

THROAT-AIL,
BRONCHITIS,
CONSUMPTION:

THEIR CAUSES, SYMPTOMS, AND CURE,

IN

LANGUAGE ADAPTED TO COMMON READERS.

BY W. W. HALL, A. M., M. D., NEW YORK.

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THE GREAT-ALL

BROOKLYN

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DR. HALL

ON DISEASES OF THE

THROAT AND LUNGS.

"It is adverse to the interests of humanity to consider any disease incurable."

SIR CHARLES SCUDAMORE.

"Consumption is clearly Scrofula, and admits of only one mode of cure."

JOHN HUNTER.

"I have no doubt but that there is a specific for Consumption."

DR. STOKES.

"Its perfect cure is demonstrable."

DR. CARSWELL.

FOR CONFIRMED CONSUMPTION I KNOW OF NO CURE.

THE AUTHOR.

Before the lungs begin to decay, judicious treatment will generally restore to health with little or no internal medicine. I use no secret remedies nor patent contrivances for the alleviation of human suffering.

THE AUTHOR.

No educated physician of respectability and eminence, in Europe or America, will perhaps deny, if he has had any considerable experience in the treatment of consumptive diseases, that when the lungs are in a state of decay, viz., when persons are in the latter stages of consumption the disease is sometimes permanently arrested, and the person dies years afterwards of a totally different malady. While this is certainly true, it is the author's opinion, that such a result in any given case is seldom to be hoped for, unless in an iron constitution, and ought never to be promised.

WHAT IS CONSUMPTION?

Consumption, commonly called a "Decline," and by physicians "Phthisis," is a gradual wasting away of the lungs, by which they become disorganized or rotten, and are spit out of the mouth in the shape of yellow matter, which, as the disease advances, usually sinks in water, and in three cases out of four, is, or has been, more or less tinged with blood at various intervals.

GENERAL SYMPTOMS OF CONSUMPTION.

It is not as extensively known as it ought to be, that, in the large majority of cases, Consumption begins with a *slight cough in the morning on getting up*. After a while it is perceived at night on going to bed; next, there is an occasional "coughing spell" sometime during the night; by this time there is a difficulty of breathing on any slightly unusual exercise, or in going up stairs, or ascending a hill; and the patient expresses himself, with some surprise, "Why, it never used to tire me so!" Next, there is occasional coughing after a full meal, and sometimes "casting up." Even before this, persons begin to feel weak, while there is an almost im-

perceptible thinning in flesh, and a gradual diminution in weight—harrassing cough, loose bowels, difficult breathing, swollen extremities, daily fever, and a miserable death! Miserable, because it is tedious, painful, and inevitable. How much I wish that the symptoms of this hateful disease were more generally studied and understood by my fellow-countrymen and country-women, that they might detect it, in its first insidious approaches, and be induced to apply at once for their arrest and their total eradication; for certain I am that, in very many instances, it could be accomplished.

SPECIAL SYMPTOMS OF CONSUMPTION.

Quick pulse, hacking cough, general weakness, restless sleep, variable appetite, irregular bowels, pains between the shoulder-blades behind.

INFALLIBLE SYMPTOMS OF CONSUMPTION.

Coughing night and day, flabby muscles, general debility, great shortness of breath on going up stairs, ascending a hill, or walking but a little fast, pulse always above one hundred for weeks together; drenching cold sweats towards morning; copious expectoration of yellow matter, sometimes bloody, or rusty colored.

FATAL SYMPTOMS OF CONSUMPTION.

I have never known a man get well of Consumption who had all the following symptoms: A weak, thready pulse, constantly over one hundred in a minute; breathes habitually, even when quiet, more than thirty times in a minute; habitual coughing, and casting up after meals; spitting up, during the day and night, masses of a thick yellowish stuff, no saliva with it, and which falls on the floor with distinct edges, not ragged edges, or if in water, sinks in half a minute; drenching night sweats; several passages from the bowels every day, very much like rice water, with painful griping; a dull, heavy, or crampy pain in some of the muscles of the arms or legs; swollen ankles; cannot swallow easily, especially liquids, which sometimes come back through the nose; partial loss of the use of the legs. Such a man must die of the Consumption within a month. It is impossible for it to be any thing else but Consumption.

HISTORY OF A CASE OF CONSUMPTION.

No two cases of this disease are precisely alike in every particular: yet, in general, the feelings and symptoms in its beginning, progress, and end, are as follows:

In nearly every case, Consumption begins with a slight, short, tickling cough in the morning; but as it occurs only now and then, and is so very slight that only one or two efforts at coughing are made on getting up, it is not noticed at this stage; after a while, this cough occurs occasionally during the day; it may be next observed on lying down at night, or some minutes after being in bed; a single cough or two; coming on quite suddenly, as if produced by a particle of dust in the throat, from the pillow or bedding. Soon the morning cough increases, and the night cough comes on regularly; damp weather, or a sudden spell of cold weather, increases it, and the person says he has "caught a cold, somehow or other;" but it does not go off of itself, like a cold used to do; it "hangs on," and is increased by every slight change in the moisture or temperature of the atmosphere. The patient now begins

to think he had "better take something" for his cold. He might discover, however, by this time, that it does not affect him as a cold used to do; for several years ago, when he took a cold, he remembered that it made him "feel bad all over;" his appetite decreased; his nose would run almost constantly; occasioning a snuffling every few minutes, with a stopping up in the head; and he would cough, and cough hard, any time during the day, spitting up more or less of heavy yellow matter; and he describes himself as being "out of sorts;" but the cold he now has is quite a different thing; his head is not stopped up; his nose does not run; his appetite is quite good; he does not feel bad at all; he spits up no yellow matter during the day or night either; but he has simply a dry, short, tickling cough, which keeps him from going to sleep when he first gets into bed at night; and which comes on in the morning as soon as he gets up and begins to stir about; and with the exception of this, when he goes to bed, and when he gets up, he says he "feels well enough," having no headache, no fever, no burning feeling about the nostrils, and repeats for the hundredth time, "if I could only get rid of this cough, I would be as well as I ever was in my life." He then determines to "take something." Every body has a prescription that cured such and such an one, who "had just such a cough, only worse and of longer duration, and it is so simple that it could not possibly hurt any one." Some of these do no good whatever; others give relief, but soon appear not to have the desired effect, and something else is resorted to, with similar results. But long before this time, a practised observer will have noticed that other changes have been taking place; because, every hour, the disease has been digging its way deep down into the vitals. The pulse is more rapid than natural, has more of a quick, thread-like, spiteful beat; and too weak, besides; the patient is more easily tired than formerly, especially in going up stairs, or walking up a hill or gentle ascent; when he attempts to do any thing, he "gives out" sooner than he used to, causing him to have an occasional shortness of breath; about this time, he finds occasionally that he cannot take a full long breath as formerly; something seems to cut it short, leaving an unsatisfied feeling; his friends observe that he is as lively as usual, and indeed more so; he feels, and appears cheerful; and is quick in his movements; but before he does much, or walks far, he becomes very weak about the legs and knees; and there is a great craving for a place to sit down upon, and rest awhile; and if a sofa or bed is near, it feels at first so comfortable that he is inclined to stay there; now and then, there is a feeling of weight in the breast, dull, heavy, or cold-like; if he leans forward much, his breast gives way; pains more or less transient, or permanent, are felt in some part of the chest; often these are at the lower edge of the ribs; there is now an occasional feverishness; the bowels become costive and loose alternately; sometimes the feet or hands, or both, burn very much; at others, they are uncomfortably cold; the patient begins to think that he is "falling off" some; and turns to weighing himself with very unsatisfactory results; he perceives that although his appetite is quite good, his food does not seem to do him as much good as formerly; there is unusual thirstiness during some part of the day; if the weather is but a little cool, he gets very chilly; after awhile, chills frequently run all over the body, and along the spine, without any apparent cause; an emotion of the mind, a drink of cold water, is sufficient to send a succession of chilly sensations all through the system; while these symptoms are presenting themselves, the original cough, although sometimes better, has, in the main, become decidedly worse, and more annoying; it comes on as soon as the patient goes to bed, and continues from ten or fifteen minutes to two hours, according to circumstances; throwing the system into a nervous irritable condition; effectually preventing sleep for half the night, perhaps.

when he falls into a doze from mere exhaustion; and in the morning he wakes up, pale and wan and haggard, without seeming to have derived any benefit whatever from his repose; and weak and wretched as he feels, the morning cough now attacks him, hard and dry at first, but in a few minutes he is relieved, by bringing up more or less of yellow matter, mixed with something of a whitish, frothy, bubbly character; coughing comes on after meals, with heaving, and in some cases vomiting, although not specially attended with sickness at the stomach. As the disease progresses, he emaciates more and more, the weakness of the lower limbs increases, the amount of yellow matter expectorated becomes greater from day to day, while the frothy substance is less; there is more or less of thirst or chilliness between breakfast and dinner, with decided fever in the afternoon, which subsides during the fore part of the night, and goes off towards morning with a copious, exhausting, and death-like sweat, carrying damps and chilliness to the very heart; these sweats are accompanied, or alternated, with frequent and thin, watery, light colored passages from the bowels, from two or three to a dozen or more in the twenty-four hours, attended sometimes with horrible griping pains in the bowels; at other times, there are dull pains in the muscles and bones of the limbs, occasionally almost insupportable; even yet the patient may keep about, and appear quite cheerful; but his steps are slow, measured, and careful; his body bent forward; his shoulders inclining upon the breast, and towards one another; if he sits down a moment or two, his legs are crossed, his arms laid across his thighs, pressing upon his breast by leaning forward, and thus throwing the whole strain and weight of the body upon it, hastening his death by imposing an unnatural and unnecessary weight on the struggling lungs, already enfeebled and wasted by disease; he begins now to feel best in bed, where he spends the greater portion of the twenty-four hours; his ankles swell, generally the left first, often extending to the feet and legs, sometimes painfully; he cannot walk with comfort; and soon his mother earth receives him to her bosom, where myriads of her weary children have gone, to be wasted with sickness no more!

WHAT ARE THE LUNGS?

They are to man what the "lights" are to animals; are made in the same way, and look like them, hanging on both sides of the breast, and reaching down as far as the sixth rib. They are divided into five bunches, called lobes, three of which are in the right and two in the left side. They may be compared to many thousands of small bladders, called air cells, united in one great neck, the windpipe. They have their root at the back-bone, between the shoulder blades, and from that they stick out forwards, not entirely unlike the extended wings of a bird. These little air cells have exceeding thin sides, and are of all sizes, from the twentieth down to the hundredth part of an inch in diameter. They are filled with air at every breath we draw in; and are comparatively emptied at every outbreathing. And this is their employment, unceasingly, from the first cry of infancy till the last effort of expiring nature. The foundation for consumption is not unfrequently laid by the sides of these air cells thickening and sticking, or even growing together, from the want of full breathing enough to keep them apart, or from high mucons excitement, from various causes.

WHAT CAUSES THE LUNGS TO CONSUME?

Tubercles form on, around, and among the air cells which constitute the lungs, ripen, rot, and eat them away.

WHAT ARE TUBERCLES?

They are small rounded masses, which, as they enlarge, often acquire the form of a tuberos root, such as the potatoe, garlic, tulip, &c., and hence called Tubercle. A single tubercle is a small, clear, shining, gray substance, dotted about among the lungs, usually roundish, but of all shapes; and in size from a pea down to invisibility. In the course of time it begins to ripen, by a little yellow spot appearing, usually in the centre, and gradually widens to the edges. The tubercle now softens, spreads, meets its neighbor tubercle half way; these join, and meet others which

have joined, and all soften down into one yellow mass together; this is spit up by degrees, and the place it occupied is empty, and is called a cavity, excavation, not unlike that made by mice in cheese; small, if it holds a hazlenut, and very large when a goose-egg may lay in it. Tubercles ripen at different times, as apples on a tree; and this is the reason that consumptive persons have such frequent changes in their feelings, well to-day, or this week, and ill the next. In process of time, other excavations are made, and communicate with older ones; and in this way the lungs are burrowed out to a mere shell; the man speaks in a sepulchral, grave-like voice, which it makes one shudder to hear, and soon there are not lungs enough left to live upon, to keep him warm; and the fire of life goes out—forever.

WHAT CAUSES TUBERCLES?

Some persons are born with them. Weak, sickly persons, those who are dyspeptic, drunken, effeminate, *diseased*, who marry too young, almost always send tuberculous children into the world, and leave them the woful heritage of a constitution blasted at the root.

When persons are not born consumptive, they may become so in many ways; for whatever impairs the general health is capable of producing tubercles in a few weeks, by impoverishing the blood. Whatever can impoverish the blood can cause consumption; and whatever enriches the blood arrests and cures it.

The causes which more commonly operate in effecting this gradual and almost imperceptible undermining of the health, are insufficient or bad food; scanty clothing; living in cellars or other damp situations; injudicious use of calomel, quinine, or intoxicating drinks; protracted fever and ague; suppressions; profuse discharges, long continued grief, disappointments, worldly care; intense and extended mental effort; neglected colds and coughs; frequent resort to medicine for slight ailments; costiveness alone, or alternating with loose bowels; breathing impure air, or the heated atmosphere of factories, engine rooms, printing offices; frequent and sudden changes from heat to cold, or from a cold to a hot temperature, such as pilots, engineers, and clergymen are subject to; these, and many others, by gradually undermining the health, lay the foundation for that truly distressing disease.

HOW ARE TUBERCLES PRODUCED?

On the sides of the air cells already spoken of, many little blood vessels spread themselves about in every direction, as a vine spreads itself on the side of a wall; through these all the blood of the body passes many times a day, if there is nothing to hinder it in its progress, and choke them up. When that is the case, the extremely thin sides of these blood-bearing vessels may yield a little, but the clogging still going on, the thinnest part of the blood is pressed through its pores, or there is a vitiated secretion, which stands there, in the shape of a small, clear drop, with, possibly, the slightest tinge of red; this soon enlarges, hardens, and is a young tubercle, and this it is, which causes the dry, hacking cough in consumption, seeming to come on of itself, yet gives a timely and friendly warning, but gives it most frequently in vain. The mere existence of tubercles is not necessarily injurious; they are present in the lungs of thousands, of perhaps a majority of people to the close of life, without doing any appreciable injury. It may, in truth, be said, that all grown persons have tubercles to a greater or less extent; they are made fatal by bad colds, and weakening ailments; and these are occasioned by reckless exposure, and various kinds of intemperance, diet, drink, dress, indulgence of passions, &c.

WHAT DO TUBERCLES PRODUCE?

They give rise to various diseases, according to the part of the body in which they are located.

- Tubercle in the Lungs is Consumption.
- Tubercle in the Neck is King's Evil.
- Tubercle in a Joint is White Swelling.
- Tubercle in the Back-bone induces Spinal Disease.
- Tubercle in the Loins is Lumbar Abscess.
- Tubercle in the Hip is Hip Joint Disease.
- Tubercle in the Nostrils of a horse is called Glanders.

Tubercle in the Abdomen is Negro Consumption, or Tabes Mesenterica, a general wasting away, without any special pain or other suffering; the patient eats and drinks as usual, but nothing that he eats seems to do him any good, gives him no strength; on the contrary, he gets weaker and weaker.

Children who have scabs and running sores about the nose ears, mouth, scalp, corners of the lips, &c., are Tuberculous.

Consumption, Scrofula, Struma, and Tubercles may be considered one and the same malady, modified by manifestation and locality.

WHAT IS BRONCHITIS?

If the reader remembers the symptoms of a common cold, and will imagine these symptoms to continue for weeks and months, then has he a correct idea of what Bronchitis really is.

Bronchitis is *Acute* when the symptoms of a common cold last for a few days; it is called *Chronic* when these symptoms are protracted through months; but common usage has abolished this scientific distinction, and applies the name of Bronchitis to the chronic form exclusively; while the acute form is universally designated as a "cold," or "bad cold." When, therefore, it is said that a man has Bronchitis, the chronic form is meant, Acute Bronchitis being expressed by the terms *Catarrh*, *Coryza*, *Common Cold*, all of which terms mean precisely the same thing, *common cold* being the English name, the others being of Greek origin.

At the bottom of the neck, in front, just at the top of the breast bone, there is a depression or hollow, and just below this the windpipe divides off into numerous branches, precisely like the trunk of a tree; these branches are called "Bronchi," a name given by the ancients, from the Greek word *Brecho*, which means to moisten, because they supposed that solids were introduced into the stomach by the gullet, but liquids by the branches of the windpipe; these branches are hollow, and are called Bronchial Tubes, whose insides have a very thin lining, over which innumerable blood vessels branch out, as a vine branches out on the side of a wall; when, by any means, these blood vessels have more blood in them than is natural, disease is constituted, and the name for such a state of things is *inflammation*, that is, *flame-like*. since wherever in the human body there is more blood than there ought to be, generally speaking, there is more redness and there is more heat, blood being warm and red as flames of fire are; but instead of using this long word *inflammation*, physicians adopt a shorter one of four letters, *itis*, and by attaching it to the name of any portion of the body it means inflammation of that portion of the body—that is, more blood in the small blood vessels of that part than there ought to be: hence, the word *itis* added to the name of the branches of the windpipe, makes the word BRONCHITIS, which, to express in full, we would have to say, "Too much blood in the small blood vessels which are spread over the lining of the inside of the branches of the windpipe." As many medical words end in *itis*, always pronounced as if written *etis*, the reader is requested to bear in mind that this expressive little word always means the same thing—that is, too much blood in the blood vessels of the part to which this word is attached; and if these parts were only designated by English names, common readers could have a clear understanding of all these forms of disease, without any difficulty. But, unfortunately, after all this trouble in endeavoring to tell the reader what Bronchitis is, in its true scientific meaning, I must say, that it has a very different signification in common conversation. Any cough, continuing for some time, is called Bronchitis, and that name is still applied, until the patient is dying, then it is called Consumption. If a man has a cough and gets well, he is said to have had *only Bronchitis*, but if he dies, it is written "*died of Consumption!*" I do not recollect, at this time, of ever having seen in an obituary notice, in a newspaper, the words, "*died of Bronchitis.*" It is plain, then, that either the word is improperly used, or that Bronchitis never kills. The true state of the case is simply this: Bronchitis is a less terrifying name for Consumption, adopted originally perhaps out of a delicate consideration for the feelings of the patient, who always feels as if a mountain weight were taken from him, when the medical adviser, in whom he has confidence, pronounces after an examination, *It is only Bronchitis.*

I have thus been at some pains to describe what Bronchitis truly is, and what the

meaning attached to the word in ordinary conversation, as I am satisfied that hitherto the term has not conveyed to common minds any clear, definite, distinct impression, but rather something ill-defined, mysterious, and obscure.

WHAT IS CLERGYMAN'S SORE THROAT?

It is the name which the common people have given to those symptoms which physicians call *Chronic Laryngitis*, and for shortness the single word "*Laryngitis*" is used.

Laryngitis is inflammation of the inner lining or mucous membrane of the Larynx, or voice making organs, which are situated at the top of the windpipe, forming outside the prominence known by the name of "Adam's Apple."

The symptoms of Laryngitis are a greater or less impairment of the voice, which is more or less hoarse, hollow, husky, cracked, irregular, uncontrolable, or weak. Some speak above a whisper only by a decided effort; others cannot speak above a whisper at all, for days, months, years; sometimes there is pain, and sometimes not; some complain of a pricking sensation if they sing, or swallow, or turn the neck quickly; some have a cough, others none whatever; on almost all persons it has a wonderfully depressing influence, both on mind and body. The great, the universal, the essential distinguishing symptom of Chronic Laryngitis, or Clergyman's Sore Throat, is a greater or less alteration of the voice, continuing for weeks or more at a time, and is often accompanied by an uneasy or painful feeling running up the sides of the neck towards the ears, or a heavy, dull aching about the region of Adam's Apple.

Clergymen's Sore Throat Ail, Laryngitis, Chronic Laryngitis, and what is often termed Bronchitis, (pronounced *Bron-kec-tis*) are one and the same disease, and will be called in these pages Laryngitis, (pronounced *Lare-in-gee-tis*,) it being the most scientific, appropriate, and expressive of all the terms used.

LARYNGITIS.

Laryngitis is a disease of the voice making organs, situated in the uppermost part of the windpipe, in the region of "Adams' apple," properly called *Thyroid cartilage*.

TRACHEITIS OR CROUP,

Is a disease of that portion of the windpipe, between the Thyroid cartilage and the little depression at the bottom of the neck, in front, just at the top of the breast bone.

BRONCHITIS,

Is a disease of the branches of the windpipe, below the depression above named. Simple bronchitis is what is usually called common cold, catarrh, &c.

CONSUMPTION,

Is a disease of the little air cells, or bladders, at the end of the branches of the windpipe.

BRONCHITIS, LARYNGITIS AND CONSUMPTION,

Are diseases widely different in their nature, locality, symptoms and modes of treatment.

I am not able, at this time, to think of any other three ailments whose methods of cure are so essentially different.

There are no three affections in the whole catalogue of human maladies, so often confounded, and taken, and treated one for another; hence the ill success which has so uniformly attended their management.

Bronchitis, needs internal remedies.

Laryngitis, requires washes to the parts, gargles and insufflations.

Consumption itself, calls for none of these things.

Bronchitis, is caused by the application of cold in some way, and in no other. Laryngitis, is more often the result of accidental and temporary causes, such as indigestion, over exertion of the voice, suppressions, and the like. Consumption, is generally inherited, and it is sufficient for one of the parents to have had a weakly, diseased constitution.

I never knew a case of Bronchitis, which was not attended with cough and large, weakening expectoration.

Laryngitis, is characterized by inconvenience, if not pain, in swallowing, hoarseness or huskiness, without cough necessarily at first, or much expectoration.

Consumption sometimes gives none of these symptoms; not even cough or expectoration, until within a few weeks of death.

In Bronchitis, the prominent symptoms are fullness and stricture, or tightness, binding in the breast, a "stopping up of the head," and watering of the nose and eyes.

In Laryngitis, the uniform symptom is a greater or less impairment of the voice, or some unnatural, troublesome feeling about the "swallow," especially in the act of swallowing.

In Consumption, there is the dry cough, the weakness, pain in the chest, shortness of breath in walking up hill, or ascending a pair of stairs, quick pulse and general falling away.

Consumption, is at one end of the breathing organs; Laryngitis, at the other; while Bronchitis is located between the two.

In Consumption, the slightest amelioration of the symptoms is seized upon with avidity.

In Throat diseases, evident improvement is looked upon doubtfully.

In Consumption, the spirits are cheerful; the patient is full of hope; is ever ready to embark in the occupations of life; and to every inquiry replies, "I'm better."

In Throat complaints, a man is dull, desponding, and listless; if he sits down, he is never ready to get up; but will lounge, and loaf, and mope about the house for hours together; it requires an effort to put one foot before another sometimes; and often he feels as if he would be happy were he sure that he never would have anything more to do as long as he lived.

While these striking differences exist in the three affections under consideration, it is at the same time true, that if allowed to go on unarrested; it permitted simply to "take their course;" if they are just "let alone," they do, with great uniformity, terminate in the same fatal symptoms.

We now see, that *Bronchitis*, *Clergyman's Sore Throat* and *Consumption*, are three different and distinct diseases; all connected with the breathing organs, yet different in their locality, in their causes, in their symptoms, and as will be seen, equally different in their treatment and mode of cure.

In order however to leave a clearer and more definite and lasting impression as to the nature, character causes, symptoms and cure of these three diseases, I will give a more particular description of their locality.

The top, or beginning, or entrance of the wind-pipe, is at the backpart, or root of the tongue; and behind that and nearer the neck bone, is the passage or canal, along which the food and drink pass to the stomach. Every particle of food which we swallow, passes directly over the top of the wind-pipe; and if a single atom "goes the wrong way," that is, goes into the wind-pipe instead of down the throat, all are familiar with what a tickling, hasty, dry cough it produces, followed by a great deal of hemming. But as the top of the wind-pipe never, perhaps, closes itself, (for if it did, no air could enter or escape from the lungs, and there would be suffocation,) how does it happen that the food and drink does not go down the first opening it comes to? The answer is, simply because just on the front edge of this opening, there is a little gristly substance, which stands erect (in its natural position) and works like a hinge; it is instantly affected by anything going from the mouth downwards, and instinctively closes hermetically—almost air-tight, perhaps quite so; and no sooner has it passed, than this little watchman stands erect again;

and, to personify, if he slept a moment, from the cradle to the grave, either while standing up or lying down, that moment we would cease to live; or if we lived at all, it would be with struggles most terrific—with grasping hands, agonized countenance, and blood-shot eye-balls. But here, happily for us, a watchman of our Maker's appointing, whether it be an atom or an angel, never fails of his duty—man only, the object of all these guardianships, comes short of it!! This little hinge is called *epiglottis*, because it shuts upon and closes the glottis, or top of the wind-pipe.

At the upper end of the wind-pipe, in a space of less than two inches in length, is the *Larynx*, which contains four muscles or strings, two on each side, one above the other, and less than half an inch apart, these are called *vocal chords* because they form and regulate the voice. The *Larynx* is subject to inflammation, like every other part of the body, producing, according to Dr. Stokes, no less than thirty-one different forms of disease! The general name for inflamed larynx, is *Laryngitis*, called *Clergyman's Sore Throat*, from the fact that so many clergymen of late years have been subject to it—not that they only are its victims; but as it impairs the voice, and hinders them in the exercise of their vocation, more attention is excited, than if scores of private individuals had it.

Next below the larynx; that is, the continuation of the laryngeal cylinder, is the trachea, or wind-pipe proper, beginning just below Adam's apple. When this is inflamed, it is called *Tracheitis*, (pronounced *Tra-kee-tis*,) known generally by the more familiar name of *Croup*, (such as little children are frequently subject to in the spring and fall, and which they frequently die of.

The wind-pipe continues until it reaches the bottom of the neck, or top of the breast bone, where it divides into five branches, and dives down into the lungs, as a tree or bush branches out, "turned upside down." Two of these branches go to the left side of the breast, and three to the right; there, however, they divide off rapidly, until they become so minute as to be invisible. The branches are called *Bronchi*, or *Bronchial tubes*, and when inflamed, constitute the disease called *Bronchitis*.—See Plate.

But the extreme ends of these branches terminate in little bulbs or bladders; two, ten, or a dozen or more at each extremity, just as a branch or bush terminates in several leaves or buds, or berries, each one of which is larger in diameter than the extreme end of the branch from which it originates; these little bulbs or bladders are "roundish," and of all sizes, from a pin-head down to invisibility, and these are the lungs themselves to which the air is brought through the larynx, wind-pipe and bronchial tubes.

These little bladders, or vesicles, swell when the air comes in, and close in, when the air goes out, and it is this coming in and going out of the air that is the essence of life, that keeps the human machine in its ceaseless operations. When these little vesicles are inflamed, it is properly called *Pneumonitis*; and when this inflammation continues for a length of time, or their little blood vessels become so full that the contents exude out as it were, in little drops, which harden and become tubercles, and in time become yellow and rot away—*this is Consumption!*

It will be thus seen that:

CLERGYMAN'S SORE THROAT, OR LARYNGITIS,	CROUP, TRACHEITIS,	COMMON COLD, BRONCHITIS,	CONSUMPTION AND PHTHISIS,
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Are inflammations of different parts of the same apparatus, to-wit: The tube which conveys the air from without, to the lungs: by keeping this in view, the reader will have hereafter a distinct and easy appreciation of the meaning of these terms.

Those who desire a more minute detail of the nature, form, functions, uses and diseases of the breathing organs, are referred to standard works which treat professedly of these things. What I most desire to communicate, is a knowledge of the nature, causes and symptoms of the diseases in question, so that if not affected, the people may avoid the cause; and if unfortunately, they are diseased, they may at once know it, and apply promptly for a remedy, before the malady has progressed to an incurable stage.

It may still further aid the general reader in forming a definite and correct idea of the different diseases of the throat and lungs, by considering the distinctive characteristics of the maladies under consideration, in the following parallels—

IN LARYNGITIS, or CLERGYMAN'S SORE THROAT.	IN TRACHEITIS, or CROUP.	IN BRONCHITIS, or COMMON COLD.	IN PNEUMONITIS, or CONSUMPTION.
The speech making organs are inflamed. Hence the voice is always more or less affected.	The wind-pipe is mainly inflamed, hence the breathing is more or less affected.	The Bronchial tubes are inflamed, hence a fullness in the breast, or stopping up, and a running from the nose and eyes.	The lungs themselves are inflamed, hence an impairment of all the powers of life.
The voice is always altered; affects adults mainly.	The breathing is always obstructed, and affects children mainly.	There is cough, and running at the nose and eyes; affects all ages and classes.	Always a wasting of the Lungs, and none are totally exempt.
Disinctive symptom: a chronic impairment of the voice.	Distinctive symptom: a kind of barking cough.	Distinctive symptom: Fullness of head, breast, eyes and nose; stricture in the breast. and large expectoration.	Distinctive symptoms: a gradual wasting of the strength and flesh, with cough and quick pulse.

It will now be understood that Laryngitis or Clergyman's Sore Throat is a disease the situation of which is at the top or beginning of the wind-pipe, and that its proper symptom is an alteration of the voice.

That Bronchitis is a disease of the branches of the wind-pipe, and its characteristic symptom is more or less fullness and discharge from the nose, eyes, head and breast, with cough and expectoration.

That Consumption is a disease of the lungs themselves, which are situated at the extreme ends of the branches of the wind-pipe, and its great general feature is cough, wasting and death.

That Clergyman's Sore Throat and Consumption are situated at the extreme, and opposite ends of the breathing organs, and Bronchitis in the parts between the two.

That Clergyman's Sore Throat or Laryngitis is an altered voice.

That Consumption is a steady decay.

That Bronchitis is fullness, coughing, binding and discharge from the eyes, nose and head, and copious expectoration of that which is formed in the Bronchial passages.

I have personally known some of the most obstinate and incurable forms of Laryngitis to be attended with no other appreciable symptom than an altered voice; although in mild cases the voice is not perceptibly altered, but in its stead a frequent barking, hemming, &c.

There are cases of Consumption of the most fatal character, where no cough was ever noticed until within three weeks of death, but these were attended with great debility and wasting.

I never knew a case of Bronchitis not attended with cough, copious and varied expectoration and discharge, more or less from the nose and eyes.

A tree or bush pulled up, the roots being cut close off, and turned upside down, bears no unapt resemblance to the breathing apparatus in the natural position.

The Root,	Body,	Branches	Leaves answering to
The Larynx,	Wind-pipe,	Bronchial Tubes,	Air Cells or Lungs,
The Root being the seat of Clergyman's Sore Throat,			
The body " of Common Croup,			
The Branches, " of Bronchitis,			
The Leaves, " of Consumption.			

Perhaps the reader now thinks it extremely easy to tell whether he has Bronchitis, Laryngitis—or Consumption, but unfortunately new difficulties commence at this very point from the following causes.

Common custom has made these three diseases two; and acknowledges but two names, *Bronchitis* and *Consumption*: whatever cases get well are called "Bronchitis;" those that die, are called "Consumption."

Another great source of difficulty is that Bronchitis, Clergyman's Sore Throat and

Consumption, constantly mingle their Symptoms, run into one another, and produce one another; that is, Bronchitis may end in Clergyman's Sore Throat or Consumption.

Clergyman's Sore Throat very often, indeed, almost always ends in Consumption, while in many instances Laryngitis is a sequela of Consumption; and I have known cases where the symptoms of the whole three seemed to be concentrated in one unfortunate individual. In short, these diseases so mask one another, that the most eminent of living physicians have given various opinions of the same case, at the same time, and death has shown that all were mistaken. *See page ninety-nine of the fifth Edition*—REMARKABLE INSTANCES.

Another source of difficulty is that some other diseases occasionally give rise to the most marked symptoms of Consumption, so that veteran practitioners of a quarter of a century, have been entirely deceived. *See page ninety-eight, fifth Edition.*

If Bronchitis, Clergyman's Sore Throat and Consumption are merged into the two names of *Bronchitis and Consumption*; if popular usage decrees that all who recover, have had "*only Bronchitis*," and that only those who die, had Consumption; if too, these diseases constantly run into one another, constantly commingle their symptoms, and are masked by other diseases, totally different from them, and to such a degree that eminent men of long and large practice, have been utterly at fault or at a loss to discriminate—what is to be done? Is any remedy proposed? any remedy that can be relied upon, any remedy that has been fully tried and that stands the test of repetition and of time? In answer, I think the mode to be proposed in these pages, will enable me to say surely and truthfully of a given case "that man cannot have lost any portion of his lungs by disease;" or of another "his lungs are in a state of decay, he has lost the use of one third of them, and he is in the last stages of consumptive disease." This mode of examining the condition of the lungs, enables me to tell with certainty what proportion of a man's lungs are rendered useless to him by disease, even down to the two hundredth part of the whole; but if on the other hand a person comes up to certain relative physical requisitions, it is utterly impossible, whatever else may be the matter with him, that his lungs should be in a state of decay, disease, or even of mal-action. This is done on the principle suggested by Abernethy, that is, measuring the lungs themselves, in a manner so simple, so convincing, so satisfactory, so demonstrable, that it has afforded me the greatest pleasure to explain it to those who have called upon me. The general principle is this, if a man's lungs in perfect, healthful action hold so much air, say two hundred and fifty cubic inches on an average, it is easy to perceive that if half his lungs are gone, he can only hold half as much air. The details are too prolix for these pages, but five minutes are sufficient for a perfectly clear and convincing explanation to any one who may call for it in person, as one minute's sight of an object frequently gives a more perfect idea of it to the beholder, than a whole volume of plates and written descriptions.

In this way says the London Lancet, it is proven by actual experiment, that a man's lungs, found after death to have been tuberculated to the extent of one cubic inch, had been by that amount of tubercularization controlled in their action to the extent of more than forty inches. It is very apparent then, that this mode of examination detects the presence of tubercles in their earliest formation, which is in fact the only time to attack Consumption successfully and surely; and when attempted at the early stage, before it is at all fixed in the system, the certainty of success in warding off the danger, of curing the disease, is as great as that of warding off the cholera or perfectly curing it, if attempted at the first appearance of the premonitory symptoms, and as when cholera is present in a community, every person who has three or more passages from the bowels within twenty-four hours, ought to be considered as attacked with cholera, and should act accordingly, so when a man has tubercles in his lungs to the extent of impairing their functions for a dozen inches, that is when his lungs do not, with other symptoms, hold enough air by a dozen inches, he should consider himself as having consumption, and should act accordingly and with the assurance that in four cases out of five, human life would be saved by it. And as thousands have died with cholera by hoping they did not have it, or denying they had it, although warned by the usual symptoms of its commencement, until its existence was so apparent to the commonest observer as to render a hope of cure impossible, so precisely is it in consumption, people will not take warning of the symptoms in their own persons, which have in thousands of others terminated in certain death,

but go on day after day without reason, hoping that the symptoms will go away of themselves, and steadily deny that they have the disease, until remedy is hopeless.

I have already said, that when Consumption has once fixed itself in the system, recovery is not probable; but if the disease is not fixed, and is only in its commencement, it may be certainly distinguished in its early stage, by the new means which I have advocated; and in very many instances averted; not so much by "taking things," as by letting them alone: not by confining the natural motion of the limbs by braces and supporters, but by allowing them the freest possible action: not by the application of Blisters and Plasters, which only interfere with the natural action of the skin, but by exciting and promoting that natural action: not by administering expectorants, which only weaken the system by hastening its drains, and producing nausea, but by regulating and controlling these drains, the expectoration being loosened by nature's means, when desirable. In consumption, I give nothing to purge, or which can by any possibility have a weakening effect; I give no artificial stimulant, which requires to be increased in frequency or quantity, or loses its effect altogether, or at last requires so much as to injure the tone of the stomach by preventing it from deriving proper nourishment from the food, and the patient rapidly sinks into the grave after having given a glowing certificate, or told dozens of people what a wonderful effect the Syrup was having in his case. This is the true history of all the "Syrups," "Cough Mixtures," and "Wild Cherry Balsams," sold in the shops for coughs, cold and consumption; and without doubt the reader can easily recollect cases among his neighbors, such as I have detailed.

I give no medicine to increase the expectoration, because the lungs are already expectorated away too fast. I give no medicine to remove the cough or smother it, for cough is the agent which nature sends to remove accumulations from the lungs, otherwise they would fill up and the patient would suffocate. I do not confine a patient in-doors, but keep him out as much as possible. I do not send them to a warm climate, if sent they must be, but to a colder and more bracing one—to a more condensed and purer atmosphere. I do not counsel them to leave the facilities and comforts and attention of home, to pine away in some distant country tavern, or pig-sty boarding house, or icicled fashionable hotel—these are not the places for a body worn away by disease, and wasted by long nights of incessant cough or drenching night sweats, cold and clammy as the grave; nor for a mind made timid by constant pain, and weakened by its own incessant and restless workings. If any man in the wide world needs them, it is the consumptive, who should have around him every comfort, every convenience, every facility which unbounded wealth or undying affection can procure. The light step, the soft whisper, the affectionate inquiry, the cheerful voice, the friendly smile, the tireless watching, and the sleepless eye—all these, and a thousand other nameless attentions, he needs, and needs them every day and every hour. To leave home for any length of time is a piece of advice which ought never to be given in a case of decided consumption; it is not applicable in any stage of actual consumptive disease, and an observant practitioner will never give it. Voyages at sea, and locations on the seashore or lake coasts, are unsuitable, pernicious, and deadly in their ultimate effects. The reasons for these opinions, which will be considered unusual at least by many readers, may be seen at length at page 106, 5th ed. of my book.

I wish it could be as deeply felt as it is strictly true, throughout this broad continent, in every mansion of its merchant princes, and in every fisherman's hut and squatter's cabin, that the permanent arrest of consumptive disease in its latter stages and its effectual eradication when only in its first beginnings, is to be accomplished by one and the same system of means, and which no *internal medicine* hitherto known to man has ever yet been able to accomplish, nor does this system of means require any.

In the treatment of any case purely consumptive, two things only are needed, and they are needed always, and under all circumstances:

A greater consumption of pure fresh, condensed air.

A greater digestion of nutritious food.

A man must have more air for his lungs, and more flesh for his bones. A consumptive is always short of breath and deficient in flesh. No medicine can ever give air to the lungs, nor can it impart nutriment to the system. It is the pure air which the lungs receive which purifies the blood, and it is plain, substantial food

introduced into the stomach which gives nutriment and strength and flesh to the system. My practice, therefore, in simple consumptive disease is, to force the lungs to consume a larger and larger quantity of *pure, fresh, condensed* air every day, and to cause the digestive apparatus to derive from the food a greater and greater amount of nutriment; hence, as my patients are getting well, they walk faster, run farther without fatigue, eat more food, digest it better, and consequently increase in flesh, and while this is going on, the cough, in all curable cases, gradually and spontaneously disappears, without doing anything for it; it disappears because it is eradicated, and not because it is smothered up by balsams, drops, syrups, and all the long catalogue of life-destroying poisons, which are sold under the name of patent medicines, by the unsuspecting in their credulity, or by the unprincipled in their wilful recklessness of human life.

One of the greatest difficulties in the successful treatment of Consumption is, that the stomach and bowels are deranged; the appetite may be moderately good, and the bowels for the most part regular, yet for all that, they are not in a condition sufficiently healthful to impart to the system the nutriment which the food contains, but which they are not able to eliminate; hence, the universal complaint, *what I eat does not seem to strengthen me any*; but this very condition is always and inevitably aggravated by every dose of patent medicine swallowed for coughs and the like; because every one of them, without any exception, as every respectable physician knows, and every honest, intelligent druggist will acknowledge, has more or less opium in some form or other, and this is impossible to be taken, even a single time, without having a tendency to make the liver torpid, to derange the stomach, and to constipate the bowels.

I do not wish it to be understood that I give no internal medicine under any circumstances, nor that I undervalue its remedial efficacy. I have only said that a man does not need internal medicine when he has simple, uncomplicated Consumption. The majority of persons who come to me have other ailments in addition to the breast or throat complaint; some have piles, others dyspepsia, liver complaint, neuralgia, whites, falling of the womb, heart-burns, "fainty spells," pains about the shoulders, spitting of blood, and the like. When that is the case, I am obliged to cure these things first, before I can proceed a single step towards eradicating the consumptive disease; and to do these things I must use the medicines which educated and experienced practitioners usually employ.

How I give pure, fresh, condensed air to the lungs to purify the blood, and how I give increased nutriment to the system, to strengthen it by enriching the blood, I have neither the room nor the disposition to tell in these pages, because they are not written to instruct medical men in the cure of disease, but to instruct the common people, that they may understand thoroughly what are the symptoms of diseases of the throat and lungs at an early stage, and may feel the importance of making immediate application for their total eradication while such a thing is possible.

The best physicians in the land, with the experience and skill of a quarter of a century, but too often fail to conduct a case of common consumption of the lungs to a favorable and successful termination, and no one of any intelligence could expect to have the requisite knowledge communicated to him in the few pages of a shilling pamphlet; and I must say that the man who could be tempted to tinker with his constitution, from any knowledge that he could gain from any source in half a day, or a much longer period, when he would not be willing, with equal facilities of instruction, to attempt the mending of an old shoe, such a man does not deserve a constitution. Still, in the *Appendix Edition* of this publication, I have given the treatment in some of the more remarkably successful cases under my care. It is simply an addition to this publication; and not supposing that a large issue would be sold, I have published but a few copies. Any person sending me a dollar, free of postage, to New Orleans after November 1st, or to Cincinnati after the 15th of May of each year, will have a paper covered copy sent by mail, or a full bound one if sent for by private hand. This *Appendix Edition* will also contain the letters of persons applying to me from a distance, describing their own cases and their successful termination, and that too without my ever having seen them. These may be peculiarly interesting to many, as showing how persons may

be cured of serious and complicated maladies of long standing, simply by sending them printed and written directions from time to time.

CAUSES OF THROAT AFFECTIONS.

Of that form of Laryngitis which I am denominating *Clergymen's Sore Throat*, it is sufficient for practical purposes to say, that it is any increasing impairment in the voice for several weeks in duration. This alteration of the voice may arise from an inflammation of the larynx, caused by indigestion, diseased liver, suppressed evacuations, too sudden healing of old sores, too hasty driving in of any breaking out of the skin, whether that breaking out be called measles, tetter, erysipelas, scarlet fever, rash, itch, or anything else that can be named; it may be caused by venereal ulcers, by sudden checking of perspiration, by keeping the feet damp for several hours, by sitting on cold stones or damp seats for some time; by speaking too loud; by singing or teaching too much; by excessive exercise and fatigue in a warm and crowded room, and then going out suddenly into the cold air, especially in damp, raw, windy weather; by sleeping in a position where the wind blows on the sleeper, even in summer; by going from a very cold atmosphere into a heated apartment; by breathing the steam of boiling water; by inhaling poisonous vapors, or the loaded atmosphere of cabinet or carpenter shops, stone cutters, gold beaters, iron, brass, or steel filers, and the like; cotton factories; the close apartments in which steam engines are usually worked, and such like places; by the excessive use of mercury; by demoralizing indulgences in secret; by habitual intemperance, whether the person be ever actually drunk or not; by a hereditary taint; by a scrofulous or tuberculous constitution—the slightest causes are sufficient to bring it on in these three last named cases; by common colds, frequently repeated; swollen tonsils. It matters not by which of all these causes the voice is impaired, immediate attention should be given to it, the cause sought out, the proper appliances made, and the disease averted.

The causes of Clergymen's Sore Throat are all such as are capable of producing inflammations when applied to mucous surfaces in any part of the body, for example: A common cold, frequently repeated, especially in persons accustomed to use spirituous liquors, such persons being always more subject to disease, and when attacked, suffer more, and are by far less apt to recover than those who never taste spirits, beers, ciders, or any such things.

EXCESSIVE EXERTIONS OF THE VOICE—A CASE.

A clergyman and his companion amused themselves one day in the woods by experimenting which could speak the loudest. The minister was the victor, but experienced a sharp pricking sensation in the throat, yet took no special notice of it: next morning, however, it was worse; he became hoarse, had a troublesome hacking cough, followed by weakness, emaciation, and night sweats. His friends gave him up as lost. He was obliged to abandon the ministry for three years and a half; but he got well and hearty, and can speak in public three times on the Sabbath with ease, and has been doing it for years.

Moderate speaking, if in crowded rooms during winter. Clergymen, Congressmen, and Legislators are subject to these causes:

A CASE.

A member of the Legislature called on me and made this statement: "You see I am a square-built man, with a well developed chest. For eighteen years I had the most perfect health, having pursued an active, out-door business life. I was sent to the Legislature. It was an exciting session. The Chamber was often crowded to excess; the air became heated and foul, while there were cold, piercing, damp winds without. I spoke occasionally. In two months my appetite was gone; with a harassing cough through the day, with expectoration, high fevers every afternoon, red cheeks; in four months more, I became what you see me now, I am weak, without energy, have drenching night sweats, and have lost forty pounds of flesh."

I told this gentleman that there was a high degree of inflammation in the throat, that it was extending rapidly to the lungs, and would then be without remedy. Such was the case, for he died within three months.

Wounds, blows, contusions, fish bones, cherry stones, tacks, &c., lodging in the larynx, are common cause of throat affections.

A CASE.

A man came to me who had the sore throat from having, some time before, swallowed a copper tack, bent at the sharp end like a fish hook—making an ulcer. Dry tongue, a very bad taste in the mouth, a feeling of binding and heaviness along the front of the breast and across it, constant for several months just preceding, and an almost ceaseless gnawing at the stomach, for the last few months, keeping his bowels constantly disordered, with a difficulty of breathing, constantly growing worse, especially on exercise; “expectorate a great deal every day, half a gill, of the worst kind of stuff, bloody, stringy, and bubbly.” Within two months he ceased to come to my office, “for nothing was the matter,” as he expressed himself to me. The tack had lodged in the wind-pipe.

N. B.—I will here mention, not a cause, but a frequent accompaniment of sore throat, which those interested will do well to remember. Persons will complain, not of a sore throat, but of a gnawing, or other bad feeling, at the pit of the stomach, sometimes a swelling, an instinctive disposition to pull the clothing from the stomach with the fingers, as if it would give relief to loosen them, and when describing their case, they point to the upper part of the breast in front, as a source of uneasy feeling. The cause of this uneasy feeling in the breast may be, that from the diseased state of the larynx, the air has not a naturally free passage to and from the lungs—while the difficulty in the stomach may be produced by ulcers about the top of the larynx, which constantly generate a foul sanies, or “ugly matter,” which, every time a person swallows, is carried down into the stomach; enough in thought at least, to produce the worst kind of dyspepsia, and undermine the strongest constitution in a few months. Persons have come to me with a mass of foul ulcers in the throat, and “did not know anything was the matter.” It is because they are too far down to be seen, without proper instruments are applied.

EXTENSION OF OTHER DISEASES TO THE THROAT.

Ulcers and sores of various kinds, being the extension of other diseases, are removed with admirable promptness and certainty, when proper applications are made to the spots affected—the same may be said of ulcers that are causing the patient to speak through the nose,—these are also arrested and cured at once. Throat disease is not unfrequently brought on by causes so unseen, working out the death in so insidious a manner, with a progress so gradual and so slow, that its advance is undreamed of, until some sudden symptom wakes up the patient and the patient's physician to a proper sense of the impending danger.

HOW AM I TO KNOW WHETHER I HAVE THE DISEASE OR NOT?

When a person reads that there are so many causes of this disease, to several of which he knows himself to have been exposed; that it is so much like consumption, in many instances laying the foundation of it—that it sometimes destroys life in a few days; that in others it insinuates itself into the system to an almost fatal extent, without the patient knowing anything about it; and when it is present, making death possible any hour, from the ulcer eating into the gullet or other adjacencies; from the swelling and closure of the vocal chords at midnight, causing instant death; when these things are taken into consideration, the above question becomes one of absorbing interest, especially to one who has any slight uneasiness about the throat, of some weeks standing.

I do not at present remember one single disease, whose early stage is infallibly indicated by any one symptom; but any alteration of the voice, or any pain in swallowing, or on pressing the throat about the wind-pipe, should excite an anxious

inquiry; and the anxiety should be increased in proportion as are observed uneasiness about the top of the breast bone; frequent indescribable taste in the mouth; "ugly" expectoration; a feeling as if you wanted to get something out of the back of the mouth; a sticky, clammy, or tough, stringy feeling there; a frequent bringing up of something with a single hawk, or clearing the throat, without coughing; or a disposition to swallow frequently, as if you felt you could get rid of it by swallowing, and yet fail to do so—but if there is pain on pressing about Adam's apple to one side or the other; or if you do not swallow without some soreness or twinge, or pricking sensation, or if in swallowing liquids, they turn through the nostrils, you may be sure of it!!

Laryngitis, or *Clergymen's Sore Throat*, sometimes begins very insidiously as a common cough, with hoarseness, the cough not attracting particular attention, until it has lasted for a considerable length of time, and seriously injured the general health, with the tissues of the part affected. The most marked symptoms are a husky, dry cough, with—

Soreness or pain in the region of Adam's apple, felt sometimes on pressure, sometimes in the act of swallowing, as if a fish bone were sticking there.

The most constant sign is the change of voice, which varies much in degree and kind, while there is not the slightest cough whatever.

There is a peculiarity in the hoarseness, which is of a deep, a loose or mucous kind, or it is dry or squeaking or wheezing hoarseness, accompanied by an occasional cough, with a fine, sometimes almost indistinct whistling noise.

A sudden loss of voice may occur in consequence of slight disease of some of the ligaments, or a nervous affection of the muscles, and may not be permanent, but where a voice becomes gradually more and more cracked until it is at last lost, there is progressive destruction of the vocal apparatus, for which there is no remedy.

In some cases the defect of the voice is only perceptible on speaking loud, or in any attempt to vary the tone, for the patient instinctively acquires a habit of speaking in that tone and degree in which the voice is best produced. In perhaps half the cases of *Laryngitis*, there is no pain until the disease is very far advanced, there is, however, an increased tenderness in the part, so that breathing cold air, or any hurry of the circulation, readily excites a short hacking cough; as it advances, the cough is loose and continuous.

When there is an offensive expectoration, it relieves the breathing more or less, although the voice may suffer more, and there may be more pain and soreness in coughing; this indicates the presence of an ulcer. The breathing, sooner or later, becomes affected, coming on mostly at night, and on over exertion.

Sometimes the attacks of difficult breathing becomes so severe that the patient is left exhausted. At other times he is prevented from lying down; and in the interval, the hissing sound of the breathing indicates some degree of permanent impediment to the air.

In many instances, the throat affection is accompanied by progressive emaciation, hectic fever, night sweats, and other signs of Consumption of the lungs, and the patient is ultimately worn down by cough and weakness, and is perhaps carried off by diarrhoea.

GENERAL HISTORY OF THROAT AIL.

The general history of the beginning, progress, and end of a case of *Laryngitis*, is as follows:

An uneasy feeling is present in the upper part of the throat, causing a frequent tendency to swallow, as if some obstruction might be removed thereby. In other cases, there is a constant hemming or hawking, in order to clear the throat of some sticky or glutinous stuff, adhering to the back part of it; then, the voice is not of that clear, ringing sound as formerly; or if it is made clear, it requires an effort, which shows that something is wrong; for nature works without an effort; after a while the effort becomes such as to cause fatigue. The voice has to be pushed out as it were; at length it becomes hoarse or cracked, after unusual speaking or reading; this is more perceptible after meals, or towards evening; some soreness begins now to be felt in the region of Adam's apple. There may be, as yet, no cough; and for weeks and months, and even years, except occasionally, it makes no perceptible pro-

gress, even getting better; but becomes worse again from exposure to changes of weather, and other causes; and thus it alternates, until the patient becomes exhausted in his efforts to get rid of it; the strength declines; the cough appears; the constitution yields, and death closes the scene.

It must be remembered that, sometimes, no cough makes its appearance until within a few weeks of death, but the voice becomes more and more cracked, discordant and husky; it requires the utmost effort to enounce a word above a whisper; the whole body seems to exert itself in the pronunciation of every syllable and not only the throat, but the whole system is wearied with the effort; but always unattended with extreme pain, in or about the throat. Sometimes the voice becomes utterly extinct previous to dissolution.

In the progress of the disease, ulcers form in the throat, so far down as not to be visible to the common eye, and these ulcers pour out, day by day, enormous quantities of the most offensive stuff, matter, blood, mucus, pure or mixed, a great deal of which is got rid of by expectoration, a whole pint of it in a day sometimes; another part goes by way of the stomach, and people wonder "where so much corruption comes from!" and assure the physician that they "must have spit up all the lungs before now;" and yet, on a proper examination, the lungs will be found unbroken and undecayed. While this affords encouragement to persons who appear to have Consumption, to have their cases properly examined, perchance the lungs may happily be sound, notwithstanding the threatening nature of appearances; it at the same time points out the necessity of prompt attention in all cases where there is any ailment about the throat, or any alteration of the voice whatever.

Many distinguished names, such as Piorry, Chomel, Louis, Belloc, Andral, Columbat De L'Isere, Sir Charles Bell, Stokes, Green, and others, bear the most unhesitating testimony to this important and interesting truth: "There can be no doubt that a person may have all the apparent signs of Consumption of the Lungs, in consequence of the throat affection, and the lungs themselves be free from disease."

In view of this, how strongly does the irresistible conviction fasten itself upon the mind of every reflecting reader, that many have been hastily abandoned, as being in the last stages of consumption, because they had cough, emaciation, night sweats, and difficult breathing, when a skilful physician would have detected in the throat alone, a sufficient cause for these alarming symptoms, and, by a short course of judicious treatment, have rescued them from an untimely grave.

A talented and distinguished preacher called upon me, in New Orleans last winter, for an examination and opinion of his case. His friends had supposed his to be a case of hopeless consumption. I considered it one of throat disease in the main, and treated it accordingly. In two months he writes to me:—

"Dear Sir: Your prescriptions began in a few days to act like a charm. My cough is more than half abated—digestion improved fifty per cent., strength and spirits in like proportion—nothing seemed against me but too frequent pulse, my throat and voice improved wonderfully, and my respiration very much helped," &c.

The rapid and thorough improvement in this case could only have taken place on the ground of my opinion being correct as to the character of his ailment—and yet he had been sent an interminable journey south, from Kentucky through Florida, and, as he informed me, he "got worse all the time." What a world of distress and anxiety, and what a large expenditure of time and money might have been saved to this gentleman, had a more truthful opinion been formed of his case before he left home.

Another clergyman, after having been under treatment for some time, writes me, and after relating the favorable changes which had taken place, says: "And, permit me to say, Doctor, that I shall ever cherish, with grateful remembrance, the day I first visited your office for advice and prescription, and that you may long live to relieve the sufferings of the human family, and enjoy that happiness which a consciousness of doing good gives its possessor, is the prayer of your obedient servant."

A FATAL CASE.

There are sometimes persons who cannot understand how it is that they can be in a very dangerous condition, when they can eat and drink and walk about the streets, and have no pain or soreness except some hoarseness, or a little pricking or twinging in the throat on pressure, or on swallowing, or on a sudden turn of the

head, or other movement of the body. A case: a gentleman of some distinction, of polished manners, and whose life was of considerable importance to the community, called at my office wishing to know my opinion of his case. On a careful examination, I told him he was suffering more from a throat disease than anything else, and that there was no efficient remedy. As I could do him no material good, I dismissed him, expecting to see him no more. Early next morning he returned, and said, "you must do something for my throat." I prescribed, and he got better rapidly, very rapidly. Knowing, however, that he could not recover, and seeing that every day he was cherishing new hopes of life, I thought it best to acquaint his wife, to whom he had not long been married, that I considered him in a dangerous condition, and advised an immediate return to his friends, assuring her, at the same time, in the most positive terms, that he was liable to die within any hour. He could not be induced to assent to my views, and I advised him to call in another physician. He did so, and I withdrew. Within ten days, though apparently better, his wife heard a singular noise while her husband was sleeping, and before she could go to the family apartment to give the alarm and return, he was dead. This sudden death sometimes arises from ulcers forming in the windpipe or its branches, and closing up the passages so that no air can pass; or an ulcer bursts and fills up the passages with matter, so as to suffocate. Sometimes the ulcers eat through the sides of the air passages, and making communications with adjoining parts, produce irritation, inflammation and death.

A gentleman called at my office with a distressing hoarseness of voice, but no soreness, it required a great effort for him to speak distinctly. He had just placed himself under the care of a physician, who was said to have had some success in curing throat diseases; but hearing that I was in town, he called on me to know what I thought of his condition. I was obliged to say that he would die in a few days, and declined prescribing; first, because I knew that I could do him no material good; and, second, I considered it would not be just toward his physician to abandon his treatment without giving it a fair trial. I saw him on the street several times afterwards, but within ten days I was hastily summoned to see him, and found him dead from suffocation.

It ought to be extensively known that there are several forms of throat disease, which render those who have them liable to sudden death; this is especially true of acute and chronic Laryngitis, from swelling, inflammation, or exudation about the upper part of the Larynx, which close the sides, and prevent breathing. This is very liable to come on in the night, during sleep; the breath is gradually stopped, the person becomes unconscious; instinctive struggles may give the alarm, but death usually ensues, before any person can be called; of this Washington died.

This sudden death may occur at any time to those who have enlarged Tonsils. When enlarged, they ought to be taken out at once, unless judicious and safe means are used by an intelligent physician, to cause the swelling to subside. For if treated injudiciously, they become hardened, and are liable to a cancerous affection, which is perhaps the most terribly painful of all diseases, as well as fatal. Persons should be careful how they employ gargles and washes, and refuse to use them unless recommended by a respectable physician.

CAUSES AND CASES FROM TROUSSEAU AND OTHERS.

C. M. noticed that public speaking was followed by some soreness in the throat, which usually wore off in a day or two; in a year or two it was painful to make a speech, and he was compelled to desist altogether from making public addresses. In time, every attempt to speak a word required an effort which was followed by weariness; there is a constant disposition to swallow or clear the throat, increased by talking or catching cold—appetite good—sleep sound—general health uninjured. If there is several days rest, he begins to feel well, but if any attempt is made to speak for fifteen minutes, the soreness in the throat returns.

A woman, while sitting on a stone bench in February, was attacked with sudden hoarseness, this continued, grew worse until the voice was lost altogether; a little pain in the throat, shortness of breath on the least exercise; was three months getting well.

Mrs. P. took cold by being exposed in the Park in Versailles, in August, followed by a hoarseness which nothing could control. In two years her voice was altogether

extinct. In two months more there was oppression and shortness of breath if she walked fast; in two weeks more this oppression became constant during the night, often threatening suffocation; and death took place in two years and a half from the first hoarseness.

A tall man, strong constitution, good figure, aged thirty-three, had hoarseness every winter for five years, then there was cough, irregular chills, clear expectoration, very sensitive to cold, copious night sweats, daily fever, voice then changed some, throat became painful, then drinks began to return by the nose, appetite bad, digestion imperfect, casting up after meals, gradual falling away, heat in the throat, loss of voice, thick greenish expectoration, diarrhoea and death.

A man thirty years old, delicate, subject to frequent colds for eighteen months past; with pains in the throat and hoarseness; voice hoarse and broken; expectoration thick and tough; often put his hands to his throat as if there were some obstruction there; had fits of coughing which were stifling, this grew painfully severe; and finally died of suffocation.

A gentleman aged forty-two was attacked in the street one morning in August, with a fit of suffocation; he could not proceed; a dry rough hoarse cough came on, with shortness of breath. In two weeks had another attack and died.

A vigorous Dutch courier was subject to cold every winter for eight years, but last winter it was worse, with sore throat, and obstinate hoarseness; emaciated very rapidly, with complete loss of voice; acute pain in the throat when he swallows either liquid or solid food; a tender spot on the side of Adam's apple when pressed with the finger; expectoration streaked with yellow at times, at others it is viscid, small, opaque, and swimming in a sort of mucilage; night sweats on face and chest; general debility and death.

A gentleman, aged fifty, had an eruption over the body; it disappeared, but a pain in the throat came on immediately, with a feeling of oppression; expectoration smelt badly. In a year or two there was a cough, hoarse voice, with a tough, sticky expectoration; acute pain in the throat, especially on swallowing—and even of liquids; falling away; loss of voice and death.

A large, spare man, of fifty-two, a porter, noticed his voice changing for thirteen months, becoming hoarser for the last six weeks, until the voice was almost lost; difficult breathing; painful swallowing; wakes in starts from sleep, and died of suffocation.

B. W. felt uneasy about the throat frequently, inclining him to swallow or to clear the throat, as something appeared to be sticking there; now and then there was a little hoarseness, especially towards evening, or after speaking or reading; occasional dryness in the throat; some burning feeling at the side of the neck; unnatural sensation at top of breast-bone; sometimes a feeling of tightness there; in the course of the year he found it required some little effort when after silence he began to talk, a kind of instinctive summoning of strength about the breast, in order to enable him to speak clearly and distinctly; after awhile, whenever spoken to, he would be compelled to give a hem or two before attempting to reply, as if conscious that something must be cleared away first.

Several cases of this last kind, especially in young men, were entirely cured without a further expense than the first week's prescriptions.

A clergyman says: "I had spoken a great deal for six weeks, which left some hoarseness, otherwise quite well. Soon the hoarseness was such as to reduce me to a whisper if I conversed only a few minutes; the throat inside looked very red, with large blotches or hillocks on the back part of it, and a slimy stuff was always collecting there, and when I would hawk it away, there would sometimes be streaks of blood in it; occasionally a little pain there. I quit preaching, and kept the house for several months, and nothing does me any good."

None of these cases came under my care; they are given to show how often a permanent hoarseness or huskiness, or loss of voice; or soreness in the throat, or painful pricking sensation in swallowing; or a gradual change of voice, end in death, sooner or later, if neglected; and the hope is, that the reader will take warning by these, and by timely application, save himself from a death at once painful and often extremely sudden, coming on in the dead hour of night, when there is no unusual or alarming symptom the preceding day.

LOSS OF VOICE.

On the 9th of March, a distinguished clergyman, young and of great promise, made to me the following statement: "Unusual circumstances compelled me to perform an immense amount of clerical labor, the work of three men; but it seemed unavoidable. I broke down, and was attacked seven months ago, in apparent health, with a sudden fit of coughing, which lasted three hours. I lost my voice; went to New York for medical advice; thence to Jamaica, in the West Indies; returned to the United States, still an invalid, not having dared to preach since my first attack."

He had night and morning cough, and the usual auscultatory signs of the loss of the upper portion of one lung. He was spitting up daily, quantities of thick, heavy, yellow matter. He said he was engaged to be married to a lovely woman, but that if his was a hopeless case, he could not reconcile it to his conscience to marry. He had great personal popularity, and was almost idolized by his people, and a large circle of family connections. Here was a case well calculated to excite the highest interest of a physician.

On the 3d of April following, I find the following memorandum in my note-book: "Reports 'my voice and throat are as clear and well as they ever were, in my life,' and left for home." Some months afterwards he called upon me to say that he was preaching with his usual ease and comfort, and was married.

ANOTHER CASE.

On the 21st of July a gentleman came to see me, from Detroit—married, aged thirty-six—saying, "In November last, I was taken with hoarseness, which, in three or four weeks, was reduced to a whisper, and has continued about the same ever since. My general health is excellent; no cough, no pain, no ailment of any description, except an inability to speak louder than a whisper. I have tried every different practice—allopathy, hydropathy, homœopathy, and the botanic system, without the slightest advantage. My friends and physicians have urged me to remain at home; that it was utterly useless to try anything else; and that it would be a waste of time and money to travel such a distance to see you."

It would have been very gratifying to have cured this case; but I have not done so, yet there is a prospect of his recovery. In one week after he came to me, he could speak a word or two at a time above a whisper; for ten days after that no other advance was made, and he began to be discouraged; the next day there was a farther improvement, and he urged me to use stronger remedies, and more frequently. But I never consult a patient's wishes or opinions. I allow those who come to me only one liberty—the liberty of ceasing their attendance at my office, the moment they think I am doing them no good—to stay only as long as they choose, and to come back whenever they are ready, or to stay away, as they think proper; so they get well, it is immaterial whether I cure them, or some other person does it. My earnest wish always is, that they may get well by some means or other. If a patient thinks he is not getting on fast enough, I would not blame him or get out of humor with him for trying some one else, for it is the very thing I would do myself if I were treated for a serious disease, and did not think I was getting better. If my health and life were threatened, I would try every body, and every thing that held out the least rational prospect of success, and would keep on trying until I came to the right place; and I do not blame others if they do the same thing. Those who may come to me, after reading this, will please bear it in mind. The patient of whom I was speaking, when this digression began, has now been with me about a month. He is able to sing some, and can speak several consecutive sentences in a loud voice, requiring however, some effort. He has not been confined to the house a single hour, and taken no medicine beyond a few pills, to remove costiveness; I have made no blisters, or running sores, and have given him no pain. I believe he will get well if he continues the treatment. If he does, it will be an additional triumph; if he does not get entirely well, it is no discouragement to me, for I do not expect to cure every case, and never have held out any such promise; men are not immortal, and all are born to die.

I designed the phrases *Throat Disease, Laryngitis, Clergyman's Sore Throat,* to

include any affection of the Larynx, or the parts about Adam's apple, lasting for several weeks, which is capable of producing consumption or death in any manner.

The voice is affected in every degree, from a slight hoarseness to complete loss of voice, with a feeling sometimes, of rasping, rawness, or burning.

Some compare the pain to the sensation of a sore; others to a pricking, or a heat in the throat, or side of the neck, sometimes both sides of the neck at the bottom, about half way between the shoulder and top of the breast bone.

In advanced stages there is difficulty of swallowing, and drinks return by the nose.

Dr. Stokes says: "In some it is traceable to a syphilitic origin; in others to a scrofulous; in a third from inflammation in an apparently uncontaminated constitution.

A sticky, tough substance, sometimes gathers on the back part of the throat, occasioning the most distressing fits of coughing, which is often decided to be beginning consumption; when a week or two of proper treatment restores to usual health.

When the disease is beginning, there is no feeling of pain or soreness, but a frequent disposition to hem, or hawk, or clear the throat, especially just before beginning to speak. When any thing is brought away by these efforts, it is at first a clear, pearly looking, gluey feeling substance, which, as the disease progresses, becomes yellow, dark or greenish, especially in the morning; constantly, though very slowly getting worse, in the progress of weeks, months or years; now and then terminating in sudden death. In my experience, none of these cases, especially if accompanied by a pricking sensation in the throat, or swallowing, or turning the head, ever get well of themselves.

For the still more perfect understanding of my meaning on several points, I here propose a few inquiries, and append my answers:

When is a man threatened with Consumption?

Ans. If a man ever spits up red blood, even to the amount of half a teaspoonful, coming up with a slight tickle in the throat or short heck of a cough, he will in nine cases out of ten, die of Consumption, sooner or later, however perfect he may appear in health in every respect,

Ans. 2. If a man has a slight heck or cough every morning on getting up, for weeks together, or on lying down at night, or both, he will, in nine cases out of ten, die of consumption, sooner or later, however perfect he may be in health in every other respect. In either case acute disease excepted.

When has a man actual Consumption of the Lungs?

Ans. A man has actual Consumption when he has a cough night and morning; pulse always above ninety; a heavy yellow expectoration; cold sweats towards morning, bowels too loose or too costive; frequently restless, unrefreshing sleep; variable appetite; weakness about the legs and knees; shortness of breath in going up stairs, or walking up hill; falling away; general feeling of weakness and lassitude; but little disposition to move about; soft and flabby muscles in the arms and legs. A man who has these symptoms has Consumption, and it is impossible for it to be anything else but Consumption; and his lungs are rotting away every hour. More! He has Consumption, if he has the majority of those symptoms.

What do you mean by the cure of Consumption?

Ans. If a man comes to me with a bad cough, pains about the breast, irregular bowels, variable appetite, short breath, night sweats, rapid pulse, "falling off," and goes away without any of these things, and at the end of one, two, or three years, I meet him on the street, or he comes to see me, and says he has no cough, no pain, sleeps sound, bowels regular, never takes any medicine, and weighs as much as ever he did in his life; I say such a man is cured of Consumption. Such were No. One, page thirty-seven; No. Six, page forty-seven; Nos. 2, 3, 4, and 5, page forty-nine; case A, page 148; case B, page 149; case A, page 174; and others not necessary to be named. I hope to be able to accomplish the same again.

When is a man threatened with fatal disease, called by the various names of Bronchitis, Clergyman's Sore Throat, and Throat Consumption?

Ans. He is thus threatened if he has any alteration of voice for several weeks, with a frequent disposition to clear the throat, and slight soreness or swelling, or pricking, in pressing the front or sides of Adam's apple, or in swallowing.

When has a man this so called Bronchitis, and this only, and cannot have Consumption at the same time?

Ans. If he have chronic hoarseness, pain or soreness on pressing the throat, with a

frequent feeling of dryness, general health good, bowels, appetite, sleep, pretty regular, with a pulse under 72 at all times—this is Bronchitis, so called, and it is impossible for it at this stage, to be complicated with Consumption.

When is such a man cured?

Ans. He is cured when he has no pricking, dryness, smarting, or heating sensation about the throat at any time; has no hoarseness of the voice, and can speak as loud and long as others without unusual effort of fatigue.

Having been successful in accomplishing these objects in a variety of cases, I shall rest with having stated the fact, leaving it with those who are unfortunately affected in this manner, to adopt the means proposed, or seek for others.

I am extremely gratified in being able to state, that the cases of Consumption which I published several years ago as cured by me, are yet, as far as I know, alive and well, thus establishing the truth of the permanency of the cures performed.

No. One, 2, page 37, called at my office last week. I had not seen him for near four years. He was well, looked well, and felt well in every respect; was on his way to New Orleans in July, and had no apprehensions of sickness. As far as his appearance to others, and his feelings to himself, there was not the vestige of any disease, any where about him.

This gentleman also informed me that case Three, 16, page 47, was the healthy, happy mother of two fine children.

Case Four, page 46, Perfectly well. Case Six, 37—and others I could name, but it is not necessary.

Case Eight, page 48, is not only well, but has cleared in legitimate business, since I cured him, twenty-eight thousand dollars; and thinks nothing, at the age of fifty-three, of galloping forty miles, from New Orleans to his sugar plantation, *after sundown*.

The lawyer, on page 121, is now, at the end of three years, a hale, hearty, healthy man, as I learned two days ago, from a neighbor of his, who has come a thousand miles for the removal of a throat affection, and I greatly hope his journey will be re-measured in health and happiness.

I doubt not many of those cases which have been named are doing well; but living in different and distant parts of the country, my opportunities of hearing from them are occasional and accidental. The case, for example, on page 49, has, after the interval of another year, reported himself "as well as he ever was."

The great, the main object in preparing these pages, is, as has been repeatedly named, to enable persons to understand what are the feelings and symptoms which generally bring on and accompany consumption; and to induce them to apply, without delay, for their prompt and effectual removal; believing as I do, in the uniform certainty of its accomplishment, under the conditions named, and that it would be the means every year of saving from a premature and fearful death, many thousands of the kindest and loveliest of our race.

ILLUSTRATION.

A young lady, aged eighteen, of uncommon personal beauty, attended by her mother, desired an examination, in great apprehension, that the lungs were affected. During the preceding twelve months she had been prescribed for, at different times, by a very distinguished surgeon. She complained of constant headache; cold feet; heavy pain at the pit of the stomach; great chilliness; "a pestersome dry cough at times;" pains through the breast and sides; sometimes a feeling of soreness in the right side; indisposed to exercise; variable appetite; had spitting of blood on several occasions. Within three weeks every symptom was removed, and, as far as I know, she remains well to this day. There can be no doubt that had these complaints been unheeded, she would finally have fallen into a fatal decline; and yet it is seen with what comparative ease she has recovered from symptoms well calculated to alarm.

TO MOTHERS.

Many young girls, just rising into womanhood, become listless and inattentive; lose their liveliness; sit about the house, taking little interest in what is going on around them; do not appear to eat anything; lie in bed late in the morning; and when

they do come down, seem more dead than alive, occasional pains about the breast and shoulders; complain of much chilliness, if the weather is but a little cold. Such persons are unfeelingly accused of *laziness*; of *having the blues*; that they *don't need any thing*; and not being sympathized with, they keep their ailments to themselves, and suffer pain in silence rather than run the risk of an unfeeling contradiction; and many times, when it is too late, it is decided that *something must be done*. In a majority of these cases, the cough is not noticed by others, for it is but slight; occurring only on lying down, or getting up, and lasts but a minute or two. In all these cases an unnatural pulse, short or quick breathing, with a deficient action of the lungs are always present, to a greater or less extent. By a neglect of these considerations, parents have suffered many a bitter pang, and spent many an hour in unavailing chiding and self-reproach, when the object, around which their memories gather can receive their cares no more. A beautiful flower never droops without an adequate cause; and whenever a youthful heart is listless and sad, there is always occasion for it, and whether imaginary or real, it ought to be removed by kindness, sympathy, and skill.

In some cases, Consumption, Bronchitis, and Laryngitis, have so many symptoms in common, as to mislead and baffle the skill of the most eminent physicians. But these ailments have become so frequent and uniformly fatal, that the necessity of studying and endeavoring to discriminate them, has forced itself on the minds of medical men, and the results have been gratifying in the extreme. The difference between these diseases has been made so apparent; the modes of treatment are so diverse and novel; while the practical results have become so manifest and important, in restoring eminent public men to usefulness, who had abandoned their professional occupations in despair, that it is a pleasure to invoke publicity, and call the attention of all, to the study of the subject, the new modes of treatment, and their successful issue.

These pages are prepared, not to instruct the common reader how he may cure himself, but to enable him to discriminate these dangerous diseases, and know for himself whether he has Bronchitis, Consumption, or Laryngitis; and having determined this most essential point, to apply, without delay, for appropriate treatment. The three ailments just mentioned are so mixed up in the minds of men, there is such a limited understanding of what they really are, that persons sometimes come to me, after studying and enquiring, perhaps for months together, with the wish to comprehend the nature of their sickness; and in a manner and tone indicating perfect hopelessness of ever being able to understand the subject, ask with great eagerness and earnestness: "*Doctor, what is the matter with me? some say I have incipient consumption; others, that it is only an attack of Bronchitis. What is Bronchitis? Are my lungs affected or not?*" In such a frame of mind, many persons apply to a physician; but even if he give a favorable opinion, they feel themselves perfectly in the dark; and the tormenting thought is still suggested: "*He knows it is Consumption, but does not like to tell me?*" Then he begins to reconsider his symptoms; he is thrown anew into a state of feverish disquietude, and cannot rest until he asks the advice of another physician. The reader of these pages, who has some suspicion that his own lungs are affected, will feel more deeply than any language of mine can express, the full import of the oft repeated apostrophe, in burning thoughts, if not in audible speech: "*I would give anything in the world to know really whether I have the Consumption or not!*" The agonizing desire to have this question truthfully and satisfactorily settled, arises from the general belief that it is a question of life and death: for the thought has almost become instinctive: "*If it is Consumption, I may as well make up my mind to die.*" Under circumstances of so much doubt and perplexity, and, at the same time, so momentous, I cannot but think that the new means which I propose of deciding in any one case: "*It is not Consumption, it is impossible;*" or, "*It is Consumption, so far advanced, that in your case, recovery is hopeless, and your death within a very few weeks is inevitable;*"—must be looked upon with the deepest interest; especially, as they afford strictly demonstrative proof as to the three points following:—

If all of a man's lungs are within him,—if he has lost none of them by decay,—if there be no consuming process going on there, this important fact is indicated with great certainty, in spite of every symptom, feeling, and appearance to the contrary; by which I mean to say, that if a man can come up to the physical requisi-

tions of this new mode of diagnosis, it is utterly impossible that the lungs should be in a state of decay; that any of them should have been lost.

A second fact, arrived at with mathematical precision, is, that when a man's lungs are in a state of decay, when there is even a small cavity, it is physically impossible for him to come up to the physical requisitions.

The third point of interest is, that the proportion of a man's lungs lost by decay, or rendered otherwise inoperative, is indicated to a fraction of the one two-hundredth part of the whole.

In this new mode of determining the condition of the lungs, nothing is left to the mere opinion of the physician, or the hopes or wishes of the patient. If all a man's lungs are within him, if there is no decay, he can know it for himself, and no man can mislead him. Auscultation, and percussion, and plessimetry may deceive, and have deceived medical men of the highest eminence; but in these new means, in conjunction with auscultation, there can be no mistake, there can be no deception as to either of the three points above named.

This new method of diagnosis is invaluable as to two other points: it indicates a man's improvement, irrespective of symptoms, feelings and appearances; but when the patient is dying by piece-meal, however well he may feel, and however often he may say, "I'm better," no dial plate ever indicated more certainly the passing hour, than these means do, that his life is rapidly passing away.

There is, furthermore, a practical advantage derived from this new diagnostic, which is beyond all price; it does what is claimed for no other method, to-wit: discovers the existence of consumption in its earliest forming stages, long before the slightest decay has taken place; and by thus indicating its early presence, before it has fixed itself in the system, a timely warning is given, and consumption becomes one of the most manageable diseases; for, however incurable it is generally considered, in its advanced stages, that is, when the lungs have already begun to decay and rot away, there is perhaps no one so ill informed, as to deny that it may be warded off, if attempted at an early stage, before decay has set in.

It is my opinion, that four persons out of five could be saved from falling victims to consumptive disease, were my plan of treatment begun and carried out, perseveringly and energetically, as soon of the means proposed, in conjunction with auscultation, indicate the commencement of consumption. Auscultation corroborates, as far as it goes, but these new means indicate the existence of phthisis at a stage far, very far in advance of stethoscopy.

Much more might be said in praise of this new method of investigation, but I choose to leave the more demonstrative developments to time, lest what I say be deemed so extravagant as to frighten away inquiry. It is my belief that a happier thought never occurred in medicine, saving the praises due to Hervey and Jenner. It is my purpose to make a full publication hereafter, when a greater variety of facts, bearing on the subject, have been collected, and when more leisure is afforded for reducing it to a system, by which it may be rendered safe and practically and generally useful. In this simple tract, for general distribution, I did not design anything beyond a bare allusion to the subject, and a few illustrations of its practical utility.

Persons have often come to me, believing themselves, believed by their friends, and pronounced by physicians, to have actual consumption; yet the means referred to, have enabled me promptly to say, "you have no consumption—it cannot be;" and their rapid and permanent recovery, by the use of authorized means, as indicated by what are allowed to be the general principles of medicine, has fully confirmed the truth of my opinion; and it is to the partiality of these persons, and their friends, that I am indebted to a reported ability in the treatment of consumption, not altogether due to me.

WHAT I BELIEVE.

I believe in the cure of consumption, prompt, perfect and permanent, if attempted before it is fixed in the system; and believing this, I have, for a series of years, applied myself to the employment of means to find out, more certainly, what were the signs and symptoms given in the more early stages of the terrible malady. Medical men, and others, universally admit that consumption might be cured if proper efforts were made at the early onset of the disease; but it is as universally acknowl-

edged, that there are no certain means of ascertaining its presence in the forming stages; and this is equivalent to admitting that "Consumption cannot be cured, and it is not worth while to try;" a theory which has been practically carried out by old and young to the present time. I believe that consumption, like cholera, is fatal in its last stages, but entirely manageable if attempted the moment the premonitory symptoms manifest themselves. I have endeavored to find out what the premonitory symptoms of Consumption are, and by the aid of men and books and instruments, I think I have attained the knowledge at once so desirable and so vitally important; a knowledge which, I fully believe, will rescue many from an untimely grave.

I have observed what no physician of ordinary capacity could help from observing, that in the last stages of Consumption, the heart and lungs work too fast by one half. This increased action comes on by the slowest, almost imperceptible degrees; never suddenly in a day, or week or month; but there is a time when the first departure is made from the natural standard; and there are other symptoms which as invariably attend this state of things, as a shadow attends a body in sun-light; and more—these symptoms, when connected with this increased activity, never fail to end in death by consumption, in its most unmistakable form, if appropriate efforts are not promptly and perseveringly made to remove them at this early stage of their development. The most prominent of these symptoms are—loss of strength, loss of breath on exercising, and loss of flesh; the bowels as yet being regular, sleep sound, appetite good: the almost only symptom appreciable to the patient being a cough, or heck, or hem, so slight and seldom at first, as to attract no notice. But when it comes to a hacking or cough every night on lying down, or every morning on getting up, it should excite the liveliest alarm. By following up the inquiries and making a free use of the knowledge and investigations and experience of others, however obscure and humble their position in society, for truth is truth, whether from a gutter or a university, I think I have arrived at results of the most important character in their bearings on the health and happiness and lives of my fellow race.

Physiologists say that a man's height equals his measurement from tip to tip of the fingers, when the arms are extended. It is also affirmed, that the length of a man's intestines, are five times the length of his body.

Why may not the amount of a man's lungs, when in free and healthful operation, bear a definite and unvarying relation to some of his physical proportions? It will occur at once to the reader, that the amount of a man's lungs depends on the size of his breast, measuring around the body; but such is not the fact. Under certain limitations, not as yet fully defined, it is found that the amount of a healthy man's lungs depends on fixed physical conditions—the height, weight, age, sex, degree of health, arterial and respiratory action. The height is the predominant guide, other things being equal. Beginning at five feet, the increase of lung measurement is eight times the increase in height. With this data, it is easy to ascertain the healthy measurement of every individual. And by making several thousand experiments, taking the measurement and other physical conditions into account in each case, this important point is arrived at with admirable and arithmetical certainty, how much should a man's lungs measure in perfect health in every respect, of certain physical conditions. If in a thousand successive cases, I find that every healthy man of the requisite physical conditions, gives precisely the same measurement, I conclude that any one who does not come up to that measurement, has just that amount of deficiency of lung action. If a man in perfect health of lungs measures two hundred, it is easy to see, that if half his lungs are gone, he will measure only half as much: and so with any other larger or smaller proportion, *down to one cubic inch!*

PRACTICAL RESULTS.

The actual practical results correspond with the above statements. A man came into my office who had lost half his measurement. I told his brother that although appearances were against the opinion I was going to give, and he had walked to my office from his own apartments, several squares off, without much fatigue, yet I felt bound to say he could not survive three weeks. Within that time he died with unmistakable consumption.

Another gentleman came to me from North Alabama, attended by his brother, who

was extremely anxious to know his condition, but desired me to withhold my opinion from the invalid. He told me his brother had been improving of late, and was greatly better and stronger and livelier than he had been for some time past. On examination, I found he had lost two-fifths of his measurement; and I felt compelled to say, that he could not under any conceivable circumstances live six weeks, and that he ought to be taken to his family without the least delay. He died in about five weeks from that time. These are given as examples from many others. In short, the use which I make of these things is simply this,—if a man is deficient in measurement, and under my treatment, he lessens that deficiency every week, I encourage him to persevere, for he is evidently and substantially improving. If, unfortunately, on the other hand, the deficiency increases every week, notwithstanding all I can do, I send him home, because he is declining every day, and must inevitably die; and I desire to receive money from no man unless I believe that I am doing him a commensurate good. A physician of extensive practice and good family, from Kentucky, called to see me. I explained every thing to him as fully as I could, and on submitting himself to examination, he said at once, in a manner and tone so despairing and melancholy, that I can never forget, "*I see it—it is no use to try any thing; I may as well go home and die.*" He started on his return the next morning, and died not long after his arrival. With facts like these, constantly occurring, I look upon this new diagnostic with increasing admiration.

A deficiency of measurement arises from two principal causes.

An actual loss of the substance of the lungs; or an infiltration, or engorgement or solidification. Auscultation must decide which of these it is. A young gentleman came to me from one of the western counties of Missouri. He was sent by an elder brother who had been cured by me, of cough, pain in the breast, &c., several years before. His principal symptoms were distressing pains about the breast, no appetite, sleepless nights, and such an inveterate spitting of blood, that walking two or three squares would cause him to bring it up by mouthfuls. His deficiency of lung measurement was nearly one third: but auscultation showed that it came from the air cells of the lungs being filled up with collections that did not properly belong there. His brother was greatly alarmed: his family physician said it was no use for him to come to me, as it was a clear case of tubercular consumption. I at once informed his brother that I thought he could be cured, and that so far from its being a dangerous case, that he could safely and profitably leave for home in a week. I gave him some vegetable pills, administered quinine and elixir of vitriol three times a day, and required him to walk about the city from morning till night; never carrying his exercise to fatigue or exhaustion. Within a week he ceased to spit blood altogether; his appetite returned, his sleep became sound, unbroken and refreshing; his bowels regular daily, without medicine for that purpose; whereas, before, they had kept obstinately costive; his strength returned so that he could walk for hours at a time without special fatigue; and on the eight day when he left, his lungs measured to the full healthy standard. With results like these, I should be excused if I speak enthusiastically in these pages. These are facts, and I consider them triumphant. And in recording them I enjoy that pleasurable feeling which a man possesses, when he knows he is right, and yet sees that the multitude now incredulous, will sooner or later agree with him.

In confirmation of my views in relation to the importance and value of this new method of determining the actual condition of the lungs, what proportion of them are in healthful and efficient operation, I will give the testimony of two of the most respectable and extensive periodicals in the world. The London Lancet, one of whose Editors has been for some years a member of the British Parliament, and who is honored every session by appointments on committees, among the most important to a nation's interests, says: "This mode of distinguishing Consumption at an earlier period than by any other means, has been actually proved."

The British and Foreign Medical Review, now edited by Dr. Forbes; and which has been conducted with such signal ability for the last quarter of a century, that it is now circulated in every quarter of the globe, says: "We have no hesitation in recording our deliberate opinion that this is one of the most valuable contributions to physiological science that we have met with for some time." I consider the stethoscope and percussion as mere toys, which do well enough to excite the wonder of the credulous. I must confess they never gave me any satisfaction, I never could learn anything by them. It may be different with others, but I believe that the ear

laid upon the patient's breast, with nothing intervening but a single thickness of the inner garment, stretched without a wrinkle and laid smoothly on the skin, is immeasurably preferable to any stethoscope ever invented, it tells us more certainly and in louder tones by far, all that stethoscopy and percussion pretend to, and in a more simple and natural manner. In all cases I use the ear directly, to ascertain the more prominent sounds, but the stethoscope and percussion never, except for a single reason, and that does not occur once in a hundred cases; nor do I place any dependence on the eye, nor the moving of the extended hand over the chest. In forming an opinion in a case of Consumption, the main foundations are,

The condition of the pulse.

The degree of the emaciation.

The measurement of the lungs.

The sounds given to the ear when it is laid on the patient's breast, while standing; or back while stooping forward; a single thickness only intervening of the inner garment stretched smoothly over the skin. The cough, spitting of blood, and that which is expectorated, I consider, of themselves, of little consequence, for the simple reason that they never can be relied upon, until a stage so late, that no reliance is needed. No one pretends that either of them have an invariable cause, an invariable effect, or an invariable tendency, therefore, by themselves, they are symptoms of little value.

UNSEEN CASES.

Some of the most gratifying, and remarkable cures I have ever performed, in cases of Throat disease and Consumption, have been of persons whom I have never seen, or have seen but once: this arises from the fact, that any one of observation, by confining himself to a certain class of diseases for a series of years, acquires an ability almost instinctive, to determine the value of symptoms arising in a certain order; and in their progress, attended by certain changes; and the blank form which I send to those at a distance, who cannot conveniently come to me, enable me to trace the order, and the progress and the changes of these symptoms with great facility. And then, there are two inestimable advantages in being prescribed for in such cases.—The patient is at home, the very last place for an invalid to leave, except for a very few days at a time, a truth seldom learned except by experience gained in bitterness and unavailing tears.

By being away from his physician, a thousand minor ailments are left to take care of themselves, and do so better than by a physician's aid, while the main course of treatment goes on steadily, uninterruptedly, and in a determined and business like manner without the worse than leaden draw backs, of being in a large city, on expenses, among strangers, nothing to do, no where to go, and nobody to talk to. An invalid from the country soon finds that a city is the most lonely place in the world to be at; no body has time to talk to him, for talk's sake. The city in summer is an oven; and if you walk or ride for fresh air, you must go through miles of dust, and what is worse—return through the same. In winter you are in an everlasting fog of coal dust, and there is no way of getting rid of it but through miles of mud.

When persons have disease of the Throat, and not Consumption, they express themselves in different ways, in describing their ailment, such as tired, pricking, heavy aching, scraping, dry, raw, choking, tickling. Some refer these feelings to the region of Adam's apple; and others to the little hollow at the bottom of the neck, just above the breast bone. Some complain of a burning sensation at the top of the breast bone, others at the centre. A great many complain of some disagreeable feeling at the pit of the stomach. One man says he is all the time hawking, and brings up little or nothing; another is constantly swallowing, but as soon as the swallowing is over, the feeling returns; this is very much the sensation some persons have, after swallowing a pill, feeling as if it were but half way down. Sometimes this sensation arises from the palate being relaxed; at others, from great inflammation at the back part of the throat, by which a clear glairy, sticky, or yellowish matter is thrown off, but as soon as it is hawked away or swallowed, more collects, and thus the person is constantly carrying this disagreeable stuff into the stomach, among the food, and in time his appetite becomes impaired, the coats of the stomach injured, and a species of dyspepsia originated, with all its train of disagreeable, disheartening symptoms of bad taste in the mouth, irregular appetite, a tiredness of feeling all over the

body, no disposition to do anything, low spirits; and in time the person becomes silent, moody, and melancholy, and loses all his energy and ambition. In such cases nothing can be done, until the dyspepsia is removed, which is often accomplished in a short time, and then the throat is cured without any trouble by a few daily applications of the argentine solution, and the use of the simple gargles.

Many persons have come to me who had had the uvula cut off, but scarcely ever have I seen a person who could say, decidedly, that it had been of any material advantage. Some think that they were a little better for a while, but the great majority "didn't see that it did them any good." In all the cases that have applied to me, I have never yet had occasion to take off the palate, but always succeeded in causing it to contract, by the use of the simple gargles. And since the cutting off of a palate has sometimes been the occasion of a great deal of suffering, especially if enough has not been taken off, I prefer avoiding the risk, and by curing it with gargles, leaving it in its natural state, I have never yet failed. Still it may be sometimes necessary.

APPARENT CONSUMPTION.

There can be no doubt that many persons are wrongfully pronounced to be in Consumption, from a want of proper knowledge and skill, on the part of the person giving the opinion, thereby throwing the patient into hopeless melancholy, or abandoning him to palliative means, and neglecting a course of treatment, which, with more truthful views, would have saved him.

A CASE.

A Southern planter, of great wealth and distinction, called upon me, on his way to the West Indies, in pursuit of health. His prevailing symptoms were a most incessant cough, day and night; it had taken away his appetite and sleep; he had been a large portly man, but had fallen off so much that his skin was wrinkled, and his clothing appeared lost on him; he was haggard and dispirited in the extreme. He had night sweats, and a constant, fixed pain in the centre of the breast. His friends had given him up. His banker said to me, in a very cold, business-like, confident way—"He is too far gone to be saved. Do you think you will be able to do the old gentleman any good?" His family scarcely expect to see him return. He was very costive, and complained much of debility; that his coughing and expectoration weakened him very much. His tongue was dry and furred, and he was very much troubled with shortness of breath. Conversation, exercise, going up stairs, coming into a room from out doors, invariably excited a most distressing dry cough, and he had no appetite for anything. His pulse was ninety-five a minute. Upon examination, I gave my unhesitating opinion, that his was not a case of consumption. This opinion gave him great uneasiness, for he had evidently come to me with high expectations, and that I should give such an opinion, in the face of what every body believed, himself included, caused him to apprehend that I did not understand his disease, and of course could do him no good; it was like abandoning a last hope of life. Had I told him at once, that it was a plain case of Consumption, but that I would certainly cure him in a short time, he would have been much better satisfied. He had a great many questions, unanswerable, as he imagined, to propose to me. How is it that I cough so much? Where do these night sweats come from? If my lungs are not diseased, how is it that I have this incessant pain in the breast? If my lungs are not giving way, why have I fallen off so much, and have such shortness of breath, that I am tired to death when I go up stairs? Every day or two he wanted me to examine him again, saying he was afraid I had made a mistake. To all this I replied, that his was a clear case of Throat disease, and that he would soon be satisfied of that fact. I made daily applications to his throat, for several weeks, and by properly regulating the general system, I find an entry in my note book, some eight weeks afterwards to this effect:

"Returned in good health and fine spirits; appetite excellent; sleep is delicious, without any artificial means; breathing sixteen; pulse seventy-two; natural ruddiness returned to him; sleeps on either side with perfect ease, which has not been done for a long time before; not the slightest remnant of pain in the breast, for the last month; weariness in walking, and shortness of breath have entirely disappeared.

In this case, the cough was not entirely removed, which was attributable to a singular accident which had befallen him, and which would probably cause some cough, as long as he lived; but not sufficient to make it necessary to take anything for it, or to be called troublesome. At the same time, I believe, if he could have been induced to live on plain diet, and to leave off the use of tobacco altogether, the remnant of cough would soon entirely disappear. The immoderate use of tobacco, by smoking or chewing, is a cause of disease of the throat, in a number of instances; and whether a cause or not, a perfect cure is almost impossible, unless it is wholly abandoned, in every shape and form.

For the benefit of such as may not be able to obtain the larger publication, I will state a few cases, showing how many of the symptoms of consumption, persons may have, and yet the lungs be entirely sound; and showing, at the same time, the necessity of applying to competent and experienced persons to decide so important a question.

A female, aged thirty, was very subject to taking cold; this ended in spitting blood, and great difficulty in breathing; pain in the throat; a hoarse voice; frequent pulse; and night sweats; she died in six months, and on opening the body the lungs were found to be entirely healthy, and the whole disease seated in the larynx and windpipe.

A man, aged thirty, very liable to take cold, had been sick a long time; considerable spitting of blood, at different times; face lean; loss of voice; painful and fatiguing cough; brings up mucus and yellow matter; obstinate diarrhoea. He died; the three last days being passed in extreme suffering and agony. On opening the breast, the lungs presented no unusual appearance. The disease was at the upper part of the windpipe, which was ulcerated.

A youth, of eighteen, had pain in the throat; voice changed; spit up sometimes mouthfuls of frothy red blood; frequent general chills; great falling off; pale and sharp features; cheeks red; spit up lumps of yellow matter; frequent pulse; night sweats; difficult breathing; and death within a year. On opening his body, there was found no ulceration in the lungs, but the upper part of the windpipe, about the voice-making organs, was ulcerated.

A man, aged forty-nine, had a harsh dry cough; expectorated a whitish, thick stuff, sometimes with blood, frothy, with little masses of matter scattered through it. He died, but no tubercles were found in the lungs.

A boy, of fifteen became addicted to bad habits, in four years he began to experience pain in the throat; the voice altered, became shrill at first, and was then entirely lost; swallowing liquids became impossible; he expectorated large quantities of matter, and died after a year's illness. The lungs were found entirely sound, but the whole throat was ulcerated.

In stubborn cases of throat disease, it is sometimes necessary to prohibit for awhile the marital rights. Cases are given in books where throat ail has followed excessive indulgencies within a few hours, and ultimate death, with ordinary symptoms of consumption, without the lungs being implicated in any way. These facts demand the consideration of all.

There is a disease, called by different names, to-wit;—Throat-ail, Bronchitis, Clergyman's Sore Throat, where there is frequent swallowing, clearing the throat, pricking sensation, more or less hoarseness or loss of voice, so as not to be able to speak above a whisper, or spells of difficult breathing. This disease has one or more of these symptoms. It is very fatal, often suddenly so, at midnight, from suffocation. This ailment is easily cured. Sometimes the voice is restored within a week, after having been lost for months; at other times, several months are required. Little or no internal medicine is used, and there is no confinement to the house or detention from business. This Throat-ail sometimes gives all the more prominent symptoms of Consumption, such as an incessant hacking cough, pain in the breast, sleepless nights, great falling away, weakness, spitting blood, and night sweats; and yet the lungs be perfectly sound, for the patient has recovered rapidly and completely, without the use of a particle of the ordinary medicine used in Consumption. I wish a knowledge of this fact could be spread from Maine to Florida; and from New England to Oregon.

A CASE.

Last year a gentleman of fortune, aged fifty-one, was talking in a stage coach, and felt a sudden giving away of something in his throat. He became alarmed, and applied to his old neighbor and friend, a professor in the medical school, who assured him he would be well in three days. A dozen leeches were applied to his throat, and several blisters; and being no better at the end of three weeks he applied to me. I could only hear him speak by placing my ear to his lips. Within a week, he could speak in his natural tone of voice, without effort or injury; and left my office CURED, and remains so to this day.

A clergyman had given up preaching for many months; after the fourth application he said, "I enjoy the luxury of a full breath, which I have not done for many a long day before." In two weeks he preached without any special inconvenience, and as far as I know, has had no return of his malady.

One of the loveliest and most beautiful young women of this city lost her voice—she had not spoken above a whisper for three months; at the fourth application she spoke in a loud tone, overwhelmed with gladness.

A case is reported of a young lady from South Carolina, who had not spoken above a whisper for nine months, and supposed her voice irrecoverably gone; at the fifth application she arose from her seat, bathed in tears of gratitude, *speaking in her natural tone!*—It must not be forgotten, however, that some cases require applications extended through months.

These applications afford instant relief in the croup of young children. There is another species of Throat-ail in children.

Mrs. M.'s little daughter, aged seven years, seldom laid down in her bed—the mother was in constant fear of suffocation; this extended throughout months. She called to me in great distress—the difficulty was removed in ten minutes, and never returned.—Miss M. E. S., a beautiful little girl, often woke her parents in the night, by the noise of her suffocative breathing. She was brought to my office, and was relieved *beyond recurrence*, in three minutes.

When ulceration has attacked the organs of voice and eaten them away; or when the vocal chords have shrunken or dried up, there is no cure; nor when there is necrosis or a destruction of the bones or cartilages of the part.

When the ulceration has been neglected, and has extended below the forks of the windpipe, which is just behind the top of the breast bone, the patient must die in a short time, because the applications cannot be made below the hollow at the bottom of the neck in front, and the parts are soon eaten through: a speedy death is inevitable.

By reference to page *twenty-two*, the reader will perceive how uniformly these slight throat affections, and from trivial causes, go on to a painful and fatal termination. A few other cases are here given from a foreign publication:

A physician was called to ride on a January night, and contracted a hoarseness, which continued with very little cough and no expectoration; his general health continued excellent; no one could have supposed anything the matter with him. His voice became more and more hoarse, until it was entirely lost, and in a few months afterwards he died.

A lady was attacked with fits of dry cough, and subsequently lost her voice; there was a sense of scraping in the throat; sometimes obstinate sneezing; the cough was a little soothed by drinking water; the breathing gradually became difficult, swallowing painful, and she died.

A gentleman observed for a year past, that his voice was occasionally a little cracked, and soon became permanently hoarse, and at last it was entirely lost. There was no pain, no swelling, no spitting of blood; he seemed to enjoy the fullest health; yet the symptoms gradually grew worse until he died.

I trust that the record of these cases will be a warning to those who have any ailment in the throat, and that they will be induced to take prompt measures for the effectual eradication of the disease.

The statements made in these pages are founded on my own personal observation, and being convinced of their truth myself, I simply record the facts, and trust to their reasonableness for convincing the common-sense reader.

FALSE IMPRESSIONS.

I do not wish to leave an impression on the mind of any one, that I am every year curing thousands who were in the last stages of consumption; all such statements carry with them their own absurdity and recklessness: if the reader is unfortunately in the last stages of Consumption, I would make no effort to convince him that I could cure him, but would sooner counsel him to prepare at once, if he has been so unwise as to neglect it hitherto, for the great untried future, upon which the most healthy of us must so soon enter. I would rather inform him that recovery from the last stages of the Consumption does sometimes occur, and the person dies many years afterwards of some totally different disease—but that this happens so rarely it should be considered an exception rather than a rule, a thing never to be promised, and seldom to be hoped for.

WHAT I DO.

I, however, do labor to show how certainly I can detect Consumption in its first forming stages, and with what comparative ease, and how promptly and effectually it can be warded off, and the constitution placed in a healthy condition, in many instances. I feel quite sure this could be done in four cases out of five; and the success which has been attributed to me in the treatment of Consumption, is due to my being able to detect it, in its first forming stages, in its very first approaches; and not only to detect it, but to prove its early presence most satisfactorily; not, indeed, by mere reasoning and theory, but by bringing to light physical signs and symptoms, which rationality cannot resist.

Any success which I may have had, is not the result of wonder-working medical compounds, for I administer but little medicine for the consumption itself; nor have any cures performed by me, been the result of ingeniously contrived patented instruments. Long experience, and extended observation, have convinced me, and are daily confirming me in the conviction that patented contrivances for the alleviation of human suffering, are too often founded in heartless cupidity; for who, that possesses any generosity, would say to a suffering, perishing fellow creature: *this contrivance of mine will restore you to health, but if you make one yourself, I will imprison or ruin you by a law suit, and unless you buy one of mine, you may suffer on, and perish.* Such, it appears to me, is the language of every man who patents a remedy for the removal of human suffering, and the same of those who deal in them.

FEMALES.

Women are liable to throat diseases, from three causes:

Suppression of monthly turns.

Damp or cold feet.

Dyspepsia or Indigestion.

In this last case the stomach, liver and bowels must be brought into a healthy condition, with the use of as little medicine as possible, and daily applications must be made to the parts, until they are restored.

When suppression is the cause, a restoration of a clear voice is not to be expected until regularity is established.

In either case if neglected, the malady makes a steady and often hidden progress, and, sooner or later, ends in a fatal form of disease.

MY OPINION.

I am often asked: Do you approve of supporters or braces? I believe that such contrivances are unnatural, irrational, mischievous and absurd. No one part of the body can be supported by pressure, unless by imposing a greater strain on some other part than was designed by nature, and that other part must suffer sooner or later, if the extra burden is continued. Nature is free in all her operations, and any contrivances which impede the natural freedom of bodily motion, must be mischievous, if persevered in. Numbers have come to me, after having obtained these things at considerable expense and trouble, uniformly giving testimony to their utter inefficiency

when worn; or their inability to wear them without producing greater ills than those originally complained of. In some instances they may be of service. I have known no such instance as yet. I will state a simple fact, officially reported, and leave the reader, to judge for himself, and not to submit to the persuasions of those whose interest it is to sell these things, and who may sincerely believe all they say; but the question arises, "Is it true?" Your money, your health, your life, are the issues, and you are most interested in forming a correct judgment.

A large portion of British soldiers, who enlisted at the age of eighteen years, were noticed to die within five years of Consumption. Such an appalling fact elicited the closest scrutiny, and it was attributed to the weight of the knapsack pressing on the shoulders, on the whole upper part of the breast, where the decay of common Consumption always begins; and continued pressure at any point about the shoulders or breast, will excite or hasten the disease. This is a bare fact, which no assertion can explain away. And the reader should bear in mind always, that the only natural, healthful condition of the body, is a condition of unrestraint. Nature no more "abhors a vacuum," than confinement, even for a moment. I have never yet known a person to obtain a bandage or supporter, or braces for the lungs, that did not soon throw them away; sometimes within twenty-four hours of their purchase; and repeatedly within two weeks.

Patent medicines are liable to the same, and even greater objections; for while it is asserted by traffickers in them, that they are so simple that they cannot possibly do any harm, even if they do no good, it is known to every observant physician, that in many instances they have a most pernicious effect; oftentimes destroying the tone of the stomach for life, and poisoning the whole system. An article taken by the "HOME JOURNAL," from a London paper, contains a just satire, headed:

MORTALITY FOR THE MILLION.

The Earl of Harrowby is reported to have stated at a meeting of the society for the Promotion of Colonization, that "the population is increasing at the rate of one thousand souls a day. It cannot be said that the government is doing nothing to supply a remedy for this monster evil; for government sanctions the sale of quack medicines, than which nothing can operate more effectually as a check to over-population."

It cannot be denied that drugs, and drops, and syrups, and balms and balsams are too freely resorted to, and too lavishly used among all classes of society, even among the better informed, and I here give as an example of their pernicious tendency, the following item going the newspaper rounds:—

"The editor of the Boston Chronotype, who lost several children by administering to them patent medicines for summer diseases, has since treated the same complaints successfully, by giving ice and iced water, and recommends this substitute to others. The relief it grants is gradual and certain."

Here is a case of an intelligent man, in a responsible official station, in the most learned city in the nation, becoming, to a certain extent, the destroyer of his children, by giving them medicines about which he knew nothing, except the assertion of those whose interest it was to sell them. How many lives might be preserved, and how many good constitutions saved from wreck and ruin, if the people generally would learn a lesson from the practice of physicians, who do not take the simplest medicines themselves, until a last resort, although they have been familiar with their virtue and modes of action all their lives; but as for taking patent medicines, they would almost as soon take a known poison, and many of them would rather do it, for then they would know the antidote. I do not take medicine myself nor would I advise others to take it, if the desired object can be accomplished in another way: and when administered, it is to avoid a greater damage; it is on the principle of choosing the less of two evils. Medicine should be taken in as few cases, in as small quantities, and at as long intervals as possible. I think the time is approaching when those will succeed best in effecting remarkable cures, who will give the least medicine, and resort more to the employment of physical expedients, external remedies, and dietetic means.

A young man applied to me, supposed by his friends, and fearing himself, that he was in the commencement of consumptive disease: he had oppression; pain in the

breast; could not lie on the side for pain; rapid pulse; mother died of consumption; difficult breathing; started to ride on horseback to my office, but from weakness and pain had to return; these things had continued for some months. By taking a single pill, using a special form of exercise, at specified hours in the day time, washings and frictions at particular parts of the body, and a regulated diet, he got perfectly well within a month, and remains so to this day. This young man was killing himself by being employed twelve hours out of the twenty-four, in a singularly stooping and confined position of body; and all the syrups, and balsams and balms that could be purchased, would not have saved him from a speedy death; but a system of physical remedies did save him, by counteracting the destructive tendencies of an unnatural position and confinement. This case is given to show how much a little medicine will accomplish, when accompanied with appropriate observances, founded on the causes of the malady and on the circumstances with which the patient is surrounded.

REMARKABLE CURES.

I was once called to see a man, who had cough, hectic fever, night sweats, with great debility and emaciation. He was said to be in the hopeless stages of consumption, and had for a long time been confined to his room. A country physician was in attendance, and reported to me that he had employed the usual remedies in such a case, but without the slightest apparent benefit; on the contrary, the cough, and night sweats and debility were getting worse every day. I left a few pills of rhubarb and aloes, with special directions about diet, air, exercise, clothing, and cleanliness. In a few weeks he was able to make a full hand on a farm, and subsequently grew to be a corpulent man, and died in the south four or five years afterwards of yellow fever. Strange as it may appear, this man, in his debilitated condition, compelled to lie abed sixteen hours out of every twenty-four, was making a hearty dinner every day of fat bacon and boiled cabbage, with breakfast and supper in proportion, which gave him an incessant, dull pain at the pit of the stomach, keeping him groaning for hours every day.

A wealthy Kentucky farmer, one of those hospitable gentlemen of the olden time, whose integrity of character was without a stain, and who delighted in deeds of peace and kindness to all about him, had what was termed a "sore toe;" it had some time before been injured accidentally in such a way as to have the end of it cut off; but it healed up and was forgotten, until after a season it became inflamed, hard and painful. A great variety of neighborly recommendations, which "couldn't do any harm, if they didn't do any good," were resorted to without benefit. A country physician was consulted; next a city practitioner, but not being able to relieve him, they advised amputation as necessary to the saving of his life. Matters were thus assuming a very serious nature, the pain could be no longer borne, and the alternative was the loss of life or the loss of the ailing member; but before submitting to an amputation, he was advised to consult my brother, Dr. Sam. Hall, of Fourth street, Cincinnati, who, having spent some time in the French Hospitals, had acquired a simplicity in treating surgical cases only to be obtained from opportunities of extensive observation, and who considered it a mark of "greater skill to save a limb than to cut it off neatly." He recommended him to take no medicine, and to submit to no operation, but to bathe it half an hour every day in simple warm water, and after each bathing, to grease it well with sweet oil. This gave prompt relief, and in a short time the troublesome member was perfectly well. How did this happen? The skin over the end of the toe had become perfectly hardened, and constant pressure on the nerves of the part, had set up a degree of irritation and pain scarcely endurable; the applications softened the part, removed the inflammation, soothed the irritation, and reduced the skin to its natural state.

A young lady had a painful affection of the throat, coming on at a regular hour every day. Every thing that could be thought of was tried to no purpose. Last of all, caustic in solution was applied daily for a month, without any effect whatever. My brother advised her among other things, to discontinue the caustic altogether, and by persevering in the use of a gargle of simple cold water, she soon reported herself to him as perfectly well.

The above cases are given to show that there is more to be done in the practice of medicine than to employ the knife and administer drugs: to show that by a judicious observation, and the exercise of a sound judgment, some of the most grievous ailments, and the most threatening diseases may be warded off and permanently cured, by pertinent appliances, and with almost no medicine at all. Persons have even ceased to take advice of me, because I "expected them to get well without any medicine."

I do not wish the reader to understand by what I have just said, that I do not give any medicine, for there are complications of disease which make it necessary to be given freely and often. I am only showing how much good may be done, and how much suffering saved in other ways than by swallowing physic from morning till night until a man makes an apothecaries shop of his body. If I have any theory at all, it is never to take a particle of medicine for any ailment, if it can possibly be removed in any other safe way. My object is, not to show how much I can do by a great "cure all" medicine, or patent apparatus, but to show how much may be sometimes done without either; to show my disapprobation of all patented contrivances and compositions for the alleviation of human suffering; and that I have no respect for their authors or for those who by trafficking in them, make themselves partakers in a crime against afflicted humanity.

PRINCIPLES OF CURE.

If I have succeeded above others in the treatment of consumptive diseases, it has arisen from the following considerations:

Practising in these diseases and in none other.

Detecting the disease in its earliest stages.

Persevering in a course of treatment in spite of repeated backsets and discouragements.

Never doing anything to weaken the patient.

Avoiding confinement to the house, even in cold weather.

Considering cough a curative process, and therefore using no measures to smother it, as all patent remedies do without exception. The cough should be got rid of gradually, by eradicating the causes of it, instead of smothering it up, as is the common practice by the use of opiates in some of their forms.

In consumption, whatever weakens, makes worse; hence I never applied a plaster and never made an issue, because these do weaken in many, very many instances, besides doing other injuries occasionally, which are not recovered from for months, if ever. Many persons have come to me who have been blistered from the chin to the pit of the stomach, when they averred that they "never could see that it did them any good; while they did suffer a great deal of inconvenience and pain from them, and seemed to get weaker every day." The strength of the patient ought to be increased from the first hour, by safe means; and this I always endeavor to do, and carefully avoid doing anything which by any possibility might weaken. It is thus that persons sometimes express surprise at "feeling stronger daily, without taking anything."

MEDDLING WITH COUGH.

An error which many persons fall into, in the treatment of consumption, is in meddling with the cough. In my larger publication, pp. 98, cases are given to show that a troublesome and long continued cough may exist, and nothing be the matter with the lungs. In all such cases, all remedies addressed to the lungs must fail; and he who in a real case of consumption, at once sets about to destroy the cough, destroys the patient. Many a person says, "If I could only get clear of this troublesome cough, I would be as well as I ever was in my life." Another will say, "there is nothing the matter with me but a little cough." a third will come in and say, "Doctor, I am not sick, and I don't want to go through a course of medicine, I only want you to give me something to cure this cough. I have a good appetite, and sleep sound when I do get to sleep; bowels regular, and I feel hearty and strong, but this cough is always pestering me; just give me some drops to take it away and I will be well as I ever was in my life." A case:—I was once called to see a very esti-

mable lady, whose worst symptom was a most distressing cough; she complained of pains about the breast and neck and of several other things of minor importance. I told her the cough was deep seated, that it would require all her efforts to get rid of it, and that this would have to be done in a very gradual manner; that I would prevent her coughing at night, but that the cough during the day must be borne with, as it aided in bringing away the constant accumulations, otherwise, she would soon have her lungs fill up, and would suffocate. She, however, became impatient, and being remiss in following some of my directions; I ceased to prescribe for her, after seeing her four or five times. Some one was called in who had "cured several cases worse than she was in a few days." His medicine seemed to have a good effect; in a day or two the cough sensibly declined, and finally ceased altogether and with it the expectoration, and about the same time, she died. And it is thus that thousands are destroyed every year; they purchase various syrups and cough remedies, and because they moderate the cough, they think they are getting well; losing sight of the fact, that they are getting no stronger, or losing flesh, or that the dose has to be increased; and as soon as they cease taking it, the cough returns, proving conclusively that it is only a palliative, while the main disease is working its way deeper into the system.

OPINIONS OF CASES.

With these views in reference to consumptive disease, I will give a few illustrations of the correctness of my judgment in cases presenting themselves for an opinion, as many come for an opinion only; the reader will at the same time have an opportunity of seeing the character of the opinions, not only as to their correctness, but that they are plain, direct, concise, to the point, and always in writing.

An over anxious mother brought to me her daughter, aged eighteen, of great personal beauty and perfection of form: she complained of constant head ache; cold feet; great chilliness; occasional dry cough; pains through the breast; also in the left side, and sometimes in the right; quite sore there; indisposed to exercise; variable appetite; heavy pain at pit of stomach; has spit blood several times.

Opinion: "Your daughter's lungs are perfectly sound in every part of them; all her ailments, are the consequences of having nothing to do but to eat and frolic. Make her go to bed at ten and get up at five; ride four miles and back in a fast trot, canter or hard gallop before breakfast, and the same before tea; take nothing for breakfast and supper but cold water and brown bread and butter; eat nothing between meals; take a moderate dinner of what she likes best; not sleep a moment in the day time; take a fast cheerful walk of an hour after breakfast and during the afternoon: scrub the whole surface of the body for ten minutes, night and morning, with a coarse towel dipped in salt, and then sponge with cologne water; she needs no medicine, she will be well enough in two weeks." And it was so.

570. S. U., aged 21, pulse 100. Slight wandering pains in the breast; hands cold; feet burn; dull hurting weight at stomach, which swells, and the weight of the clothes is oppressive; has spit up clogs of dark blood every morning for several weeks past; family consumptive.

Opinion: "You have no consumption; your lungs are unusually good; your disease is simply acute dyspeptia; and by correcting the deranged condition of the stomach and liver, you will get well." This man perfectly recovered in a short time.

572. W. J., aged 30, six feet high, pulse 100. Dry cough on getting up; weak in the limbs; weight and uneasiness at stomach; eye-sight impaired; hair falling off; aching in throat if talks much; voice hoarse; some difficulty in swallowing liquids, at times; difficult breathing; numbness in left side; fallen off twenty pounds; don't sleep four hours in twenty-four.

Opinion: "Yours is a disease of the stomach, liver and bowels; nothing more. There is not a better pair of lungs in the city, that work more freely and fully. You will get well if you go to the country and chop wood all day in the open air; go to bed at ten o'clock regularly, and get up the instant you wake every morning; live altogether on cold bread and butter, fresh meats, stewed, ripe fruits and cold water; swallow three teaspoons of white mustard seed, whole, three times a day, an hour before meals; chew slippery elm bark freely during the day; spit out the bark and

swallow the juice; scrub the skin to redness, twice a day, over the neck, breast, sides and stomach, with a woolen flannel, dipped in salted alcohol, and you will be well enough, soon enough." In three months afterwards, he wrote me that all the above symptoms had disappeared.

K. H. G., farmer, aged 24, height, six feet and one inch. Fallen off twenty pounds; a hard cough night and morning; occasionally during the day, causing him to throw up his food; difficult breathing; loose bowels; voice hoarse for two months; throat stings when water is swallowed; tall, square, rawboned man; brought this on by going barefoot in April, to harden his constitution; thirst every forenoon; very chilly; pain between shoulder blades.

This patient brought me the written opinion, just given, of one of the most distinguished surgeons in the United States; which was as follows:—

"Oct. 2nd, 1848, 3 o'clock, P. M. Respiration 31 per minute; pulse 130; Bronchophony in the upper part of each lung; respiratory murmur scarce audible on the left side of the chest; very little expansion of the left thorax during inspiration; most of the same side flat on percussion; condensation of a great part of the left lung; a degree of hypertrophy of the heart, with probable dilatation; bellows murmur in the passage of blood through the heart; defective valvular function.

Prognosis unfavorable.

The opinion I gave the father in writing was as follows.

"Your son has true consumption; the left side of the lungs is in a state of decay; a large quantity of decayed matter is still there, and the decay is progressing. One third of his lungs being hopelessly lost to him, recovery is utterly impossible; if nothing is done for him, he will probably die in two months; the best directed efforts will save him from some suffering, but cannot possibly protract his life longer than three months." He died in ten weeks.

713, M. C., September 18th. She is in the last stages of consumption; a large part of the upper portion of the left lung is utterly gone, the decay is rapidly progressing, and nothing can arrest it; her death is inevitable before the close of the year.

COD LIVER OIL.

The above opinion was given of a young woman, never married, full cheeks, and to look at her sitting at the distance of a few feet, you would not suppose any thing was the matter with her. A lady brought her to me, who was worth some sixty thousand dollars, and instead of consulting a physician in time, had been giving her cod liver oil for nearly two years, and had very recently ceased giving it. When she came to me she could not speak above her breath, no appetite, bowels loose, and costive alternately; cough night and day, daily chills, feet cold, the slightest exercise produces exhaustion; pulse one hundred and twenty, and breathing while at rest, sixty a minute; her courses had never appeared. Here was a holy human life thrown away; a young woman's existence sacrificed, from degrading penuriousness. The history of this case was shortly this; from some neglect or exposure, the courses did not appear; a physician not being consulted, a slight cough followed, wholly depending on the disordered condition of the uterine function; thousands of such cases are cured every year by judicious physicians, with very little medicine; but this wealthy woman, thinking it a case of beginning consumption, became, in order to save the expense of consulting a physician, her own family adviser, and administered the above article vigorously, for two long years, until the patient was at death's door.

The blind administration of cod oil has hurried many to an untimely grave, and will destroy many more; because

The common article is absolutely unfit for use, and it is so horribly nauseous that many are utterly unable to use it, and declare they would rather die than continue to take it. When compelled to take it by superiors or from motives of economy, as the common kind is had at one or two dollars a gallon, while the light colored and pure is, up to this time, afforded at ten dollars a gallon, and is almost impossible of attainment; when, I say, persons are compelled to take it, it often brings on symptoms, worse than those sought to be removed.

Even the pure oil, made of Livers not over a day old, and gathered in January, is, in numerous instances, inappropriate; as in the case above, or in liver cough, &c.

When there is no fever, no irritability of pulse; when the bowels are regular, the liver healthful and digestion good, it is a valuable remedy; its value and its virtues are wholly dependant on its being well digested; and when this is not the case, it is only a source of in-

creased irritation and ill health. It is affirmed, also, by those who have strongly advocated its use, to produce in numerous instances spitting of blood; one of the most alarming of all symptoms, and very justly so, as it very generally ends in cough, consumption and death; in fact, it is but too often the case, as intelligent physicians very well know, that blood, spit from the mouth, coming from the lungs, even in small quantities, is the unwelcome symptom of decaying lungs; that is of consumption in its latter stages. How careful then should persons be of taking anything, without a physician's superintendance; of taking anything which, by a remote possibility, is followed by so unwelcome and fatal a symptom.

IMPOSITIONS.

I wish to give here, an additional warning, that the pale oil, sold by many druggists as the pure cod liver oil, gathered from fresh livers, taken in mid-winter, is a spurious article; being made of a mixture of sweet oil, lard oil, bromine, iodine, and other articles. The Druggists themselves are not aware, in many instances, that the article is adulterated, or rather fabricated, being imposed upon by the Eastern Dealers. The only safe plan is to take oil under the advice of a physician who is personally acquainted with the manufacturer, who himself procures, or by his agents, the fresh livers at the fisheries in the Northern Atlantic, coast of Labrador and Gut of Cansor.

Then, and only then, can you be assured of two things.

First, that you have a pure and genuine article.

Second, that it is applicable and not hurtful in your case; without these assurances, no sane man ought to use it.

Such being the circumstances connected with its employment, it is, perhaps, destined, like other good remedies, to do more harm than good; and like them, for the same reasons, to fall into disuse. I am truly glad that, hitherto, I have been able to get along without it; having been prejudiced against its trial, from four principle causes:

Its unreasonable costliness.

The almost impossibility of getting the real article.

Its inapplicability in numerous cases.

Its acknowledged hurtfulness in others, inducing diarrhœae, hæmorrhage, &c.

In the above cases, as well as in all others, I endeavor to express the convictions of my own mind at the time of the examination, either to the patient himself, or to the nearest relative or friend. I am paid to give my opinion, founded on a careful examination of each case. It can in no instance answer any ultimate good to mislead. If the lungs are not diseased, it would be cruel not to remove the heavy weight that hangs on the mind; and if they are diseased, the patient ought to be made fully aware of his situation, that he may be stimulated to use every effort possible, and that, too, without delay, for an alleviation or an entire removal of the disease. No one will make the requisite effort, if the truth be partially concealed; on the other hand, if the disease has arrived at an incurable stage, a man ought to know it; and the sooner the better; that those preparations may be made, which the present and the future call for.

FOOD.

Its DIGESTIBILITY, NUTRITIVENESS and time required for its DIGESTION.

The following table is one of very general interest and utility; a much more extensive one will be found in the *Appendix Edition*. The time required for the digestion of food, and the ease with which it is digested, do not always accord; nuts for example, and oils are more nutritious than boiled rice, yet the latter is digested in one hour, while the former require several hours. Food which is most nutritious is marked the highest; wheat, for example, is marked ninety-five, because out of one hundred parts, ninety-five, that is, 95 per cent. of it is taken up by the nutrient vessels, and applied to the nourishment, and support, and strength of the system.

The article of food most difficult of digestion, is marked one, the easiest, ten. For the table giving the time in which food is digested, the world is indebted to Dr. William Beaumont, of St. Louis, Missouri, to whom was allowed the rare opportunity, never thus afforded to man, before or since, of looking into the stomach, while digestion was going on, seeing it with his own eyes, watch in hand; hence his statements are taken for granted by all eminent medical writers throughout the

world. The orifice, which is still open, was made in the stomach of Alexis St. Martin, who is yet living, on the sixth of June, 1822, by the accidental discharge of a musket, loaded with powder and duck shot.

KIND OF FOOD.	MODE OF PREPARATION.	AMOUNT OF NUTRIMENT.	TIME OF DIGESTION.	EASE OF DIGESTION.
			h. m.	
Almonds,	Raw,	66		
Apples,	Raw,	10	1.50	5
Apricots,	Raw,	96		
Barley,	Boiled,	92	2	5
Beans,	Dry,	87	2.30	4
Beef,	Roasted,	26	3.30	3
Beets,	Boiled,	15	3.45	3
Blood,		22		
Bread,	Baked,	80	3.30	3
Cabbage,	Boiled,	7	4.30	2
Carrots,	Boiled,	10	3.15	3
Cherries,	Raw,	25		
Chickens,	Fricassee,	27	2.45	4
Cod Fish,	Boiled,	21	2	5
Cucumbers,	Raw,	2		
Eggs,	Whipped,	13	1.30	7
Gooseberries,	Raw,	19		
Grapes,	Raw,	27		
Haddock,	Boiled,	18		
Melons,	Raw,	3		
Milk,	Raw,	7	2.15	5
Mutton,	Roasted,	30	3.15	3
Oats,	Oat Meal,	74		
Oils,	Raw,	96	3.30	3
Peas,	Dry,	93		
Peaches,	Raw,	20		
Pears,	Raw,	10		
Plumbs,	Raw,	29		
Pork,	Roast,	24	5.15	2
Potatoes,	Boiled,	13	2.30	4
Rice,	Boiled,	88	1	10
Rye,	Rye Bread,	79		
Sole,	Fried,	21		
Soup, Barley,	Boiled,		1.30	7
Strawberries,	Raw,	12		
Turnips,	Boiled,	4	3.30	3
Veal,	Fried,	25	4.30	
Venison,	Boiled,		1.35	6
Wheat,	In Bread,	95	3.30	3

The condition of the bowels is a matter of the first importance in all stages of consumptive disease, more especially in the advanced stages, when they are inclined to be loose; it often happens that consumptive persons die of loose bowels, when the lungs are sufficiently whole to have allowed them to live in comfort for years to come, could the bowels have been regulated to act but once a day.

Blackberry cordial is the most agreeable of all non-medicinal agents, in diminishing the frequent, thin and light colored passages; to be prepared thus:—

Put the blackberries in a pot of water, boil until the juice leaves them, strain through a flannel bag; add spices, loaf sugar, cinnamon and cloves to the taste, then boil again for twelve minutes, skim, and let cool. To three quarts of this juice add one quart of the best French brandy.

TO BOIL RICE.

Take a pint of Rice, wash it well, then soak it two hours in cold water; have ready two quarts of boiling water with a little salt in it, in a stew pan. Half an hour before you wish to use the rice, pour the water from it, in which it has been soaked, and with a table spoon shake the rice gradually into the stew pan, without stirring it; let it boil ten minutes, then strain the liquid from the rice; return the rice to the stew pan, and let it steam fifteen or twenty minutes, a short distance from the fire, it will then be done, and the grains will be separate; add a little butter, and send it to the table.

In graver cases, it should be prepared as follows:—wash it well, then parch it brown or black like coffee, and while a pot of water with a handful of salt in it, is boiling, sprinkle in the rice, bad grains being removed, and let it boil twelve minutes by the watch, stirring it all the time; pour off the water, cover up the vessel, place it a little distance from the fire, and when cool enough, eat it with a little butter or sugar.

The general principle as to diet, in the management of loose bowels of all kinds, is to use such articles of food as have the most nutriment, and the least waste; hence, boiled rice alone will cure in many instances, while raw cucumbers will kill, because rice, boiled as above, has eighty-eight parts of nutriment in a hundred, and only twelve of waste, to be carried off over the tender and inflamed surface of the bowels, while cucumbers have only two and a half parts of nutriment, and ninety-seven and a half parts of waste matter to be carried from the system. Hence the saying that *rice is binding*, whilst the most uneducated know that raw cucumbers, boiled cabbage, and the like, are charged with death. In times of cholera and spring diarrhoea, this table should be studied closely by every one, and all medicine most carefully avoided; even burnt brandy and loaf sugar, unless advised by a careful and experienced family physician.

It is of importance, sometimes, to have the best kind of bread. Corn bread should always be eaten warm and fresh; wheat bread should be two days old, and cold or toasted.

Vegetable food contains, almost fully formed, the three great ingredients of the human body, viz: Fat, Bone and Muscle or flesh, and that kind of food which contains these in the largest quantity, is the most wholesome; hence, brown bread made of wheat ground and used without separating the bran from it, has one-third more nutriment, and is much easier of digestion than when bolted; that is, made into fine white flour, by having all the bran taken out of it. Professor Johnston gives the following as the amount of nutriment contained in one thousand pounds of unbolted flour and common flour:

UNBOLTED FLOUR.		FINE FLOUR.	
Muscular Matter.....	150 lbs.	Muscular Matter.....	130 lbs.
Bone Material.....	170 "	Bone Material.....	60 "
Fat.....	29 "	Fat.....	20 "
Total.....	338	Total.....	210

That is to say, there is, in a thousand pounds of brown bread, one hundred and thirty-eight pounds of nutriment more, than in a thousand pounds of bread made from common white flour; and the finer and whiter the flour, the less nutriment does it contain, and the more difficult of digestion.

Such kind of brown bread, with rice, prepared as above, roasted potatoes, with plain fresh meat, not killed within six hours, well cooked, cut up in pieces not larger than a pea, and taken in moderate quantity, and not more than half a glass of fluid of any kind, constitutes one of the most easily digested and nutritious meals that can be devised for a weak stomach, especially if a moderate walk be begun in ten minutes, and continued in the cool, pure air, for half an hour or longer.

As to apples and fruits in general, they are good at all times, if eaten in the early part of the day, at regular meal time; they should be perfectly ripe, without a spot or bluish of any kind, and should be eaten raw or roasted, but not between meals, nor after the middle of the day.

The above table is often referred to in my prescriptions, and it should be carefully preserved.

A person in good health will extract nutriment from the following articles in the proportions named.

100 lbs. of Lentils have	94 lbs. of Nutriment.	Ment (average)	35 lbs.
" Peas.....	93	Potatoes.....	25
" Beans.....	92	Beets.....	14
" Rice.....	88	Carrots.....	12
" Wheat.....	85	Cabbage.....	7
" Barley.....	83	Greens.....	6
" Rye.....	80	Cucumbers.....	2
" Bread (average)	80		

In connection with food, its proper quantity and quality, there is another subject, not less essential to the successful treatment of consumptive diseases, and that is a full supply of pure air; without it, no treatment can possibly avail. Attention is most especially called to pages fifty and sixty-six of this volume; and for a more extended and admirable illustration, the reader is referred to a book published first in 1848, entitled—"The uses and abuses of air, showing its influence in sustaining life and producing disease, with remarks on the ventilation of houses," by Dr. John B. Griscom. A more practically valuable book on the subject of health, has not appeared in the English language during the present century. While the reader is referred to pages 82-87 and 98-102 of the edition of 1848, the Author most earnestly recommends its purchase and study to every man who feels the importance of maintaining good health, if he has it; and of regaining it, if so unfortunate as to be an invalid. The very essence, the first cause, the infallible precedent, the invariable attendant of Consumption, in all ages, classes and climes, is want of nutriment, of strength; and nutriment must be given, or a cure is utterly and always impossible; but the last process of digestion, and without which, food never can become blood, is bringing it and the air in chemical contact in the lungs; the blood gives no life, no strength, no nutriment, supplies no waste, until it is made alive, and strong, and nutritious and reparative, by the application of a proper amount of pure air, such only as can be had out of doors.*

In connection with this subject, I must refer again to my views, as to the impolicy of going to the South, and to warmer latitudes, for the cure of Consumption. If a man is really consumptive, a warmer climate will inevitably hasten his death; and it is wonderful, that it continues to be the stereotyped advice given by northern medical and non-medical men, without the slightest consideration of the ability of the patient to meet the expenses of such a journey; and more, without any opportunity of personally observing, on the spot, whether such advice is for life or death. Having been alone in these views for some years, I feel not a little gratified, in inserting here a letter, written not two months since, for that ably conducted paper, the New York Observer, by one who seems to have formed his opinions from what he saw, and appears to take a common sense view of the subject, not being himself a physician, and it often happens that the most important discoveries are made by persons not naturally in the line of them.

STAY AT HOME TO DIE.

NEW ORLEANS, March 21, 1851.

The climate of New Orleans, owing to the position of the city, and particularly during the winter months, is damp and exceedingly variable, the same weather seldom remaining unchanged in winter for more than three days. Since the 12th of December, the thermometer has not fallen below the freezing point, but the range above that has often been very great within a few hours. Indeed I have never known more sudden or greater changes in any climate, than I have experienced here. I speak of the climate simply to discharge a duty, in saying that this is not the place for invalids to resort to in quest of health during the winter months, and particularly for those who are suffering from pulmonary disease. Some classes of invalids may be bene-

* See a later edition of this invaluable volume published by J. S. Redfield, 137 Nassau-street, N. Y., 1851.

fitted by a residence here, and those whose lungs are but slightly affected, are frequently relieved, or entirely restored, by spending a winter in New Orleans; but where disease of this nature has become serious, and particularly in its more advanced stages, the climate of this region has a decided tendency to precipitate a fatal termination. I have known many, who came here with the hope of having a radical cure effected, whose disease has been aggravated by the change, and in some cases death has hurried them to the tomb precipitately. The climate is not only damp, but relaxing to the system, and there is such a tendency to diarrhoea, particularly in the use of the river water, that consumptive persons, having this latter tendency already fastened upon them by disease, are liable to run immediately down. In this opinion of the influence of this climate upon those who are suffering from pulmonary complaints, particularly from the Consumption, I am confirmed by the views of many of the ablest physicians resident here, and I feel, that I am but performing an act of humanity in expressing it.

In my sojourn here, I have met with so many sad cases of those who are sick and suffering, far away not only from the endearments, but also from the comforts of home, that I am more and more confirmed in the opinion that I have long entertained, that it is far better, as a general thing, for advanced invalids to remain at home, than to wander away, and be sick, and perhaps to die among strangers. Many are the couches by which I have stood this winter, in the discharge of ministerial duty, when the patients have sighed with bitter tears for a mother's heart, and a sister's hand to be near them, and where the only request of an earthly nature they have desired me to make in prayer for them has been, that they might live to reach home. I have always admired, from my heart, the beauty of the Eastern salutation, "*May you die among your kindred,*" but I have never known so much of its beauty as now. It is true, heaven is as near to one place as another, and if we are prepared to enter it through the grace of our Redeemer, when once the last scene is o'er, it matters little to one who is gone, where, or in what circumstances, the last agony was endured; but there is much suffering before this hour arrives, and it leaves a lasting and bitter regret in the hearts of surviving friends, that they were able to do nothing to cheer the last hours of those who have been tenderly beloved. Unless there is a very strong ground to hope for actual restoration by a change of climate, I would advise any actually suffering invalid to remain at home. It has comforts, and palliatives, and anodynes, which are not to be found among strangers, in the most genial clime on earth.

Yours very truly,

EUSEBIUS.

Under all circumstances, the colder out door air is, the purer it is, and *other things being equal*, the more healthful it must be. During last year (1839) there was one death for every sixty persons in Maryland, one for every sixty-six in New York, and one for every seventy-seven in Maine.

HEALTH OF CITIES.—The health of large cities is becoming to be regarded more and more as a subject of highest importance. There is a great difference between them; in some cities one person out of every 25, dies annually, while in others there is only one death to every 50 persons. The following table exhibits several cities, in comparison, both European and American, showing in each how many inhabitants are lost by death every year:

Portland.....	1 in 62	Boston.....	1 in 41	Baltimore.....	1 in 35	Madrid.....	1 in 29
Philadelphia.....	1 in 45	London.....	1 in 40	Leghorn.....	1 in 35	Naples.....	1 in 28
Glasgow.....	1 in 44	New York.....	1 in 37	Berlin.....	1 in 34	Brussels.....	1 in 26
Manchester.....	1 in 44	St. Petersburg.....	1 in 37	Paris & Lyons.....	1 in 32	Rome.....	1 in 25
Geneva.....	1 in 43	Charleston.....	1 in 36	Nice & Palermo.....	1 in 31		

The following is a comparison of six cities of the United S. for one week ending Saturday, June 21, 1851:

	Deaths.	Population.	Proportion.		Deaths.	Population.	Proportion.
Boston.....	76	138,788	1 in 1,826	Baltimore.....	82	169,825	1 in 2,061
New York.....	330	517,849	1 in 1,569	Charleston.....	17	48,914	1 in 3,584
Philadelphia.....	150	450,000	1 in 3,000	Savannah.....	12	14,500	1 in 1,203

If parents could be made to comprehend the full advantages of a constant breathing of pure air to their children, and would be at pains to impress their young minds with its high importance; were they to pay more attention to their physical training, requiring them to take active exercise, for hours every day, on foot and on horseback, there would be some probability, that notwithstanding the heats and impurities of a city atmosphere, those children would grow up in healthfulness, and live to a good old age, instead of pining away, as they do, long before their prime, growing prematurely old, from a constitution blasted in the bud.

It is owing, mainly, to their almost devotion to out-door exercise, that the elevated classes in England reach a patriarchal age, notwithstanding their habits of high living, of late hours, of wine-drinking, and many other health-destroying agencies; the deaths of their generals, their lords, their earls, and their dukes, are chronicle almost every week at seventy, eighty, and ninety years; it is because they will be on horseback, the most elegant, rational and accomplished of all forms of mere exercise, both for sons and daughters. But the whole credit of longevity to these classes must not be given to their love of field-sports: it must be divided with the other not less characteristic traits of an English Nobleman,—*he will take the world easy*; and could we as a people persuade ourselves to do the same thing habitually, it would add ten years to the average of human life, and save many a broken heart, and broken fortune, and broken constitution.

TERMS OF TREATMENT.

Advice by letter, Ten Dollars a month, the patient preparing his own remedies.

Advice at my office, including such remedies as may be furnished, from Two to Ten Dollars a week.

When persons are visited at their residences, the charges will be according to the nature and circumstances of the case.

For a first and single visit to any part of the city, Five Dollars, strictly in advance. mm

First consultation at my office, *free*.

Office hours, from nine o'clock in the morning until one in the afternoon, *only*: during these hours I do not engage to visit any one.

Persons writing for the *first* time, will please address, *post paid*, Dr. W. W. HALL, New York, and thereafter, as directed on the envelopes of the replies.

Strangers will save themselves time and trouble by obtaining printed directions as to the locality of my office, at J. S. Redfield's bookstore, 137 Nassau-street, corner of Beekman, near the Park.

Elegant and commodious Rail Road Cars, drawn by horses, leave the Astor House and pass the Author's office, near Union Park, every six minutes during the day. The charges of the Astor House are \$2; the Irving House \$2 per day. The Clarendon and Union Place Hotels, on Union Square, charge \$2; having the advantage of greater quiet and a purer atmosphere. There are several well kept private boarding houses in the neighborhood, at less than half these prices.

Post paid letters are uniformly answered within the day of their reception; those un-post paid I do not engage to answer under any circumstances.