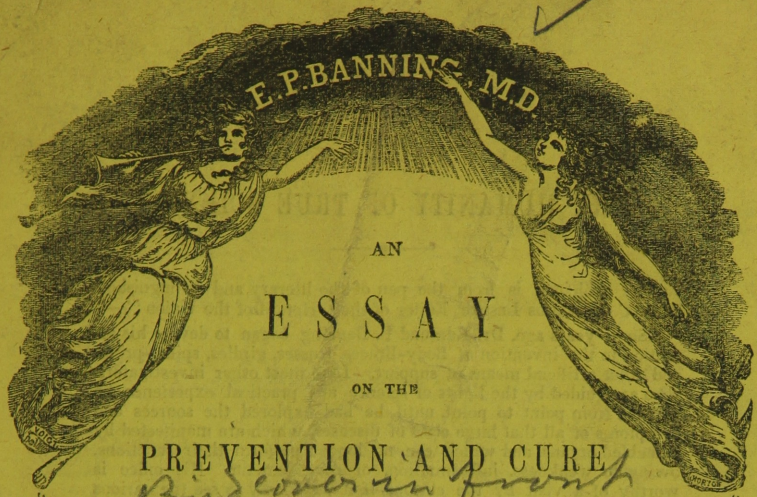


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E. P. BANNING, M.D.

AN  
ESSAY

ON THE

PREVENTION AND CURE

*Bind cover in front*

OF

VOCAL, PULMONARY, DYSPEPTIC, NERVOUS,  
SPINAL, FEMALE, UTERINE, AND CHILD-  
BED WEAKNESSES:

AND ALSO, OF

**HERNIAS, PILES, AND PROLAPSUS-ANI, &c., &c.**

BY MECHANICAL SUPPORTS,

CONSISTING OF

Ben's  
LIBRARY  
23503  
Washington, D.C.

BRACES, PROPS, GIRDLES, SPRINGS, GALVANIC  
ATTACHMENTS, AND BANDAGES,

ADAPTED TO THE ABOVE MALADIES RESPECTIVELY.

WITH THE OPINIONS OF DISTINGUISHED MEDICAL MEN ON THE SUBJECT.

BY EDMUND P. BANNING, M. D.,  
**21 MERCER-STREET, NEW YORK.**



ENTERED according to Act of Congress, in the Year One Thousand Eight Hundred and Fifty-  
Two, by EDMUND P. BANNING, M.D., in the Clerk's Office of the District Court of the United  
States, for the Southern District of New York

## THE HUMANITY OF TRUE SCIENCE.

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The subjoined is from the pen of the literary and distinguished  
HON. C. EDWARDS LESTER, Editor of the "Herald of the Union:"—

"Some years ago, Dr. Edmund P. Banning began to devote his attention to the invention of Body-Braces, trusses, girdles, spinal-props, and other artificial means of support. Like most other investigators, who are guided by the lights of science and practical experience, he was led from point to point, until he had explored the sources and symptoms of all that large class of diseases, which are manifested by enfeebled organs, and which can no longer perform their functions, owing to weakness, inflammation, or derangement. His office is worthy of a visit by the curious, if it were only to see the various stages of progress he has made, from the first rude Brace he constructed, to remedy a simple local weakness, to those complicated and yet simple inventions, which he now adapts to any and all of those dreadful afflictions which shorten life, and load it with suffering and trouble.

"He has received not only the most earnest and grateful attestations from the thousands he has relieved, but with unusual unanimity, Surgeons, Physicians, and men of science everywhere, have accorded to his inventions the tribute of admiration.

"Our attention was recently directed to this subject especially, by the complete success with which Dr. Banning had treated a friend very dear to us, and at whose solicitation, often repeated, we found the time, and cultivated the inclination to visit the Doctor's office. We know not how it may be with our readers, but there are so many intolerable impositions upon the credulity of men, and so many unprincipled charlatans are making fortunes at the expense of entire communities, that we feel a species of reluctance even to talk about, much less to examine any of these pretended new and wonderful inventions, which are placarded on our street-corners, and flame out in puffs from cheap newspapers. We had not the slightest conception before we had thoroughly examined the subject, that Dr. Banning had, from the beginning, proceeded in all the stages of his successful career, with so much simplicity, honesty, candor, and science.

"We know of nothing more affecting than scenes that are sometimes witnessed in Dr. Banning's office. Gentle and noble women, who had for years suffered indescribably, without finding relief even in the highest medical skill; who in the very search for health, had endured bravely, sufferings that would have blanched the cheek of the hardiest man, have been completely restored by the application of Dr. Banning's inventions.

"Science, in the hands of a man of inventive genius and humane philosophy, is a sublime and great instrument; and no satisfaction can ever be experienced on the earth, that transcends that which such a man must feel, when he puts his hand with absolute confidence upon the exhausted, enfeebled, and drooping muscles, and restores them to life and vigor. The power thus to take an enfeebled body that is bowed down with weakness and a weight of suffering, and lift it up again erect, is one of the noblest powers ever given to man by his Creator."—*Herald of the Union.*

## TESTIMONIALS.

*From Professor Mott, of New York, and others.*

The undersigned have examined Dr. Banning's novel views on the mechanical pathology of many affections of the viscera, and believe them to be highly interesting, and worthy the serious attention of the medical profession.

VALENTINE MOTT, M.D.,	J. KEARNY RODGERS, M.D.,
ALEX. B. WHITING, M.D.,	STEPHEN BROWN, M.D.,
H. McLEAN, M.D.	

*From Professor Dickson, of Charleston, S. C.*

*February 5, 1847.*

The principle which Dr. Banning has so ingeniously carried out, seems to me widely applicable to a large class of cases of suffering and debility in both sexes.

SAM'L HENRY DICKSON, M.D.

I fully concur in the above.

JAMES JERVEY, M.D.

*From Professor Goddard, Philadelphia.*

*PHILADELPHIA, Feb. 18, 1846.*

I have examined Dr. Banning's instrument for the relief of weakness requiring support, and have made practical experiment of the same, and am astonished at the results, and recommend its use to the serious consideration of the medical profession.

PAUL P. GODDARD, M.D.

*PITTSBURG, May 28, 1846.*

We, the undersigned, having used in our practice "Banning's Patent Lace," for the relief of cases of simple prolapsus uteri, cheerfully testify to its being the best instrument we have met with to fulfill all the indications required in the case, which can be required from an external support.

A. N. McDOWELL, M.D.

T. F. DALE, M.D.,

JOS. P. GAZZAM, M.D.

*SAVANNAH, June 11, 1847.*

DR. BANNING—DEAR SIR: We, residents of the city of Savannah, have had frequent opportunity of witnessing the effects of your "Body Braces," and are convinced that they excel every mechanical instrument which has ever been invented to relieve the pelvis from the unusual pressure of the contents of the abdomen, consequent upon spinal and other organic affections, which so often baffle the skill of the most able physicians. We believe the principle to be a correct one, and, if judiciously applied, will do much good. Therefore we congratulate the public on the success of your labors wherever you have had an opportunity of imparting instruction. We sincerely wish you success in your endeavors to do good, and tender our best wishes for your prosperity, hoping you may enjoy a long life of usefulness.

Your friends,

H. K. BURROUGHS, M.D., (Mayor of the City.)

C. P. RICHARDSON, M.D.,

J. S. MORRELL, M.D.,

J. C. HABERSHAM, M.D.,

A. CUNNINGHAM, M.D.

# THE MECHANICAL NATURE AND TREATMENT

OF

## CHRONIC DISEASE.

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It is my object in this essay, to show why it is that the best *internal* treatment by MEDICINE ALONE, so often fails of curing an extensive class of weaknesses, (among which, spinal, dyspeptic, and female weaknesses are prominent,) and how it *may* be, that mechanical support, when physiologically constructed and applied, may of itself, or in conjunction with medicine, cure the same by removing the MECHANICAL CAUSE.

It is my object in this essay, to show how it is, that medicine has failed to cure a very common and extensive class of chronic maladies; and how it may be, that mechanical support, when physiologically applied, may cure the same, by a removal of the mechanical cause.

In order to which, the "common sense" reader's attention is first invited to the following fundamental and "common-sense" propositions and conclusions:—

I. That man, *materially* considered, is a *machine*, of a *primary, definite, and accurate* character, and as such, is under the control of *mechanical* law—a change in its *actions* always resulting from any local or general departure from its primary and accurate definiteness, like as in other machines.

II. The internal organs, or viscera, are as much under this law of *definite* position and mutual bearing as the bones; and a functional derangement will follow a displacement in one case as well as in the other.

III. This definite position and relation of them, consists in a *packed, braced, and upward supporting* action from *below*, and not in a *suspended or pendent* state from above; and the erect posture and surrounding abdominal and dorsal muscles are the consummative agencies (when active and strong) in maintaining this supported and primary state of the vital parts, causing the lower abdomen to be comparatively small, the waist and stomach plump, and the chest short and broad, by virtue of the consecutive series of supports from the base to the apex of the whole pile—all resting upon the tense and flexible muscles below, which act in this case much like the elliptical springs of a coach, reacting upon any depressing influence above and within. This is the *natural* state. See fig. V.

IV. Next, we see that if these *supporting* muscles, or springs, give way, and do not *fully* perform their duty, then there will ensue a letting down of this upward, natural state, not only at the base, but even at the top of the pile, lengthening it, and producing a change from visceral *support* to visceral *suspension*. See fig. VI. This is the *unnatural* state. The philosophic result of this change is, a drooped, rounded form, with sunken organs, a retracted stomach, and pendulous abdomen.

V. Now, bearing in mind that there is but one *best*—and that all machinery operates under its *moving power* long and well, only in proportion as it was first a wise and perfect machine, and continues so—let us see what will be the necessary and "common-sense" result of this change from support to suspension.

1st. We see that there is an undue weight put upon the arteries, veins, nerves, and lymphatics of the lower extremities, tending to produce coldness of the feet, varicose veins, swelling of the feet, milk-leg, and numbness and weakness of the extremities—and particularly so during and immediately after pregnancy.

2d. We see that undue weight will be produced upon the lower bowel and its veins, mechanically producing costiveness and piles; that the bladder will be depressed, compelling it to be evacuated, or causing retention of urine, by compression of its stem, or a too sudden bending of it; that the womb will be pressed down too low in the passage, producing whites, and giving much pain in the back and groins by unduly stretching the cords inserted in those regions, and which support the womb; also producing the common sense of *bearing down*.

3d. We see that the bowels drag upon the stomach, liver, and spleen, and that they consequently drag upon the diaphragm, producing dull, heavy, dragging pains in the sides and stomach, with a sense of *faintness, weakness, sinking* or "*goneness*" about the stomach—causing the person to step carefully, and to lean forward—giving to many a bad reason to suppose the liver, stomach, and spleen are affected.

It should be noticed that in this relaxed condition the bowels and other abdominal organs are, comparatively, in a *dangling* condition, which may tend to arouse their *irritability*, or to induce a *torpor* of them—commonly *both*, alternately—favoring constipation and general inaction at one time, and dysentery and diarrhœa at another.

4th. It is also plain that this relaxed condition of the abdominal muscles, and sunken state of the abdominal organs, greatly increase the liability to ruptures of the bowels and the difficulty of their cure.

5th. This unnatural state may well be supposed to disturb the equanimity of the nervous function, and to account for the motley crew of symptoms under the head of hypochondria, melancholia, hysteria, gloom, causeless crying, etc., etc.

6th. We see that the diaphragm is drawn down, the perpendicular and dividing membrane of the chest (the mediastinum) is put upon the stretch, the heart and lungs left unsupported, and the philosophy of respiration and of the pulmonary circulation necessarily broken up, producing palpitation of the heart, shortness of breath and congestion, with a tendency to bleeding at the lungs, accompanied with a sense of tightness in the center of the chest, and a tendency to droop the shoulders and flatten the chest.

7th. We see that this state also lets down the tone of the vocal organs, producing weakness and roughness of voice, and a consequent soreness of throat, from an unphilosophical effort to speak or sing.

By these self-evident propositions we see—1st. That a drooping form and a relaxed state of the abdominal muscles and ligaments of the internal organs may produce such a deranged state of the viscera as to mechanically induce all of the above and analogous maladies. 2d. We see that when wholly or partially so caused and perpetuated, they can *only* be removed by a restoration of the primary mechanical position of the parts, and that, too, by *mechanical* means, in conjunction with a proper reformatory course of life. 3d. It is evident that that support which most effectually elevates the abdominal organs will immediately commence to accomplish the desired relief. These indications, on the above principles, an extensive experience has proved, may all be perfectly fulfilled by the respective inventions herein described, either by themselves or in conjunction with a proper internal treatment.

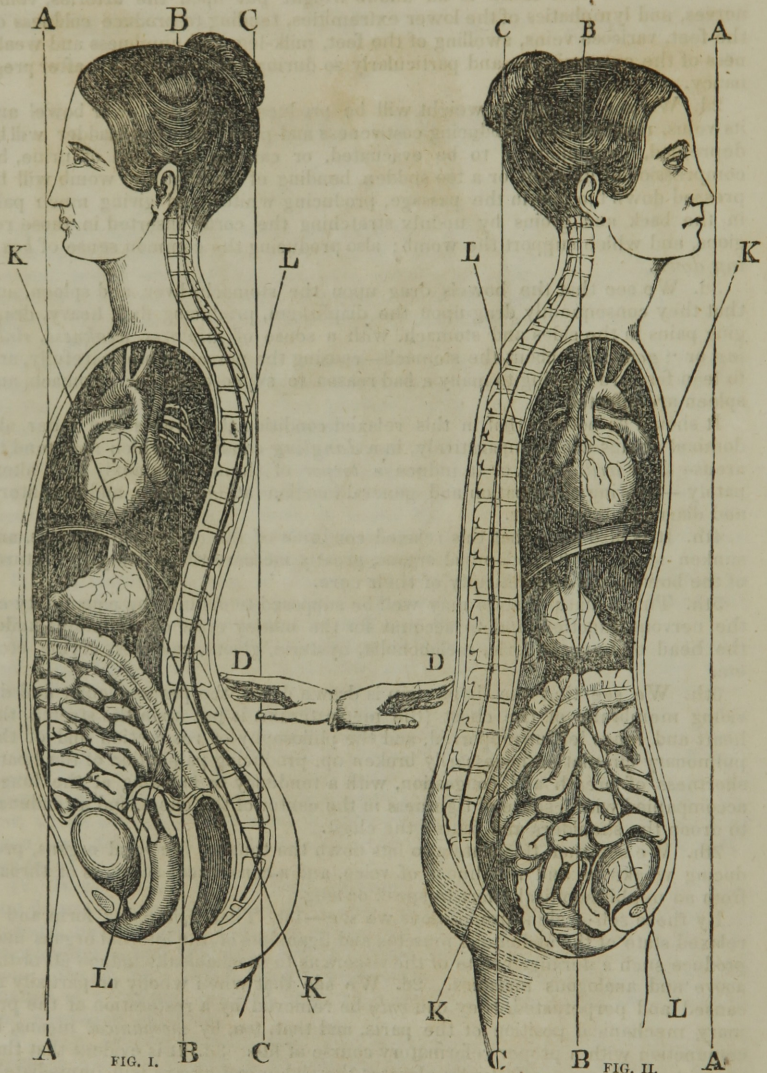


Fig. 1 represents the healthy, erect, and well-proportioned subject just referred to, with chest and region of the stomach well supported and expanded, and the womb, bladder, rectum and vessels of the legs protected from undue visceral compression by the braced-up state of the bowels through the energetic abdominal and dorsal muscles. See page 1, paragraphs I, II, III.

Fig. 2 represents the relaxed, drooping and badly-proportioned subject, just referred to, (the perfect contrast of the former,) with the lungs and stomach dragged, and the womb, bladder, rectum and circulating vessels of the legs unduly compressed by a falling of the bowels, caused by a relaxed state of the abdominal and dorsal muscles. See page 1, paragraphs IV and V; also page 2. Also, consult the author's work, "Common Sense."



FIG. III.

Fig. 3 represents the general appearance (rather extravagant for a *general* illustration) of the relaxed, languid and drooping subject, with displaced, dragged and compressed vital organs, requiring the Body-Brace to aid nature in lifting back the fallen organs to place, and in curing pulmonic, digestive, spinal, female and other weaknesses.



FIG. IV.

FIG. V.

## BODY-BRACES.

Fig. 4 is a front view of the Body Brace on Fig. 3 (the relaxed subject) relieving weakness of the legs, womb, bladder, rectum, bowels, stomach, heart, lungs, and vocal organs, by *lifting* the sunken bowels away from the parts below.

Fig. 5 is a back view of the Body-Brace, supporting the loins, drawing back the shoulders, expanding the chest, and relieving pain, aching and weakness of the back, and incipient curvature of the spine; taking away the desire for corsets, and compelling the bowels to support the heart and lungs.





FIG. VI.

Fig. 6 is a back view of the Body-Brace, with Spring Spino Shoulder Brace attachment, for the more *effectual* support of the back, squaring of the shoulders and expansion of the chest. It is more especially adapted to pulmonary and spinal weaknesses; to children; to those who are very tall and thin, and who are too weak or too indolent to help the simple Body Brace do its office.



FIG. VII.

Fig. 7 represents a Body-Brace converted into a Rupture Truss, by the addition of two rupture balls attached to the inside of the abdominal pad at each end. It simultaneously performs all the offices of a spinal and abdominal brace, and also of a rupture truss, by *lifting the weight of the bowels from the breach*, and by closing the breach by means of the abdominal pad and the small rupture balls, at one and the same time.

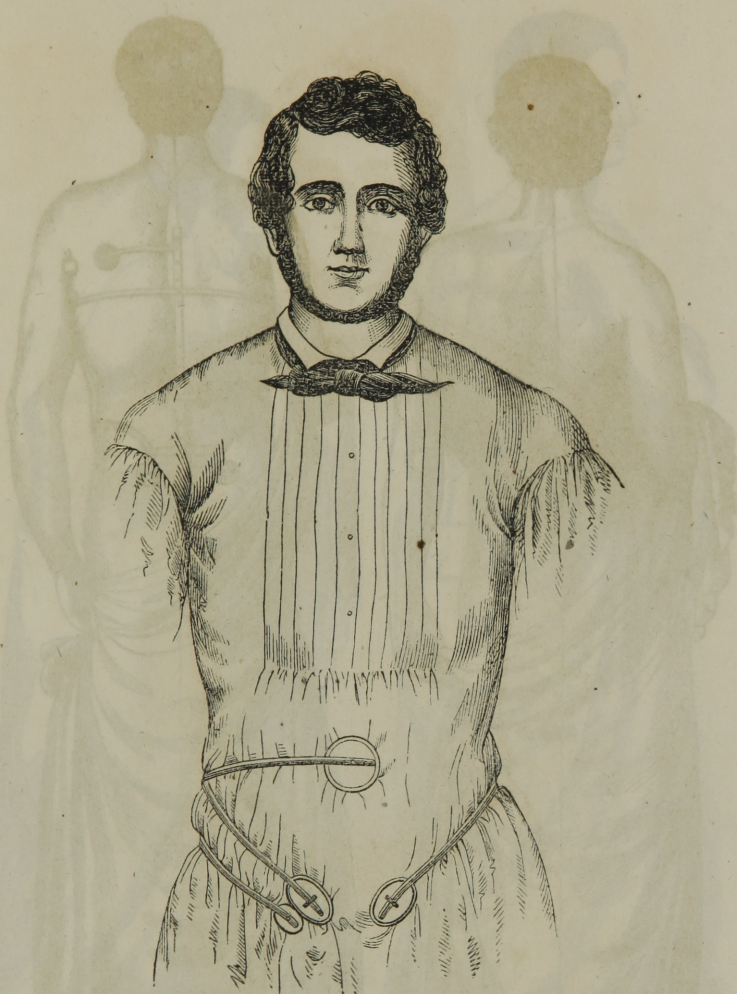


FIG. VIII.

Fig. 8 represents a Rupture Brace, composed of the back parts of the Body-Brace, and of springs in front, which avoid the bones, and are armed with truss balls, so as to support the back and radically cure one or more, ruptures simultaneously. With this truss the back and hips are never bruised as by most ordinary trusses.



FIG. IX.

Fig. 9 represents a case of lateral spinal curvature, with an enlargement of the right shoulder and of the left hip. It is usually caused by muscular debility and bad habit of posture, and requires the weight of the upper trunk to be lifted off from the weak and yielding spine.

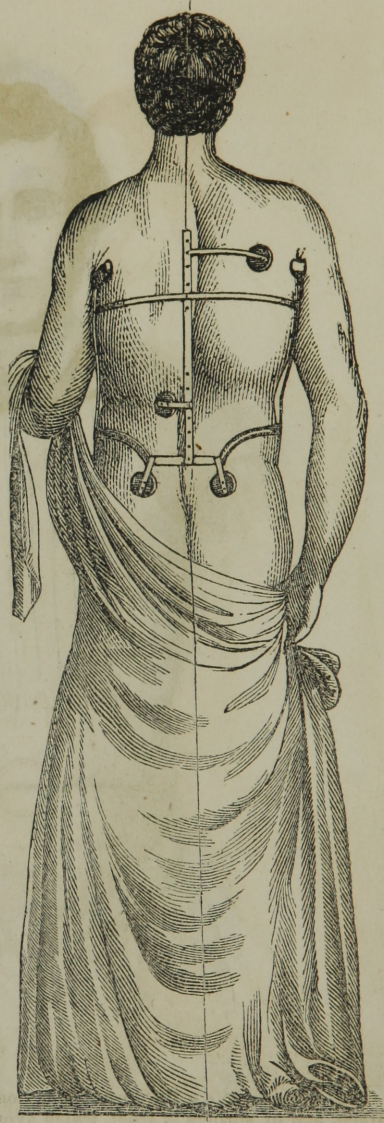


FIG. X.

SPINAL PROP.

Fig. 10 represents Fig. 9, a case of spinal curvature relieved, and the form improved by the spinal prop, which supports the abdomen and the small of the back, and also by means of crutches under the arms, relieves the bending spine of part of the body's weight, without any compression of the chest.

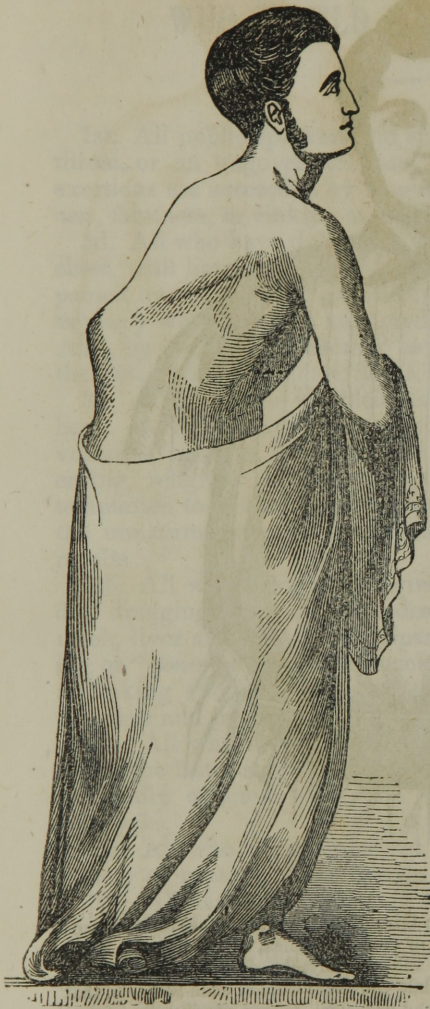


FIG. XI.

Fig. 11 represents a case of incipient "hunch-back," or posterior spinal curvature, continually increasing and becoming more hopeless by the weight of the body crushing the weak or diseased body, and breaking at a leverage across the body's axis.

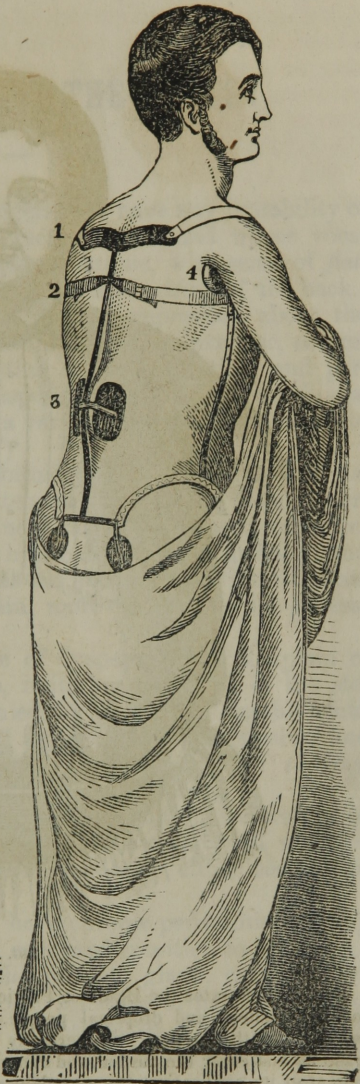


FIG. XII.

Fig. 12 represents Fig. 11, the "hunch-back," being perpetually straightened and strengthened by the spring spino shoulder brace. Its front pad lifting the dragging bowels, and the posterior spring pushing the hunch forward and drawing back the shoulders, thereby taking the strain from the spine and muscles.



FIG. XIII.

Fig. 13 illustrates the Brace or Pelvic Girdle, giving wonderful rest and support to corpulent and dropsical people, or enciente ladies, supporting the back, and carrying the burden. So perfectly and comfortably does this instrument brace up and carry the burden, and stimulate the absorbents of such subjects, that soon after its application, the corpulent and dropsical person usually diminishes in size, and the enciente, or pregnant lady, finds immediate relief from the great burden, and the cramps and wearing pains in the back, abdomen, and limbs, which are attendant on her "journey."

## WHO SHOULD WEAR THE BRACE ?

---

1st. All public speakers and singers who have any irritability of throat, or an ungovernable and cracked voice, and whose vocal exertions are succeeded by languor and fatigue, with sense of *flatness*, faintness, or sinking at the stomach, and aching of the back.

2d. All who have dull pains and sense of oppression about the chest, with limited or hurried breathing on slight exercise, accompanied by short cough on attempting a *full* inspiration, and particularly where there is any predisposition to bleed at the lungs. Also, by *confirmed* pulmonics, as a very great temporary relief to the last. (See "Common Sense.")

3d. All who are troubled habitually with palpitation of the heart on slight exercise or excitement; and also, a general nervousness, such as hysterics, lowness of spirits, gloom, causeless crying, religious hallucinations, hypochondria, melancholia, and temptation to suicide. All such as the above usually approximate the unnatural shape, and complain, more or less, of its general results.

4th. All who have any degree of dyspepsia, and complain of dull dragging pains in the sides, imitating affections of the stomach, liver and spleen, accompanied by a sense of deathly sinking or "*goneness*" at the stomach, aggravated on exercising, and on taking the *erect* posture; together with a sense of *shaking*, *heaviness* and *pulling* or *dragging* on *walking* or *riding*.

5th. All who are habitually costive, have chronic diarrhea, or are in the latter stages of dysentery, and particularly all who are habitually afflicted with colic, and who have either *bleeding* or *blind piles*.

6th. All who are swag-bellied, have chronic peritonitis, and any variety of rupture of the bowels, or a predisposition to the same.

7th. All having affections of the prostate gland, or who have any difficulty in either retaining or evacuating urine, and particularly all of that unfortunate class of both sexes, who from various causes (whether they be personal folly or accident), are laboring under that seminal or genital weakness which, despite the best moral principles and all constitutional treatment, goes on to sap both body and mind of its strength, too often terminating in insanity or imbecility. It cannot be too eagerly sought by young and old of both sexes, where the draining waste, the weakness of the loins and nerves, and the mental depression and weakness continue, after reforming from their follies. The effect is often wonderful on both body and mind.

8th. All who have any variety of spinal affection, whether it be a double or single curvature, or spinal irritation, or only *weakness*, attended by dull pains between the shoulders, or continual wrangling or grinding pains in the small of the back and hips, with coldness, numbness, swelling, pains and varicose veins, with weakness of the lower extremities, particularly in chronic milk leg, and the hardening of flesh and ulcerations so consequent upon it.

9th. All pregnant ladies who are disposed to abortions, or suffer much in the last period of their *journey*, and particularly *every* lady immediately after delivery, and for weeks after (in such case should be applied over a wide linen bandage).

10th. All who have any of the above symptoms, in connection with any bearing down (falling of the womb), whites, painful, interrupted or profuse menstruation;—and very strange rumors are abroad concerning its use in cases of barrenness!

11th. All weak, lax-fibered and rickety children, and youth who droop, lean and lounge, and who do not endure exercise well; and particularly young girls whose physical powers rather flag about the change to womanhood. If neglected *then*, they seldom fully recuperate afterward.

12th. Particularly those recovering from long confinement, by fevers, or any other cause, should use it—it will enable them to begin to move earlier and more among the convalescing influences; for sea sickness it is most grateful.

And lastly. All who are from habit or occupation disposed to droop, and are of a sedentary and rather delicate frame, should always *own one*, to use casually in walking, riding, or traveling, thus averting the consummation of their downward tendency.

All of the above maladies may be caused by the descent of the internal organs, producing pressure from above on the one hand, and dragging on the other [re-read explanation], all of which the Brace may rationally relieve by supporting the back and lifting the abdomen, thereby restoring a *natural* condition, and removing the physical power of discomfort. Reflect upon this before you say, "It cures too many things."

CAUSES OF THE DEBILITY OF LADIES, SO COMMON AT THE PRESENT DAY.—1st. A neglect to support weak children. 2d. Neglecting to support fast-growing and lax-fibered girls, at the change from girlhood to womanhood. 3d. The present length of whale-bone dress waists, and the enormous number and weight of skirts at this day commonly worn, and pressing downward.

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## DR. BANNING'S OFFICE,

21 MERCER STREET.

Entered, according to Act of Congress, in the year 1853, by

EDMUND P. BANNING,

in the Clerk's Office of the District Court of the United States for the Southern District of New



But the common inquiry is—Will the use of the Brace compel me to wear it continually?

I answer: 1st. The *facts* say no! Invariably (the procuring and predisposing causes being removed) the patient gradually lays it aside.

2d. Suppose it does; are you not the gainer? Before you put it on, you had a long and growing habit of being *uncomfortable*, with a prospect of its increase and permanency, judging by others, and the effect of treatment on yourself. But you have exchanged it for a *comfortable* habit, and are made *eligible* to that exercise, etc., etc., which is calculated to remove the procuring and perpetuating cause.

3d. The Brace does not, like other supports, act by compressing, confining, or restraining the muscles, but as a *prompter* or monitor to the erect posture, in which posture it has nothing to do. It also acts as a *restor* of the overtasked muscles, as a *crutch* or *cane* rests the *weary* man without taking away his liberty to help himself. The reason why it so acts is, that its back pads, or fulcrum, are so much higher than the front, giving a drawing upward to the front pad, and that the front pad, being placed on an elliptical and a curved spring, travels upward much farther in its sphere of motion than any other. Its action is also concordant with the natural action of the *strong* muscles, where no support is needed. But for these things the Brace would, like others, merely *squeeze*, confine, and press downward. (See cuts of Brace.)

4th. The objection on the score of a bad habit, only bears when *unnecessary* support is applied to *strong* and *healthy* muscles. But the Brace is only applied to *weak* ones, so that the objection, though scientific, is not practical.

PARTICULAR ADVANTAGES OF THE LACE OVER OTHER SUPPORTERS.—1st. It is cool. 2d. It is light. 3d. Its pads can all be shifted up or down, right or left, as often as the spleen or necessity of the case may require. 4th. Its great and universal flexibility. 5th. It *LIFTS* more than any other. 6th. Its back pads are four, and press on the weak hips, and particularly on the weak back, balancing and not restraining the body. 7th. Its pads being of naked horn, stimulate and harden the muscles, while soft and cushioned ones relax and weaken, through heat and perspiration, besides giving them a rancid smell. 8th. It is so constituted as to admit of attaching to it any proper spinal apparatus, and also the most perfect pile and hernial trusses. 9th. It may combine with its mechanical influence the virtues of the galvanic battery, locally or generally applied.

#### RULE OF MEASUREMENT.

Persons wishing to send for the Brace may draw a tape snugly around the body, one and a half inches below the tips of the hip bones, over the linen, and send the number of inches, cash accompanying the order, and the Brace will be sent to order, with an accompanying circular, and exchanged to suit, provided it be *immediately* returned in an unsoiled condition.

Persons measuring as above, 20 inches, wear No. 1; 22 in., No. 2; 24 in., No. 3; 26 in., No. 4; 28 in., No. 5; 30 in., No. 6; 32 in., No. 7; 34 in., No. 8; 36 in., No. 9; 38 in., No. 10; 40 in., No. 11; 42 in., No. 12; 44 in., No. 13; 46 in., No. 15; 48 in., No. 16; 50 in., No. 17.

HOW TO APPLY THE LACE OR BRACE.—Open the Brace freely, and bring it around you, causing both bows to sit snugly and at ease just above and nearly or quite in contact with the hips; then lock it more or less tight, as your good sense and sensations indicate. It should sit saddle-like, perfectly at ease, and motionless upon the person.

#### EFFECT OF THE BODY-BRACE ON WEAK PUBLIC SPEAKERS.

It is now an established fact, that most vocal derangements are wholly or partially caused or perpetuated by muscular debility, and a consequent dragging of the viscera upon the vocal organs; and also, that these maladies are wholly or partially cured by the lifting and bracing action of the Body-Brace.

(See "Common Sense on Chronic Diseases.")

I append three only out of numerous cases in point.

*Extract of a Letter from the Rev. David Caldwell, Rector of St. Paul's Church, Norfolk, Va.*

I am now truly rejoiced to hear you are coming South. I hope you will find the trip one of profit to yourself, for I am sure it will be one of benevolence to others. If you wish, I would write you out an accurate description of *how great service your Brace has been to me, especially as a stay and support in speaking.* If I could not procure another, I would not part with it for *ten times its weight in gold.* I hope you will by all means visit Norfolk. I know many who need your Brace, and if they only knew its excellence, would furnish themselves with it. I am determined to keep a second Brace always on hand, provided against any accident to the first. I have been repeatedly urged to write to you for several of your Braces—and although wholly averse to engage in secular matters, yet I regard your “Body Brace” *such a blessing to individuals,* that if you will send me one dozen by Mr. —, or by the weekly packets between this port and New York, I will be responsible for them.

DAVID CALDWELL.

*For the Daily Globe.*

*Cincinnati, November 27, 1848.*

MR. EDITOR: It is proper when we have received a benefit by any remedial agent to acknowledge it for the public good. Having tried Dr. Banning's Lace for the support of the abdominal and thoracic organs, I hesitate not to give it as my opinion that it is well adapted to the purpose for which it is designed, and I would earnestly recommend it to all persons who, like myself, find it difficult to keep the body erect. I would particularly call upon public speakers who are afflicted with any weakness in the chest to procure this instrument, and make the trial of its utility. And I take the liberty also to invite the attention of medical gentlemen to the examination of Dr. Banning's book, entitled “Common Sense,” and to communicate to the public, in some way, their opinion of the correctness of its principles. I would myself review the work, if I were now in the practice of physiological and pathological investigations. I hope some one of our medical professors will favor us with the views of those who are competent to judge of the subjects treated by Dr. Banning. Respectfully,

WM. HENRY BRISBANE, M.D.

*From Rev. Caleb J. Tenney, D.D., of Northampton, Mass., late of Wethersfield, Conn.*

*August 5, 1846*

TO CLERGYMEN AND OTHER PUBLIC SPEAKERS.—Thirteen years ago I sustained a loss of voice, which, for three years, was almost total. Subsequently my voice has continued weak and indistinct. One year ago I commenced the use of Dr. Banning's Brace, and have found *very marked and decided advantage* from it, increasing the ease of speaking and the strength of my voice. Now, although I preach once or twice almost every Sabbath, I should scarcely attempt the service at all, if I had not in constant application the principles of Dr. Banning's Brace, which from my own knowledge of its certain utility in my case, I cheerfully recommend to all suffering a like calamity.

CALEB J. TENNEY.

NOTE.—Said a distinguished clergyman of Vermont, to the author: “Doctor, I feel persuaded that you are a louder and more extensive preacher of the gospel than any other man, for, judging from my renewed powers and faculties to preach, since wearing your brace, and from what I have heard from other enfeebled clergymen who have experienced a similar relief, you will be instrumental in continuing many a successful messenger of peace in the pulpit, who, otherwise, must be silent.”

## EFFECT OF THE BRACE IN LUNG AFFECTIONS.

Apart from the observation and experience of the author, a careful perusal of the first two pages of this Essay must satisfy every common-sense reader, that a falling of the abdominal organs may have much to do in causing and perpetuating lung affections; and that the Body-Brace, by lifting the bowels, and thereby supporting the lungs, expanding the chest, and improving the breathing and pulmonary circulation, must always eminently relieve lung affections, and greatly enhance the curative effect of general treatment.

It is the author's fixed conviction, that no person, young or old, who is circumstantially or hereditarily predisposed to consumption, or that is drooped, with flat chest, and round shoulders, should lose any time in applying the Brace. (See "Common Sense" on this subject.)

*From Charles F. Pope, Esq.*

*Washington, Dec. 11, 1846.*

DEAR SIR: With great pleasure I bear testimony to the efficacy of your invaluable Brace. I commenced using one in June last, at which time I was in very feeble health, in consequence of a severe hemorrhage of the lungs, with severe hemorrhoids from the slightest irregularity of the bowels, oftentimes continuing for a week, and leaving me very feeble, weakness in the back, and a most unpleasant sensation in the stomach, shortness of breath, and difficulty of retaining my food after eating. I was obliged to be very cautious, and not expose myself to the weather when it was the least unpleasant, the slightest change affecting me very seriously. The very day I first put it on I was greatly relieved from the sinking, unpleasant sensation in the stomach; I could walk or sit without experiencing the slightest pain in the back, and my chest felt as if it was relieved from a heavy weight. I could breathe freely with perfect ease; in a short time my food ceased to oppress me; the hemorrhoids were relieved; and that which had caused me the greatest solicitude, viz., bleeding at the lungs, entirely ceased. I have not lost one drop of blood from the lungs since I commenced wearing the Lace. I was also afflicted with a severe cough. So greatly have I improved, that my friends who have been absent from the city during the summer hardly recognized me on their return. I have gained in flesh, have a good appetite, and am able to eat food of any description that a well and hearty man can digest. Indeed, I feel almost like one risen from the dead. It was believed by all that my lungs were diseased, and that I must die of consumption. Such was the belief of my physicians; and I most firmly believe that many who die of pulmonary affection, might be restored to comparative health by the use of your Lace. I now attend regularly to my business, not losing a day, no matter how inclement the weather may be. I owe you a debt of gratitude that I feel will never be in my power to repay.

That you may long live to enjoy the blessings of this life will be the constant prayer of your friend,

CHAS. F. POPE.

Dr. Banning, of New York City.

The above and the following parallel cases illustrate the value of the Brace, even in fatal cases of consumption, by prolonging life and mitigating the pangs of the last hours.

*Extract of a Letter from Rev. Dr. Hoyt.*

*Athens, Ga., Feb. 2, 1848.*

Of your Brace I have a very high opinion. Said Miss W. (whom you visited a few days before she died of consumption), a few hours before she died, "O what a relief has that Brace afforded me in my distress!" She could not be prevailed upon to take it off while life lasted. She so often spoke of the relief afforded her by your Brace, that I thought it but proper to make known to you the fact. I am, dear sir, most respectfully yours,

N. HOYT.

## EFFICACY OF THE BODY-BRACE IN PROLAPSUS-UTERI AND OTHER FEMALE WEAKNESSES.

Perhaps, after perusing the first two pages of this Essay, and intelligently examining the contrast between Plates 1 and 2, nothing can be plainer than, that a falling of the bowels must produce falling of the womb (or bearing down), and also, that the Brace, by supporting the weak back, and lifting the bowel load from the womb, will always give instant relief. I give but two or three out of many thousands of interesting cases.

(See "Common Sense on Chronic Disease.")

## CASES OF FEMALE COMPLAINTS.

*Extract from a Letter of a Lady, to her Brother, a Physician.*

DEAR BROTHER: \* \* \* After trying various other supporters to no avail, I was induced, by a friend, to try one of Dr. Banning's Body Braces; have worn it some time, and can testify that language is inadequate to express the relief I have received from it. That constant dull pain in the right side is wholly removed by its use; likewise the pressing, bearing down of the abdomen; the piles and constipation of the bowels are all relieved. You well know how difficult it has been for me for years to walk any distance; but since I have worn the Brace I have walked miles daily with slight inconvenience. I could not believe any thing could have been devised that would so perfectly support the body. And now, my dear brother, I want you to recommend this most useful instrument to all your patients afflicted as I have been.

M. K. EVERET, *New York.*

*Letter from Capt. Thomas T. Tabb.*

*Dover Mills, Va., April 16, 1847.*

GENTLEMEN: It affords me much pleasure to say to you, that the Brace you kindly sent me on trial some two months since, has been of incalculable benefit to Mrs. Tabb, having done for her more than the best medical aid could effect in the three previous years. For nearly four years Mrs. Tabb has suffered with prolapsus, and has been compelled to keep her bed for months at a time, and was unable to walk or ride. Since the use of Dr. Banning's Brace she has almost recovered, and exercises freely, walking faster than many in perfect health, and occasionally rides in a buggy twenty miles without the *slightest* inconvenience. It would be a difficult matter to induce her to part with it, believing as she does, that it is a wonderful invention, and *most invaluable*. Several persons who have observed this case have been induced to try the Brace themselves, and they likewise are doing well, and greatly pleased with it. I have an aversion to appearing in public prints, but believing, as I do, that the Brace, properly applied, will benefit all suffering, as in the case referred to, and being myself truly grateful for the benefits my wife has received, I do not feel at liberty to say you must not publish this, if in your judgment you ought.

THOS. T. TABB.

*North Argyle, Washington Co., N. Y., Sept. 2, 1850.*

DR. E. P. BANNING—Dear Sir: Mrs. Doane was confined to her bed for eleven years. She could not lie even in a horizontal position, but lay all this time with her head the lowest. She could not help herself at all, but had to be turned in bed by her attendants. She could not bear the jar of any one striking or jarring the bed. Her abdomen was nothing but perfect laxity, without any animate action, and if she attempted to sit, the dragging sensation was so great that she would faint almost immediately. During the most of this time she was untiring in her applications to the best of the medical faculty, but to no good purpose. She has also tried several kinds of mechanical supporters, designed to help in such cases, but all did not avail. She gave up, discouraged, thinking she must spend the rest of her days confined to

her bed, but a friend of hers called on her about three years ago, and showed her your book, entitled "Banning's Common Sense on Chronic Diseases," containing a description of your *Brace*, which she thought was better than any thing of the kind she had ever seen, and she was induced to make one more trial. I immediately took measures to procure one for her, and the result has been, to her great joy, that for the last two years she has been able to be up and about her house, superintending her business, and has rode about town to call upon her old friends. She is now quite comfortable, and attends to her business every day. She attributes all this improvement in her health to the *good effects of your Brace*. Without it she could not be up at all, but with it she is comfortable. Yours, respectfully,

EDMUND B. DOANE.

#### EFFICACY OF THE BRACE IN CASES OF LEUCORRHOEA, OR WHITES.

As the whites are almost invariably accompanied by pain in the back, with sense of bearing down; and, as the sufferer generally approximates the form of Plates 2 and 3, indicating that the womb is crowded too low, and is irritating the passage, it must be evident, that whatever supports the back (where the sufferer so often puts her hand), and relieves prolapsus-uteri, by letting the womb rise to its proper place, must also relieve the whites.

(See "Common Sense.")

CASE 1.—Mrs. W., of Pittsburg, Pa., aged 31, had been for years afflicted with leucorrhœa to a ruinous degree; her strength and spirits were gone; her countenance became sunken and dejected. She was continually indisposed to move, and spent her time in weeping. Leucorrhœal discharge was continual and abundant; in short, she was but a wreck of what she had been, desiring to die, and refusing to be comforted. The Lace was applied in her case, and in less than one week, she informed me that she was relieved of the malady, and that the change in her body and mind was surprising; indeed, it was obvious to all who looked upon her. In the short space of one week she superintended the female department of a large public house.

CASE 2.—Miss F. J. (unmarried) was a case nearly similar to the above; her whole surface had become blanched, cold, and leaden; her limbs weak, tremulous, and painful; her countenance dejected and despairing, and her form bent like figure IV. All her former life and sociability were gone, and a kind of gloom and despair overspread her, in her appearance, and in all her intercourse with the world. The leucorrhœal efflux was extreme and continual, until at length she was unable to bear the motion of a gentle carriage, and even to walk across the room, without a continual tendency to fainting. Palpitation of the heart and dizziness were among the very troublesome symptoms. This lady applied the Lace, and, within one week after its application, she informed me that not only were the effects of leucorrhœa, but all the symptoms just enumerated relieved, and that the leucorrhœal discharge itself was dried up; this has been permanent in this and the other cases.

A few days since, I was accosted in Broadway, by a lady, who, when I last saw her, was so bowed down and prostrated by leucorrhœa, which had resisted all treatment, as to be a mere wreck in point of spirits and strength; but had become so elastic in her movements, and so animated and cheerful in her appearance, as to quite surprise me.

She informed me that she wore a Brace for some months, which had *perfectly cured* her, enabling her to walk several miles a day with impunity; and also to entirely dispense with its use. She added, "I felt that I *must* inform you of the wonderful change, and express gratitude and earnest wish that all weak females might make trial of your invention."

This case is a living answer to the charge of those who say, "Wear not the Brace, it will make you worse, and get you completely under the habit of its use."

## DERANGEMENTS OF THE URINARY ORGANS.

If the reader will turn to Plates 2 and 3, he will see that the bowels, in such shapes, may fall upon, not only the womb, but also the urinary bladder, and upon the prostate gland, and produce either retention or incontinence of urine, and, also, an aggravation of every schirrous or inflammatory affection of these parts.

In all such cases, the weight of the falling load should be held away by the Brace. See "Common Sense" for several interesting cases.

## EFFICACY OF THE BRACE IN CASES OF MILK-LEG.

The open ulcer upon this lady's limb, and the attendant hardness, coldness, and blackness in the vicinity of the ulcer, was caused by abdominal weight upon the vessels nourishing the limb, thereby obstructing its circulation—and the wonderful change was wrought simply by the Brace, in lifting the sunken organs off from these vessels, thus mechanically removing the impediment to free circulation of blood in the arteries and veins of the limb.

## CASE OF MILK LEG.

DR. BANNING—Dear Sir: It is not my wish to appear before the public in the character of a CERTIFIER, which has become so very common and of every-day occurrence, that the community generally pay very little attention to such things; but it is due you to inform you what benefit I have derived from the use of your invaluable "Body Brace."

For twenty-four years I have been afflicted with Milk Leg; at periods, of course, not so severely as at others, but for that length of time I have been suffering with this complaint.

For the last two months (with the exception of seven or eight days) my sufferings have been very severe—so much so that I could scarcely bear my limbs under me; nor could I, for days in succession, walk at all, without other assistance than my own exertions. Eight or ten days ago, as you are aware, my husband procured for me one of your Braces, which I have been using ever since, and I am happy to inform you, that from the second day after I put it on, my leg has assumed a very different appearance, and my health very materially changed for the better. You perceive I say the *second* day, for I must inform you that the first day I wore the Brace it made me deathly sick; so much so that I thought I would have to abandon it, and, indeed, had to take it off. (I believe you have since informed me that when this symptom occurs it is regarded as favorable.) However, the next morning I put it on again, and since that time I have had no return of that sickening kind of feeling, but, on the contrary, I have experienced such pleasant assistance and support, that I would not, for almost any consideration, part with my Brace. Independent of the bodily support it is to me, I feel satisfied, from the change it has already made, that my limb, with the blessing of God, will get well, for I am now walking without limping, nor do I feel any pain whatever.

It is not now necessary for me to say that the disease had settled or terminated between the knee and ankle, and had become a running ulcer, accompanied with hardening pain and inflammation, for you saw it, and know how bad it was; but, to the astonishment of myself and family, the sore has entirely healed up, and the limb has a much more healthy appearance than it has had for a number of years, and to the use of your Body Brace do I give all the credit.

If I could render to you, or more particularly to any individual in the community, any service by information of the benefit I have derived from the use (for so short a time as I have had it) of your invaluable invention, it would afford me much pleasure; and for that purpose you may at any time use my name.

Respectfully, your friend,

MRS. D. W. MILLER,  
Liberty Street, Corner Evan's Alley.

## VARICOSE VEINS OF THE LEGS.

This distressing malady, which is very common to pregnant and other feeble ladies, is evidently, like milk-leg, caused by a pressure of the bowels on the veins; and as evidently may be relieved, by the supporting and elevating influence of the Brace; and none who feel any symptoms of it should delay its use.

As these cases are generally so confused with other cases, I quote none at this time.

See "Common Sense" on this subject.

## EFFECT OF THE BRACE IN PROFUSE MENSTRUATION AND FLOODINGS.

On this head, referring the reader to her own "common-sense," I simply extract a case or two from "Common-Sense," without comment: p. 174.

CASE I.—Mrs. P., of Pennsylvania, aged 45, mother of a large family, was for nine years afflicted almost to death with flooding, or rather a mixture of profuse menstruation and hemorrhage. Sometimes the attacks were very sudden, and threatened instantaneous death, and would last for three or four weeks. She seldom passed more than three weeks, and often not more than one, without its recurrence. In connection with the wasting away (which occupied the anxiety and attention of both the patient and the practitioner), there were all the morbid effects of general relaxation. Her nervous difficulties were extreme, and dyspeptic ones also. Constipation of the bowels was constant and very obstinate, defying all the ordinary means of relief. She could walk (sometimes) a half a mile per day, but generally was confined to the house, if not to the bed. Every thing in the form of local and general treatment was tried and tried again, but with nothing but a transient temporizing effect.

## EFFICACY OF THE PELVIC GIRDLE IN PREGNANCY.

Perhaps in no sphere does mechanical support act with so extensive and salutary power as in the varied conditions incident to *pregnancy and childbed*.

CASE I.—Mrs. B. was on her *journey* with her second child, and in her seventh month. She had suffered exceedingly for months, with obstinate constipation and its effects, great weakness of the limbs and pain in the back, with strange sensations running up the spine, entering the head and "*sprangling*" out (as she expressed it), making her feel as though she would fall down in a fit; her spirits were exceedingly depressed, and her stomach exhibited every variety and degree of irritation that such patients do. Her cramps were severe. Her hips, she said, would come apart; her veins were very varicose and painful, her limbs exceedingly painful and heavy, and, indeed, she walked by the aid of whatever was in her reach. I was compelled to bleed her often to save her life, apparently, when she seemed destitute of blood. I had reason to fear that she would not survive the journey. At this juncture an inguinal hernia (or rupture of the lower belly) broke out, which compelled me to apply a large truss.

## EXTRACT OF A LETTER.

"DESCRIPTION OF COMPLAINT.—Backache, terrible wrangling, twisting, pressing, bearing down or dragging in the groins; back and limbs very weak; dull, heavy pains in the lower part of my body; numbness and constant inward heat at the lower part of my abdomen, with prickling in my hips and down my limbs: inward heat and bearing down constantly very great, all of my disease lies in my back and lower abdomen. *Oh! how I long to see Dr. Banning's braces.*"

Soon after this application I saw her, and inquired into the hernia. "Why," said she, "that is gone, but that is the least of all; ever since I have applied the truss, all my pain in the back, head, abdomen, hips, and limbs has gone; I feel as light as a bird." She flew around and seemed in ecstasy. Every thing was relieved, and the necessity for my former treatment was obviated.

I never shall forget the reflections which this case brought over me, nor the light that burst in upon my mind, nor the resolutions of reformatations and improvements in practice I then formed.

#### EFFICACY OF THE CHILD-BED GIRDLE IN CHILDBED.

When we consider how suddenly woman's condition is changed on delivery—from a very compact condition of the internal parts, and a tense condition of the surrounding muscles, to a perfectly loose and rolling, hanging condition of the parts, and an exhausted and collapsed condition of the muscles—we can not wonder at the sensations of which she complains; and also at the great amount of ill-shape and prolapsus uteri consequent upon childbearing.

Experience has tested the necessity of support at that time, but the inconvenience and inefficiency of bandages has become but too obvious. (See "Common Sense," p. 170.) The reader, now ere examining the exposition of our fundamental principles in the first pages of this pamphlet, will see the force of the subjoined cases extracted from "Common Sense," pp. 171 and 172.

CASE 1.—Mrs. B. was delivered of a large boy, and was exceedingly smart, so that she was in the kitchen on the third day. I will here premise that I had faithfully applied the bandage. The consequence was, that she was confined to her bed for seven days; any attempt at the inclined or erect posture being attended with a most distressing sensation of sinking or faintness in the region of the stomach; or, as she expressed it, such a "dragging, such a gone-ness, sinking, it seemed as if she could not breathe." She felt it from the throat down to the hips. She ate continually, and said it was all the comfort she had, "for it filled her up, and relieved the sinking and gone-ness." She complained of great and insufferable bearing down on the pubes, accompanied by the to be expected sense of weight and dragging, or grinding in that region, and in the small of the back.

Her limbs and hips were agonized much on sitting, or by motion; the head partook largely of the swimming and dizziness usually attending such affections, accompanied with confusion of ideas, and all this was constantly recurring on any attempt to turn or rise. Difficulty of respiration and palpitation were also distressing. Her abdomen was perfectly flabby and pendulous, and the stomach very much retracted. Plasters, bandages, and tonics of every variety, and in any quantity were administered with but a very transient effect.

On the seventh day, in the evening, after a most desponding fit of crying, she said she believed that a supporter would do her good; accordingly an imperfect one was applied. She arose to her feet on the bed, and adjusted it (a thing she could not have done previously without fainting). She exclaimed, "There, I am well now." She then stepped deliberately off from the bed with ease, walked to the fire, and partook cheerfully of a repast. In three days she rode ten miles to visit her friends.

#### EFFICACY OF THE BRACE IN CASES OF DYSPEPSIA, COSTIVENESS, DIARRHEA AND PILES.

At this stage of the Essay, the reader will plainly see, on viewing Plates 2 and 3, that this falling of the bowels will take away the natural stimulus of support from the stomach and bowels, and induce a torpor of them, with a sense of "gone-ness" at the stomach, and also a pressure on the lower bowel, and the veins of that bowel, producing costiveness and piles, in a mechanical way; and, also, this deranged condition of the small bowels will irritate and excite them, especially during an epidemic of cholera, dysentery, and diarrhea, and tend greatly to the production of those maladies.



The effect of the Brace in curing these maladies, has surpassed all reasoning on the subject.

(See "Common Sense.")

New York, 38 Catherine Street.

DR. BANNING: Such has been my relief from the use of your Brace, that I can not refrain from asking you to receive and promulgate my testimony to the world. For several years I have been the most miserable creature, both in soul and body, that ever lived, from indigestion, costiveness, weakness, and burning at my stomach, spitting up my food, or groaning under the retainure of it; great weakness at my sides, breast, and back; also a nervousness that perfectly unmanned me; my mind, also, was dark and distressed, and all was woe, horror, and despair. For years I did every thing that could be done—I say every thing—without avail. Since the application of your Lace, even the same day, I have been happy, mind clear and cheerful, strength improved, bowels regular—perfectly so, digestion *good*, and stomach strong, etc.; indeed, I am radically relieved. I beg all who live sedentarily, sit much, or stoop, and complain of any variety of dyspepsia, weakness of body, etc., to try Dr. Banning's Brace in preference to any other, or to medicine.

Respectfully, etc.,

M. R. EGLINGTON.

New York, May 8. 1845.

DR. BANNING: For six months previous to wearing your Brace, I was perfectly feeble and miserable in body and spirits. Indigestion, with all its attendants, such as heartburn, spitting up of my food, pain and sense of burning and "*gone-ness*" at my stomach, preyed upon me, until life was a burden, and I was not likely to be troubled with it long. My back and limbs were exceedingly weak, and gentle exercise was followed by great fatigue. Since the use of your Lace my digestion is good, stomach relieved of its former troubles, my back and limbs are strong, my flesh, but above all, my spirits, have returned, and nature and society wear a new face to me. I feel that there are *thousands* similarly afflicted, whom medicine can not relieve, and who must live miserably, or die ultimately, except they use your Lace. Hence my philanthropy triumphs over my feeling, in thus publicly giving my testimony for the benefit of the world.

R. P. PRICE.

#### COSTIVENESS, PILES, AND SICK HEADACHE.

Warren, Pa.

For twenty-five years I was sorely afflicted with obstinate costiveness, piles, terrible sick headache, and melancholy to such an extent, that about one third of my time I was unfit for corporeal or mental labor. I was soon *perfectly* relieved of them *all*, by the use of Dr. Banning's Lace. Two years have now elapsed, and no return of my former troubles. I have also seen hundreds of similar cases equally relieved by the same means. I believe it will be *invaluable*, at least to all who are similarly afflicted.

ARCHIBALD TANNER.

COL. S., of Poughkeepsie, had for twenty years been the subject of inveterate piles, which at length undermined his health, particularly deranging his digestive and nervous systems. In October last, he came to New York for treatment, and informed me that *all* treatment, both constitutional and local, had failed, and that by the recommendation of one who had been relieved of like suffering, he had come to make trial of my improved Brace and Pile Supporter.

He expressed the most *forlorn* hope of any relief, and offered hundreds for even temporary and partial relief. The requisite supports were applied, with *some* immediate relief; in about three weeks he sent his respects by his son, and says, "Tell Dr. Banning that my general health has greatly improved, that I have not

since the application of the Brace experienced a single twinge from my old complaint, and that five hundred dollars could not purchase from me the privilege of wearing the Brace."

### RUPTURES OF THE BOWEL.

Of these there are several varieties, all of which, if not skillfully attended to, are liable to prove suddenly fatal.

Few maladies have met with poorer treatment than they. Most trusses have been bunglingly constructed, bruising the back and hips, and not having any lifting power. Another defect is, they never render any support to the back or abdomen, which such patients should always have.

Many have said to me—"I want you to fix your Body-Brace to cure my rupture, and support my aching back and weak abdomen, all at the same time. You ought to do it."

This I have done in two ways—one, by the whole Body-Brace, with little truss balls on the inside of front pad, and the other by using only the back parts of the Brace, with rupture pads in front, on springs.

See plates 6 and 7. Also, see plate 5, how these trusses support the back.

*From the Tribune.*

*Middletown, Ct., Oct. 25, 1850.*

MR. GREELEY:—It is estimated that every seventh to every tenth person is the subject of hernia; and, as the consequent pain, danger, and loss of labor are so great, it would be a benevolence to publish the following:

I am a fleshy, laborious man, and have for years been seriously afflicted with hernia, which has often endangered my life, and always rendered labor painful. I have suffered much from operations and trusses, and had given up, despairing of relief, or of ever feeling like a man again. But recently I was sent for, to be the first test of Dr. Banning's "*Brace Truss*," which combines the properties of great support to the back, hips, and abdomen, and of a rupture truss, and, contrary to any hope, I have not only been perfectly relieved, but derived great pleasure and support from the presence of this light, cool, and beautiful device. It pains me to think of the suffering thousands under the use of bungling trusses.

STEPHEN KINGSLAND.

### OF HIP DISEASES.

There is a large class of deformities and weaknesses of one or both hips, which are the result of accident or disease, and which are very painful and disabling, and hitherto without hope of improvement. In these cases common sense teaches that one great cause of their perpetuity and aggravation is the physical straining on the weakened hips. But it is surprising to see what strength and relief from pain have been conferred by either the Brace or Pelvic Girdle, which so firmly girds up the weak parts. Want of space forbids the detail of numerous interesting cases. (See the late edition of *Common Sense*.)

CASE.—Miss Mary L., of Nashville, Tenn., was brought to me in the following condition: the right leg was so contracted that she was unable to put the toe to the floor, but used a crutch with notches cut at such height as would receive the pressure of the foot. On the same week of the application of the Brace the limb elongated half an inch, and within two months was so much improved that the crutch was dispensed with. So unexpected was this great relief in point of suffering and symmetry, that both father and daughter seemed wild with delight and gratitude.

### OF THE SPINE.

On looking at Plate 1, you see the spine so curved forward at the *small* of the back, as to be directly *under* the ears making this part the body's *pivot*, or *center of gravity*, upon which the body's weight is balanced. The proof of

this is, that the plumb line dropped from the crown of the head, falls *through or near* the spine at the "*hollow*," showing as much of the upper trunk's weight behind that point as before it, and drops at the ankle joint or a little before it, when we incline, a little over the *ball of the foot*, as in the military attitude. This shows that the erect posture depends upon pushing the *center* or *pivot* under the ears and not on drawing back the shoulders over the pivot, as is commonly supposed.

In *proof* of this, see Plate 2, which is fig. 1, more drooped (taking the "*Grecian bend*"). We see the shoulders *apparently* fallen forward, and the spine straightened; but, on looking at the plumb line down the *center* of the body, we find, while it is the same at the head and foot, as in fig. 1, it passes much farther *forward* of the shoulders and hollow of the back—showing that the fault in the change is, that the *pivot* has *receded behind* and *from under* the head and not the shoulders *fallen in front* of the pivot.

The inference is, that the cause and rationale of a curved or drooping form lie at the hollow or base of the spine, and not at the top, *i. e.*, the cause is at the *base*, and the demonstration at the other extremity of the spine.

A *proof* of this is, if you push an erect person firmly at the hollow of the back, he can neither bow nor droop his shoulders at all. See fig. V. But draw away your thumb one inch, and he will bow, and the hollow of the back will retreat and touch your thumb.

Another *proof*—push firmly with your thumb on the kidneys of a curved or drooping person (see fig. VI.) and he immediately erects himself, because (as in fig. V.) the *base* is *pushed under* the apex of the body.

We see, hence, that no corsets or shoulder braces act naturally, for they restrain motion, and operate on an *effect*, and not on a *cause*.

We also see that when there is a posterior curvature at the base, by pushing forward at that point, we correct the deformity at the shoulders; and, when there is a lateral curvature, with enlargement of the hip and depression of one shoulder, if we press upon the curvature at the base, we urge it gently, but steadily to the *center* and *under* the body, thus elevating the whole body and opposite shoulder.

Take any weak or curved person; take off all their supports, and cause a friend to press forward with the thumb and fingers each side of the spine, opposite the kidneys, and they will immediately straighten easily; then, let the friend *lift* the abdomen with the other hand, and they at once breathe easily, and feel surprising and general support.

This action at the lower abdomen and small of the back is natural and "*concordant*," and any other *deludes* the patient with a *show* of doing something, and that at the expense of liberty and comfort.

In one word, we see that whatever presses forward upon the small of the back, and gently *lifts* the sunken abdomen, will re-balance the body, and take undue weight from the vessels of the lower extremities, and from the lower bowels, bladder, and womb, and its cords; that it will repack the loose and pendent abdominal organs, and cause them to be properly elevated to, and expand the waist; and, also, support and stimulate the organs of voice and respiration.

I have only to add a single remark on this head, *viz.*, that about all complaining of all or a part of the above symptoms approximate nearer to the condition and form indicated in fig. VI. than in that of fig. V., and that their *feelings* compare with the same.

For an ample and argumentative illustration of the above principle, I refer the reader to my little work, entitled "*Common Sense*," to be had of me or my agents.

REMARK.—There are thousands of water cure patients but partially relieved, who have derived all the benefit water can give, that would find complete relief by the auxiliary use of the Body Brace, as has been proved in many instances; water cure is most valuable, but much of its good is done by the mechanical support of the wet towel.

## LETTERS FROM SPINAL PATIENTS.

*Letter from Commodore Jones**Near Prospect Hill, Va., Dec. 8, 1846.*

DR. E. P. BANNING—Dear Sir: Ever since the year 1814, when I received a severe gun-shot wound by a musket ball, which still remains in the body, I have suffered much from what is commonly termed a weak back, and pain in the back, etc., etc., so much so, as at times to destroy all comfort, unless supported by an arm-chair or the like—consequently riding on horseback, or remaining long on the feet, was productive of much pain. I had tried various Belts, Russian and others, all of which I found to be worse than the disease. Finally, I determined to make one more effort in search of relief, and, as you recollect, called at your office, Broadway, New York, in the early days of October of the present year, and had one of your Braces adjusted to my body, *on trial*, for a few days. Suffice it to say, that at the end of three days I called and paid for the Brace, which I have worn ever since, *except an interval of two days*, after my return home, when I laid it aside with a view to ascertain how far the relief I experienced was real or imaginary.

Since I have been wearing your Brace, I have been exposed to some severe and long exposure, without rest. On one occasion I left my breakfast table at half-past 8 o'clock, rode seven or eight miles, alighted, and *remained on my feet*, walking but little until dark, rode back to Washington just in time to meet an evening's engagement, where I remained till 11 o'clock, *without sitting down at all*, except when riding, from half-past 8 A. M., till half-past 11 P. M., and this without the slightest inconvenience at the time or subsequently. Without the Body Brace I could not have endured half the fatigue without great inconvenience and pain at the time, and feeling the effects for several days afterward.

Previous to wearing the Body Brace, I was in the habitual use of the Friction Brush, which I thought of great service to me, and for several years I supposed I could not live without it. Now I have laid it aside, having had no recurrence of the symptoms which induced its use since I wore the Brace, and I feel warranted in saying, that not only has my ability to endure fatigue been greatly renovated by Dr. Banning's Brace, but that my general health has also improved under its use. Wishing you a successful tour in your *pilgrimage* for relief of suffering humanity, I am yours, gratefully,

THOMAS APC. JONES, U. S. NAVY.

*From Rev. Dr. Strong.**Colchester, March 4, 1847.*

DEAR SIR—In reply to your inquiry respecting the effect of Dr. Banning's Body Brace on my daughter, I can speak with confidence that it has been *great and good*. The Brace has been *emphatically* a Brace, not merely in giving tone to the part principally affected, but in giving strength to the whole spine, and to the muscles attached. I am prepared to recommend the Brace to all persons afflicted with spinal affections, believing that if they are not in every instance entirely cured, their suffering will be greatly diminished.

LYMAN STRONG.

Miss H., Ct., a young lady, had for four or five years been afflicted with spinal IRRITATION, so much so that the gentle passage of the hand up and down the spine produced a general horror or shuddering, with a snapping of the eyes, and a strange feeling in the head. She had been unable to sit or walk erect, but dropped on one side. The head ached continually, and the mind was always confused, and could not endure mental application. The stomach was re-

tracted, the lower abdomen tumid, and respiration short; the figure that of number 3. I had no faith that any thing could be done in her case, as it was extensive and severe, and had been treated by all the eminent men of the profession in the vicinity. But the brace was applied, and astonishing to tell, she exclaimed, before she arose from her recumbent posture, "I feel better!" and on rising, she said, "My head has not felt so clear for a year." All uneasiness was gone; she sat and stood erect with ease, and she was afterward able to apply herself to studies and various manual duties with pleasure.

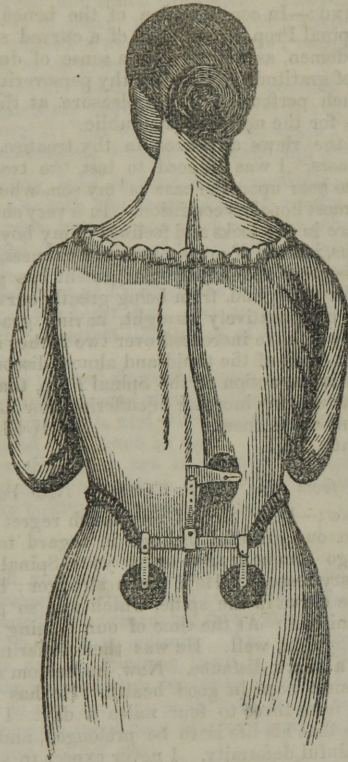


FIG. XIV, is meant to represent a case of spinal curvature to the right of the hollow of the back, with one spring or pad pressing against the curvature, restoring the central and perpendicular center of the body's gravitation, and of course, in so doing, correspondingly increasing its height. If the curvature be to the left, the pad will be applied to the left.

#### CURE OF SPINAL CURVATURE BY THE SPINAL PROP.

There are *some* cases of deformity and drooping which, from great debility, and rigidity of parts concerned, or refusal of the patient to co-operate with the Brace and nature, require for a time some additional support about the chest, which should always be attached to the Brace or pelvic girdle.

Accordingly (see Plate 10) I extend in some cases a support from the Brace up the sides, so adjusted as to pass under the arm or front of the chest, leaving the shoulders free—either supporting the body's weight or compelling the subject to straighten up to keep out of its way, thereby bringing into action the very organs which are able to complete the cure.

I also extend & support up the spine, and one across the shoulders, to which I can attach supports and springs to correct deformity at any part of the spine or shoulders. These parts fit so neatly, and can be so changed in size and shape as to be worn quite comfortably. By this means the weakest person can be enabled to sit, and made *eligible* to those exercises and other influences which are best calculated to strengthen and improve the form.

*Letter from Dr. Samuel Ross, of New York.*

TO DR. E. P. BANNING:—In consideration of the benefits derived by my son from the use of the Spinal Prop, in the case of a curved spine, and scrofulous enlargement of the abdomen, as well as from a sense of duty to anxious friends and the afflicted, and of gratitude to thee, for thy persevering exertions in bringing the invention to such perfection, I take pleasure, at thy request, in putting the facts in this shape, for the notice of the public.

On examination of the views advanced in thy treatise, entitled "Common Sense on Chronic Diseases," I was induced to test the treatment therein proposed, by bringing it to bear upon the case of my son, whose bodily health was then in a pitiful and almost hopeless condition. In a very short time after this an entire change took place in the looks and feelings of my boy; and now, after the lapse of only five months, instead of great physical weakness, we see in him much of the vigor of life; his great abdominal enlargement has given place to an almost natural state of the parts, and, from being greatly curved and bowed down in stature, he is now comparatively straight, having gravitated towards the erect posture sufficiently to have increased over two inches in height.

I would add, for the benefit of the timid and almost discouraged invalid, that, so *scientific* and *natural* is the action of the Spinal Prop, that *at no time* has my son experienced from its use any increase of suffering, nor has he been subjected to an hour's confinement to his room.

SAMUEL ROSS, DENTIST.

NEW YORK, 4th Month, 1851.

*Letter from Mrs. Edwin Curtis, of New York.*

TO DR. E. P. BANNING:—Dear Sir:—I very much regret having so long delayed expressing to you our grateful feelings in regard to our little son, who about eight months ago commenced wearing your Spinal Prop, and is now greatly improved in every respect. He is much stronger; has grown considerably in height; and the curve in the spine, which was so painful, even to look at, has materially diminished. At the time of our coming to you, we had but little hope of ever seeing him well. He was then suffering great pain in the back, and walked only a short distance. Now, he seldom speaks of pain, and he walks as well as most boys in good health. He has this summer, while in the country, walked from three to four miles a day. I look upon him now in the comfortable hope that his life is to be prolonged, and that while he lives he may be free from painful deformity. I never expect to see him of a *perfect* shape; but that he may not be an object of curiosity to strangers, is a feeling which none but mothers can appreciate.

I consider it a duty to express to you the gratitude I feel, after making a fair and successful use of your Body Brace and Spinal Prop. And it is my earnest desire that the knowledge of your mechanical devices, which are unquestionably a benefit to the human family, at least to the suffering part of it, may be widely extended.

MRS. EDWIN CURTIS, 146 Thompson street.

THE SPRING SPINO SHOULDER BRACE.

Whilst the simple Body Brace usually is sufficient in cases of debility and languor, still there are cases of great debility from consumption and spinal weakness, or when from the force of habit or sheer indolence, the body will so droop, and the spine will so bend, as to push away the back pads of the Brace and render its action unsuccessful and uncomfortable. For cases of this kind I have constructed the SPRING SPINO SHOULDER BRACE (see Plate 6), which

when fastened to the shoulders, so effectually increases the pressure on the hollow of the back, as to hold it forward and preserve the body very erect; the shoulders trim and the chest expanded, without restraint to the body.

On the whole, considering that so many are too careless, indolent or weak to co-operate with the gentle promptings of the Body Brace, perhaps the Spring Brace is likely to become the most popular instrument of the two.

Some months since I attempted to fit a dear young friend with the Body Brace, who was pulmonic and much emaciated. The Brace proved uncomfortable to him, slipped out of place, and would not "keep him up" as it does in ordinary cases. He refused to wear it. Recently I re-applied it with the Spring Shoulder attachment, to his great comfort.

Recently he writes to his mother: "What a comfort my Brace is! it is perfectly easy, and supports my abdomen, back, breast, and shoulders completely. Sometimes I go without it; but when I get it on again I hardly know myself, so great is the difference between John in the Brace and John out of the Brace."

Miss E. N., a young lady of scrofulous constitution, recently applied the Spring Shoulder Brace with the most pleasing results. She was but fifteen years of age, had grown rapidly, and from extreme scholastic labors, had contracted a very drooped appearance of the shoulders, flattened chest, and hollow-ness at the stomach, with every appearance of an advancing consumption. She experienced much heat and pain in the chest, with cough, labored respiration and palpitation of the heart, &c.; also an overpowering propensity to lean forward. In short, for a perfect illustration of her general appearance, consult Figure 3, of this Essay.

But a few days have elapsed since this new Brace was applied, and yet it is surprising to see her now moving about, perfectly erect, plump, and symmetrical—with elasticity in her step, and with freedom from pain and cough. Her chest has also increased very much in size.

In all cases where the lungs are implicated, I think this variety of Brace should be used; and also, on children, who will not voluntarily co-operate with the ordinary brace in cultivating a proper posture.

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DR. BANNING will continue as usual at his Institute, (No. 21 Mercer-street, New York,) to professionally apply and fill orders per express, at retail, for single braces, without charge for accompanying directions, and such professional advice as a description of the case may indicate. The inventor's great experience in adapting his braces, and in selecting them to order from a description of the patient, with a measurement as per directions herein given, may encourage those living at a distance to send per express for most of his inventions. When necessary, he will exchange the instrument sent for another, provided it be *immediately returned, unsoiled and freight free.*

All of his other inventions, such as his spinal prop, spring shoulder brace, brace trusses, pile braces, pelvic girdle, galvanic attachments, and brace chairs, (of which he has retained the sole proprietorship,) he will furnish at wholesale and retail.

He will be happy to exhibit and explain his inventions to any inquiring ladies and gentlemen who may visit or pass through this city. All traders, and those visiting watering places for improved health and strength, will find the Braces the *thing needful* for the fullest success.

But notwithstanding all this array of the happiest *facts*, we are often met with the old stereotyped objection, that "no matter if it does give great relief, still it is wrong, for it gives *artificial* strength." "It does what the system should do itself, and consequently it makes the muscles weaker." "There is danger of the patient's getting in a *habit* of wearing it, and can't leave it off." "It confines the muscles, and tends to hinder their natural action," etc., etc. To these two last objections, I only stop here to say, that *this is not the fact*, as thousands of facts have demonstrated, and refer you to the "Common Sense," from page 182-191, and content myself with the following quotation on the score of the "*habit* of wearing it."

"What would our patients say to us were we to address them in the following language, which is the spirit of the scientific objection. This is it: My friend, you are now laboring under great distress, and *have* been for years, in consequence of a loss of vitality and energy in some of your organs, producing general displacement of all the organs of your trunk. You have been thus ill for a long time, and I, among others, have tried my utmost to render efficient relief, by pessaries, tonics, anti-spasmodics, and all other remedies that *promised* relief, but I am compelled to say that my resources are exhausted. To be sure, I know of a very simple and comfortable remedy, that would afford instantaneous relief to you—relieve your spirits, relieve your pains, and enable you to exercise and go into the air and into society, and while you use it almost make you forget your troubles. But I must warn you against its use, for there is great danger of your getting into a habit of depending on it, and finally can't go without it. Now, considering that she has for years had *nothing but a habit of enduring pain*, and no prospect before her but to keep that habit, having been kept *scientifically sick* all this time, and all this in sight of comfort, only for the danger of the habit of being *comfortable*—what language would express her indignation at this savage, scientific inconsistency? Or if a patient convalescing from an intermitting or remitting fever, had got able to walk into the invigorating air by the aid of a cane, should be told—Not so; you must wait till the powers of the system are able to carry you, or you will relax your weak muscles by depending on your cane, depriving them of the stimulus of exertion; you will also get in a habit of using it, and lasting evil will be the consequence. Who would not be indignant at this? or who would father such a position? Yet the opposers of "judicious abdominal support do actually lie under the same dilemma. But they *say* they do not, as the cases of the most protracted prolapsus are *not thus* ineligible to exercise, even without support. We say they are; and the perpetual sighs of millions continually say that they are; and common observation says they often are; and anatomy says they may be; and the success of the Lace in relieving the oldest and most obstinate cases of prolapsus, proclaims the childishness and obstinacy of those who oppose this simple and mechanical means of relief; opposing it simply because facts run contrary to sainted antiquity, high names, and the speculations of science. These things are very pretty, but they cost too many lives, too many groans, and too much suffering and pain to be any longer cherished. O that I had the power of tearing away the hypothetical vail, and of showing, in captivating relief, the full ranks of facts, as they have occurred in the world, in opposition to the usages of former writers."

Entered, according to Act of Congress, in the year 1853, by

EDMUND P. BANNING,

in the Clerk's Office of the District Court of the United States for the Southern District of New York.



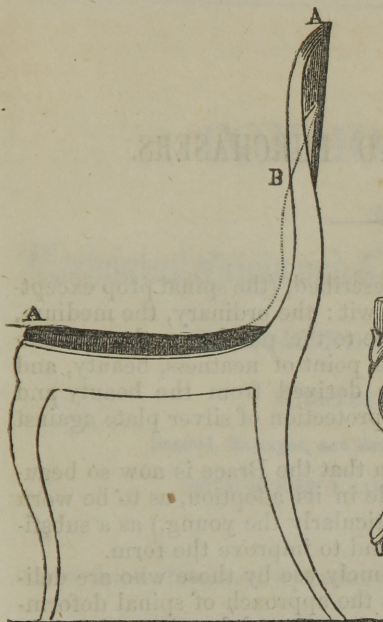


FIG. 28.—Ordinary style of Chair, causing drooping, and painful weakness of the back, chest and stomach, by pressing only against the shoulders.

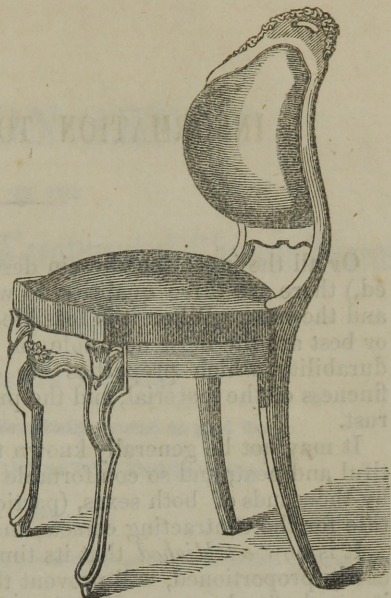


FIG. 29.—Banning's Improved Physiological Chair, supporting the small of the back, throwing out the chest, improving the form, and relieving pains in the spine, shoulders and breast.

Patent applied for in Nov., 1852.

Orders received from a distance for single Chairs, or for groups for families or schools.

INJURIOUS TENDENCY OF THE PRESENT STYLE OF SOFAS, CHAIRS, AND OTHER SEATS, AND THE INTRODUCTION OF A NEW STYLE, ON PHYSIOLOGICAL PRINCIPLES.

PROBABLY no subject of equal importance has ever been so much neglected, as the adaptation of sofas, chairs, and other seats, to the wants of the body. Indeed, there can be no doubt, that the construction of these articles, especially the present genteel parlor chair, is a prominent cause of spinal affection and compression of the chest weakness of the back and lungs, voice, stomach and bowels. We also hold, that herein is the chief cause of the almost universal uterine weaknesses and their attendants. The only part of the back supported by these ruinous contrivances for parlors, churches and schools, is the region of the shoulders, the very locality which requires nothing of the kind, but which, on the contrary, demands the utmost freedom. The small and weak part, or hollow of the back, the only point which requires support, is thus entirely neglected, whilst the sitter is compelled to droop his shoulders and hump his back, in order to fit himself to the chair or other seat, as the case might be. He is also frequently obliged to change positions, twisting and contorting the body to obtain relief from the pressing and cutting of the top of the chairback against his shoulder-blades, until at length the crushed and overstrained loins are forced to take refuge or seek repose in the upright posture.

Notwithstanding all this, we still find men, women and children, of all sizes and shapes, scrambling for, and attempting to fit themselves in, one and the same chair, whereas, it must be obvious to the reader, that if a seat which is essential to symmetry and ease, shall exactly fit a full grown man or woman, it cannot also fit half grown persons and young children.

Being much annoyed with this painful condition of things, and stimulated by the humiliating consideration, that scientific researches had not hitherto resulted in the establishment of any settled principles for the construction of seats, we have, after much patient investigation of the subject, been enabled to develop, for the lovers of health and symmetry, the true physiological construction of chairs, sofas, and other seats, for parlors, churches, and schools. (See Figs. 28 and 29, pp. 288 and 289.)

As intimated above, this sort of furniture should be arranged to suit the different periods of life, from infancy to maturity, which would, of course, involve the manufacture of groups of chairs, and other seats, the articles being numbered from one to four, according to the number of sizes composing the group.

But owing to the difficulty in conveying, in this form, an adequate idea of the peculiar yet simple construction of these physiological articles, and being unwilling that the public should lack any practical knowledge we might possess concerning the same, we have caused a group of the chairs, a sofa, and a large rocker, to be made in the best style, and placed in our office, 21 Mercer-street, for our own personal use, and the inspection of all persons interested in the subject.—Banning's "Common Sense."

## INFORMATION TO PURCHASERS.

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Of all the inventions herein described, (the spinal prop excepted,) there are three qualities, to wit: the ordinary, the medium, and the best. When it is feasible to the purchaser, the medium or best are the most desirable, in point of neatness, beauty, and durability, which properties are derived from the beauty and fineness of the material, and the protection of silver plate against rust.

It may not be generally known that the Brace is now so beautiful and neat, and so comfortable in its adoption, as to be worn by thousands of both sexes, (particularly the young,) as a substitute for the contracting corsets, and to improve the form.

It is now *established* that its timely use by those who are delicately proportioned, will prevent the approach of spinal deformity, and of pulmonary, digestive, nervous and female weaknesses. In such cases, it is only to be used at discretion, just as is an umbrella, walking stick, or any extra garment.

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## STARTLING FACT.

If all the young ladies and misses of our country were to stand in one row, and be examined by passing a hand over their backs, it would be found that more than seventy in each hundred of them all, would have the right shoulder enlarged, and the left one depressed; and also, that the left hip would be correspondingly larger than the right one, some more and some less. This is the commencement or the incipient state of spinal curvature, and of unsightly deformity, which, if not arrested immediately, while the subject is young, by proper habits, and by proper braces properly applied, are liable at the instance of any sudden accident or of constitutional debility, to make rapid strides to remediless weakness and distortion.

THE CHEAPEST BOOK EVER OFFERED.

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# COMMON SENSE

ON THE

## Mechanical Origin and Treatment of Chronic Disease,

BY EDMUND P. BANNING, M.D.

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Bronchitis, Consumption, Palpitation of the Heart, Dyspepsia, Constipation, Piles, and Chronic Diarrhæa; Ruptures, Weaknesses, and diseases of the Womb and Urinary System; Nervousness and Hysterics, Melancholy and Hypochondria; Weakness, Irritation, and Curvatures of the Spine, together with habitual Drooping, Languor, General Debility of both sexes, and of Ladies Enciente and during confinement, by an original treatment, consisting chiefly of Exercise and his system of Mechanical Bracings, composed of his Body Braces, Brace Trusses, Spinal Props, Pelvic Girdles, Pile Braces Travelling Companions, Spring Spino-Shoulder Braces, either with or without his new Galvanic Attachments.

Any of his inventions sent to order on receiving a measure as per directions contained in this Essay.

Invalids from a distance will receive special attention.

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Physicians desiring to give their patients the auxiliary benefit of any variety of scientific support, can send their patients to this Institute for that purpose, without risk of any abuse of such confidence.

The Medical Profession, and Ladies and Gentlemen generally, desirous to find the respective varieties of Mechanical Support that act in harmony with Nature, and the motions and forces of the body, are invited to call at the Institute and examine Dr. BANNING'S

**SYSTEM OF BRACES;**

AND ALSO HIS

**NEW PHYSIOLOGICAL BACK-SUPPORTING CHAIRS,**

which, by a mathematical scale per measurement sent, may be selected and adapted to exactly fit, support, and brace both children and adults, with all of their respective proportions, thereby preventing spinal deformity and disease, and securing a beautiful form for the body.

He will receive orders from a distance for single Chairs, or for groups for families.

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