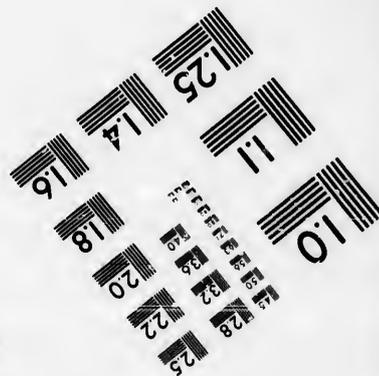
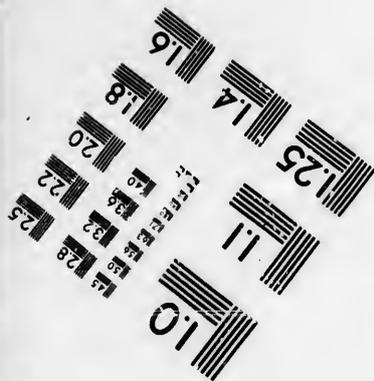
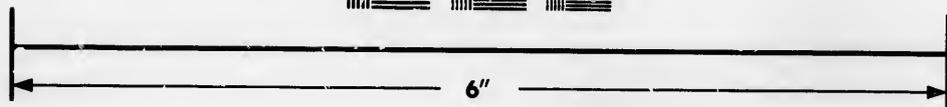
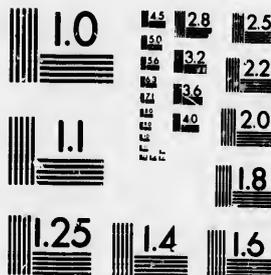


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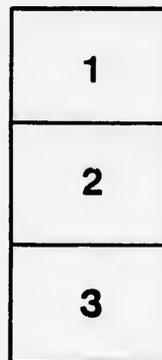
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FELLOWS'
Medical Monthly

CONTAINING

PLAIN RULES

FOR THE GUIDANCE OF INVALIDS.



PUBLISHED BY

"THE FELLOWS' MED. MANUF. CO." (Limited.)

1877.

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PLAIN RULES
FOR THE
GUIDANCE OF INVALIDS,
WITH DIRECTIONS FOR USING
Fellows' Compound Syrup
OF
HYPOPHOSPHITES.



By JAMES I. FELLOWS, CHEMIST,
ST. JOHN, N.B.

PUBLISHED BY
"THE FELLOWS' MED. MANUF. CO." (Limited.)

1877.

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[COPY.]

For the effects produced by FELLOWS' COMPOUND SYRUP OF HYPOPHOSPHITES, so far as applies to diseases of the Lungs, the inventor is permitted to refer to the medical gentlemen of St. John, N.B., whose signatures are attached thereto, —

WILLIAM BAYARD, M.D.
EDWIN BAYARD, M.D.
THOMAS WALKER, M.D.
JOHN BERRYMAN, M.D., ED.
DR. JOHNSTONE, L.R.C.S., ED.
GEORGE KEATOR, M.D.
W. S. HARDING, M.R.C.S.
JOHN BAXTER, M.D.
J. D. WHITE, M.D.
T. W. CARRITT, M.D.

I, AARON ALWARD, Mayor of the City of St. John, in the Province of New Brunswick, having examined the letters of Drs. EARLE, ADDY, CLAY, JACOBS, and CHANDLER, and also the signatures attached to the foregoing permit of reference, hereby certify that I believe them all genuine.

I can also testify to the high therapeutical value of FELLOWS' COMPOUND SYRUP, and consider it deserving of the attention of the profession generally.



In testimony whereof, I have hereunto set my hand, and affixed my seal of Mayoralty, at the City of St. John, this sixth day of February, in the year of our Lord one thousand eight hundred sixty-eight.

AARON ALWARD, M.D.,
Mayor of the City of St. John.

FELLOWS' HYPOPHOSPHITES.

“For Thou hast made him a little lower than the angels.”



This little book has a twofold mission in the world, — the good of humanity, and the earning of a livelihood for its author.

When we consider the gigantic strides of genius during the last score of years, notwithstanding the nonconformity to the laws of nature and of health by mankind, “the consequent” logically suggests itself, viz., what might not have been accomplished by intellects unimpaired by the baneful habits of profligacy during the same period?

M. Ponchet says, “In man the intellect, the real sceptre of the universe, predominates over

the apparent imperfection of matter; through *it* he alone approaches the chosen creatures who shine near the throne of the Eternal, and form a bond of union between heaven and earth. If, in his structure, he belongs to our sphere, he seems already to elevate himself toward the supreme essence by the splendor of his genius."

And, as this genius is far from being fully developed, let us hope to accomplish by good advice, and a few facts (gleaned from a lifetime of study and observation), some advantages tending towards the emancipation of man from the *physical sins* which destroy both body and intellect, and which alienate him from the Eternal.

"As he came forth from his mother's womb, naked shall he return to go as he came."



To your care is committed a frail little body to nurture and strengthen, a latent intellect to guide

in its development; an immortal soul whose life-song shall be "*Excelsior*," onward and upward, in returning to go to God, innocent as it came.

The mother who suckles her infant should have a healthy disposition of mind and body. Much depends upon her digestion, for this influences her mind; (moderate exercise, healthful recreation, and nourishing food are the desiderata.) Fellows' Compound Sirup of Hypophosphites is a great boon to her, — creating an appetite, assisting in the assimilation of the extra amount of nourishment which the dependent life demands; and, by thus strengthening the *body*, it enables the *mind* to bear cheerfully the many little every-day cares of a woman's life. An overworked, "played-out," nervous nurse is mirrored in a fretful, peevish baby.

Again: should the mother be strong and well, and the infant still be weakly, its lungs delicate, prone to congestion or bronchitis, Fellows' Hypophosphites administered in small doses, or with cod-liver oil, as per directions accompanying each bottle, secures the happiest results, entirely subduing all irritation of chest and lungs, and causing the child to speedily increase in healthy flesh and muscle. This Hypophosphites, by increasing the vital force, will strengthen the brain, — the dawning intellect, — which is constantly worked at "high pressure" by its natural inquisitiveness.

The training of a child cannot begin too early, whether it be directed to the formation of its disposition, its integrity, its habits of life, or laying the foundation for a good healthy individual. Referring to the latter, we would call special attention to the fact, that when the constitution is

tender, dentition difficult; when there exists a tendency to emaciation; want of appetite, symptoms of worms, or a lack of vivacity, lays siege to the frail little body, — Fellows' Hypophosphites will most surely restore its full vigor. Good food should follow the beneficial influences of the Hypo, and should be improved as the appetite and digestion return.

The most forlorn, emaciated child may be fitted to become a strong and vigorous adult by the use of this preparation.

“As the twig is bent so the tree will incline.”



The character formed between the ages of twelve and twenty being usually lasting, it behoves parents and guardians to look well after the youth intrusted to their care. It is the period when vicious and solitary habits fasten; when the “wild oats” are sown, to claim repentance during

the next twenty years, and whose blighted harvest is gathered after a disappointed life. Speaking of the American youth, Oliver Wendell Holmes says, "Such a set of black-coated, stiff-jointed, soft-muscled, paste-complexioned youth as we can boast in our Atlantic cities, never before sprang from Anglo-Saxon lineage." Again: "Any thing is better than the white-blooded generation to which we all tend."

Then, make companions of your children; teach them good habits by example; allow ample opportunity for out-door sports and exercise; sympathize with them in their disappointments and pleasures; warn them of the traps and snares of life; feed liberally with beef and other good, wholesome, easily digested food; prevent the use of tobacco and stimulants; and do not *cram* with education too much at a time. If your aim is to produce well-conducted citizens, able to make their way in the world, this is impossible unless they be healthy.

The powers of the mind should not be exerted too early. The disposition to early learning and thinking, developing premature ripeness, develops also premature dissolution, — moral, intellectual, and physical. The culture of youth is second to none in importance. It is well known that the expenditure of brain or nervous power is at the expense of physical strength, which, in a child, should be the first consideration.

Many cases have come under the writer's notice where children, pining from this cause, have been promptly restored by cessation from study, and the use of Fellows' Hypophosphites. This Sirup exerts a peculiarly happy effect in such cases.

"Whoso loveth instruction loveth knowledge."



At no period of life is watchful care over the functions of the brain more requisite than during the acquisition of knowledge by the youth; plodding, persevering study requires a store of vigorous nervous force, or the child may sink under the mental toil.

Stern necessity may compel the student to strain his powers beyond the dictates of prudence; and the early promise of excellence may be blighted thereby.

To such we recommend Fellows' Hypophosphites; it will not only restore the sinking patient, but its use will enable the toiling student to preserve his mental and nervous standard without detriment.

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"Many of us pray to be delivered from sudden death; but do we not worry ourselves into it? and, if we do, can we not help it? for is not the average so-called sudden death the result of neglect? and is that really *sudden* death (against which the Episcopal Church prays) from which Nature protects us by warnings and signs, and against which science provides a remedy, to be both alike unheeded, — is it not rather *self-murder*?"

"Men do not really die of heart-disease as often as is supposed, but of apoplexy, or congestion of the lungs; so they do not die of brain work, but *brain worry*. Scott died of it, Southey, Swift, Horace Greeley, and probably Thackeray."—*London Times*. We may also, with every Nova Sco-

tian, bow reverently low, and add the name of the lamented Joseph Howe.

As premature dissolution is induced by brain worry, through its depressing influence upon the general nervous health, by eating the brain faster than the waste is repaired, and as the means of sustaining and increasing nervous strength is no longer impossible, he who suffers the debilitating influence of mental anguish or extreme mental fatigue must resort to Fellows's Hypophosphites, as that will conduct him safely over the rapids of despair, and create in him the strength to grapple with every difficulty in the present, and reap an aftermath of glory in a hale and hearty old age.

"The wisdom of the prudent is to understand his way."



When we reflect that a power of endurance can be imparted to the brain, and that weak minds

have been restored to strength by Fellows' Hypophosphites; that consumption, hysteria, hypochondria, dyspepsia, and other diseases brought on by nervous debility, have been and are readily cured by it, — we cannot but conclude that the subtle power is really ponderable matter, from the fact that ingredients supplied render it support and give it vitality.

This Hypophosphites is the only preparation known which will induce power of concentration of thought, or which will restore strength to the tired brain for a considerable time.



From numerous cases of *Dyspepsia and Constipation* cured by the use of this Sirup, after every other remedy had been tried, its efficacy in restoring the functions of digestion and evacuation is manifest.

As the majority increase in weight while using

the Sirup, no doubts remain of its powerful action on the organs of nutrition.

From microscopical observation of the blood of invalids, taken from time to time while using the Sirup, positive proof has been obtained of the steady removal of dead blood particles, and the multiplication of vitalized discs, so necessary for the construction of healthy muscle. Fellows' Hypophosphites supplies the ingredients for sound blood, and imparts the elements which give it vitality.

Interrupted and feeble action of the heart being superseded by a steady, firm, and regular beat of that organ, demonstrated in numerous cases, proves a substantial tonic effect upon the muscles of the heart.

"The wave of life kept heaving to and fro."



THE CONSUMPTIVE has hitherto been taught that the disease is hopelessly incurable, that its

insidious inroads are sure, as they are silent, and flattering to the hopes of the patient. For his gratification, and to relieve his anxiety, the author makes the positive, earnest assertion that *Consumption* is not only curable, but, up to a certain point, is as easily controlled as most organic diseases. The statement of his own case, reported in another page, is in every respect substantially correct; and, as he desires to direct his experience for the good of all, he would fain hope that his life pleasures should not be marred by the remembrance of having deceived the invalid in a single instance.

The inventor is satisfied that the only rational mode of treating Consumption lies in restoring the functions of digestion and nutrition, instituting the regular and correct action of the heart, and effecting the capability of fully inflating the lungs: in short, in toning and building up the *nervous system*, for upon nervous strength all the organs depend for healthy action.

From the gratifying assurance of the rare vitalizing and health-renewing properties of his preparation of hypophosphites under a variety of circumstances, he is equally satisfied that these effects are secured by its use, and that its action is peculiar to *his* preparation.

Tubercular Consumption of the lungs is that form of the disease most common and most fatal, and, *until recently, considered incurable*. Tubercle, from which the name is derived, is a morbid product deposited from diseased blood in various parts of the body; and in proportion to the impurity of that fluid, and the length of time it remains so, will tubercular diathesis continue.

Naturally pale or anæmic persons are those who are predisposed to consumption or other tuberculous diseases, from the fact that a portion of their sanguineous circulation (large or small) is really dead blood particles, composed simply of albumen and phosphate of lime, which, for want of vitality, are held in the small tubes and tissues of the body, and *there* build upon one another so long as debility remains, forming a mass of a more or less irritable character. The inventor has good reason for believing that each healthy blood corpuscle has a distinct nervous apparatus, that bodily decay is the gradual reduction of vitality in these corpuscles; and, as this degeneration progresses, the patient must grow vapid, wither, and perish.

When this deposit occurs in the lungs, the patient is affected very seriously, and he cannot hope for recovery without persistently carrying out certain rules. The tissues and cells secreting the deposit are frequently out of reach of the larger bronchial tubes, and it cannot be coughed up unless suppuration begins; so the only possible means of cure lies in checking its further formation, absorbing that already formed, and in keeping up the general health.

These desiderata are surely accomplished by using Fellows' Hypophosphites, and properly attending to daily healthy habits.

From easy expectoration, increased respiratory power of the lungs, and the subsidence of irritation, manifest from cessation of cough and enjoyment of rest, on using Fellows' Hypophosphites, it is clear that the formation of tuberculous matter is not only stopped by its use, but that already deposited is being carried away.

From increased physical and mental strength of persons who use Fellows' Compound Sirup of Hypophosphites, their augmented faculty of endurance, and their improved appearance demonstrated in thousands of cases within our own sphere of vision, its power of restoring the *great sympathetic and muscular systems upon which full and healthy development depends*, is equally certain. Consumption, then, is reached and banished by restoring vigor to the blood, and by toning the involuntary muscles of the various organs, liver, lungs, heart, and stomach, and by fortifying the nervous system, all of which is accomplished by this Hypophosphites, and proper living.

"Thou shalt not defraud thy neighbor, neither rob him."



In the train of evils emanating from defective training, man descends to the thief. His dishon-

esty may assume various shapes; but the desire to live without labor, or upon the earnings or reputation of others, causes him to defraud his neighbor in various ways. All is theft. Counterfeiting is theft; copying from an author without liberty or credit is theft; assaying a reputation for one's self by falsely reporting another is theft; indeed, theft is but a stepping-stone to other vices, and is significant of a diseased mind.

"Her feet go down to death: her steps take hold on hell."



This is a text seldom interpreted in its entirety, a truism and a warning alike unbelieved and unheeded.

The train of social evils and diseases following the habits and associations of the unfortunate dissolute creatures of both sexes cannot be computed, committing sins the most revolting, which

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are unknown even to savages, and antagonistic to the instincts of the brute creation, alienating them from the dearest ties of kindred. Can we wonder at the list of diseases arrayed in our medical vocabularies? Let us no longer ignore the facts, and with false modesty keep our children in ignorance of the damning results of *secret sins and profligate habits*. It becomes the duty of parents to instruct their children as soon as they reach the age of puberty, to avoid those vicious habits, to avoid *fast men and fast women*, securing to them the boon of virtue, and a life of happiness.

"For the drunkard and the glutton shall come to poverty."



To such as have the disposition for rectitude and moral courage, — whose heart warms with the remembrance of a fond and sorrowing MOTHER,

whose life has proved a withering disappointment, whose trembling frames are tottering under a weight of nervous depression, and *who wish to reform*, we earnestly offer this preparation of Hypophosphites: in it the *debilitated frame* will find strength, the withered *functions* vitality, the *mind* power of withstanding evil temptations; and thereby the infirm, forlorn, and forsaken may assume the standard of health and excellence approaching the best of the race.

"A fugitive and a vagabond shalt thou be on the earth."



Irregular habits, vice, and disease fasten most readily upon the debilitated; *drunkenness*, upon the licentious, upon the overworked artisan or laborer, especially if badly or improperly fed; upon the imaginative nature, exhausted by thinking, or the indolent mind untrained to labor and

discipline; *open vice*, upon the same, if the subject by nature or education be ever so slightly predisposed thereto; and *disease*, simply because the nervous system is incapable of resisting its inroads.

“ Moss gathers upon sickly trees, not on thrifty ones.”

The author must not be understood as discouraging the use of stimulants entirely. Those advanced in life, or whose blood circulation is sluggish, are sometimes benefited by them: but the habitual use of spirits will destroy both young and middle-aged.

We have ventured to present our views, and to trace mankind through the various stages, from infancy to manhood, to advise the methods of government for the young; with a view to prevent disease; and now we delineate the results of dissipation and fast life as the *shadows close*. When the erring man finds the seed sown during a lifetime yielding a harvest of maladies; when his famishing frame, clad in wretched habiliments, implores the pity of the humane; energies, hopes, health, opportunities, consumed by the flames of passion, leaving to desolated age the ashes of despair; when bronchitis and asthma appear, giving the harsh, guttural accompaniment to the voice, and almost suffocating their victim; when the heart's action is so feeble as scarcely to be detected, — even then the case must be far advanced which will not yield to the gracious influence of Fellows' Hypophosphites, together with regular habits in exercise, and rest, and the avoidance of

extravagant, vicious habits, drinking, smoking, and licentiousness.

These injunctions omitted, the miserable wretch, with tottering footsteps, "drags the lengthened chain" of misspent years, wandering alone he knows not whither. His frame succumbs, and sinks to earth a mass of abomination; his mind fast scans the varied scenes of life's sad shipwreck, the comrades ruined, the home made desolate, the ties of kindred sundered, and hearts upon the devil's altar sacrificed. He breathes his last,

**"And, doubly dying, shall go down
To the vile dust from whence he sprung,
Unwept, unhonored, and unsung."**



We now introduce a widely different subject. The mild, just, generous, temperate character is reflected in the upright business man, the useful citizen, the honored friend, the much loved

parent. Be he risen from obscurity to the higher places among mankind, to the manor born, or content in humble happiness, "returning to his home, the partner of his life steps forth to smile his welcome, his children fly to meet him, their little arms embrace him, with lips and heart they bless him."

**"Mark the perfect man, and behold the upright,
for the end of that man is peace."**



He is the soul of every good work, his word is his bond, his virtuous career bequeaths a happy old age; and, when the sands of life betray the closing scenes, though eyes be dim with the mist of years, he commands the care, respect, and love of his surroundings, and can say, "I have been young, and now am old: yet have I not seen the righteous forsaken, nor his seed begging bread."

In the consideration of **IDIOCY**, we do not refer to those cases of manifest defective development of the brain consequent upon inherited mischief, but to such as are brought on either by the wanton, barbarous, devilish tampering with the infant by a bad nurse, to be followed by profligate, vicious, and solitary habits as the child grows older. The evils to which we here allude are too revolting to describe, but are becoming so general that we do not hesitate to warn parents and guardians to look well to the early training, as they value the health, happiness, and lives of their children. These evils may be averted by timely cessation from direct causes, and the prompt use of **Fellows' Hypophosphites**. Where an infant is weakly, a tea-spoonful may be mixed in a wine-glass of water (kept covered), and a teaspoonful of the mixture given each time before feeding.

INSANITY, like many other diseases, may be inherent, or may be induced by direct outside influences acting upon or conspiring with an infirmity of nature within.

Prof. Morel relates the history of one family as an example of unchecked degeneracy into lunacy as follows: viz., —

FIRST GENERATION. — Immorality, Alcoholic Excess, Brutal Degradation.

SECOND GENERATION. — Hereditary Drunkenness, Maniacal Attacks, General Paralysis.

THIRD GENERATION. — Sobriety, Hypochondria, Sad-lunacy, Systematic Mania, Homicidal Tendencies.

FOURTH GENERATION. — Feeble Intelligence, Stupidity, first attack of Mania at sixteen.

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COPIED BY PERMISSION FROM KAPILA'S PICTURE OF A "HAD-HOUSE SCENE."



An individual may be saturated with insane blood, yet by correct living, and with little tax upon the nervous substance, he may pass a lifetime without its being developed; but let the taint be ever so slight, and tax the nervous system with an exhaustive contribution, and he must succumb to the innate mental disease.

It does not follow that only the insane beget insane children: an individual may so demoralize and pollute his mind by excesses, debaucheries, self-abuse, &c., that the progeny may all be unhealthy, and possess weak or insane minds.

Although it may be difficult to eradicate hereditary taint, much may be accomplished by observing regular healthy habits of life, and building up nervous vigor with the Hypophosphites, according to directions. It has been and now is used with excellent effect in some of our Lunatic Asylums.



FELLOWS' HYPOPHOSPHITES

Has been before the world since 1865. It was invented by Mr. JAMES I. FELLOWS, chemist, St. John, N.B., has been introduced over a large amount of territory by extensive advertising, and become deservedly popular. It is used and prescribed by the leading physicians, and pronounced **A TONIC FAR SURPASSING ANY COMPOSITION EVER BEFORE USED IN MEDICINE.**

Now in full view of its rapid sale, good profit to the retailer, and of its undoubted curative power, an army of imitators throughout the country are manufacturing and foisting their worthless substitutes, and, in some cases, even copying the subscriber's advertisements, word for word, in order to obtain more profit; dishonestly profiting by the justly earned reputation of the original, soiling their own reputation, and interfering in the relief of suffering humanity.

The public are cautioned to ask for Fellows' Compound Sirup of Hypophosphites, and take no other, as *it* differs from all other preparations in composition, mode of manipulation, and in effect.

It is put up in pint oval bottles, on which the words "Fellows & Co., St. John, N.B." are blown. The name of the inventor, "James I. Fellows," is written obliquely across the inside label in red ink; the name "J. I. Fellows, St. John, N.B.," on the yellow wrapper in water-mark, which is seen by holding the paper before the light; and

the price is \$1.50 per bottle.

NOTE. — Be suspicious of persons who recommend any other article as "just as good," though bearing a similar name, and of those who offer the cheaper-priced article.

NOTE. — It is only the **INDEPENDENT, WELL-POSTED, and UNSELFISH PHYSICIAN** who can afford to prescribe this remedy. Experience has proved this. The highest class medical men in every large city, where it is known, recommend it.

FELLOWS' HYPOPHOSPHITES

Is adapted for diseases which are produced by loss of **NERVOUS POWER**, and consequent **MUSCULAR RELAXATION**; viz., —

CONSUMPTION,	BRONCHITIS,
ASTHMA,	WHOOPING COUGH,
APHONIA,	COUGH,
NERVOUSNESS,	MENTAL DEPRESSION,
NEURALGIA,	EPILEPTIC FITS,
ST. VITUS DANCE,	NERVOUS DEBILITY,
CHRONIC DIARRHŒA,	LEUCORRHŒA,
FEVER & AGUE,	MARASMUS,
DYSPEPSIA,	DYPHTHERETIC PROSTRATION.
INTERRUPTED AND FEEBLE ACTION OF THE HEART.	

DISEASES PRODUCED BY

OVERTAXING THE MIND; BY GRIEF OR ANXIETY; BY RAPID GROWTH; BY CHILD-BEARING; BY INSUFFICIENT NOURISHMENT; BY RESIDENCE IN HOT CLIMATES OR UNHEALTHY LOCALITIES; BY EXCESSES, OR BY ANY IRREGULARITIES OF LIFE.

AN ENDLESS CHAIN

of good effects is formed by Fellows' Compound Sirup of Hypophosphites; and we are safe in saying, from a long experience in medicine, its virtues ARE NOT POSSESSED BY ANY OTHER COMBINATION, as the following will demonstrate.

IT IS ACCEPTABLE to palate and stomach.

SUFFICIENTLY POTENT to insure decided benefit, yet harmless, howsoever long its use may be continued. This characteristic is possessed by no other remedy.

IT ASSISTS DIGESTION and assimilation.

IT VITALIZES THE BLOOD, supplying such ingredients as may be required.

IT RESTORES TONE to the nerves.

IT GIVES POWER of endurance and of concentration to the mind.

IT PROMOTES VIGOR in the organs which depend for health on the involuntary muscular action; viz., the Liver, Lungs, Heart, Stomach, and Genitals.

And, unless afflicted with some disease involving ABSOLUTE ORGANIC LOSS, it will

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until it reaches the age allotted to man by a beneficent Creator.

NO PERSON will be disappointed in the effect of Fellows' Hypophosphites, who rigidly follows the directions.

FELLOWS' HYPOPHOSPHITES.

INCEPTION.

The experiments which perfected this preparation occupied many months, and were instituted with a view to curing that insidious disease, —

TUBERCULAR CONSUMPTION,

and in order to supply the deficiencies in Hypophosphites already in use; for, although their nature was correct as to *theory*, their preparations were, owing to their imperfect organization, found wanting in practice.

While they caused the formation of fat, and generated heat, they did not improve the blood. The tonic effect upon the nerves and muscles was circumscribed, and, owing to their diluted state involving large doses, they were also too expensive.

The desiderata sought by Mr. Fellows were: —

- A convenient, palatable remedy;
- Unalterable by time;
- Harmless, though used continuously, yet might be discontinued at any time without any ill effect;
- Which would induce an appetite;
- Strengthen digestion;
- Promote assimilation;
- Create healthy blood;
- Strengthen the nerves and muscles;

Enable the subject to successfully combat disease;

And sufficiently economical for all.

All this has been indisputably attained. The success of the work is complete; and Fellows' Hypophosphites stands foremost amongst the remedies for chronic organic diseases, possessing properties to which no other medicine has ever aspired.

ARGUMENT.

As every species of excitation, whether bodily or mental, involves the death, decay, or elimination of a certain amount of tissue, and of the vital element, the possibility of continued exertion depends upon the due supply of reproductive means or nutrition, and an unlimited facility of eliminating dead and useless matter. While Fellows' Hypophosphites exerts an influence upon the nervous system, it will, under *all* circumstances, nourish it, and through it the muscles which it governs.

The presence of this remedy is necessary, then, especially in wasting and distressing diseases, *to create and sustain the normal degree of strength*; and its prescribed use can never exert a baneful influence under any circumstances whatever.

ABSTRACT EFFECTS.

Fellows' Hypophosphites, on being introduced into the stomach, unites with the food, and immediately enters the circulation; and, being perfectly miscible with the blood, speedily pervades every part of the system. Its effects are first declared by a pulse slightly increased in fulness and strength, a general exaltation of the organic func-

tions, and exhilaration of the intellectual powers. Its specific influence is on the brain and nervous substance, increasing the activity of the absorbents, and renewing the blood, thus causing the healthy muscular formation so necessary in restoring the functions of the previously weakened organs.

Being, then, a tonic of the nervous and circulatory system, it follows, that, when there is a demand for extraordinary exertion, its use is invaluable, since it supplies the waste through the circulation, and sustains the general system.

GENERAL DIRECTIONS.

Although the virtues of Fellows' Compound Sirup of Hypophosphites are such that no other remedy is often required, yet it is necessary that a proper regard for cleanliness, pure air, sleep, judicious exercise, and regimen, should be observed.

First, then, the daily cold bath recommends itself in all diseases herein named, where the patient is sufficiently strong to bear it; if not, the tepid or sponge bath may be first used, and the patient will gradually become accustomed to cold water. In all cases after bathing, the body should be briskly rubbed with a coarse towel.

PURE AIR is of great, if not the greatest, importance, and should be made available wherever and whenever possible.

SLEEP, being nature's own restorer, — its want is often the companion of nervous and other debilitating diseases, — may be induced by exercise in the open air, a sponge-bath before retiring, the avoidance of hearty suppers, and use of a hard bed or mattress.

THE MIND.

That the mind influences disease, seems as accepted a doctrine, by both physiologists and pathologists, as that the mind influences the body in health; and, since this is so, it becomes difficult to estimate the value of mental treatment in cases of debility. The influence exerted by the physician over his patient cannot be denied; some having the faculty of producing or diffusing cheerfulness, simply by their presence. This influence may be exerted by the immediate friends as well; and the fact, if widely known, is too frequently overlooked. The pain of sickness is sufficient for the poor sufferer, without being reminded daily of his wasted limbs and blanched complexion; in fact, a very effectual means to shorten life is to impress the belief on the patient's mind of the hopelessness of his case. Sustain the drooping spirit of the sick one by lively conversation, congenial friends, and by simple

GAMES AND PASTIMES.

When able to walk beyond his chamber, let him ramble in quest of some chosen object. No pastime seems to me more pregnant with pleasure, at once instructive, and calculated to wear the mind from bodily cares, than the study of natural history. The field is so extensive as to secure from every invalid, male or female, learned or unlearned, admiration for some one branch, while the study is accessible to both rich and poor.

To some, the search for minerals and fossils, among the rocky steps of the mountains or the sea-washed shore, has attractions; to others, the

collection of birds, reptiles, or insects. Some admire wild flowers, the gathering of ferns, mosses, or leaves. Often the taste for sea-weeds, coral-lines, zoöphytes, carries the naturalist amateur along the ocean shore. Thus, by having an object in view, the patient or convalescent may benefit immeasurably by open-air exercise, where the rambles without an object would only produce melancholy thoughts, both unpleasant and

INJURIOUS.

As a fellow-sufferer, then, no less than an adviser, I can recommend the study of nature to those whose full vigor of mind and body has been impaired; and let no one think slightly of any pursuit, which, not put in the place of the higher realities of religion, but used as an auxiliary to them, has such capabilities of restoring tone to the mind, and vigor to the body.

EXERCISE.

As this is a very important hygienic agent, its consideration deserves more attention than can possibly be bestowed upon it here. The inventor must therefore refer the reader to his medical adviser, who, from his knowledge of the disease, may give proper directions for such as will suit his particular case; stating, however, that in all affections of the lungs and heart, in fevers, acute rheumatism, or inflammatory disease, muscular exertion is injurious, and the patient should be satisfied with carriage-exercise or sailing.

Those who suffer from scrofula, indigestion, rickets, sexual debility, lowness of spirit, loss of

appetite, nervousness, unattended by affections of the lungs or heart, should avail themselves of

HORSEBACK EXERCISE.

Walking, running, dancing, and fencing, leaping and wrestling, are violent if used in excess, and should be indulged in with caution.

In all cases, exercise should be pursued with pleasure, or with an object in view; that is, not mechanically alone. In such cases, it benefits the bodily functions immeasurably.

REGIMEN AND DIET.

I propose briefly to notice the employment of food therapeutically. As in exercise, it deserves more attention than we can devote to it in our limited space.

Chemically considered, food consists of two important constituents, — the nitrogenized, and the non-nitrogenized. The former serves for the formation of blood and living tissues, and contains carbon, hydrogen, oxygen, and nitrogen, and some sulphur and phosphorus. The non-nitrogenized furnishes heat and fat to the body, and contains carbon, hydrogen, and oxygen; the ultimate purpose it serves is to supply carbon, and sometimes hydrogen also, for the purpose of respiration, and consequently

ANIMAL HEAT.

Both are necessary constituents in the animal economy; but, as it is quite possible to starve on some of the non-nitrogenized substances, the consideration of the proper articles of diet should

be of paramount importance to most other matters. In looking over the daily bills of fare at home, we find tea, coffee, milk, bread, beef, mutton, veal, butter, potatoes, turnips, carrots, &c. These are well, and it is not the writer's province to find fault with any, when in their places; but, as our bread is prepared from bolted wheat, the beef and mutton discarded except at the mid-day meal, pure milk scanty, tea and coffee in excess, potatoes, salt, and butter plenty, we know there are grievous wrongs requiring correction.

First, then, make use of bread prepared from

UNBOLTED FLOUR.

The process of bolting, although it obtains very nice-looking flour, deprives it of the nitrogenized substances which produce blood and the living organism, and leaves behind the starch and gluten, which are comparatively useless vitalizing agents. Again: the coverings of wheat contain the phosphates which go to constitute bone and muscle, while they materially assist digestion by causing the rapid decomposition of the food. It is in this way the phosphates in the Compound Sirup of Hypophosphites act, while the tonics it contains tend to give new power, and to strengthen the

ORGANS OF DIGESTION.

Be careful to discard pastry of all kinds; also all food or beverages which ferment rapidly, or soon turn sour by acetous fermentation. If an acid drink is very desirable, the juice of a lemon in water will do no harm; but, as a rule, acids are injurious to

NERVOUS PERSONS.

Roast, broiled, or boiled fresh beef, mutton, poultry, and fish may be used *ad libitum*; more harm will always be caused by a scarcity than an abundance. A debilitated patient will do better with meats three times daily, than once, — care being taken never to overload the stomach, or partake of meats later than four hours before bedtime.

Lastly, new milk cannot be recommended too highly. Consumptives, or persons afflicted with any lung difficulty, should use new milk at each meal.

The inventor would be derelict in his duty, were he to omit his disapproval of

ALCOHOLIC STIMULANTS,

except in very rare cases. From actual knowledge, based on observation through life, he has found those who indulged in alcoholic stimulants to be the principal consumers of medicine; and from the fact that alcohol will prevent the decomposition of food, even if taken in very small quantities, it cannot be otherwise than a serious impediment to digestion; and, although it may, by its direct action on the lungs, cause the blood to be oxidized during its presence there, the succeeding effects are inflammation and indigestion; so that, even in phthisis, the injury far outweighs its good effects.

CLIMATE.

In all affections of the respiratory organs, too much attention cannot be bestowed on the selec-

tion of climate. On account of the irritating influence of the air-passages of the lungs by ozone, which is a constituent in the south wind from the ocean, it is desirable to reside at least fifty to a hundred miles from the Atlantic seaboard, and in a temperate climate. Extreme cold is not objectionable; but sudden changes and a damp atmosphere are always injurious.

CLOTHING

is very important. Woollen garments should always be worn next the body, winter and summer, subject to immediate change in case of dampness from perspiration or otherwise.

FINALLY,

All excesses should be avoided, especially frequent sexual intercourse, overtaking the mind either by study, grief, or anxiety. In fact, the prolific causes of consumption are such as induce weakness of the vital functions, among which are mental activity, anxiety, grief, excessive venery, insufficient nourishment, rapid growth, child-bearing, residence in

FILTHY LOCALITIES, &c.

The use of alcoholic stimulants, tobacco, and gratifying the taste for vicious and irregular habits, are also highly injurious to persons of weak nerves; but no irregularity is the source of more disease than frequent sexual indulgence or solitary habits.

The foregoing advice is suggested by experience, and from reading the works of the highest

medical authorities, amongst whom are Dobbell of London, Laennec of Paris, and Bowditch of Boston.

PHYSICIANS' TESTIMONY.

ST. JOHN, N.B.

MR. JAMES I. FELLOWS, *Manufacturing Chemist. Sir*,— For several months past I have used your Compound Sirup of Hypophosphites in the treatment of incipient phthisis, chronic bronchitis, and other affections of the chest; and I have no hesitation in stating that it ranks foremost amongst the remedies used in those diseases. Being an excellent nervous tonic, it exerts a direct influence on the nervous system; and, through it, it invigorates the body.

It affords me much pleasure to recommend a remedy which is really good in cases for which it is intended, when so many advertised are worse than useless.

I am, sir, yours truly,

Z. S. EARLE, JUN., M.D.

CHRONIC SPLENITIS.

Physician's Report of a Remarkable Case.

GAGETOWN, N.B.

MR. JAMES I. FELLOWS, *Chemist. Dear Sir*,— Allow me to bear my testimony in favor of your Compound Sirup of Hypophosphites. I have

used it myself for tuberculosis with marked benefit, and have given it to a great number of my patients, with the same results as I experienced from its use. During the last seven years I have devoted myself almost exclusively to the treatment of consumption, having cases under my care in all parts of the province; so that I am enabled to speak from experience of the benefit derived from its use.

The most marked was a case which was under my care in March last. This was a patient who had been under treatment nine months with no beneficial results. When I first saw him he was so feeble that he could not sit up long enough to have his heart and lungs examined. What disease he had been treated for did not appear, but I found him suffering under *chronic splenitis*. He had a severe cough, dyspnoea, palpitation of the heart, impaired digestion, and consequent general emaciation. I put him under treatment, and in a few weeks he was able to move about a little; but still the debility continued. I then prescribed your Compound Sirup of Hypophosphites; and, after using four bottles, he was able to attend to his farm, and is now perfectly well. In March he was given up by four physicians respectively; in May he assisted in ploughing eighteen acres of land, and had run up in flesh from a hundred and thirty-six to a hundred and forty-eight pounds' weight.

I send you this for the purpose of making what use you please of it, and wish you all success in your labor for the benefit of suffering humanity.

Strongly recommending the use of your Compound Sirup of Hypophosphites to all who suffer

in any way from disease or weakness of the lungs, bronchial tubes, or general debility,

Believe me, your obedient servant,

J. H. W. SCOTT, M.D.

DR. S. JACOBS,

On Aponia, or Loss of Voice.

ST. JOHN, N.B.

MR. FELLOWS. *Sir*, — I am bound to award the palm of merit to the preparation of HYPOPHOSPHITES discovered by you. I had occasion to use it myself in a case of aponia, which would not yield to regular treatment; and am happy to say it proved to be all that you claimed for it, having acted with expedition and entire satisfaction.

I feel called upon to publish the fact, that the profession may avail themselves of a remedy in your "Compound Sirup of Hypophosphites."

Yours very truly,

S. JACOBS, M.D.

DEBILITY.

ST. JOHN, N.B.

MR. JAMES I. FELLOWS, *Chemist*, St. John, N.B. *Dear Sir*, — Having used your Compound Sirup of Hypophosphites for some time in my practice, I have no hesitation in recommending it to my patients who are suffering from general

debility, or any disease of the lungs, knowing that, even in cases utterly hopeless, it affords relief.

I am, sir, yours truly,

H. G. ADDY, M.D.

PROSTRATION.

PUGWASH, N.S.

MR. JAMES I. FELLOWS, St. John, N.B. *Sir*,
 — Having, while at your establishment, carefully examined your prescriptions, and the method of preparing your Compound Sirup of Hypophosphites, I felt anxious to give it a fair trial in my practice. For the last twelve months I have done so, and find that in incipient consumption, and other diseases of the throat and lungs, it has done wonders. In restoring persons suffering from the effect of diphtheria, and the cough following typhoid fever, prevalent in this region, it is the best remedial agent I have ever used. But for persons suffering from exhaustion of the powers of the brain and nervous system, from long-continued study or teaching, or in those cases of exhaustion from which so many young men suffer, I know of no better medicine for restoration to health than your Compound Sirup of Hypophosphites.

If you think this letter of any service, you are at liberty to use it as you see fit.

I remain yours, &c.,

EDWIN CLAY, M.D.

BRONCHITIS AND CONSUMPTION.

Letter from Dr. Crane.

HALIFAX, N.S.

MR. J. I. FELLOWS. *Dear Sir,* — From a general knowledge of the prominent ingredients of your Compound Sirup of Hypophosphites, I formed such a favorable opinion as to be induced to recommend it to my patients as *preferable*, and more convenient than my own prescription of the Hypophosphites. For several years I have continued to prescribe it, in many cases with very beneficial results. Since, upon solicitation, you kindly afforded me a more intimate knowledge of the composition of your Compound Sirup of Hypophosphites, I have used it freely in my practice, both in diseases of the chest, as consumption and bronchitis, &c., and in infantile diseases of the *prima via*, or stomach and bowels, with eminent success, considering it superior to any similar preparation yet offered to the public. Thanking you for your kind information,

I remain, yours truly,

CHANDLER CRANE, M.D.

Letter from the Rev. J. Salmon, M.D.

CHIPMAN, QUEEN'S COUNTY, N.B.

MR. JAMES I. FELLOWS. *Sir,* — In the practice of medicine I have recommended your Compound Sirup of the Hypophosphites, and have found invariably the following results: —

Greater freedom to the action of the lungs, in-

creased and more easy expectoration in cases indicated by dry cough, and decided augmentation of tone to the whole nervous system.

I can safely and consistently recommend your *invaluable* preparation in a variety of cases, especially for chest diseases, having successfully prescribed it in bronchitis, asthma, debility from liver complaint, debility from fevers, and debility from impoverished blood.

I am, sir, yours truly,

JAMES SALMON,

Practising Physician and Surgeon.

CONSUMPTION.

Letter from Capt. Coffill, of the Brig "Potosi," of Windsor, N.S.

ST. JOHN, N.B.

MR. JAMES I. FELLOWS, *Chemist.* Dear Sir, — In May, 1866, I was attacked with a severe dry cough, which continued in harshness for some time, when I commenced expectorating a thick whitish substance; then I raised a greenish yellow and slate-colored matter; then bleeding of the lungs set in, and other symptoms of a very alarming character showed themselves. I consulted the leading physicians in Philadelphia and other cities, who gave me no encouragement, as my disease was consumption. I spared no expense to obtain relief, but found none. In August, I had fallen in flesh from 155 to 136 pounds, and sinking rapidly every day. My friends in Philadelphia advised me to leave the ship and go home. At

home they considered my case hopeless, and wished me to remain there, and not die in a foreign country. I visited St. John in October of the same year, on my way to Philadelphia to join my ship, and was advised by a stranger, who noticed my shrunken form and racking cough, to try your

COMPOUND SIRUP OF HYPOPHOSPHITES;

and, as a drowning man will grasp at straws, I saw a ray of hope in the suggestion, and procured a bottle. The effect warranted a further trial; and I bought a dozen bottles, and left St. John, and have been knocking about the Atlantic ever since. As this is the first time I have visited your city since, I feel under an obligation to let you know the effects produced by this Sirup. I continued taking the remedy regularly. At first my appetite improved, I regained strength, then my cough gradually left me, and finally the expectoration ceased; and, although the benefit was gradual, I could note the change for the better every day; so that, after having taken ten bottles, I considered myself well. This was about five months from the time I commenced taking the Sirup. A short time after, I had considerable trouble, and, feeling some of the old symptoms returning, I finished the other two bottles; and now I consider myself as well as I ever was in my life. My present weight is 162, seven pounds above my usual healthy standard. My nerves are good, my appetite good, and general health excellent. I heartily recommend your Sirup to all persons troubled with any difficulties or disease of the lungs or

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nervous system, firmly believing that, had I not used it, I would not now be living.

Hoping this letter may meet the eyes of others similarly affected, and induce them to use the same means of cure,

I remain yours very truly,

HARRIS COFFILL,

Master of the Brig "Potosi," of Windsor, N.S.

CLIFTON, N.B.

Sir, — In behalf of my family I wish to acknowledge a debt of gratitude I owe Mr. James I. Fellows. My daughter had been ill with inflammation of the lungs, had raised large quantities of blood and purulent matter, attended with every symptom of consumption. After obtaining the attendance of two eminent physicians, who afforded her no relief, she was persuaded to try Fellows' Sirup of Hypophosphites. Upon taking two bottles, we had every reason to believe she would be cured. Her physician was surprised to find her improvement so rapid, and advised her to continue its use, which she did until her complete recovery. Two years have elapsed, during which time she has neither taken nor required any medicine, enjoying good health, and urges all who are afflicted with any lung or chest trouble to use the Hypophosphites without fail.

My wife also having been in bad health for some time, and having had typhoid fever in December last, which left her much prostrated, was advised by the physicians to use this remedy to build her

up. Before taking half a bottle she found herself much benefited, and still continues to use it.

I believe, under kind Providence, Fellows' Compound Sirup of Hypophosphites has been the means of restoring both my wife and daughter, and I hope the afflicted will avail themselves of its use; for, although it is widely used, I think its value is not appreciated.

Yours truly,

JOSEPH A. EVANS.

TESTIMONIALS TO MR. FELLOWS.

We, the undersigned clergymen of the Methodist Church in Nova Scotia, having used the preparation known as Fellows' Compound Sirup of Hypophosphites, prepared by Mr. James I. Fellows, chemist, St. John, N.B., or having known cases wherein its effects were beneficial, believe it to be a reliable remedy for the diseases for which it is recommended.

JAMES G. HENNIGAR, *Pres't of Conference.*

JOHN McMURRAY, *Ex-Pres't of Conference.*

WILLIAM SARGENT.

JOHN A. MOSHER.

JOHN W. HOWIE.

STEPHEN F. HUESTIS.

RICHARD W. WEDDALL.

ALEX. W. NICHOLSON.

CRANSWICK JOST.

ROWLAND MORTON.

JOHN JOHNSON.

 The proprietor has numerous other letters from various parts of the Dominion, the United States, and from England, verifying the assertions herein contained, which will be shown at his office on application. They relate to the cure of diseases of the lungs, heart, stomach, &c.

The Author Cured of

CONSUMPTION,

Complicated with other diseases, by

FELLOWS' COMPOUND SIRUP OF HYPOPHOSPHITES.

HOW THE REMEDY WAS DISCOVERED.

The writer, in narrating how he was affected by, and cured of, the diseases herein mentioned, hopes the hints embodied may not be rejected by the reader.

That any case of consumption is curable by the above-named remedy, which has not progressed beyond the second stage, no doubt any longer remains; and, when used in the third, great relief and prolonged existence is also certain.

In the summer of 1864, I was suddenly affected by a copious expectoration of muco-purulent matter. I had been declining in health for some

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months, and, being exceedingly nervous, the symptoms caused alarm. As my business was that of a dispensing chemist, the shop was constantly visited by medical men, all of whom tendered their advice. During 1864 and 1865, my chest was examined by ten first-class physicians, some of whom pronounced the case bronchitis; some not wishing to cause alarm, or unwilling to venture an opinion, gave no decision; some stated unequivocally, that I had tubercular disease of the lungs, and located the trouble where the pains were felt. By professional advice I used, in turn, horseback exercise, country life, eggs and ale in the morning, tonics, Bourbon whiskey, cod-liver oil, electricity, tar, and various inhaleds; but the

TRouble INCREASED.

Expectoration became more profuse and offensive; night sweats set in; cold chills, diarrhoea, dyspnoea, cough, blood-streaked expectorations, loss of sleep, loss of appetite, loss of memory, loss of ambition, accompanied by general prostration, showed themselves. Under the microscope, the blood was found to contain but a small portion of vitalized corpuscles; the heart's action was feeble, the pulse intermittent, the stomach could not digest properly; so that flatulency and acidity was the result. Finding the symptoms indicated consumption, I determined to use every effort to stay its progress, and, if possible,

TO CURE IT.

I had heard well-authenticated instances, where, in *post-mortem* examinations, a cicatrix had been

found in the lung; the subject, having been consumptive, became cured, and died from other causes. I was not long in forming a belief that *consumption was curable*. With this idea, I commenced a series of chemical experiments, in order to arrest the disease. My primary rule, throughout these experiments, was to "use nothing which would, in the slightest degree, impair the system," no matter how prolonged the use might be extended. When it is understood how many difficulties

I HAD TO COMBAT,

the perplexity of the researches will be appreciated. Laboring under diseased body and mind, I must invent and compound a remedy to restore to the blood the red corpuscle, promote healthy digestion, regulate the heart's action, build up an appetite, cause the breathing to be easy (this difficulty was so great that I had frequently to be bolstered in bed). I must produce easy expectoration, and strengthen the nervous system. I selected the most

POWERFUL TONICS

and moderators, and combined them with the vital constituents of the human body. For months I endeavored to amalgamate them, before my efforts were crowned with success. I cannot speak too plainly or too strongly of the effects produced and the benefits I received from the composition.

At first my appetite increased, the expectoration became easy, digestion better, the fœces became more copious and less frequent, cold chills ceased, night sweats lessened, I gained in weight, the

hacking cough left me, refreshing sleep returned, my spirits became buoyant, the mind active and vigorous. I continued taking the Sirup month after month; but owing to the damp,

FOGGY CLIMATE

of St. John, my recovery was necessarily slow, although I could observe a gradual return of strength for three years, during which time I continued taking the remedy. My present weight is one hundred and eighty-eight, being thirty-eight above my usual. I have no symptoms left denoting disease: the only notable sign during twelve months was the expectoration; now that has stopped, and I consider myself well. The reader may ask, How do you know your difficulty to have proceeded from ulcerated or tuberculated lung? I answer in the most certain of all modes for ascertaining: In March last, I coughed from the right lung a piece of PHOSPHATE OF LIME, half the size of a pea, which could have come from no other place, and which the highest authority in lung diseases (Laennec) states is the result of tubercle *which has been cured*; add to this, I had the leaden-colored, purulent, blood-streaked expectoration, and the opinion of one of the best diagnosticians in the country. I believe I have experienced all the symptoms incident to the two first stages of consumption, and have successfully combated them; so that I do not despair of any case where there is left sufficient lung tissue to build upon. I can only add, that the mere monetary consideration of increased sales would never induce me to publish this report, but a sincere sympathy for the poor con-

sumptive, with whose misfortune I believe it villany to trifle.

Respectfully,

JAMES I. FELLOWS,

Inventor of Fellows' Compound Sirup of Hypophosphites.

BUFFALO, N. Y., February, 1873.

JAMES I. FELLOWS, ESQ. *Dear Sir,* — Please forward another lot of your Sirup of Hyphosphites.

I have used other preparations of Hypophosphites (not being able to procure this); but they do not compare with yours, which, I think, is the best medicine for the nervous system I ever used.

I will aid you all I can personally, and through the press, as I believe it cannot be too generally known.

Yours truly,

W. T. HORNER,

Editor and Publisher of Buffalo Journal.

HEART DISEASE.

PALPITATION, FEEBLE AND IRREGULAR ACTION
OF THE HEART CURED BY

FELLOWS' COMPOUND SIRUP OF HYPOPHOSPHITES.

FREEPORT, DIGBY COUNTY, N.S.

MR. JAMES I. FELLOWS. *Dear Sir,* — Gratitude to you, and sympathy for the afflicted, induce me to send you a written statement of my case,

and the cure effected by using your Compound Sirup of Hypophosphites.

In April, 1868, I was attacked with palpitation of the heart. I sent for the doctor; and he said that nothing could be done for me, and that I was liable to die very suddenly. Being very weak, and unable to leave my bed, I became discouraged.

After my physician gave me up, I was induced to use your Compound Sirup of Hypophosphites; and the effect was wonderful. In two days, I felt the benefit of it; and, after taking half a bottle, I was entirely free from the complaint, and to this day have not been troubled with a return of the heart disease.

Yours very truly,

SARAH LENT.

CAMPBELLTON, N.B., July, 1873.

JAMES I. FELLOWS, ESQ. *Dear Sir,*—In the fall of 1865, William Young, Esq., merchant, Car-aquet, Gloucester County, was ill with typhoid fever. Immediately after his recovery, he became afflicted with a cough, accompanied by much expectoration.

Residing at the time in that neighborhood, my attention was called to his case. The usual tonics and expectorants were administered without any perceptible benefit.

Having business in Montreal, Mr. Young consulted several eminent physicians there, including Dr. Campbell of McGill College, who advised a residence in a Southern climate, as his right lung was very seriously affected with a tubercular

deposit, which agreed with the opinion I had previously formed.

He spent the following winter in Savannah. On his return, little or no improvement could be observed; and, in a short time, frequent and prostrating hemorrhage from the lungs, night sweats, and much expectoration, causing great emaciation, had reduced him to a very feeble state of health.

Ascertaining the ingredients of Fellows' Compound Sirup of Hypophosphites, I resolved to give it a trial in his case.

He commenced using the Sirup, and, in much less time than I could expect, began to improve, the progress of the disease to be arrested almost immediately. He has had no return of the hemorrhage. His appetite has returned, and his cough abated.

He was at Halifax a few days ago, and is now attending to his usual duties.

I deem it a duty to you, and the public as well, to give you the above statement of facts.

Yours respectfully,

A. SMITH, M.D.

I certify the above to be correct,

WILLIAM YOUNG.

RICHMOND, ME., Dec. 1, 1873.

My Dear Sir, — In March, 1871, I was attacked with inflammation of the lungs, which was followed by a severe cough, bleeding of the lungs, and all the symptoms of consumption, which are too well known in almost every household to need to be enumerated by me.

During the month of May, my attention was providentially directed to Fellows' Compound Sirup of Hypophosphites, and I became very anxious to obtain the remedy; but, as it was not then for sale in this country, I was a long time in procuring it. It was not until the following November that I had the benefit of the remedy; and I confidently believe, that, had I not used the Hypophosphites, I should not now be living.

It improved my appetite, promoted digestion, and imparted strength to my nervous system; and, as an expectorant, I think it has no equal, and I would recommend its use to all suffering from disease of the lungs, heart, and liver. I say all, because I believe that, even in cases where disease has progressed so far as to render a cure impossible, it will relieve suffering, and prolong life.

By her permission, I refer to Mrs. Jaques of Pittsfield, Somerset County, my former place of residence.

This lady has been for years a great sufferer from liver trouble and heart disease, her case seeming to baffle the skill of many physicians whom she consulted. She now finds great relief from the Hypophosphites, and says she cannot live without it. Please publish this.

Respectfully yours,

MRS. J. C. BAKER.

TO MR. FELLOWS.

NEURALGIA.

It has been ascertained that the most inveterate cases of neuralgia are cured by Fellows' Sirup of Hypophosphites. Not only is the principal dis-

ease eradicated, but the patient is made vigorous and strong: the stomach, the blood, the skin, become healthy, and he obtains a new lease of enjoyable life.

The only satisfactory treatment of neuralgia is by strengthening the nervous system. A person with strong nerves never suffers from this disease.

AMHERST, N.S.

While I was under the process of erysipelas, the Hon. Dr. ——— called upon me. I told him how much of the Hypophosphites I had used. He said, "Fellows' Hypophosphites is a good medicine, — an excellent tonic, — and, no doubt, had drawn the acidity that was in my blood to the surface, and thus prevented it from attacking some important organ of my system." I have conversed with many who have used it; and all say they were benefited by it. For myself, I have much pleasure in saying, *it improved my general health amazingly*. It gives a clear skin and a healthy countenance; but, to know its virtues, it must be used; and, were it within the reach of all classes, I believe it would be used universally, — yes, by the whole to renew their age, and by the sick to make them well. It makes an old person look ten years younger. "This witness is true." Would that I could more widely make it known for its many virtues! Long may its inventor live to see the happy fruits of his invention!

ALEXANDER CLARK, D.D.

ASTHMATIC BRONCHITIS

Of Nine Years Standing Cured by

THE SIRUP.

ST. JOHN, N.B., Aug. 11, 1869.

MR. JAMES I. FELLOWS. *Dear Sir,*—I consider it my duty to inform you of the great benefit I have received from the use of your Compound Sirup of Hypophosphites. I have been, for the last nine years, a great sufferer from bronchitis and asthma; at times so ill for weeks, that I could neither lie down, nor take any nourishment of consequence, and, during the time, suffering intensely. I have had at different times the advice of twenty-two physicians. . . . The least exposure to either damp or draught was sure to result in a severe attack of my disease. Finding no relief from all the medicines I had taken, I concluded to try your Compound Sirup of Hypophosphites, and have great reason to thank God for the result. I have, in all, taken twelve bottles; and now I feel as strong and well as ever I felt in my life, and, for the last year, have not had one moment's sickness; and neither does dampness or draught have the least effect upon me. Were I to write on the subject for hours, I could not say enough in praise of your invaluable Compound Sirup of Hypophosphites, or give an adequate idea of my sufferings.

You are at liberty to make what use you please.

of this letter, because I hope its publicity may be the means of benefiting other sufferers as much as it has me.

I remain, yours respectfully,

MRS. HIPWELL, *Exmouth Street.*

HASTY CONSUMPTION

Cured by

FELLOWS' HYPOPHOSPHITES.

CARBONAR, NEWFOUNDLAND,
Jan. 3, 1871.

MR. JAMES I. FELLOWS. *Dear Sir,*—I came to this country in May, 1869. I found a countryman of mine laboring under some affection of the lungs. I recommended your Sirup, tried at the druggists in Harbor Grace; but they thought I was inviting the name at their expense. However, in April, 1870, Mr. Edgar Joyce rapidly wasted away with every symptom of quick consumption; so that he was unable to walk across the room, having no appetite, pains in the left side, nervous system unstrung, dry, hacking cough, &c. Fortunately I learned that your Sirup could be obtained at Mr. Dearn's, in St. John's, and immediately procured some (showed one to W. H. Thompson, who ordered a supply from you at once). This was Tuesday afternoon. At night he took the prescribed dose, and in the morning he described the very results notified on the wrapper. His appetite soon began to return,

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and a voracious one it was too; the dry, hacking cough changed into loose and violent attacks, finally disappearing altogether; pains left his side, his hand resumed its usual steadiness; and, before he finished ten bottles, his health was quite restored, and to-day not a more healthy person is to be found on our streets; and it is the opinion of all, had he not been fortunate in getting your valuable Sirup of Hypophosphites, he would now be in his grave.

He happened to be in W. H. Thompson's the day your first shipment arrived, and took at once four bottles to the Labrador, which he was very anxious to do, but had no occasion to use them himself. No other medicine will he ever prescribe, recommend, or give, but yours.

I also recommended it to another consumptive, but have not heard from him since, as he lives in a distant part of the island. Hoping this will give you some encouragement,

I remain yours, &c.,

D. H. BURRIGE.

ASTHMA.

COMMERCIAL SCHOOL,
HARBOR GRACE, NEWFOUNDLAND. }

MR. JAMES I. FELLOWS. *Dear Sir,* — I am very happy to acknowledge the benefit I have received from the use of your Compound Sirup of Hypophosphites. For upwards of twelve months I suffered most acutely from a severe cough, and a most violent asthma, for the relief of which I

tried everything I could hear of. I at last commenced the use of your Sirup, and, after taking one bottle, was able to attend to my avocation. I continued according to directions till I had used nine bottles, which effected a perfect cure. With much gratitude, yours truly,

M. SCULLEY, *Teacher.*

POWER OF SPEAKING RESTORED.

NEWASH, ONTARIO, D.C.

MR. FELLOWS. *Sir,*—Some two months ago my son lost his voice. I became very anxious about him. None of the physicians could do him any good. Having heard of your Compound Sirup of Hypophosphites, I obtained a bottle. Strange to say, my son's voice was restored about two hours after taking the second dose.

You are at liberty to publish this for the benefit of other sufferers.

JONAS FOTHERINGILL.

PULMONARY DISEASES.

HARBOR GRACE, NEWFOUNDLAND, Dec. 9, 1871.

JAMES I. FELLOWS, ESQ. *Dear Sir,*—We are receiving orders almost daily from the outports for your invaluable Sirup of Hypophosphites, and the sale is steadily increasing. I firmly believe it has done more good than any medicine yet discovered in the cure of consumption, bronchitis, asthma, whooping-cough, and kindred diseases.

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It is the only medicine we have which cures these diseases by strengthening the nervous system; and, as it is also what we call a sound chemical preparation, I predict for it a more extended demand than any other remedy in existence.

Yours very truly,

W. H. THOMSON.

BOSTON, June 14, 1874.

JAMES I. FELLOWS, Esq. *Dear Sir,* — Last fall, being in Rockland, I spent an evening with a friend of mine, named B. Weeks, agent of the Eastern Express Company, and a member of the Common Council of the city of Rockland. He was suffering from asthma, with symptoms of consumption. I told him to try your Hypophosphites. He did so; and yesterday I found my friend quite cured of asthma, and otherwise as well as ever.

Yours truly,

G. WINCHESTER,

Travelling Agent Eastern & N. A. R.R.

HYPHOSPHITES. — An article called Fellows' Hypophosphites has been advertised in "The Pioneer" for several months; but we gave it little thought, except to collect the bill, until an instance of its remarkable effects came under our observation. A few years ago symptoms of consumption exhibited themselves in the case of Samuel Kelly, jun., Esq., of Calais, who belongs to a

family predisposed to the disease. His friends became alarmed at the progress of his malady; and, realizing the chances as against him, he began to take Fellows' Hypophosphites. Instead of growing worse, his health improved; and he now weighs fifty pounds more than he did before he began to take the Sirup. We saw him last week, the picture of health, tipping the scales at two hundred avoirdupois. We have no interest in recommending Hypophosphites, except to benefit the sick and afflicted. — *Arostock Pioneer*.

CONSUMPTION.

HUDSON CITY, N.J.

Mrs. William Lawrence, writing to Mr. Fellows, says, "I cannot tell you how many have called to see me to inquire if I really have been as ill as reported, and if it was the Sirup alone which so wonderfully restored me (a consumptive) to such good health. With gladness I tell them all that my recovery is due to Fellows' Compound Sirup of Hypophosphites, with the blessing of God upon it."

Fellows' Hypophosphites being peculiar in its effects and composition, no other preparation is a substitute for it.

A late number of the St. John "Morning News" thus concludes a lengthy article eulogizing Fellows' Sirup of Hypophosphites: "Mr. Fellows is certainly entitled to high credit for his energy and

enterprise in working up his valuable discovery so successfully; and the presence of such gentlemen in any community is a matter on which that community should congratulate itself."

The St. John "Telegraph and Journal" says, "The invention of Fellows' Hypophosphites has become one of the valuable industries of the country, — unique of its kind, and a credit to the Dominion of Canada."

Letter from Rev. John McMurray.

JAMES I. FELLOWS, ESQ. *Dear Sir,* — I have recently heard, from an invalid, of the great benefit derived from your Compound Sirup of Hypophosphites; and having, in many other instances, marked the most beneficial results from its use, I cannot but regard its discovery as a matter of devout thankfulness to a benign Providence.

I have used it considerably myself, and, at intervals during several years past, given it to some members of my family.

I have also recommended it to others, and invariably found it to be of essential benefit in those complaints for which it is especially recommended.

In bronchial and other chest affections, in arresting incipient consumption, and in lessening the distressing symptoms of this disease in its hopeless stages, as well as in cases of nervous debility, in giving tone to the system, it is undoubtedly a valuable remedy.

I am, dear sir, yours truly,

JOHN McMURRAY,

Methodist Minister.

NEWPORT, N.S.

CONSULTING OFFICE FOR CONSUMPTIVES.

WESTERN MEDICAL INSTITUTE, }
 CLEVELAND, O. }

MR. JAMES I. FELLOWS. *Dear Sir,*— We were induced to prescribe your Compound Sirup of Hypophosphites by Dr. McMaster; and its use has been attended with such satisfactory results, as to warrant our employing it largely from this time forward.

A. SLEE, SEN., M.D.

Fellows' Hypophosphites is sold by all respectable apothecaries. No other Hypophosphites preparation is adapted to substitute for this.

"JUST AS GOOD." — One of my friends, who had been using your (Fellows') Compound Sirup of Hypophosphites for consumption, was induced by one of our druggists to take another preparation of Hypophosphites, which he said was "just as good, if not better." The use of half a bottle taught him, that, if he would consult his safety, he must return to your Sirup again.

BALTIMORE, MD.

GEORGE C. FOOT,
Mansion-House Hotel.

Dr. Howe's Testimony.

PITTSFIELD, ME., March, 1872.

MR. JAMES I. FELLOWS. *Dear Sir,*— During the past two years I have given your Compound

Sirup of Hypophosphites a fair though somewhat severe trial in my practice, and am able to speak with confidence of its effects. In restoring persons suffering from emaciation, and the debility following diphtheria, it has done wonders. I constantly recommend its use in all affections of the throat and lungs. In several cases considered hopeless, it has given relief, and the patients are fast recovering. Among these are consumptive and old bronchial subjects, whose diseases have resisted the other modes of treatment. For impaired digestion, and, in fact, from debility from any cause, I know of nothing equal to it. Its direct effect in strengthening the nervous system renders it suitable for the majority of diseases.

I am, sir, yours truly,

WILLIAM S. HOWE, M.D.

The fever-stricken invalid who may have had his recovery retarded by infantile weakness will rapidly recover under the influence of Fellows' Hypophosphites.

The yellow-visaged sufferer from fever and ague can calculate on a speedy and permanent recovery from his disease after all else fails.

The genuine FELLOWS' COMPOUND SYRUP OF HYPOPHOSPHITES is put up in pint bottles, the name "Fellows & Co." blown on the glass.

Beware of Counterfeits.

Beware of Imitations.

EPILEPTIC FITS, OR FALLING SICKNESS.

CARLTON, N. B., *Aug.*, 1875.

MR. JAS. I. FELLOWS :

Sir.—In the Autumn of 1869 my little girl, seven years old, received a severe injury in the wrist by falling from a swing. A swelling appeared which gradually became worse; until it suppurated and discharged a quantity of blood and matter. During this time she was attacked by diphtheria, from which the recovery was very slow. The discharge from the arm continued 14 months. Various physicians were called in from time to time, and all the remedies we could hear of were used, finally the ulcer healed, and the poor child was so far prostrated that nothing seemed to benefit her. Then she was attacked by the falling sickness which seized upon her frequently. During these paroxysms she would drop apparently lifeless, and it required the efforts of the household to arouse her to animation. As her sufferings had so worn upon her, and as there appeared no abatement to the disease, we were advised to try Fellows' Syrup of Hypophosphites, in Nov. 1873. She used only three bottles and became entirely cured. As her health has continued good ever since, and as she, from being very ill and weakly, has become the most robust and healthy of the family, we are safe in saying that all of this is owing to this invaluable remedy.

MRS. GEORGE FAULKNER,

Carlton, N. B.

Mr. Ezekiel Taylor, of Moncton, N. B. writes us under date of Dec. 14th, 1876 :—That he has suffered with epileptic fits for 10 years, sometimes very severe and frequent. He used two bottles of Fellow's Syrup of Hypophosphites, and was completely cured.

Fellows' Compound Syrup of Hypophosphites.

The wonderful achievements of this wonderful remedy in curing diseases, in saving life, and in establishing joyous health amidst four millions of Canadians, by whom its virtues are appreciated and extolled, have had such an influence upon the trade in the United States as to call into action the vast resources of the several well-known business firms, whose names are given on the last page, or cover, of this book. These firms have agreed henceforth to devote their energies, their talents, and their property towards its introduction throughout the world, and for the purpose of a more perfect conduct of this business have united together under the name and style of

THE FELLOWS MEDICAL MAN'FG CO. (Limited.)

The preparation will continue to be manufactured by the inventor and associate proprietor, Mr. James I. Fellows.

☞ As there are always unprincipled persons to be found disposed to substitute spurious imitations, or articles bearing a name closely resembling the preparation asked for, in order to obtain a trifle more profit, when FELLOWS' COMPOUND SYRUP OF HYPOPHOSPHITES is required, ask for

“FELLOWS' COMPOUND SYRUP.”

and be sure no imitation is foisted, or other article thrust upon you.

☞ As this preparation is entirely different, both in its effects and composition, from all other combinations of Hypophosphites, physicians will please be careful in ordering to specify the article thus:—

Syr: Hypo: Co: Fellows.

In consequence of the increased demand for

FELLOWS'

Compound Syrup of Hypophosphites

AND THE PROSPECT OF AN

EARLY RESUMPTION OF SPECIE PAYMENTS

IN THE UNITED STATES,

The Proprietors have determined to make the price uniform, namely

\$1.50 per bottle, and six for \$7.50.

—:O:—

☞ On receipt of the price any of the agents named below will forward the Remedy (if your apothecary does not keep the article), without charge for packing or cases, to any address.

WHOLESALE,

THE FELLOWS MEDICAL MAN'FG CO., Limited,

Depot and Sales Office, Montreal, Ca.

JOHN I. BROWN & SONS, Boston, Mass. & London Eng.

JAS. I. FELLOWS, - - - St. John, N. B.

PERRY DAVIS & SON, Providence, R. I. & London, Eng.

JEREMIAH CURTIS & SON, New York & London, Eng.

L. W. WARNER & Co., - - - New York.

PERRY DAVIS & SON, & LAWRENCE, Montreal, Canada.

J. N. HARRIS & Co., - - - Cincinnati, Ohio.

REDINGTON & Co., - - - San Francisco, Cal.

NEWELL & Co., - - - Melbourne, Australia.

C. H. ROBINSON, - - - Hamilton, Bermuda.

Also sold by all respectable druggists everywhere.

