

Canadian Journal of Homeopathy.

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

Vol. I.

HAMILTON, C. W., MAY, 1856.

No. 5.

Considerations concerning the Functions of the Bowels.

AN extraordinary prejudice prevails concerning the necessity of frequently acting upon the bowels by aperient remedies in health, or on the occurrence of any slight derangement of the body.—We shall endeavor to show that this is fraught with serious injury to the constitution in certain temperaments, and especially under certain circumstances.

In many cases a tendency to constipation is natural to the system, and is required for the continuance of its well being. It is altogether a mistaken idea to suppose that it is desirable that the bowels should be acted upon daily.—Where a large quantity of food is taken, and of mixed quality, such will generally be the effect, if nature be left to her uninterrupted operations; because the quantity and quality of the aliments received furnish an abundance of what is called excrementitious matters—that is, matters resulting directly and indirectly from the process of digestion, which must be removed, and this is readily accomplished from their irritating influence upon the nervous surface of the bowels.

Persons who indulge their appetite—who in fact live to eat—and are active in their habits or occupations, very seldom suffer from constipation, except from the disturbance of the system bordering on disease, which their excesses create. This class of individuals will scarcely come under our consideration. We may safely leave them to nature. Our remarks will apply more particularly to those whose powers of consumption are much less, whether from the delicacy of their tastes

—the refinement of their habits—or from constitutional peculiarities, we shall not determine in this stage of the inquiry.—Where comparatively little food is taken, and is slowly acted upon by the digestive organs from their natural or induced inability to perform their functions efficiently; here, as a rule, it is always injudicious to disturb the bowels by aperient remedies, and yet it is practised to a lamentable extent, aggravating the evil it is intended to correct; and in addition seldom fails to produce organic or functional mischief—enfeebled powers of digestion—weakness and derangement of the lungs—palpitation of the heart—distressing head-aches—affections of the urinary bladder, and a long train of nervous symptoms. Some of these consequences are inevitable. We interfere with nature in her struggling efforts to discharge her duties. We presume to assist her—to force her into inordinate exertions when she is laboring to do her best according to the measure of the vital energies which she possesses. What is the result? We compel her to expend more power in the direction of the bowels than she can adequately spare, either in reference to them or the well being of the animal economy at large.

There is a common stock of vital energy—a certain capital with which the system is endowed. It has many outlets, issues, or escapes. Wherever vital action is carried on there is a source of expenditure. Where this stock is small or extremely limited, as in those who are naturally delicate, or who become so from sedentary pursuits or other causes, the study should be to economise it, which

to the world. And we have not been idle; for, in conjunction with our friend Dr. Otto Fullgraff, we have succeeded in fully demonstrating and perfecting in a practical manner all the views which were so long since suggested by Bequerel. As was observed in our Journal of August, 1852, "it appears, therefore, that the constitution of the fluids of the body may be altered, *certain principles may be withdrawn*, and the ratio of the remaining principles may be changed.— In the same manner, a new mode of entrance into the human body of active remedial agents is indicated quicker, more direct, more certain, than any other known, without the risk of being injured, or altered by digestion, or of being eliminated by excretion."

These ideas have been practically demonstrated, both in withdrawing mineral poisons from the body, and in passing homeopathic remedies through diseased tissues of the organism. The former is accomplished by means of galvanized baths, and the latter by means of an ordinary Grove's Battery, which decomposes the drug and passes it through the part affected at the will of the operator.

We have repeatedly seen persons suffering from the effects of mercury, lead, and other minerals enter these baths, and after remaining half an hour, charge their entire contents with appreciable quantities of the metal which has been withdrawn from their bodies. In making these experiments every precaution has been taken to avoid all errors, and various tests of the most delicate character have been applied before and after the entrance of patients into the baths.

But the most gratifying part of this interesting process consists in the progressive improvement which is invariably experienced, as the poison is gradually extracted from the system. We have repeatedly observed chronic and obscure ailments of long standing disappear like magic under the influence of these baths. Another result of the process is to effect an entire change in the whole organism—rousing into activity functions which had long been im-

paired, and increasing the susceptibilities of the tissues to remedial impressions. As a direct consequence of these changes, we have an equalized circulation, and an augmentation of the vitality of the entire organism.

In our next issue, we shall enter into practical details with respect to therapeutical results, and describe minutely the various mechanical arrangements by which the objects specified can best be accomplished. In the meantime, we take occasion to inform the profession, that every facility for practically testing these applications, can be found at the residence of Dr. Fullgraff, No. 81 East Twenty-third Street, where the doctor has arranged suitable baths, and other appliances, for accomplishing in the most perfect manner the objects indicated.—*North American Homeopathic Journal.*

Journal of Homeopathy.

WE have received a letter from Dr. Lewis, in reply to a letter published in the April No. of this Journal. We cannot perceive that it alters the position taken by Mr. Pratt, wherein he maintains that the course taken by Dr. Lewis in this Province is such as no physician can recognize as calculated to elevate or sustain the positions that an honorable profession should maintain with the public.

We think we are not presuming too much when we assert that this opinion will be endorsed by every physician in the Province who has the success of homeopathy uppermost in his mind.

We must decline publishing the reply.

If the doctor wishes to defend the course he has taken, he can, and no doubt will do so in the columns of his own paper.

We would most cheerfully give his letter an insertion in our next No., had it been a defence of his procedure; but it would be accompanied by such re-

marks, as we might feel disposed to make.

We give place to the letters from Mr. Pratt from a conviction of duty to our patrons, who are honestly seeking the truth of homeopathy, and that our readers may be assured that we have a principle to sustain, aside from the great absorbing ambition of too many in all professions, & s. d. We maintain that homeopathy is a system of medicine fixed upon an enduring basis—that it is superior, in every respect, to any system of medicine ever introduced in the treatment of disease, when wielded with judgment and caution, and that no physician can do justice to patients under our treatment and pursue an itinerant practice.

☞ We hope our friends will bear in mind that the Annual Meeting of the Homeopathic Medical Society will be holden on the 20th day of May instant, in the city of Toronto.

It is particularly requested that every homeopathic physician in the Province will be present, and all others who may feel interested.

The meeting will convene in the Hall of the Mechanics' Institute, at 10 o'clock A.M.

The annual address, by Dr. Bull, of London, will be delivered in the above Hall, at 8 o'clock P.M., of the same day.

A. FISHER, M.D., Pres.

W. A. GREENLEAF, M.D., Sec

☞ We hear complaints from some of our subscribers that they do not receive their papers regularly. We can assure them that they are regularly mailed and delivered safely in the care of the Post-master, and if they fail to

reach their destination it is not our fault. We can scarcely conceive how it is that a package, made up for any particular office, that part should arrive safely while a portion fail in coming to hand.

If there are any who have failed to receive their Journal, and will write us the Nos. they have not received, we will forward them to their address.

☞ The recent Annual Meeting of the New York State Homeopathic Medical Society, we are informed, was well attended, and a lively interest manifested in the progress of the cause.

M. M. Matthews, M.D., of Rochester, was elected President for the ensuing year. The names of the other officers we have not learned.

Will the President have the kindness to address us a copy of the proceedings when published?

☞ Remittances will be acknowledged in the next No.

LETTERS RECEIVED.—Dr. J. Adams, Dr. S. Armor, Dr. J. W. Ferguson, Dr. Springer, P. E. Gumaer, Dr. D. Lewis, M. Brown, A. Fisher, M.D.

CORRESPONDENCE.

[The subjoined letter is the second we insert from friend Pratt. His language is strong, and we have no reason to doubt its correctness. He, being connected with the party in question as his agent and student for some months, had an opportunity to inform himself of the practices indulged in by his preceptor. Becoming disgusted with his course, he left him, that he might pursue the study under better influences; and in his letters disclaims any personal feeling existing between his former preceptor and

himself, but is influenced in writing these letters by his trust in homeopathy, when judiciously and fairly practised.

From our acquaintance with both parties we feel a confidence in his statements.

Some of our friends are disposed to censure the Editors of this Journal for personal attacks. We can assure them however that we feel a pleasant consciousness for all we have written or said personally thus far. We feel assured that we have done only our duty; and if we expect the community to respect the cause in which we are engaged, we must keep up a well-defined dividing line between homeopathy and empiricism.

And in regard to Dr. Lewis, we have no personal feeling toward him, for our intercourse has been of the most amicable character. But his practice we condemn, as it has a direct tendency to compromise the honor of homeopathy; hence we feel justified, in fact we should feel remiss in duty to our friends who desire *homeopathic treatment* should we pass his conduct by in silence.—Eps.]

THROOPVILLE, N.Y., April 8, 1856.

Editors of the Journal:

So long as there exists in the minds of men a desire for popular applause and personal aggrandizement, so long will there be found those who will sacrifice principle, honor, and integrity, and not scruple to prostitute the noblest of sciences and truths to answer their purposes. Especially is this true of medical science.

Many noble truths have been elicited by the gigantic workings of great minds, but no sooner have they been reduced to successful practice than they are assumed by Quacks and Charlatans, whose arrogance can only be equalled by their

ignorance and audacity; and by these unprincipled men prevented, corrupted, and misapplied, till the public mind becomes disgusted, public confidence is destroyed, and as a natural consequence, the science loses instead of gaining by their efforts.

Besides, such is the nature of medical science that it can only be successfully practised by the same individual, in but one particular locality.

The united experience of all conscientious physicians will sustain me in this assertion. Hence all itinerant doctors should be regarded with distrust, as boastful pretenders, unworthy of public confidence, and obnoxious to the advancement of the science of medicine.

For these reasons was I induced to promise a notice of "Dioclesian Lewis, A.M., M.D.," in my former communication. I am well aware that he who assumes the task of criticizing the motives and actions of another, takes a delicate stand-point.

I am not vain enough to flatter myself that no one will question the motives which have actuated me to undertake the performance of the task. Nevertheless, I regard it as my duty to avail myself of this opportunity to state a few facts in reference to the course that for the past two years has been, and is now being, taken by the party in question; assuring your readers that I have no personal feeling in the matter, that I have no selfish motives in view, nor sinister ends to answer. For it matters not to me personally whether the individual is prospered in his course or not; but, being an ardent admirer of Hahnemann and his teachings, being a student of his great law of cure, I regard it as my duty, as well as the duty of every homeopathist, to guard vigilantly our citadel, to fear-

lessly and resolutely attack every one who presumes to infringe or encroach upon our principles.

Like all men whose popularity depends upon their pretensions, he comes before the people as a titled dignitary. He represents himself as being not only "Doctor of Medicine," but as "Master of Arts." In reference to the latter title, I know he has never taken the legitimate course to attain it, nor has he the acquirements which its signification imports, but that it is simply and only honorary. I am at a loss to know what art he is master of, unless it be the art of *humbuggery*.

He advertizes himself as a lecturer upon the subjects of "Health, Homeopathy, Physiology," &c. At the same time calling special attention to the many flattering notices given him by the journals in the various localities where he has lectured, which the dear people little suspect are all written by *himself*.

Was lecturing his only object, and would he sail under his true colors, we would not notice him. But that is only his *ostensible* object, and intended as an advertisement of his real object, which is to treat diseases empirically.

Permit me to briefly institute a comparison between his method of treating diseases and that laid down by our authors, and leave your readers to judge of his merits thereby. He proposes to treat chronic diseases only, which he does after this wise. The afflicted visit him at his rooms, state their cases, and conclude with an appeal to his pretended skill. He answers by assurances of speedy relief, and that he will be a God-send to them. He then prescribes to each patient two bottles of medicine, (sufficient to last six months,) with di-

rections to take of each bottle two or three times per week; charges his usual fee of from £1 to £2 10s., according to the length of their purse; bows them politely from his room, never *expecting* or *wishing* to see them again.

Now this might all appear perfectly right to any one not acquainted with the true homeopathic method of treating chronic diseases. But let us see what our authors say.

Dr. Jhar, than whom there is no better homeopathic authority, says "that *true, durable and radical cures are never effected by the direct action of a medicine, but by a REACTION of nature, excited by it*, whence there follows, as a first general consequence, that every repetition of doses is at least superfluous, *except entirely displaced*, whilst this reaction follows its course."

The same author farther states, when considering chronic diseases, that "by carefully *watching* and *understanding* the progress of the vital reaction, we may frequently obtain, in *two months*, with a *single dose* of a *single medicine*, an acceleration of cure, which could not be done in two years by a continual change of medicines, or by an inappropriate multiplication of doses." Also that "it is never necessary in any *chronic* diseases to change the medicine without having observed, at least during five or six days, the aggravation which seemed to demand it;" and that "the salutary effects of medicines in such diseases continues seven or eight weeks."—Dr. Hartmann, one of Hahnemann's pupils, declares "that it is one of the fundamental principles of homeopathy, not to give a *second* dose of the *same remedy*—or to administer a *different remedy* until the former shall have spent all its power."

Thus, while this celebrated itinerant doctor seldom sees his patients more than once, prescribes medicines in alternate and oft repeated doses, regardless of their action, and the welfare of his patients. On the other hand, these veterans in the homeopathic ranks, from whose writings I have quoted, insist upon the necessity there is for a careful watching of the symptoms of the disease, and the effects of the medicine, and warn all not to administer medicines too often.—With these facts before you, what think you of this man? With assumed professions, erroneous practices, and mercenary principles, as he evidently has, what other verdict can any conscientious person render than that he is unworthy of public confidence, and should be discountenanced wherever he goes. Not only by the principles of homeopathy, but by all principles of right and equity, is he condemned, and by every homeopathist should be regarded as our worst enemy. I may notice him again.—Yours for the right,

WM. M. PRATT.

[THE following, from the pen of our esteemed friend, T. N., is worthy of a careful perusal. For a tyro in medicine and at writing we are pleased with his contributions to our columns. We hope to receive many more articles from his pen.—EDS.]

THE MISREPRESENTATIONS OF HOMEOPATHY.

Under this head I purpose stating and discussing a number of the most prominent of the misrepresentations of homeopathy usually made by its opponents, and as many of these are made in ignorance of the subject, it may chance that these explanations may "throw light on the eyes of medical blindness."

1. *Homeopathy is of modern origin.*

This statement is frequently made with the view of throwing obloquy upon homeopathy, by classing it among the many forms of quackery which spring into existence, flourish for a brief season, and then descend to merited oblivion. Now, as homeopathy is not one of the countless theories of *disease*—the shadows of which have darkened the human race for so many generations—but a law of *cure*—a precious gift to suffering humanity from the gracious Giver of all good—we may expect, on consulting the records of the medical art, to find many intimations of the existence of that law, and also accounts of cures effected in accordance with it. And such we find to be the case.

Centuries before Galen promulgated his law, "Contraria contrarii curantur"—a law impracticable in practice, for the most fertile imaginations failed to conceive the "contraria" of gout or scrofula. Hippocrates enunciated the homeopathic principle in the following words:—"Another proceeding: the disease is produced by similars, and by similars which the patient is made to take, he is restored from disease to health. Thus, that which causes strangury where there is not any, removes strangury where it exists; a cough, as well as a strangury, is caused and removed by the same substances." And again, in the celebrated *Aphorism*, he says, "The cold stomach delights in cold things." A passage, recognizing the homeopathic principle, occurs in the epistle of Democritus to Hippocrates: "Hellebore given to the sane pours darkness on the mind, but it is wont greatly to benefit the insane." Many other distinct allusions to the homeopathic law may be found in the works of Hippocrates, and we are in

formed that he treated cholera morbus with veratum album, which is well known to produce similar symptoms.

Galen followed with what Cullen calls "his false and unapplicable theory," and the ancient homeopathy was obscured for a time by the new and specious theory. The long darkness of the Middle Ages followed, and not till the commencement of the fifteenth century do we find any distinct allusions to homeopathy. At this period there flourished Basil Valentine, a Benedictine monk, who wrote as follows;—"Likes must be cured by means of their likes, and not by their contraries, as heat by heat, cold by cold, shooting by shooting; for one heat attracts the other to itself, one cold the other, as the magnet does the iron. Hence prickly simples can remove diseases whose characteristic is prickly pains; and poisonous minerals can cure and destroy symptoms of poisoning when they are brought to bear upon them.— And sometimes a chill may be removed and suppressed, still I say, as a philosopher and one experienced in nature's ways, that the similar must be fitted with its similar, whereby it will be removed radically and thoroughly, if I am a proper physician and understand medicine. He who does not attend to this is no true physician, and cannot boast of his knowledge of medicine, because he is unable to distinguish betwixt cold and warm, betwixt dry and humid, knowledge and experience, together with a fundamental observation of nature, constitute the true physician."

In the sixteenth century, Theophrastus von Hohenheim, commonly called Paracelsus, used the homeopathic principle extensively in practice, but failed to perpetuate his system for want of

physiological provings of drugs upon the healthy organism.

In more recent times, the celebrated Danish physician Stahl says:—"The rule which is admitted in medicine, of treating diseases by contraries, or by remedies which are opposed to the effects of these maladies, is completely false and absurd. I am persuaded, on the contrary, that diseases yield to agents which determine a similar affection (*similia similibus*), burns by the heat of a stove near to which the parts are held; congelations by the application of snow and cold water; inflammations and contusions by the application of spirits. I have removed a disposition to acidity by small doses of sulphuric acid, in cases where a quantity of absorbing powders had been employed without any benefit. Many more proofs might be adduced, but sufficient has been said to prove that homeopathy is not of modern origin.

2. *Homeopathy was discovered by a Quack.* In order to appreciate this statement, a brief review of Hahnemann's career is necessary. After prosecuting his professional studies at Leipzig and Vienna, Hahnemann was appointed physician to the Governor of Transylvania, and in 1779 he graduated at Erlangen. He now removed to Dresden, where he was much occupied with chemical researches, and with translating various medical works from the French and English. A work on poisoning by arsenic, which he wrote at this time, ranks yet as a standard work on toxicology, and we form some idea of Hahnemann's standing as a chemist from the opinion expressed by Berzelius—"This man would have been a great chemist had he not turned a great quack." In 1790, he

removed to Leipzig, and while engaged in translating Cullen's *Materia Medica* he struck upon the law, "Similia similibus curantur." In 1792, the Duke of Saxe-Gotha, an ancestor of our present Prince-consort, appointed him director of the Asylum for the Insane at Georghenthal, and here Hahnemann was one of the first, if not the very first, to apply the principle of moral treatment of the insane. On this subject he writes:—"I never allow any insane person to be punished by blows, or other corporeal inflictions, since there can be no punishment where there can be no sense of responsibility; and since such patients cannot be improved, but must be rendered worse by such rough treatment." In the *Organon*, §210-230, full directions for the treatment of mental diseases are given.

In 1796, Hahnemann published in the journal of his friend Hufeland, "*An Essay on a New Principle for ascertaining the Remedial Powers of Medicinal Substances*," which is his first public avowal of the homeopathic principle. While resident in Leipzig, in 1812, Hahnemann wished to organize a Medical School for the instruction of students of homeopathy; and, in order to obtain permission to do so, it was necessary to pay a sum of money, and defend a thesis before the Faculty of Medicine. Accordingly, he wrote the thesis "*Dissertatio historico Medica de Helleborismis veratrum*," which has been republished in the "*Lesser Writings*;" and shortly after the school was opened.

In 1821, Hahnemann removed to Cæthen, the capital of the Principality of Anhalt-Cæthen, having been appointed councillor and physician to the reigning Prince. In 1835, Hahnemann removed to Paris, where he died July 2nd, 1843, aged 89 years.

In this hurried sketch we find that the friend of Hufeland was successively physician to the Governor of Transylvania, director of the Georghenthal Insane Asylum, and councillor and physician to the Prince of Anhalt-Cæthen; and the fact of his occupying these honorable posts is sufficient to show that homeopathy was *not* discovered by a Quack.

T. N.

LONDON, C.W.

[TO BE CONTINUED.]

PUBLICATIONS RECEIVED.

 *The British Journal of Homeopathy*, (Quarterly). Edited by Drs. Drysdale, Russell, and Dudgeon. Manchester, H. Turner, 41, Piccadilly: New York, William Radde, 322, Broadway. 12 mo, pp. 176.—This Journal should be received by every physician who desires to keep pace with the progress made in the development of homeopathy. The articles are well and carefully written—on scientific subjects, the development of new remedies, treatment and cures in epidemics, hospital reports, and the state of the progress of homeopathy in Great Britain and on the Continent.

 *The North American Journal of Homeopathy*. Edited by Drs. E. E. Marcy, J. C. Peters, and W. H. Holcombe. New York, W. Radde, 322, Broadway, pp. 144, (Quarterly). \$3 per year.—To the American reader this periodical is quite as valuable as the preceding. The articles are mostly original, being observations on the symptoms and treatment of epidemics incident to the country, reviews of foreign and American medical literature, pathology, and toxicology. The publication of a new *Materia Medica*, with re-provings of many of the drugs now in use, and many not before the profession, which is published as an appendix, is alone well worth the price of subscription.

S. S. COLE, M.D..

PHYSICIAN, Surgeon, &c., Ingersoll, C. W.—
Professional calls promptly attended in town or country.

often consists in letting nature alone.—There is frequently great practical wisdom displayed in doing nothing—in *watching* or *waiting* for the operations of nature. Unfortunately this species of wisdom is the last attainment of the medical practitioner, and it is that which the public never fully appreciate. They cannot conceive that beneficial effects can take place without active means.

We hesitate not to acknowledge that a large amount of the good which we have effected in numerous cases is attributable to the comparative repose of the bowels, induced by the treatment employed, or refraining from disturbing that which exists. The presence of this condition gives a greater degree of vital capital to act upon, and so to direct or influence it as to render it instrumental in the removal of disease, whatever may be its locality.

We will briefly glance at the functions of the digestive organs—explain the nature of their actions—the effects towards the production of which they co-operate, and then we shall have an opportunity of showing in what manner aperients act—how they become so injurious to the powers of life.

The stomach has two obvious endowments—that of secretion and of contractility. On the reception of food its nerves are excited, and their aroused activity is communicated to the millions of capillaries or small arteries with which it is so richly supplied, in consequence of which a greatly increased quantity of blood is drawn to it, furnishing the secretion of the *gastric juice* according to existing temporary necessities. The contractility of the stomach changes the position of the food or its relations to the internal surface of the organ: as it undergoes the process of elaboration, it is carried forward in the direction of the aperture through which, in successive minute quantities, it enters the first of the bowels: and other portions are then brought under the immediate influence of the *gastric juice*, and after a similar modification in their properties, are transmitted by the action of the stomach in the same direction, and this is repeated

until the process of digestion is accomplished.

It is scarcely necessary to remark, that it would be the extreme of recklessness and folly to drug the stomach while thus engaged in the execution of important duties. Let it alone under such circumstances. It has quite enough to do to attend to its own legitimate business—the secretion of *gastric juice* and the elaboration of food. The swallowing of nauseous draughts of physic, at this time, would clearly be prejudicial. Their action on the stomach would not be in harmony with co-existing operations. They would inevitably disorder them; and, if aperient in their influence, they would carry out of the system the nourishing fluid, resulting from the process of digestion, on which the strength and well being of the powers of life depend.

The food, having undergone the required modifications in the stomach, passes into the first bowel—the duodenum, in the condition of chyme, a pulpy substance, where it is further elaborated by the addition of bile and the pancreatic juice. The precise changes effected in it are not satisfactorily known. The chyle, into which it is converted, is a white opake fluid, possessing several of the constituents and characteristics of the blood. The smaller bowels are exceedingly rich in a peculiar class of vessels designated *lacteals*, the office of which is to absorb the chyle and convey it into the thoracic duct, which transmits it into the left subclavian vein, in order that it may flow through the left side of the heart into the lungs, where, from the action of the inspired air, it becomes arterial blood, on which every part of the animal system depends for its nourishment. It must be distinctly kept in mind, in the attempt to seize the full force of these remarks, that the successive stages of the digestive process have for their object the production of this chyle; and further, that the body has no other source whence it can derive the elements of strength and vigor. The fluid which passes through the thoracic duct keeps up the necessary supply of

blood, out of which is formed everything that constitutes the living organic structure.

When digestion is naturally feeble, or rendered so by sedentary habits or other circumstances this stage of digestion—the conversion of chyme into chyle and its absorption, are proportionately tedious. It is long before the lacteals have drawn from the smaller bowels or intestines the whole of the nutritive matter which they contain. To accomplish this efficiently, it is necessary that the bowels should be left to their uninterrupted operations. The lacteals will be busily occupied in discharging their duties as long as there is anything that they can abstract.

In a majority of instances, where constipation is one of the predominant symptoms, the process of digestion is weak and is imperfectly performed; and if accompanied with indications of gastric and constitutional derangement, such as flatulence—oppression, weight or pain in the stomach—a furred or slightly polished tongue—distressing affections of the head—occasional palpitation of the heart—nervous diseases, such as tic-doloureux—spasms or cramps—attacks of numbness, or deadness of the fingers, purgatives, such as are usually employed, are decidedly injurious. The evil under which the patient labors is not an accumulation of matter in the bowels, which the remedies prescribed may remove, *but a derangement of the system generally, its fluids as well as its solids*, conjoined with the more marked disturbance of particular organs, as the liver, the stomach, and the alimentary canal.

Purgatives, under the circumstances stated, act prejudicially in various ways. They disorder the functions of the stomach—irritate the bowels—the urinary bladder—enfeeble the generative system, and exhaust the constitution at large. The public have no just idea of the extensive organic mischief which they frequently produce. We shall in the subsequent pages point out the particular effects arising from their action. In nine cases out of ten it is a misconception, when persons have recourse to purga-

tives, to imagine that the intestines are loaded with their contents, or that the forced removal of these will be followed by that relief or feeling of health which is anticipated. The great object in the majority of these cases, should be to coax nature to the performance of her duties by the mildest and simplest of means, rather than compel her to act by vigorous measures. She becomes obstinate in the ratio of the repetition of the demands made upon her, and in fact in the same proportion becomes unequal to respond to them.

If it be supposed that purgatives act only on the bowels or affect these organs alone, it is an error which cannot be too soon corrected. Purgatives have no such limited influence. Analyzed in a just physiological spirit, their operation will be found to have a direct relation to all parts of the animal economy. The vital conditions of every fibre of the body is modified by them according to the severity of their action and the delicacy of the constitution. In order to render this intelligible, and to bring it within the comprehension of the non-professional reader, we will attempt to explain the nature of the vital changes which take place in the bowels when *unaided* they effect the expulsion of their contents.

It is necessary to understand that all parts of the body are, structurally and by sympathies, united into one comprehensive whole. No organ is independent of others, nor can one act without influencing, though not always in an appreciable degree, the vital conditions of the rest. They constitute a vast circle, having obvious connexions with particular centres, as the brain and the spinal cord, and every movement or change induced in any portion of this circle modifies to some extent the vital relations of the entire circumference.

There is probably no principle in the wide range of physiological science so fruitful as this in its striking and multifarious applications to the well being of life. The thorough apprehension of it opens out a boundless field of inquiry. It throws light on the origin of disease, whatever be its character, and suggests

means, simple, efficient, and calculated to remove or relieve the evil.

All actions of the body are *nervous*, or in other words depend on nervous power for their manifestation. This doctrine we are aware is in opposition to prevailing theories or hypotheses concerning the vital functions in their natural and disordered states. We have elsewhere endeavored to establish this proposition,* and no one has yet questioned its accuracy. The blood, whether we study the causes of its motion, or the appropriation of its elements to the purposes of the animal economy, is obedient to the influence of this *nervous principle*. From this it derives its vitality and value.—Through its agency it is distributed to different organs, according to their requirements. Their demand is not a fixed quantity, but varies with every modification in the activity of the functions, which modification is primarily a change in the concentration or direction of nervous power. The successive stages of digestion depend directly on this agent. It is the cause of the motions of the stomach—of the accelerated flow of blood to it to meet its temporary necessities, and of the secretion of gastric juice.—The nervous influence brings into play the organic mechanism in virtue of which these results are produced. It imparts to the muscular fibres of the stomach the power of contraction, and to the numerous capillaries of this organ a greatly excited action, or the tendency thereto, in consequence of which they receive an increased quantity of blood to furnish the necessary supply of gastric juice: the abundance of which secretion is clearly to be traced to the operation of nervous power. The different structures of the body may justly be regarded as built upon the nervous system, as it is found to be blended with every particle of living matter. The scalpel, aided by the microscope, cannot disconnect it from its relations to other organic tissues: and

it is evident, at least to the philosophical understanding, that the exquisite harmony which pervades the animal economy—the variety of actions which fall under notice, each occurring both in degree and time according to the necessities of life, must be under the control of one universal principle, which is clearly nervous agency.

These physiological researches are not simply interesting as speculative matters. To regard them in this point of view is to lose sight altogether of their practical value. It is this property which they eminently possess that alone entitles them to consideration.

The foregoing remarks have prepared us for entering upon the explanation of the vital conditions co-operating in the action of the bowels. This action in its origin is purely *nervous*, and it is on this account, as we shall attempt to show, that purgatives, as a rule, are extremely baneful in their direct and indirect influence. We have previously observed, in touching upon the digestive process, that nature is a great economist of her powers: she does one thing at a time when the effort requires the concentration of her energies. The process of digestion exemplifies the fact. The stomach first labors to reduce the food to a pulpy substance, and to accomplish this it must be steadily kept in view, that the *whole nervous system contributes towards the desired result*. It depends on the liberal supply of nervous power, and this is furnished from remote regions of the body to stimulate the salivary and other glands to increased action; and further, to impart to the stomach an ability equal to the exigency of the occasion. The operations carried on necessitate the concentration of this power, and when the constitution is delicate, or digestion feeble and embarrassed, we have evidence of the demand made upon the nervous system at large, in the changes induced in the conditions of the brain, as illustrated in the disinclination and incapacity of the mind for energetic and consecutive application—in the tendency to repose or quiet. The cause is obvious. The results accomplished by the stomach

* "Practical Views on Nervous Diseases," 15s. WM. HEADLAND, 16, PRINCES STREET, LONDON, 1849; "The Nature and Cure of Consumption, Indigestion, Scrophula, and Nervous Affections," 5s. 6d., W. S. ORR & Co., Amen Corner, Paternoster Row, London.

are effected in part at the expense of cerebral nervous agency, which flows in the direction of the temporarily excited organ, and consequently leaves a diminished amount for the purposes of thought and bodily activity. This stage of digestion completed, the next calls into vigorous play other organs, as the liver—the pancreas and the smaller bowels. These are now the centre of vital operations, but a much less demand is made on the nervous system than in the first stage. The pulse, which was previously accelerated and increased in strength, becomes slower and softer—the breathing is easier and more natural—the mind becomes lively and more equal to exertion—the skin is not unfrequently suffused with moisture—the kidneys begin to act and urine is freely secreted. These phenomena are evidence that the nervous system, refreshed and invigorated, returns to its ordinary unexcited conditions, and ministers now to the production of other effects. The second stage of digestion consists in two operations: the *conversion* of the chyme or pulp received from the stomach into chyle, and its *absorption* by the lacteals, or vessels numerous distributed over the entire surface of the smaller intestines. Both these operations merit particular attention. When digestion is imperfectly performed, either from constitutional weakness or temporary derangement, both the conversion and absorption of the food are tedious, and for their accomplishment require the uninterrupted repose of the bowels—freedom from all disturbance arising from the action of aperient remedies. The importance of these remarks will be apparent in the further investigation of the subject.

When the second stage of digestion is completed—when the food is thoroughly elaborated and absorbed, the residue of the vital operations, conjoined with the secretions of the several organs forming the digestive apparatus, compose that refuse which has to be expelled from the bowels. We have now to consider the mode in which it is effected, which we have stated depends on *nervous* influence. This matter, which is useless to the sys-

tem, and would be detrimental if retained beyond a certain period, (but by this is not to be understood, except where the habit is acquired or is favored by gross indulgences and robust health, *daily* evacuations.) irritates, as a foreign substance, the sensitive surface of the alimentary canal, and by exciting the contractions of its muscular fibres, facilitates the gradual passage and ultimate expulsion of its contents. It is nervous power which originates the first contractile motion—it is nervous power stimulating these fibres, and unceasingly operating until nature has effected the desired object. It is important to establish this point. The subject has not hitherto been viewed in this light, and hence the nervous relations of the bowels to the rest of the nervous system, in their practical applications, have not been clearly apprehended by any writer. To form a just conception of them, the nerves of the alimentary canal must be regarded as an uninterrupted nervous chain, extending through circuitous paths, but unbroken channels, to the brain and spinal cord, the great centres of nervous energy. The nerves in question are the great media through which these centres transmit their vivifying power; and it must be recollected that the forced action of them, which is produced by the operation of drastic purgatives, is accompanied with the expenditure of a portion of the animating principle not existing in these nerves at the time, that is if the constitution be delicate or suffering from chronic or protracted derangement of the digestive organs, and consequently nervous power, proportionate to this expenditure or loss, *has to be drawn from other sources*, which under such circumstances are not in a condition to meet the demand without injury to themselves. Among these sources are to be enumerated the nerves, ganglia, and plexusses belonging to the heart—the stomach—the liver—the pancreas—the kidneys, and the urinary bladder. A portion of the nervous supply necessary to respond to the urgent requirements of the bowels, arising from their *forced* and active operation, is in the first instance derived from

these minor sources, some of which are the connecting links between the nerves of the intestines and the great nervous centres.

The organs here specified suffer from the undue expenditure of the nervous power. The heart occasionally palpitates from debility, or is readily roused to increased action—the liver becomes torpid or sparingly secretes bile—the stomach labors inefficiently in the digestion of food—the lungs not unfrequently exhibit symptoms of disturbance, as short or quickened respiration—the urinary bladder presents indications of irritability, as manifested in the necessity of frequent micturition—the generative system is weakened, and general lassitude or a feeling of exhaustion prevails.

We are here alluding to effects which are often observed to follow the use of purgatives in constitutions which are delicate, or suffering from disorders that have greatly diminished the energies of life. Under these circumstances they are invariably prejudicial and should be scrupulously avoided. The object which they effect may be attained by milder measures.

Before passing to the consideration of other matters involved in this inquiry, we must leave no ambiguity on the mind of the reader—no doubt or embarrassment concerning what is meant by the *nervous relations* of the bowels; or how these and the system generally are affected by the action of purgatives.—The nerves of the intestines are the cause of all muscular and vital changes in the condition of these organs, and every operation in which they are engaged is the expenditure of nervous power, which has to be supplied from immediate and remote sources; and consequently the forced evacuation of the bowels, under a variety of circumstances, exercises an extremely debilitating influence on the whole of the nervous system. It never fails, as a rule, to aggravate the constipation, which the severe means employed are intended to correct.

It is little imagined that purgatives may be regarded as a *peculiar mode of abstracting blood from the body*. To or-

dinary observers it is a colored fluid; but the coloring matter is only one of its constituents. It is formed of various chemical principles, and watery, or frequent evacuations, draw from the circulatory system the fluid which was previously in motion, carrying life and energy to all parts of the animal economy. Those who object to bleeding, on the ground of its exhausting effect, should be equally obstinate, and from the same reasons, to the prejudicial influence of purgatives. The latter bleed them in another way, but substantially the same.

If the bowels are loaded with accumulated matter, its removal is necessary, but such accumulation is a rare occurrence: it is not the rule, but the exception. But when it exists, simple measures are equal to its expulsion; and it is scarcely necessary to observe that the milder these are, the less disturbed will be the condition of the whole of the organs which co-operate in the digestive process.

[TO BE CONCLUDED IN OUR NEXT.]

FOOD AND ITS ADULTERATIONS.

In the April number of the London Quarterly Review we find a very interesting paper upon the adulteration of food. The facts upon the subject are derived chiefly from the researches and analyses of Arthur Hill Hassall, M.D., chief analyst to the Sanatory Commission of London, from the years 1851 to 1854 inclusive.

These investigations demonstrate an amount of turpitude and indifference to human health, on the part of a majority of London grocers, butchers, and other dealers in the necessaries of life, which are truly astounding.

We advise all tea and coffee drinkers, and all *bon vivants*, to peruse the entire article, and then appreciate how God in his mercy has spared them from paralysis, and other serious maladies.

We make the following quotations from the article alluded to:—

“If we could possibly eliminate, from the mass of human disease that is occasioned by the constant use of deleterious

food, we should find that it amounted to a very considerable per-centage on the whole, and that one of the best friends of the doctor would prove to be the adulterator. But even our refuge fails us in our hour of need; the tools of the medical man, like those of the sappers and miners before Sebastopol, often turn out to be worthless. Drugs and medical comforts are perhaps as extensively adulterated as any other article."

"When Catherine de Medicis wished to get rid of obnoxious persons in an 'artistic' manner, she was in the habit of presenting them with delicately made sweetmeats, or trinkets, in which death lurked in the most engaging manner; she carried

'Pure death in an ear-ring, a casket,
A signet, a fan-mount, a filigree basket

"Her poisoned feasts are matters of history, at which people shudder as they read: but we question if the diabolical revenge and cold-blooded wickedness of an Italian woman ever invented much more deadly trifles than our low, cheap confectioners do on the largest scale.—We select from some of these articles of bonbonnerie the following feast, which we set before doting mothers, in order that they may see what deadly dainties are prepared for the especial delectation of their children:—"

For want of space we shall only quote the following as a sample:—

"MIXED SUGAR ORNAMENTS,

"Purchased in Middle Row, Halborn."

"The confectionery in this parcel is made up into a variety of forms and devices, as hats, jugs, baskets, and dishes of fruit and vegetables. One of the hats is colored yellow with *Chromate of Lead*, and has a green hat-band round it colored with *Arsenite of Copper*; a second hat is white, with a blue hat-band, the pigment being *Prussian Blue*. The baskets are colored yellow with *Chromate of Lead*. Into the coloring of the pears and peaches the usual non-metallic pigment, together with *Chromate of Lead* and *Middle Brunswick Green*, enter largely; while the carrots represented in a dish are colored throughout with

a *Red Oxide of Lead*, and the tops with *Brunswick Green*. This is one of the worst of all the samples of colored sugar confectionery submitted to analysis, as it contains no less than *four deadly poisons*."

"The painted feast contains then, among its highly injurious ingredients, ferro-cyanide of iron or Prussian blue, Antwerp blue, gamboge, and ultramarine, and among its deadly poisons the three chrome yellows, red lead, white lead, vermilion, the three Brunswick greens, and Scheele's green or arsenic of copper. The wonder is that, considering we set such poison-traps for children, ten times more enticing and quite as deadly as those used to bane rats, that the greater number of youngsters who partake of them are not at once despatched, and so undoubtedly they would be if nurses were not cautious about these colored parts, which have always enjoyed a bad name under the general denomination of 'trash and messes.' As it is, we are informed by Dr. Letheby that 'no less than seventy cases of poisoning have been traced to this source' within three years!"

Our succeeding remarks will fall, we fear, like a bomb upon many a tea-table, and stagger teetotalism in its stronghold. A drunkard's stomach is sometimes exhibited at total-abstinence lectures, in every state of congestion and inflammation, painted up to match the fervid eloquence of the lecturer. If tea is our only refuge from the frightful maladies entailed upon us by fermented liquors, we fear the British public are in a perplexing dilemma. Ladies, there's death in the teapot! Green tea-drinkers beware! There has always been a vague idea afloat in the public mind about hot copper plates—a suspicion that gunpowder and hyson do not come by their color honestly. The old Dutches of Marlborough used to boast that she came into the world before "nerves were in fashion." We feel half inclined to believe that this joke had a great truth in it; for since the introduction of tea, nervous complaints of all kinds have greatly increased; and we need not look far to find one

at least of the causes in the teapot.—There is no such a thing as pure green tea to be met with in England. It is adulterated in China: and we have lately learnt to adulterate it at home almost as well as the cunning Asiatic. The pure green tea made from the most delicate green leaves grown upon manured soil, such as the Chinese use themselves, is, it is true, wholly untainted; and we are informed that its beautiful bluish bloom, like that upon a grape, is given by the third process of roasting which it undergoes. The enormous demand for a moderately priced green tea, which has arisen both in England and China since the opening of the trade, has led the Hong merchants to imitate this peculiar color; and this they do so successfully as to deceive the ordinary judges of the article. Black tea is openly colored in the neighborhood of Canton in the most wholesale manner.

Mr. Robert Fortune, in his very interesting work, "The Tea Districts of China and India," gives us a good description of the manner in which this coloring process is performed, as witnessed by himself—

"Having procured a portion of Prussian-blue, he threw it into a porcelain bowl, not unlike a chemist's mortar, and crushed it into a very fine powder. At the same time a quantity of gypsum was produced and burned in the charcoal fires which were then roasting the teas. The object of this was to soften it, in order that it might be readily pounded into a very fine powder, in the same manner as the Prussian-blue had been. The gypsum, having been taken out of the fire after a certain time had elapsed, readily crumbled down, and was reduced to powder in the mortar. These two substances, having been thus prepared, were then mixed together in the proportion of four parts of gypsum to three parts of Prussian blue, and formed a light blue powder, which was then ready for use.

"This coloring matter was applied to the teas during the process of roasting. About five minutes before the tea was removed from the pans—the time being

regulated by the burning of a joss-stick—the superintendent took a small porcelain spoon, and with it he scattered a portion of the coloring matter over the leaves in each pan. The workmen then turned the leaves round rapidly with both hands, in order that the color might be equally diffused. During this part of the operation the hands of the workmen were quite blue. I could not help thinking if any green-tea drinkers had been present during the operation their taste would have been corrected and I believe improved.

"One day an English gentleman in Shanghai, being in conversation with some Chinese from the green-tea country, asked them what reason they had for dyeing the tea, and whether it would not be better without undergoing this process. They acknowledged that tea was much better when prepared without having any such ingredients mixed with it and that *they never drank dyed teas* themselves, but justly remarked, that, as foreigners seemed to prefer to having a mixture of Prussian blue and gypsum with their tea to make it look uniform and pretty, and as these ingredients were cheap enough, the Chinese had no objection to supply them, especially as such teas always fetched a higher price.

"I took some trouble to ascertain precisely the quantity of coloring matter used in the process of dyeing green teas, not certainly with the view of assisting others, either at home or abroad, in the art of coloring, but simply to show green tea drinkers in England, and more particularly in the United States of America, what quantity of Prussian-blue and gypsum they imbibe in the course of one year. To 14½ lbs. were applied 8 mace 2½ caudereens of coloring matter, or rather more than an ounce. To every hundred pounds of colored green tea consumed in England or America, the consumer actually drinks more than half a pound of Prussian-blue and gypsum. And yet, tell the drinkers of this colored tea that the Chinese eat cats and dogs, and they will hold up their hands in amazement, and pity the poor Celestials."

If the better class of black and all

green* teas are thus vilely adulterated, the reader may fancy that he can at least take refuge in coffee—alas! in too many cases he will only avoid Scylla to fall into Charybdis. Coffee, as generally sold in the metropolis and all large towns, is adulterated even more than tea. The Treasury Minute, which allowed it to be mixed with chicory, is at the head and front of the offending. In the year 1840 this celebrated Minute was issued by the sanction of the Chancellor of the Exchequer, Sir C. Wood, the immediate consequence of which was that grocers began to mix it with pure coffee in very large quantities, quite forgetting to inform the public of the nature of the mixture, and neglecting at the same time to lower the price. The evil became so flagrant that, upon the installation of the Derby Administration, Mr. Disraeli promised to rescind this license to adulterate; but before the promise was redeemed, the administration was rescinded itself. Mr. Gladstone, upon his acceptance of office, loth, it appears, to injure the chicory interest, modified the original Minute, but allowed the amalgamation to continue, provided the package was labelled "Mixture of Chicory and Coffee." It was speedily found, however, that this announcement became so confounded with other printing on the label that it was not easily distinguishable, and in consequence it was provided that the words "This is sold as a mixture of Chicory and Coffee" should be printed by themselves on one side of the canister. It may be asked what is the nature of this ingredient, that the right to mix it with coffee should be maintained by two Chancellors of the Exchequer during a period of fifteen years as jealously as though it were some important principle of our constitution?—Chicory, to say the best of it, is an insipid root, totally destitute of any nourishing or refreshing quality, being utterly deficient in any nitrogenized principle, whilst there are strong doubts whether it is not absolutely hurtful to the ner-

vous system. Professor Beer, the celebrated oculist of Vienna, forbids the use of it to his patients, considering it to be the cause of amaurotic blindness. Even supposing it to be perfectly harmless, we have a material worth 8d. a pound, which the grocer is allowed to mix *ad libitum* with one of the value of 1s. 4d. If the poor get the benefit of the adulteration there might become excuse for permitting the admixture of chicory, but it is proved that the combination is sold in many shops at the same price as pure coffee. Analyses made by Dr. Hassall of upwards of a hundred different samples of coffee, purchased in all parts of the metropolis before the issuing of the order for the labelling of the packages "chicory and coffee," proved that, in a great number of cases, articles sold as "finest Mocha," "choice Jamaica coffee," "superb coffee," &c., contained, in some cases, very little coffee at all; in others "only a fifth, a third, half," &c., the rest being made up mainly of chicory.

Numerous analyses have been made of most of the articles of food and drink in common use by Dr. Hassall, and in a large majority of instances, with similar results.—*North American Homeopathic Journal.*

GALVANIC BATHS.

EIGHT years ago, while perusing the writings of Becquerel upon the subject of galvanism, our attention was arrested by the idea that this agent not only possessed the power of decomposing certain salts, but that during the process one constituent of the salt must pass to the positive and the other to the negative pole of the battery, traversing, if necessary, in its rapid course, even the tissues of the body. In a paper, published in this Journal more than three years since upon this subject, we earnestly called the attention of the profession to this important agent, and made allusion to some of the experiments of Becquerel. We then expressed our determination to continue these investigations, and at some future period to communicate the results

* Assam tea is the only exception to this rule, but very little of it is imported.