DIET IN CANCER:

I. Full Text of Nine Cases.

II. Theoretical Considerations.

BY

EPHRAIM CUTTER, A.M., M.D., LL.D.,

Associate Member Philosophical Society of Great Britain; Corresponding Member Societe Belge de Microscopie; Honorary Member N. H. S. Med. Soc., California S. Med. Soc., and Gynecological Society of Boston; Life Member New York Institution for the Deaf and Dumb; Member Com. Revising U. S. Pharmacopœia, 1860, *Amer. Med. Assoc., Mass. Med. Soc., Amer. Soc. Microscopists, Etc.*

Author Boylston Prize Essay, 1857; *Versions and Flexions of the Unimpregnated Uterus; Hot Water and Beef Plans in Chronic Disease; Clinical Microscope Primer; Cereal Foods; Thyrotomy Modified; First Fifty Cases of Galvanism of Uterine Fibroids; Food in Fibroids; Is Flour Our Proper Food?; Baked Beans: a Serio-Humorous Medical Paper; The Relations of Medicine to Music, Etc.*

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To My Wife (Case IX.),

REBECCA SULLIVAN CUTTER,

THIS ESSAY

IS TENDERLY DEDICATED.

HAD SHE NOT AVAILED HERSELF OF THIS TREATMENT,
SHE WOULD, HUMANLY SPEAKING, HAVE DIED; BUT
NOW SHE IS A LIVING ARGUMENT, WHICH
I CANNOT REFUTE OR IGNORE, AND
FOR WHICH I AM MOST
GRATEFUL.

Albany, N. Y.:
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DIET IN CANCER.

First Paper—Full Text of Nine Cases.

BY EPHRAIM CUTTER, M.A. YALE, M.D. HARV. ET UNIV. PENN., LL.D. IOWA COLL., NEW YORK CITY.

Prelude.

This paper is intended to be practical, giving histories of some cases where there were special diets adopted which seemed to be beneficial. It is offered as a contribution to medical knowledge to point out the way in which the writer thinks that organic disease should be approached—that is, through the *function of nutrition*; to show that alimentation is an agent of tremendous power, and to impress the idea that diseased tissues are sometimes amenable to food-influences even in apparently desperate instances. In a second paper the theoretical side of the question will be considered.

Cases.

Case I.—*Diet of Bread and Milk; Cure.*

In the memoir of the late Dr. Amos Twitchell, of Keene, N. H., by Dr. H. I. Bowditch, Boston, 1851, we find the following account of his case:

"1. Cancer had appeared in his family. His grandmother died of cancer of the breast; his sister died of that of the stomach. These are all the data of his hereditary tendencies that bear upon our main topic.

"2. In very early life Dr. Twitchell was in delicate health. As a youth he was stronger, and was among the foremost in all athletic sports. While at college he became dyspeptic, had jaundice, etc., and subsequently he passed gall-stones. Whilst pursuing the studies of his profession, he began to suffer from asthma, and for about twenty years was very much subject to violent attacks of it, causing him during the winter to sit up in bed half of every night. During all this period he ate animal food freely, three times a day, and digested it with ease, whereas vegetable food caused dyspeptic difficulties. Being induced,

owing to a severe eruption of the face, to abandon this course, he gave up, for nine years, the use of meat. After some months his face was cured; and from the period at which he first abandoned meat he never had an attack of asthma, and Dr. Twitchell considered these two facts related to each other as cause and effect. Moreover, vegetable food was soon easily borne. After the nine years of vegetable regimen, he began gradually to resume the milder kinds of animal food, such as poultry and somewhat more of the solid meats, until two years since (1847), when he commenced the very rigid diet to be described when treating of the local disease which is the more immediate object of this paper. Finally, I will state, as indicative perhaps of the tendencies of the cutaneous system to morbid action, that about four years ago he had a papular eruption lasting six weeks, and likewise that very many years ago he had a wart-like tumor on the scalp, which disappeared under the use of creasote externally applied.

"3. The local disease, the course and result of which I present as the chief object of interest, commenced eight or ten years since as a small but hard tumor at the internal angle of the right eye. When first noticed, it was about as large as a mustard seed, and not painful. He occasionally touched it, and had some suspicion that it might eventually prove of a malignant character. It was imbedded in the substance of the skin, and from the first seemed very slowly to augment in size. At times he thought he felt some lancinating pains in it which radiated to the brow. It did not, however, interfere with the functions of the lachrymal ducts, etc. About 1843 the tumor had become nearly as large as a pea, and a tendency to the formation of a scab was observed. He was then induced to try some local applications. and frequently, until 1845, used Jenning's ointment. This would remove the scab and display three small lobes, from which exuded a little purulent fluid. At first the morbid growth seemed lessened by this and other milder applications, but no permanent effect was produced. At times the discharge ceased, but only to return again, and the tumor gradually lost its trilobed aspect. It was at this period quite conspicuous to every bystander.

"August, 1845—Dr. George Hayward, of this city, removed it with the scalpel. For a short time the wound seemed doing well, but finally it did not heal, and two months afterwards it was operated on again, and nitrate of silver was applied. Meanwhile, however, much local pain had been experienced. It was deeper seated, less transitory, and radiated towards the brow and cheek. Sometimes it was severe enough to waken him at night, and worse usually after long journeys.

"The applications during 1846–7 were chiefly of a very similar character—cold cream, preparations of zinc, etc., and once the iodide of lead. All active applications caused inflammation of the eye. The tumor continued to augment slightly, and in

the spring of 1847 it presented to my eye a decidedly malignant appearance. It was an ulcer about the size of the top of the finger, with ragged, hard, elevated edges; and the irritation from discharge caused the patient frequently to apply his handkerchief to the part. At night it caused a gluing of the lids and a discharge at the side of the nose. I certainly believed, and Dr. Twitchell tells me that he thought, at the time, that the disease would gradually augment and involve the eye, and he had determined, if necessary, to have this organ extirpated. His general health, as it has been already stated, continued good; but, when not actively employed, the mind was somewhat depressed at the prospect before him. At the meeting of the American Medical Association in Philadelphia, May, 1847, he consulted several of the eminent men whom he met, and I believe, I may say, that all regarded it as a disease of a more serious nature, although some thought it might be cured by local applications, and others advised a further operation.

"Dr. Twitchell returned home discouraged, and he decided to give up all use of medicines internally, or of external applications, but to try a course of the most rigid diet. Starting from a theory that malignant diseases arise from the fact that we take too much carbon into our systems, he determined to live from that time upon a bread-and-milk diet; and if, at the end of some months, he did not find any diminution in the disease, he intended to use nothing but bread and water. After his return from Philadelphia he adhered strictly to the bread and milk. He used three times daily from four to six ounces of cream, or the richest milk, and same quantity of either white or brown bread. He continues that diet still (1849).

"The results upon the local disease were the following: The pains in the part were lessened almost immediately. The purulent discharge very soon began to diminish, and in two or three months it was evident that the disease was not augmenting. During the following winter the improvement was more decided. In the spring of 1848, being obliged to ride over dusty roads to great distances, the eye was more irritated. Nevertheless, he felt, and his friends assured him, that the diseased part was really lessening and tending towards a cure. After that period a steady improvement took place. The ulcerated mass, which was so perceptible to me two years since, has wholly gone; and now (August, 1849) I can discover no difference between the angles of the two eyes, save that in the right one there is a minute white spot, about a line in diameter, looking like a scar. It is not harder than the adjacent parts; and had I not known of the existence of previous disease, I should not have noticed even this. There is no discharge, no pain, and a perfect cure seems to have been accomplished of a disease that had been existing for about ten years, in a patient aged sixty-eight years.

"The effects of this rigid diet on the constitution, as a whole, are interesting.

"Respecting his mental condition, Dr. Twitchell thinks he is much less irritable than when he was omnivorous.

"He had, at one time, an attack of vertigo (to which, however, he has been always liable), and finding that he was growing corpulent under the diet, he for a time took less of it.

"He has always been as strong as when indulging in a more generous diet.

"He has been able to breathe better.

"His digestion has been good, but with a slight tendency to costiveness.

"His organs of circulation have been unaffected.

"Renal excretion for years a little disturbed, as is not unfrequently the case in persons of his age.

"Finally, Dr. Twitchell presents, to my mind, the picture of a hale, robust man, in perfect health, so far as one can perceive, and but slightly touched by the influence of his many years of honorable and successful labor.

"Reflections upon Dr. Twitchell's case:

"1. The most important topic involved in the foregoing record is the restoration to health from what seemed to be malignant disease, and that this result followed the strict diet of bread and milk for two years.

"2. The cessation of asthmatic difficulties, after they had troubled the patient for twenty years, and that this cure likewise followed the change of diet from an almost strictly animal diet to one quite the reverse, viz., strictly vegetable." [Is milk vege- vegetable food?]

"3. Some readers may ask if these two cures (see following case) are not merely examples of the *post hoc*, and they may deny that there is any complete evidence of the *propter hoc*. I consent to the doubt, for it has entered my own mind. Nevertheless, if mere coincidences, they are pregnant with important suggestions. I confess that, in my own practice, I have never met any cases so significant of the power which diet, simply and heroically used, has to reorganize a man.

"4. Dr. Twitchell's case becomes interesting as an evidence of the power of a man to subject his body to strict rule. In this epicurean age it is quite refreshing to find one who 'eats to live, and does not live to eat.' A worthy professional brother of this city said, when the case was related to him: 'It might certainly be a question whether life were desirable under such a regimen.' I honor a hero wherever I find him; and the heroism of Dr. Twitchell in undertaking and pursuing this course, merely in consequence of a theory, excites in me the greatest delight. In this skeptical, unbelieving era, I delight to see any one having faith. Whether the theory was correct or not, it matters little; the fixed will of its follower arouses my enthusiasm; and this brings me to another topic of interest.

"5. The theory which governed Dr. Twitchell—was it correct? I confess that I am unable to solve the question; I merely sug-

gest it. Some, whom I consider as our ablest chemists, think it was by the process of starvation, as described by Liebig, that the cure was wrought. It seems to me that this cannot be the true explanation, for Dr. Twitchell has always been stout; and it will be remembered that at one time he actually gained flesh under the diet."

Case II.—*Diet of Bread; Infusion of "Water Dock"; Cure.*

"Dr. W. H. Thayer, in a letter to me, says:

"'I have obtained from Dr. Twitchell all the particulars of the case of treatment of osteo-sarcoma which he could give me; and as his memory is so accurate, I suppose he has not forgotten any thing of importance connected with it. You know the doctor never takes notes.

"'A man about forty years of age consulted Dr. Twitchell in relation to a tumor on his scapula, as large as a pint bowl. It was evidently osteo-sarcoma, had its usual crackling feel, and resembled very closely one in the same position which Dr. Twitchell had seen a short time previously, and for which he had removed the whole upper extremity, even scapula and clavicle. In that case the wound healed, but the man died a year or two afterwards with carcinoma of some internal organ. When the second case applied for advice, Dr. Twitchell declined an operation, and the man returned home to Vermont. Soon afterwards he heard of somebody in New York who could cure him, and, applying to this person for advice, received the following:

"'He was to take from the brook which ran through his native farm a plant which grew there (the adviser did not say what it would be), and use a weak infusion of it for his only drink every day until the tumor had disappeared. His diet, besides this, was to consist of bread alone. This advice was strictly followed; the plant he used was 'water dock.' Dr. Twitchell happened to see the man two years afterwards, when he was still following this course. He found the tumor had nearly disappeared, there being apparently only a trifling thickening of the skin.'

"These two histories must be deepiy interesting to all. Presenting, as they do, the evidence of the powerful influences of diet upon the well-being of man, they are of great importance. I should not wish, however, to make the inference which some may be disposed to draw, that they prove the propriety of an almost strictly vegetable diet for all. They simply suggest that a long-continued mild and spare diet may cure when other remedies are of no avail. I am likewise well aware that, under the modern revelations given by the microscope in regard to the nature of tumors, some may doubt as to the malignant character of Dr. Twitchell's disease. Whether it be malignant or not, I

am satisfied of the truth of the following proposition: Dr. Twitchell had a disease thought to be of a malignant character by the most eminent of the profession, one of whom had once extirpated it; it had continued to augment for eight years in spite of local treatment; and, finally, under a strict diet it began to lessen in severity, and, after a gradual improvement for a year, was wholly cured."

Dr. Bowditch writes that his practice has not embraced like experiences. Mine has. I have met with like fortitude and heroism in diet, and cannot call this age entirely epicurean.

It should be said in passing that the following cases were treated with the intention to combat the disease on grounds to be stated further on.

CASE III.—*Diet of Animal Food, Tea and Coffee; Cure.*

Near Boston resides a middle-aged widow, several members of whose family died of cancer. One of them was a maternal uncle whom the writer attended in his last sickness, and made the autopsy. White, hard, distinct, globar collections of heterologous growths were found in the substance of the walls of the left ventricle of the heart, of the parenchyma of the liver, and of the top of the skull. Before death he used to say that he had horns growing out of his head. Spheroidal protuberances were found in the hair just above the forehead, one on each side, and one or two more back of them. At first they were thought to be atheromatous tumors, but their fixedness and rigid immobility, while the scalp moved over them, dissipated this idea. They certainly appeared, as the man said, like the budding horns of a calf. A careful dissection after death showed the growths to be white, shiny, hard, spherical tumors (schirrhus), three-fourths of an inch in diameter, resting on the dura mater. After scooping them out, there appeared well-defined, circular, clean-cut holes, passing through the outer table, the intertabular substance and the inner table of the cranium, as if they had been cut with a trephine.

Mrs. B., the niece of this case, had been separated for nine years from her husband by her parents, as he was an idler and would not support his family. His wife loved him, and this forced parting greatly depressed her mind. Besides, she had retroversion of the uterus. The posterior insertion of the vagina on to the uterus was the highest up of any case known to the writer, to wit, at or near the fundus. In 1876, Mrs. B. was worse. She was laboring under great mental depression from hearing that her husband was a great sufferer in Colorado. On vaginal examination, several hard, round tumors, somewhat matted together, were found behind the uterus. Similar, but smaller, growths were found in the enlarged cervix uteri. There were some unhealthy vaginal discharges, but they were not

bloody. There was some pain, but not excruciating. The countenance had a cachectic look. There was great nervous prostration. Little emaciation. The Cutter retroversion pessary, which she had worn, could not be borne. Her treatment consisted of gentle laxatives, of tonics, as iron and quinine, and of a food of carefully selected beefsteak varied with other animal food. Vegetable food was excluded, save tea and coffee. This course she faithfully carried out, over six months after her husband's death, with these results: The suspicious growths disappeared; she was able to wear her retroversion pessary, and at the present time she is living in the enjoyment of her usual health, with no reappearance of the growths.

I am quite ready to have a doubt thrown on my diagnosis, because of the recovery, and I will not say I could not be mistaken; but had the lady died, no one would have doubted. Perhaps our nosologies are at fault. Perhaps, also, my medical education is at fault; but if an average medical student faithfully avails himself of a four years' pupilage in regularly chartered medical colleges, it is a hard case indeed for his instructors if they could not teach him how to diagnosticate a case of cancer of the womb.

Case IV.—*Diet of Animal Food; Opium Stopped; Iodoform Locally; Tonics and Sponge Baths of Ammonia; Great Improvement. Discontinuance of Treatment; Opium Resumed; Death.*

Mrs. F., aged about fifty years, resided in Louisiana. In the summer of that year she applied to me for what had been diagnosticated as "cancer of the uterus" by her local physician and by an eminent medical authority living in New Orleans. Both gave her no hope from any treatment, and she was taking opium for relief of her pains. Physique good, though there were bloody vaginal discharges, attended with pains more or less severe. Intervals of no pain sometimes occurred. Appetite good. Found the uterine cavity normal in depth, but dense. The cervix was enlarged laterally even to the side of the pelvis, ragged, rough, dog-bitten and bleeding, not stony in feel, but rather punky to the touch. Just before this trouble came, one year previous she was a subject of intense and unrelievable domestic mental difficulty on account of the actions of a relative, which shattered her nerves and made her almost distracted.

She was put on an exclusive animal food diet, varying from one article to another as she cloyed of one or another, but eating mostly beef unchopped. Twice and thrice a week the cervix uteri was literally buried in powdered iodoform, which was retained by absorbent cotton in the vagina. Some simple tonics, sponge baths of ammonia, visiting in different New England health resorts, and quinine and iron were prescribed. The use

of opium was stopped. The effect of the treatment was like magic. The pains, the bloody flow and the discharges ceased at once. The cervix showed less redness, thickening and angriness of look. In the course of three months the ulcerative appearances had nearly disappeared. She thought herself cured enough to return home and to manage her case herself. Certainly the situation, so far as signs, symptoms and feeling were concerned, coincided with her opinion, but not with mine. Against my best judgment she left. She was most strictly enjoined to continue baths and diet and have her physician apply the iodoform if there was any reappearance of the disease. But these instructions were disregarded, and soon after her return home she grew worse, resumed the opiates for the annulling of pain, and after nine months died of cancer of the uterus.

Had this case recovered I suppose it would have upset the diagnosis in the minds of some. Still, it is valuable, by showing what diet, with judicial treatment, can do in the arrest of the progress of a well-authenticated case.

It shows also the necessity of keeping one's hold of a patient till thoroughly cured. Those who advocate "evolution of savages by degredation" can find many arguments for their position in the facts of the practice of medicine. It is easier for medical cases to run to "*devolution*" than to "*evolution.*"

Case V.—*Cancer Carpal Bones and Adjacent Tissues, with Axillary Complications. Diet of Unchopped Beef, Tea and Coffee; Amputation at Middle Third of Fore-arm; Disease in Axilla Quiescent.*

In June, 1882, I saw at Vineland, New Jersey, for the first time, Mr. E. B. Osgood. He was suffering from a trouble in the palm and back of his right hand, which, in his occupation as shoe cutter, he used all the time, and more than the left hand. Family have no taint of cancer. His hand had troubled him for thirteen months, and was much swollen and open on the dorsal surface. A probe introduced through the openings showed the carpal bones necrosed. On the under surface of the wrist was a curious volcanic-looking swelling, with an opening at the apex. It was about one inch and a half in diameter and one inch high. It almost touched the palm. It was boggy in feel and discharged pus. Did not look like a boil, but was malignant in appearance. There were in the right axilla several enlarged, stony lymphatic glands, more or less fixed, some of which had fistulous openings and were discharging a curious flow, which, under the microscope, presented such varied and heterologous histological elements that I could not but call it cancerous. The patient was put on a diet of unchopped beef, with tea and coffee, until the condition of the general health was improved. The forearm was amputated at the middle third

by Dr. Ingram and another. A good recovery was made, and he has continued more or less strictly on the restricted diet ever since, and is now at present in the enjoyment of a state of health which seemed impossible before. In fact, he is called well.

The local surgical attendants of Mr. O. regarded his case as hopeless, and publicly reported it as cancer. This I have from reliable testimony, independent of Mr. Osgood.

Case VI.—*Diet of Beef Essence; Great Improvement and Arrest of Disease; Discontinuance of Treatment; Death.*

In 1880, Mrs. C., of Boston, wife of an advertising physician, came under my observation as a case of cancer of the womb, thus diagnosticated by eminent medical authority. It appeared to me a case of uterine fibroid, cancerously degenerated. She was about thirty-five years of age, childless, slender build, graceful form, and what was termed a "beauty."

Her disease had lasted for about two years, if I remember correctly. She had great pain in the pelvis, profuse bloody vaginal discharges, great nervous prostration, some emaciation, still a resolute will, and could control her appetite for food partly. She was able to go out a little, but with difficulty. She had an aversion to beefsteak and roast beef. Hence she was put on beef essence, made by putting lean beefsteak (freed from bone and cartilage and cut into cubes of about one inch) into a closed vessel (a common pint tin pail). This was set into a bath of cold water (a common tea-kettle), heated to boiling and kept boiling for two hours at least. The juice or essence of the meat was then squeezed out by placing it in the center of a linen towel, gathering the four corners of the towel together and twisting the folded cloth on to the meat. No water or other fluid was added to the beef, so that the result was simply the concentrated juice.

As the case was urgent, the beef essence was pushed so that she took on some days the juice of ten pounds of beef. One result of this was diarrhœa of a profuse but painless character. It is well, in passing, to note that beef essence in large quantities is a cathartic. Where the patient is feeble, I think this a good medicine for obstinate constipation, as the patient is not weakened thereby. Mrs. C. made a rapid improvement. The hemorrhagic vaginal discharges ceased. She gained in flesh, strength, color and looks. The pains were abated, the local disease arrested, and she rode considerably. But somehow a friction in management arose in which her husband came to the front and took charge of the case. The abandonment of the beef diet was followed by a return of all bad symptoms, and in the course of a few weeks she died of the cancerous disease.

Had this patient continued, I should have tried to have her go on to eat solid beef prepared with a chopper.

Though this is an unfavorable case, still it shows what full feeding on beef will do sometimes in a case undoubtedly cancerous.

CASE VII.—*Diet of Beef, Tea, Coffee and Milk; Cure.*

Mrs. C., of Somerville, Mass., was a sister of Case VI. Soon after the death of her sister, Mrs. C. applied for examination to see if she had the same trouble.

Her mental condition was bad, circumstances limited, and countenance cachectic.

There was some vaginal discharge, not bloody, and also some pain in the uterus. These things made her apprehensive and anxious. An exploration of the vagina showed knobbed enlargements of the os and cervix uteri, dense and stony, not ulcerated. The trouble was confined to the neck of the womb.

She was put on an exclusive animal food diet, adding tea, coffee and milk.

She was faithful to the extreme, perhaps because she knew the situation perfectly. The result was that the diseased appearances departed, and she is at the present time looking and feeling well.

CASE VIII.—*Diet of Chopped Beef*[1] *and Hot Water; Mild Systemic Tonics; Iodoform and Carbolic Acid Locally; Cure.*

In January, 1882, Miss W., a middle-aged clerk, was discharged from a hospital in one of our large cities to die of malignant disease of the uterus. The gentleman of the staff who discharged her has given a diagnosis confirming the above statement. Prof. R. J. Nunn, M.D., ex-president of the Medical Society of the State of Georgia, at my request, examined her subsequently, and confirmed the diagnosis. I mention these things because I treated her without seeing her. She suffered with profuse vaginal discharges, which were sometimes bloody, and always offensive, until the use of iodoform removed the fetor. The uterus was enlarged, the cervix stony, with considerable ulceration and excavation. She was conscious of her situation, and understood the diagnosis. Although placed in unfavorable circumstances, and devoid of her family's sympathy in the undertaking, with a heroism worthy of Dr. Twitchell, she went on to a diet of chopped beef, cooked, and hot water. Systemic tonics of a mild character were administered. Iodoform and carbolic acid were used locally. Morphological examinations of the urine, feces and vaginal discharges, once or twice a week, furnished me the means of keeping her up strictly to the plans. She remained on treatment over a year. From time to time other patients of mine told me of the marked improvement in her case. They said her general appearance was so

[1] I *never* prescribe beef *raw, whether chopped or not.*

much bettered they hardly knew her. From being confined to her bed, she became well enough to attend church and go out to walk daily.

In the summer of 1884, she visited me at my office in New York, and I saw her for the first time. Her appearance was that of perfect health, and she claimed to be in that condition. However, on examination, I found the uterus enlarged—about the size of a child's head. There was no ulceration or discharge, and I thought if she was able to carry this enlarged uterus without any trouble that I ought to be satisfied with the results.

1887, January 3. Examined at office. I found by bimanual examination no enlargement of uterus. Os uteri normal or nearly so. Some vaginal discharge. Appearance that of perfect health.

CASE IX.—*Case of Cancer of the Uterus, with Serious Heart Complications. Fed against the Appetite with Tenderloin Steak, Broiled. Result, Cure of Uterine and Cardiac Lesions.*[1]

"Some years ago a middle-aged mother of a large family lay sick in bed of great grief at the loss of her last daughter, who died under peculiar circumstances.[2] There were present cardiac hypertrophy and insufficiency of the left auriculo-ventricular valve; severe attacks of angina pectoris, when it seemed that death was near. The objective lesions, other than those named, were retroversion, engorgement, hardening, eversion of the os uteri, and behind the uterus four small, hard, marble-like tumors; very severe pain, sharp and stinging, in the pelvis mostly; profuse vaginal discharge, not bloody; menorrhagia. Added to this there was loss of appetite so complete that every thing in the nature of food was loathed, even milk being repulsive; loss of flesh and strength, being unable to rise erect for ninety days; inability to lie on either side for most of the same time; nausea; legs cold and sweaty up to the knees; ofttimes great stomach distress, with wind colic; urine high colored and of rank smell, as if putrid; bowels constipated; a terrible feeling of nervous restlessness, causing her to move her feet rapidly up and down in the bed; visitors coming and assuring her by their looks and actions that she was about to die. Added to this there was cancer in her family, her father having died of cancer of the stomach and a maternal grandmother of cancer of the breast. She was put on general and local treatment, and it was faithfully carried out in connection with good nursing; but she gradually grew worse, until at the expiration of three months the symptoms were so alarming that I was obliged to take strong and decisive grounds, and to tell her: 'You must eat, or die of cancer of the womb. Make up your mind to one or the other.' She decided to live and to eat, eating *against her appetite*, but

[1] See Case III., "Feeding Patients against the Appetite," Medical Register, Philadelphia, April 2 and 9, 1887.

[2] This daughter died after a few days' illness, from the results of the perforation of the appendix cæci by an orange seed.

with her intellect and reason and the advice of her medical attendant. She began with tenderloin steak, broiled and cut up very fine. The most she could take at first was a quantity represented by two teaspoonfuls; this she swallowed by a desperate effort, her stomach rising against it. She was fed thus every four hours. Even after she had fed thus for weeks she felt she would rather die almost than eat, but battled *against* appetite by sheer force of will. The only way she could get down the beef was by swallowing one mouthful of lager beer, which was the only article that did not go against the stomach. The quantity of meat was increased gradually, and she was fed *two months against her appetite.* The nausea, however left in about three or four weeks, and at this time she was able to move some, and was placed in a Cutter invalid chair part of the day. After two months of feeding, she was taken carefully to the seashore, and there she began to get an appetite, but it took one year before she could walk five hundred feet.

"No person could have eaten so thoroughly against the appetite as this case did, and it was only from fear of death by cancer, whereof her father died, that made her struggle for life with all her powers. It was not death she feared, but the form, from which she revolted with horror. This is rather difficult to understand, but it is none the less true.

Results.—"1. Heart normal in size.

"2. Valvular insufficiency hardly perceivable.

"3. Angina pectoris gone.

"4. *Uterine disease relieved, tumors disappeared, uterus mobile, discharges normal.*

"5. Urine clear as champagne, 1015 to 1020 specific gravity; no odor; no deposit on cooling.

"6. Restoration to active duties in her position as housekeeper and mother of the family.

"No medicine was given after the food treatment, save Hoffman's anodyne when she had palpitation of the heart and suffocation of breath; the severe, agonizing pain left soon after the diet was begun."

THE ARISTON, Broadway and 55th street, *July* 9, 1887.

DIET IN CANCER.

Second Paper—Theoretical Considerations.

Starting out with the proposition that if any animal gets its normal food and is situated amid circumstances favorable to life, then the animal will be *healthy* (this is from the same root as hale, whole, holy, holiness); that an individual that is whole, symmetrically developed and acting, the tissues normal, the organs perfect, that individual will be *healthy*.

This is understood by man as applicable to other animals than himself. Hostlers know how to bring up a horse to health by giving him *healthy* feeding. Dairymen know how to feed their kine; trainers their pugilists, walkists, boat racers, etc. All seek to get the systems of the animals in their charge in splendid condition, and then the diseased condition will leave as the "carpet baggers" did when government was established in the South. This is so important a principle that we restate it: When the human system has its skin, liver, pancreas, kidneys and digestive canal all in splendid order, the *vis mediatrix naturæ* of the older writers will set the diseased conditions, of any kind, right. By disease we mean morbid changes of organic structure, though in a broad sense it includes sickness as well. But *sickness* is rather a functional disorder or derangement than one where organic morbid changes are, such as are found in chronic disease.

The expression in the Gospel, "He healed all manner of sickness and all manner of disease," is very expressive.

Now, both are sort of physiological mobs. And, if you look at cancer as tissue run riot in a mob, it is to be quelled as mobs politic are—by law and order. If the riot is too strong for the law and order, then down goes the law and order. If the cancer riot is too much for the physiological law and order, the body systemic perishes. Suppose one of the organs named is affected; if all the others are in splendid order, they will do the work of the affected organ, on the principle of vicarious *function*. For

example, the skin will do the work, to a great extent, of the kidneys, etc.

Now, the molecular laying down and using up of all the histological elements of the various organs and tissues of the body systemic are going on all the time. The rapidity, according to the popular ideas, has been estimated to be seven years in which the whole body changes. Dr. Lyonell Playfair has stated his belief that in seven months it is changed. The writer thinks this estimate is much beyond the truth. Be this as it may, seven months is enough for our purpose.

Again, the profession entertains the idea that only the normal tissues are subject, and that the abnormal tissues are *not* subject, to this *law* of molecular change. This is, to my mind, a great error.

Given good blood, good working digestive, circulating, respirating and secreting organs, if there is a diseased condition, the tendency is to remove that condition and establish a healthy one in its place. This is seen in practice. Admitting this for the nonce, as we should get ahead of our subject if we should prove it now, we would observe that food is "an agent of tremendous power" in the treatment of disease not cancerous.

For example, in 1862, a man lay sick in Washington with typho-malarial fever, so diagnosticated by good authority. The disease was contracted in the Army of the Potomac. When the writer found him he was delirious, violent, tearing off all his clothing, trying to jump out of a third-story window, absolutely refusing to take any thing in the shape of food or medicine. This state of things had lasted several days. The prognosis by competent medical authority being fatal, the writer was left to watch for the inevitable death. But somehow the idea of starved nerve centers was suggested, and with considerable opposition on the part of the household (the effort being looked on as entirely useless), some beef essence was made by cutting lean beef from the top of the round into cubes of half-inch size; these were covered in a closed jar, without addition of any water or any thing else; the jar was set in a pot of cold water and the water brought gradually to a boiling point and kept so for two hours and a half. The juice was then expressed through the meshes of a crash linen towel. A coffee cup full of this was obtained at night when men were at hand. Five of them held the patient on the bed by main force, one at each limb, and one

at the head held face upward. The writer then forced open the mouth and poured in the essence, and held it there till it was all swallowed. Then he was let go, and, instead of repeating his fierce efforts and movements, he lay quietly down and slept like a child. At the expiration of two hours, more beef essence was administered with the same effect. This proving satisfactory, the plan was kept up until convalescence was established, and in less than fourteen days the writer took his patient to Massachusetts. He is now living, an active business man of Boston. Some quinine was given after convalescence, but the cure—and there was a cure—was effected by the *beef essence and nursing.*

Another case, a daughter of a well-known physician in Middlesex county, Mass., aged ten years, had an attack of what he called typhoid fever. He had been a surgeon in the army and navy during the rebellion, and there is no reason for doubting the accuracy of his diagnosis. During convalesence she began to fail rapidly. The parents sought advice of the writer, saying she would eat nothing but beefsteak, and, fearing to give it to her, they were at a great loss to know what to do. "Give her all she will eat," was the advice. A letter soon came, asking, "How much by weight?" "Any thing under *four* pounds," was the reply. She ate freely, and in two or three days was up, dressed and down stairs, and is alive and well to-day.

During the summer of 1877, the writer was in Peabody, Mass., in consultation with a very reputable and worthy physician, in relation to a case of ovarian tumor. After this he said that a middle-aged lady, mother of a family, in whom he, for personal reasons had a deep interest and did not want to lose her, was very low with Bright's disease, confined to bed, pale as the sheet she lay on, vomiting all food, emaciated, too feeble to raise her head from the pillow or lift her hands, urine one-third albuminous, etc. He said, also, there was to be a consultation immediately with some physicians to act on the *dernier* resort of transfusion of blood, which her husband was to donate from his arm. He asked if I would perform the operation, if it was thought advisable. On the consultation, the statements were found to be true, but there was no apparatus to transfuse the blood; so it was arranged that I should return to Boston and come back with it at 10 A. M. next day. Before I went home I had a solitary interview with the lady. I took my diet list and began with the articles named in order and asked if she could

eat them. She answered "No" to each until I named "tripe." She said she thought she could eat some. "Stop right here," said I; "get some of the best tripe to be found, broil it and let her eat all she can or wishes. In case she vomits it, let her have some more. Give her nothing else." I went to Boston and returned as agreed. At the station the doctor met me and said: "There will be no need of performing the operation." I saw his face was smiling, so was quite prepared for the favorable report that she had eaten tripe, kept it all down, and felt so much refreshed that it was needless to go on as proposed. She continued to eat tripe. In March, 1886, in company with my son, I saw this woman. She was apparently well, though not able to do much work. Dr. —— informed us that the casts and albumen did not disappear from her urine till more than a year had elapsed. Her diet till cured was mainly tripe.

Some years ago (1855) I was in the Galt House sitting-room, Louisville, Ky. Two gentlemen were there engaged in an old-time friendly conversation, and talking so loud as to be heard all over the room. It was not a breach of etiquette for me to have become a listener. The point of interest here is this: "Do you know Mr. —— has got over his dyspepsia?" "No," said the other. "Well," was the reply, "he traveled and sought the advice of New York and Philadelphia doctors, and then went to Europe to the very best medical talent he could find, and came back, after a long time, uncured. But Dr. S. D. Gross gave him a very simple prescription that has cured. I want you to guess what it was." The other said he could not. "Well, it was *pickles!*"

In 1881, at the meeting of the Massachusetts Medical Society, Dr. Gross was present as one of its most distinguished guests. The writer sought him out and told the story above, and asked if it was true. "Yes," said he with emphasis, "and you have my permission to say publicly, 'Doctors make a great mistake in eschewing such things as pickles.'"

The writer knows of a case of consumption of both lungs and double pleurisy, in 1862, given up to die by his father, Dr. B. Cutter, a physician who honored his profession for forty years, and by himself. This case, after living during one winter on a fat hog and nothing else, was cured without attendance or medicine, and a few years since was sent to the house of correction for being a hard drinker.

A physician's wife, eleven years ago, had a fibro-cystic tumor that extended from the epigastrium to within one inch of the vulva, the vagina being prolapsed. She went on to a diet of lean *beef* alone, and in three months the cyst had decreased so as to just protrude above the pubis. At last accounts this case remained cured.

Another case of fibroid, which had existed for fifteen years, under like treatment, combined with the iodide of potassium (she was syphilitic), resulted in the complete disappearance of the tumor in the course of two months.

The late Surgeon F. M. Dearborn, U. S. N., left Boston once in midwinter on board the "Franklin." They were caught in a snow storm and he had at once eighty men down with pneumonitis. He fed them beef freely, and one case only died, though all were severely sick.

These cases have been adduced only to give the reasons why it is a possibility that cancer may be *cured* in times to come by food.[1]

To syllogize, some difficult cases of chronic and acute diseases of nutrition have been cured by food. Cancer is a disease of nutrition. Hence, it is not improbable that cancer may be cured by food.

Or, food has proved to be an agent of tremendous power of cure in some acute and chronic organic diseases. Hence, cancer may possibly be cured by the tremendous power of a food.

A comprehensive view of food divides it into *animal, vegetable* and *mineral.* It is any substance taken into the system to sustain life in all its varied phases. It includes the air we breathe, the liquids we drink and the aliments we eat. Air and water are mineral. Animal and vegetable food are organisms with which we all are familiar.

The human animal, to exist in normal condition, must continuously and constantly come in contact with foods derived from the above sources. The range of alimentary objects for man is very large, yet we find him about as helpless, feeble and weak in his choosing as other animals, though he must select his normal food, as they do.

[1] Cutter, E., M.D.: "Feeding Patients against the Appetite," Medical Register, Philadelphia, April 2 and 9, 1887; "Seventy Cases of Consumption," Trans. Amer. Med. Assoc., 1880, pp. 338-408; "Food as a Medicine in Uterine Fibroids," Amer Jour. of Obs., Oct., 1877; "Food as a Medicine in Agalaxia," do., April, 1878; "Food as a Pathologic, Æsthetic, Chemic and Physiologic," Amer. Jour. Den. Scien., Balt., Dec. 19, 1879.

But curiously enough, in his early history, nature provides a bountiful supply for all his wants, if she is let alone, in the shape of that unique and wonderful product of the protoplasm of the epithelial cells of the mammary glands—*milk.*

Whatever difference of opinion there may be among intelligent persons as to the diêt of after life, there is none about the first supply. *It is animal food.* Under its use, provided the mother is healthy and properly fed, the infant thrives and is one of the most beautiful objects found on the earth. The urine is free from odor, clear as champagne, no deposit on cooling, 1015 to 1020 specific gravity, the fecal evacuations are not disagreeable to the smell, and when examined are found to be structureless and homogeneous under the microscope.

Milk contains all the elements of a perfect food. Were it not so common, the world would marvel at its wonderful properties. But it should be taken direct from the glands, in order to prevent the fermentative vegetations which so soon develop after it has been removed.

The processes of nutrition in a healthy babe are certainly up to the standard of perfection, and one would hardly expect to find the disease we call cancer in them.

It is possible that here is the key to Dr. Twitchell's case; in the milk consumed he found a natural aliment by which he put his system into so perfect order that the diseased condition near the eye was removed, as it were, by the natural laws of the body.

But to our subject. When the infant has become a child having teeth, the period of weaning is over and the child enters on a new régime of existence, cut off from its magnificent food of infancy, and the all-important subject of what to eat now has to be settled at once. On what grounds is it usually settled? On those of *ethics, manners* and *customs*; always more or less, where possible, on the ground of *æsthetics,* or the love of the beautiful in relation to appetite or the sense of taste.

The writer is aware that the cultivated confine æsthetics to the senses of sight and sound—architecture, painting, music, oratory, etc. But these are all forms of motion; that is, in the actual realization of æsthetics. Still, take a hungry man after a long day's work, the appetizing food will appear more beautiful to him by as much as it is more necessary than all the delights of the eye and ear. The history of the æsthetics includes the delights of the cook as much as those of the artist. Indeed, some cooks call themselves artists.

But this as it may, it is an undeniable fact that man selects food because it is pleasant to the eye, taste, touch, smell and hearing, and not wholly for the purpose of sustaining life and satisfying the wants of nature.

So it will be seen that our common diet lists are made as much to correspond with the demand of æsthetics as is possible with the monetary means of the parties concerned.

Parents and guardians select this food. Those things which are pleasant (æsthetic) to the taste are much in demand—sugar and its preparations for example. It is eaten not for the dietetic value, but because it tickles the palates with its delights (gustatory æsthetics). This article is consumed in enormous quantities.

So fruits are judged by the senses of sight, touch, smell and taste. When we were boys, did not cherries appear more tempting to the eye than they were pleasant to the taste?

This subject is worthy of development in a book.

Other aspects of food are hardly consulted by the great body of eaters. These are the chemical, physiological, pathological and therapeutical.

There has been, and probably ever will be, the greatest diversity of opinion as to what constitutes the natural food of man, far more than for the so-called lower animals.

What to eat has been the watchword of nations, religions and governments for ages. Some say no animal food should be eaten and others say the reverse. Vegetarians fight animal food eaters, and *vice versa;* but, so far as the writer can judge, it would seem as if the question had settled down to the proper proportion of animal food to vegetable food. This is not a polemic paper; hence we would respect those who respect us, and, while we would not try to force our convictions on others, at the same time we would maintain our own views and give the reasons therefor, as, if they serve no other purpose, they can act as a history of opinion prevailing at the present time.

The writer adopts the plan of Dr. Salisbury (two-thirds animal and one-third vegetable) as the natural, normal food for man in health after weaning.

The reasons are as follows:

1. When men desire to accomplish certain feats, like a contest of pugilists or of boat-racing, they go on to this plan nearly, with exercise, and the invariable result is a wonderful improve-

ment in physique, and the more rigid the training the better the chances of winning in the competitive contests.

2. Such a diet has been found in my own experience and that of others to supply the nursing mother with an abundance of milk for her offspring, of a healthy kind, so that the babes have thrived wonderfully, and the supply has held out longer than when the mother was fed on other food.

3. The urine of those who live on this proportion of animal and vegetable food is almost identical in physical characteristics with that of the healthy babe. The usual offensive odor of urine does not belong to an absolutely perfect state of health, and many persons go through life calling themselves and being called healthy when they are not.

The human body is very accommodating to circumstances and elastic. It will exist under unfavorable circumstances, and there must be great allowance made for constitution, character, etc.

But healthy feeding, other things being equal, will give great advantages over unhealthy. Some of these circumstances are occupation, bathing, exercise, cleanliness, healthy telluric and atmospheric surroundings, wars, rumors of wars, pestilences, perils by land or sea, governmental conditions, color, sex, profession, education, race, industrial and geographical environments, etc., etc.

4. Dr. Salisbury (Alb. Med. Coll., '50), in making this estimate, based his judgment on actual experiments. He went into close quarters and lived with men whom he *hired* by the day to live on one article of food and water. He kept them under a sort of military discipline, having complete surveillance, so that he was sure they did not eat any thing else; also, he used to march them out on the streets in military order for exercise. At the same time he studied the chemical and morphological characteristics of the blood, urine, feces and sputa to see the effects. This is not the place to give the details, which are intensely interesting, but he found that *no one could live on any one article of food for over twenty-two days, save beef, on which he could live right along and be maintained in health.* Crackers played out in eight days, and the subjects were filled with the carbonic acid gas and fuddled with alcohol produced at the same time in the alimentary canal by the fermentation. This is not so surprising when it is mentioned that wherever carbonic acid gas is formed from the fermentation of carbo-hydrates, alcohol is also found,

whether it is done in the stomach or in the yeast-pot. Those who lived on fish exclusively had their urine loaded with phosphates.

5. The fact that about two-thirds of the fifty-two teeth of a human being are mechanically formed for eating meat and about one-third are formed for vegetable is also another reason for this rule.

6. Again, the stomach is organized to digest meat, while the small intestines are provided with glands to digest vegetable tissues. For this reason the diet should be mixed; that is, animal and vegetable, and not exclusion of one or the other.

7. When an adult lives on this proportion, Dr. Salisbury found the same physical qualities of the urine and feces as found in healthy nursing infants, and he also states that if intestinal gases are voided they do not have the rank sulphuretted hydrogen odor so common to discharged intestinal flatus.

By this it is seen that his standard of health is set high, too high perhaps, as it is not often found; but still the fact remains that this result may be obtained in almost any case of disease, no matter how chronic or severe, if the patient will live faithfully to the plan which is more rigid than two-thirds animal and one-third vegetable, as to the writer's knowlege has been done, and is being done, in consumption and syphilis, to speak of no more. These tests show to the writer's mind the validity of the position of Dr. Salisbury, in a practical way, by actual examples of living cases watched by chemicals and the microscope so positively that he does not propose to give up until the opponents of the position demonstrate that it is incorrect, not by simple *dicta*, but by the tests of physical explorations with the best modern instruments of precision.

It now remains to point out the bearings of food upon cancer. If cancer is a disease of *nutrition*, why is it not the most sensible way to attack it through the food?

Here it will be proper to show the reasons why cancer is called a disease of nutrition, as this is a vital point in our argument, and then we shall point out the ways in which it may be possible for food to modify cancerous condition.

Reason 1. Cancer, except in its last stages, is not a disease of the blood, so far as the writer can learn by morphological blood examinations for many years. This is also Dr. Salisbury's idea, though quite contrary to the popular and professional

opinion. We are quite willing to receive correction in this respect by any competent observer. Beale has taught that cancer is bioplasm with a diseased impress; that is, the blood element has a taint which manifests itself when it has a chance. It is latent till the conditions of development arise; till then the germs, so to speak, do not exist. This is his explanation of the hereditary taint. In our present status of knowledge, Beale's view must be accepted till a better is presented.

But our point is that, as cancer is not found in the blood, we must look for it in the solid tissues, which are generally found in rank, lawless development; in weak organizations with no powers of resistance like healthy tissue, the histological elements being out of normal place. This being so, then we may look for analogues in other kingdoms where tissue abnormal changes occur in organisms that can be studied, or have been studied, by man for ages; that is, the vegetable kindom.

If a farmer undertakes to raise potatoes without manure, the crop is liable to be stinted, diseased with parasites, tumors and soggy structures, and no one wonders. Other things being equal, the result is by thoughtful minds attributed to want of proper soluble mineral food, and the researches of scientists bear out this popular view; so that it may be said, in general terms, if one wants to produce diseases that are analogous to what we call *cancer* in the animal kingdom, it is only necessary to interfere with this natural condition of growth, of which food is the most important element, as without food the plant could not grow at all. For more ideas in this direction, see the admirable series of volumes by Prof. S. W. Johnson, of the Connecticut Agricultural Station, "How Crops Grow," etc., published by Orange Judd & Co., New York.

Reason 2. Cancer is thought to be a disease of nutrition from the variety and multiplicity of its macroscopical appearences. My father once had a patient, a young man of thirty years of age, who died of an obscure disease, the real nature of which was proved by a post-mortem examination to be cancerous. The writer was the only one who suggested such a diagnosis, from the presence of some hard kernels in one testicle. Being nothing but a medical student, his opinion could not have had much weight. To be brief, the abdominal and thoracic cavities contained over a hundred cancerous tumors and conditions, of several colors and forms. Some of them were in contact with

the peritoneum, red as a lobster, with flattened, crenated edges, one and a half to two inches in diameter, free and unattached, like chips carelessly thrown in. Saddling the lumbar vertebræ was a large liver-like tumor that weighed several pounds. It was in organic connection with the bodies of the vertebræ, which, removed and sawn into, disclosed the disease inside the bones by the black, burnt color of the spongy structure and its diminished trabeculæ. The liver had its convex surface nearly all occupied with a large, thin, transparent sac filled with a hyaline, blue-colored liquid whose morphological elements were made up of caudate, mother and hyaline cells resembling cartilage cells in perfection. Over the lungs were found very numerous free and variously colored cancerous growths. Some were found in the lungs and heart. The nodules in the testicle were also cancerous. In short, there was hardly an organ or tissue that was not profoundly invaded by the diseased condition.

Though this, to the writer, was an unparalleled case and the relation is toned down, still it practically exhibits in one instance how cancer may riot with all tissues.

The man suffered untold agonies of body, and the general opinion of the physicians present was that this remarkable condition of organic disease was induced by habits of dissipation, wrong feeding and bad modes of life. It is quite certain the professional gentlemen would not deny that cancer in the case was a disease of nutrition, though the family was wealthy and were good livers, so-called.

Reason 3. Cancer is regarded as a disease of nutrition because fibroids and solid tumors do cancerously degenerate. One case of the writer was a large, multilocular, sub-peritoneal, abdominal and pelvic fibroid that was carried for thirteen years, the subject maintaining her place as mother of a large family for this length of time. In early spring she moved into a house that had been unoccupied all winter and stood in a low, marshy place. She took cold, was overworked and never properly fed, and her disease changed its character. She then went to a hospital, and was nightly subjected to vaginal douches of hot water, which, she said, always scalded and made her worse. At my visit she had returned home, being given up to die, as the disease had involved the body and neck of both bladder and womb and all the fibroids.

It is clear that when such growths put on malignancy it must be from some modification of the nutrition, and in the case given may have been somewhat as follows: The patient had had just about vitality enough to carry her fibroids, but when the extra demands on her nutrition were added by the domestic exigencies referred to, then the tissues of the fibroid ran riot into cancer. She attributed the rapid increase of the disease to the depressing influences of the hot water.

Reason 4. Cancer and other organic disease is more prevalent among those who are ill-fed, improperly fed and abused bv themselves or others. For example, the writer has known a case of cancer of the stomach, when it was evidently caused by liv- in the suburbs and having business in the city, taking a light lunch there and returning late in the day, all tired out and hav- ing a hearty supper with much condiments.

A case of fungus hematoids, involving the left shoulder joint and finally attaining a diameter of at least one foot, occurred in the practice of the writer's father many years ago. It was an awful sight, with its livid volcanic-like protuberances. Indeed, it made up the larger moiety of the boy's body at his death. Now, this patient was ten or twelve years old, an orphan, obliged to pick up a precarious living by setting up nine-pins in a bowl- ing alley. For some real or fancied neglect of duty he was beaten with a nine-pin. He soon after developed the disease, and ran away from the city into the suburbs on a railroad track, being found disabled on the track, and was cared for by the town authorities as a pauper. This terrible case of cancer was made possible by ill-nutrition in poverty and orphanage. Wealth does not necessarily give good diet.

It is almost useless to enlarge on the idea that defective ali- mentation is a predisposing cause of cancer, nor is it worth while to adduce more reasons in favor of the view that the vari- ous diseased conditions called cancer are tissue diseases of nutri- tion, though it may not always be possible to trace the connec- tion clearly, The warp and woof of disease embrace many dif- ferent causes, all very much mixed. Indeed, it is so with most every thing, even an apparently trivial event. So, when the multiplicity of causes, functions, operations, forces, factors and conditions that combine to produce what we call life in the human system, are taken into account, it is not to be wondered that the ætiology of disease is a very difficult subject, and all

reasoning about it is liable to doubt. Still, as there are salient features in landscape scenery by which we identify localities, so in the disease under consideration mal-nutrition, however caused, is a great predisposing mountain or landmark of identification.

Mental depression is too often an element in cancerous cases to be overlooked. There is nothing like worry to wear on the nutrition of the body. Worried lovers of both sexes, even the poets rhyme about their loss of flesh. The worried men of business, and women, who do far more work than most business men (for the writer believes that a mother of a large family has more demands made on her worrying faculties than the heads of great mercantile houses), grow poor, though poorness of flesh is not an infallible sign of worry. Now, sudden, marked and decisive loss of flesh from worry shows a terrible strain on nutrition.

As we now understand it, the explanation is that it takes so much force to "run" the nervous system, under the exhaustive strain of worriment, that there is none left to "run" the tissues, and the waste is not supplied and vital force is not given to the local nerve centers of nutrition, and it is but a step or two from tissue wasting to the mal-produced tissue of malignant and non-malignant diseases. No doubt had Case III. lived on the animal diet exclusively she would not have had the mal-nutrition, for the following reasons: The animal diet puts the system in splendid condition, and confers strength to bear up under the stress of worry, etc. One way in which this is done is by saving the forces. It is more work to digest vegetable food than animal, and the nerve force saved is no small item. If this is doubted, study the effects of baked beans on epileptics, and bad vegetable food on children or adults. It would seem as if the ganglionic nerve centers that preside over digestion in such cases were so completely overwhelmed that all the other nerve centers are involved in the loss of force, and the epileptics and the colics must be regarded as the result of a job of digestion too great to be done; for, change the patients over to animal food, properly prepared, and the fits and colics cease. Language here seems to fail to be adequate for the ideas to be expressed.

This case (III.) lived on flour bread, sugar, tea, coffee, some animal food, probably about one-sixth of the latter to five-sixths of the vegetable food. The flour and sugar being largely in excess and both very poor nerve foods, is it a wonder that tissue degeneration resulted, as there was a tissue taint?

Malignancy.—The idea of return after removal and the tendency to a fatal issue is the position of malignancy which the profession and public attach to cancer.

And the real issue in the present writing is—can a malignant disease that has shown its character by recurrence be arrested and dissipated. Yes; and Dr. Twitchell's case above proves it. But, says my reader, it is only one case. True; but it is positive, and, so far as one case goes, it shows the possibility of a so-called malignant disease being not malignant, and thus we are set face to face with the dictionary and our landmarks of knowledge. But are our ideas to be measured by opinions or by facts? Language is not fact. It is, or should be, an account of facts, which are eternal, while language changes in form, words and spelling, so that in six hundred years one can hardly realize that our language is English.

Again, as the world moves on, things that are declared to be impossible by foremost scientific and learned men have become facts almost while they are speaking. A notable instance of this occurred in 1858, when a learned society in London awarded a gold medal to a savant who read an essay on the absolute impossibility of laying an Atlantic Ocean telegraph cable, but the cable was laid before the medal could be put into the hands of the scientist, and has been, with others, a great accomplished fact in our modern civilization for over one-fourth of a century. Wonder if the savant got his gold medal? If so, I don't think that he makes much show of it. So, also, of Faraday and his celebrated utterance as to the absolute impossibility of ocean steam navigation.

These are not adduced to show that *all* new things are possibilities, but that some are, and people should be cautious not to take positions as to impossibilities unless they are well acquaintd with the facts in the case. You say that there is but one case like Dr. Twitchell's, but this is not the same thing as saying that there are none such.

The fact is, there is but little encouragement to report such cases as things now are. Few have the courage of a Bowditch to speak out the truth when it must disturb settled convictions and established opinions. And who is there that knows but that other cases, faithfully carried out like Dr. Twitchell's, might not have been cured? As, if one case has been cured, it is possible more may be. (The other cases in the first paper are very respect-

fully presented to the consideration of the profession.) Just here is the rub. Few have the energy of character to act up to their convictions and carry out a plan that rides across the usages of society, the appetites and the deranged desires of a sick and diseased body. It is training for health against disease. There is also paralysis and indifference to the fact of a great impending catastrophe, though the condition of mind may be just the opposite. Writes a patient: "Cancer is the worst word in the world to me. No one could have failed faster than I did for two weeks after what Dr. M—— said to me. * * * You who are so strong and sensible may think me silly in this, and we will let it go that I am."

This great element of depression aids much in the tissue riot. In my patients hope must be inspired, faith must be raised, and not only must the physician believe, but he must make the patient believe. Every thing must be husbanded. There must be no force expended on any thing else but running the system and fighting the disease.

There are different types of disease. Cancer has them too. Some types are quick and kill almost by a blow, or destroy like a hurricane or earthquake, against which man is powerless. These admit of nothing like *possibility* of cure. There is not time left to save. Like a stroke of lightning, it kills resistlessly. But when the disease is slow, the circumstances favorable (and this means a great deal), and all work together with rigid fidelity, why, there is a possibility of doing good work.

The best circumstances are a sanitarium devoted to this purpose, where systematic treatment can be practiced, the food selected carefully, the cooking perfect and the patients not allowed to vary from the plans. Oftentimes they begin, run well, and seem to realize the situation, and the growth shows a diminution, and then they will fall away from the diet, and often charge all the results of the backsliding to the plans of treatment. It is a great thing to manage patients and keep them under control. All will allow this, for, if not, no good results can be expected to follow.

Every means should be used, then, to keep up the discipline. Frequent communications, examinations of the blood, urine and feces to see if there has been any variation, and, when detected, to stimulate the poor, weak offender to the narrow, straight path of duty again. Lapses must not go unnoticed. The patient

must be watched with jealous, interested care. Then, if time enough is taken, comes the possibility of cure. But all the chances can be lost very easily. A few mouthfuls of wrong food will do essential damage. "Few appreciate how sensitive the system is to daily and hourly impressions" (Dr. Salisbury). A weak, irresolute mind, wavering character, restless and peevish disposition, a constant view of the dark side—these qualities will not succeed in almost any work. One who gets well by self denial, faith, perseverance, pluck, determination, energy, is like the victor on the battlefield after a long and tough fight. There is the same exhilarating triumph, and after the conflict is over he finds a conversion of appetite. Food liked before becomes distasteful, and it is very easy to go on in the right mode of living, so that, the predisposing cause being removed, the disease is vanquished by the simple molecular changes of nutrition. Nature does the work. Medicines are valuable to stimulate the glands, remove engorgements and keep all the organs in good working condition. This is their place, for medicines do not cure of themselves. When a ship's cargo is shifted so that her spars dip into the sea, it is rearranged by the crew, and the ship rights itself, and the crew say, "We have righted the ship." This is certainly so, but nature had a great share in the work. The crew simply acted in obedience to the laws of gravitation.

So man cures disease. The medicines, food, etc., help nature, and, in accordance with her laws, *she* does the cure.

Agree to have a possibility of cure of cancer, there must be time—one to four years. This is a barrier to many. They could go one to three months, but not a year, and so throw away their chances.

It takes means. Unfortunately the terrible disease comes to the poor and ignorant, and there is no help for the words of the preacher, "The destruction of the poor is their poverty." It is a costly matter to provide for the sick of this class with food, care, nursing and medical attendance. The medical profession give away an immense amount of unrequited services, but so long as they are not supported by the public, they often give away more than they can afford to and impoverish themselves. Here is a chance for the benevolence of the rich if it could be rightly adjusted. Many lives are now being saved by the bounty of the rich, but many are being lost for the want of aid. It would be possible to save more cases than now, were more means at command.

Advertising Quacks Who Have Published Claims to Cure Cancer.—The papers are full of such claims, and, in the present state of the medical profession, it is difficult to see how any estimate of them, other than bad, can be made, simply from the fact that it is very dangerous for any medical person in good and regular standing to have any thing to do with quackery. Still, the people patronize them, and reports of cures are rife. Now, it is possible that some of these cases may be cancer and may have been cured by quacks. History shows that Paracelus was a quack, yet he did much to advance medicine. Not long ago one of the most eminent surgeons was extolled by a layman for his wonderful operations on the bladder; yet a swineherd in France is said to have introduced the operation for stone, and must have been a "quack." A good many surgeons have founded their great reputations on the same operation of centuries ago.

There is said, on good authority, to be in a town in central New York a family who treat cancers by the use of a paste, the formula of which is known only to two members. This family have made immense fortunes, have large establishments and effect many cures (?). Not long ago a distinguished politician of Boston had cancer of the leg and went to this place for treatment. . It was a bad case and seemed unfit for any treatment, and was dismissed. This action was creditable, as there was plenty of money in the case.

There is evidently something to be learned here. If we had patronage in this country, as in the old, such a patron could organize a commission of medical men and have it authorized to make an investigation by some body, as the American Medical Association, and pay the expenses. The report of such a commission would settle the matter for the profession. Should it be found that it is a fraud, the patron and profession would gain credit for using all honorable and legitimate means to avail themselves of the knowledge. Should it be found that there were cures, then due credit should be awarded as deserved.

In passing, as to these pastes. The writer, a few years ago, had a case of epithelioma of the tongue, in Connecticut. The tumor was about an inch and a half long and one inch wide. The case was put on diet, with the understanding that if there was no improvement, the tumor was to be removed by the galvano-cautery. Officious relatives and friends took charge of the

case, and the patient was sent to North Adams and operated on by paste. He suffered indescribable agonies, "the torments of hell," as he told my son afterward, and caught cold by staying in an unwarmed room, and died at his home a short time after his return. I saw him a short time before his death, and found that the cancer tissue was destroyed. It is only a short time since that my son informed me that while attending the clinic of one of our most eminent surgeons he heard of a case of epithelioma almost similar to this one, which was removed eight years ago by the galvano-cautery, the patient now being in good health. These North Adams cancer people sent down a young man to doctor General Grant, and it was with great pleasure that I wrote to one of the General's physicians informing him of the facts above stated. My letter was given to a *Boston Herald* reporter and published in that journal; so I trust that his posing as a martyr of bigoted doctors was somewhat offset.

What makes the writer think that some cases may be cured as represented is that he once saw a case that twelve years previous had been under the care of a so-called famous cancer doctor in Boston. The woman said she had been as she was when seen by writer—bloody vaginal discharges, agonizing pain, walls of vagina and urethra like stone, terribly hyperæsthetic, etc. She died thus, and the writer could not but look on her as a case of cancer. However, more lately the writer saw another case of this same doctor, called cancer and treated by him for years as such, but which, when examined, proved to be a *fistula in ano* of fifteen years' standing in a remarkably healthy woman. A papilla, large as a forefinger's end, occupied the perineal end of the fistula, and the ordinary surgical operation with one cut did away with the "cancer."

They make thorough examinations of these things in Paris. A few years ago a mulatto gained a tremendous celebrity as a cancer doctor, and was surrounded with an abundance of wealthy and fashionable clients, and made fame and fortune. But when he was given wards in a hospital and cases were carefully watched, his star went down like a descending rocket, as his claims were not sustained. It may be his treatment was thwarted unfairly. We hope not, as it is a terrible subject to trifle with. Every advantage should have been given the claimant, as there doubtless was, even if irregular and ignorant.

But, a regular medical man, who has, or thinks he has, any thing to throw light on the *possibilities* of curing cancer, so

long as he observes the rules of good society, is entitled to a respectful hearing. It is too bad that original workers are bull-dosed, insulted, ridiculed and put down by men who profess to be gentlemen, scholars, physicians. This is bad for the workers, who are thus soured and discouraged. It is bad for the profession, as it often loses the knowledge it needs to save life and prevent misery. It is, to speak plainly, a devilish thing thus to throttle progress, and is worthy of the dark ages of ignorance and superstition. It was enough to raise a storm of righteous indignation to see how some tried to hoot down Dr. Sayre and his plaster jackets. To interfere with any means whereby the miseries of poor humpbacks could be relieved was a hellish thing.

Ere long it is hoped to have an institution in New York where these cases can be treated on the plans here laid down, and where physicians may come and study results for themselves, and see results which, judging from the past experiences, justify a hope that the possibilities named will be realized. There will be no arguments, but facts. If it is found that we have been mistaken, we will apologize for our errors of judgment, but no apologies will be given for having acted up to our convictions.

The Ariston, Broadway and 55th street, *July* 30, 1887.

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