



CUTTER (E) & CUTTER (J. A.)

TROPHOPATHY

Dr. EPHRAIM CUTTER'S
COMPLIMENTS,
1790 BROADWAY,
NEW YORK.

IN THE

FATTY AND FIBROID DEGENERATIONS:

A JOINT PAPER

BY

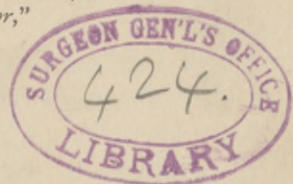
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Read by the Junior Writer before the Section of Practice of
Medicine, Materia Medica and Physiology of the
American Medical Association, at its
Fortieth Annual Meeting, 1889.

*Published in full in "The Medical Bulletin," January, 1890; the "Virginia Medical
Monthly," Richmond, January, 1890; the "New England Medical Monthly,"
February, 1890; the "Southern Practitioner," February, 1890; THE
JOURNAL of the American Medical Association, March,
1890; and in Abstract in the "Dietetic Gazette,"
December, 1889, and "The Doctor,"
September, 1889.*



NEW YORK:

THE ARISTON, BROADWAY AND FIFTY-FIFTH STREET.

1890.

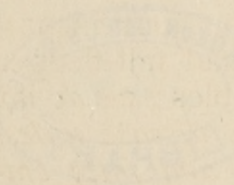
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TROPHOPATHY

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(THE FOLLOWING IS AN ABSTRACT)

THE animus of this contribution is the belief of the writers that *trophopathy* (*trophos*, food, *pathos*, disease) has more to do with the cause and cure of the so-called incurable diseases than the profession gives credit to; and to show that our belief is founded on facts, we will immediately proceed to the consideration of the subject in the concrete by the reading of some histories of patients that have been under our care:

CASE I. *Bright's Disease, Cirrhosis of the Liver, and Enlarged Heart.*—January, 1886, a man aged forty-six went under treatment for the troubles as noted in the heading. His case appeared entirely hopeless; but believing that a physician has never the right to act as a judge and condemn a man to death, his case was undertaken, with the happy result that to-day he is now in robust health, and would be present at this meeting if our letter notifying him of our desire that he should come here for your inspection had not miscarried. This man had full-fledged Bright's disease besides his other troubles; *we do not consider any case full-fledged Bright's disease unless there are in the urine albumin, casts, and fatty epithelia.* We are continually getting cases which may have any one or two of these three signs; such cases are hovering on the border line of health and well-marked disease, and are very amenable to treatment.

Such wavering from health would oftener be detected if physicians would make more thorough examinations of the urine; taking six specimens from six consecutive days, it is wonderful to see the variance from day to day.

CASE II. *Bright's Disease of Kidneys and perhaps of Lungs.*—The late Dr. Louis Elsberg went under the senior writer's care one year before his death, for full-fledged Bright's disease. He was dieted, but would take no medicine. The abnormal condition of the urine was changed to that of health. He was then warned that he must not eat all of the starches and sugars which are so often catered to our tastes; but the warning was disregarded, and the medical world knows how his life went out, as a candle is snuffed, by what was thought to be pneumonia, but perhaps was Bright's disease of the lungs.

CASE III. *Bright's Disease of Kidneys and Lungs; Improvement; Death on endeavoring to handle his own case.*—A millionaire was treated for two months and with much improvement; then, feeling too poor, he undertook the care of his case, ate wrongly, overworked, and was poisoned with sewer gas. The troubles came back with full force, and he died.

CASE IV. *Acute Fatty Degeneration of the Kidneys, Placenta, and Cerebral Blood Vessels.*—Primipara, 1880. Albumin, casts, and fatty epithelia were found in the urine. Placenta was covered with plates of cholesterin; rupture of cerebral blood vessels two days after delivery; convulsions for thirty-six hours; after the convulsions she was given beef tea *ad libitum*, and in a few days beefsteak broiled. She improved steadily; on the solicitation of her parents hop tea was allowed, but she needed no medicines beyond the *food medicine*. This was in 1880. She is well to-day and has borne two more children; the face, which was drawn to one side, is

even now. (See *N. E. Medical Monthly*, February, 1888, E. Cutter.)

CASE V. *Fibrous Consumption, Bright's Disease, and small Fibroid Tumor of the Womb.*—Lady, middle-aged, went under treatment for the troubles just noted, with the result of cessation of cough, healing of lungs, disappearance of the morphological and chemical evidences of Bright's disease. The tumor has migrated, gone.

CASE VI. 1886. *Bright's Disease.*—This case had an unusual number of casts and fatty epithelia in the urine, besides the albumin. Treated, cured and remains so.

CASE VII. 1886. *Bright's Disease.*—Man, aged sixty. There was a disappearance of the evidences of his disease while under treatment; re-appearance occurred to a certain extent; June 18, 1889, there were no casts, no fatty epithelia, and but a trace of albumin in urine. Is treasurer of a great missionary society, and has a heavy responsibility to carry, besides doing much literary work.

CASE VIII. 1877. *Bright's Disease. Cured. Remains so, 1886.*—It was decided to infuse blood into veins, but, on finding patient could eat tripe, was placed on it, and, the stomach accepting it, transfusion was postponed. It took two years to get her well; she ate tripe, beef, and drank milk warm from the cow.

CASE IX. 1882. *A. B., aged twenty-four. Unmarried. Uterine Fibroid, interstitial, hard, investing the whole Womb and extending above the Navel.*—She followed the food directions faithfully, and was rewarded by the entire disappearance of the tumor. Gynecological agnostics who say when a case of fibroid tumor is reported as cured by galvanism or by food, or by both, "The cure was effected by the menopause," will not get much comfort from the history of this case, if it be a

comfort to them to know that their predictions of failure are at times realized.

CASE X. 1882. *Mr. —, aged sixty. Fibroid of Stomach, with enlarged Liver.*—After hard work, and by nourishment per rectum, the patient's condition was so improved that he could take food by the mouth. He was cured, and remains so, 1889. He would be here to-day for inspection, if business did not prevent.

CASES XI., XII., and XIII. *All of Bright's disease, 1879, 1881, and 1884. Cases XI. and XII. aged about sixty years at time of treatment; Case XIII. aged twenty-four.*—All are cured and here to-day for inspection.

CASE XIV. 1876. *Woman, aged forty-two, sick in bed from grief at the death of her last surviving daughter; cardiac hypertrophy and insufficiency of left auriculo-ventricular valve; angina pectoris; four hard, marble-like tumors behind the uterus; severe stinging pain in pelvis; father died of cancer of the stomach.*—Patient was fed against the appetite with beef, with the following results: 1. Heart normal in size. 2. Valvular insufficiency hardly perceptible. 3. Angina pectoris gone. 4. Uterine disease relieved; tumors gone, uterus mobile, discharge normal. 5. Urine clear as champagne, 1.015–1.020 specific gravity; no odor; no deposit on cooling. 6. Restoration to active duties as housekeeper and mother of the family. This case "is a living argument that we cannot ignore," being present at Newport to-day.

Many more cases could be given. Moreover, we would like to go into the etiological part of the subject, but must leave the consideration of that for another time.

These cases were treated on a general plan after the following directions: Food, first and last, held to

as *the hope*; for we believed that unless the nutrition was placed on a normal basis there was little chance of changing diseased into healthy tissues. As the whole body is constantly undergoing change, we argued that if Nature could be given the greatest possible chance she would do her best to lay down healthy structures in place of the diseased. Medicines were not eschewed; instead they were used as oils for the machine, and in every possible way the healthy nutrition was helped along. There is such a thing as giving too much and also too little medicine; *every case is a law unto itself*. To treat cases of chronic disease requires a thorough knowledge of anatomy, histology, physiology, pathology, materia medica, climatology, diathesis, temperament and trophology. The patient must be watched by the clinical morphology of the blood, sputum, fæces, urine, and skin. The aim must be to get every gland in the body working accurately and easily, with the minimum expenditure of nerve force; and, our experience for it, if you can get the patient's nutrition on a healthy basis, if he will cease worrying and stop introspection, will place his hand in yours and allow you to lead him on, trusting you as a child does his mother, and you, putting faith in the means at hand, will also look forward to a cure, then, gentlemen, we believe that you will have the happy result of curing those commonly called incurable.

There is great difference of opinion as to the use of foods in treating disease; but the question is not of opinions but of the case which is being treated. A careful study of the patient once, twice, thrice a week or oftener is necessary, and the facts observed by morphological and chemical examinations will unerringly tell the practitioner whether he is right or wrong in the dietary he is using for his patient. Moreover, as cases improve, the foods allowed may be carefully increased in number and variety; and

here again the need of frequent examinations is impressed, to ascertain whether the healthy states induced by rigid dieting have become confirmed; if not, the case must be put back again till the system is ready for the more varied dietary.

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