same principle pertaining to diet, and is universally, though unconsciously obeyed.

A cold climate requires an increased production of animal heat, because its consumption or waste is greater than in a warm climate; hence the appetite is quickened, and craves the most highly carbonized food—such as fat meat or even pure oil. Such substances are the most highly carbonized, therefore they produce an increased amount of animal heat. In certain forms of chronic disease deficient animal heat is the first symptom noticed—an increased susceptibility to cold, and in such cases
the stomach has lost in a degree its power to use carbon in that form; then highly carbonated medicines are called for, and are the only substitute.

On this principle alone can the often prompt action of Cod-Liver-Oil be explained; it matters not whether that article be cold food or medicine. Prepared charcoal or other carbonized substances will produce the same effects before the fatty portions of the body are consumed. A given amount of carbon in the blood is requisite to the healthy combustion produced by the oxygen which enters that fluid in the lungs. The amount of oxygen depends much upon the condition of the air breathed. If it be heated or rarified the oxygen is expelled, and is likewise removed by respiration, becoming unfit to be breathed again: in that condition it is insufficient to support life. When, however, the oxygen is in excess of the carbon, a pernicious effect must be produced upon that portion of the lungs where this change or combination takes place. Herein is the key to the elemental causes of pulmonary disease, because deficiency of carbon is only another name for deficient nutrition, as stated elsewhere in this treatise, and advocated in the first issue of the "Pathogenetic Advocate" and since by the "Medical Times" and other journals, and is the true cause of pulmonary consumption.

It will be noticed that constitutional changes or diseases have been particularly the subject of enquiry. Acute diseases are generally the result of excesses and consequent obstruction in the fluids of the system. Certain medical agents, having an arbitrary influence over the functions of particular organs, will be required to remove such accumulations, the suddenness of the attack being such that the organ is overpowered and its functions temporarily suspended. Hereby is explained the use-
fulness of evacuents of every kind—purges, emetics, diaphoretics, diuretics, and bleeding. These have their application in the varied forms of acute disease, caused by excesses in the fluids, the suddenness of which may be sufficient to cause death without their immediate aid. These being used, if the organs involved have not become too much prostrated they will immediately resume a healthy, normal action, and no further treatment be required. A timely dose of physic, an emetic, a "sweat," or peradventure bleeding, may prevent the advent of a fever; the rise of inflammation or other serious or even fatal maladies. Common observation has long since given authority to such a mode of procedure.

Treatment being delayed, not efficient or appropriate, the constitution becomes involved, and then the subsequent treatment is truly pathogenetic. If my professional brethren take issue upon this, I will ask whether they give ten or twenty grains of calomel when first called to see a patient sick of certain inflammatory diseases, and only half a grain subsequently? In addition to its evacuating power it can only subdue inflammation by diminishing the red globules in the blood, thereby preventing the increase of fibrin. For the same reason no intelligent physician would give that remedy to a patient where the blood already deficient in red globules, as in dropsy, anemia, or consumption. No principles in pathology or practice are better established than this.

4th. The coincidence or harmony between certain signs and symptoms indicative of special pathological conditions, and the evidence of the same afforded by chemical analysis, may be called chemical diagnosis. A difference exists between signs and symptoms of disease. Symptoms are direct manifestations of morbid or altered conditions of the sys-
tern, as pain, heat and swelling are symptoms of inflammation. Frequent and bloody discharges from the bowels are symptoms of inflammation, &c. Symptoms constitute the legitimate language of disease; are uniform. Signs are only attending phenomena, but not essential to the disease; varying, may or may not be present; such as a patient sleeping with half closed eyes, or one shut, and the other partly open, a tendency to slide down in bed, the impression of being away from home, which is often observed in the delirium attending fevers, some peculiar expression of countenance, &c. But since particular signs usually attend particular symptoms, they may assist some in the diagnosis and also influence the prognosis in a given case.

Symptomatology, then, gives in urinary calculi or gravel the following:—A sandy or gravelly deposit in the urine, presenting in different cases two distinct colors, with the many other symptoms and also the mechanical result of it. It has been ascertained that alkalies for red, and acids for the white gravel, are proper and useful remedies. Chemical diagnosis confirms correctness of the remedy, and faithfully assigns the reasons therefor, viz; the one is produced by an excess of acid; the other by an excess of alkali in the system; or that the gravelly deposits respectively present an acid and alkaline an base.

In like manner chemical diagnosis assists symptomatology concerning every disease of the fluids, secretions and excretions, affording the only scientific reasons for the administration of a particular remedy.

Another patient has the following group of symptoms—a dry, rough skin, acid, or fresh taste in the mouth, high-colored urine, the fauces are light-colored, bowels confined, and some of the earlier symptoms of indigestion; in such cases
we give the alkalies, salts in the various proportions of potassium, with such other remedies as concurrent symptoms indicate, until these peculiar conditions disappear from the system. Why did these effect a cure? Chemical diagnosis explains it. The fluids of the body were deficient in the compounds of sodium of acids or alkalies. This parallel might be continued till every form of chronic or constitutional disease is shown to present a perfect correspondence between the prominent symptoms and chemical diagnosis, but it is not in accordance with the design of this work.

Chemical diagnosis has been diligently and successfully presented by men eminent for their integrity and learning, and the results have been given to the world as authentic scientific truth, as all know who are acquainted with medical science, and if not they can possess the knowledge by studying Liebig.

Since, then, the correspondence or uniform coincidence found to exist between modern symptomatology and chemical diagnosis has been fully established in theory, and further confirmed by practice, the analysis of fluids, &c., in patients applying for treatment is unnecessary. That work has been done, and is being performed under more favorable circumstances than are ordinarily had, nevertheless their results are received and accredited, as are other ascertained facts. It is not necessary for the practitioner to wait for personal autopsies; or where he is called to a pale, white-lipped patient, or finds a particular sediment in the urine, to delay his prescriptions for the revelations of the laboratory. That has been made, and he should be in possession of it as much as he is supposed to be of physical symptoms and indications of cure. I cannot better illustrate this idea than by referring to the crude narrow-mindedness (ignorance would be appropriate) of some members of the pro-
fession. Conversing with one of such, who "held sway" in his little village, while presenting the claims of pathogeny and the new speciality of practice, he gravely enquired: "Can you carry a laboratory sufficient for these purposes?" "Oh yes!" said I, "it is very conveniently packed in a brain of ordinary size!" This ended the conversation.

Medical learning, experience and skill are requisite to prepare a remedy capable of curing a particular disease, yet the most illiterate might recognize the symptoms indicating its use. The patient having acidity of the stomach, constipation of the bowels, a dry, rough skin, yellowness of the eyes, &c., can, by consulting this work, find his remedy all prepared, with directions for using it. The intellectual work has all been done for him. No benefit could otherwise be had by the common reader from this work. Its whole arrangement was planned with reference to the availability and use of patients and invalids, as its title imports.

The amplitude of the above facts thus obtained constitute the foundation of pathogeny, and furnish the necessary instructions for preparing pathogenetic remedies. This was distinctly stated in the first and subsequent issues of the Pathogenetic Advocate, and I claim the authorship of pathogeny on the ground of systematizing and arranging the vast amount of scattering, isolated materials in a practical form.

5th. Of the relation of diseases of the liver and stomach to those affecting the respiratory organs, I shall speak quite frequently in subsequent pages, therefore much need not be said here.

This relation, or organic sympathy, has been disregarded both by writers and practitioners of medicine. The mere de-
arrangement of the liver or deficiency of bile receives perhaps the
compliment of a few blue pills, *et cetera*, and the patient is allowed to linger unconscious of his danger till a dry cough reveals it to him.

Bile is not a mere excrement to be thrown out of the system. It is ascertained to be not only an essential agent in preparing the chyme for absorption, but performs an important part in sustaining respiration and the maintenance of animal heat. Therefore any deficiency in this secretion deprives the animal economy of a fundamental principle of life. That secretion being retarded or obstructed endangers the lungs in the ratio of such deficiency. No fact in disease has been more fully demonstrated in my observation than this:—that diseases of the stomach and liver conjointly produce more than eight-tenths of the cases of consumption. Before dyspepsia was so general consumption was far less frequent. Consumption, by the well-ascertained laws of life, is the legitimate effect of protracted diseases of the liver and stomach. Neither do the lungs become affected through mechanical agencies, as one would suppose—by the enlarged liver pressing against the lungs, thereby compressing them, and inducing irritation and a cough—but from constitutional results, whereby the standard of vitality is reduced. Pathogeny investigates these facts, and points out remedies calculated to thwart that sad result, by supplying the deficient elements till the organ shall have recovered the power of furnishing the same, according to Nature's established laws.

A change may occur in the chemical proportions of the elements constituting the *saliva*, gastric juice, or *bile*, either in quantity or quality—a corresponding change therefore in the products of digestion is the inevitable result, and the constitutional result is impoverishment or impurity of its fluids, and consequent declension of the general health. The means of de-
termining these several alternatives is by the coincidence of symptomatology with chemical diagnosis as before stated. The sensible and physical symptoms to which I attach importance are the taste of the mouth, aroma of the breath, changes in the urine and alterations in the color and character of the stools. The several kinds of taste, such as a sour, salt, bitter or nauseous freshness, each have their special indications; so also has the several kinds of fetor, or aroma of the breath. These are symptoms to which but little attention has hitherto been paid by medical men.

Whatever morbid change takes place in either the bile or the agents of the chymefication produces an effect upon the blood, for healthy chyme and chyle must make pure blood as surely as syrup will make sugar. Any agent which is claimed to act upon the blood, independent of primary changes in digestion, is a delusion; hence the failure of endeavoring to purify the blood without due attention to the stomach and liver, in their influence and agency over the blood-making process. Likewise all morbid growths are due to defective digestion and perverted nutrition. Gravel in the urinary passages is spoken of as a kidney disease, but it may with equal propriety be said of the yellow tinge observed in the coats of the eye, from the absorption of bile, that such is an eye disease. The local symptoms of impaired digestion are usually pain in the stomach, acidity, flatulence, acrid eructations, or "belching of wind," constipation of the bowels, bloating or contraction of the same, a voracious, capricious, or entire loss of appetite, with an indefinite train of nervous symptoms, referred to different parts of the body, producing great depression of spirits and despondency. The existence and continuance of these dyspeptic conditions of the stomach have a disastrous effect, sapping the
foundation of health. The whole system is deprived of the required amount of nutriment, the blood becomes impoverished, and that state of the constitution induced which gives rise to consumption of the lungs, or other local organic diseases. Generally the first signs of failing health are an unnatural feeling or derangement of the stomach. The patient is physiologically in the same condition of a person living upon one-half or less of nutriment necessary for the healthy maintenance of his system. In such a case the strength fails, the countenance becomes pale, pulse quick, the mouth dry, and a slow fever ensues. This is precisely the sum of the constitutional disturbances observed as preceding consumption, occurring as the result of a primary disease of the liver or stomach. These views are not only sustained by the most learned in medicine, but may be proved by concurrent, daily observation. Such persons bear evident signs of failing health, to use their own language are "neither sick or well," are suffering from the above primary constitutional changes incident to impaired nutrition; hence the uniform relation between diseases of the liver, stomach and respiratory organs. Early treatment for the former affection is quite as important as in the latter. Organic changes in the liver are as difficult to arrest as those in the lungs, and dropsy is their usual termination.

Observations

On the True Cause and Reasonable Treatment of Consumption.

The best talent in the medical profession for many years has been employed in studying the causes and elucidating the treat-
ment of pulmonary disease, and at no period have such investigations been more faithfully, ably and patiently prosecuted than at the present. The abundance of such information, accessible to every reader, as well as the practical observations elsewhere made in this work, render it only necessary here to present a brief summary of general symptoms.

*First:* As I have said in the preceding article, healthy blood will alone preserve the body in a state of health.

Secondly: Blood deficient in any of the elements of nutrition, or mixed with any impure ingredients, must produce a corresponding change in the health of the person.

Thirdly: According to Dr. Cless, Dr. Lewis, Dr. Latour, Dr. Dupasquier, Dr. Pereira, Sir James Clark, and Dr. De Vittis, and, in fact, every intelligent author who has written upon Consumption, deficient nutrition is given as a prime cause of, or a universal attendant upon this disease.

Fourthly: Never, until Professor Liebig, of Giessen, Germany, directed his attention to animal chemistry, and laid the foundation for the only rational practice of medicine (see Preface to his work), was known the true mode of detecting and also of curing these changes in the gastric juice and bile; and for the truth of this remark, I refer to the Appendix of his work.

Fifthly: Consumption is fully developed in the system, long before there is cough. Reader, bear this in mind, long before there is any cough all the changes have occurred which produce the disease. The blood is thin, deficient in red globules and fibrin, showing that the vital forces have lost their energy. The red globules, in healthy blood, are a hundred and twenty-seven, and the several stages of Consumption are marked by a regular decrease, till they descend to seventy-two. The blood,
in this condition, can not furnish fibrin or vitality, the result of which is a lower degree of organization, like half-ripe fruit: hence the softness of the flesh, wrinkling of the skin, pale or sallow hue, sunken eyes, and coldness of the extremities. All the new growths in this case (or the supply of waste,) possess a lower degree of vitality, and a lower degree of organization, unnatural to the parts, and, when accumulated to a certain extent, still change in character, and, by accumulation, act as a foreign substance and local irritant. This change may occur in the nutrition of any part of the body. When it falls upon the lungs, it is called Consumption, and this matter of low organization is called Tubercle. The same change occurs in the mesenteric glands and peritoneum. Andrei found Tubercles in the latter localities in every case of Tubercles of the lungs.

Sixthly: You will now see the reasonableness of my first proposition, that Consumption has its origin in indigestion, even in the stomach, from a change in the gastric juice and bile, which are the acknowledged agents in furnishing healthy chyme and healthy blood. The first indication of this change in the blood, is, in many cases, detected even by the fetor of the breath—the unnatural condition of the blood, undergoing the usual change in the lungs during respiration, gives out unnatural gases, which is the cause of the fetor. Reader, notice this fact, that a bad breath is a positive symptom, although the lungs may not become affected, in some instances, for several years. The bile acts mostly on the fatty substance of our food,—the soda it contains being alone capable of dissolving the fat taken in our food, and preparing it for absorption. Persons often say, they eat heartily, but their food seems to do them no good; they still feel weak and faint, and sensible of failing strength. All these symptoms depend upon the above
causes. Whenever these symptoms are present, it is at the peril of the patient if he allows them to continue; for time will as surely develop Tubercles in the lungs as the standard of health is allowed to sink from poor digestion, and deficient nourishment of the system.

Seventhly: Whenever Tubercles have been allowed to form, cough occurs, indicating the more serious stages of Consumption. It is then, and during the subsequent stages of the disease, that Medicated Inhalation is an important remedy in the treatment. After local disease has manifested itself, it must be treated locally. At the same time that we direct our remedies to correct that condition of the system which has caused the local disease, at this stage, we have two diseases, in the room of one, to treat. Inhalation applies the remedy directly to the part diseased, as washes or ointments are applied to an ulcer or an inflamed surface. One cause of failure in treating internal lesions, or disease of the intestines, bladder and stomach, is, that we cannot apply our remedies directly to the parts affected; but the medicated vapor is carried to every air cell in the twenty thousand square inches of surface which the lungs contain, mixed with three hundred and ninety cubic inches of atmospheric air, which they are capable of containing. Estimating eighteen respirations per minute, there will be three thousand six hundred square inches of medicated vapor brought in contact with the blood and surface of the lungs every ten minutes. The application of medicine by Inhalation is so reasonable, that it needs no further argument. In no other way can we correct or destroy the poisonous gases and putrescence which are continually mixing with the blood. The decay of animal tissues out of the body, are often the cause of malignant disease, but especially so when they mix with the fluids of
the living body. No poison is more deadly in its nature than the blood of a dead person, or the secretions of a gangrenous sore, when mixed with the blood of another person.

Inhalation, adapted to the several stages of Consumption, is the only reasonable hope of relief, and connected with a thorough constitutional treatment, based upon the above propositions, will cure nine out of ten, even when the disease is in the second stage. Persons predisposed to Consumption will find the Pathogenetic remedies to afford prompt relief, and effectually prevent the occurrence of Tubercles. We say, prevent, because, as we have said before, the true cause of the disease exists long before the lungs are affected. See to it, then, you who are feeble, dyspeptic, having the symptoms above set forth, and be treated for the true cause before the lungs become diseased.

The inhalants which we use have all been thoroughly tested and approved at the celebrated Hospital of Giessen, Germany, and, although but recently introduced into this country, have proved to be far superior to those of the English Hospitals, or any similar institutions in the world; and, indeed, so rapidly has the system advanced, that the Eastern Continent is now enjoying the rewards of scientific investigation and years of laborious research!

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TO CORRESPONDENTS.

Any person who may desire to consult the author of this work for any of the diseases herein enumerated can do so by letter. The following questions, intelligently answered, will
afford sufficient information of the patient's condition for me to send the medicines required in the treatment of any case.

Questions to be Answered.

1st. Is the taste in the mouth salt, fresh, sour, or bitter?
2d. Is the tongue coated? If so, what is the color?
3d. What is the condition of the appetite?
4th. Do you have pain in the stomach after meals?—or an increase of pain when the stomach is empty?
5th. Have you acidity of the stomach? or eructations of "wind?" or spitting up of food? or watery stomach?
6th. Is the stomach bloated or tender, externally?
7th. Does the stomach feel full and uncomfortable after taking but a small quantity of food?
8th. Have you constipation of the bowels? and what are the color of the discharges?
9th. What is the color of the urine?—is it diminished or increased in quantity?
10th. Is there sediment in the urine? If so, what is its color.
11th. What is the complexion?
12th. Is it changed from natural?
13th. Is the skin dry and rough?
14th. Have you pain or a sensation of soreness in the right or left side, under the short ribs; or the same across the small of the back?
15th. Have you a sensation of heaviness in any part of the head—a hot or cold sensation on the top of the head—or do you often feel dizzy and "light headed?" Do you have headache? If so, in what part?
16th. Do you sleep unnaturally sound, and wake unrefreshed? Or, is your sleep disturbed and partial?

17th. Are your feelings variable, sometimes elated with hope, and suddenly depressed and discouraged about your case?

18th. Can you endure reading, study or mental exercise of any kind? Or are your stomach symptoms increased by such efforts? State the condition of your mind and feelings generally.

19th. What kind of food causes distress in the stomach, or seems to disagree with you?

20th. Have you a sensation of numbness, coldness or prickling in the hands and feet?

21st. After meals, have you throbbing in the temples, a beating in the stomach, with flushed countenance and increased thirst?

22d. Is the breath feted and bad?

Questions to those having Disease of the Lungs.

Such as desire to consult me for disease of the lungs, will answer the following questions, and add such other information as they may think important for a correct understanding of their case:

1st. How long since your health first began to fail before you had cough?

2d. How long have you had cough?

3d. Do you cough hard and frequently?

4th. Are you hoarse, or is the voice changed?

5th. Have you much pain in the chest? And if so, at what point?

6th. Have you sore throat, or soreness in swallowing.

7th. Is the matter you raise thick and yellow? Or white and frothy? Or tenacious—somewhat like the white of an egg?
8th. Have you chills and night sweats?
9th. Are your feet swollen?
10th. What is the condition of your bowels?
11th. Is consumption hereditary?
12th. Are you emaciated? Give a general description of your present condition.
13th. Have you had hemorrhage of the lungs?

The above questions should be answered plainly, using the common language of patients in such cases, as we have done in asking the questions.

Persons desiring treatment can address me, inclosing a postage stamp to secure attention, giving their post-office, county and State plainly, and, in our answer, an opinion of the case and terms, will be made known. Address,

E. W. TUCKER, M. D.
Sandusky City, Ohio.

N. B. The popularity of the pathogenetic practice, and the concise and peculiar questions I have asked those persons having disease of the stomach and liver, has induced some itinerant physicians to copy them in their papers, when they neither understand why they are put, or the Pathogenetic meaning of the answers, and more ridiculous than all, have no medicines to fill their indications!

The public may know when these questions or any part of this work have been used without my permission, by noticing the following:—

Any person whom I shall authorize to use the Pathogenetic practice, either the medicines or any article in this book, will have a printed certificate from me attached to every such paper
and a copy of the same in my *handwriting*. The observance of either of these will be a sure means of detecting such fraud.
PART II.

THE DISEASES TREATED,

WITH A CONDENSED SUMMARY OF
THE CHARACTERISTIC SYMPTOMS OF EACH.

ALSO,

THEIR PATHOGENETIC REMEDIES,

AND MANNER OF PRESCRIBING THEM.
PART II.

PATHOGENETIC MEDICINES
AND THEIR USES.

In the following pages I design to present a condensed synopsis of the uses of my remedies—the order in which they should be taken, and particular directions for each number. Patients need explanations and directions of this character, in order that they may select and apply such numbers as their symptoms require. A change of symptoms may occur during the use of the remedies, indicating a change of medicine, in the absence of the physician. I shall therefore notice every symptom of disease, and remark upon all leading or important effects of the remedies in such a plain manner as will enable any person of clear mind and ordinary judgment and understanding to select and administer Pathogenetic medicines with entire safety and absolute success in all curable cases.

It will not be within the scope of this work to trace the therapeutical operation of the remedies. This could only be compressed in a large volume, and a great amount of previous anatomical and physiological knowledge would be necessary to fully understand it. The unmedical reader needs only an explanation of the sensible and more obvious results of the remedies, and not a knowledge of how, or in what way these effects are
produced. Any person can see when the eye has a yellow tinge, the skin a dingy, sallow hue, with a general unhealthy look or expression of the countenance, without any knowledge of the laws governing the internal organism of the human system which have produced them.

To render, then, this synopsis of pathogeny a safe and intelligent guide to patients using my medicines, is all that is intended.

PATHOGENETIC INHALANTS.

The administration of medicine by means of medicated vapor is no new fact in regular practice, and the weight of medical testimony is in its favor, but which are the most efficient remedies to inhale is not so satisfactorily settled. The reason is that one inhalent is not adapted to all cases, any more than quinine is admissible in all stages of fever, when it is acknowledged to be essential in a particular stage. The indiscriminate use of inhalents as a remedy for a cough, or an ulcerated throat, without regard to the stage of the disease—the degree of inflammation—amount of debility, and the character of the expectoration—affords an obvious reason for its unsuccessful employment by those who use one combination in the treatment of diseases of the respiratory organs, without proper attention to those important distinctions.

Pathogenetic inhalents are not liable to these objections, for we have numbers suited to every stage in the progress of the disease, and three different preparations of each number. These
arrangements give as great a variety of remedies as is useful, and fully removes the very common objection that one medicine is given for all affections requiring inhalants. Our system, then, in this respect, is superior to any now practiced.

No. 1 A. is to be used in the inflammatory stages, when the expectoration is "frothy" or "phlegmny," or thick and tenacious. It reduces the inflammation by dissolving chemically this secretion, freeing the glands or mucus follicles of their engorgements and quieting the morbid irritation. Excessive secretion from any membrane is the result of local irritation or inflammatory action—the increased flow of blood to the part, and an obstruction of its passage from it. No. 1 A. also acts upon the tuberculous deposit in the lung, first promoting its absorption and changing the elements of the secretion, which if allowed to remain upon the surface of the air cells of the lungs, will form tubercles. I wish this point to be especially noticed, as it explains the necessity of using inhalents as soon as constitutional symptoms indicate that the lungs are taking on this morbid action called the "incipient stage" of Consumption. It is well known that that dreaded disease may invade the pulmonary structure unattended by either pain or cough, although they are the usual warnings of it. Hence this inhalant is often indicated in cases where there is no cough, but only a sensation of weight across the chest or occasional pain, with shortness of breath and a frequent accumulation of phlegm in the throat or fauces. In the early stage the most marked improvement of the general health has followed its use.

No. 1 B. is indicated when ulceration has taken place, and thick, yellow or greenish matter is coughed up. In this stage there is deep seated pain in one or both sides, and transient pain
through the breast, shoulders and back, and often diarrhoea, night sweats, and chills and fever.

No. 1 C. is indicated when chills and fever have occurred, and debility, with a dry, hard cough and an alteration of the voice, also hoarseness and loss of voice. At this stage the patient cannot speak above a whisper, and only with great exertion. The vocal cords are now inflamed and thickened, and can no longer perform their office. The term Laryngitis is applied to this affection. It is always a very obstinate and dangerous disease. Inhalant No. 1 C. is to be perseveringly used in this disease, with other treatment, both local and constitutional, as will be hereafter explained.

The inhalents No. 2 correspond with the above numbers, and are likewise varied to meet the different stages of the several diseases spoken of. What is said of No. 1 A. B. and C. apply equally to No. 2 A. B. and C. A careful reading of the above remarks will enable any person to select the inhalents required in their case.

The temperature of the water used to vaporize the inhalents should not be warmer than you usually drink your tea or coffee. This is the most convenient domestic rule that I can suggest. When there is great soreness, irritation or inflammation, hop tea is preferable: half a teap-cup full of hops added to a pint of hot water, will be of sufficient strength. Sage or hoarhound tea may be used when there is much debility or great expectoration of yellow matter, and flax seed or slippery elm when the cough is tight, and the throat hot and dry.

When using the Inhaler, the first few breaths should be short, and deeper and longer inspirations made as the medicines become exhausted.

The amount or dose of the fluid to be used at one time can
only be correctly ascertained by the patient. Enough may be used to produce only a very slight "smarting" or stimulation of the throat and lungs, but never so as to produce a spasmodic cough or any unpleasant feelings. At first the dose should be small, and gradually increased till the slight smarting of the throat is produced, and whenever that occurs during the act of inhaling, the breathing may be more moderate. No medicine should be used on the plan that if a certain dose does good, a larger one will do more good. Physicians usually have not instructed their patients sufficiently in the use of the inhaler. The good or bad effects depend very much upon how it is managed as well as what remedies are used. Patients who expectorate freely, generally require more than others with a dry cough. The nervous systems of some likewise are more susceptible, and by this class it must be inhaled more moderately. Aided by these few and plain directions any person of ordinary discrimination, I think, may use the inhalants successfully.

Inhalation, properly used, is one of the most important remedies of the age, and assisted by constitutional external and internal treatment constitutes the only reasonable and successful remedy for all diseases of the respiratory organs. As a medical agent it may be employed in many other diseases with equal success: in neuralgia, convulsions, spasmodic affections, and every form of nervous irritation or debility, hysteria, epilepsy, &c. Many females suffer great pain in the chest, head, back &c., and as they describe it, "flying pains" in different parts of the system; are weak and nervous, yet find no relief from any medicines. They have really no settled and definable disease, yet they are scarcely ever free from pain, and are really great sufferers. This class of patients will find inhalation a prompt and reliable remedy. Such patients are not cured by internal reme-
dies alone. That has been unavailing, as every one knows who has been thus affected. I have cured every case of this kind that I have prescribed for—and inhalation is the remedy with which I have done it. It acts directly upon the nervous centres and meets the disease as promptly as do inhalents the mucus surface of the diseased respiratory organs. Weakly, nervous females will find this remedy the amulet for all their afflictions that stomach medication has heretofore failed to remove.

Inhalation is acknowledged by all to be a reasonable system, howbeit there are some opposers. I will answer briefly their objections.

1st. The strongest opposition from the medical profession emanates from that portion who have never used it, and are ignorant of the agents used. Is not this true?

2d. A more moderate class of these opposers are those who will tell you they have used it, and were disappointed in its effect. But what did they use? Were they Pathogenetic inhalents? No: for no one but myself is in possession of them. They might have employed such as are laid down in the books, viz: iodine, the mineral acids, chlorine, nitrate of potash, &c., but all these have been tried before and found of doubtful utility. Then they have not used proper inhalants, and that is one secret of their failure.

3d. I find by conversing with those who say they have tested it, &c., that their doses have been too large—the doses of any medicine of the greatest moment, but especially so in this treatment. Then they use the water too hot, and their instruments are wrongly constructed. With these defects and errors, of course they could not succeed.

4th. The sum of the professional opposition is just this: they see it successful in the hands of those who understand it,
and their patients will go from them where they can get relief. Hence the opposition to the system, and uniform abuse of those who practice it. The sick are often prevented from using this important remedy because their physician declaims virulently against it. The same opposition is encountered by patients who change physicians even in their own towns. This every one knows. The war of words against an itinerant doctor is no more violent than often between those practicing in the same town, and invalids should receive these missels with a liberal allowance for prejudice. I have no competition with any one, neither do I suppose that our speciality in practice, treating chronic disease of the Lungs, Stomach and Liver, ought to arouse the ire of those who are more generally employed in treating acute disease. There is a spirit of Ishmaelism in the profession much regretted by the educated and honorable part. But I intended only to call the attention of invalids to these facts, not to elaborate them.

There is one source of opposition which is more general and I notice it as the 5th and last. It has failed to cure every case—failed to cure those who were in the very last stage of consumption. That is just what any common-sense man would expect. There would arrive a stage in every disease, if uncontrolled, that would be incurable. The fevers of our climate, inflammations, cholera, &c., become obstinate or perhaps utterly incurable by continuance, when, if treated in the first stage, they would readily yield to appropriate remedies. Is not this true? Again, long before Inhalation was used perhaps in these unfavorable cases, every physician of note had been employed—after that every "patent medicine," from "Brandreth's Pills" down, including every whim of the ignorant—then, forsooth, inhalation was
also tried and failed! And it always will fail, and everything else, if deferred till this stage is reached. A teaspoonful of hive syrup might cure the croup in a child, if given in time; but if deferred till a false membrane is formed, that nor any other remedy would be very certain to do so.

It should be remembered that not one patient in a thousand uses inhalation as his first remedy, but most generally the last. A physician claims he can cure Cholera; "give him a trial," say the "brethren," "we have one here—a genuine case—been in the collapsed state two or three hours." Would it be a fair test of the virtue of a remedy if it should fail in such a case as this? On the same principle we here may say if Dr. Tucker cures such a case of consumption, we will apply! for our cases are not so bad as this. While waiting thus for a period of one, two or three months to see how other cases terminate, (when I have given no encouragement,) those very cases may pass the curable stages. Such is the strange medley of human reasoning when life and all its interests are pending upon a prompt decision!

The insidious progress, however, of this disease—the uniform indifference of its victims to the early warnings and premonitory symptoms, is an apology for what otherwise would appear even paradoxical.

Again, it is said that some have used inhalation, not so far advanced in the disease, without being cured, or benefitted. On enquiring I have found that they used it only a few weeks, and it was not prescribed by one skillful in the practice, together with the many defects pointed out above,—too large doses—vapor too hot, &c., and being unconnected with constitutional treatment. Of course, under these circumstances, it would fail to cure. Many patients are impatient for the cure
of their disease, and if the symptoms are not readily better in a week or two, the remedy is exchanged for another which is likewise discontinued before the nature of the case admits of material improvement. [See "Reasons why Patients are not cured."]

In presenting my constitutional remedies I shall explain them in the order in which they are placed on the bills of directions, after which the symptoms of each disease will be given in a very plain and condensed manner, with the numbers indicated for their cure.

No. 3. This remedy is a gentle tonic and stimulent, well suited to the ordinary forms of debility, unattended with inflammation, or irritation of the mucus membrane of the stomach. Liquors however are not admissible in most cases of dyspepsia, and not at all in nervous diseases, when there is heat across the top of the head, a burning sensation in the stomach, or tenderness externally. This number may be used after inflammation and irritation has been subdued; also in the advanced stages of Consumpition and Bronchitis, when the system is enfeebled by excessive expectoration. This powder may be put into one pint of Brandy or pure Rye Whiskey which will dissolve its medical properties.

Directions.—The usual dose is a tablespoonful, either before or after meals as best agrees with the patient. Those who are very weak may use smaller doses, and oftener, or occasionally between other medicines if they feel exhausted. When Cod Liver Oil is prescribed, this Number may be used with it.

The dose should always be mixed with a little water, and sweetened when taken if preferred.

No. 4. Is designed to increase the nutritive powers of the
system and supply the waste of the earthy elements, which in the state of health are known to exist in the blood in a definite proportion. This, in combination with Cod Liver Oil contains the elements deficient whenever tubercles are being formed in the Lungs or elsewhere. They must be used together and continued until the body begins to increase in weight, and for four or eight weeks after. Using this combination a few weeks only will do no permanent good, but months are required to develop its powers over tubercle and emaciation. Salt or spirits conceal the nauseous taste, and when taken from one to two hours after meals seldom disagrees with the stomach.

**Directions.**—Put this into a pint of Cod-Liver-Oil, and shake well every time it is used. Dose of the oil—a table spoonful to be taken three or four times a day, from one to two hours after meals.

**No. 5.** This number is especially indicated in affections of the throat, such as ulceration of the fauces, or upper part of the throat, loss or weakness of the voice, dependant upon chronic inflammation of the Lungs. Also in chronic Bronchitis, when the expectoration is profuse and adhesive. It may be used night and morning; about half a teaspoonful placed upon the tongue and allowed to dissolve, swallowing slowly, so that it may adhere to the diseased part. This is seldom used as a single remedy, but usually in connection with other remedies. When given without special direction, it is to be used from beginning of treatment. In that form of "sore throat" which attends the advanced stage of Consumption, it is not as beneficial as No. 25 or No. 32. In bronchial diseases, attended with hoarseness, or change of the voice, No. 5 is a valuable remedy. It removes the soreness, assists expectoration and renders
pain less frequent in the upper part of the chest. It should be kept in a tight jar or bottle, a quinine bottle is convenient for that purpose. When too much is taken it may produce a very slight nausea or dizziness; I mention this because the size of teaspoons are so variable. The ordinary, or smaller size is always intended.

To prepare No. 5 for use, the contents of the vial should be thoroughly mixed with three ounces of fresh butter and four ounces of fine white sugar, and be beaten well together.

Dose.—From one-half to one teaspoonful.

No. 5 B. P. is designed for an entire different class of symptoms. It is applicable to the coughs of old people, attended with rattling in the lungs, and profuse expectoration, and in every form of chronic bronchitis, unattended with inflammation; also in Laryngitis it operates like the above No. 5, but is more active. It should be prepared in the same way and taken in the same doses as the above.

No. 6. This combination is peculiar in its effects, and may fill a number of indications. It is intended to allay pain and all irritation, to procure sleep, quiet cough, restrain profuse expectoration, check bleeding of the lungs and diarrhoea. All of these effects may be obtained from these pills by varying the time and dose. To procure sleep, take one at bed-time; to allay cough, take one every three, four or six hours; to check hemorrhage of the lungs, take one every hour or two; to check diarrhoea, take one every two hours;—if that is not sufficient, take two every two or three hours. Thus by varying the time and dose, No. 6 meets a variety of very important symptoms. A little diluted vinegar, taken at intervals during their use, increases their effect.
While taking No. 6 for a diarrhoea, any other number you may have been using should be omitted until the bowels become regulated. The diet may be simple: a little toast, boiled milk, &c. But no meats or solid food should be allowed.

**No. 7.** Is a constitutional alterative, acting upon the glandular system and secretions generally, especially upon the liver, kidneys, spleen, blood and skin. It is indicated in chronic inflammation, torpidity, or enlargement of the liver, in jaundice, rheumatism, with swelling of the joints, all cutaneous affections attended with ulceration, and in all depraved conditions of the blood dependant upon a sympathetic taint, or other impurities,—but not in scrofula, unless the liver is involved. No. 7 should be used with No. 12, whenever there is obstinate constipation of the bowels. These numbers (7 and 12) are to be taken at night, and therefore do not conflict with any others which are used through the day.

**Directions**—Take one pill of No. 7 at bed-time.

**No. 8.** Is an efficient remedy in certain forms of bronchial disease. In the cough of old people, which perhaps has existed for years, attended with a profuse expectoration of a thick, glary or tenacious phlegm or mucus—a great effort being required to raise it,—also in every form of asthma or phthisic, where the patient is much debilitated, and in chronic bronchitis unattended with acute pain in the chest or any especial inflammatory action. It improves the appetite, assists digestion, and invigorates the general health—operates favorably upon the liver and urinary organs, and dissolves urinary calculi (gravel) when the the sediment of the urine has a white appearance, and feels like fine sand when the finger is rubbed upon it.
Directions—Take from 20 to 40 drops three times a day in two teaspoonsful of water.

No. 9. This is a constitutional alterative, mild in its action and certain in its results;—in these respects much resembling No. 7.

It may be given in all glandular enlargements, or inflammation of the liver, spleen, kidneys, tonsils, &c.—in the early stage of consumption, bronchitis, sore throat, jaundice, asthma, rheumatism, diseases of the skin. It is a positive remedy in constitutional syphilis, scrofula, and all depraved conditions of the secretions and blood, from whatever causes they originate. This remedy is not admissible in cases of great debility, or when night sweats or diarrhea have supervened. This number forms a valuable liniment for enlarged glands, swollen joints, tumors, &c., by adding to it from one to three ounces of alcohol, and applying it night and morning. Whatever effect it has upon disease will be permanent. No sudden change should be expected from any constitutional remedy. Time is required to change the action of deranged organs, and to free the system from long existing impurities. This remark applies to every general alterative.

No. 9 should not be given when the stomach is irritable or dyspepsia exists, but if indicated, first restore the stomach with other remedies.

Directions—Dose from 5 to 10 drops three times a day in a wine-glass full of sweetened water.

No. 10. The annals of medicine do not furnish a preparation equal to this. It is a remedy of general application in chronic diseases of the stomach, liver, kidneys, bladder and bow-
els. The product of its reaction in the stomach is a chemical substitute for the gastric juice, and allays irritation of the mucus membrane of that organ, not as an anodyne, but from its soothing or healing properties. It prevents acidity, and neutralizes calculi in the biliary ducts, or urinary passages, when of the peculiar character, which is known by the sandy sediment in urine being reddish, or of brick color. When the liver is the seat of sub-acute or chronic inflammation, with a deficient secretion of bile, (which is often the case in dyspepsia,) No. 10 is a powerful remedy, and operates effectually upon both of these organs. And as disease of the kidneys is almost invariably an attendant upon affections of the former organs, by reason of their physiological connections, it likewise reaches them and the bladder. No one remedy has more general application in all diseases of the above organs than No. 10 given in unison with No. 7.

It is impossible that any bad or unpleasant effects should result from its use, even in triple the doses ordered. A safer remedy, or more effectual, was never administered in the diseases above refered to. Cases even of extreme debility will bear it, as it cannot disturb the most delicate nervous systems. From a long series of observations, I fully believe that dyspepsia, with irritation of the stomach and chronic inflammation of the liver, with deficient secretion of bile, would, in eight cases out of ten, be radically cured by this remedy alone, if persevered in. I have had personal experience with it, and know that its virtues are not overrated. The full dose after the first or second week may be used.

Directions—Put the contents of the box No. 10 into a half pint of hot water and stir constantly until it is all dissolved, and then add one pound of sugar, and raise to the boiling
point. In cold weather one-half a pound of sugar is sufficient to keep it from souring; but sufficient water should be added so that it will measure just a pint when prepared. *Dose*—from one-half to a table spoonful three times a day *before* meals; to be taken in a little cold water.

**No. 11.** This number is designed to fill a particular indication although it will admit of a general application in diseases dependent upon general debility. Cases occur where the nervous system is debilitated and irritable, the blood deficient in the carbonate of iron—there are transient, nervous chills, frequently "hot flashes," mistaken for fever—spasms in a very mild or severe form may occur; the patients are always greatly alarmed, constantly dwelling upon all the unfavorable symptoms and aspects of the case, &c. They generally complain of a hot or cold sensation across the top of the head, with pains and bad feelings "too numerous to mention." They have a confusion of mind, loss of memory, &c. These are, for the most part, female patients, but the affection is common to both sexes. There is a wide difference between that peculiar condition of the system which produces the above symptoms, and similar symptoms attendant upon other diseases. Both physician and patient often fail to discriminate or make this important distinction. I have no doubt but this fact alone has given currency to the flimsy superstition that "nervous diseases are incurable." Therefore, No. 11 is prepared with reference to this peculiar condition of the nervous system.

It must be used for at least four or five weeks, and then followed by 29 or 28.

Female patients having the above symptoms, frequently have
also Leucorrhoea, deficient, excessive or painful menstruation for which affections this remedy is likewise very efficacious.

Directions,—Put the contents of this vial in a four ounce vial and fill it half full with water, then fill it up with molasses and shake till well mixed. Dose from a half to a teaspoonful three times a day. Shake before using.

No. 12. This pill has been prepared with special reference to the several distinct processes of nutrition, from the time the food is taken into the mouth until it is ultimately deposited as "flesh and bone." Its effect upon the stomach and liver is much the same as No. 10, but its action upon the bowels is quite different. It is designed in its sensible operations, so far as the patients can at first perceive, to remove costiveness. I have not space to go further into detail of effects than this. By costiveness I do not simply mean that the discharges are hard. Some unacquainted with these matters think that to be the meaning of the term. But by costiveness is understood; that the evacuations are either, 1st, harder than natural, or much less in quantity; 2d, the bowels may move daily yet not have free or full movement; 3d they may not be regularly moved, varying from two to eight or ten days. Hence quantity and regularity are distinct points for observation.

These pills will positively cure constipation in any case not dependent upon organic obstructions, if properly used. They are not to be taken as physic. Purgatives irritate and weaken the bowels, and increase the difficulty they are given to obviate.

Directions.—Begin with one or two pills at bed-time—if the bowels are moved during the next day, then take only one pill for one or more nights,—then a half a one,—then a quarter of a pill, and continue until the evacuations are natural in
quantity and occur daily. When two discharges are had in one day the dose should be lessened. In very obstinate cases No. 7 may be used with No. 12. The latter can be used with any other medicine.

No. 13. This number is designed for loss of tone of the stomach, unattended by irritation. It improves the appetite and aids digestion, and invigorates the general system.—These drops destroy acidity and strengthen the stomach and nerves—improve the natural functions and enrich the blood, though they are not so well borne when the tongue is "furred," or the stomach tender upon external pressure. They are especially indicated in the "Whites," chronic irritation of the urinary passages, and in that form of chronic diarrhoea, not attended with pain. Also in chlorosis an anæmia of females, deficient menstruation or obstruction of the courses. In all such cases, No. 13 is a very prompt and efficient remedy. Patients who are pale, feeble, nervous and dyspeptic will often find such symptoms entirely removed by this member alone.

Directions—Dose from 10 to 15 drops, three times a day before meals, taken in a half a glass of sweetened water.

No. 14. This is the first Pathogenetic remedy I prepared, and from the prompt, decided and permanent effects obtained, I was induced to pursue the investigation. The principle once established, every stage of investigation and trial was alike successful, and has resulted in the elaboration and systematization of the "Pathogenetic Practice of Medicine." I first prepared No. 14 in 1847, since which time I have used it as an anti-dyspeptic remedy with the most extraordinary results. It is no arrogance in me to say that I have since been favored with a larger local
practice in medicine and surgery, than is often had short of that period in professional life, when favorable collateral circumstances exert an influence and gray hairs command that respect which gives to the title of the "Old Doctor" the supremacy of confidence. During my practice, I have never prescribed this number (for a faithful patient) without the most positive and permanent benefit—curing cases which had resisted all other treatment for many, even ten or twelve years.

This number cures acidity and bloating of the stomach, "belching of wind," allays irritation, restores tone to the digestive organs, regulates the bowels, enriches the blood and strengthens the nervous system. It is especially suited to cases enfeebled by long continuance of dyspepsia—who are pale and emaciated, but without fever, except from mere nervous irritation. If the tongue be dry, and unnaturally red, other numbers should be be given first till these symptoms are removed. No. 14 will not disagree with the most delicate stomach. At first there may seem to be an increased fullness of the stomach or head, if so, take a smaller dose for a few days, then the full dose will be borne.

Directions—Dose, from a half to an even teaspoonful three times a day, before meals, in cold water.

No. 15. This number is especially designed for the "whites" or Leucorrhoea of females, chronic inflammation of the vagina and neck of the womb. In these mucus discharges no remedies act with so great promptness. The whites can be cured, and permanently so in a short time. Prolapsus, or falling of the womb, depends upon chronic inflammation, and the relaxation of the broad ligaments occasioned thereby permits this organ to change its natural position, merely from its own
weight. Chronic inflammation is the true cause of Prolapsus, and can only be cured by removing irritation, for strength cannot be imparted to any organ or limb while any degree of inflammation be present. Medicines applied to the mouth or neck of the womb, approaches as near the seat of the disease as is possible. The neck of the womb often becomes diseased from prolapsus, and requires local treatment, or, the inflammation beginning there may extend to the ligaments, and thereby produce prolapsus.

Again, the seat of that affection, known as the "whites" is found to be at and around the neck of the womb, and often depends upon ulceration of those parts. Ulceration is more frequent than has been heretofore supposed. Never, till the speculum was introduced for the treatment of vaginal and uterine diseases was this fact fully established. A thick, yellow, or offensive secretion, either with or without being tinged with blood, is quite positive evidence of ulceration.

For all of these discharges, whether merely an increased secretion of mucus or purulent matter, from an ulcerated surface, the preparations of No. 15 will effect a radical cure, when properly and perseveringly used. The success of treatment, however, depends upon the adaptation of the instrument, and the skill with which it is employed. The "curved womb syringe"—(glass) one that will hold from two to four ounces—is the only suitable instrument. The curvature is adapted to the parts, the point being carried up against the mouth of the womb. The patient should use it only in the recumbent posture, lying with the hips well raised, so that the fluid will reach and remain in contact with the diseased parts. This fluid may be used either cold or slightly warm, (cold is generally best) and retained a few minutes in the Vagina.
These proportions of No. 15 will also cure any case of Gonorrhoea (or clap) in females. In this disease they must invariably be used cold, and injected night and morning. The parts must be kept constantly saturated with the liquid, by wetting a small piece of cloth and laying it on the external orifice. In using the syringe for the latter disease (Gonorrhoea) the point of the instrument should not be introduced more than one inch into the vagina.

Directions.—Put the powder (No. 15) into a pint of rainwater and keep it well corked.

No. 16. This powder has but one indication, viz; to check uterine hemorrhage, and increased or too frequent menstrual discharges. For hemorrhage, it may be used every two, three or four hours, until the desired effect is obtained. In too frequent or profuse menstrual discharges it may be used thus: After the courses have been on two or three days, then begin with the medicine, taking a dose every four, six or eight hours, until they are stopped. Do the same way the next month and the courses will then only appear at the usual periods, that is, once in a lunar month. No woman need have her strength exhausted, and constitution destroyed by profuse or too frequent menstruation, if she will use this remedy.

Directions.—Put this powder (No. 16) into one half a teacupful of vinegar and fill the cup full of water. Stir till dissolved. Dose—One tablespoonful as above directed.

No. 17. In this number is combined very extraordinary properties, and it will invariably produce the effects here ascribed to it, possessing, as it does, anti-periodic and tonic properties, it is indicated in the chills, and hectic fever attendant upon Con-
sumption, and chills and fever of this type, from whatever cause produced. There is often hectic fever without chills, or at least those well marked. In all such cases these pills are as effectual in curing the fever as when attended with chills.

They are a potent remedy when there is great debility from long continued disease of the lungs—Bronchitis, or common ague, and intermittent diseases of this climate. They are tonic, anti-periodic, and anti-spasmodic, enriching the blood and improving digestion, and the nutritive function generally. Nor do they contain quinine or anything which can affect the system unfavorably. They will be borne when quinine or mineral tonics cannot.

Directions.—For hectic chills and fever, take two pills three times a day until the chills are broken. For chronic ague, or chill-fever, two pills may be taken every three hours during the intervals or well days, until eight pills are taken, and repeated in the same way at each interval until the disease is removed.

No. 18. This plaster contains neither tartar emetic or Spanish flies—is far less tedious to bear, and much more effectual than either—discharges more than a blister, and may be kept running for weeks without becoming, like tartar sores, hard to heal. A more effectual counter irritant was never applied. It may be used for any local pains, either in the sides, breast or back. When there is pain in the region of the Liver, Spleen, or Kidneys, this plaster should be constantly worn thereon, changing it from place to place, as it becomes too sore. The pain in the breast or chest in the incipient stage ofConsumption is not only relieved by it, but the disease itself may frequently be arrested. It may be used in any stage when there is pain either acute or less severe and more persistent.
The same remarks apply to any stage of Bronchitis; for here counter-irritation, rightly managed, is one of the most potent remedies we possess. A marked improvement in the cough and expectoration follows, when a free and continual discharge has been produced from the upper portion of the chest. In all diseases affecting the respiratory organs, its use cannot be too strongly insisted upon—in Chronic Laryngitis, or inflammation of the larynx, known by a change in the voice, hoarseness of every degree, from the slightest to a mere whisper, or total loss of the power of speech. In this latter affection No. 18 is in no case to be omitted. The very earliest symptoms of disease of the respiratory organs demand immediate attention. The neglect of this first warning of the approaching disease, has cost the lives of thousands. As I have elsewhere remarked, Consumption is often "seated," (as is commonly expressed) long before the patient feels any alarm. This fact alone fully answers the oft asked question—"Why do so many die of lung disease? The slow and insidious progress of lung diseases appear to induce stupidity and indifference in its marked victims. I repeat then—Why do so many die of diseases of the throat and lungs? The truthful answer is—the patient neglects to apply for treatment in the first stages, and not because physicians are unskilful and their remedies powerless. I feel it my duty to be emphatic upon this point, because patients so generally overlook it. A few weeks may render a curable case an incurable one. Then the physician is censured for lack of skill, and medicines discarded as useless, or even injurious, and the ignorant will declare with due gravity that death was hastened by its use; just as though they, or even a doctor could know how long the patient would have lived without the use of medicines! When a physician fails to cure or benefit patients
having a justly alarming malady, two accusations are sure to be made by unmedical persons:

1st. That the doctor does not understand his profession and the disease; or,

2d. That his system or mode of practice is wrong or injurious—when the real cause of its fatal termination was the neglect and indifference of the patient to attend to his case before it became "everlastingly too late."

Directions—Spread the plaster (No. 18) on thin leather, two or three inches square, and apply it over the seat of pain, or where there is tenderness. Renew the plaster every two or three days until you have kept it discharging, till the part becomes too sore to be borne longer; then apply the slippery elm poultice if necessary.

No. 19. This number is an anodyne, strengthening plaster. It allays pain, supports and imparts tone or strength to the part to which it is applied. It especially relieves that pain in the back, hips and legs, of which females so frequently complain. It may also be beneficially applied over the stomach, or between the shoulders for pain or weakness in those parts.

Directions—Warm and spread it on a piece of thin leather, three or four inches square, renewing it occasionally.

No. 20. This is a tonic alterative, and a special stimulant or promoter of the menstrual function. It is used for deficient, irregular, suppressed or painful menstruation, and for no other affections. When the courses are attended with great pain, begin with these pills two or three days before they are expected, and omit them as soon as they appear. If the
courses have longer intervals than natural, begin with the pills three or four days before they should appear. For suppression, No. 20 may be used until regularity is established.

**Directions**—Take two pills three times a day, before meals.

**No. 21.** The medical properties of this number are similar to No. 9, and differ only in this particular: It possesses special tonic properties, superadded to the alterative qualities of that number. In remarking upon No. 9, we said it was not suited to the stages of debility in the severest types of disease, requiring its employment, but should be given in the febrile stage. The class of diseases there spoken of, often reaches the stage of debility; then No. 21 takes the place of No. 9. The importance of this number (21) will be readily perceived. It may be given early, even before there are night sweats or obvious emaciation. InConsumption and Bronchitis, as soon as *puss* is expectorated, (which may be generally known by its sinking in water.) This remedy should be used also in jaundice, enlargement of the liver or spleen, scrofula, and in all those cases which show evident signs of failing health, with a sallow, dingy skin, loss of appetite and enfeebled digestion, Rheumatism and Dropsy; in anemia of females, known by a peculiar pallid hue of the countenance, pale blue lips, &c., in Leucorrhea, deficient, suppressed, or irregular menstruation, &c. It seldom disagrees with the stomach, yet there are peculiarities of constitution in which this number is not so well borne. This fact is observable with many medicines, but I have not found any other Pathogenetic remedy to disagree with the most delicate stomach. When No. 21 is not well borne, there is inflammation present, or great nervousness—a peculiar condition of the nervous system, similar to Hysteria. But in all other
cases it is well borne—a marked improvement following its use. Many cures, especially those where there exists a manifest deficiency of red globules in the blood, require it for several weeks at a time.

**Directions**—It should be taken in half a tumbler full of sweetened water. Dose from 15 to 20 drops three times a day, before meals.

**No. 22.** Is a constitutional alterative, specially stimulating to the absorbant vessels, the muscular and sero-fibrous structures—those tissue immediately surrounding and lining the joints and investing the heart and brain. It is an anti-rheumatic preparation, and designed for every form of this disease, after the acute stage has passed. It may be used at any time after the ninth day's existence of this affection. When the joints become swollen stiff, with great weakness, or, when wandering rheumatic pains are present, this number will be found to be an invaluable remedy.

**Directions**—Take two pills three times a day, for one week; then omit a week, and so on. When they move the bowels too much they should be omitted for a day or two.

**No. 23.** This remedy was prepared in accordance with *new views* of the cause of what is usually termed “night sweats”—a profuse colliquative perspiration supervening the advanced stage of Consumption, and commonly attending the stage of debility in every constitutional disease; and occurring during sleep, whether at night or day. Night sweats have generally been treated by internal medicines of the most powerful nature, which often not only fail to check or remove it, but injure the coats of the stomach by being too long continued. Mineral acids never, internally or externally used, are reliable, prompt or permanent in
their effect. I give no internal medicine for this peculiar affection. The contractile power of the cutaneous exhalants (or pores in the skin) is merely relaxed—admitting an increase in the flow of the watery part of the blood through them. With this is evaporated a vast amount of animal heat which the vital forces at this stage are inadequate to supply; and consequently rapid prostration ensues. The indication in these cases is to strengthen the skin, contract the pores to nature's standard of elimination, and restrain the serum of the blood and animal heat within the system to aid in performing the function of life.

In No. 23 we have a specific for "night sweats." Never has it been known to fail when properly and perseveringly used. I believe that it so effectually protects the life-fire and life-water of the system that it would prolong or add from three months to a year to the lives of those who are incurable.

Directions—Dissolve the powder No. 23 in one quart of rain water, and bathe or sponge the entire body, rubbing briskly, every six or eight hours, according to the urgency of the symptoms, until perspiration subsides. The surface needs only to be wet—more than this is not needed: it should be applied while the patient is covered in bed, to prevent chilliness, and any time, even when the patient is sweating; nor ought the surface to be wiped at all after the bathing.

No. 24. The primary action of this number is to remove inflammation of particular structures. It effects this object by stimulating the absorbents and facilitating the excretion of water from the system. Hence its application in different forms of dropsy, especially of the abdomen. In the early stage of dropsical affection, more or less febrile or inflammatory action is present. This remedy subdues the inflammation, and removes
the effused fluid, in whatever cavity or tissue it may have accumulated. In rheumatism of the joints, in the early stages, it acts promptly and efficiently. Also in acute rheumatism, or inflammatory disease of every kind, it is equally applicable and efficacious.

Directions—Put the contents of this vial into one pint of water, if there be marked fever present—if not, use the same quantity of gin or rye whiskey. Dose from one-half to one table spoonful, three times a day, in half a pint of water-gruel, or slippery-elm water. If diarrhoea occurs, check it with laudanum or omit the remedy a few days. It is seldom necessary to continue it more than a week at one time.

No. 25. Gargling the throat is a useful mode of applying remedies in inflammation of the mouth, tonsils, palate or uvula, and fauces or that part lying back of the palate. Inflammation and ulceration are of frequent occurrence in these parts, inducing cough, laryngitis, (loss of voice) and will invariably terminate in bronchitis and a fatal affection of the lungs, if they are permitted to progress or remain uncured. The frequency of these throat affections is truly surprising, and their absolute tendency to terminate in the disease above mentioned is a well-established fact.

Consumption originating in dyspepsia invariably manifests the first symptoms here. I have examined many thousands of cases, and in all, when the digestive organs were primarily affected, ulceration of the throat was present, and beginning there rapidly extended from the continuity of surface to the respiratory organs. This fact deserves the early attention of every person having dyspepsia. Ulceration may exist without the least pain, as we have found in repeated cases. When there is con-
stant accumulation of phlegm in the throat, and an inclination to "hauk," or clear that part, not really a cough, but commonly termed "hemming," that symptom calls for immediate attention. Many cases that have terminated fatally, might have been saved had this simple suggestion been observed. Within the last three months I have examined many cases in whom this symptom existed, and yet the patients had paid no attention to it, nor would they believe that it was the seed of a fatal malady; or, if they did, they consoled themselves in the faith that there was "time enough yet." Say they—"We have no cough, only a little phlegm gathering in the throat, and that not much sore." Well, it will never feel much sore until consumption is established. The low form of inflammation in these parts is never productive of acute pain. We have known cases where the fauces were ulcerated as far as could be seen, and yet the patient felt no special soreness, and was not at all aware of the fact. If you would prevent the fruit, you must destroy the bud; it is an easy matter to change the channel of a rivulet, but who can dictate the course of the mighty river? We know that these throat symptoms are small for so lengthy observation, yet it were wrong in the physician not to give the patient full warning of the ultimate tendency of disease, however mild the first symptoms might seem.

Directions—Put this powder (No. 25) into half a pint of rain water, with two or three teaspoonfuls of vinegar—in cold weather a little syrup or honey may be added; in warm weather, sweeten the dose when used, as otherwise it would soon sour. Gargle the throat two or three times a day about one hour after meals, and take no drink for a time afterwards, so that the medicine may adhere to the affected part. It can do no harm if swallowed, still its use is only local for the throat.
This remedy is always to be used from commencement of treatment, so likewise are all the remedies when not otherwise directed.

**No. 26.** This ointment is designed for obstinate eruptive diseases, unattended with acute inflammation, and may be regarded a sure remedy for "running tetter," scald head, salt rheum, "ring worm," scrofulous ulcers and all chronic skin diseases.

Directions—If there is a large surface diseased, apply it on a part at a time, or on one place at night, and on another part the next night, and in this manner until the sores are healed. Apply it only once in twenty-four hours for a week, then omit a few days, and if necessary use it again. When applied to the hands they should be washed in the morning with warm, soft water, and a little fresh butter or sweet oil applied, to keep the skin soft.

**No. 27.** This number is tonic, anti-periodic and alterative. It supplies a desideratum in remedies for certain types of ague and intermittent neuralgia. The third day, and protracted agues which have resisted the usual remedies—frequently returning upon slight exposure,—this number speedily cures.

Directions.—The dose is from six to ten drops three times a day, for five or six days—then omit the same length of time, and take as before. Take it in half a glass full of sweetened water. The bowels should be kept freely open during its use with pills No. 12.

**No. 28.** Many important indications are filled by this number; it approaches as near a catholicon as any one com-
pound can. Still the *spirits* used to dissolve it prevents its use in certain forms of nervous diseases, in which it would otherwise be a remedy of the greatest value. Neither is it borne when there is a constant burning sensation in the stomach, called "heart burn," nor if there be much irritation of the mucus membrane. In some of these cases it is well borne, however, affording prompt relief. I speak thus minutely, that patients may know the exact nature and effect of the medicine. It is an efficient remedy in cold habits, when there is deficient nervous energy, especially in females, when the stomach and bowels require a gentle carminative stimulant—in that peculiar condition of the liver, irritable, inactive, and not performing its functions of separating the bile from the blood. Therapeutically it is a *deobstruent*, that is, it removes all obstructions from the liver, procuring a healthy secretion of bile, in quantity and quality, thus regulating the bowels, removing inflammation (in the liver) and establishing a healthy, vigorous action in the nutritive function.

Weakly females, with a languid circulation, cold feet and hands, feeble digestion "irregular," or suppressed menstruation, will find this a valuable remedy. It is one of the four great liver remedies peculiar to the pathogenetic system.

**Directions.**—Proof spirits is necessary to dissolve the ingredients; diluted alcohol, therefore, must be employed. Patients will notice that "*diluted alcohol*" is simply alcohol, diluted with water in the proportion of one part of water to two parts of alcohol; this makes what is known as "proof spirits." When you get alcohol to prepare No. 28, ask for *diluted alcohol*, and any druggist will understand you.

The materials should remain in the liquor one week; then turn off the clear liquor, or strain it slowly through flannel,
until no sediment or but little, remains after the process. The dose is from a half to a teaspoonful, in a glass half full of wa-
ter, sweetened if preferred, to be taken three times a day be-
fore meals. Patients having piles should not use it when they are much inflamed.

No. 29. In this pill we have remedies that act directly upon the nervous system, and are especially designed to meet those symptoms arising from an irregular distribution and generation of the nervous fluid. This fluid or substance, (by whatever name called) is subject to the same defects, or changes in its distribution, as the blood; and at times may be generated in increased, at others in deficient quantities—the great nervous centres not acting in harmony, or, from irritation, with increased vigor, giving rise to numberless painful, annoying, and distressing symptoms, or sensations. Spasms, or various forms of fits, are thus produced.

To equalize or harmonize the distribution with the genera-
tion, or production of this fluid, is the single aim of this prepara-
tion. In every affection, therefore, wherein nervous symp-
toms predominate, these pills form an essential part of the treat-
ment. Hence, in neuralgia, hysterics, convulsions, spasms, or fits, No. 29 is an efficient and reliable remedy. Many med-
icines are prescribed, and extensively sold, for what is com-
monly called "fits," yet no remedy possesses as great power over these obstinate affections of the human system, by what-
ever name called, as No. 29. I do not claim for it any specific powers in epilepsy, because many cases of long standing are well known to be little benefitted by medicine. It is only re-
cent or mild cases that I do expect to cure. Some cases yield readily—others are much relieved, that is, the fits become less
frequent, and in others no improvement whatever is experienced. This is the truth, however much others may boast of specifics for Epilepsy. I have aimed to avoid investing any of the Pathogenetic Remedies with virtues they do not possess, and rely upon the good sense of the public to make that distinction between candor and truth, and braggardism and quackery, which characterize the recommendation of either new or old remedies.

In thus briefly giving the effects of our remedies for the benefit of the sick, and the symptoms or diseases they are designed to cure, I have stated what I know, and have proved, and long since demonstrated—and no more.

That there will be occasional failures, we must expect, and at the same time let us carefully trace the cause of these failures. 1st, The disease may have passed the curable stage; 2d, The patient may not have been faithful, either from neglect or the occurrence of circumstances over which he had no control; 3d, the remedy not being used a sufficient length of time, in the nature of the laws of life, to subdue the disease. Here are three important, yes, indispensible conditions essential to be fully and intelligently decided, before a medicine or system can be truthfully determined—before the patient or any one else knows, or has a proper right to say, that the said medicine would or would not have cured the disease for which it was given. Although I say that any remedies for epilepsy will not cure one case in ten that have existed for three, or perhaps even two years, yet I do know mine are as efficient as any ever known. But this disparity does not apply to any other disease I treat. In those of the stomach, liver, &c., they are uniformly successful, when the three fundamental conditions above referred to are complied with.
Directions.—Dose of No. 29, one pill three times a day, the last dose to be at bed-time.

No. 30. A medicine capable of preventing the formation of urinary calculi, (or white gravel) and also of dissolving it when it has already accumulated, is combined in this number. In addition to its property of dissolving gravel, it exercises other decided influences over the system; it allays the pain and spasms attendant upon the passage of gravel. It also relieves pain and spasms from whatever cause produced; corrects all morbid secretions, and invigorates the general health. It strengthens the sexual organs, and imparts to the system one of the most abundant single elements of the body.

This number will be found useful in allaying the distressing thirst of diabetes, and is also a remedy for that disease. It is an efficacious constitutional invigorator; hence, is applicable in all cases of great debility and nervous irritation.

Directions.—Dose, from 12 to 15 drops, to be taken in half a glass full of sweetened water three times a day.

No. 31. Acidity of the stomach,—a frequent rising of sour, acid gas or wind from the stomach, is a general, if not a universal attendant upon dyspepsia. The most that has been aimed at or accomplished, in treating the symptoms, is merely neutralizing the acid by the use of alkalies, such as soda, limewater, lye from common ashes, &c. They afford a present relief, but never effect one cure, and their continual use inevitably injures the coats of the stomach. The most unyielding cases I have treated were such as had made free use of soda or alkalies in some form. Here let me remark, that any person, physician or not, who prescribes or advises the use of soda in any form
for this symptom, knows nothing about treating the disease; for it only neutralizes the acid, and has no power to prevent its re-accumulation. No. 31 contains no alkali or soda, yet it has the peculiar power of preventing the excessive generation of acid —this is a cure. Both Nos. 14 and 31 possess the property of curing acidity of the stomach, and both will move the bowels slightly —31 more than 14. I do not think it possible for a person to have sour stomach while using either of these remedies, unless they gorge that organ, and eat as long as food "tastes good." "Stuffing" a weak, irritable stomach is a sure mode of defeating the action of medicines, and an infallible means of perpetuating the disease. It is the habit of some persons not only to fill the stomach, but, to use expressive, vulgar parlance, literally stuff, and cram it, as if they were stuffing a wool-sack. Not only this, but if the appetite flags, it must be, like a weary beast of burden, coaxed, whipped, or spurred up to the same labor that it is capable of performing in its refreshed and most natural state. A little food will sustain life better than the amount usually taken. We eat as though the great object is to gratify taste, and not the highest object of life.

I have in another place asked the question why consumption is so generally fatal! We now ask why the prevalence of the remark that "dyspepsia cannot be cured?" I answer, because physicians will persist in giving alkalis, and tonics, neither of which can cure a well-marked case, and, in nine out of ten, do positive harm. Hence it has passed into a proverb that dyspepsia cannot be cured, when no conclusion was ever further from the truth. Mr. Augustine Myers, whose certificate may be seen in the Pathogenetic Advocate, asked me if I really pretended to cure the dyspepsia, in cases that were of ten or twelve years' standing. I told him I did. He took a prescription on the
reasonableness of my explanation, and in thirty days voluntarily gave me the certificate above referred to. It is now eight months since, and he continues in good health. I treat the stages of dyspepsia, varying the medicine to meet present pathological conditions. One preparation is not more suited to all the stages of that disease, than is physic or an emetic suited to the subsequent stages of a billious fever, because they are generally required at the beginning of treatment. No. 31 is indicated in the more obstinate cases, where there is persistent acidity of the stomach, a nauseous, bad taste in the mouth, foetid breath, and obstinate constipation, with bloating of the bowels, and stomach, and a hot, burning sensation, by some called "heart-burn."

Directions.—Take from a half to an even teaspoonful three times a day, in cold water, about a half an hour before meals.

No. 32. In the preparation of this scientific compound the greatest care and most diligent research has been had in regard to the nature and treatment of scrofula. Heretofore there has been no safe and reliable remedy offered to the public for this obstinate and so generally fatal disease. The scrofulous constitution is generally at the foundation of constitutional and hereditary consumption. Physicians, as well as patients, have long been satisfied of the inutility of the common remedies in the treatment of this disease.

In the preparation of this compound the particular and varied conditions of the scrofulous habit have been thoroughly studied, and I am confident no combination is so well calculated to correct the diseased humors of the blood as is 32. It is truly a constitutional renovator and effects every emunctory of the body in addition to its direct alterative effect upon the
glandular system, producing the absorption of glandular tumors and enlargements, and removing any inflammatory action that may exist there. To adapt my language to the more clear understanding of patients—it purifies the blood, and prevents those morbid changes which give rise to the local manifestations of this dreaded and obstinate malady. In all diseases dependent upon humors in the blood, no matter from what cause produced, No. 32 is superior to any other compound ever proposed as a remedy.

This number is indicated in every form of scrofula, and in consumption arising from that diathesis, tubercle of the mesenteric glands, in every form of cutaneous eruptions, or disease of the skin—in blotches or pimples on the face—ulcers—scaly affections of the surface—and no remedy has a more beneficial effect upon the blood in a syphilitic taint of the constitution. In all cases requiring a constitutional alternative with an especial reference to the glandular structure, it is a safe and reliable remedy. In order to obtain its full effect, it should be continued from one to three months.

Directions.—Dissolve the contents of this box in half a pint of hot water, and add a half pint of whiskey, and shake well each time before using. Dose—a teaspoonful about an hour after each meal in sweetened water.

No. 33. No chronic disease (not immediately dangerous) is more troublesome and obstinate than piles, whether of the bleeding, "blind," or external varieties. The difficulty in curing these hemorrhoidal affections may be inferred from the great variety of remedies which have been recommended and in their turn been found useless. Without entering into the special details of the effects of my remedies for this
disease, I will say that no better are put up. But no matter what remedies are given, or applied, without due attention to the regular action of the bowels, no remedy will do more than afford present relief. Physic and constipation both irritate the piles.

First. No. 33, A, is designed for irritable piles, when there is great pain in going to stool, with slight discharges of blood, great external soreness just at and within the margin of the anus, either with or without tumors in those parts.

Directions—Apply a piece of this ointment, about the size of a large pea, once or twice a day, introducing it well up. This is also useful in healing serofulous ulcers, salt-rheum, &c.

No. 33, B. is especially designed for cases of great relaxation, when the Piles "come down," or protrude, and remain in this situation after the stool. This remedy may be applied when the piles are thus protruded, or down, after which they should be returned to their natural position. They must not be allowed to remain down, at any time. This Pile oil corrugates the part, preventing the piles from protruding, but is also a specific for any form of hemorrhage from those parts. It may be applied once or twice a day, just enough to oil the part affected.

The diet in these affections should be rigidly insisted upon. Rye bread, or rye mush and molasses, is not only a proper food, but is also a medicine, as any one will be convinced, if they try it. The preparations of No. 33 will cure a large proportion of all forms of piles, and are the best remedies ever offered to those afflicted with that disease.

No. 34. Dyspepsia, long continued, or more correctly speaking, the chronic irritation and inflammation which cause dyspepsia, may result in ulceration of the villous coat, or mucus mem-
brane of the stomach, and even the fibrous structure may also become inflamed. In all such cases, No. 34 is a valuable remedy, and is designed for that particular condition of the stomach. This remedy acts with great certainty in all cases of debility of the digestive organs, and in anaemia, or general debility of females, who are pale, feeble, nervous and irregular, embracing that condition of the female system called chlorosis.

Directions—When used for the above afflictions of the stomach, take one pill, three times a day, for a week, before meals, then four during the day—the fourth at bed-time, for one or two weeks more. In suppressed or deficient menstruation, take one, three times a day, for a week; then four a day, for two weeks, and repeat them in the same manner, if necessary.

No. 35. There is a condition of the stomach, known as "water brash," so called by patients, which is a sudden gush of a warm, sickish fluid from the stomach, occasioning sickness and vomiting. It generally comes on either at or shortly after taking food, and the nausea induced causes the patient to vomit up what food may have been taken. The patient becomes weak and pale, with many other symptoms of derangement of health merely from deficient nutrition. More or less disease of the liver and stomach attend this affection, and dyspepsia is almost invariably present, with constipation of the bowels.

The cause of "water brash" is a weakened and irritable condition of the mucus follicles, situated in the mouth, throat, and stomach. The chemical constituents of the secretion are also changed, being thin, watery, and deficient in the compounds of sodium. The stimulus of the food causes these glands to throw out their contents suddenly, and in too large quantities. To cure this affection, the mouths of these glands must be corruga-
sted—closed within nature’s limits. Many have failed to cure this disease because they did not understand its pathology or cause. The medicine I prescribe (No. 35) for this symptom acts directly upon these glands, and very soon checks the gushing out of this diluted secretion.

No. 35 is especially indicated in many of the diseases of females, such as leucorrhœa, excessive menstruation, and in five drop doses is an effectual remedy in chronic diarrhoea and dysentery, gleet, and disease of the coats of the bladder attended with a mucus secretion, bloody urine, &c.

Directions.—Take from 10 to 15 drops of 35, three times a day, in one half a glass full of sweetened water, just before eating. Use salt freely with your food, and drink no coffee, and as little of any fluid as possible while taking your meals, and for two hours afterwards.

No. 36. These pills hold an important rank in treating some forms of disease. They are not intended as an independent remedy, but to be given with other remedies, to qualify their effect on very weak and irritable stomachs. It allays irritation, quiets pain, and in a great degree controls those restless, anxious, and disagreeable nervous symptoms that attend dyspepsia and liver affections. They relieve headache, and when taken at bed-time, procure sleep. These pills never move the bowels, nor can sicken or distress the stomach, but may be used to remove those very symptoms. Whenever a medicine is required to relieve pain, or quiet the nerves, this number may be used for that purpose. These pills, therefore, are an important auxiliary in the treatment of a great variety of diseases, and as they do not constipate the bowels, are a very desirable anodyne.

Directions.—Take from a half to a whole pill once, twice, or
three times a day, just as the symptoms for which they are given are controlled by them. They may be dissolved readily in a little warm water if the patient prefers. The numbers 14, 31, and 28 generally are materially assisted by this pill, given either with such doses, or only at night and morning.

No. 37. This is expressly designed for pimples and blotches on the face and hands, or any part of the body, but never to be used internally. The contents of the vial No. 37 may be added to one pint of rain-water, and a little piece of sponge dipped in it, and the skin slightly moistened with it at night, and oil or sweet cream applied to the part in the morning. If the eruption be extensive, only a part of it should be wet at a time; when that is cured apply to another part. (See use of No. 26.) This number will cure "scald-head"—all scaly eruptions, erysipelas, salt rheum, &c.

No. 38. This number is designed expressly for diseases of the urinary organs, attended with gravel or calculous deposits, whether in the billiary ducts, kidneys, ureters, (those little tubes which carry the urine from the kidneys to the bladder,) or bladder and urethra. But it is applicable to only one form of gravelly disease,—that is of red, or brick colored variety. In such cases, if the vessel be allowed to stand six or twelve hours, the urine then being slowly turned off, and the vessel then being allowed to dry, the sediment remaining will look redish, and feel like fine sand, when the finger is rubbed over it. Cases of this kind require No. 38. It not only removes the gravel, but the effects of it upon the mucus membrane of the urinary passages, and the pain in discharging the urine.

Directions.—The contents of the vial No. 38 should be
put into 24 teaspoonsful of water and shaken till all dissolved. Dose—a teaspoonful in half a tumbler full of slippery-elm water, from three to four times a day.

No. 39. Although many other numbers will be efficacious in the treatment of Asthma, yet, No. 39 has been prepared with particular reference to the radical cure of that affection, and in connection with Inhalation is the general treatment of this disease. It is especially intended to relieve the distressing symptoms attending a paroxysm or a sudden attack of asthma. It relieves the spasm, promotes expectoration, induces perspiration, allays the cough and quiets the pain.

Directions.—Dose—from 25 to 40 drops three times a day, to be taken in one-fourth of a glassful of sweetened water. When the difficulty in breathing is very great, and the cough tight, a dose may be taken every three hours until nausea is induced. This remedy is very efficacious in every form of bronchial disease, chronic coughs, and mucus expectoration, unattended with pain in the chest.

No. 40. Sick-headache is a very common and painful affection, for the speedy cure of which this number is particularly designed. It is supposed by many that this disease cannot be permanently cured, but the faithful use of this number will convince any one so affected to the contrary. I believe it to be as near a specific for sick-headache as is ever obtained in medicine.

Directions.—Put this powder into one gill of brandy and let it stand four days, shaking it occasionally. Dose—one teaspoonful, to be taken in a little water as soon as the first symptoms of the disease are felt, repeating the dose in one or two hours, if necessary. This number will also be found to promptly
relieve pain in the stomach, in dyspepsia, caused by gas or "wind," called flatulence; also acidity, &c. To relieve the symptoms, a dose may be taken at any time.

**No. 41.** This is a tonic, alterative and anti-spasmodic pill, and is designed for the cure of epilepsy, or "fits," as the disease is often called. If perseveringly used, this number will, in recent cases, cure a large proportion of epileptic patients. They are also useful in hysteria and in all debilitated, nervous, spasmodic diseases.

**Directions.**—Dose—For epilepsy, one pill night and morning for one week; then use one *three* times a day for one week; then one pill *four* times a day for one week, if the disease is not cured. Should it be necessary to take them longer, they must then be omitted for one week, after which take them as at first.

END OF PART SECOND.
PART III.

SYMPTOMS OR DIAGNOSIS

OF CHRONIC DISEASES,

WITH THEIR PATHOGENETIC REMEDIES.
PART III.

CONSUMPTION.

So varied are the premonitory and initiatory symptoms of pulmonary consumption, in different patients, that to point out all of the attending symptoms would be no less than a history of individual cases. The more usual and significant signs, those of which patients take notice, are such only as I design to mention.

By consumption, is to be understood a slow, gradual, inflammatory action in the substance of the lungs, whereby the air is first obstructed in its circulation through them, which increases until there is no admission of it into the cells. The extent of this obstruction is often very small, perhaps not larger than a dime, and even less at first. The nucleus once formed, a like change takes place in the part surrounding this hardened or impervious portion of the lung which continues to extend in like manner till a large surface is involved. This change or hardening in the air cells is substantially the same, and its progress the same, from whatever cause produced.

This has usually been described as the first stage of consumption, but we regard it the second. The first stage consists of those constitutional changes which produce this local inflammatory condition of the lungs, for the local affection is the result of constitutional changes in digestion or the nutritive functions, which are very gradual in their approach, and may be operating.
for years before cough or expectoration announces that the substance of the lung is inflamed and the air-cells closed and hardened.

The first stage of consumption dates from the time the stomach fails to digest the fat or animal oils used in food, which deprives the system of one of its principal elements of support. Such being the case, the effect of this deficiency of animal fat explains the very first symptom usually noticed—that is, emaciation, and a slight feeling of weakness, with an uneasy sensation—not confined to any particular part—with an irritable condition of the system—not a fever proper, but what is generally called "feverishness." Now, are not all of these disturbances of the general health just such as every person experiences while restricted to a less amount of food than the system requires? Are they not such as invariably attend "short rations," or starvation? Precisely so, and in nearly every particular; the only difference being that the famishing person does not eat the food at all, while the consumptive does, but from the impaired condition of the digestive organs it is permitted to pass out of the body unappropriated to its nourishment. Hence, we often hear it said of certain invalids that they are not sick, but only "spleeney;" that they "eat more than a laboring man," &c. This fact proves our theory, for they eat like starving men, and are, physiologically, such. The system is, in other words, consuming itself. Hence, the emaciation of consumptive persons is caused by the consumption of the fat, which is deposited in the adipose tissue beneath the skin, and between the muscles, giving a full, plump figure to the body, and the failure of the stomach to keep up a supply. The correctness of this theory is further proved by the effect of Cod Liver Oil; for, if the stomach has not wholly lost the power to digest oils, (of which this
is the most easily digested,) patients very soon increase in weight and strength, and in the same proportion the fever subsides. Not only is this a true explanation of the symptoms, but a careful analysis of the blood proves the same point. It is evident, therefore, that Cod Liver Oil, being so readily assimilated, supplies certain fat molecules, which are essential to the formation of nuclei of the fat cells of the tissues, which has the physiological power of coagulating the albumen around them.

The symptoms, then, in the first stage of consumption, are, either a deficient or voracious appetite, with a consciousness on the part of the patient that his "food seems to do him no good." And, whether he eats much or little, the same feeling of faintness, weakness, "goneness at the stomach,"—"a feeling of being neither sick nor well," by whatever name expressed—are often the only warnings given of the approaching disease. As these feelings progress, a feverish restlessness at night comes on, with occasional head-ache, constipation, and a more manifest derangement of the digestive organs.

The first visible symptoms are, a pale hue of the skin, attended with slight flushes of the cheeks, an evident softening of the flesh, and a strange susceptibility to atmospheric changes—or a feeling of having taken cold; hence, the patient says, "I take cold so easily, every few days." But this is no cold, (properly) at all;—it is only the successive steps of the disease, in approaching the respiratory organs; for all slight inflammations in those organs will produce these very symptoms. Almost every consumptive is deceived precisely at this point or stage of his affection. Such attribute to an ordinary cold the symptoms which invariably mark the progress of this insidious and delusive malady.

There is often, quite early, more or less pain in the upper por-
tion of the chest and shoulders, and at or near the margin of the short ribs, or, as some describe it to me, a feeling of pressure, weight, or heaviness, a "tired feeling," with occasional shortness of breath, with irregular, or at times a rapid beating of the heart. Some say the feeling is like the gurgling of water in the side; others, a tightness, or rubbing sound and sensation. But the difference is not so much in the real condition of the parts, as in the mode of expressing it; for the sick sometimes do not really comprehend the language used to convey their ideas or feelings. The throat also becomes dry at night, the spittle frothy, with a slight soreness in the throat, and when examined appears either pale and relaxed, or "puffy," or quite red and inflamed, with a constant accumulation of phlegm or mucus, and often ulcerated, looking rough and gorged, because the little glands are swollen and enlarged—the uvula (or palate) becomes relaxed, elongated, and there are occasional hot flashes passing over parts of the body.

At the same time there is either coldness of the feet and fingers, heat in the palms of the hands, with unnatural moisture, or a "burning sensation" in these parts.

These are some of the more general premonitory and initial symptoms and signs observed by patients before they apply to physicians. "Their symptoms were mild—did not suffer much pain, and really did not think their cases sufficiently urgent to require any treatment."

Then comes on a slight cough—dry—perhaps it can scarcely be called a cough at first—"hack," in the language of patients. This, even, often fails to arouse the person to a sense of the real nature of his case. But I trust that all such as may attentively read this little work, will be able to detect the early symptoms, and to understand their tendency and progress so
as to arrest them while they are in a curable state. What has been usually called neglect or indifference in the patient is fairly attributable to his want of proper information in reference to his case.

When a cough is fully developed with a corresponding increase of the above symptoms, the second stage is clearly reached.

The treatment of this stage consists in improving the nutritive function which may be effected by the following pathogenetic remedies.

First, Give No. 10 during the day and a pill of No. 7 at night; then use No. 14 with a pill of No. 36—or, if there be much soreness of the stomach or constipation, use No. 31 in the same way. No. 38 may be also used when the eye or skin is yellowish, urine scanty, and tongue furred. For the hot flashes use No. 17 or 11; and 38 if there is red sediment in the urine. No. 9 is a valuable remedy when the patient is not much debilitated, and has an unnatural redness of the face, indicating an unusual degree of fever. In the stage where debility is early manifested No. 21 is better.

The use of the Salt bath is applicable in all cases where there is an increase of the heat of the body. Cod-Liver-Oil cannot be dispensed with when even the first signs of emaciation appear, but should be used early in the disease. It should be taken in large doses, and persevered in for months, or even a year. A few weeks use of this remedy will do no good; it must be used until the nuclei of fat molecules are fully restored. If there be much pain in any part, use No. 18, and when the throat is affected inhalation, and gargling the throat with No. 25, are essential.

It is proper to state, that tubercular consumption is rarely
attended in this stage with pain; indeed, it is a well established fact that consumption may run its whole course without pain or even constant cough; this has been abundantly proved by post mortem examinations. But patients generally attach more importance to the cough than any other symptom, whereas it is the most deceptive of any. Merely quieting the cough is no indication of a general improvement in the constitution. A temporary subsidence of the cough is common, even to the natural course of the disease.

The second stage is characterized by frequent cough, and more or less expectoration of a frothy, or thick, tough phlegm or mucus. The former symptoms are increased—there is more fever—slight or quite hard chills—the digestive organs and liver are in most cases more deranged, and the countenance wears the unmistakable appearance of organic disease. The duration of this stage is variable—so also the first. The former or first stage may exist for several years,—the latter or second stage for several months, or even one or two years before it passes to the third and last stage.

From these remarks the reader will discover the true reason why consumption has hitherto proved so unmanageable; because medical aid is not procured until the first stage is fully past, and perhaps the second existed quite too long to prevent ulceration.

I have said nothing concerning certain physical signs—those sounds obtained by putting the ear to the chest—and also those which are heard by percussing, or tapping gently on the chest. This the patient is unable to do, as it requires great study and experience to obtain sufficient knowledge of those sounds to apply them, or to interpret them truthfully. The scope of this
work is confined to those symptoms with which the patient has to do.

So various and changing are the symptoms in the second stage of consumption that I can but little more than give general directions for using my remedies, for they must be varied to meet the present indications of each case. The medicines are so arranged that each patient has the benefit of a change of remedies, as frequently as the pathological condition of the system may require. This is an advantage I have over other itinerant physicians, and one that no invalid will fail to appreciate.

In all cases, the condition of the liver should be attended to, remedies for which may be found under their respective titles, and fully described in Part II, of this work.

Generally, Nos. 10 and 7, 28, 32, 21, 12, 31, given as the symptoms require, will be found successful. Inhalation is always to be faithfully used, irrespective of other treatment. No. 18 should be applied over the seat of pain, and changed from one part to another, until all local soreness and pain are removed.

Cod-Liver-Oil is also an important remedy, combined with No. 4, and is to be freely used, even while taking other medicines.

When the stomach and liver have been regulated, or do not require special treatment, then begin with the constitutional alteratives Nos. 9, 21, 32, 7, 28, 17, and 10. These must also be arranged to meet the symptoms. If chills or fever occur, give No. 17: when these are removed, use Nos. 3, 11, 32, 21, 18, &c. Generally, in all cases, if there is much pain, sleeplessness, and general unrest, No. 36 may be used, with any of the above remedies. For diarrhoea No. 6, or No. 35 may be taken; one pill of 6 every two hours; and if it is quite obstinate
two pills may be thus used, until the bowels are checked. Night sweats can be positively cured by the use of No. 23. After they are controlled this bath should be used, at bed-time, for several weeks.

When the expectoration is very profuse, cough very frequent, depriving the patient of sleep, No. 6 may be taken between the doses of other medicine.

Third Stage.—This may be known by the presence of the foregoing symptoms and the character of the matter coughed up. The local hardening spoken of has now become ulcerated and matter or pus formed, and cavities exist. The matter will be thick, of a bright straw color and will sink in water. The fever now is regular; the hot flashes spoken of have developed their real nature; the night sweats are more profuse; the chills recur regularly; there is diarrhoea, attended with constipation; the tongue becomes deeply red at the tip, and heavily coated further back; the throat is generally very sore, or even ulcerated—with a manifest increase of previous symptoms; and emaciation progresses rapidly. Physical diagnosis, or the various sounds of the chest are very important at this stage, in deciding upon the particular location and extent of the disease, but cannot influence the treatment, which is now very simple, viz: to nourish the system and invigorate the nutritive function, while inhalation is used at least three times a day.

Stimulants may be used—Rye Whiskey, Porter Ale, &c. Nos. 3, 17, 11, 30, 32, 21 and Nos. 6 and 36 will be called for. Tar water or tar syrup made thus: tar, one pint; Orleans molasses and West India Rum, or good cider vinegar, one pint; put them all in an earthen vessel and set it on the stove till it slightly simmers, stirring it occasionally; then set by to cool; when cold turn off a tablespoonful of the clear liquor for a dose,
which may be repeated three times daily. Larger doses may be used if the stomach will bear it. This is a valuable prescription for coughs when *pus* is expectorated.

I am often asked if cavities or ulcerated lungs ever heal? Dr. Bennett and other good authority say they do, and I have in many cases had evidence of the same fact. Even after the formation of cavities the disease may be kept in check for a long time. This remark is also true of the second stage, and to a far greater degree; even when we are unable to remove the hardened state of the lungs, and restore the air cells, we may keep inflammation down, and defeat the exciting cause, retarding, perhaps for many years, the ulceration of the part, and the formation of cavities.

The above outline of the several stages and symptoms of constitutional pulmonary consumption will be found substantially correct; and, if fully understood, will greatly assist patients in deciding upon the *meaning* or cause of the symptoms present. But for further information reference may be had to several other articles in this book.

There are other forms of consumption which, for convenience, we shall call *accidental* or *secondary*. These depend upon entirely different causes, and are of the most frequent occurrence.

1st. There are cases which result from acute inflammation of the lung—that is, the lung becomes hepatized, and although the patient recovers from the acute symptoms, yet the lung is in a situation quite similar to what I have described as the *second stage*. Ulceration finally takes place, cavities form, and the same general symptoms supervene as in the other varieties, and the same general treatment is required. The case, however, is
far more likely to recover than that which primarily depends upon constitutional causes.

2d. Other cases are the result of protracted Bronchitis, or common cold—the inflammation extending from the bronchial tubes by the continuity of surface, and when the air cells become involved similar changes then take place as in the first variety of lung diseases.

3d. Local inflammation of the Larynx—the result generally of a common cold—may and generally does, terminate in the same manner. In these cases there is obstinate hoarseness—a change, or even an entire loss of voice. This is denominated Laryngial, the other Bronchial consumption.

A fourth variety is the result of catarrh, long continued, the disease extending by degrees through the respiratory organs to the substance of the lungs. A fifth variety begins in the faucæ, the upper and back portion of the throat. Chronic inflammation of that part is followed by ulceration, and from the continuity of surface extends, till in like manner as above the air cells are reached. The former is called Catarrhal, the last Dyspeptic consumption, because catarrh and primary dyspepsia are regarded as the exciting causes.

Of the treatment and symptoms of these several varieties we shall speak under their appropriate heads, as follows:

First. Chronic Bronchitis.—This disease consists of chronic irritation, or sub-acute inflammation of the mucus membrane lining the bronchial tubes—that portion of the respiratory organs situated between the windpipe, or trachea, and the air cells. A frequent, hoarse, distressing cough invariably attends this affection, and is characteristic of it. The coughing spells often continue till vomiting is provoked. In some cases, but very little matter is raised at every very hard and pros-
trated spell of coughing. This is true of the first stage. In other cases there is profuse expectoration of a thick, tough, adhesive mucus, which the patient calls "ropy phlegm." It is, in the first stage, about the color and consistency of the white of an egg. This invariably indicates bronchial inflammation. In the early stages, the general health is not much disturbed. More or less pain is experienced about the chest, with a peculiar tightness,—a hot or burning sensation is felt along the middle of the breast, under the breast bone, and often considerable pain is complained of in that part, and in the sides and shoulders.

As the disease progresses, slight fever occurs, with night sweats and chills. At this stage the lungs are frequently involved. The expectoration gradually assumes a yellowish color, becomes thicker, but is more or less surrounded by thick, tough mucus, before spoken of. The voice, too, is early changed, becomes hoarse, or reduced to a mere whisper.

Constitutional disturbances do not appear so early as in the other forms of consumption; still the liver, stomach and bowels, often become affected, and require treatment. After the lungs are reached, the disease progresses in like manner, as before described, and like treatment is required. But while the disease is confined to the bronchial tubes, the mode of treatment is quite different, except inhalation, which is in all of these affections an indispensible auxiliary to other remedies.

If the patient is not reduced, and the stomach and liver not deranged, give No. 9, 8, 32, 39, 11, and 5. No. 18 must be worn upon the breast—first on one side, then on the other—so long as any pain or soreness remains. If the cough is severe, and expectoration profuse, No. 6 may be used several times during the day. When the liver is involved, No. 10, 28, and 7; if dyspeptic symptoms are present, No. 14, 31, 11, 34, and
3; if the bowels are costive, give No. 12. As a general rule, but one number is to be used at one time; but *adjuncts* or *qualifying* remedies, such as No. 6, or 36, may be used with the other numbers, as before stated. The rule is, treat the most important symptoms first, then the others in their order, remembering that the nutritive function is the most essential in the human system. For remedies to control special symptoms, reference may be had to Part II, of this work.

Whatever remedies reduce the inflammatory condition of the mucus membrane, will improve the case. One fortunate circumstance is, that the same treatment required for bronchitis is also the special treatment for loss of voice, or hoarseness.

Expectorants, properly so called, are never to be used in this stage, as they only increase the *amount* of secretion to be removed, and will increase the disease, just as physic increases the action of the bowels in diarrhoea. This is a new mode of practice, I well know; but it is reasonable to suppose that expectorants will act in this manner. The object is to *diminish* the secretion by directing, as far as possible, the blood and fluids *from* the part. Very much harm has been done by the too free use of this class of remedies, indiscriminately, in coughs. For example, a person has a *dry* cough; he will use expectorants, to "help him raise." Now that is the very medicine to increase the existing inflammation. Soothing, quieting, and alternative remedies would perhaps *prevent* expectoration from taking place. This is on the same principle that an active purgative may induce a diarrhoea.

**CHRONIC LARYNGITIS.**

This disease is becoming of frequent occurrence, as an individual affection. It generally, sooner or later, comes on during
consumption and bronchitis, as the result, or a part of those
diseases. But that form which I now propose to speak of, is a
primary or original affection, where the larynx is first diseased.
The larynx is that portion of the respiratory organs wherein
the voice is produced. It is situated just within that cartilaginous
substance which usually projects on the front of the neck
commonly called "Adam's Apple." It is known by a partial
loss of the power of speech. The patient is either extremely
hoarse, or unable to speak above a whisper. The slightest change
in the voice indicates a difficulty in these parts. This disease is
often mistaken for bronchitis, and pronounced so, even by phys-
sicians. I am frequently applied to by persons who say they
have bronchitis, when the affection is wholly laryngial. This
mistake is not a fatal one, but it does in one important particu-
lar change the early treatment. Laryngitis requires the use of
No. 9, 7, and 32, from the very beginning, and their continu-
ance a much longer time—from six to eight weeks,—while No.
18 is kept on the breast.

Chronic Laryngitis is seldom attended with much pain;
there is a tired feeling at first, which as the disease progresses,
settles into more or less pain, in the upper part of the chest,
shoulders and sides. Because of the absence of pain or suf-
ferring, patients are but little alarmed at first, and sometimes a
strange indifference is manifested. But the fatal—the invari-
able fatal tendency of this disease must not be concealed. Un-
less promptly arrested, it will terminate in Laryngial Con-
sumption, and from one to two years is the average duration of
this latter disease before death. As yet, but few physicians
have learned how to treat it; there is really but one mode of
correct treatment. A great variety of medicines are not called
for. It has been regarded as a very unyielding affection, and
truly it is, when treated in the usual way. But when submitted to my mode, I have found it quite obedient to medicine. If my system fails to cure it, no cure may ever be expected from any other.

If this disease progresses till the lungs are affected, then the usual symptoms of Bronchial Consumption are superadded to the Laryngial. Indeed, it becomes bronchial, and then pulmonary; hence it will be noticed that a great extent of surface is diseased before the lungs are involved. This fact accounts for the obstinacy of Laryngitis when it has existed for any considerable length of time.

The general treatment of Laryngitis may be summed up as follows:—First, Inhalation; No. 18 constantly worn on the breast, changing the location when it becomes too sore to be longer borne. A piece of cotton or linen cloth, of sufficient length to reach twice around the neck, may be wet in beef brine, wringing it gently till the brine will not drip from the cloth, and placed around the neck, and then a flannel bandage, of four thicknesses, put over it. A piece of oiled silk is a great addition, as it effectually prevents escape of "steam" or vapor which arises by the heat of the part. Unless the vapor is retained it will do no good. This may be applied every night till improvement is manifest. No. 9 should be persevered in so long as there is no great debility. Other remedies, such as No. 6, 8, 39, 30, 25, 7 &c., may be used as in the judgment of the patient or physician may seem to be required. When there is much debility, and especially if emaciation sets in, No. 21, 11, 38, Cod-Liver Oil and No. 5 B. P. are indicated. During every stage the stomach, liver and bowels must be strictly attended to. The patient must strictly avoid talking—too much use of the vocal organs will effectually defeat
the action of any remedy, as much as the constant use of an inflamed joint will keep up the inflammation. Cold, damp weather is equally injurious, and more; avoid walking or riding against a strong wind. Unless these restrictions are rigidly adhered to, the remedies which are fully adequate to cure will fail. The patient, in all diseases, has a duty and a responsibility as well as the physician, but especially so in this disease. The temptation to converse is constant, and silence is almost unbearable. The blessing and pleasure of speech is not, nor cannot be fully appreciated until one is deprived of it; and in this instance it may be truly said:

"Blessings brighten as they take their flight."

As to diet and exercise, this must be left to the sound discretion of the patient. Riding or walking, when the weather is dry and agreeable, is highly beneficial in all diseases where it can be borne without much fatigue.

CATARRHAL CONSUMPTION.

This form of pulmonary disease as before stated begins in the nasal passages and frontal sinuses, and at first is known as common catarrh in the head. From long continuance, and the continuity of surface affected, it gradually extends to the larynx, bronchia and lungs.

There is in such cases a great susceptibility to taking cold, with an increased and altered condition of the usual secretion from those parts. In the advanced stages the matter ejected from the nostrils and emitted from the throat, is thick, yellow, crusted, and often very fetid.
The treatment of this stage is by Inhalation. Fumes of tar, injections of various substances and snuffs, have all been tried, but with doubtful efficacy. No. 5 is a valuable remedy. As constitutional remedies, Nos. 9, 21, 32, 8, and 28 may be used. After bronchial and pulmonary symptoms are developed, the treatment above pointed out for these affections must be rigorously employed; especially the tar syrup made with rum, as previously explained, is an efficient remedy. This form of disease being rather rare, and not differing essentially in treatment from the foregoing cases, nothing further is needed to point out the proper course of medication.

**DYSPEPTIC CONSUMPTION.**

This perhaps is an unscientific classification, but as some authors have adopted it, and as patients will comprehend me better, I shall retain it. This peculiar disease, so far as the existing cause is considered, properly ranks under the head of Dyspepsia, because, as its name imports, it is caused by it.

The primary symptoms are a soreness of the throat or fauces, that portion situated immediately back of the palate, involving the palate or uvula and tonsils. The membrane in these parts first appears red, inflamed, and sometimes swollen. The little glands situated upon its surface become enlarged, and the blood-vessels are injected and also enlarged. The soreness is quite slight at first, and at no time is very severe until deep and extensive ulceration occurs. If allowed to progress, these glands suppurate and become covered with a thick, white, or yellow matter, which may easily be seen adhering to the parts. Indeed, I have frequently discovered deep ulceration existing there
without the patient being at all aware of the fact, or as yet hav-
ing felt any soreness. A slight difficulty in swallowing is now ex-
perienced, and an occasional cough, or effort to clear the throat oc-
curs. As the patient expresses it, there is a constant accu-
mulation of phlegm in the throat which looks like matter at
		
times, yet evidently does not come from the lungs. There be-
ing no settled cough or pain, the patient feels no alarm.

There is another condition of these parts, quite the reverse of
what I have just described, and which still will terminate in the
same manner. The fauces present a dry, glassy or shrunken
appearance. In this case, there is a sensation of dryness of the
throat and mouth, which becomes very troublesome during the
night. The cough resulting from this species of throat disease is
dry and "hacking."

Both of these conditions of the throat will terminate in bron-
chitis and consumption, if permitted to continue. The frequency
of those diseases is to be attributed to the persistence of these
throat affections. From the many hundreds of cases of lung
diseases which I have examined, their history shows that a very
large proportion of them are clearly the result of inflammation
of the throat in one of the forms described. The most com-
mon exciting cause of this throat affection is derangement of
the stomach, or the different grades of dyspepsia, especially
those where there is frequent eructation or belching, or as some,
I notice, call it, "rifting," of a sour, acid gas from the stomach,
which produces a burning, painful, hot sensation in the throat.
The same feeling is experienced in the stomach, often called
"heart burn," but which is in reality an irritation of the mucus
membrane, produced by sour, acid gas before it rises into the
throat. Any food that disagrees with the stomach, or sours
upon it, gives rise to these symptoms,—hence its frequency in
dyspepsia. This coincidence has given the name to this form of consumption. Any disease, therefore, about the throat, demands early attention and persevering treatment till cured. If it cannot be radically cured, it may nearly always be controlled and kept back by proper management.

In the treatment, the first object to attain is the removal of the dyspeptic symptoms, for as long as these remain a constant irritation is kept up. The treatment of dyspepsia will be given under that head.

Local symptoms in the throat will require *Inhalation*—also, the use of No. 25, 5, 13, 32, 29 and 34. If allowed to progress till a cough indicates that irritation has extended to the respiratory passages, then the same treatment is to be had as in other cases of diseases of those parts. A gargle of a decoction of seneca snake root, sweetened, is a valuable remedy, but the several gargles under No. 25 are designed for the ulcerated stage.

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**DYSPEPSIA, AND ITS COMPLICATIONS.**

A proper explanation of terms is necessary to a correct understanding of the subject treated. I have found that provincialism is quite prevalent in our country, and even in the State of Ohio. Different words are used in the North to express the same idea from what are commonly used in the South, therefore I shall use such words or phrases as are common with the varying localities.

*Dyspepsia, and indigestion,* mean the *same* thing—the loss of the stomach's power to digest or prepare the food taken in it for absorption and nutrition. Not an entire, but a partial loss,
so far that certain kinds of food, or but a small quantity of any is fully digested. There are three important points to be noticed: 1st, the actual condition of the stomach in dyspepsia; 2d, the symptoms which result from this impaired condition of the digestive apparatus; and 3d, the proper remedies calculated to remove the deficient or various symptoms which this disease gives rise to in its separate stages.

1st. The mildest form of dyspepsia is the occasional sort, which is the result of "over eating,"—taking more food than the system requires, and more than a healthy stomach can digest. This form readily subsides when the individual consults his judgment, and not his appetite. Another mild form of the disease occurs in those who deny themselves the exercise which the body requires to assist it in the performance of its functions. Inactivity and a sedentary life are the two primary causes of that disease, so far as the stomach alone is at fault.

Constipation of the bowels and a desponding state of the mind—a suppression of the cheerful, mirthful, or laughing faculties, have a very decided tendency to restrain the healthful action of both stomach and bowels. Much has been said by hygienic, as well as medical writers, against the use of "rich food," and in praise of "bran bread," or bread made of unbolted wheat, &c., but it may all be summed up, even massive volumes of dietetics, in the single phrase, viz: it is not the quality, but the quantity, that produces so much mischief, loading down the poor stomach, till, like an over burdened beast, it refuses to do its work. This unnatural distension of the stomach, if continued for a length of time, produces irritation of its mucus membrane, then the disease is fully established. Irritation, or slight, and at times even a sub-acute form of inflammation supervenes. This is nearly universally the case when the stomach
is the primary seat of the disease, and is an important feature, from whatever cause produced. Irritation of the mucus membrane appears to be a primary and essential condition before the process of digestion is interrupted. Hence the impropriety, even injury, of using tonics, spirit bitters, &c. Though proper in true debility, yet it will aggravate every symptom in the early stages of the disease. No more prevalent error exists than that indigestion is generally, or even in three per cent. of the cases, dependent upon debility. This egregious error alone may explain the failure, hitherto, in treating it, because the remedies proper for debility are injurious, if irritation be present. The effect of my medicines prove that irritation is the true cause and attending condition of the membranes, for I do not give either stimulants or alkalies, yet speedily remove and permanently cure the disease.

Not only is the membrane irritated or inflamed, but this condition often prevents a full secretion of gastric juice, the quantity sufficient to digest the food, and from long continuance there arise actual changes in its quantity, either an excess of acid or a deficiency of the compounds of sodium, all of which must exist in certain exact proportions, or it will not act upon the food with promptness or efficiency, and if the food is allowed to remain in the stomach digested too great a time, spontaneous decomposition or fermentation takes place. The gas thus produced is acrid, and produces irritation both from its own acridness, and by distending the stomach, called "bloating" or "swelling" of that organ. These acrid gases induce a state of irritation in the throat and even the mouth, as every one knows who has "sour stomach."

That I may be better understood, the causes of dyspepsia proper will be enumerated in the usual order. 1st. Overload-
ing the stomach, whether with rich or poor food. 2d. Sedentary habits—not taking sufficient exercise to give the body the necessary degree of excitation. 3d. Constipation of the bowels, which obstructs the passage of the digestive element into the smaller intestines where absorption takes place. 4th, Dispondency, or a gloomy state of mind—being habitually under the influence of the depressing passions. These have a deep and direct influence over the actions of the stomach, as most persons have learned by experience. As this depression of spirits increases, in the same ratio the stomach refuses to act, and dyspepsia has a direct tendency to produce this gloomy state of mind, the stomach being the great central organ of sympathy; hence the condition of the stomach induces this state of mind, and the mind reacts on the stomach. Especially is this true when the liver is likewise affected.

The exhilarating, exciting, and pleasureable feelings resulting from reasonable, whole-souled mirth, cheerful, natural, unaffected, unrestrained hilarity, is the language God has given to express the creature enjoyments, and pleasures of our being, and is an absolute condition of health, taken in its general meaning. Buckling down the face to certain prescribed limits, suppressing every feeling of gayety and squeezing out of the heart every feeling of mirth, in its ultimate effects is palpable suicide, and as great a violation of the laws of the human constitution as would be to make the cultivation of those feeling the exclusive objects of pursuit. The effect of these two conditions of mind all have known in some degree. One brings moisture in the mouth, sends the blood rapidly through the body, swells out the lungs with good, pure, fresh air, expels the drowsy, stupefying carbonic acid from the brain, shakes up the stomach and bowels, and seems to give a fresh impetus to the functions of
life and health, while the desponding, foreboding, or what expresses it better, habitual solemnity, has precisely the opposite effect in every particular, producing dryness or feverishness in the mouth and throat, confining the lungs and chest, retarding the secretions especially of the liver, constipating the bowels, and reducing the mind to a painful acute apprehension of future suffering or troubles. Mark the difference between this latter state of mind, and that observed in consumptives: they seldom get discouraged or out of hope till the last stage. But I have digressed from the view of connected remarks, yet if the experience of invalids proves the truth of any thing I have said, it will be in relation to the importance of attending to the conditions of the mind.

Many occasional causes of dyspepsia might be noticed, still as the true condition of the digestive organs is essentially the same, they may more conveniently be noticed in another place.

How far dyspepsia is independent of disease of the liver is a question not easily answered. It is evident that the former disease, if long continued, becomes complicated, involving the liver and kidneys. Certain it is that some form of liver disease generally attends dyspepsia, either as a cause or a consequence of it. Any particular organ does not remain long diseased without involving others immediately connected with it. The primary influence of the function of digestion over other organs of the system is apparent, but how far any deficiency therein may involve the other organs or conditions of health cannot so readily be explained or defined. The stomach is the fountain whence issues the stream or phenomena of life; and if that be deranged, or in any wise impaired, corresponding deterioration reasonably may occur in other parts or conditions of the system.
2d. The symptoms resulting from the above described conditions of the digestive apparatus are "legion," and I have not space to give anything like a detail.

The primary or first symptoms are a dull, heavy, uncomfortable sensation after meals, a feeling of a load or weight in the stomach, some describe it as a "misery," others as a pain. This varies from very slight feelings of discomfort, to extreme pain, which is referred to the pit of the stomach, at times in the sides, or extending up into the chest. These feelings of distress may come on soon after taking food, if there is much irritation. In some cases an hour or more may elapse before pain is felt. In some cases the stomach rejects the food, and the person must leave the table in haste to vomit, or the vomiting may not occur till a short time after meals are taken.

Other cases present different symptoms; the food being "spit up," that is, it seems to rise in the throat, without any nausea or special effort, and is in the same condition as when swallowed. The food remains for several hours in the stomach unacted upon by the gastric juice, fermentation takes place, and creates a great amount of acid, giving rise to those distressing and injurious symptoms, "sour stomach," and frequent belching of acrid gas, which has the very taste of the food when taken. Patients often ask me, "where does the gas or 'wind' in the stomach come from?" I will tell you. If you mix flour and water there is no gas at first; it is a heavy mass; but when it becomes slightly warm, after a certain length of time bubbles of gas begin to rise in it which increase until it quadruples its bulk. This is the result of a certain degree of decomposition, or rotting of the flour, whereby the gas in it is set free. Just so it is when the gastric juice fails to act upon the food; the heat of the stomach induces the fermentation process, and fills the stom-
ach with an enormous amount of this acrid gas; this distends or swells the stomach, producing great distress, and tenderness externally.

Another distressing symptom of dyspepsia is a hot, burning sensation extending from the stomach into the throat and mouth, commonly called "heart burn," more appropriately stomach burn. Nor are the symptoms confined to the stomach alone; the same sort of feelings are experienced rather below that organ, in the duodenum or second stomach; and irritation here gives rise to the most painful and obstinate forms of dyspepsia, occasioning obstinate diarrhoea alternating with constipation. In every form of dyspepsia, attended with "sour stomach," there is also a painful distention of the bowels, or "bloating," with a feeling of inaction, as though they were in some way obstructed, all of which, however, are relieved, when a free evacuation occurs. The appetite, too, is very changeable—at times capricious, or quite deficient, not relishing well any kind of food. Again, the appetite is voracious, can eat indiscriminately, and a great amount, yet the stomach does not really feel full or uncomfortable; the same feeling of faintness continues, followed by stupor or headache; nor does the system appear to be nourished by it. In some cases there is an insatiable thirst, in others a disgust for drinks. So varying and changeable are the symptoms attending upon protracted cases of dyspepsia that I cannot presume to give more than a general outline, and as many of them arise from the liver, I shall defer the mention of such till speaking of diseases of that organ as the cause of some forms of dyspepsia.

**THIRD—THE REMEDIES.**

Begin the treatment with No. 10, during the day, and No. 7
at night. If there is acute pain, or costiveness, or soreness in any part, apply No. 18. No. 10 may be followed by No. 14 and 36, if much acidity be present; then No. 13 with 36, if there is much pain or soreness and defective appetite. No. 31 is specially indicated in obstinate acidity and constipation with bloating of the stomach and bowels, and fetor of the breath. When there is an apparent want of activity in the circulation, a cold or gloomy habit, No. 28 will be a useful remedy, especially if the tongue be much coated with a yellow fur. If there is much irritation, or chronic inflammation of the coats of the stomach, give No. 34; this is well suited to cases of mere debility of long continuance. In some patients a sensation of chilliness, or a very great susceptibility to cold occurs. Such will require No. 17. Whenever the nervous system is much disturbed, and the patient subject to sudden alternation of exhilaration and depression of feelings, with pale urine, Nos. 11, 35 and 29 may be used after the more urgent symptoms are subdued. In all cases the bowels must be kept regular by the use of No. 12. These pills not only act upon the bowels, but upon the stomach and liver.

All of the numbers will require to be changed to meet present or urgent symptoms, and continued a longer or shorter time, according to the circumstances of each case.

Patients who discover one number to help them in a marked degree should continue it, and omit such as may not agree with them, after using it a sufficient time to decide that fact. They should in all cases read the directions for preparing and using them faithfully, for much depends upon their being properly used. The regulation of the diet is of first importance, but what should be eaten and what refused is a matter that the patient can better decide than any one else; for in no instance is
the old adage, "what is one man's meat is another's poison," more truthful than in this disease. A kind of food agreeing well with one person may disagree as much with another; therefore, use that which you know will not disagree with you, and ever remember that it is the amount you eat, more than the quality, which causes pain in the stomach. Coffee is never well borne by any dyspeptic. Never try frequent experiments with the stomach, but select a mild, plain, and easily digestible diet, and be contented until you are restored.

People often denounce the drunkard for drinking because he has a strong appetite for liquor, yet forget that it is an equal transgression of the laws of health to gorge the stomach for the same, identical reason.

Mirth and conversation should be freely indulged in at every meal; not conversation that requires much thinking, but pleasant, cheerful remarks, that the mind may be both diverted and agreeably excited at the time. These directions may appear trivial to the uninformed, still they are based upon well-established physiological laws of our natures, and need only to be observed to satisfy all of their truthfulness.

Another rule is imperious, and should never be violated by dyspeptics, that is, avoid too active exercise of the body soon after taking meals, than which nothing is more injurious. Neither should the mind ever be actively employed during the first stage of digestion. It is a well known fact that active labor of the body or mind soon after meals, especially full meals, will retard digestion for an hour or more, often till fermentation takes place. In dismissing this part of my treatise upon Dyspepsia, I trust that the plain and concise views and directions given will enable patients to understand their case, and how to use my remedies, and also how to regulate their
own habits, diet, exercise, &c.; how to avoid many things calculated to aggravate the disease. The reader will find this chapter of more practical value than any other of the hundreds in print.

DISEASE OF THE LIVER—ITS COMPLICATIONS, SYMPTOMS AND TREATMENT.

Any affection of the liver is frequently spoken of as "Liver Complaint," but as that term conveys no special idea, and applies to no particular disease of that organ, I shall not use it.

There are certain affections of the liver quite distinctly marked by symptoms which may be easily recognized, and others very obscure which are not so readily distinguished, or if so, only indicate fatal disorganization and changes that no medicine can remedy. I shall speak of the most frequent first, and the others in their order.

1st. Chronic irritation of the liver is by far the most common. By irritation is understood that condition of a part which precedes inflammation; it is a very mild form of inflammation. Inflammation may be of different degrees of intensity, and is designated by medical men as the acute, the sub-acute, incipient, and chronic. Whenever I use the term inflammation it should be understood as the mild and chronic that is referred to.

The liver becomes inflamed from various causes, still the effect is the same whether from obstruction or malaria. It then becomes enlarged, and its function, secretion of bile, severely interfered with. The condition is generally called torpor of the liver; though its function is torpid, yet this depends upon
a degree of inflammation present, obstructing that function. In such cases there is frequent pain, or a dull, heavy feeling in one or both sides; more or less headache over the eyebrows and forehead, or in the back part of the head; a full, uncomfortable sensation in the stomach and bowels—thirst—tongue some coated, and slight "flashes of heat" in the face, &c., with impaired appetite; in some cases diarrhoea, in others constipation, or these may alternate in the same case.

These are only initiatory or first symptoms, and treatment is seldom had so early in the disease. The disease being allowed to progress, in addition to these common symptoms, and merely feeling unwell or "out of fix," "a little under the weather," &c., the liver begins to manifest its disease more plainly by the gradual increase of all former symptoms with the development of new and more severe ones.

These are a sallow or dingy color of the skin which feels rough and dry—loose, shriveled or contracted; the eyes have a dull expression, sometimes a tinge of yellow; the sleep is either partial, very profound, or the patient is unable to sleep at night, but remains very drowsy during the day; more or less headache, pain in the back part, and heat across the top of the head. In some cases the pain is mostly in the fore part of the head, with dizziness and a sensation of coldness across the top. The taste is changed, and becomes either bitter, sour, fresh, salty, or there is a manifest loss of taste, all of which have special indications.

If the stomach has not long before this stage become affected, it will now show some of the more obstinate symptoms of dyspepsia, such as I have previously referred to as the result of disease of the liver. This form of indigestion differs in nothing from the usual form, but the practical inference is that, as
the disease is primarily in the liver, the treatment must be directed to that organ first: the liver being restored, the dyspepsia either subsides or is soon removed by proper remedies. Any one who fails to make this distinction will fail to cure the patient. If dyspepsia has existed so long that the liver has also become affected, then the liver must be treated as a primary disease.

The condition of the bowels is variable; the discharges being frequent and in small quantities, either very dark or light clay color—when constipated for several days, the evacuations are mixed with or surrounded by a thick, tenacious mucus. As this disease of the liver advances, the evacuations may become dark, hard, and lumpy. The urine is changed both in quality and quantity; either thick and high colored, or very pale and clear, and passed in much larger quantities than usual.

Disease of the liver is frequently complicated with affections of the kidneys and spleen; and the whole glandular system is influenced more or less. This explains the great diversity of symptoms that arise during the continuance of chronic inflammation of the liver. Enough has been said however, to enable any one of ordinary powers of observation to detect the existence and distinguish the stages of "liver complaint." Many additional remarks will be found in Part I, of this work, also in Part II, where the liver becomes affected in consumption and dyspepsia. A multitude of symptoms, aches, pains, and bad feelings, which result from hepatic or liver diseases, have been purposely omitted, as they are not essential to give in order that patients may know the location of their malady and the organ affected.

As connected with disease of the liver and the result of it in connection with certain defects in digestion, is the production of
gravel or stone,—like concretions called gall stones, similar in formation to those found in the urinary passages. They have a nebulous origin in the small ducts of the liver, but are generally found in the larger ducts, which convey the bile to the gall-bladder, and in that sack, as also in the duct which conveys the gall into the second stomach, where it mixes with the chyme as that flows down from the stomach, after the first stage of digestion is performed.

The symptoms are those which generally mark liver disease, jaundice, &c., in addition to frequent attacks of extreme pain in the region of the liver (the right side,) and stomach. Patients often call it "cramp-cholic," &c. The characteristic symptoms, however, are suddenness of the attack, great severity of the pain, the absence of the usual signs of inflammation, and sudden subsidence of the pain. The positive signs, of course, are the presence of the gall-stones in the feces, or discharges from the bowels.

The treatment is: the warm bath, hot applications over the seat of the pain, such as warm vinegar with laudanum, smartweed, hops, &c. The following powder may be given every hour or two, till the pain is relieved:

R

| Pulverized Opium | ... | Grs. iii. |
| Gum Camphor | ... | " xii. |
| Cayenne Pepper | Each | " iii. |

Mix—make three powders.

The great pain is produced by these hard substances passing through the ducts; and the subsequent treatment should be to prevent a further accumulation of these calculus. Nos. 10, 28, 32, 38, 21, 7, and a free use of No. 12, will be found valuable remedies for that purpose.
Jaundice being only an external manifestation of the various forms of disease of the liver, requires no additional directions for treatment other than may be found in this article for disease of the liver.

TREATMENT OF DISEASES OF THE LIVER.

In the first stage No. 9 and No. 7 are indicated, and No. 18 which should be worn on the short ribs of the right side, changing it to any other place that may be sore or painful. The bowels are to be regulated by No. 12. If the skin remains yellow or sallow, use No. 21, and after it No. 28. No. 10 is a remedy of great value, when a gentle tonic alterative is required, also when there is deficient secretion of bile, and acidity of the stomach. In the early stages, if much fever is present, the urine thick and high colored, use Nos. 10 and 7. After the liver has been corrected, then medicines for the stomach should be used where dyspeptic symptoms are present, such as Nos. 11, 28, 31, 13, &c. Nos. 3 and 17 may be used, the first as a gentle stimulant and tonic, the latter if there is chilliness, a great susceptibility to cold, or much debility.

Patients under treatment for disease of the liver of whatever grade should use the salt bath faithfully. In cold weather the water may be slightly warmed, and the room warmed also, to prevent becoming chilly at the time of bathing.

In selecting numbers for any disease, Part II should be carefully consulted, for having therein dwelt fully upon the uses of remedies, less is required here.

DISEASE OF THE KIDNEYS.

Uncomplicated disease of the kidneys is of rare occurrence.
Chronic inflammation similar in its nature and progress to that of the liver, may attack these organs, and is generally manifested by soreness, pain or a feeling of "lameness" and weakness in the region of the back, opposite which the kidneys are located. Disease of the liver and disordered digestion are the frequent cause of nephritic affections. The only positive signs of kidney disease are to be obtained from the changes which occur in the urine. Sweet urine indicates diabetes—urine which coagulates when heated, shows a peculiar, granular or supposed disorganization of the structures of these glands, and is incurable. It is even yet undecided by Pathologists whether these several conditions of the urine depend upon a primary disease in the kidneys or upon certain defects in the digestive process. Neither is that material to the object of this little treatise, wherein symptoms and remedies are the principal object of enquiry, merely to assist patients in the use of Pathogenetic Remedies.

Gravelly urine has been referred to under No. 38 in Part II.

When the kidneys secrete very thin, pale, sweet urine it contains a very large amount of sugar; this, with the enormous amount of urine passed, are sufficient to decide upon the nature of the disease. At first the constitution does not seem to suffer much extreme weakness and insatiable thirst, a dull headache being most the patient complains of. But, though there is no great pain or suffering, the disease must be treated in the most prompt and efficient manner. Half a tablespoonful of lemon juice and one of water, to which is added 8 or 10 grains of Carbonate of Soda, may be mixed together and swallowed while foaming. This dose may be repeated several times during the day and night. No. 30 will be found to effectually allay the morbid thirst in this disease. Nos. 21, 10, 41, 31, 38, 14, and 32 may be used as constitutional treatment, according to
the different symptoms present at different stages of the disease. Also, No. 18 should be worn over the seat of pain in the back. The salt bath, the acid and alkaline bath, should be used. The food should consist of fish, or meat of any kind, but fruits and sugar must be avoided.

The urinary passages are liable to certain gravelly and stone-like concretions, of which I have spoken in Part II, No. 38, and is of two distinct kinds,—the white and the red gravel. These may accumulate till a stone of an ounce weight is formed; in such cases an operation is necessary for its removal. While the gravel is yet like fine sand, much benefit may be had from proper remedies. No. 10, 38, 32, with 30, will be found to be remedies of great power in such cases. The diet should be mild—mush and molasses, griddle-cakes, &c., may be used, but high seasoned food or full meals must be avoided.

Having given the symptoms which pertain to the common and intricate forms of disease of certain internal organs, I shall not remark especially upon the symptoms of those affections which are external, apparent, and with which every one may be supposed to be well acquainted. For example, the nature and symptoms of neuralgia, rheumatism, &c., are well known to all sufferers therefrom, and therefore the treatment is all that in this place may be required of us.

NEURALGIA.

That painful affection of the nerves, known as Neuralgia, is of two kinds—the continued, and intermittent. In the continued form, apply No. 18 to the part, and use internally Nos. 29,
17, 27, 32, 41, 31 and 36. For particulars, refer to these numbers in their proper places.

The intermittent form comes on at or near a particular time of day, increasing in severity for a length of time, then gradually subsiding. This regular recurrence of the pain every twenty-four hours has given it the name here used.

The treatment is quite plain: First, correct all derangements in the general health by the appropriate remedies, then use No. 27, 29, 17, 31 and 18, among which a sure remedy may be found.

RHEUMATISM.

Chronic Rheumatism is an obstinate disease, when of the inflammatory type in the first stage. Alterations in the structure of the tissues about the joints is of frequent occurrence, and the result of a high degree and long continued inflammation. The joints, having been greatly swollen in the acute stage, will seldom return to their natural size, unless early and appropriate treatment is had.

During the acute stage, after an active purge and the warm bath, No. 24 will be found an efficient remedy. Water should, however, in that case be substituted for the liquor. In the articular form of the disease, that is when the joints are particularly affected, No. 24 may be used for one week unless diarrhoea occurs; in which case the medicine must be discontinued, and full doses of laudanum or Dovers Powders given till the bowels are checked; then use No. 22 for one week, then 24 again unless the disease is removed.

The swollen limb may be wrapped at night in a bandage
wet in beef brine, which should be put twice around the limb, or swollen joint, and over this should be applied a flannel bandage of at least four thicknesses, bringing it well over the edges of the wet one to prevent the evaporation of the vapor produced by the heat of the part. The wet bandage may be renewed twice a day. Should the part become sore, then use rain-water in the same way instead of the brine.

No. 36 may be used to quiet pain and procure rest. Should the swelling, however, not be fully reduced after the inflammation is subdued, a liniment may be made by reducing No. 9 three fourths with whiskey, and applying once a day; this will speedily produce absorption of the effused fluid. Many very obstinate cases of several years standing have been speedily cured by this treatment.

In Rheumatism affecting the back, called lumbago, No. 18 should be immediately applied and perseveringly used, and No. 22 taken internally. These pills will cure ordinary recent cases in from one to two weeks. Other numbers in the more chronic cases should be thoroughly used—such as 21, 30 and 38.

DROPSY OF THE LIMBS AND ABDOMEN.

Dropsy is often the result of organic disease of the liver, and may supervene upon long continued disease of other organs, and is the sequel of many forms of chronic disease. It is an effusion of serum into the cavities of the body, as the abdomen, the chest, the membrane investing the heart and brain; also in the cellular tissue between the skin and muscles, causing the limbs, especially the feet and legs, to swell. Two objects are to be aimed at in the treatment; first to remove the waters
in these cavities, and secondly to prevent a future accumulation. The first may generally be accomplished with No. 24, 10 and 28. The water being removed, No. 14, 31, 21, 11 and 25 should be perseveringly used to restore the tone of the system. The bowels are to be kept regulated with No. 7 or 22. These numbers should be alternated to meet the symptoms. If the water accumulates, suspend the last and use the former remedies, &c. During the whole treatment, half a glassful of the following preparation may be used two or three times a day.

Take two ounces of Horse Radish root bruised, Parsley root the same, and a tablespoonful of mustard, and add these to two quarts of good apple cider; let it stand four days and it will be fit for use. This should be drank between meals—not at the time of taking other medicines—in doses of about one gill; it has often effected cures of its kind. Diarrhoea must at all times be controlled with appropriate remedies.

LEUCORRHŒA OR WHITES.

This affection may be radically cured by the use of No. 15 A. and A. B. when properly used, and with a suitable syringe,—refer to No. 15, Part 11. During the use of these local applications to the vagina and neck of the womb, Nos. 25, 13, 14, 31 and 21 may be taken internally.

The more obstinate forms of Leucorrhœa depend upon ulceration, generally of the margins of the mouth of the womb. When the discharges are purulent, yellow, or have a very bad fetor, ulceration may be known to exist. The same remedies are, however, indicated, but if they fail after a reasonable trial, the patient must be treated by the aid of a speculum, and direct applications made to the diseased parts.
HEMORRHOIDES OR PILES.

[For the treatment of Piles the reader is referred to No. 33 in Part II.

DISEASE OF THE SKIN—ERUPTIONS, &c.

[For the treatment of scald-head, ringworm, eruptions and pimples, blotches on the face, &c., the reader is referred to 32, 37, 26 and 33 in Part II.

CHRONIC AGUE—ENLARGEMENT OF THE SPLEEN.

Chronic Ague is a very obstinate, and frequent form of intermittent disease in the malarious portions of the country. In all such cases the liver and spleen are in a state of chronic inflammation, and are enlarged. As the accompanying symptoms are various, yet well understood, I shall only speak of the remedies.

Begin the treatment with No. 17 during the day, and No. 7 at night. After a box of each are taken, if the chills or fever continue, use No. 27 as directed, and during the interval use 17 and 7 as before, or Nos. 10, 9, 21, 32, 28, &c.

I have never had a case that did not yield to this treatment in a few weeks.

GENERAL DEBILITY AND NERVOUS AFFECTIONS.

To properly define and explain the constitutional disturban-
ces, grouped under the heading of this article is no easy matter, but those who read the different articles in this book will be able to appreciate the correctness of the following remarks.

By general debility is meant a manifest impairment of health without the presence of any symptoms indicating a special disease of any particular organ. A general failing of bodily health without the special disturbance of any of its common functions. The patient does not feel really sick, yet knows he is not well—"that all is not right"—commonly expressed as "breaking down of the constitution." The vigor of the body is impaired, strength fails, the power of endurance is reduced, the usual energy of body and mind are greatly below par, a state often described as "being neither sick nor well," is experienced, yet the signs of failing health are too evident not to cause reasonable anxiety.

Superadded to this loss of vigor and vitality is a train of nervous symptoms to which the term "nervous debility" has long been applied. The only symptom of any disease of which the patient takes notice is, perhaps, a slight derangement of the stomach at times, or constipation, or it may be a tendency to diarrhoea, headache, or restlessness at night, but none of these disturbances are really severe, nor is the patient much alarmed. It will be noticed that in all these cases there is a universal feeling of faintness, weakness or a "gone sensation" in the stomach—there is the central point of sympathy.

I will ask the question: are such persons sick? Yes, they are sick, and require skillful treatment to arrest the development of fatal organic disease. What organ would be most likely to become affected? The lungs—the lungs, assuredly. I have said that such persons were sick, and the disease is in the nutritive function; the powers of nutrition are partially
suspended; the food does not nourish the body; as the patient says, "my food does not seem to do me any good;" and that is the truth. The patient has correctly stated the fact, but perhaps cannot explain the cause, nor does he foresee the sad results that must follow the continuance of defective nutrition.

The reader will not fail to notice the harmony between the above statements and the positions taken at the beginning of this work, that defective nutrition, the loss of power in the stomach to appropriate the fat globules to the nourishment of the system and the support of respiration, as being the primal cause of consumption and many other forms of chronic disease. The proper nourishment being withdrawn, of course the whole system sympathizes, and hence that variety of nervous affections which are complained of in such cases, and among them,

**PALPITATION OF THE HEART.**

Is perhaps the most frequent. It is a direct result from this condition of the nutritive function. Many patients, especially weakly females, are treated for palpitation or other diseases of the heart, when no such disease exists, the palpitation being entirely dependent upon and produced by impairment of the digestive organs, whereby sufficient nutriment is not provided to support the normal condition of a healthy system.

The treatment proposed for that condition of the system, called "general debility," will cure four-fifths of these cases of palpitation," and other nervous affections of which females so frequently complain.

I could report many cases illustrative of the truth of these remarks. I recollect two cases in particular, who applied to me eight years ago. One was a young man of twenty, the
other about twenty-five; both had been treated by physicians of high standing. The usual treatment had been faithfully applied for over one year in the first, and three months in the second case. Being consulted in these cases, I advised treatment to invigorate the nutritive powers of the system, not, however, with "tonic bitters," and trash usually given for that purpose, but pathogenetic remedies, and in six weeks both of these patients were well, and have remained free from "heart disease" to this day. Cases of this kind are frequent, and may be readily cured by directing medicines to the digestive organs, with a view of improving the blood and general health, whereas, if treated for genuine disease of the heart, they will result in consumption or dropsical effusions.

Treatment.—This will vary in some degree with the age and sex of the patient, and I can therefore only give general rules. The following are the proper remedies, so changed and varied as to meet any particular indication present in the different cases. Every function of the body must be considered in prescribing; for a harmony of function is health, and to sustain that, the elements of nutrition must be in definite proportions, corresponding to the waste of these elements in the support of animal life. Among the remedies to prepare the system for further treatment, either No. 10, 28 or 21 may be given with 36. After that, proper numbers may be selected from 21, 14, 32, 31, 35, 17, 34, 11, 38, 13, 30, &c. The salt bath will be a valuable auxiliary, alternated with other baths mentioned in bills of directions.

ASTHMA.

The symptoms of this disease are so well understood, so dis-
tinct and readily recognized, that it is unnecessary to speak of it only in regard to the treatment.

Among the remedies for asthma, Inhalation ranks first, and may be used as directed for other lung diseases. While using Inhalation, use also, during the day, No. 39, after which use Nos. 8, 28, 11, 9, 32, &c. Treat the symptoms, correcting the stomach, regulating the liver and bowels with other numbers suited to these purposes. It will be proper to change or alter the order of taking the numbers so as to fill present indications. And it is expected that every patient will consult Part II of this book concerning the effects and medicinal properties of each number before it is used.

---

EPILEPSY AND SPASMODIC DISEASES.

With the usual symptoms of epilepsy or "fits," every person is acquainted who has had the care of such patients, and it is not within the design of this work to describe at length any disease with which the public are sufficiently acquainted to recognize the symptoms by the usual name.

In treating Epilepsy, every known cause of nervous and mental excitement should be scrupulously avoided, and strict attention should be given to the condition of the bowels and other habits which tend to weaken the system.

No. 41 may be first used as directed under that number; then 29, 32 and 36, varied as the symptoms require. The general health, and all the functions of the system should be carefully attended to. When the liver is torpid, Nos. 7, 10 or 28 may be required, but it must be distinctly observed that each number is a separate prescription, therefore only the sev-
eral doses of one number are to be taken during the day, except when otherwise specially ordered.

MENORRHAGIA,

OR A TOO FREQUENT, OR TOO EXCESSIVE FLOW OF THE MENSES.

For the treatment of this affection, refer to No. 16. During the intervals, if the patient be pale, weekly or dyspeptic, use Nos. 11, 14, 10, 13, 35, or such numbers as improve the general health, all of which will be found in Part II.

DYSMENORRHEA,

OR PAINFUL MENSTRUATION.

This affection may be successfully treated by referring to Nos. 20, 34, 28, 13, and 21. Under their several numbers will be found directions for their use.

When the the "courses" are obstructed or retained, the same numbers as cited above are the only proper, safe and efficient remedies to restore that function of the female system and no one will be disappointed in their effects, when the obstruction is not from natural causes.

COSTIVENESS, OR CONFINED BOWELS.

The remedies for this affection have been fully described un-
der Nos. 7, 10, 12, 28, &c. Also under the article Dyspepsia, Liver Diseases, &c.

SALT RHEUM, ERUPTIONS, &c.

All diseases of the skin, from whatever cause, should be treated, 1st. Constitutionally, by Nos. 32, 7, 27, 21, 9, 11, &c. All of these are highly efficacious remedies and rank in importance in the order here mentioned. The ulcers, sores, or abrasions, require the local use of 26, 33, 37, &c.

SCROFULA.

This disease is also readily recognized by the common observerver, by the swelling of the glands of the neck, which often ulcerate and become very difficult to heal, by enlargement of the tonsils, the hue of the complexion, the temperament of the patient, &c. For special remarks upon the treatment of Scrofula, refer to Nos. 32, 21, 11, 9, &c. These remedies may be used in the order here given; however, No. 32 should be used from 4 to 6 weeks first. When the glands have suppured and ulcers are formed, apply 26, 33, &c. These internal and external remedies will not fail to cure every curable case.

SICK-HEADACHE.

[The proper treatment for this affection will be found under No. 40, in Part II.]
HABITS OF INVALIDS.

Certain things, aside from mere food are necessary for the development of the body and its preservation in health. These consist of air, solar light, heat and muscular exercise. Atmospheric air, in a pure, natural state, is necessary for health, although life may exist for a length of time, even when very bad air is respired. By pure air is meant out-door air, that which is inhaled while the body is exercised in the free sunshine of heaven. The air in tight rooms and crowded apartments is decidedly unhealthy, as every one may readily be convinced by the lassitude and depression experienced in such places.

HEAT.

One fact I wish distinctly noticed: persons in poor health of every grade are more sensitive to cold—or rather this feeling of chilliness is within themselves—there is a deficient supply of animal heat; and as they remain much "in-doors," are not aware of the high temperature in which they habitually live. I have often entered apartments of the sick which were really suffocating, ranging from 100 to 110 degrees, and that in cold weather! That in-door temperature should be higher in winter than outside atmosphere is evident, but most persons, even in winter, keep their rooms above summer heat. Heating rooms above 60 or 70 degrees rarifies or dispels the oxygen and renders it insufficient to support life. In the life principle it bears the proportion of water gruel to new milk. The invalid may feel cold, but that sensation cannot be cured by heating the room, for that only increases the difficulty, by depriving the lungs of oxygen. Those who live in-doors acquire the power of enduring the heat, just as a resident in the tropics does, and will complain.
of the cold until they are "baked alive." The heat of the body in such cases is kept down by hot air, and animal heat not increased by it. In the cold weather the heat is kept up by an abundance of oxygen in the highly condensed atmosphere which induces an appetite for fatty and other highly carbonized food. Nature's furnace for warming the body is in the body, not in the hot-air furnaces, tight stoves, and air-tight rooms! "But what shall I do," says the invalid, "to keep me warm?" Save the heat of the body—prevent it from too rapid evaporation by dress, not by "heating," or "burning" the life principle out of the air you breathe. If your system does not furnish animal heat sufficient, if the powers of nutrition are too much enfeebled to do this, then make warm clothes do it. Clothes are only another name for food—their use is to protect the too great evaporation of heat in cold or variable weather. The natural heat of the body varies only one or two degrees at the equator or the poles, yet how great is the difference in the atmosphere! In warm climates the extra heat of the body is evaporated by free perspiration and thin clothing, or none at all; in extremely cold latitudes it is generated by a greater amount of fatty food, and preserved by furs, or thick clothing. In this way the atmosphere is not disturbed or impoverished.

**SOLAR LIGHT.**

Is as essential to health as proper food or clothing. The effects of solar light, in its influence upon the human system, are manifestly important, although we are unable to demonstrate them. But this fact is well ascertained, that the blood and nutritive functions are decidedly impaired by its exclusion; and the uniformly pale, unhealthy look of persons excluded from solar light, is evidence that is necessary. Both the animal and vege-
table kingdoms furnish further conclusive evidence of this fact.

Naturalists tell us, that, in the course of healthy development a tadpole becomes a frog, and experiment proves that without light a tadpole never can become a frog. If light be essential to the development of the form and growth of the body, may we not infer that it has an important influence upon the maintenance of a healthy existence? Children that are thus excluded from the sun, never become healthy, and remain in the tadpole state! Those who live in cellars become meagre, rickety, and deformed in body, have a ghost-like palor of complexion, and are early victims of disease. The free sunlight is as essential to the various changes constantly required in the system, as it is for daguerreotyping or the ripening of fruit. The tenderness and whiteness of celery depend upon its being grown in the dark. A rose deprived of the rays of the sun grows pale, wilts, decays and dies. Analogous changes are observed in animals, and the human species are no exception to the general rule. The sun's rays are a powerful stimulant, aside from their chemical action upon the blood and secretions; and children must have it or become rickety, puny, and find early graves; the adult needs it to preserve the body in health. These subjects might be very profitably extended; but as I have frequently in the course of this work abridged or withheld much important matter, the economy of space must be observed here.

EXERCISE.

Has been amply discussed in lectures and health journals; information upon this point is abundant, so indeed is it in reference to the subjects of air, heat and light; yet the wide discrepancy between the theory and practice of most per-
sons, is a sufficient reason for introducing them here, however briefly it may be done.

The physiological effects of muscular exercise upon the living tissues are numerous, and absolutely essential to the maintenance of health. The alternate contraction and relaxation of the muscles play a highly important part in keeping up a free healthy circulation of the blood and fluids, also favoring the excretions, inducing perspiration, accelerating the motion of the bowels, and forcing open the lungs, or forcing into them a plentiful supply of pure, fresh air.

In taking exercise one rule is imperative, that is, diversion, amusement, or call it what you will, must accompany it. The mind must be pleasingly occupied at such times. I care not for what the " stricter sect" may say of the " sin" of mirth, it is a natural gift—it is a faculty, and must like every other faculty be exercised. To the gloomy and desponding, and those even who are reasonably depressed in feelings from a knowledge of their condition, mirth is a medicine. Miserable counsellors are they for the sick who come with solemn faces. Despondency is a part of the disease, or the mental part—administer then the proper antidote. Some cannot bear large doses at first, but amuse them—take their thoughts away from themselves, that the nerves may be relieved, and gain strength by a change of subject. The invalid cannot make mirth; he "does not feel like it;" then help him, as you would a feeble person to walk. Their minds and sensibilities are morbidly acute—mirthfulness is often repugnant to them, as is medicine when one is very sick. I know from experience that invalids are often not aware of the amount of time they spend in thinking of their case and in watching their symptoms, nor appreciate its bad effect, and the load of anxiety the mind is groaning beneath. When
did you have a hearty laugh? Last week, last month, or last year? I remember when for two years I saw nothing, nor could find anything which prompted the compliment of scarcely a moderate smile. When friends tried to interest me or divert my mind, I really thought it trifling with solemn realities, still had I been better informed I could have “taken the medicine in confidence.” In these suggestions I do not allude to those who are fatally diseased, but such as are able to take exercise.

As a physician, it is my duty to caution the “well,” who may exercise the delicate office of friend and associate of invalids, to avoid as conscientiously as they would the “unpardonable sin,” speaking lightly of the value of human existence, or the great event of death. This I have seen done, under the false impression of lessening the patient’s sensibilities upon that subject. But it is inhuman, rough, and unphilosophical to do so. Neither can you divert or benefit an individual by speaking lightly of his malady or sufferings, nor is it at all amusing or a proper way of interesting the mind by dictating thus: “Why, you should be cheerful; not gloomy, sad and cast down, and always looking on the dark side of things,” &c. Now, my hearty, fresh faced friend, these are words of torture, not of hope or comfort. You might with just as much propriety tell the emaciated patient, scarcely convalescent from a fever, to get up and walk, to get strength, in the room of taking him kindly by the shoulders and assisting him in taking a few steps, to exercise his muscles. You must cheer your feeble friend; he can no more cheer himself than you can lift yourself. He has unconsciously lost both the power and will to thus exercise the mind. To tell him to use this is imposing an impossibility. But you who are fat, well, and good natured, should allure the mind, which has long been in darkness, from the thick fog of
melancholy to the light of hope—then you do the work of a friend and benefactor. I sincerely believe sensitive patients have often been hurried to the grave, and others driven there, by improper influences—by a disregard of the feelings, acute sensibilities, and peculiar "notions" of those whose minds and nervous systems are really as weak, or weaker, than their bodies. It may have been, too, well intended—done through ignorance or a false philosophy, nevertheless it has been fatal in its results.

Those who would successfully "minister to a mind diseased" must know the secret springs of human feelings, the natural preponderance of hope or despondency, must be naturally kind, generous and agreeable themselves, which, under the guidance of good common sense, will enable them so to manage their afflicted fellow beings as to avert a fatal malady; if not, they may at least lengthen the journey, remove many of the thorns by the wayside, or smooth that path which is rough and gloomy, till the last kind office is done, which in turn must be done for all.

THE END.
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APOLOGY.

As numerous typographical errors appear in this work, it is but proper the reader should know that the author was absent at the time of publication, and did not see the proof sheets. The following is a correction of the more important perversions of MS.

Page 8, seventh line from the bottom, the word “genos” should read genao.

Page 17, sixteenth line from the top, the word “whether” should read wherefore.

Page 19, first line, the words “alkalies, salts” should read alkaline salts.

Page 54, first line, the word “proportions” should read preparations.

Page 12, tenth line from the bottom, the word “for” should read of.

Page 12, second and third lines from the bottom, the words “muscles” should read muscle.

Page 13, eighth line from the top, the word “earthly” should read earthy.

Page 88, the bottom line, the word “prostrated” should read protracted.

Page 47, first line, the figures “40” should read 30.
PATHOGENETIC

PRACTICE OF MEDICINE:

EMBRACING

CHEMICO-PATHOLOGY AND THE

SYMPTOMS AND TREATMENT

Of Chronic Diseases by Pathogenetic Remedies.

DESIGNED FOR THE USE OF PATIENTS.

BY E. W. TUCKER, M. D.,

Author of the "Pathogenetic Practice of Medicine," 8 mo.

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