

# Canadian Journal of Homeopathy.

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

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## ON DIET.

BY DR. RUTHERFURD RUSSELL.

[Continued from our last.]

Dr. Hassall examined twenty-four samples of bread, obtained indiscriminately in various parts of London: his verdict is, that the whole twenty-four samples were adulterated with alum.— But perhaps it may be said, the quantity is trifling; on the contrary, according to another observer, Mr. Mitchel, in ten loaves there were no less than 819½ grains of alum discovered. And the reason for the presence of alum heightens the enormity of the pollution. It is put there to enable spoilt flour to be mixed with sound flour!

With such facts staring us in the face, would it not be absurd to insist upon bread and water as a simple diet for any unhappy patient who has the misfortune to fall into our hands? Unless we could keep our patients in a conservatory, and prepare by artificial means the air they breathe, the water they drink, and the food they eat, it would be absolutely impossible to prevent them being assailed by so-called medicinal influences every hour in their lives. In fact, all nature would be in a conspiracy against them, to avenge the sentence of outlawry we should thus have pronounced upon her. This is the answer to the second question. For if we strive to attain as near as possible a supernatural immunity from the influences at all times powerfully acting upon the human organism by any method of isolation or abstinence, we thereby intensify in a corresponding degree the sensitiveness of

the frame, and our patients reared in a conservatory fade away before the first breeze, which had they been of out-door growth, would have invigorated instead of destroying their tender natures.

Is there, then, to be nothing peculiar in homeopathic diet, and are there no rules to be enforced? The only rule, and we may enforce it with peculiar rigor, that I can conceive as universal, is, that every one should eat and drink what his own experience has taught him agrees best with him, and we on our part need not be at all afraid of the efficacy of our medicines being seriously impaired by what contributes to the well-being of the individual. It may seem very strange to order a dose of Capsicum to a man who dines upon curry. But is it more strange than ordering a dose of Calcarea to a man who drinks a thousand times the amount of the dose in every glass of water?— These are both strange, but life is stranger still, and we are utterly unable to unravel the complex influences on which its integrity depends, and we therefore cannot understand how powerfully substances act in their curative sphere of operation which are quite inert in their nutritive. If we were to throw out a conjecture, it would be that the medicinal action of a substance resembles a distinct impulse upon the nervous system like a note of music, and as an impulse, that is purely dynamically, takes effect, whereas the same substance conveyed through the system for the purposes of nutrition, does not secure the attention of the nervous system at all. Be the explanation what it may, fortunately for the possibility of

trine, which maintains that disordered actions in the human body are to be cured by inducing other disordered actions of the same kind, and this is to be accomplished by infinitesimally small doses, often of apparently inert agents; the decillionth part of a grain of charcoal, for example, is an authorized dose."

Having now given the definitions of an allopathic writer, I now turn to "The Organon of Homeopathic Medicine," and at sec. 55 I find Samuel Hahnemann defining thus:—"The second mode of employing medicines in disease is that which I term the *allopathic* or *heteropathic*, which has been in general use till the present time. Without ever regarding that which is really diseased in the body, it attacks those parts which are sound, in order to draw off the malady from another quarter, and direct it towards the latter."

Homeopathy is thus defined by Dr. Alphonse Teste, author of "The Homeopathic Materia Medica, arranged systematically and practically," "Diseases of Children," &c.:—"The whole code of modern therapeutics is reduced to this precept—*To administer for the cure of the sick the medicine which produces upon the healthy a totality of symptoms the most similar to the totality of the symptoms presented by the sick.*"

On examining the definition of allopathy by Professor Dunglison, it will be seen that he maintains a diplomatic reserve on the subject, merely stating that allopathy is "the ordinary medical practice," and "the opposite of homeopathy." In the derivation, he indeed states that it is derived from Greek words signifying "another affection," without, however, specifying where or how that "other affection" is to be induced—a

*hiatus* which Hahnemann, with Saxon bluntness, fills by asserting that allopathy, "without even regarding that which is really diseased in the body, attacks those parts which are sound, in order to draw off the malady from another quarter, and direct it towards the latter." Elsewhere, I have seen an allopathic physician compared to a man who, on discovering that a certain part of a house is on fire, promptly sets fire to another part, in order to extinguish the first conflagration; and the apologue of D'Alembert is well known—"The physician, being then truly a blind giant, armed with a club, who, as chance directs the weight of his blow, will be certain of annihilating either the patient or the disease."

I feel inclined to take exception to the learned professor's definition of homeopathy—for example, to inquire on what grounds he designates it "a fanciful doctrine"—but as such an argument would necessarily be somewhat in the Guy-Patin strain, I will refrain, as that is the appropriate *role* of the London *Lancet* when dealing out to homeopaths such choice specimens of medical Billingsgate, as "fools, knaves, and morally-attenuated dwarfs;" and the hostility of every right-minded homeopath is directed against *systems*, not *individuals*; against *things*, not *men*.

Before proceeding, it will be well to give a fair specimen of the most scientific method of inducing the "other affection," and this I will do by giving an extract from Dr. W. Sharp's admirable tract, "The single Medicine of Homeopathy." For example, laryngismus shedula, or the asthma of Millar—an affection of considerable danger, to which some infants are very subject, and con-

sisting mainly of a distressing struggle for breath, coming on suddenly, and producing a flushed and swollen countenance, which becomes sometimes black, threatening suffocation.

The indications for treatment I will copy from Mason Good, of whose book it has been said, by a late President of the Royal College of Surgeons, and the most useful writer on surgery of the present day, "it is so excellent that no other system is, on the whole, half so valuable as the 'study of medicine.'" The indications are these:—To produce vomiting by an antimonial emetic; to cause perspiration by a warm bed, diluent drinks, and the same medicine; to excite the bowels by a purgative of calomel; to allay the irritability of the nervous system by giving laudanum in proportion to the age of the patient; and to produce counter-irritation by applying a blister to the throat.

This is a fair specimen of allopathic treatment; let us analyse it for a moment, bearing in mind that the age of the little sufferer is generally *only a few months*; and that the ailment is an affection of the upper part of the wind-pipe, producing such a contraction of it as threatens suffocation, *all the other parts of the body being healthy*. We cannot but be struck, in the first place, with the terrible severity of the treatment, which alone is sufficient, not only to expose it to just censure, but to demand its abandonment; and in the next place, with the fact that all the indications of treatment are direct and violent attacks upon the *healthy parts of the body*. "Produce vomiting by an antimonial emetic;" here is an attack upon the stomach, but the stomach was previously in health; why produce such a

commotion in it, in a baby three or four months old? "Cause perspiration by a warm bed, diluent drinks, and the antimony;" here the skin is assailed, and its natural secretions are to be unhealthily stimulated; the skin was previously in a sound condition; why interfere with and derange that state? "Excite the bowels by a purgative of calomel." The others were but the wings of the invading army, this is its centre. The poor bowels are always destined to bear the fiercest part of the "energetic" assault. And calomel, too; that destructive weapon in the bowels of an infant, and these bowels previously in perfect health. The liver does not escape; mercury, it is well known, acts powerfully on that organ. The calomel given in infancy, not unfrequently produces, as its secondary effect, a torpor of the liver, which lasts for years; it sometimes destroys altogether the constitution of the child.—"Allay the irritability of the nervous system, by giving laudanum in proportion to the age of the patient." The effect of opium is to stupify or deaden the sensibilities of the whole nervous system; if pushed far enough, to produce coma and apoplexy. In this case it must depress the vital powers at the moment when their vigor is needed to struggle with the difficulty of breathing. And why assault thus the whole nervous system, as yet remaining in health?

"Produce counter-irritation by applying a blister to the throat." Alas! poor baby, the unoffending skin is to be inflamed till it blisters! And this is the concluding blow, for the present, of a treatment which is called "judicious" and "active," because it is customary; but will it bear investigation?

Thus every *healthy* part of the body

is to be disturbed in its natural action, to be excited, disordered, inflamed, and stupified; all these ailments, necessarily more or less overpowering to the vitality of a child, are to be artificially produced, and added to the natural disease with which the infant is already contending!

But it must be observed further, and were it not familiarized to us by the universality of the practice, we should observe it with astonishment, that *nothing at all* is prescribed calculated to act, or intended to act directly upon the affected part. No remedy whatever is given which has any natural action whatever on the windpipe, the only organ where any ailment exists. Such is the inherent awkwardness, and such is the sledge-hammer violence of the usual method of treating diseases, that it is, for the most part, only the healthy parts of the body that are directly affected by the remedies prescribed. On one occasion, my relative, the late William Hey, of Leeds, saw a lady who was suffering from an ulcer near the ankle, and he prescribed an issue below the knee, the lady involuntarily exclaimed, "Then I shall have two sores instead of one!" Such was our best treatment before the introduction of homeopathy.

Let us return to our suffering little baby, with the new method in our minds, and all these conflicting indications are suddenly reduced to one; to find a drug\* which has a natural power of acting on the windpipe, and which in health will produce a similar morbid condition to it. We give this drug alone in very small doses, with such repetitions as may be required, and the complaint yields, the symptoms are removed, and, by the

blessing of God, the child is restored to perfect health; without either its stomach or bowels, its skin or liver, or any healthy organ having been disturbed or interfered with; that which was ailing has been cured, and that which was well has been let alone. This has happened in my own hands, and I am bound to testify what I have seen.

The difference between allopathy and homeopathy being now clearly understood, I will now turn to the voluminous records of allopathic experience, and see if allopathic physicians do not frequently give medicines in strict accordance with the glorious therapeutic law, "*Similia similibus curantur.*" For this purpose I shall state, in the ordinary type, the disease or system in which the medicine has been found useful; and in inverted commas the effects of the medicine on the healthy organism, as attested by well-known allopathic authorities.

**SULPHUR.**—Sulphur has been extensively and successfully used in many cutaneous affections.

"The power of sulphur to excite eruptions of the skin, similar to itch and other affections in which it is given, can be doubted by no one who has visited the sulphur baths of Germany, where the 'badefuesel' (bath-rush), as it is termed, is one of the most constant effects which those who drink the waters experience. Krimer says—'Sulphureous baths often produce the very diseases which they are employed to cure.'—(Hufeland's Journal, 1834, Aug. p. 9.)

**MILLEFOLIUM.**—Johann Schröderer observes:—Millefolium is useful in bleeding from the nose, hæmoptysis, menorrhagia, abortion, pain and running from hæmorrhoids.—(Materia Medica by Koschwartz, Numberg, 1693, p. 1038.)

"The same writer says:—If the fresh

\* As Sambucus, acconite, ipseacuanha, lachesis, marches, veratrum, corallia, &c.

weed be applied to the nose, it causes bleeding. It is a very remarkable fact, when applied outwardly, it should stop epistaxes, and when put into the nose should cause it to bleed, and so produce two opposite effects.—(Loc. cit.)

**COLOCYNTH.**—Ehrenberg and Hemp- rich mention that the Arabs in the desert, to guard themselves against attacks of dysentery, are in the habit of drinking milk which has been kept standing a night in a colocynth scooped out for that purpose. Dr. L. Wolf has cured dysenteries at New York with this drug.—(Hecker's Literar. Annalen. vol. xx., p. 406.)

It has also been given with success in the "dry belly-ache" of the West Indies.

"In a fatal case communicated by D'Anney, which presented all the symptoms of dysentery, the abdominal viscera exhibited marks of violent inflammation, the intestines were reddened and thickly studded with black spots, most of them were either adherent or covered with adrentitious membranes."—(Orfila, Fox, Gen., tom. i., p. 696, edit. 3.)

"That colocynth produces colic is familiar to all. Dr. Fordyce mentions the case of a woman who was subject to colic for thirty years, in consequence of once taking an infusion of colocynth prepared with beer."—(Thomson's Mat. Med., p. 806.)

**OXALIC ACID.**—At the Scientific Meeting at Turin, in September last, M. Hardo made known the results of his experiments on the therapeutic effects of oxalic acid; to which subject he has been devoting his attention for the last twelve years. It possesses the precious property of calming the violent pain which attends inflammation of the mucous membranes. He especially re-

commends its employment in all diseases where this membrane is implicated, as in angina, gastritis, gastro-enteritis, stomatitis, and aphthæ.—(Repertorio delle Scienze Fisica-Medesch. del Piemonte, Jan. 1841; also, Edin. & Surg. Journ., July, 1841.)

"The first symptoms (from oxalic acid) have been immediately burning pain in the stomach; when the dose was small, the pain has sometimes been slight or slow in commencing. In general, violent vomiting follows the accession of the pain. The tongue and mouth occasionally become inflamed if the case last long."—(Chris. on Poisons, p. 147.)

"In all the cases of recovery from poisoning by oxalic acid, great irritation and pain in the stomach, sometimes also in the throat, were constant and early symptoms; spontaneous vomiting is only mentioned in two instances; but in several more or less of gastric irritation remained."—(Beck. Medical Jurisprudence, edit. 6, p. 705.)

**MERCURY.**—In the modified form of croup, when it assumes somewhat of the aspect of angina maligna, the pharynx and fauces being covered with grey sloughy ulcers, calomel in full doses is the only resource to be depended upon."—(Thomson's Mat. Med., p. 277.)

"Dr. A. Thomson (Mat. Med. p. 271) says, It excites inflammation of the heart and lungs, and the salivary glands. At p. 280, in mentioning its excessive use, It produces much swelling of the tongue and inside of the cheeks, swelling and ulceration of the tonsils, the formation of sloughing ulcers, fever," &c.

It is unnecessary to quote authorities that mercury is given with great success, that it is by many considered the sheet anchor in dysentery. How is war at this



"Dr. Murphy says mercury produces dysentery and ulceration of the intestines."—(Med. Chir. Rev. Oct. 1839, p. 480.)

"Dr. Colles observes—During this critical period (salivation) the patient is liable to attacks of griping, frequent desire to go to stool, and tenesmus; these efforts are attended with only slight evacuations, which chiefly consist of mucus tinged with blood; sickness of stomach and vomiting also supervene, the skin is hot, and the pulse quick. All of which phenomena are explained by the fact, that the specific influence of the mercury has taken effect upon the alimentary canal, instead of the salivary system. This dysenteric affection so generally appears at this period that the patient should be forewarned and prepared for it."—(Med. Chir. Rev. Jan. 1838, p. 76.)

Mercury is considered a specific in diseases of the liver.

"It cannot be denied that the immediate use of mercury has been productive of liver disease. The late Mr. Hewson pointed out this to those who visited the Lock Hospital while under his care. At this period it was the custom to salivate every patient, and keep him under the full mercurial influence for a month or two, and it frequently happened that, just as the mercurial course was finished, the patient got disease and enlargement of the liver."—(Prof. Grave's Clinical Lectures, Med. Gazette, vol. xix. p. 452.)

Mercury is often given with advantage in acute and chronic inflammation.

"Dr. Murphy observes—'The tendency of fibrous structure to disease after a mercurial course is well exemplified by rheumatism.' This effect of mercury is now so well known that it has re-

ceived a distinct appellation—mercurial rheumatism."—(Med. Chir. Rev. Oct. 1839, p. 483.)

"Mercury given without caution often produces the same symptoms as rheumatism."—(Cooper's Surg. Dic., 5th edit., p. 1204.)

**TARTAR EMETIC.**—The administration of tartar emetic in pneumonia, a practice introduced by Rasori, has been employed with great success.

"After the administration of tartar emetic, the lungs are found more or less inflamed."—(Beck. Med. Juris., p. 788, edit. 6.)

"Orfila writes—Independently of the inflammation, more or less intense, of the parts to which the tartar emetic is in contact, this poison causes also phlogosis of the lungs and digestive canal."—(Traite de Medicine Legale, 3rd edit. tom. 3., p. 218.)

**ARSENIC.**—Dr. Rush, in speaking of Dr. Martin's specific, which was chiefly composed of arsenic, says—In several cancerous ulcers the cures he performed were complete. In Cooper's Surg. Dict. (5th edit. p. 284), we find that Instamond thought arsenic a specific for cancers. It unquestionably cures numerous ill-looking sores on the face, lips, and tongue, and is one of the best remedies in lupus.

"Dr. Paris states that the influence of the arsenical fumes is very apparent in the condition both of the animals and vegetables in the vicinity. It deserves notice, that the smelters are occasionally affected with cancerous disease of the scrotum, similar to that which affects chimney-sweeps."—(Pharmacology, 7th edit., vol. ii. p. 96.)

**CINCHONA.**—Cinchona bark, and its preparations, are admitted by all to be

specific in intermittent fever, especially when attended with congestion.

“Stahl, in his *Diss. Problem de Febribus*, states that it causes irregular acute fever, with very excessive perspiration. Morton states the same; Schlegel says that it causes febrile heat, that is followed by debilitating perspiration.”—(*Hufeland's Journal*, vol. 7, p. 161.)

In this manner I might pass in review almost the entire Allopathic *Materia Medica*, and show that the vast majority of drugs composing it have been prescribed for diseases which it is also stated they can cause; but, I trust, sufficient has been said to show that *allopathic physicians very frequently prescribe homeopathic drugs.*

T. N.

London, C. W.

[TO BE CONTINUED IN OUR NEXT.]

☞ People rely too much upon medicine and doctors, and neglect that which is better than both—strict attention to diet and exercise.—*Buchan.*

☞ I think the effect of our medicine always doubtful and often dangerous, and would much rather teach my fellows how to avoid the use of medicine than how to use it.—*Buchan.*

☞ Very few of the great and valuable discoveries in medicine have been made by the Faculty, but have been the effect of chance or necessity, and have ever been opposed by the Faculty until everyone else was fully convinced of their excellence.—*Buchan.*

☞ Artificial teeth are now made with a gutta percha base. The strength, elasticity of this material, together with the ease and comfort with which it is said it may be worn, render it an admirable article for dental structures.

☞ Dr. Marshall Hall has been trying some experiments with frogs placed in water, in which very small quantities of strychnine had been dissolved. He learns that the fresh frog, in winter, will

have symptoms of lock-jaw in water that has 1-400th part of a grain of strychnia in it—from which comes the valuable hint that, where chemistry fails to detect the strychnine in cases of suspected poisoning, if the contents of the stomach, intestines, heart, and blood vessels are taken and severally evaporated a frog fresh from the mud may detect the poison, and so bring the murderer to justice.

DEATH FROM FRIGHT.—A singular case, in which a youth named Harrison died from the effects of fright, has just been brought under the notice of the profession at York. The hapless deceased had slightly scratched himself with a knife, and he became so alarmed at the appearance of a few drops of blood which oozed from the nearly imperceptible wound, that his nervous system received a fearful shock, from which it never recovered, and he gradually sunk. It seems that a short time previously the deceased's brother died from the effects of excessive hæmorrhage, and this no doubt acted most violently on the nervous system, and led to the fatal result.—*London Lancet.*

☞ Sir Astley Cooper, the celebrated surgeon, is said to have received the largest fee ever given for an operation. It was upon an old gentleman seventy years of age, a resident of the West Indies, who, being afflicted, went to England to undergo an operation. It was performed with Sir Astley Cooper's accustomed ability; and upon visiting him one day, when he was able to quit his bed, he observed to his surgeon that he had feed his physician, but not his surgeon. He desired to know the amount of his debt, and Sir Astley replied, “Two hundred guineas.” “Pooh! pooh!” exclaimed the old gentleman, “I shan't give you two hundred guineas; there, that is what I shall give you!” taking off his nightcap and tossing it to Sir Astley. “Thank you, sir,” said the surgeon, “anything from you is acceptable;” and he put the cap in his pocket. Upon examination, it contained a check for 1000 guineas.

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"Let every man be fully persuaded in his own mind."

February 13th, 1856.

WALTER WILLIAMSON, M.D., Professor of Materia Medica and Therapeutics in the Homeopathic Medical College of Pennsylvania.

JACOB BEAKLEY, M.D., Professor of Surgery in the Homeopathic Medical College of Pennsylvania.

ALVAN E. SMALL, M.D., Professor of Homeopathic Institutes, Pathology, and the Practice of Medicine in the Homeopathic Medical College of Pennsylvania.

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our method of practice, the fact admits of no doubt, that infinitely minute quantities of a body produce important effects, while at the same time large masses of the same are quite inoperative, and therefore it is not necessary on the theoretical ground to insist upon abstinence from all stimulants and condiments as the indispensable initiative to a successful course of homeopathic treatment. I am aware that these views will be considered by many as somewhat heretical, and perhaps as too speculative, but although I would now rest them upon the reason of the thing, they were forced upon me slowly by my own observations in practice. It is now some twelve years ago since I had a curious illustration of the possibility of a minute dose succeeding, even although the system was at the time being stormed at by massive ones. A patient of mine who had long been subject to megrim, was always cured by a few globules of Pulsatilla. She was also subject to ague, imported from India, which I could not cure. So she was put under the old system, and ordered full doses of the Sulphate of Quinine. While taking this, she had an attack of her old headache, and took a few globules of Pulsatilla, but expecting nothing from it; for I had told her, so long as she was taking her Quinine it was impossible homeopathy could do her any good. Homeopathy, however, showed itself more liberal than its practitioner, and after a single dose of Pulsatilla she got better. This case made a deep impression on my mind, and I often thought from that period that perhaps our diet code was too rigorous. Then during a long course of observation, extending over some eighteen thousand cases treated at the Edinburgh dispensary, I found that it was, on the whole, impossible to interdict successfully the use of tea and spirits, and that notwithstanding these infractions, and a thousand other disadvantages, the proper medicine produced its expected result with so much exactitude as to reduce to an insignificant point the deranging influence of these condemned enjoyments. And quite lately I had un-

der my care a gentleman who took a wineglassful of Laudanum daily, and yet was as speedily relieved by the proper medicine when attacked by pain and spasms of the heart, from which he suffered in consequence of organic cardiac disease, as if he had been an absolute teetotaler.

These facts, and many more such could be adduced, ought at least to make us pause before we lay down any imperative rule against the use of coffee, tea, tobacco, and other exciteable articles, as being necessarily destructive to the efficacy of homeopathic medicines. For my own part I seldom now make any change in a patient's diet out of respect to homeopathy. And with these observations we may pass on to the more general part of our subject, and consider the principles by which we are likely to be assisted in advising our patients in reference to the most difficult affair of regulating their food and drink so as best to lead a long, healthy, and happy life.

The difficulty that meets us at the very threshold of our investigation, and which we cannot get rid of throughout its whole course, and which seems to be strangely overlooked by most professed writers on the subject of the food of man, is, that man occupies an exceptional position in the animal kingdom, although in it, he is not of it. The fundamental instinct of animals is the preservation of their life, and the escape from death. The idea of manliness is contempt of death. The preservation of life is frequently a secondary feeling in man. The reason is, that upon the animal life of man is erected a life of sentiment, emotion, and imagination, which always modifies his animal instincts, and sometimes entirely supersedes them. Hence come the long fasts and vigils of the saints of old, and of the modern Fakirs in the east. Fasts implying a continuance of abstinence from all food, which modern physiologists, deriving their knowledge from the effects of starving dogs and birds, and from the enforced abstinence of shipwrecked mariners and buried miners, in-

sist upon ignoring, as they are so opposed to the conclusions of their experiments and observations. But the testimony in favor of these long spontaneous fasts is as trustworthy as any in favor of the other class, and certainly deserves attention, especially as it shows us a little farther into an every-day occurrence, that is, the power of abstract thinking, or very strong emotion, to arrest more or less the animal functions. It is the most common observation, that thought is incompatible with violent muscular exertion. Who ever heard of a mathematician trying to solve a problem in the hunting field? If he were found there at all, it would be to escape from thought. When thought is both very prolonged and very intense, and confined to one object, it may induce a kind of trance, in which there is an entire cessation of all other vital action; but long short of this, there can be no doubt that the over-active brain monopolizes the vital energy, and paralyzes to a greater or less extent the other portions of the nervous system, and cuts off the supply of cerebral stimulus required for the nutrition of the body. That is, which enables the capillary vessels to exercise their elective affinities as to what they shall absorb, and what they shall reject.

Nutrition then, or the continual action and reaction of the external chemical world upon the living world, which clothes the spirit of man, depends upon two factors, the one the nature of the materials presented to the body to be incorporated into it, to increase its bulk by growth, or to repair its decay, and the other the reception given by the body to these substances presented by the hand of external nature. The character of this reception depends, among other modifying circumstances, upon the state of the mind, and the whole doctrine of the fitness of aliments for their proposed end, must begin by assuming that end to be known. Hence the grand difficulty of laying down laws upon the subject, for the ends of life are so dissimilar in different men. The scale runs from the sensualist, whose avowed end is corpo-

real enjoyment, to the ascetic, whose object is bodily mortification. And it is the duty of a physician to appreciate all these varieties, and to administer advice not according to his preconceived notions of the proper ends of life, but the most healthful or least injurious method of securing them. If we were practising in the millennial times, we might tell men to avoid all excess, of eating, drinking, loving, hating, sleeping, waking, working, talking, &c.; perhaps when such advice can be followed, it will not be needed; certainly to talk so to men as they are now, would be in many cases simply an impertinence or an affront.—What would become of a popular preacher if he could not fill a large church with his voice for an hour together, or a popular alderman, if we forbade him to taste turtle? In short, we must make the best of our materials, accommodating our rigging to the state of our vessel, and sometimes too thankful if we can secure a jurymast to save our ship from impending wreck. After these preliminary remarks, let us consider how our bodies are built up from day to day, and of what materials the structures consist.

“According to Quetelet, a full grown man weighs on an average 154 lbs., and if we subtract the great quantity of water which runs through all parts of our body, keeping them supple and pliant, some 38 lbs.; 14 lbs. of this comes from the bones, and 24 lbs. from all the remaining parts. The former contains about 66 per cent., the latter 3 per cent. of earthy constituents which are left behind after combustion. Man consists therefore, in more than a third part, of inorganic substances which are necessary to his existence, and which he must receive therefore with his food. He must, in fact, as the evil spirit says in Faust, ‘feed upon dust.’”\*

It is to supply this dust for the stony skeleton of the fabric, that birds instinctively swallow sand and gravel, and not to assist the comminution of their food merely. Chossat found that birds de-

\* Schleiden, op. cit.

prived of sand, and fed upon grain, died in seven or eight months, and the bones became so brittle that they broke with the slightest touch. Total abstinence from salt, the constituents of which enter largely into the composition of the blood, is productive of various evils, among which, according to Woodward, scurvy is one of the most remarkable, and Dyer ascribes the frequency of tape-worm in the negroes, who eat but little or no salt, to the same cause. The necessity of salt is greater if the food be of vegetables, as less is contained in them than in animal diet. In strange contradiction to these well authenticated facts, accepted by so cautious and critical a writer as Moleschott,\* stands the extravagant nonsense of one of the apostles of abstinence, Mr. Sylvester Graham,† that "salt is a mineral substance, and is wholly innutritious and indigestible."—Does this gentleman, and do those who crusade with him against the traditional symbol of hospitality, ignore the fact that bones are necessary, and that without mineral and innutritious articles of food we cannot have them? It is well, perhaps, by such monstrous statements he reveals the unscrupulous character of his mind, for otherwise his earnest denunciation of other dietetic articles of more questionable value might have undue weight.

Besides the salt we take with our food, we obtain a large quantity of mineral substances from the water we use so copiously in all articles of consumption, even if we do not indulge in libations of the limpid element. And it has been observed that waters deprived of their saline ingredients are unfit for domestic purposes. The phosphates, however, we must get either from animal food or from grains, in which they exist in considerable quantity, and Mulder ascribes the frequent fractures he observed in a poor-house to the exclusive potato diet. This disposition was rectified by giving the inmates rye-bread and butcher's meat,

and the hint may be useful in dealing with various conditions met with among our own poor.

There is no great difficulty in comprehending how the inorganic materials are used in building up the body, for they undergo no other changes in it than those ordinary chemical de- and recompositions we are familiar with in the laboratory. The component mineral matters of the bones and other parts are all found in the blood, into which they are conveyed by the chyle, the product of the food, and out of the blood they are selected by the capillaries of the bones according to laws of vital affinities, of which we are totally ignorant. But this we do know, that it is now an ascertained fact, that there are no transmutations of elements in the body, that if phosphorus and iron are found in the blood, they must be previously discoverable in the food, and that there is not a tittle of evidence for the assumption that out of silicea, iron can be made, or out of oxygen, phosphorus.

So much for the inorganic components of our frame. A much more difficult task is the description of the organic remainder. This has been divided into those substances which contain nitrogen and those which contain none. The nitrogenous elements (using the word element in a larger sense) of food are chiefly albumen in its simplest form, as it presents itself in the white of egg, and in its modified form of gelatine—for the most advanced chemistry identifies two. The non-nitrogenous elements are chiefly starch, sugar, and fat, in their various forms. Let us then proceed to consider how we obtain these substances, and what changes they undergo during their strange metamorphosis—we might almost say, without irreverence, their miraculous transubstantiation—from dead dry bread into living juicy flesh.

Before doing so, however, it may be well to point out the enormous importance of the facts just mentioned, that the body imperatively demands for its health a supply of certain mineral substances, among which soda and phosphorus hold an important place, and that

\* Die Physiologie der Nahrungsmittel, ein Handbuch der Diätetik, von Dr. J. Moleschott.  
 † Lectures on the Science of Human Life, by Sylvester Graham, people's edition, p. 370.

various forms of disease, such as scurvy and softening of the bones, are the consequence of starving it in this direction. The obvious deduction for us is that to cure such unsound states of body it is as essential to feed it with what it wants as it is to give food to a famished man.—Here we touch upon one of the limits of the application of the homeopathic or any possible therapeutic formula. Diseases arising from insufficient supply of any of the constituents of the frame, cannot be cured by any medicine whatever, and can only be cured by giving in some form or other the required aliment.—This holds true, as was first demonstrated by Boussingault,\* for the vegetable kingdom, and upon this fundamental law of nutrition the whole modern system of agriculture is based; and in consequence of the violation of this law, and growing potatoes upon a soil richly manured, arose the potato disease, so eventful in its social and political consequences.†

Let us resume the previous inquiry as to the means by which the body gets its supply of nitrogenous ingredients. The answer will be sufficient if we can trace them into the blood, for the blood is the body in a fluid state; nothing is found in any part of the animal frame which does not exist, in some form or other, in the blood. We must begin with an analysis of this all-important fluid.

The nitrogenous constituents of the blood are:—

1st. *Albumen*, of which, according to Becquerel and Rhodier, there are from 71 to 87 parts in a thousand. Salts of phosphate of lime, of sulphate of potash and soda, and chloride of sodium, are intimately mixed with this albumen, which, according to the formula of Mulder, consists of  $N^{89} C^{689} O^{230} S^8 P^{100}$ .

2nd. *Fibrine*, which differs chemically from albumen, chiefly in containing more oxygen and less sulphur. Mulder's formula for it is  $N^{88} C^{671} H^{525} O^{231} S^7 P$ .—The quantity of fibrine varies from 2·1 to 2·8 parts in a thousand.

3rd. *Caseine*. A substance of a very

complicated chemical nature, and found in a very small quantity in the blood.

4th. *Globuline*. A very important constituent, forming the white membrane of the blood globules. It differs in many of its chemical aspects from the albumen, fibrine, and caseine, and according to Le Cann, amounts to 125·6 parts in a thousand. Mulder's formula for it is  $N^{94} C^{694} H^{322} S^6$ .

5th. *Hæmatin*, on which the color of the blood globules depends. It amounts to about 2·3 parts in a thousand, and its most interesting feature is its peculiar chemical nature, for it contains neither sulphur nor phosphorus, but consists of  $N^3 C^{44} H^{22} Fe$ . Hence the necessity of iron for the proper nourishment of the body, and especially for the ruddy glow of health produced by the rich red blood.

Such, then, are the nitrogenous constituents of the body, which we must supply it with to preserve life and health, and we shall now consider whence the supply is derived, and in what form, and what changes it has to undergo before it is converted into this liquid flesh and bone.

The supply must come from either the vegetable or animal kingdom, for although we read of tribes who consume as their chief food large quantities of clay, yet it is now a recognized fact, that unless the clay contain animal or vegetable matter in some form, it may be merely as a multitude of those infusoria Ehrenberg describes, it is in itself qua clay, or mountain meal, or any other merely mineral substance, incapable of sustaining life, although for a time it may appease the cravings of hunger.

Let us turn, then, to the vegetable and animal kingdom, and set out with this important observation of Mulder, "that those who feed on flesh, and those who feed on vegetables, partake of the same nutriment; they have both their albumen, the one derived from plants, the other from animals, but for both the albumen is the same."<sup>‡</sup>

It is obvious that the albumen, and

\* Rural Economy in its relations with Chemistry, &c., by J. Boussingault.

† See Johnston, *op. cit.*

‡ G. J. Mulder en W. Wenckenbach, *Natur-en Scheikundig Archief*. 1838, s. 128, quoted by Moleschott.



its modification gelatine, which we derive from our animal food, requires less transformation to prepare it for returning to a condition almost precisely similar from that which it previously held, than the vegetable albumen does to enter for the first time the portals of animal life. Indeed, all that it needs is to be dissolved, and this is done, first by the processes it undergoes in the kitchen, which holds to man somewhat the same relation that the first stomach or paunch does to ruminating animals; next by the mastication and insalivation it is subjected to in the mouth; and lastly by the solvent action of the gastric juice, which, according to the observations of Beaumont on the Canadian, Alexis St. Martin, the operations of whose stomach were open to inspection by an accidental perforation, takes from two to three hours to dissolve an egg.

[TO BE CONTINUED.]

#### THE REMUNERATION OF HOMEOPATHIC MEDICAL MEN.

As I have no doubt, Mr. Editor, that you, and most of your medical readers, suffer, in common with myself, considerable annoyance from the misapprehension of patients as to the value of our services, it has struck me that, reminding your lay readers of the following considerations might tend to benefit the cause.

The same tariff regulates the price of homeopathic and allopathic practice per visit; now, although a comparison may be instituted between things good and better, or bad and worse, it is impossible to do so between things beneficial and hurtful. Those who admit the truth of the homeopathic law must consider its practice cheap at any price, while that of allopathy must be dear, even were its victims paid for submitting to it. But as the community consists of one class who believe in allopathy, and consider homeopathy perfectly inert, and another who equally depend on the latter, and regard the former as positively injurious, I think it will be generally admitted that those who avail themselves of either are bound in good faith to pay those whom

they employ in proportion to the time and sacrifice which they demand.

Let homeopathic patients, then, not lose sight of the following facts. The homeopathist gives a much larger amount of time and thought to each visit than the allopathist does, consequently he cannot see as many patients in the day; and hence, if a homeopathist and an allopathist be both constantly occupied, the income of the former will be considerably less than that of the latter, at the same rate of charge per visit; or if the homeopathist makes as many visits in the day as the other, he must consume a large part of the night in study, which his less industrious competitor devotes to sleep.

The homeopathist usually dispenses the medicines he prescribes without charge, while, for those of the allopathist, the chemist's bill is no mean addition. Aside from the responsibility and consequent anxiety common to all medical men, when they feel that on the correct choice of the course which they shall pursue life or death may depend, we have that which necessarily attaches to a new system—not a routine one.—When a death occurs under allopathy, it is commonly regarded as one in the ordinary current of events, and is passed over without remark, while the doctor, like a specimen of the fraternity who said

"I blisters, bleeds, and sweats 'em,  
And then if die they will, I let 'em!"

lays to his soul the flattering unctious—everything was done for him; I treated him on the orthodox method; and the unwelcome subject is dismissed from his thoughts.

How different is the case with us, especially in communities where the friends of the system are comparatively few, while its numerous and watchful enemies are ever ready to seize on an unsuccessful case, and inveigh against the unfortunate practitioner, as if deaths never occurred under any other mode of treatment! Again, the conscientious homeopathist cannot so summarily dismiss the subject from his own mind; he knows that success will depend on the correct

application of a law of nature, requiring time, labor, and judgment. He cannot avoid a careful retrospect of his practice with the query, Had not such a medicine or such a dilution a greater affinity for the symptoms than the one employed? had it been administered, might not the result have been more happy?

Thus it will be seen that the homeopathist does not lie on a bed of roses; that his means of livelihood are not obtained without that wearing care and toil which tend to curtail life; and that he has trials and annoyances enough from the open enemies of the system and its own peculiar and necessary difficulties, to entitle him to sympathy and encouragement, as well as a cheerful remuneration of his services from those who reap the advantage of his care and skill.—That such is, however, far from being always the case, the following classification of patients will show. Patients may be divided primarily into two great classes, the Non-Remunerating and the Remunerating.

The first may be subdivided thus:—

1. Those who neither pay nor are expected to pay anything; and, 2. Those who pay something, but not enough to remunerate a medical man for his services. In the former case he gives the whole, and in the latter a part, of his attendance.

The second primary division may also be subdivided into—1. Generous souls, who, remembering how much the medical man does for the unremunerating class, not only pay what, by law they are bound to do, but add what they can afford in the form of fee or present, and thus partially indemnify him for what he does gratuitously. 2. Those who pay the ordinary tariff bills as a matter of course, neither more nor less, thinking nothing of the matter; were all patients of this class, the physician would have no just cause of complaint. 3. Those who, from some mental obliquity of vision, either natural or educational, regard medical bills in a very different light from all others. It is the conduct of this class that has induced me to pen the present article, and to the following

considerations would I especially direct their attention. If medical treatment be regarded as a luxury, it should not be indulged in by those who cannot afford it; if, as a necessity, it should be paid for like any other necessity of life. Yet we often find patients who expect their physician, at all times of day and night, cheerfully to yield them his best services, and when pay-day comes, meanly endeavor to curtail his just bills, or grudgingly pay him his dues, while, at the same time, they freely spend large sums in the gratification of vanity, and the indulgence of luxurious tastes and habits. Such people seldom object to a bill, charging \$2 per visit, for ten or twenty visits in the course of a year; but when for a hundred visits a similar charge is made, they are perfectly horrified, forgetting that the diseases requiring so many visits are often more severe, demanding a much larger amount of labor and anxiety on the part of the doctor than the more trifling ones, for which fewer visits are paid; rendering the case exactly the reverse of a mercantile transaction, in which the larger amount of business done at once enables the wholesale dealer to work for smaller profits.

The tendency of homeopathy being to cure, the patient may indulge a reasonable hope that his bills will diminish year by year; while that to allopathy being to confirm disease, and ruin the constitution, holds out a prospect to its votary of a yearly increase in his medical bills. The experience of homeopathic medical men generally shows that, were it not for the extension of the principle, and consequent addition of new patients, their income would decrease year by year.

The following from the London *Punch* will serve to illustrate the idea (indeed we can hardly resist the conclusion that *Punch* had the superior advantage of homeopathy in view when he wrote the article):—"At present a medical practitioner is paid in inverse ratio to the good that he does his patient. The latter gives the most money for the least value received, and for much that is worse than valueless received into the

bargain—disgusting physic, painful applications, and other punishment. For the doctor's remuneration is based on a wrong principle, being proportioned to the length instead of the brevity of his attendance—that is, to the smallness, and not the magnitude of his services. Mr. Alderman Surfeit feels an unpleasant sensation in the great toe, which, on examining it, he perceives is swollen, somewhat red also, and rather shiny.—Alarmed at these appearances, he sends for Dr. Head, who administers a judicious dose, prescribes a proper regimen, arrests an attack of gout, and receives five shillings for medicine and attendance, or, at most, a guinea fee. Dr. Head goes to the diggings, and on the next occasion Dr. Block is summoned to attend the worthy alderman. Dr. Block tries a specific usual in such cases. It fails. He repeats the experiment with another, and another, and another specific, all employed largely in Dr. Block's extensive practice. Leeches, liniments, and lotions are also applied, and lastly, flannel and patience are recommended by the doctor. The last of these remedies proves successful in some months. Then the doctor sends his bill—if he has not been taking his guinea a day, or so, all along—and for a series of draughts, and pills, and drenches, and emollients, and refrigerants, and sedatives, and stimulants, intrinsically worth little, relatively less than nothing, together with a certain number of visits, occupying so much time of no value to anybody but the owner, Dr. Block gets his fifty or sixty pounds. No wonder that Dr. Block lolls in a carriage, whilst Dr. Head is obliged to emigrate to Bendigo."

The following scene from a play forcibly shows the interest which patients have in remunerating the doctor to his satisfaction:—

SCENE — Dr. Common-sense in bed with his wife.

Servant knocks at the door.

Dr. C. Well, John! What's the matter?

John. There are two men below, sir, one from Mr. Hanks. He says his mas-

ter has been ill all day, and he wants you immediately. He thinks he has got the cholera. The other's from Mrs. Goodman. He says his mistress has a fit of the hysterics, and wants you as soon as possible.

Dr. C. Very well, John. Tell them to wait. I'll be down directly.

(Gets up and dresses.)

Mrs. C. You'll go to Hanks first, my dear.

Dr. C. Indeed, I'll do no such thing. He never pays a bill without grumbling, and trying to make it smaller; and now he has waited all day to save the price of a visit, and sends at this time of night when in a fright; while Goodman always sends a check on receipt of his bill, which is sometimes for double the amount, and is always accompanied by his grateful thanks, &c. I'll send Hanks a dose to do him in the meantime, and see him after Mrs. G.; if he don't like it, he may send for somebody else next time; and if he dies, it is only what he deserves. I'm only glad it's himself and not his wife. I'd have gone to see her first."

Now, although the above may be a caricature, and there are probably few medical men that would be quite so hard on Hanks, still doctors are not angels; they are subject to like passions with their fellow-men, and under circumstances of danger, nearly alike in two patients, would, doubtless, attend first to him who paid best.

Much more might be written, but as the article has already attained a greater length than I had intended, I shall now conclude with the following advice (*gratis*) to patients. If you expect at all times a prompt and zealous attendance from your medical men, pay your bills promptly and cheerfully, and not only yourselves abstain from any ungenerous criticisms on his accounts, but decidedly discountenance those penurious wretches who go about endeavoring to excite discontent among the well-disposed, and injuring the cause which they pretend to support.—*Correspondence of the American Journal of Homeopathy.*

**HOMEOPATHIC CONGRESS.**—The homeopaths have announced a grand congress, which is to be held at Nice on the 10th of April, 1857. All medical men, whether favorable or unfavorable to Hahnemann's doctrines, are to be admitted; but it remains to be seen to what extent the supporters of rational medicine will get a hearing.—*Lancet*.

### Journal of Homeopathy.

A number of articles are deferred in consequence of the length to which friend T. N. has drawn out his excellent article on the "Misrepresentations of Homeopathy." His articles answer many of the objections urged against homeopathy, and afford reliable information of the progress and present state of homeopathy in various parts of the world wherever it has been introduced.

We hear it rumored that Professor W. A. Gardner has resigned the chair of Anatomy and Physiology, which he has so long and ably filled in the Pennsylvania Homeopathic College.—We hope it is not true, for so accomplished and popular a lecturer will with difficulty be found to fill his place.

A semi-annual meeting of the Homeopathic Medical Society of Canada will be held in Woodstock on the September next. Professor Gatchell, of Cleveland, O., is expected to deliver an address. We hope to see all the homeopathic physicians in the Province present, especially those who found it inconvenient to attend the annual meeting in Toronto. We expect homeopathy to increase in this province, but will be disappointed unless all will devote their time in accomplishing it. Now, gentlemen, do not stay away, thinking it will make but little difference if you are ab-

sent. We must tell you it will if but one is absent of our whole number, so turn ye out all, and we pledge you that you will go away satisfied that your time was well spent.

For the Homeopathic Journal.

### THE MISREPRESENTATIONS OF HOMEOPATHY.

(CONTINUED FROM OUR LAST NO.)

6. *Allopathic physicians never use homeopathic drugs.* "Our allopathic step-brothers," as Hahnemann somewhat ungraciously styles the "orthodox" portion of the profession, are very fond of asserting that they are the "ever-faithful, never-changing" disciples of Hippocrates and Galen, and that they have nothing to do with the miserable delusion of the arch-quack Hahnemann.

In inquiring into this point, it is necessary to draw a rigid line of demarcation between the two rival systems—the Hippocratic and the Hahnemannian—and, accordingly, I shall commence by defining allopathy and homeopathy.

On turning to the admirable Medical Lexicon of Professor Dunglison, I find that eminent allopathic physician defining as follows:—"ALLOPATHIC, *allopathicus, allaopathic, allaopathicus, allopathes, heteropathic*, from *allos*, 'another,' and *pathos*, 'affection.' Relating to the ordinary method of medical practice, in contradistinction to the homeopathic."

And again, "ALLOPATHY, *allopathia, allaopathia, hypenantioses, hypenantiosma, curatio contrariorum per contraria*, same etymon. The opposite to homeopathy. The ordinary medical practice."

Homeopathy is thus defined:—"HOMEOPATHY, *homoopathia, arshomoopathica, homeopathy*, from *omoios*, 'like,' and *pathos*, 'affection.' A fanciful doc-