Canadian Journal of Homeopathy.

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

VOL. I. HAMILTON, C. W., OCTOBER, 1856. No. 10.

ON DIET.

By Dr. Rutherford Russell.

(Continued from our last.)

The comparative amount of nutriment contained in the most nutritious form of animal and vegetable food, is, according to Professor Johnston, about 3 to 1.* "Or a pound of beef steak is as nutritive as three pounds of wheaten bread, in so far as the nutritive value depends upon this one ingredient," *i.e.*, albumen. Thus we find that as Coleridge defined a rogue to be a fool with a circumbendibus, so we may consider a man who lives on vegetables alone to be a roundabout flesh-eater; for by a circuitous route he gets the same albumen as the beef-eater gets directly. Whether it is well to live solely on vegetables, or solely on animal food, or on a mixture of both, is a question to be decided by the whole circumstances of the eater. The appeal to nature made by the vegetarian propagandists, is manifestly futile; for man's nature is progress, and as one generation succeeds another, man alone, of all creatures that dwell upon earth, inherits the accumulated acquisitions of those who lived before, and every child born stands in a new relation to the external world to what its parents did. Man is "the heir of all the ages," as such he accepts on his birth new duties in a new sphere of action from those who went before him. Is he to be denied the right of innovation, perpetual innovation, and general progress in the food which is so essential to his life? His nature is himself. He alone can resolve the problem of his duties for himself. If he finds that for their fulfilment he requires to abstain from flesh, let him abstain; but let him not insist upon putting a straight jacket upon his neighbor who is under no such necessity, and who, on the other hand, finds he can do his work better if he live on meat. Above all, it is lamentable that the apostles of this vegetable creed should be so carried away by their fanatical exclusiveness, as to convert the board of hospitality, where the bread, the meat, and the salt are spread to satisfy the various instincts of our bodily requirements, and to express the oneness of our origin, our progress, and our destiny, into a conspirator's meal, at which each guest pledges himself against the common food of his fellow-men. In former times, when men fasted, they went some days' journey into the wilderness, not to annoy their neighbors with their lugubrious faces. Might not all exclusionists in diet do well to follow this example? But we have said enough, perhaps too much, upon this head, and we must conclude with the saying of Goethe —"That is good which does us good." Newton wrote his treatise on optics living upon wine and water, biscuits and tobacco. That was good for him. We might have injured his labors if we had insisted upon his eating a mutton chop. But it does not follow, that if we confine ourselves to biscuits and sherry, in process of time we shall be transformed into Newtons. In short, the reason of every man is, or ought to be, the absolute lawgiver upon this matter to himself, only the reason should be enlightened by the fullest knowledge of how he can best secure the ends it seeks. But as these

* Op. cit. p. 128.

sional public imagine that allopathic physicians understand everything connected with the practice of medicine under all systems, and of course should be the best judges of any improvement in the art of medicine.

But this would be true, were it not false. Allopathists know nothing of the principle of homeopathy. Ask them to define homeopathy and they will explain it as a system of small doses, at once exhibiting their ignorance and misleading their patrons.

If anything which promised the same benefits to mankind, and did not conflict with existing institutions, were presented for examination, and sustained by an array of evidence that accompanies the principles of homeopathy, it would, without doubt, receive a candid hearing, and escape condemnation until thoroughly tested. Were it not likely to upset a popular practice its advocates would not be stigmatized as "spouters and quacks" by those who are unable to find any fault with its principles or the result of its practices.

THE SEMI-ANNUAL MEETING AT WOODSTOCK.

This was the most interesting meeting of the Society we have had the pleasure of taking part in and we believe we have attended every one from the preliminary meeting in Hamilton to the one in Woodstock. We are well assured by the recent meeting that the interest in Homeopathy is rapidly increasing in this Province, and must, when so lively an interest is taken by those whose mission it is to spread a knowledge of Medical Reform.

The number in attendance was greater than at any previous meeting, and we were especially gratified to meet with those whose hair had grown gray in the practice of old physic, but having the candor to read and believe respectable evidence, have abandoned the Sanhedrim of Medical brotherhood, and attached themselves to the reform movement going on in medicine.

The utmost harmony and good feeling was displayed, and each seemed embued with a desire to add their whole strength to the advancement of their chosen profession.

The address by Professor Gatchell was logical, forcible, and lucid, carrying conviction of truth by undoubted facts and experiences, and was listened to with deep interest by a large and intelligent audience.

HOMEOPATHY IN BARBADOES.

We learn from the Bridgetown (Barbadoes) *Liberal* that an Homeopathic Dispensary, under the patronage of leading citizens, has been established in the city of Bridgetown, in connection with the Barbadoes Homeopathic Association, to be placed in charge of the Hon. Francis Goding, M.D., and James W. Sinickler, Esq., M.D.

From almost all parts of the civilized world we hear of the advancement of homeopathy, and its rapid attainment to popular favor, especially amongst the intelligent and refined. Why should it not? It meets the wants of the people; gives relief to the suffering; health to over-drugged invalids; and hope and health in the most fearful epidemics.

What has become of the Homeopathic News? Is it published monthly, or only as occasion requires? Will not Dr. Hempel make some more "mistakes"?

Semi-Annual Meeting of the Homeopathic Medical Society of Canada,

HELD AT WOODSTOCK ON THE 15TH SEPTEMBER, 1856.

THE Society was called to order at 2 o'clock, P.M.—Dr. J. J. Lancaster, Vice-President, in the chair. After calling the roll, the minutes of previous meeting were read, and, on motion, approved,

Two of the Board of Censors being absent, the Chair appointed Drs. McLean and Springer Censors *pro tem.*

The following-named gentlemen were proposed, and, on report of Censors, were duly elected, and took their seats in convention :—Thos. Glashan, M.D., F. M. Havens, M.D., and Dr. J. W. Ferguson, as full members ; and G. Seyan, J. W. Berney, F. G. Caulton, Robert Marselles, James Black, and James Teague, as inceptive members.

On motion of Dr. Ferguson, seconded by Dr. Havens,

Resolved,—That inceptive members be exempt from paying any assessment that may be made to meet the expenses of the Society.—Carried.

Committee on Printing reported, and on motion of Dr. Bull, seconded by Dr. Springer, the report was accepted, and Committee discharged.

The following resolution was moved by Dr. Ferguson, seconded by Dr. Greenleaf :—

Resolved,—That this Society does discountenance all conduct on the part of its members that may tend to compromise the cause of Homeopathy, or retard its progress in this province. And whereas, Dr. Dioclesian Lewis, A.M., has, by his method of lecturing, advertising, and prescribing in this province, brought reproach upon Homeopathy, be it *Resolved*, That he be expelled without delay, his name erased from the book of constitution, and that the Secretary be instructed to forward him a copy of this resolution.

On motion of Dr. Bull, seconded by Dr. Havens, the above were laid on the table.

Moved by Dr. Bull, seconded by Dr. Springer, that the Secretary be instructed to declare an assessment upon all the regular members, in accordance with art. 2, paragraph 3 of By-laws, to meet current expenses.—Carried.

Dr. McLean offered the following, seconded by Dr. Glashan :—

That each member of the Society be required to pay into the treasury the sum of two dollars annually. After being fully discussed, was carried.

On motion of Dr. Springer, the resolution in regard to Dr. Lewis was again taken up, and, after being calmly discussed, was unanimously carried.

On motion of Dr. McLean, Professor H. P. Gatchell, of Cleveland, O., was elected an honorary member of this society.

On motion, the Chair named Drs. Bull, Greenleaf, and Ferguson for Committee on Printing.

On motion, the Committee appointed to procure a seal were discharged, and a new Committee, consisting of Drs. Lancaster, Bull, and Springer, were appointed.

On motion of Dr. Bull, it was decided that the next annual meeting of this Society be held in St. Catherines, on the third Tuesday of May, 1857, and that Drs. Havens and McLean be a Committee to make provision for the meeting.

Bills of the annual and semi-annual meetings were presented, amounting to $52.92, and, on motion, were ordered to be paid.

Moved by Dr. McLean,

Resolved,—That Drs. Greenleaf and Bull be requested to continue the publication of the "HOMEOPATHIC JOURNAL" for another year.—Carried.

A number of cases were presented for advice and consultation, upon which interesting discussions occurred, after which the Society adjourned to meet at the Hall, to listen to the lecture of Prof. Gatchell.

At the time appointed, the Society convened at the Hall with a large audience, and listened to an interesting address, on the subject, "Is Homeopathy reasonable?" The lecture was listened to with marked attention, and was received with much applause.

On motion, the thanks of the Society were voted Prof. Gatchell for his able and interesting address.

On motion of Dr. McLean, a committee, consisting of Drs. Springer, Fergusson, and Bull, was appointed to solicit a copy of the address to be published with the minutes of the meeting in the Canadian Journal of Homeopathy.

Some interesting cases for consideration were presented by Prof. Gatchell and Dr. McLean, which after being examined and discussed the society adjourned.

J. J. LANCASTER,
Vice-President.

W. A. GREENLEAF,
Secretary.

WE have received the Ninth Annual Circular of the Pennsylvania Homeopathic College of Philadelphia, also the Annual Circular of the Western College of Homeopathy, Cleveland, Ohio. We are pleased to learn that both are in a flourishing condition, well prepared with teachers to give the student the best instructions their respective cities afford. We are informed that the prospects of a larger class than ever before at Philadelphia are certain, and we have no doubt but the college at Cleveland will be well filled. With such facilities for instructing the young men in our profession, and the frequent additions to our number from the ranks of allopathy, our practice must rapidly gain the ascendancy.

For the Homeopathic Journal.

THE MISREPRESENTATIONS OF HOMEOPATHY.

(Continued from page 111.)

7. HAHNEMANNEAN HOMEOPATHY.—Chance lately threw in my way a number of the "Journal of Specific Homeopathy," published at Auburn, N. Y., edited by F. Humphreys, M.D., and devoted to the dissemination of "specific homeopathic medicines," somewhat better known under their old title of "New Era Pills." In that No. is an article headed "Hahnemannean Homeopathy," to which I purpose making some reply, as it contains several statements which deserve a somewhat stronger title than "misrepresentation."

It seems rather late in the day to reply to an article published in July, 1855, however, "better late than never." The writer seems to consider the terms "Hahnemannean homeopathy" and "pure homeopathy" as equivalent, and accordingly he uses them in the same sense.

The writer thus commences:—"Much is said in these days about Hahnemannean homeopathy; and many practitioners noisily vaunt themselves as pure homeopaths." The impression attempted to be conveyed to the public mind is, that this "pure homeopathy"—this "Hahnemannean homeopathy," is some-

thing very estimable, of which such physicians are in possession, and of which their less fortunate neighbors are sadly deficient. True, the public are very far from being informed in what this Hahnemannism consists, or in what is this purity of which they are in possession, but certain platitudes are indulged in which are supposed to convey a great deal of intelligence in very obscure and incomprehensible language."

In order to show the nonsense of this cuckoo cry of orthodoxy, which is usually raised, like other senseless noises, in order to make the passer-by look at the person who raised the clamor, let us show what some of Hahnemann's principles were, and what his universal practice.

Then please inform us who, either in this country or in Europe, either from deceit or ignorance, can call himself a Hahnemannean homeopath.

1st. Hahnemann never gave but a single remedy at a time, and never repeated it until the first dose had exhausted its action. What, then, of those whose invariable custom it is to *alternate two or three medicines*, giving them at intervals of two or three hours, when Hahnemann says the action of such drugs extends from 48 hours to 40 days. This whole practice of attending remedies is contrary to everything taught or practised by him."

To this statement I shall reply by mentioning a number of instances in which Hahnemann advised the administration of remedies in alternation. I shall not quote the precise words of Hahnemann, partly because that would be a needless waste of space, and partly because, though I am well acquainted with the facts, yet I have not all the original volumes by me.

In the war-typhus of 1814,* Hahnemann administered Bryonia alba and rhus toxicodendron in alternation with remarkable success. In epidemic purpura miliaris,† he counsels the alternation of aconitum napellus and coffea cruda; and Franz Hartmann, one of Hahnemann's favorite pupils, repeats the advice:‡—"The specific remedy for purple rash is aconite, which should be repeated every two, four, or six hours, according as the disease is more or less violent. For the excessive pains and the whining mood, a dose of coffea cruda is sometimes required. In some cases coffea cruda and aconite require to be given in alternation.

Hahnemann states|| that he cured some epidemics of intermittent fever with arnica, alternated with ipecacuanha, cina alternated with capsicum, aconite alternated with ipecacuanha, and we all know that he strongly advised the alternation of cuprum and veratrum in Asiatic cholera.

Furthermore, in the treatment of croup, Hahnemann recommends the alternation of aconite, spongia, and hepar sulphuris.

The article proceeds:—"2nd. Hahnemann invariably gave his remedies at the thirtieth attenuation, and directed others to do so. No living practitioner pretends to anything of the kind now."

Here I shall simply state Hahnemann's opinions and practice.

For several years after the discovery of the law of *similia similibus* by Hahnemann, he did not entertain the idea of altering the dose or the manner of its administration, for in all his pathetic appeals to his colleagues, we merely find that our illustrious chief implores and entreats them to prove medicinal agents on

* Lesser Writings. † Ibid.
‡ Acute Diseases, vol. ii. || Chronic Diseases.

the healthy, in order to discover their pathogenetic effects, and to administer the remedies so proved in accordance with the therapeutic formula, "*Similia similibus curantur*," and to administer these remedies in a simple state. And at this time he considered that the law was only applicable to the cure of those chronic diseases which in all ages have been the opprobria of ancient medicine, and that the best treatment for acute diseases was the so-called rational method so well known to us all. Accident demonstrated the fallacy of this theory.

In Hahnemann's great work "On the Nature and Treatment of Venereal Diseases," published in 1786, and re-published in his Lesser Writings, we find that he gives, for the treatment of syphilis, doses of one, two, or three grains of Mercurius solubiles, Hahnemanni, and the whole quantity which he thought it necessary to employ in the treatment of moderately severe cases amounted to about nine or ten grains This was certainly a small quantity compared with that with which the heroes of the Old School saturated the unhappy victims committed to their care, for we read of Paul Dubois applying mercurial ointment in doses of from one pound to one pound and a half.

From 1790 to 1799 we find Hahnemann giving such doses as the following:—Three grains of verrtrum album every morning for four weeks for a case of spasmodic asthma, which he cured. Camphor in doses of 20, 30, or even 40 grains per diem. Cenchona bark in drachm doses. Opium in doses of half a grain. Powder of arnica root in dysentery, in doses ranging from two to fourteen grains, according to the age of of the patient, and it is only in 1799 or 1800 that the infinitessimal doses were used at all.

Hahnemann's reasons for the sudden transition from the massive doses given in 1798 to the infinitessimals of 1799, may be briefly stated as follows:—A desire to avoid the aggravation of the disease by larger doses; an observation of the power of remedies when given in small doses frequently repeated; and an observation of the great susceptibility of the diseased organ to a medicine having a homeopathic relation to it.

The dilutions were prepared, not according to the centesimal scale, but irregularly, each remedy being prepared according to a distinct scale, thus in the treatment of the war-typhus, in 1814, he found that Bryonia and rhus toxicodendron were the specific remedies, and these were directed to be prepared in the proportion of 1 to 360, and to be carried up to the 12th dilution, which would be nearly equal to our 16th centesimal dilution, one drop being a dose. Although Hahnemann now in a great measure used infinitessimal doses, he did not remain constant in his attachment to them, for in the Lesser Writings we find him relating the histories of two cases of gastric affections treated by him, one of which was cured with a drop of the juice of Bryonia, and the second was cured with a drop of Pulsatilla [12]. In the 3rd and 4th volumes of the Materia Medica Pura, published in 1825, we have the dilutions laid down at full length. Camphor is directed to be given in doses of one-eighth of a grain at short intervals. Sulphur in the 2nd trituration, stramonium in the 9th dilution, squilla in the 1st dilution, ledum in the 15th dilution, euphrasia in the mother tincture, ipecacuanha in the 3rd dilution, theja and

staphysagria in the 30th dilution, and so on, a different dilution to each remedy.

Only about the year 1828 do we find Hahnemann using the 30th dilution to any extent, and in 1837 we find him directing the administration of the 24th dilution, and in two cases treated by him just before his death, we find him giving sulphur and mercurius in the 2nd trituration. And, finally, in the pocket-case which he had used for a long time before his death, were found all preparations from the 3rd to the 30th.

Our friend of the specific notoriety continues :—"Hahnemann directed that but two shakes should be given to each vial in preparing his dilutions. It is customary now to give each vial from 100 to 200 violent or positive shakes with the arm."

To this I would reply in the words of Dr. Laurie :*—There was a time when Hahnemann, for fear of imparting too great a force to his preparations, advised only one or two shakes to be given to each attenuation, whilst at present he counsels the contrary; that is to say, to give each attenuation a considerable number of shakes (200 to 300), so as to be sure of obtaining preparations sufficiently efficacious."

By way of giving us a small morsel of truth to qualify the *olla podrida* of misrepresentations, the writer concludes: —"4th. Hahnemann directed that sulphur should never be repeated more than once in seven days, and hepar sulphuris once in fourteen days. Who observes this rule now?"

True friend, Hahnemann directed as you say, and it requires much more than your assertion to prove Hahnemann wrong.

From my personal acquaintance with the editor of the Journal of Specific Homeopathy, I supposed that he had some little knowledge of the institutes of homeopathy, but I feel obliged to admit that he is as ignorant of them as the editor of the London Lancet, and more than that cannot be said. T. N.

London, C. W.

[TO BE CONTINUED.]

* Elements of Homeopathic Practice of Physic.

PRIDE AND PREJUDICE.

"*The halo of Prejudice and Pride,*" which Dr. Johnson, of London, remarked, surrounded every corporation," was very visible around the American Medical Association, at their last meeting in Detroit. Observe the following extract from their proceedings :—

On motion of Dr. Sheets—"*Resolved*, That it is derogatory to the dignity of the medical profession to notice the works of irregular practitioners in our medical periodicals."

This resolution we would respectfully venture to paraphrase as follows :—

On motion of Dr. Peepabout—*Resolved*, That in our opinion our society embraces all the learning and dignity of the profession, and our own writings are the only medical productions worth reading.

2. *Resolved*, That all who do not think as we do, are *irregular*, and cannot be brought under discipline as we can, and *therefore* do not know anything.

3. *Resolved*, That there is great danger that the writings of some of these irregulars may eclipse our own, and supersede them in the market, especially if the profession generally have an opportunity of hearing about them.

4. *Resolved*, That it is indispensable to self-preservation, that the best writings of these irregulars should be stifled or concealed, and therefore, that we shall be awfully angry against anybody and everybody, but especially against medical editors, if they ever advertise or notice any of these dangerous rivals of our works, (no matter how mean or how ungenerous the notice may be,) for it is absolutely necessary that they should be kept out of sight of all our followers.

and the purchasers of our books. Moreover, it is not safe to deal honestly and fairly with those who have the ability to excel us in anything.

Seriously, neither Dr. Sheets nor the Association reflected how paltry an act they performed in resolving that it was contrary to their dignity to seek for truth and science in every quarter, and to render justice to all men—especially to worthy laborers in the field of humanitary science, who deserve the gratitude of cotemporaries as well as of posterity. However, it is the tendency of cliques and corporations, to become selfish, monopolizing, and overbearing in proportion to their powers, such a spirit as is the antipodes of true advancement.—*College Journal.*

Homeopathic Medical Society of the State of New York.

The semi-annual meeting of this Society was held on Wednesday at Hope Chapel. In the absence of the Presiden, Dr. M. M. Matthews, of Rochester, Dr. B. F. Joslin, of this city, was called to the chair, and Dr. M. Freligh appointed Secretary.

After calling the roll, Drs. R. McMurry, J. M. Berghans, J. F. Baldwin, J. T. Alley, G. H. Leach, were proposed and elected members.

Dr. J. L. Sullivan of this city, chairman of the committee appointed at the last meeting to inquire into the subject of a hospital for the treatment of consumptives, read a lengthy report on the subject, which was listened to with great attention, and ordered to be published.

Dr. B. F. Joslin read a paper on the length of the latent period of a dose, or the time between its reception and sensible action, which, after some interesting remarks from Dr. Bleakley, of this city, was received and ordered to be published in the North American Journal of Homeopathy.

The meeting then adjourned till 3 p.m., at which time they re-assembled. Dr. E. West, of this city, was proposed and elected a member.

Dr. Freleigh read a very interesting paper, which he styled, "Mercury a Solvent to the Living Solids," illustrating the modus operandi of mercury on the human organism by reference to organic and physiological chemistry, which was received and ordered to be printed.

Dr. A. S. Ball of New York, occupied the attention of the meeting some time by reading an article showing the effect of Digitalis, the twenty-fourth attenuation, in a case of Neuralgia of the region of the heart, which brought out some remarks from Drs. E. Bayard of this city, and S. S. Guy of Brooklyn, after which the paper was received and ordered to be printed.

Dr. Ball then presented a paper illustrating the use of Silex in secondary syphilis.

Dr. B. F. Bowers of New York, read a tabular account of the superior success of Homeopathic practice in the different asylums, showing that there are five and a half deaths under the old practice to one under the Homeopathic practice.

The meeting adjourned till 8 o'clock to hear the address of Dr. Samuel S. Guy of Brooklyn, entitled, "Inquiries into the Origin and Nature of Disease," which was listened to with profound attention for an hour and a half.

The Society adjourned to meet at Smith's Pharmacy, No. 105 Fourth avenue, Thursday, at 12 m.

Health.—It is much to be regretted that mankind in general, while in the enjoyment of health, pay so little attention to the preservation of so inestimable a blessing. Nothing is more common than to see a miserable object, with a constitution broken down by his own imprudence, and a prey to disease, bathing, walking, riding, and in a word, doing everything to solicit a return of health—yet, had his friends recommended these very things to him by way of prevention, the advice would, in all probability have been treated with contempt, or at least with neglect. Such is the weakness and folly of mankind, and such the want of foresight, even in those who ought to be wiser than others.

ends vary infinitely, so should the means also vary, and the whole dispute between the vegetarians and non-vegetarians is terminated by the old proverb—"One man's meat is another man's poison."

Having thus briefly described the inorganic and nitrogenous ingredients of food out of which the bony skeleton with its ligaments, and the muscular fibres of the body are procured, let us proceed to investigate the character of the materials which furnish the non-nitrogenous remainder of the animal frame, and the complex series of transmutations which they undergo before their final adjustment to the parts they play in the living organism.

The starch group is the first we here encounter, and the most important. It consists of—

1st. *Starch or fecula.* A substance found generally in those parts of a plant to which light does not penetrate. It exists in the greatest abundance in the potato, and forms above sixty per cent. of most grains. Its formula is C^{12} H^{10} O^{10}. It is soluble in warm water, and readily transformed into a substance called dextrine, of similar atomic constitution, but of different physical and chemical properties, by the contact of saliva and various organic substances.

2nd. *Cellulose.* Of the same atomic constitution as starch, and like it, by long exposure to the action of acids, being converted into dextrine, but insoluble in water. It abounds in green vegetables, especially cabbage.

3rd. *Pectin.* Of the same atomic constitution as the former two. It is imperfectly soluble in water, but if exposed to the action of acids at a higher temperature, it passes into a substance called *metapectic acid*, which is soluble. Pectin is met with in large quantities in various roots, such as carrot, turnip, &c. and still more in the fleshy fruits, such as raspberries and apples. The gelatinous-looking substance so abundant in the Carrhageen moss, is nothing more than a modification of pectine.

4th. *Dextrine*, or gum. These are essentially alike, but the term gum has a more limited application. *Dextrine* may be called the father of all the gums. It exists in large measure in all ripe fruits, and is the transition form of the metamorphosis of all feculent bodies into sugar. It derives its name from its action on light; the polarized ray is thrown by it to the right; probably the ray thrown to the left, acting upon similar elements, forms true gum.

5th. *Grape sugar* and *glucose* are closely allied, and only distinguishable by the difference of their action on the polarized light, and the crystallizable character of grape sugar, which glucose cannot attain. Besides being readily produced by the action of various substances upon other forms of fecula, it exists naturally in figs, apricots, and many other sweet fruits, as well as the grape. It is readily soluble in water, and if any nitrogenous body be present it undergoes fermentation as it is called, and is converted into alcohol. It is also changed by the action of caseine and of bile, according to Van den Brock, into sugar of milk and buttric acid. Sugar of milk has the same composition as grape sugar, but cannot pass spontaneously into alcohol; it requires first to be changed into grape sugar, a transformation readily effected by the action of an acid.

Cane sugar differs atomically from all the other sugars, its formula being C^{12} H^{11} O^{11}; or, as there is probably one atom of water in this, the truer formula will be C^{12} H^{10} O^{10}. Like sugar of milk, it is incapable of direct fermentation, and to acquire the useful property it has to become grape sugar, through the action of an acid.

Thus we see that all the varieties of starch may be promoted into grape sugar, that highest point of advancement of the class, at which it undergoes the astonishing transformation from a sweet and harmless material for the nourishment of the body, into a fiery stimulant called alcohol, the most fertile source of every human crime, the great author of madness and suicides.

The second non-nitrogenous group consists of substances from which fat is derived; for although grape sugar may

be converted into fat, yet this transformation is made more easily if ready made fat be present, and it exists in large quantities in various forms of food. The most widely distributed form of fat is *elain*, which constitutes nearly eighty per cent. of olive oil. Its formula is calculated at C^{36} H^{35} O^4. It is generally met with as elaic acid, and as such, or as a soap, is received into the blood. Next in abundance to elain is *margarin*, which constitutes sixty-eight per cent. of butter, and enters largely into the composition of all solid fats. Its formula is C^{35} H^{35} O^4.

Stearine is much more rarely met with; it is found in mutton suet and cocoa. Its formula is C^{37} H^{37} O^4.

The last member of this group which is of any improtance in a dietetic point of view, is *Butyrine*, which is a constant constituent of milk, although it is in the small proportion of two per cent. It is readily decomposed. Its formula is C^{11} H^{11} O^4.

The above group, as will be perceived, abounds in carbon, and yet the demand for this element is so large, both for the purposes of respiration, and to form the many carbonates that exist in the body, that besides the contributions derived from the various forms of fat, a considerable amount is afforded by various acids, which constitute the third and last non-nitrogenous group.

The most important of these are the oxalic, malic, citric, tartaric, acetic, and lactic. All these acids are very similar in atomic constitution, consisting generally of four atoms of carbon, two of hydrogen, and from three to five of oxygen. The formula of lactic acid deserves more specific attention, for it is readily formed from grape sugar, it stands thus: C^6 H^5 O^5. As this acid is found, in combination with alkalies, it is probable that it passes unchanged into the blood. As also the acetic, for it is met with in the perspiration, although in small quantities, and, no doubt, much the largest quantity of the acetic acid we use, is changed into carbonic acid and water. All the acids we have enumerated are readily decomposed, and form new combinations with the various complex bodies they encounter in the blood. It would be out of place here to attempt to follow their chemical progress, and we shall now proceed to the more interesting task, of describing the progress by which the most important members of the non-nitrogenous groups are adapted for the various offices they have to fulfil in the state corporeal.

Let us first pursue the history of starch, which enters so largely into most vegetable diet, from its entrance into the mouth, to the transformed existence it presents in the blood.

When food is taken into the mouth, there is, or ought to be, an immediate flow of saliva from the various glands connected with that cavity. The action of this saliva upon starch is very remarkable, as it gradually converts it first into dextrine, and then into sugar. Digestion then begins in the mouth, and from this important fact, too much lost sight of, we may deduce several dietetic rules. The first that occurs is an old adage, that food "well chatted is half digested"—a curious example of the popular instinct anticipating the scientific discovery, for it is literally true, the chatting during a meal prolongs the process of mastication, and has also the effect of conveying the requisite amount of nervous influence to the salivary glands. No part of the system is more under the influence of the emotions than these organs. "The mouth waters for dainties," is a literal fact. The sight and smell of food make the mouth weep in pleasurable anticipation of the "sweet morsel" it will soon "roll under its tongue." How exact is this description! While gaiety thus improves what we may call the oral digestion, fear and anxiety exercise as powerful an effect in the opposite direction. The dryness of the mouth is a symptom of terror, suggesting the expression, "vox faucibus hæret," or the tongue cleaves to the roof of the mouth. In India a thief is detected by desiring him to chew rice in his master's presence; the saliva will not flow from fear, for "conscience doth make cowards of us all," and the thief

is unable to make any impression upon the dry hard grain. So much for the importance of recommending social meals and the obvious risk of throwing an undue amount of labor upon the stomach by bolting food. Is it not possible, that this habit, which is said to be so common in America, is one of the causes of the remarkable leanness of the people? For, as we shall see afterwards, the ultimate destination of this starch and sugar is to supply fat to the frame.

Another question of great practical importance to us as homeopathists here suggests itself, viz.—whether we do wisely in restraining our patients from all spices. The action of mustard and pepper, and of seasoning generally, is very powerful upon the salivary glands; and it is a remarkable fact, that while the taste for sweet things is the characteristic of childhood and boyhood, the love of tarts and sugar-plums, as a rule, entirely gives place to a relish for spices in maturer years. If we condemn our patients to eat tasteless farinaceous food, shall we not incur the risk of subjecting them to the punishment of the thieving Hindoo, and will they not be too glad to get rid of the insipid stuff as expeditiously as possible, that is, little digested in the mouth, and gulp it down, "unhouseled, unanointed, unannealed," to the sepulchre of their stomach, where it can hardly expect a proper welcome, coming in so unmannerly a fashion. If this is in any measure true of mature manhood, it will be much more so of advancing years, when the apparatus for disintegrating food, so that it may be well kneaded with saliva, is all broken and useless, and at the same time the sense of enjoyment is diminished, and there is less lively participation of the cerebral functions in those of nutrition. To insist upon an old man eating his beef and bread without mustard, is almost as cruel as to give him mustard without bread and beef. The mustard to him, at least, is an essential; without it he could not instigate the glands of his mouth to pour out their contribution to the first act of digestion.

The starch, then, on its arrival at the stomach, has already undergone a partial transformation into sugar, the process is there completed by the action of the pancreatic fluid, which bears a close resemblance to saliva, and by the secretions of the stomach itself, the most important of which is the complex substance called *pepsin*, whose characteristic peculiarity is, its power of inducing active molecular changes in all organic matters susceptible of its influence. It is, in short, the digestive principle in its purest form. Besides converting the unreduced remnant into sugar, it acts upon the sugar in such a way as to transform a portion of it into lactic acid. This is also done by the bile, but the full action of the bile upon the chyme is yet unknown, and how sugar is converted into fat is still an unsolved problem—probably an insoluble one, for it is the step out of chemistry into vitality. This first act of vital generation, by which the hard and angular chemical sugar is transformed into the soft and globular vital oil, by which the lamp of life is fed at the lungs, and the whole bodily machine kept pliant and warm, seems to be in some way or other under the direct control of the brain. The nervous system, the differential between what is vital and what is chemical, here asserts its claim for the first time over the contribution to the reconstruction of the living body presented by external nature. This important fact has come to light during the investigations into the cause of the curious disease known by the name of diabetes mellitus, which seems to result from the incapacity of the brain to discharge its requisite office, and transform the sugar, presented to the organs of assimilation, into fat, so that, as sugar enters the blood, and as sugar leaves the body by various emunctories, and thus the body is starved of its fat, and extreme emaciation, going on generally to death, is the consequence.

[TO BE CONTINUED IN OUR NEXT.]

KILLING ONE'S SELF MADE CREDITABLE.—A man must be a fool who at this day goes to the expense of buying arsenic or a pistol when he tires of life.

If he uses either he is sure to be found out, to be served up by an unfeeling reporter in the newspapers, to be set upon by the coroner, to be handled, and probed and analyzed by the doctors, and then thrust into a dishonored grave. How much wiser is the man who, wearying of the world's annoyances, arranges to slip quietly out of it, regretted, eulogized, and in a fair way for a monument! He never tells his disgust for life, but takes the true way to be rid of it, by sleeping in a close cupboard on a feather bed, omitting to wear flannel, smoking a dozen cigars a day, drugging liberally when sick, and when well testing personally every new patent medicine, by keeping the Sabbath as a day for unusually hard mental work, by being too busy to make the acquaintance of his own baby, by nursing the blues, cultivating melancholy, and by sleeping till near noon, and watching till near morning. Such a man comes to his conclusions long before his time, and may enjoy the rich consciousness of having anticipated years of sorrows, and preventing a half a lifetime of worrying annoyances. When he has ended his suicidal job, weeping friends eulogize his imprudencies as the zeal of a too active mind, and the same hour that they lament their results in his own case, point the young to him as a model.

On the Inhalation of Medicated Vapor in Bronchial and Lung Diseases.

By Henry C. Preston, M.D.

[Concluded from our last.]

evening hectic—followed by night sweats, leaving him exceedingly languid and depressed until after breakfast. Copious expectoration from early in the morning until nearly noon, of a stringy, tenacious mucus, streaked with yellow matter of different shades, and often containing little cheese-like granular bodies, that had a gritty feel between the fingers—occasionally appeared those flocculent masses, which the French call nummular sputa, but very rarely streaked with blood. Auscultation and percussion revealed great dulness over the sub-scapular regions of both lungs, pectoriliguy with very indistinct vesicular murmur, cavernous respiration, bronchial mucus rale, with that peculiar click which is thought to be one of the most pathognomonic signs of softened tubercle, particularly distinguishable in the upper sub-scapular and sub-clavicular regions of the left lung. The patient was very weak, and when I first saw him could hardly walk from the bed to the sofa—seldom even went to the window, and dared not attempt to breathe the open air, in short, he presented all the symptoms of confirmed phthisis. His case seemed so desperate that I could not give his friends the slightest ground for hope, for I had none myself, but I encouraged him to make a trial of homeopathic remedies, particularly advising the new process of applying these remedies directly to the lungs by inhalation. The novelty of the method and its consonance with his own ideas of medication gave him a stimulus he had not before, and he made every effort in his power to second and carry out all my advice and directions. The medicines used were calcarea, phosphorus, phosphoric-acid, arsenic, and sulphur, with occasional doses of hyosciamus and conium at night for his cough. These medicines were inhaled twice a day, and taken by the mouth twice a day, using sometimes calcarea in the morning and phosphoric-acid at night, or combining the two in one solution in alcohol and simple syrup. Contrary to my expectations, his most troublesome symptoms were relieved in the course of three weeks, the cough and dyspnœa yielding first, then the expectoration improving in character and diminishing in quantity, then at last the chill and hectic fever with the night sweats disappeared, although the latter symptom appeared occasionally for six months or more. His appetite and muscular strength returned, so that in two months he could walk two miles a day, and in three months he was able to go South, where he spent two or three months, still continuing the treatment. He came from the South in the summer, very much improved in every

respect, and again at the approach of winter, and at my advice, he moved to the State of Maryland, where he still remains in the enjoyment of very comfortable health. He has still continued under my professional care and direction, and has adopted the same course of treatment, occasionally at long intervals and only when suffering from attacks of cold; at all events, he has never been sick enough there to be confined from business, or to be obliged to solicit medical aid. It is now two years nearly since I last examined his chest, but then very little change had taken place in the structural condition of the diseased portion of his lungs; I had no doubt of the existence of cavities in the upper lobe of both lungs, particularly the left, which I thought extensively adhered to the pleura, giving, as it did, a very dull sound on percussion. The vesicular murmur was, however, then heard quite distinct throughout the remaining portion of the lung and all mucous rale had disappeared; and the natural healthy action of the pectoral and intercostal muscles seemed once more established —respiration 18 to the minute, and pulse always 75.

In this case it seems to me proper to infer, that the course of treatment had decidedly arrested the progress of disease, whether by chance or not, whether it would have been so without any kind of medical treatment or not, I leave others to decide for themselves. It is so easy for us to fall in the habit of ascribing all changes in disease to the treatment we use, and it is so easy for the sceptic to overthrow our strongest therapeutic triumphs, by asserting what we have no means of disproving, viz., that the disease we think *we* have cured, would have got well as surely and speedily without our aid, that I desire to be cautious in pronouncing opinions as to the absolute efficacy of any remedial measure. But here are the facts in the case before us: how far the climate of Maryland tends to prevent the progress of the disease I know not, probably a very considerable: how far the treatment used has stayed the hand of the fell destroyer, I cannot judge, except by comparing his case with hundreds of others similarly affected who have not thus escaped: I know of many cases of consumption, so called, which drag their weary course through a long lapse of suffering, wasting years, to whom death comes not until his approach has long and anxiously been sought; but here is a case with all the physical signs of tuberculous phthisis, and all the appearance of tending rapidly to a fatal termination, with extensive disorganization and loss of structure of a vital organ, and yet this rapid downward course has been arrested by some means, and the disease kept at bay. If the treatment had anything to do with it at all, it must have been the sole therapeutic agent, for nothing else was tried, and if so, it deserves repeated trials in such cases, until we can demonstrate its value with the precision and certainty of a mathematical problem. If you ask, do I suppose the disease cured, I answer emphatically no, for I never saw a case of the kind that was cured, and not until I do, shall I ever expect to see tuberculosis in any of its forms thoroughly eradicated from the unfortunate victim upon whom it is engrafted. But by approximating a cure, by greatly relieving suffering and prolonging life, we do good not only to the individual benefited, but we are advancing a science, which may yet discover a specific for even the worst of constitutional maladies; while at the same time we are taking measures to uproot that whole class of diseases which have so long affected the human race, and which, without medical interference, would tend to a constantly lower degree of degeneration and decay.

But there is another class of diseases, equally troublesome and dangerous in their development, in the treatment of which we can predict a more certain therapeutic triumph for the inhalation of medicated vapor. I mean those bronchial affections which are often the first beginnings of consumption, acute and chronic bronchitis, laryngitis, asthma, &c. I have treated two cases of chronic

asthma with the inhalation of phosphorus alone, and the spasmodic respiration has never returned, although two and three years have elapsed since their treatment. I have also treated several cases of diffused chronic bronchitis, with very satisfactory results, and where I think we are justified in pronouncing a cure, all the symptoms having vanished, and the bronchial membrane, as far as it can be examined, restored to its former tone and soundness. The following I considered the worst case in all its features, and therefore transcribe it :—

Mr. A., a manufacturer, aged 40, had been troubled for five years past with cough and expectoration, first of a catarrhal character, but gradually becoming more and more bronchial, until he applied to me in the summer of 1852.—His condition then presented all the physical signs of diffused chronic bronchitis; his cough was constantly annoying, aggravated at night, attended with constant hoarseness and expectoration of grey, viscid mucus, except in the morning, when it was a dark, yellowish sputa, of a decidedly purulent appearance and consistence; bowels loose, with slimy stools, sometimes resembling what he expectorated; no appetite; considerable emaciation; exhausting night sweats, followed by a chilly feeling every morning. Auscultation revealed decided bronchophony; crepitation in the left lung, and the mucus rale throughout the whole bronchial membrane. At the base of the left lung there was adhesion of the pleuræ and partial induration of the lung, the result of an attack of pleuropneumonia which he had five years before. This patient inherited a scrofulous diathesis and a strong proclivity to tubercular phthisis, of which many of his progenitors and relatives have died. He was constantly hoarse and his voice weak; throat constantly irritated by coughing. He could not lie on the left side without coughing, and occasionally had sharp pains in the shoulder and under the scapulæ. Percussion showed great dulness over the sub-scapular regions of both lungs, particularly of the left, which was also dull at the base from the adhesions I have before mentioned. Pulse full and seldom below 120—but in the afternoon and evening would rise to 140, and sometimes to 160. Without more minute detail of symptoms so familiar to all, suffice it to say I pronounced this case a bad one, of diffused chronic bronchitis, and I feared scrofulous inflammation had already commenced the formation of tubercular deposit in the left lung, although I could not distinctly detect it. I have marked the slow but surely fatal termination of so many such cases, that I commenced the treatment with but faint hopes of success. After subduing the most violent symptoms with aconite, arsenic and phosphorus through the day, and hyosciamus at night, I put him upon the following course of treatment :—One dose of calcarea 3d every morning, one drop of phos.-acid 3d every afternoon, with an occasional dose of hyosciamus at bed time, if the cough threatened to prevent his sleeping, which it seldom did after he began to inhale. I put ten grains of calcarea 1st, and ten drops of Phos.-acid 1st, into two drs. of water, and after well mixing added four drs. simple syrup of sugar. I ordered a table-spoonful of this mixture, well shaken, to be put on the sponge and inhaled twice a day, until the medicinal vapor was all gone, about ten or fifteen minutes. This treatment was persevered in for five months, and was attended with a gradual convalescence; the symptoms one after another all yielding until six months from the time he commenced he was pronounced well, and discontinued treatment. I ought to add, that the potenization of the remedies used was gradually raised as he convalesced, up to the 30th, and that an occasional dose of sulphur was used as an intercurrent remedy. Moreover, I laid down very strict dietetic rules, and ordered more relaxation from business and free exercise in the open air, all of which he faithfully followed, and is now in the enjoyment of apparently robust health.

This case, I think, would be considered cured by any medical man who had watched it from the beginning, however

faithless he might be in the effects of remedial measures, and being the most severe of the kind which I have had to to treat within the last three years, I feel justified in recommending the treatment by inhalation of the proper homeopathic remedies in such cases, with some confidence, that it will prove in very many instances a permanent cure.

As I have said before, my own experience with inhalation is by no means sufficient to establish its efficacy in the treatment of bronchial and lung diseases, further than in the cases where it has been used apparently with success; still a remedy which in the hands of one has proved successful, may in another, and at least where the diseases are of so grave and generally fatal a character, it is worth persevering care and trial with every member of a profession whose office and dignity it is to relieve, and where it is possible, to cure disease.

Since commencing the treatment of this class of diseases by inhalation, I have so treated eight cases of what I consider tubercular phthisis, all in a stage of rapid development, which I have never before known to be checked, and all but two are still living, their sufferings relieved so as to enable them to attend to business and to enjoy life as formerly, the progress of disease being evidently for a time arrested: two have passed away, bearing witness to the relief afforded by the mild influence of the vapor inhaled, and to the unexpected prolongation of their lives. I have also treated upwards of twenty cases of chronic bronchitis, some as severe as the one detailed, others of a milder character, but of them all not one has died; on the contrary, all but three have entirely recovered, and those three were convalescing when they left this city, and passed beyond my observation.

I am aware, that to make this article intrinsically valuable in furnishing statistical information, each and all the cases so treated should be detailed, with all their collateral circumstances. That however would carry this article beyond the limits assigned to it, and as my object is merely to call attention to the subject, that others may join with me in making these therapeutic experiments, I trust I shall be excused for offering so few details. I am happy to learn that the treatment by inhalation is being tried by many of our number in different sections of the country, and that Dr. Fullgraff has opened a Homeopathic Dispensary in New York, at 59 Bond Street, where our remedies are administered in this way, in suitable cases, on so large a scale that we may hope to obtain some important statistics concerning the practice and its therapeutic value.

The Homeopathic School, as the leader in the present march of medical progress, has a great duty to perform in regard to the treatment of a class of diseases so universally fatal as those we have been considering. While here and there an individual, seizing upon the novelty of the practice of inhalation, and the general favor it meets with the common people, is circulating his promises of certain cure to the thousands who have given up all hope and resigned themselves to die—for the sake of filthy lucre alone, is advertising hosts of cures, and alluring the despairing into a specious vortex of crude and indiscriminate medication, which, notwithstanding slight temporary relief at first, is sure to hasten the morbid process to a fatal termination, we, as professional philanthropists, should look calmly at the real facts, and submit all therapeutic means, however novel and strange, to the searching test of oft-repeated experiment. We know, from ages of sad experience, the utter inutility of all the old methods of treating what is called consumption—very few, however long their practical observation, can say they have even seen it cured. Those who most object to the Homeopathic Therapeia, here come unconsciously to recognize the law of similars, for when all else fails, they recommend their patients to move to a country where intermittent abounds, and tell them I know of nothing but the marsh miasma that has ever arrested the development of tubercular ulceration—and where are two diseases more similar than phthisis and intermittent! This fact

should lead us to regard the treatment by inhalation with much favor, for if the inhalation of marsh miasma will do this, as it unquestionably has done, why may not some remedy similar to it be yet discovered, which, inhaled into the lungs, shall prove the exact specific in phthisis, and enable us to control that most insidious and most surely fatal scourge of the human race?

Journal of Homeopathy.

NATURE OF EVIDENCE.

In philosophy the accumulation of atoms, so that it is cognizable to the senses, is considered evidence of the existence of matter; while of motive power the effects produced upon matter through the agency of dynamics is believed to be proof of its existence. And while the one is appreciable more especially to one or more of the senses, the other appeals to the understanding for its reality. This application of motive power to inert matter produces all the various effects upon animate nature. We cannot always ascertain the *modus operandi* of its working, but see only the effect produced. The causes of many of the most sublime manifestations in nature are still shrouded in impenetrable darkness, but yet we never think of denying the existence of revealed effects because we cannot comprehend their hidden cause. Scientific men are constantly prying into the arena of nature for a solution of her mysteries. And how is the result of their labors frequently received? If it is to upset an old philosophy by which a class have been sustained, how soon is its truth questioned, and followed by denial. Let a new principle be developed in mechanics or arts, and men versed in that particular branch of arts welcome it to favor as soon as respectable evidence proves its utility. But homeopathy proposes to the world something far more valuable than any improvement in arts or mechanism—the amelioration of suffering, and saving of human life. Do those to whom are entrusted the preservation and restoration of health, give that attention to its claims that justice to their obligations and patrons demands? Homeopathy claims, and has successfully maintained its superiority in the treatment of disease, as may be ascertained by referring to statistical evidence of results. It claims to do no violence to the organism or constitution, but cures disease in a speedy, prompt, and efficient manner. It has maintained its superiority in chronic disease and the most fearful epidemics, and brought the bloom of health to many a cheek that was blanched under the power of old physic. Have we evidence of the truth of these assertions? Scientific men—[illegible]ose word is undoubted on every other subject—after careful scrutiny of facts, and comparison of results, attest to their truth. Men whose whole sympathy and confidence is with allopathy, acknowledge that a less ratio of mortality occurs under homeopaths than under the heroic management of allopathy, and then attempt to explain away the conclusion on the ground of superior regimen or diet. So it would seem they ignore the evidence of their own understanding, and invite their allopathic brethren to a false conclusion.

Will not the old school physicians give their attention to that which is of so much interest to themselves and their patrons when it comes before them with the evidence of so many respectable witnesses? The people do not hold them to full responsibility. The non-profes-