

to take arsenic; but do not forget, when you have attained the age of fifty years, gradually to decrease your dose, till from the dose to which you have become accustomed, you return to that with which you began, or even less. I have made trial of my preceptor's prescriptions till now, the forty fifth year of my age. The dose with which I began and that which I take at present, I enclose; they are taken once a day, early in any warm liquid, such as coffee, but not in any spirituous liquors. The doses sent were No. 1, original dose, three grains; No. 2, present dose, twenty-three grains of pure white arsenic, in coarse powder. Dr. Arbele says this gentleman's daily dose has been weighed there also, and found as above. Mr. — continues: "About an hour after taking my first dose (I took the same quantity daily for three months), there followed slight perspiration, with griping pains in the bowels, and after three or four hours a loose evacuation; this was followed by a keen appetite, and a feeling of excitement. With the exception of the pain the same symptoms follow every increase of the dose. I subjoin as a caution, that it is not advisable to begin arsenic-eating before the age of twelve, or after thirty years." In reply to my question, if any harm results from either interrupting, or altogether discontinuing the practice he replies, "Evil consequences only ensue from a long-continued interruption. From circumstances I am often obliged to leave it off for two or three days, and I feel only slight languor and loss of appetite, and I resume taking the arsenic in somewhat smaller doses. On two occasions, at the earnest solicitations of my friends, I attempted entirely to leave off the arsenic. The second time was in January, 1855. I was induced to try it a second time, from a belief that my first illness might have arisen from some other cause. On the third day of the second week after leaving off the dose, I was attacked with faintness, depression of spirits, mental weakness, and a total loss of the little appetite I still had; sleep also entirely deserted me. On the fourth day I had violent palpitation of the heart, accompanied by profuse perspiration. Inflammation of the lungs followed, and I was laid up for nine weeks, the same as on the first occasion of leaving off the arsenic. Had I not been bled, I should most likely have died of apoplexy. As a restorative, I resumed the arsenic-eating in smaller doses, and with a firm determination never again to be seduced into leaving it off except as originally directed by my preceptor. The results on both occasions were precisely the same, and death would certainly have ensued had I not resumed arsenic-eating." One of the most remarkable points in this narrative is, that this gentleman *began* with a dose which we should consider poisonous. This is the only case of which I have been able to obtain such full particulars, but several others have been mentioned to me by those who knew the parties and can vouch for their truth, which I will briefly relate.

One gentleman, besides stating that he is well aware of the existence of the practice, says he is well acquainted with a brewer, in Klagenfurth, who has taken daily doses of arsenic for many years. He is now past middle life, but astonishes every one by his fresh, juvenile appearance; he is always exhorting other people to follow his example, and says: "See how strong and fresh I am, and what an advantage I have over you all! In times of epidemic fever or cholera, what a fright you are in, while I feel sure of never taking infection."

Dr. Arbele writes: "Mr. Curator Kursinger (I presume curator of some museum at Salzburg), notwithstanding his long professional work at Lungau and Binzgau, knew only two arsenic-eaters—one the gentleman whose case has just been related, the other a ranger of the hunting district in Grossarl, named Trauner. This man was, at the advanced age of eighty-one, still a keen chamois hunter, and an active climber of mountains; he met his death by a fall from a mountain height, while engaged in his occupation. Mr. Kursinger says he always seemed very healthy, and every evening regularly, after remaining a little too long over his glass, he took a dose of arsenic, which enabled him to get up the next morning perfectly sober and quite bright. Professor Fenzl, of Vienna, was acquainted with this man, and made a statement before some learned society con-