

Canadian Journal of Homeopathy.

"Plus apud nos vera ratio valet, quam vulgi opinio."

Vol. I.

HAMILTON, C. W., DECEMBER, 1856.

No. 12.

ON DIET.

By DR. RUTHERFORD RUSSELL.

(Concluded from our last.)

Before considering the comparative value of different forms of alcoholic drinks, let me observe that the cases in which marked benefit was derived from their administration as articles of regular diet, not occasional stimulants, were all characterized by the feebleness of the pulse, and a difficulty of obtaining a sufficient quantity of sleep. This entirely corresponds with what our physiological investigations might have led us to expect. In such instances, alcohol in its proper form at once propitiated the appetite of the nervous system, and presented to it its most appropriate aliment. At the same time it is right to state, that the greatest caution is required in deciding on the class of cases which are suitable for this method of treatment, for it certainly is extremely injurious in many cases characterized by a feeble pulse, if there is preter-natural general irritability present. In such cases it acts not as a sedative, but as a stimulant, and increases instead of mitigating the evil. I have known immediate improvement to follow the withdrawal of all stimulants, in cases where the heart is at once feeble and irritable. Indeed, I do not believe there is any matter connected with the management of those who consult us that requires so much care, and about which, with all our caution, we shall so often commit errors in giving a reply to the question, What must I drink? Perhaps it may be well to give Dr. Bence Jones' *resume* of the various qualities of different alcoholic drinks, as

it may afford us some guide in the solution of this intricate and perplexing problem.* "Generally then, it may be said, that beer contains much saline matter, wines contain very little, and spirits contain none at all. Each year our knowledge of the chemical composition of these fluids will increase, and with advancing knowledge we shall obtain more clearness regarding the dietetic and medicinal properties of all fermented liquids. At present the answer to the question which is the best wine, cannot be given, because of the imperfect knowledge which we possess of the chemical composition of different wines. But even when full knowledge is obtained, no universal answer can be given; for that wine which is best in one state, or for one person, may be the worst in a different state, or for another person.— Generally, however, it may be said, that that wine is best which contains least alcohol, least acid, least sugar, and highest flavor. This is the best for a person in health, while for a person in a state of low fever, that wine which contains least salts, most sugar, most astringent acid, and most alcohol, will cause least irritation of the bowels, will furnish most nutriment, be most febrifuge, and most supporting. Where there is much irritation and much depression, brandy will be better than wine. In some states in which diuretic action is desirable, Moselle wine, by the excess of salts it contains, may prove almost as energetic and far less heating than the essential oil in gin or whiskey. The difference in action being that between cream of tartar and

* Medical Times and Gazette for Sept. 1854.

tilated that does not receive from without at least one hogshead of air each hour for every pair of lungs. This is always secured by open fire-places, but by a stove almost never. Thus it is that the greater part of this generation have had every bodily tissue nourished by imperfect blood; thus inducing a delicate or feeble constitution.

A second cause of debility is the want of vigorous exercise, especially to the muscles of the arms and trunk. In former days the children worked with their parents in pure and cool air several hours a day, and thus exercised the muscles most important to health, especially to female health.

But in these days, school children, especially the youngest girls, have little vigorous exercise. And where exercise is demanded, a walk of a mile or two is deemed sufficient, while the exercise of the muscles most important to health is entirely neglected. Thus both sexes, but especially that upon whom depends the constitution of the children, are every year becoming more delicate and sickly.

The third cause of national debility is a change from a simple to a stimulating and luxurious diet. Stimulating food provokes an unnatural appetite. A great variety tempts to excess. Both combine to overload the organs of nutrition, and the whole organization is strained and overworked to throw off the excess.

The more food we eat and the richer it is, the more exercise is needed. But, instead of this, the people constantly are eating more, and exercising less. Meat is the most stimulating food there is, and there is no other nation on earth where all classes devour such quantities of meat, fat, butter, sugar, molasses, hot cakes, and hot tea and coffee. And no nation on earth have such bad teeth, and every other indication of a debilitated constitution.

A fourth cause of national debility is excess in stimulating the brain, unbalanced by exercise and recreation. Fifty years since, to read, write and cypher, were all that was expected, out of a college course. No daily drilling in hot

school rooms, in all manner of sciences, with evening lessons at home. No Sunday lessons; no books for children at every turn, both Sundays and week days. There is fifty times as much intellectual stimulus of the brain in childhood as was ever known in former generations. Then the cares, business, and excitement of all kinds, for both men and women, have increased at an equal ratio. Every thing is going on at high steam pressure.—Now the more the brain is thus stimulated, the greater the need for pure air, exercise, and seasons of relaxation.—But contrary to this, the more the brains of children and adults are stimulated, the less relieved. To use the words of a medical writer, "the constant exercise of the brain takes up the chief strength of the system, and consumes it in feeling and thinking."

Another cause of general debility is the fashions of the female dress. The stays of our ancestors were trifles compared with the accumulated enormities that have been practiced on the female form during the last twenty years. The thin covering for the upper portion of the spine and the vital organs in cold weather, the accumulation of clothing on the lower portion, the pressure of tight dresses around the waist, the whalebone in pointed waists, and the weight as well as the heat, of the enormous mass of clothing resting on the hips—all these combining with delicate constitutions, have produced, and are increasingly producing, terrific results that are but little known or understood.—*Ec. Med. Jour.*

EXTRACT FROM ADDRESS

Of Dr. Perrine before N. Y. State Homeopathic Society.

It seems to be quite a common belief that homeopathy is of comparatively recent origin.

But we shall show that its principle: "Similia Similibus Curantur" has always been acknowledged, and that it has been pre-eminently foreshadowed. And in doing so we shall establish the strongest claim that we can have for the

strength of our proposition, viz., its immutability, because a law of nature.

The lack of medical writings among the earlier ages prevent us from knowing the opinions of physicians before the time of Hippocrates. The history of medicine in those ages is fabulous for the most part, and hence quite unreliable. The priest and physician were one and the same individual, and cures were performed by the voice of oracle.

The people were taught that disease was a special infliction from the Almighty, as a punishment for sin; and that by his special interference all maladies were removed.

Æsculapius is the first person of whom we have anything authentic as interfering with the prerogative of the priest in the cure of disease, and by the means of natural appliances. His medical views are unknown however. He is represented as having been very successful in his professional services and as having as a consequence incurred the displeasure of Pluto and old Charon, who complained to Jupiter that Æsculapius, by curing diseases, was robbing them of their perquisites. Jupiter entertained the complaint and slew the Doctor with a thunderbolt.

Hippocrates, the Father of Medicine, as he is usually called, gives us many valuable admissions and vindications of the law of homeopathy as a law of nature.

In his "Places in Man," he says, "By *similar* things disease is produced, and by similar things given to the sick are they healed of their diseases."

"The *same* things which will produce strangury, cough, or vomiting, will arrest them." "Thus, warm water, which is given to induce nausea and vomiting, will arrest it.

"Mandrake produces mania: therefore,

"Give the patient a smaller dose than that which will induce mania, and it will be cured."

Again, "Cold causes rigors, convulsions, tetanus, and stiffness; and cold water will cure these conditions in disease."

Of erysipelas he says: "Most of them are cured by the same agencies which can induce them."

"Hellebore given to the sane, darkens the mind; but it is wont greatly to benefit the insane."

This testimony from Hippocrates is very consolatory, because it recognizes the homeopathic views of the law by which medicines arrest disease, and that too at a period the *very earliest* in the history of medicine.

The hue and cry against modern homeopathy might be easily held in obedience, could the bloodhounds of persecution and prescription be but induced to allow the first man in medicine to teach them "what is truth."

At the end of several hundred years, passing by the theories of minor reformers, we come to Galen, who is claimed as the unequivocal head of the allopathic school of medicine. He flourished about A.D. 159, and attempted the repudiation of all the schools and theories which had gone before him.

He says, "I have found *similars* to influence *similars*." "God or nature has joined *similars* to *similars*." "A *similar* naturally indicates its *similar*." "*Similars* are congruous and friendly."

Again "the quality of a medicine must bear similarity to the disease and their products; though it *must not be identical*," or, as we say, isopathic.

Thus from Galen, we have direct acknowledgment of the cardinal point of the homeopathic law as a law of nature.

The isopathic school of medicine furnishes examples of its belief in the existence of "*similia*" as a fundamental law.

The motto of the isopath is "*æqualia æqualibus curantur*," or diseases are cured by identicals. They claimed to remove the perplexing uncertainty of medicine, by establishing a full system of specifics.

Like Hahnemann and his disciples they proved the effect of medicines in health, even to some of the severest poisons.

They used parts of venomous reptiles to cure bites. They professed to cure

derangements of different organs of the body, by corresponding parts, and organs of inferior animals—and by the internal use of deranged secretions.

For hemorrhages they used blood. For asthma they employed dried and pulverized fox lungs. Diseases of the liver were treated by bullock's liver. Hydrophobia was treated with the saliva of the rabid animals.

The poison of the asp, the scorpion, the viper, were antidoted by portions of these reptiles.

While we repudiate this theory as irrational and as insusceptible of proof, we claim for it strong testimony in favor of our homeopathic principle. The idea of curing diseases by identicals has always existed. It exists now, in the domestic cures which never meet the eye of the medical man. In some districts of country it is very strong, and savors a great deal of traditionary interest.

We quote Basil Valentine, a monk of the order of St. Benedict, in the fifteenth century, as affording additional testimony to our position.

He says: "*Likes* must be cured by *likes*, and *not* by their contraries—as heat by cold, and cold by heat." For one heat attracts another heat, and one cold another cold, as the magnet does iron." Although a chill may be suppressed by heat; still, as a philosopher, and as an observer of nature's laws, I say that *similars* must be met by *similars*, thereby they will be removed *radically and thoroughly*. He who does not attend to this is no true physician, and cannot boast of his knowledge; for, knowledge and experience, together with fundamental observation of nature, constitute the perfect physician.

Paracelsus, who flourished in the sixteenth century, and about 1500 years after Galen, bears most unhesitating testimony to the action of similars in medicine.

Thoroughly dissatisfied with the medical theories and practices of his day, he endeavored to institute a system of therapeutics as distinct in principle from the old ways as possible.

He laid hold of the principle *similia* as his guide. He combated all the established ideas, and made war upon the apothecaries and physicians.

But while his therapeutics changed, his pathology remained unchanged, and thus he debarred himself from the perfected light of nature.

He did not seek the pathogenesis of his remedies, and thus lost the great secret which laid just within his grasp.

In opposition to Galen's proposition of "*Contraria*" he says: "Cold removes heat and heat cold! This is false and was never true in medicine." *Like* belongs to *like*, not *cold* against *heat*, and *heat* against *cold*. That were a *wild arrangement*, if we had to seek safety in *contraries*. *This is true*. That he who will employ cold for heat, moisture for dryness, does not understand the nature of disease.

Again, he says, "nature wills *stratagem* should be arrayed against *stratagem*."

This is the *natural* case with all things on earth, and in medicine also the rule prevails. And the physician should let this be an example to him.

Still more emphatically, "what creates jaundice will cure it in all its species." "*The medicine which shall cure paralysis must proceed from that which causes it.*"—He goes still further and speaks of the dose of the medicament to be used: "A *small spark* can set on fire a *whole forest*: even so a *small dose* of medicine, *no matter how small* its weight, shall suffice to produce the desired effect."

Truly this strongly foreshadows the developments made by Hahnemann and nobly sustains the position that the cure by similars is a natural law.

Johannes Agricola professed to cure cancerous and other malignant diseases. He thus speaks: "If the subject is viewed in its proper light, it must be confessed that a *concealed poison* is at the root of these diseases: which must be expelled by a *similar poison*."

Tycho Brache, the Danish Astronomer, says: "There is a disease of a *sulphurous nature*, which quickly yields

to *terrestrial sulphur*; especially if a bath is of bad liquor as *similars by similars*.

Another evidence of the general conviction of the truth of our proposition is found in the Signature School of medicine, or that which maintained the necessity of actual or closely approximating resemblance between the disease and the remedy. In seeking for a medicinal agent, they sought, so to speak, for the daguerrotype of the disease in the remedy to be applied.

Although in their pursuit after truth they pursued the idea of similars, in physical resemblances, rather than in symptomatic similars, yet they nobly foreshadowed the Hahnemannian theory, and established its claim to a Natural Law.

The bile being yellow, the signaturists sought for yellow substances to cure jaundice. Blood being red, the red juices of plants were used to arrest hemorrhage. Hemorrhoids would be cured by bulbous roots resembling them. Cassia Fistulata having the appearance of inflated bowel, was used to cure diseases of the bowels. The elder has a pith resembling the spinal marrow, therefore it was used for spinal diseases.

The seeds of *Letho Spermum* resemble urinary calculi; therefore they would cure the gravel.

The lichen pulmonarius, so called from its resemblance to the lungs, obtained the repute of curing pulmonary diseases.

These examples prove an intuitive idea in favor of a therapeutic principle, which prevailed during the dark ages, and indeed from the foundation of medicine. An idea which was held alike by the learned and the unlearned, amid numberless revolutions in the theory of cure. Why, if this principle of treating diseases by remedies whose action upon the healthy organism would develop like symptoms, is not a law of nature: was it upheld amid the never-ending attempts to establish different theories of cure; and why was it enabled so successfully to assert its right to consideration?

Why, if not an immutable and essential truth, should this principle have been so assiduously preserved and so definitely enunciated by every theorist in medicine?

Why should this homeopathic Law have been kept alive in all ages, amid the rise and fall of theories of cure which have existed by thousands, and which can be known now only by the most assiduous research?

Why, while those have waxed and waned, and totally gone out in oblivion, should this our principle of curing diseases have until the time of Hahnemann been becoming more and more distinctly enunciated, if it had not its foundation in nature?

We have shown already that all important principles of science have had the same fostering experience, and analogy proves for us our strongest argument.

Besides the testimony of the ancients, we have the honest admissions of allopathic physicians for the last two hundred years. Hahnemann gives his immediate predecessors of the seventeenth and eighteenth centuries the credit of having before him acknowledged the truth of treatment by pathogenesis. Thus Thoury discovered that electricity would quicken the healthy pulse; and when carefully applied, would to the pulse quickened by disease, diminish it.

Berthlon removed in disease with electricity the same pains which electricity will produce.

Van Storck, admitted that stramonium would cure insanity, upon the principle of its producing insanity when given in excess.

Boulduc cured diarrhoea with rhubarb, and attributed the secret of cure to the power of the drug to create the disease.

Detharding cured colic with Senna, being induced to do so, from his knowledge of its colic-producing tendencies.

Stahl declared "that the rule generally acted on in medicine, to treat by means of oppositely-acting remedies, is false, and the very reverse of what it ought to be."

"I am on the contrary convinced,"

said he, "that diseases will yield to and be cured by remedies that produce *similar affections*. Burns by exposure to fire—frost-bites by cold water or snow.

Inflammation and bruises by alcoholic applications. "In like manner I have treated acidity of the stomach with very small doses of sulphuric acid, with the most happy effects; after various absorbents and neutral mixtures had been used in vain."

Riviere cured bee-stings with blisters, which would relieve the pain, as soon as they reduced the skin.

Dessaix says, a relation of his was cured of a disease by eating bread containing darnel. And he did it by the advice of some farmers, who insisted that he would thus be cured because darnel would produce just his symptoms.

Magendie admits that large doses of tartar-emetie will produce all the symptoms of pneumonia, and every-day experience proves that it will cure that disease.

Dr. Pereira says, "Nitric-acid will excite salivation. Homeopathy cures salivation with this medicine.

Dr. Dunsford admits "that the few specifics the old school has are now known to produce precisely the diseases they cure."

Dr. Adams, the translator of Hippocrates admits the principle of cure by similars.

Dr. Routh says, "Cinchona certainly produces all the symptoms alleged by the homeopaths to be produced by it, and which resemble Ague."

Were it necessary, we might adduce many more examples to prove that the law of homeopathy is a law of nature for the cure of disease.

These which we have named must surely suffice to constitute a conclusive argument. It must be satisfactory to know that all great authorities in medicine, from its founder until now have admitted the truth of this great principle.

☞ There has been over one hundred cases of yellow fever in New York and vicinity the past summer.

Journal of Homeopathy.

The present number completes the first volume of the Journal. Its success thus far is greater than we at its commencement dared hope for; and the growth of the cause we advocate, we have reason to believe, is commensurate with the patronage it has received. We would not be understood, that the position homeopathy has attained is due alone to the publication of the Journal, but that the principles we advocate have through the many faithful representatives of homeopathy throughout the province, been as prosperous as the success of the Journal has been complete.

But it is not time for us to relax our energies, but to follow our past successes with renewed efforts until the principles of medical reform are known and followed throughout the length of this prosperous province.

The press is the only means by which correct principles can be rapidly disseminated and the delusions and fallacies of ancient error eradicated. And those of our friends who desire the propagation of the principles in which their confidence lie should lend their aid in increasing the circulation of the Journal. It is in your power to augment our circulation to double its present number for the next year. What say you?—Will you try? Let each of our present subscribers procure us a club of five new subscribers. It would require but little effort on your part, when you would have the satisfaction of finding your opinions less frequently combatted and the benefits of Homeopathy more universally understood and accepted.

We shall devote more time the coming volume to render it interesting and instructive to its readers.

In our advocacy of Homeopathy we shall be guided by those principles advocated by Hahnemann, its founder, whose practice we believe to have been superior to any of his disciples and especially those Semi-Homeopaths who attempt to attach Homeopathy to the skirts of thread-bare Allopathy.

We also desire to draw the dividing line distinct between the new and old school practice, so that the people may be able to judge of the difference existing between the two schools. We do not expect to make physicians of our readers, but to show them the cause of many of the diseases with which they are afflicted, and the means of escaping from the effects. We seek more to instruct our readers how to prevent disease than how to cure it. Prevention, in many instances, is under their control, while the cure of disease should be entrusted to the skillful physician alone.

In enlarging the Journal we feel compelled to increase the price to one dollar per year, in which we intend our patrons no injustice, as we have furnished them for one year a dollar paper for half price. We do not expect to grow rich by this publication, yet we hope to receive enough to pay the printer, leaving out remuneration to the editor; hence, every physician has as much interest in sustaining the Journal as the publishers themselves, as they desire no benefit but such as is common to all our practitioners.

We cannot close this article without returning our sincere thanks to our many friends, for the substantial interest they have taken in the Journal from its commencement. And without being invidious, we cannot forbear to express our sincere thanks to Dr. Ferguson, of Woodstock, who has taken a lively interest in the welfare of the Journal, having procured the largest list of subscribers we have received from any one address.—He deserves the large patronage he enjoys.

BOOKS, &c., RECEIVED

MEMPHIS JOURNAL OF MEDICINE.—July, August, September: Memphis, Tenn.; 24 pages, monthly. Prof. R. H. Harrison editor.

This reform paper has reached its third vol., and is devoted to the interest of the profession and the Memphis Reform Medical College. To Western and Southern medical men it is of much interest, being filled with elucidations of the diseases incident to that part of the continent. It handles the abominations of old school with a strong hand. Long may it exist to advocate Medical Reform and expose the inconsistencies of the "Regular" practice.

JOURNAL OF MEDICAL REFORM.—Published by an Association of Physicians. J. D. Friend, M. D., editor.—New York, monthly. Is an exponent of Reform Medicine. Is a pungent and racy periodical, making many sharp hits at old physic. This is not right, as you both row in the same boat, and we cannot see why you should be quarrelling with your elder brother. They physic, so do you. They give emetics, so do you. While they blister, you use epispastics? We cannot look upon you gentlemen of that school only as the left wing of allopathy, or rather as allopathy in a more puerile form. You rest upon the same foundation, with no principle or rule of guidance.

PHYSIO—MEDICAL RECORDER.—Edited by W. H. Cook, M. D., Cincinnati, O., monthly. A Medical Reform paper, managed with much ability. We are particularly well pleased with an article, "What is Eclecticism?" in which we recognize an old and able hand. We have for a long time looked upon Cin-

cinnati as the greatest pandemonium of medicine on this continent. We wish the editor success in his efforts to purge that city of that myth and mirage called eclecticism.

We would like for the editor to explain what he means when he says "that there is no such thing as diseased action, but that all action is vital and health preservative in its tendencies?"

HALL'S JOURNAL OF HEALTH.—W. H. Hall, M. D., editor. New York:—Oct., 1856, monthly.

This periodical is devoted to disease of the chest, and matters pertaining to Hygiene. If more such papers were circulated, and read, and profited by, we should have less sickness and better health. But the mass of people, while well, give too little thought of the means of preserving health, or what is necessary to be done when sick, and when attacked by disease yield themselves bodily to the hands of a physician and submit, many times, to treatment that a little knowledge and common sense would teach them to avoid. We hope it has a wide circulation.

ERRATA.—In noticing "Homeopathy Demonstrated and Young Physic compared with Old Physic,"—the printer made us say that J. C. Preston, M. D., was its author; it should be J. C. Peterson, M. D., formerly of Hamilton, C. W., now of St. Johns, N. B.

The Medical profession in Austria consist of 6,393 physicians, 6,148 surgeons, 2,951 apothecaries, and 18,798 professional women. It would seem by the latter figures that the women folks practice a little.

PROSPECTUS
OF THE 2d VOL. OF THE
CANADIAN JOUR. OF HOMEOPATHY.

At the earnest solicitation of many readers, and from the success that attended the first vol., we have decided to continue the publication for another year.

The Journal will be devoted especially to explaining the principles on which is founded the system of Homeopathic practice, and such news as will be of interest to our practitioners and to the friends of the cause. We shall, in the spirit of candor and fairness, endeavor to show the fallacies of Allopathic Medicine, and expose the arrogant and ignorant pretenders who travel about deceiving the public in the name of Homoeopathy.

No effort will be spared to sustain the truly honorable in our profession, and to place our practice on that high-toned basis it should legitimately occupy.

The Journal will be published monthly, at Hamilton and London, C. W.—Each No. containing 20 pages royal oct., at one dollar per year, or 5 copies for \$4, invariably in advance.

The second vol. commences in January, 1857.

We earnestly invite all who are favorable to the enterprize to forward their names at once.

Remittances or communications may be sent to either of the subscribers:—A. T. BULL, M. D., London, C. W., W. A. GREENLEAF, M. D., Hamilton, C. W.

Hamilton, Dec., 1856.

MATTHEW'S

HOMEOPATHIC PHARMACY, 129 S. Eight Street, above Spruce, Philadelphia. Supervised by J. G. HOUARD, M.D., where will be found constantly on hand a good assortment of Homeopathic Medicines, in Tinctures, Triturations and Dilutions; also, Family Medicine Chests, Physicians' Pocket Cases, Sugar of Milk, Pellets, Refined Sugar of Milk, and all the Homeopathic Books and Pamphlets published in the United States.

oil of turpentine. In diabetes, ale and porter, which contain much sugar, cannot on rational grounds be advised, while claret, which is free from sugar, and contains much tannic acid, is highly beneficial. While cider, though free from sugar, contains much malic acid, and is diuretic. In dyspepsia and gout, the wine which is freest from ultimate acidity, and which is least stimulating, is best. The least acid claret wines first, and then some sherry, and even perfectly dry champagne, when very free from excess of acid, are not unsuitable. When a taste is acquired for good Mansanilla, it answers all the requirements, and is obtained at a far cheaper rate than first-rate Amontillado sherry, which may be procured free from all sugar, and with little acid, and scarcely stronger than Mansanilla, and so far surpasses it in flavor that the difference in expense is almost forgotten. But by adding water to brandy, or other spirit, a fluid is obtained which is far less acid than any wine, and which may be made of any strength, and be free from all sugar. Theory, then, as well as practice, leads to the belief that if any stimulant is taken in dyspepsia, the best is brandy and water. With regard to porter and stout, these containing little acid, have much sugar, and hence give rise to much more acidity than some pale ale. [But at the same time are *pro tanto* more fattening if they agree.] Some pale ale may be found more sweet and acid than ordinary sherry, but generally pale ale is more acid than sherry, and less stimulating. Yet for this, compensation is made in the greater quantity of ale drank. The larger quantity of salts also in malt liquors must always be borne in mind. Such is the meagre information which at present is the best I can bring before you to enable you to answer the question, "What may I drink?"

The question of how much, must also receive answers as various as are the habits and capacities of those who ask it. One man's extremest idea of temperance conveying to another the horror of a debauch. I recollect a celebrated writer, who is now far advanced in years,

remarking to me in reply to my question of whether he took much wine, "I drink very little now," he said in the quietest tone, "I seldom take more than eight or perhaps ten glasses of sherry at dinner." A limit of indulgence which would have entitled him to be enrolled on the books of a temperance society instituted towards the close of the 14th century by the Landgrave of Hesse, the rules of which restricted its members to seven bumpers of wine along with each meal, which, at three meals a day, and allowing six bumpers to a quart, would give each member his three daily bottles.

We should here have considered the effects of the other sources of fat, and especially of cod-liver oil, but that the subject has been ably handled by so many writers, as to make it a work of supererogation. There is one observation, however, it may be right to make, in order to prevent disappointment from the results of this fashionable remedy, and it is this:—In cases of phthisis it may fatten the patient to such a degree as to give a delusive appearance of restored health, while all the time the mortal malady is making rapid progress to its unerring end. As to the value of inunction, a still more fashionable mode of introducing fat with the body, I confess myself to be very dubious, from the few trials I have made of it. I have found, in several instances, unspiced turtle soup one of the most digestible forms of presenting fat to patients in a state of extreme emaciation. Of the dietetic value of cocoa, in this point of view, I shall speak presently, when considering its claims as a beverage, along with those of tea and coffee.

Before doing so, it may be right to state that, however important fat is to the economy, yet both oil and sugar is so readily decomposed and converted into a variety of acids, some of which are of a highly indigestible character, that, practically, they are usually found unsafe articles of diet, unless presented in circumstances well adapted to secure their admission without decomposition.

Sugar is safest in the form of grape sugar, and it is owing to this that the

grape-cure owes its efficiency probably, in cases to which it is suited. It is said to be specific in certain forms of diarrhoea or dysentery, but I am not aware of any trustworthy details of the way in which it is used. Milk thickened with mutton suet has an excellent effect upon children who are weak and lean from long-continued diarrhoea. And broiled bacon is found by many to be a useful substitute for butter at breakfast. No doubt in this, as in other forms of aliment, individual peculiarities of taste and disposition, impossible to specify by anticipation, must be taken into account.

The importance of coffee, tea, and cocoa, as articles of diet, requires no enforcement. Of coffee alone, the consumption in the United Kingdom amounted, in 1853, to thirty-seven millions of pounds; and yet coffee is of comparatively recent introduction in Europe.

According to Abd Alkader Ebn-Mohammed, who wrote a treatise in 1566, entitled, "The Prop of Innocence, in Reference to the Lawfulness of Coffee," a very learned and pious sheikh became acquainted with this beverage in Abyssinia, and introduced it into Aden about the beginning of the fifteenth century, under the name of kahwa. In the year 1554, an alarming tumult arose in Constantinople, no less than an emeute of the priests against the Sultan, because the opening of coffee-houses had been attended with such irresistible attractions to the true believers, that they had all deserted the mosques. With the sagacity of one born to rule, the Sultan settled the matter by heavily taxing the coffee-houses, thus relegating to the mosques the poorer portion of those who frequented them, satisfying the priesthood, and enriching himself. In 1652 a Greek, of the name of Pasqua, opened the first London coffee-house, in George Yard, Lombard Street; and in 1671 the first was opened in France, at Marseilles; it was not till 1721 the first coffee-house was opened in Berlin.

Thus began the second Byzantine empire, which is likely to be more enduring and fruitful of great political results than the first. For it is hardly too much

to say, that if there had been no cafes in Paris there would have been no French Revolution, or at all events, its history would have been very different.

The most important chemical ingredients of roasted coffee (for, except in the Crimea, it is always roasted before it is used) are—1st. A volatile oil produced during roasting; 2nd. A variety of tannic acid, modified by this process; and, 3rd. A substance called caffeine, similar to the theine and theobromine of tea and cocoa.

The physiological effects of the infusion or decoction of coffee are very peculiar. It seems to act especially upon the spinal and respiratory system of nerves, rather than on the cerebral, as alcohol does. It is well worthy of consideration, that while wine induces sleep, coffee and tea prevent it. And it may be, that the increasing number of spinal affections, which are undoubtedly met with now, are, in some measure, due to the much larger quantities of tea and coffee consumed. It has, besides, a most remarkable effect in retarding the waste of the tissues, and thus, is indirectly nutritious; it husband the strength of the person who drinks it, and so increases his wealth; as a man's riches depend upon the excess of his revenue over his expenditure, and what diminishes the latter augments the former. Some interesting experiments have been made upon this subject, and the result was to prove, in the instances recorded, that by the use of 1½ ounce of coffee daily, the absolute quantity of urea and phosphoric acid voided from the system in a day was diminished one-third, while the absolute quantity of urine was increased by a fifth. If this experiment be confirmed, it shows that coffee, to some extent, gives us the control of the waste of our bodies, and when we recollect that life is an incessant stream, the rapidity of which, in a great measure, determines the amount of health and strength; that the rapid exhaustion of fever is the acceleration of the river of life in the body, and, that the arrest of decay implies increased energy and prolonged vigor, there is no wonder that those who

are exposed to great wear and tear of the body, especially of the nervous ingredients of it, should cling with desperate tenacity to those beverages which experience, now ratified by scientific observation, tells them, tends to reduce to a minimum the expenditure of substance, during the efforts they are obliged to make. And, while to deprive a man of his wine, may be to starve his brain and his nerves, by withholding from them their requisite sources of food, to deprive a man of his tea and coffee, may operate with equally disastrous consequences, by involving him in an expenditure to which his means are inadequate.

The quantity of tea consumed in the United Kingdom in 1853 amounted to fifty-eight millions of pounds, while in Germany, with a population of four millions more than the British, it was only one million and a half, and in France only half a million. This accounts for the ghastly parody of the refreshing beverage which goes by that name the traveler in these countries is generally mocked with, and displays the absurdity of homeopaths transferring Habnemann's inhibition against coffee to this country, while tea, which takes the same place here held by coffee there, is allowed to be used with certain faint admonitions against its excess. For the physiological effects of the two are very similar, depending, in a great measure, upon the presence of the peculiar highly nitrogenous principle called theine or caffeine. The difference between black and green tea depends entirely, according to Mr. Fortune, our great authority in this matter, upon the mode of preparation. Green tea is dried rapidly, while the leaves are fresh; while black tea is exposed for some time to heat and air, which induce various unknown chemical changes in their substance, and mitigate its sleep-destroying properties. It is usual in China to prepare the green tea for the foreign market with a small quantity of copper to intensify its color, and to the deleterious action of this substance, some of the evils of green tea are ascribed. However, recent investigations have proved, that the amount of

copper employed is so minute as hardly to be of any consequence—at least, so it is maintained.

All that has been said of the action of coffee upon the nervous system is equally applicable to tea, and does not require to be re-stated. I believe its moderate use to be perfectly harmless, and that it in no way interferes with the action of homeopathic medicines.

The quantity of cocoa consumed in this country, although still greatly inferior to that of tea or coffee, is rapidly on the increase, being no less, in 1853, than 4,126,000 pounds, while in 1832, it was only 1,150,000. Like tea and coffee, it contains a peculiar highly azotized principle called theobromine; the composition of this is $N^4 O^{14} H^8 O^4$; while that of theine is $N^2 O^8 H^5 O^2$. And if cocoa were prepared and used in the same way as coffee, it is probable the effects would be much the same. This, however, is not the case; it is not roasted and infused, and the infusion drank, but boiled, and eaten in substance; and besides various ingredients in common with tea and coffee, it has a much larger proportion of oil, amounting to between fifty and sixty per cent., while in coffee there is only ten per cent., and in tea none at all. It is to this difference the fattening properties of cocoa are due, and this too is the reason why it is found to be indigestible by many. In Spain, and other countries where it is much used, it is not the practice to use bread and butter with it, but generally a species of rusk or roll of biscuit. In a chemical point of view, there is not much difference between a breakfast consisting of tea and bread and butter and one of cocoa, and the attribute homeopathic, applied to the latter, seems to be somewhat arbitrary, if not clap-trap. The so-called homeopathic cocoas are no way different from the other cocoas, except in being mixed with various proportions of sugar and arrowroot, or potato-flour, which lessens the proportions of oil, and improves their flavor to most palates, and their digestibility to most stomachs. On this admixture Dr. Hassall has made some very severe strictures, denouncing

it as a fraudulent adulteration, on the ground that the only design the chemists who prepare the cocoa can have in view, is to increase their gains, by selling a cheaply prepared article at a high price. With his condemnation of those—and I am sorry to say there are a considerable number—who adulterate their cocoas with earths, it is impossible not to concur in the fullest extent, but I do not see that those who prepare a wholesome and nutritious article of food, the basis of which is cocoa, are to be blamed for selling it under the name of homeopathic, or dietetic, or any other catch-penny title they fancy; as to the price, that is their affair and the public's. The whole idea of trade is to gain. To buy in the cheapest market, and sell in the dearest, is the fundamental principle of commerce. Shall we blame tradesmen for obtaining the highest price for their wares? Shall we not rather say, if the price be too great, let it be brought down by competition. There is no monopoly except that obtained by superior skill, capital, and reputation. If Dr. Hassall can bring down the price, not only of cocoa, but of coffee, of beer, of hats, of coats, and of every other article advertised by Moses & Son, why, we shall look upon him as a benefactor of the nation, especially during the seven per cent. income tax. But let him be just, and not make tirades against enterprising tradesmen, for catering to the wants of the public, and fixing the price they please upon the article they supply.

A few words about milk, and then I have done.

This is called the model food, because it contains, in nice proportions, albumen, gelatine, and fat. In a dietetic point of view, the chief point of interest is, to determine the kind of milk best suited to various purposes. The modification of milk called colostrum, on which the first days of the infant's life are sustained, differs from the after milk, in containing a considerably larger quantity of the solid parts. Thus, at birth, the caseine amounts to 40 parts in 1000, while at the end of the fourth day it is

only 35 or 36 parts, the sugar is as high as 70 instead of 41, and the butter 50 instead of 35. This is an important fact to bear in mind, when we are required to supply an artificial substitute for the natural aliment of a new-born infant. In the course of lactation, there is a gradual tendency to an increase of caseine, and a diminution of milk and butter; at the fourth month, the relative qualities of these ingredients, as compared to the first fortnight, are, caseine 40 instead of 22; sugar 45 instead of 56; and butter 33 instead of 27. There is also a marked difference in the quality of the milk of fair and dark women. This observation, which is a popular notion, has been scientifically corroborated by Heretier, who subjected the milk of fair and dark nurses of the same age to chemical analysis, and found, that while in the fair the amount of solids varied from 108 to 118 parts in 1000, in the dark nurse's milk they amounted to 146 and 147 parts in 1000. The milk of the cow is nearer in chemical constitution than that of any other animal to the human milk. By the addition of one-third part of water and some milk-sugar, the resemblance is made nearly perfect as we can expect. The milk of the ass contains much less butter than that of the cow, and for this reason it is preferred for many delicate persons.

The effects of disease upon the secretion of milk have not been much investigated, but Labillardiere has made the very important observation, that the phosphate of lime is increased no less than seven-fold in the milk of cows suffering from a tuberculous affection of the lungs. This fact should put us on our guard, when we give an opinion as to the propriety of a mother suckling her child, and we must not allow ourselves to be induced, by the laudable efforts which are now fashionable, in favor of the mother being nurse to her own offspring, to endanger the future constitution of the infant, by supplying it with improper food at an age when growth is so much more rapid than at any future period of its life, and when, consequently, any imperfection in the elements on which it

lives, is most likely to be attended with important results.

Such, gentlemen, are all the observations I have to make upon the subject of diet, for I find, after a careful perusal of the best authorities, that the materials for attempting anything like a specification of the diet suited to particular diseases are altogether insufficient for a successful achievement of this highly desirable aim.

THE RAZOR.

Each hair is furnished with a distinct gland, elaborately and beautifully complete. Under the facial there are innumerable nerves immediately connected with various organs of the senses, ramifying in every direction, and performing most important functions. This hair, when in full growth, forms a natural protector to the nerves, and also holds, as it were in suspension, a quantity of warm air, through which the cold air in breathing passes, and so becoming rarified or tempered, enters the lungs without giving to their delicate texture that severe shock which arises from the sudden admission of cold, so often the forerunner of fatal disorders. Any body putting his finger under the hair of his head will there feel warm air. The hair also wards off east winds, a prolific source of toothache and other pains, and so tends to preserve these useful and ornamental appendages, the teeth.

It is said that an intimate connection exists between the moustache and the nerves of the eye, and that many diseases of the eye are traceable to shaving. Who has not felt his eyes smart under the application of a dull razor.

May not shaving be depriving the lungs of the male of their natural protection, and exposing them to the uninterrupted action of cold air, tending to weakness being transmitted in an increasing proportion from generation to generation, at length inducing consumption and consumptive tendency?

Persons who wear their hair under their chins do not, except in rare cases, suffer from sore throats.

There is in the crypt of Hyde Church a vast pile of bones, which were gathered many years after a battle fought upon the sea-shore between the Danes and Saxons, about one thousand years since; and among them the skulls of aged warriors, finely developed, the teeth in many of which are so perfect, so beautifully sound, and so firmly imbedded in their sockets, that you cannot move them. The owners of these teeth wore beards; and the writer remembers witnessing, several years ago, some excavations on the site of the old priory at Spalding, when many stone coffins were dug out, whose inmates had almost without exception, sound, entire, and elegant teeth. Did not beard grow on their chins?

Shaving occupies, on an average, fifteen minutes. A man who shaves every morning for fifty years thus employs in that time upwards of 350 days, of 12 hours each. Is this a proper application of our fleeting moments?

The face exposed to a microscope immediately after shaving presents a most unsightly appearance, the stumps assuming the appearance of narrow bones sawn transversely.

Did not the teachers of the faculty approve of moustaches—and are they not of opinion that they play a most important part in the animal economy? Is it not probable that, by unduly stimulating the growth of hair by shaving, we draw too largely on, and thus cause an unnatural action of the nerves, producing an injurious effect, no matter how slight, on the brain?

Did not patriarchs and sages of old wear beard, and they were remarkable for longevity, as well as for being exceedingly fine looking fellows?

Is not shaving a bore—and does not a man, while undergoing the operation, look extremely ridiculous? And if it is right to rasp the chin, why not the eyebrows and the head also?

Does it not appear foolish to shave off on a cold morning that which nature has provided to protect us against the cold? Do we not despise and hold too cheaply a beneficial arrangement, and incurring a natural law, when we cut off what

Providence says so plainly shall grow? —for the more a man shaves the more the hair grows, even to the hour of his death. The head shall become bald, but the face never.

In conclusion, when man was created he had given him a beard, and who will dare to say it was not a good gift? Turn to the first chapter of Genesis, and you will find that God saw everything that he had made, and beheld it was very good!—*London News.*

MEDICAL HUMBUGS.

Having heard frequent inquiries relative to certain remedies which are announced as specifics by their originators, and the formulæ for which are transmitted by mail to various persons, I am fortunately able to respond to such inquiries, and give publicity to the formulæ.

The first is a "Prescription for general Nervous Debility," which may be had from a certain Rev. J. M. Dagnall, who, it seems, has labored under almost every form of nervous derangement, and has permanently cured himself by his *prescription*, which he now *very generously* offers to others. The prescription is as follows:—

R. Alcohol. Ext. Ignatia Amara, grs. xxx.
Acacia Pulv. grs. x. Mix.

Divide into forty pills, one of which is to be taken in the morning, and one in the evening.

The Bean of St. Ignatius is the product of a tree indigenous to the Phillippine Islands; it has an extremely bitter taste, no odor, a horny consistence, and contains a large proportion of strychnia, which is, indeed, its medical principle; while the nux vomica seeds yield only 0.4 per cent. of strychnia, the bean of St. Ignatius gives 1.2 per cent., and, consequently, an extract of the latter article must contain three times as much of this alkaloid as that prepared from the nux vomica, provided equal parts of each article yield an equal amount of extract.

The dose of the extract of nux vomica, as given by authors, is from half a grain to two grains, to be repeated three times

a day; but, if the extract be properly prepared from a good article of nux vomica seeds, there are very few persons with whom the exhibition of even half a grain three times a day would be advisable. In the above prescription, each pill contains three-fourths of a grain of the extract of St. Ignatius bean, which, according to the preceding calculation, is equal to two and one-fourth grains of the extract of nux vomica, or more by one-fourth of a grain than the maximum dose of the latter extract, as recommended by medical writers. From this statement may be learned the absolute danger of this rev. gentleman's prescription, and I should not be at all astonished to learn of many deaths among those who employ it without any prudence or circumspection.

Again, the bean of St. Ignatius is rarely met with in this country, never being used by physicians, and the person who receives the printed prescription and directions from the Rev. Mr. D. will, in most cases, after a fruitless attempt to obtain the remedy from druggists, be obliged to see the gentleman for a quantity of the extract, or of the pills already prepared; and in no case can the patient know whether he receives the extract of the bean or of the nux vomica.

The next medical humbug is that of one H. James, M.D., Jersey city, N.J., Post-office, box 520, who advertises himself as a retired physician, and who professes to have become acquainted with a cure for consumption while in the East Indies, the recipe for which he will furnish to consumptives at the very low and unprofessional price of one shilling each. The prescription is as follows:—

R. Alcohol. Tinet. of Cannabis Indica, 6 oz.
Extract of Calabria Liquorice, 1 lb.
Salis of Tartar, one quarter of a lb.
Hot water, two gallons. Mix.

The dose is a teaspoonful three times a day.

The Cannabis Indica is a plant growing in the East Indies, closely resembling the hemp cultivated in this country, and most hotanists believe the eastern plant to be identical with that of our

own cultivation. This plant possesses sedative and anodyne properties, and in large doses produces a rather peculiar state of intoxication. It is used by medical men to produce sleep, alleviate pain, arrest spasm, increase the appetite, and exhilarate the spirits. Used by consumptives in the above preparation, its action will very much resemble that of a mixture of camphor, opium, and soap, which was much employed as a remedy in consumption some years since. It may benefit a consumptive person by its influence in relieving cough, in producing a temporary increase of appetite, in lessening acidity of the stomach, in checking diarrhoea for a time, &c., but it possesses no power to cure the tuberculous condition of the lungs, upon which the disease depends. Nervous cough, the cough of dyspeptic persons, as well as that originating from chronic laryngitis, will, probably, be more materially benefitted from its use than the true consumptive cough. And the great secret of success with this remedy is, that patients who have been troubled with cough for a long time, are generally prone to consider the lungs at fault, and that there may exist a lurking disposition to consumption; hence, whenever a cough of any kind is removed under the influence of this mixture, it receives the praise and support of the cured individual, as an infallible remedy for consumption.

As in the preceding case, the advertiser furnishes the mixture to those who desire it, and as the Cannabis Indica is rarely to be found, except among the druggists in large cities, the demand from country people undoubtedly renders it a profitable speculation.—*College Journal of Medicine.*

MEDICINE IN AUSTRIA.

The following article has been handed us by a gentleman in this city, with a request that we would transfer it to our columns:—

[From the National Intelligencer.]

A friend has placed in our hands for publication the following extract from a letter written by a young American phys-

ician now in Austria to his correspondent in this city. As it is not of a controversial character, though the preferences of the writer are distinctly marked, and contains points of interest to the medical faculty as a whole, we gratify our friend by inserting it.

After fourteen months' residence in Vienna, in the diligent pursuit of medical science, the doctor submits to his examination and receives his diploma from the most celebrated and ancient university in the Austrian Empire. He then continues thus:—

“As regards homeopathy in Vienna, it is in as favorable a condition as one could wish for. The hospitals here are well arranged, always presenting cases of much interest, and maladies by no means of a slight nature. I have had an opportunity here of not only seeing every variety of disease treated homeopathically, but I might also add that I have seen the most grave diseases in the great general hospital treated *dietetically*. The world-renowned Professor Skoda, although not believing in homeopathy, does not believe in allopathy; and, although he gives medicines in some cases, they are always confined to two or three medicaments, viz.: chiva or quinine in febris intermittens, opium to still pain, and mercury as a specificum for syphilis. In pneumonia, typhus, &c., he trusts to nature, or prescribes, perhaps, as a remedy, an inert medicament, pro forma, as he often says himself. In his clinic, therefore, I have seen the most grave diseases taking their natural course without any interference.

“The other professor of the medical clinic, however, is not of the same practice as Skoda, although in the same university. He gives allopathic remedies in some cases, and sometimes homeopathic remedies, where experience has taught him their success. In other instances, he allows nature to effect a cure.

“I refer now to the celebrated Professor Oppolzen, who attended Prince Paskiewitch, the Viceroy of Poland, who died in March last. The Emperor

of Russia sent for Professor Oppolzen, at the request of the faithful Viceroy.

"Some six years since a physician of Vienna, Professor Dr. Diettel, (now of Cracow) made some experiments in the treatment of pneumonia by blood-letting, by tartar emetic, and by the expectant method, or by diet alone. The results which he arrived at were as follows, viz. :—

In cases where blood-letting was in use, the mortality was	20.4 per cent.
Where tartar-emetic was used.....	20.7 per cent.
Those by diet alone.....	7.4 per cent.

"These statistics may be relied on, as they are often quoted here. Now, to show that homeopathy is something more than nature, the results of the treatment of pneumonia in the Homeopathic Hospitals in Vienna, and the one in the city of Linz, in Austria, when all averaged, show a mortality of only 3.37-71 per cent.

"I have seen already sufficient evidence to convince me that homeopathy—that is, homeopathic remedies—produces better results than nature alone. Most of the graduates here attend the homeopathic hospitals some time after they have received their degrees before they commence practice.

"Quite recently, Dr. Bednar, private *docens* to the Vienna University, and who conducts a clinic for children's diseases, has published a new edition of his work upon the diseases of children. In this he says he has been forced to change his views and adopt the homeopathic practice, by no means exclusively, but in the greater number of cases; and, consequently, through the whole book, in some diseases homeopathy is recommended, and in others allopathy. It professes to be the result of his experience. This work has made a decided impression through all Germany, from the fact that Dr. B. is the second highest authority upon children's diseases in Germany, and his book (the old edition) had been a standard work and acknowledged as authority.

"It is my opinion that what gives the new school of medicine so much more dignity here than with us is that homeopathic hospitals are enabled to

present statistical evidence of what they can do, and they are open to all physicians who are sceptical, who can never visit them without at least admiring their simplicity and their arrangements. The health of the city is unusually good; there have only been some five cases of cholera this summer (1856). One of these was sent to the homeopathic hospital, and treated by *nicotine* alone, successfully. This case I saw. Last year the disease raged epidemically, and although the homeopathic treatment cured more than any other, yet the mortality was frightful. "J. G. C.

"Vienna, August 3, 1856."

CAUSES OF DECAY OF THE NATIONAL HEALTH.

Two things are generally conceded, viz. :—That the American women are not as healthy as the European; and that the present generation, especially the women, are not as healthy and vigorous as former ones.

What are the causes? Not our climate, for that is the same as it was when the women of this country were as healthy as the English, Scotch and Irish, and when both sexes were as vigorous as their ancestors, or any other people. The change, then, must be owing to changes in our domestic habits and modes of education. Some of these will now be indicated.

Nothing so certainly deteriorates and undermines the body as habitually breathing impure air. The open fireplace in kitchens, parlors, bedrooms, and work-shops, secured to our ancestors pure and cool air. But at the present day, close stoves and close sleeping rooms, with no proper ventilation, are debilitating perhaps nine-tenths of the people, while children are crowded into school-rooms heated with stoves, and almost never properly ventilated.

Four-fifths of all the food and drink taken are thrown off through the lungs and skin. Every pair of lungs vitiate one pint of air at every expiration.—That is equal to one hoghead of air each hour for every pair of lungs.

No room, then, can be properly ven-