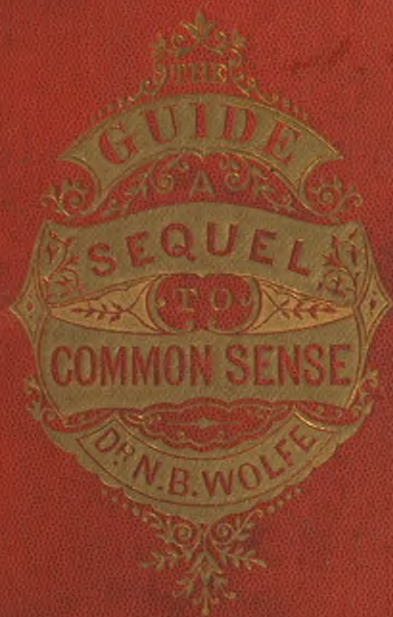
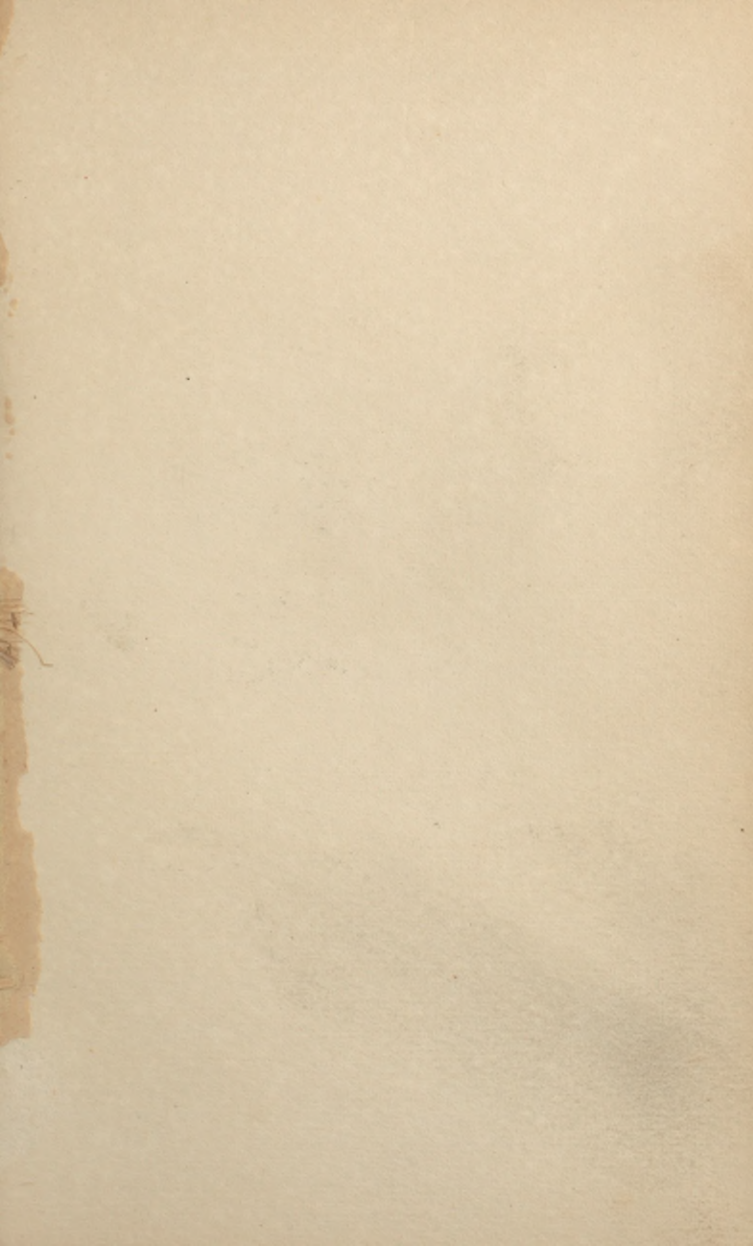
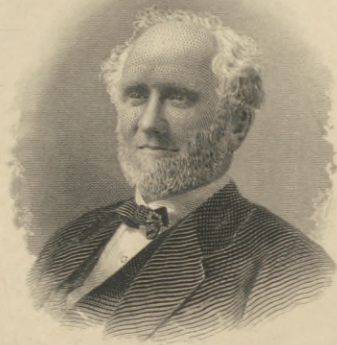


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A. B. Wolfe

PHYSICIAN for diseases of the NOSE, THROAT and LUNGS.

American Bank Note Co. N. Y. & Cincinnati.

THE

GUIDE-BOOK

A SEQUEL TO

"MEDICAL COMMON-SENSE"

FOR THE USE AND BENEFIT OF

Patients employing Medicated Inhalations under the
directions of

DR. N. B. WOLFE

Physician Special, for Treating Diseases of the Nose, Throat, and Lungs.

In his Physical, Mental, and Spiritual entities, Man is an embodiment of eternal principles, and constitutes the grandest revelation of Himself that God has ever disclosed of His Wisdom and His Power.

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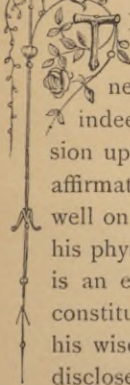
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THE GUIDE

TO

PATIENTS EMPLOYING MEDICATED INHALATIONS.

PRELIMINARY REMARKS.



THE importance of the organs of respiration in the vital economy of man need not be discussed in this place, if, indeed, there can be any room for discussion upon a proposition that has received the affirmation of all persons who have thought well on the subject of human physiology. In his physical, mental, and spiritual entities man is an embodiment of eternal principles, and constitutes the grandest revelation of Himself, his wisdom, and his power that *God* has ever disclosed. Well may the great interpreter of human nature say, "How noble is man in reason; how infinite in faculties; in form, and moving, how

Common-Sense Guide-Book.

express and admirable; in action, how like an angel; in apprehension, how like a God!" Surely such a subject should challenge our finest thought, our best judgment, and our noblest expression.

As a science, it is too soon to write the history of medicine. Men are still dreaming of attainments which new discoveries can only realize. They are still groping in darkness, feeling their way with prayer and application toward light. Be patient. Time is developing Truth! Every day assists in unfolding the faculties of mind that discover great principles, and applies them to meet the needs of the family of man. Men are more enlightened to-day than yesterday. A quarter of a century works great changes. We hope for much in the future.

CRITICISM.

INHALING Medicated Air for the removal of diseases of the nose, throat, and lungs has been in vogue for centuries, though it is only within the last twenty-five years that this method for administering remedies to cure diseases of the respiratory organs has been reduced to a system, and may be said to constitute a *new* practice.

The success of this system of treatment in cur-

What Medicated Inhalation Is.

ing pulmonary disease has won for it many warmly attached friends, who view its introduction as a special practice with much hope and great favor. Persons with superficial views speak of Medicated Inhalation as a remedy—a panacea for curing all the ills of the respiratory organs, and that it is only necessary, like partaking of food to appease hunger, to secure the precious boon and use it as directed, when, *presto*, you are instantly made whole. Of course, such thoughtless people will be disappointed, and, in the end, they will most likely be found to decry that which their folly and their ignorance can not comprehend.

WHAT MEDICATED INHALATION IS.

MEDICATED Inhalation, it will be understood, is a system for administering medicines locally to the organs of respiration.

It is claimed that thoracic diseases can be cured in this way, which could not be successfully treated through the old practice of using crude medicine through the stomach. That is all. Of course, the medicines to be inhaled must be selected with such knowledge of their medical properties as will insure the physiological effects desired, and, also, their adaptability for etherization.

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But this part of the subject has been amplified in my "Common-Sense Letters," published in pamphlet form, to which reference may be had by those who feel an interest in the matter. I can not dismiss this part of my subject, however, without adding a few more words in the same line of thought.

It has been a labor of years to prove the value of vapor remedies for removing disease from the respiratory organs. The work comprehends no less than the complete organization of a new medical pharmacy, which, to be well understood, requires years of study under efficient tutelage. It is painful to see persons "giving vapors" to the sick who have not been qualified for the duties they essay by study or education. Of course, such "inhaling doctors" have pirated the business, and may, upon the whole, be regarded with suspicion. They are generally peripatetic in habit, and swarm over the land like Egyptian pests, with all kinds of inhaling trumpery, devouring whom they can. Among these may be found all kinds of trumpery for administering medicated vapors, prominent among which is the hot-water flask for sucking steam, known as "Mudge's Inhaler" and the "Boston Anatomizer," a Yankee notion for showering your mouth with spray, which you are compelled to spit out or swallow into the stomach, as it can not be inhaled into the lungs.

Directions for Using the Inhaler.

It is unfair to hold the scientific employment of Medicated Inhalations in the same contempt you have for the mountebanks who practice thus. To secure the greatest amount of benefit to the lungs from the use of Medicated Inhalations, I insert here my

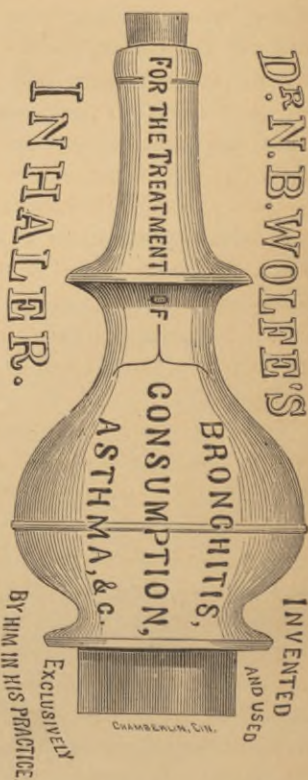
DIRECTIONS FOR USING THE INHALER.

To obtain the best results from the employment of Medicated Inhalations, some instructions in respect to the use of the Inhaler seems to be necessary. It will be observed that the Inhaling Balms are always labeled and numbered. In all instances, unless there are special *written* instructions to the contrary, the *lowest* number on the label indicates the Balm to be used *first*.

Now remove the corks from the Inhaler, and after being assured that the sponge is all right, drop on it FIFTEEN DROPS of the Balm you intend to inhale. The Inhaler is now ready for use. Place the small end of it well in the mouth, with your teeth and lips clasping closely its neck. You have now no use for corsets or tight waistcoats, but give yourself entire freedom to expand your chest while you fill your lungs with Medicated Air. Draw the Air through the Inhaler slowly, deliberately, and as deeply into your lungs as possible.

Fill, fill, fill every air-cell by a prolonged effort at

inbreathing. When your lungs are filled with Medicated Air, remove the Inhaler from the mouth, but hold your breath while you jar your chest, unless too feeble to endure it, or swing your arms, or jerk your shoulders back. This exercise is intended to force the air through every portion of the lung structure. You will now exhaust the lung by expiration through the nose, and after a few breaths of common air take another Medicated inspiration, as deep, deep, deep as you did before, until it interpenetrates every air-cell of the lungs. In this way you will repeat the operation of breathing Medicated Air until all the virtue and active principle



Directions for Using the Inhaler.

of the Balm shall have been drawn into the lungs, and the Balm itself become exhausted by evaporation. It will require from fifteen to forty breaths to effect these purposes, occupying, perhaps, as many half minutes; especially so if the patient is quite feeble, and requires longer time for common breathing between the inspiration of Medicated Air.

Medicated Inhalations should be repeated *morning, noon, and night*. The best time is before a hearty meal, though some trifling nourishment should be taken into the stomach before commencing to inhale, else nausea or incipient vertigo may be induced.

The condition of the patient's strength must determine the best position for inhaling Medicated Air. If able to stand upright the lungs have more freedom to expand, thereby admitting a larger quantity of Medicated Air into them than if the patient was sitting in a constrained posture, with the viscera of the abdomen pressed up against the diaphragm. After the upright position a horizontal one is best, and this affords the debilitated patient, as well as the strong, all the advantages to be derived from the use of Medicated Air. When in the horizontal posture the head and shoulders should be on a level with the body. Then the lungs may be best filled. When full, an assistant may do good service by pressing suddenly on the

chest, one hand on either side of the breast, from ten to a hundred pounds in force, the patient holding the lungs full of Medicated Air while it is being done. The pressure should be short, and measured by the capacity or strength of the patients to hold their breath. As soon as they begin to give out air from the lungs the pressing should instantly cease.

If this manipulation is carefully performed every day it will assist in opening every portion of the cellular structures that may be collapsed or temporarily closed. When the patient is expectorating large quantities of pus, and there is much emaciation and debility, the pressing should be omitted. When the lungs feel constrained and uncomfortable a half-dozen deep inspirations, each accompanied with energetic pressing, will afford immediate relief to the patient.

Fifteen drops of Balm is as much as should be employed in the Inhaler at one time. This number should be repeated *morning, noon, and night*. The Inhaler may be used in the interval, but no extra Balm employed. *A new sponge should be put in the Inhaler whenever a new Balm is to be used. This should not be neglected.*

When the Medicated Air obtains the desired influence over the lungs it becomes almost tasteless; so much so that many think it has lost its

Directions for Using the Inhaler.

strength or power to effect any good, unless the dose is increased or a stronger Balm employed. I wish to guard my patients against these errors. When the Balm is least appreciated in this way it is most effective for good. You may, by imprudent interference at such times, defeat the whole purposes of treatment, and do your health an irreparable injury.

A long practice and close observation enables me to say in this subject, that, as a general rule, sick persons who most faithfully and conscientiously adhere to, and scrupulously carry out, the directions and intentions of their physician, always do better, and recover their health more promptly than the wayward and petulant moribund, who will govern himself only by his conceit and folly, and who will be restrained only by suffering and disease. It has been my hapless lot to know many, who, by disregarding the advice that would have guarded and protected them from physical suffering, have, with insane perversity, persisted in wrong-doing until the silver cord was snapped, and the golden bowl broken at the fountain. God pity their folly!

The Inhaler should always be kept clean, rubbed occasionally with chalk; and when not being used, well corked. When your curious friend wants to "try a few breaths through the Inhaler to see how

it feels in the lungs," before you allow this privilege ascertain whether he uses tobacco, drinks whisky, retails scandal, or indulges in profane language! If guilty of either withhold your consent, for "evil communications," etc. You may loan your toothbrush, however, if you are not scrupulously nice or over dainty in such small matters; but keep your Inhaler free from such *critical* inspection.

THE NOSE

CONSTITUTES an important part of the respiratory organization, and is the first to receive and determine the character and quality of the air we breathe, and its fitness for introduction to the lungs. It is the sentinel that guards the portal through which the life element rushes into the vortex of being.

Over the membrane lining is spread a fine network of nervous filaments which serve as conductors of impressions or influences that invade its chambers, not only to the sensorium of the brain, but also to the lungs, wherein such effects are registered as correspond with the producing causes. The nose sustains a similar relation to the lungs that the tongue does to the stomach. For this reason in part, when prescribing remedies for dis-

The Nose.

eased lungs, I always seek to increase their influence and potency by prescribing pulmonary tonics, in the form of washes, for the interior of the nose. I have been much annoyed by persons who were ignorant of this physiological relation between the nose and lungs, who, while using the Inhaler with entire fidelity to the directions given, write me "their nose is not sore, therefore they have not used the nose wash." It is to inform such *savans* that the less responsibility they assume in such matters the better for themselves.

All my remedies are prepared with care, and when prescribed in treatment for disease, their effects upon the parts intended to be influenced are well and thoughtfully considered. Persons interfering in this manner with the remedies, not only prejudice their own condition, but also very unfairly damage the reputation of their physician. What has been said of the nose applies with equal point and force to the use of the medical preparations for the *throat*. I would take occasion to say here that the printed directions in the labels on the bottles should in all cases govern the use of the medicine contained in the bottle, unless special directions in writing are given, in which case the written instructions are always to take precedence over those that are printed.

We will here insert a few rules which patients

Common-Sense Guide-Book.

would do well to read carefully and adopt for their government while under my care. We will name them, as there are but ten :

THE PATIENT'S DECALOGUE;

OR,

THE DOCTOR'S TEN COMMANDMENTS.

1. When using medicines prescribed by your physician, do not, under any pretext, depart from his inhibition to take other medicines without first obtaining his consent. This injunction has a special significance while using Medicated Inhalations.

2. By the use of Medicated Vapor we seek to produce a certain effect on the system through the lungs. When medicines are swallowed into the stomach at the same time by imprudent patients for a different object, both purposes may be defeated and undesirable results obtained. Be careful how you confine Kilkenny cats in a strange garret.

3. Use all the medicines prescribed as adjuncts to the treatment by Medicated Inhalations with the same fidelity to the letter and spirit of their instructions that you do those you inhale.

4. Keep me advised of the effect of the treatment on your system ; and make no change in the

The Patient's Decalogue.

prescribed use of the medicines before first conferring with me, by letter or in person.

5. Send a written report of your condition *once a week*, and notice what changes have taken place in your system during the time, and the peculiar influence the medicine has exerted in your health. Do this as briefly as possible, using no more words than is really required to express your meaning.

6. Bear in mind that you have employed a medical adviser, and that you have placed the care of your health in his keeping, for the good condition of which he is held, to some extent, responsible. In justice to both, then, do not "doctor yourself," lest you have "a fool for a patient."

7. Do not become impatient at the beginning of treatment, as it requires some time to establish the influence of the medicines over the conditions of disease. A few days will, in most cases, begin to develop the good effects of the remedies, much depending, however, on the stage of the disease and the constitutional condition of the patient.

8. In correspondence I may find it necessary to give advice, or add to my instructions, wishing thereby to benefit my patient. I seek in all such instances only to advance the patient's good; and when such advice is not heeded, I have one of two

Common-Sense Guide-Book.

conclusions to form, namely, that the patient is indifferent to his own best interests—his health—else he wishes me to change my relation to him, and take no further interest in his welfare.

9. I expect in all cases the patient to exercise his best judgment—"his natural common sense"—in assisting the medical treatment by prudent and discreet living, aided by the hints he may find a little further on in this book. Much time may be lost, and much suffering incurred, without this cordial co-operation of effort.

10. After a patient has faithfully used one month's treatment, he is quite competent to decide whether it is to his best interest or not to renew treatment or to make another month's effort to regain his health. If he decides to do this, the order should be so timed that it may bring the new medicines to hand before the old supply is exhausted. I wish to say in this connection, that my medicines are not exposed on sale by druggists, nor can they be obtained in any other way than by ordering a regular treatment, first sending a description of the disease for which the remedy is sought. *I never sell my Balms* for less than *Twenty Dollars*. That is the price of a second month's treatment. Thus ends the decalogue.

Services—Fees.

SERVICES—FEES.

As published elsewhere, my regularly established fee for services and medicines for one month is Twenty-two Dollars, and One Dollar additional for packing, portorage, etc., aggregating Twenty-three Dollars. This is for the *first* month. The fee for each subsequent month is Twenty-one Dollars. In all cases the whole fee must accompany the order for treatment to insure prompt attention.

My fee is not for medicines alone. Indeed, they are but of little mercantile value ; but it is to compensate me *for time and professional service*. I make mention of this because there have been a number of cases wherein, before the medicines ordered by the friends have been received, the patient was surprised by *death*. The first impulse is to return the medicine to me, with the request that the fee be remitted. I decline to do this in all cases.

To share the loss, however, with these friends, I make this proposition : That I will give professional service to any new patient they may send, for one month, the fee to be received and retained by them—to treat the case the same as if I received the reward, with this provision, that I have the free use of all the medicines sent, for the benefit of the

Common-Sense Guide-Book.

patient, and obligate myself to send any other that may be needed, without extra pay to me or charge to them. But in no instance is this proposition made good after any part of the medicine has been used, or a cork removed from the bottles. A knowledge of my views in such cases will save much fruitless correspondence on the subject.

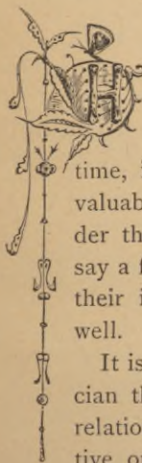




General Debility.



A HINT TO THE LADIES.



HAVING devoted twenty-five years to the pathological study of disease, I could have made but poor use of my time, indeed, had I not learned something valuable in so long a period of my life. Under the head of *General Debility* I wish to say a few words to my lady friends. It is to their interest to consider and weigh them well.

It is well known to every intelligent physician that a most intimate and sympathetic relation exists between the female reproductive organs and the organs of respiration. My own idea is, that the fœtus in the uterus responds to every inspiration of the mother, and that its life is as much sustained by vital vivification as through the vascular supply of the umbilicus. But

it is not our intention to introduce theories here that admit of, or may produce, controversy.

I have long been thoroughly satisfied that a derangement of the uterine organs is a frightful *cause* of premature decay in the pulmonary structure; and whenever uterine irritation exists, with pulmonary consumption, it is always one of the most serious complications that we encounter in our treatment of this formidable malady. It is therefore of the first importance to the patient whose pulmonary structure is either corroded with tubercles, or broken with wasting ulcers—in order to insure success to the treatment for the lungs—that the uterine organs *may be free from disease*. To this fact we wish to call your attention most particularly, though under the head of “*General Debility*,” you might not recognize our object.

UTERINE IRRITATION

AND its consequences do more to break down the general tone of the system than all other known causes. It is so insidious in its approach, and so varied in its expression, that it is rarely recognized to be present until it has made fearful headway in its work of destruction, and has assailed the very citadel of life itself, the lungs, and menaced their destruction.

General Debility.

The reader, who is at all familiar with the anatomy of the parts, understands that the uterus is suspended, so to speak, in the pelvic cavity, by a broad ligament which extends across that mysterious chamber. The ligament is a broad, flat tractile muscle, capable of relaxing and contracting, which it does sympathetically, to prevent accident and injuries to the little pear-shaped organ. This capacity to relax and contract in the broad ligament may, however, be destroyed or temporarily held in abeyance. When this is the case, the womb either prolapses or becomes displaced. The causes of this loss of power in the broad ligament are too many to mention in this place. Prominent among them, however, may be noticed imprudent or violent exercise on their feet, and long-sustained fatigue during the fluxing period of the womb. This renders all classes and conditions of females subject to the malign penalty of partial or absolute prolapse. Mental anxiety, and confinement to house and work, without sufficient outdoor exercise and pleasant entertainment, also contributes to the same result. Corset lacing that presses down the stomach and the viscera of the abdomen, in order to enable the silly-headed thing to look as much like a "sick angel" as possible, is a frightful cause of this fearful condition. Then sitting in a constrained position, as at school, or using the old treadle of a sewing

machine, induce the same fearful consequences. I may mention, in conclusion, also, that tea-drinking, indulgence in passional excitement, excess in sexual commerce, especially during pregnancy, are among the most common causes that impair the tone or absolutely destroy the power of the broad ligament to perform its functions with entire integrity.

It is of the first importance that the symptoms of those conditions should be freely understood. GENERAL DEBILITY stands at the head of them. He has a hacking cough! Then follows at his command, the long train of ills—part of which only can be named—*Hysteria*, or uterine neuralgia; irregular and painful menstruation, scanty in quantity and unhealthy in quality, or it may be so profuse as to endanger life, or be entirely suppressed. Then follows that distressing waste of the system in the “white flow.” The patient is now prepared for all kinds of ovarian diseases, prolapsus uteri, and cancer of the womb. Of course no child can be begotten or gestated with such condition about it. There is pain in the back—between the shoulders, or between the ribs and hip bone—with bearing down weight on the lower part of the abdomen. All these symptoms do not show themselves in every case of uterine prolapse, but almost any two or three of them, when found, should apprise the

General Debility.

patient of the true cause of her suffering. When they are found in connection with a cough, no time should be spared until the proper remedy is applied. Constipation of the bowels is also a common symptom of displaced uterus ; the cause being pressure of the womb on the rectum, interposing a mechanical arrestment of its peristaltic action. The use of injecta or cathartic medicines in such cases will always be productive of bad consequences to the patient, as the relief obtained is only temporary and at the expense of the general strength of the system. When the womb has fallen to the front, in many cases it makes pressure on the neck of the bladder, giving rise to most unpleasant and distressing symptoms in connection with the voidance of urine, leading many to think their kidneys are at fault, and inducing such to resort to the use of buchu, junipers, and other medicines of like specific action. As the cause of the disorder remains untouched by such treatment, the effect remains, and, in general, with augmented distress to the suffering one. Another common symptom in connection with prolapsed uteri should be here noticed. When the body of the womb settles into the pelvic chamber, it frequently, especially in spare-habited persons, makes pressure on that part of the sciatic nerve that enters the chamber through the sciatic foramen. When this is the case, either from pro-

lapse or pregnancy, there is a numbness pervading one or both limbs; a feeling of sleepiness or loss of power in the legs and feet. In pregnancy the veins of the limbs swell and frequently become ruptured.

Our space will only permit us to allude to one more prevalent cause of wombic prolapse; that is, injudicious treatment when giving birth to children. If nature is forced either by stimulants or traction during the trying hour of parturition, the chances are that after birth the womb will contract but slowly, and the retraction of the ligament may never take place without assistance. *Miscarriages always indicate a weakness in the broad ligament, if not its entire relaxation.*

THE REMEDY.

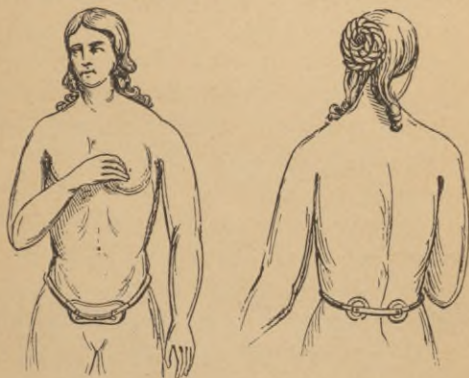
THE questions now arise, How is the remedy to be applied? How is the integrity of the broad ligament to be restored? How are these distressing symptoms to be removed?

Our answer is brief:

We propose the employment of an Abdominal Supporter, which will remove the strain from the ligament by upholding the whole abdominal viscera until nature supplies the exhausted organ with vital power to again perform that office itself.

General Debility.

Front and rear views of this Supporter, as it appears when adjusted to the person, are presented in the accompanying figures :



This appliance or instrument for the relief of the ligament is made of steel springs, finely tempered, padded, and covered with velvet. It yields to the different motions of the body, and imparts a general feeling of relief to the entire system. Many ladies wear the Supporter, and pronounce it invaluable to their general comfort and health. When the strain is thus removed from the ligament by the Supporter, uterine injections should be employed to allay local irritation, and impart vital power to the exhausted fiber of the muscle. The best instrument for doing this is the "Essex Company Valve

Common-Sense Guide-Book.

Syringe," which emits a continuous stream. These articles always give satisfaction to those who employ them.

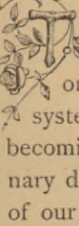
Lady patients know well enough when they are in need of these articles, and should require no prompting. I wish them in all cases to procure them at home, if possible, and make use of them as hereafter instructed. If they can not procure them at home, I will act as their agent and procure them in this city, and forward them by express to any point they may be ordered. When I am requested to send the articles, I will also send printed directions for adjusting the Supporter and using the Syringe in the most efficient manner, besides insuring good articles, and the Supporter to fit well.

When the Supporter and Syringe are ordered, by one of my patients, the price is ten dollars—\$7 for Supporter and \$3 for Syringe; but if the Supporter and Syringe are ordered for a person not under treatment for disease of the lungs, the price is *twelve dollars*—\$8 for Supporter and \$4 for Syringe, which are the usual retail prices for these articles. In all cases, when an order is sent, the age of the person should be given, also the *height*, *weight*, and a tape string—the measure round the body just above the hips—also, whether married or single.

COMMON-SENSE:

OR,

Advisory Hints to Persons using Medicated Inhalations for
the Management of their General Health.

A large, ornate initial letter 'H' decorated with intricate floral and vine patterns, including leaves and small flowers. It is positioned at the start of the first paragraph.

HERE are so many things to be considered that exert baleful influences on the healthy condition of the human system that to neglect to notice some in a becoming manner, in connection with pulmonary disease, would be to be faithless to one of our most important duties. Medicines are instrumentalities for restoring health, but information is necessary to guide and govern us that we may know how to retain it.

Health, in a comprehensive sense, may be said to be harmony in the distribution of the vital forces through the system. To maintain this harmony we must have *knowledge* of the laws regulating our being. *Disease* is the converse condi-

tion, and may be considered as the offspring of *ignorance* and crime against ourselves. The most important study that can engage the mind of man is himself, not in an egotistical sense, but *from a philosophical stand-point.*

But we do not intend to enter on so stupendous a subject in this place. We allude to it only to give direction to the mind of our sick friend, who is suffering the penalties of wrong-doing, inflicted by the grand and majestic *laws* of his indwelling spirit.

Could the causes of all sickness be traced successfully, they would be found to consist in antagonizing the laws divinely appointed for the government of our physical or spiritual structure. The major duty of the physician is to make known these causes! That constitutes the fundamental treatment of disease; for *knowledge* has power not only to heal, but to maintain good health, if not perversely employed. It is the minor duty of the physician to prescribe a medicine for a special effect in the promotion of health.

It is a logical axiom that the same causes that will produce an effect, if left intact will continue the effect indefinitely. This proposition is as true in regard to health as it is in physical science. Now let us make the application for the benefit of "all concerned."

Hints for the Management of Health.

The lungs are organs that gather vital elements from the respired air, that supply our spiritual being with animal life. Their functions may be said to be, to digest the air we breathe for spiritual appropriation. Their importance and value to the well-being of the physical structure can not be too highly estimated. Now we would think that their protection against injury, for the important offices they perform, would challenge and secure our best allegiance and our first devotion. But this is not the fact, and it is much to be deplored that it is not.

If we would have good health we must have an abundance of pure fresh air, both day and night, to supply the ceaseless consumption by the lungs. While sleeping, our chambers should be well ventilated, not only for the admission of pure air, but also to facilitate the escape of noxious gases. Don't be afraid of *night* air, for the millions of dwellers on the earth, can get no other; and when it is pure, it is as invigorating as *day* air, and more so, if you are in *repose* at seasonable hours. The night air of parties, theatres, churches, and dances, after nine o'clock, becomes poisonous and as pestiferous as the atmosphere of the plague-house. I would advise all people with common sense, and who have any regard for their health, to avoid all such localities after night-fall; and to frequent them as little in day-time as the condition of their moral

and physical health will permit. A youth of sixteen years was found in company with two adult assassins, who recently murdered a citizen of Cincinnati. The whole three were hanged to death. The youngster, with the rope around his neck, edified the appalled spectators with a comic dance, and urged the sheriff to hurry up his work as he wanted to be in time to make the train on the other side. "*He was insane,*" but not more so than the pitiful fools who half-dressed, and shamelessly too, dance their health away in the stewing night air of the fashionable ball-room where they contract colds that excite cough and which terminate in coffins.

Poor Richard's advice to go

"Early to bed, and early to rise,"

has something more in it than a jingling alliteration.

Of a kin to the unhealthy localities spoken of is that of the ill-ventilated workshop, office, or studio. A contemporary writer, though a non-professional man, observes that "some classes of men seem so intent upon riches, position, or place in society, that the powers of Nature are often overtaxed, sufficient refreshment from sleep is seldom allowed, while the food provided for nourishment is often scanty and unwholesome. Though such people may attain old age, such a state of life will be laden with in-

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firmity and disease. The tissues of the lungs are so delicately formed, the nervous system is so tender and keenly sensitive, that the sudden changes of our atmosphere, in consequence of the opening of the pores of the body, arising from undue warmth or exercise, by which the nerves and blood become exposed to chills and night airs, while the lungs are exposed to the same changes through respiration, must invariably prove injurious to health and life. Suitable clothing should be at hand, and every precaution taken by which the proper temperature of the body may be preserved ; while sudden transitions from a warm to a cold atmosphere, and so also *vice versa*, should be observed with much caution. Diseases of the throat, chest, and inflammatory diseases generally, arise, in many instances, from a due want of care in this regard. As the blood supplies the waste and decaying portions of the body, and is formed from the food we receive and the atmosphere we inhale, its purity should be carefully preserved. This may be produced by pure air, wholesome food, and sufficient exercise. Scrofula and contagious diseases are, doubtless, the result of impure blood."

Is it to be wondered at, when to the anxieties of business and the cares of family, is added the depressing influence of impure air, that the health of the most robust should at last give way,

and the lungs become involved in disease? The first duty of man is to preserve good health, that he may serve himself, his family, and friends. When his circumstances will not permit him doing this, he is to be pitied as much as if his freedom was taken from him by force, and he compelled to serve involuntarily a loathsome tyrant the balance of his days.

But what shall we say of the man who willfully destroys the integrity of his health by the voluntary use of

TOBACCO ?

ITS effect on the nervous system is most appalling; but as an agent for promoting thoracic diseases it has no parallel in the seductive deviltries of perverted taste. We have but little sympathy with these filthy moribunds, however much we pity them.

Old Dr. Warren, of Boston, one of the few intelligent physicians who dared to look this monster vice in the eye and speak of it as he knew it, said:

“Many persons, and some of them wise and valuable men, impair their health and shorten their lives by this poison, the effects of which are visible in their pallid countenances, relaxed muscles, yellow lips, and languid, listless postures. We hear them complaining of lost appetites, pains in the

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chest, palpitation of the heart, and daily indigestion, till finally some irremediable disease carries them to their graves. The number of persons of intellectual pursuits in this country who voluntarily place themselves in this suicidal list is too great to be counted. Within my own experience a great number of cases of diseased lungs and stomachs have been explained by the habit of chewing tobacco ; and the relinquishment of the practice has been followed by restoration to health.

“The habit of smoking, which has insinuated itself more extensively than other modes of using tobacco, impairs the natural taste and relish for food, lessens the appetite, and weakens the powers of the stomach. Tobacco being thus drawn in with the vital breath, conveys its poisonous influence into every part of the lungs. These organs, by reason of the countless number of cells which form their internal structure, have a surface greatly exceeding that of the whole exterior of the body. The lining membrane of these cells has a wonderful absorbent action, by which they suck in the air designed to vivify the blood. If this air is, even in a weak degree, impregnated with fumes of tobacco, the great extent of surface in which the absorbent action takes place necessarily impregnates the whole blood with the deleterious properties. The noxious fluid, entangled in the innumerable spongy

air-cells, has time to exert its influence on the blood, which, instead of being vivified by the air that is breathed, is thus vitiated by it. The effects of this narcotic action are eruptions on the skin, weakness of the stomach, heart, and lungs, dizziness, headache, and confusion of thought. When there is any tendency to phthisis in the lungs, the debility thus caused in these organs must favor the deposit of tuberculous matter, and thus sow the seeds of consumption."

Thus it is shown that the inhalation of tobacco fumes will "favor the deposit of tuberculous matter" in the lungs, and "sow the seeds of consumption." Is not the truth sufficiently obvious, then, that while the influence of tobacco is maintained in the system, there can be no remedy to remove disease from the lungs. Let it be distinctly understood that it is wasting time, money, and health to use tobacco in any form at any time, but most especially when the effort is being made to remove disease from the respiratory organs by Medicated Inhalations. I have no hope of accomplishing any good while the influence of tobacco is maintained in the system. Asthma, especially, can not be cured—I assert it as my deepest conviction—while the use of tobacco is indulged; and the same may, with equal truth, be said of Nasal Catarrh, and diseases of the throat and bronchia. Its use

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must be abandoned at once if you wish to regain your health.

THE ANTIDOTE.—Learn to hate it. A knowledge of the fact that it is your enemy should destroy your love for it. Your love is unnatural—it is a slavish submission to its power, not love for the filthy thing, that commands your homage. Know well the relation you sustain to it, then change it. Renovate your pockets; get the smell away from you; brush your teeth, and wash your person; now fill your pockets with crackers or crusts of bread. When the craving comes for a chew of tobacco—and it will come to the old slave with overwhelming appeal—simply chew a cracker, and lodge it around the inside of the mouth and teeth. The saliva will soon wash it away. The tobacco craving will give way, but to return again, when you will repeat the antidote as before. You will soon begin to *respect yourself*, and that is death to tobacco. Try it, and then with Francis Quarles join, and say:

“Come, burst your spleens with laughter to behold
A new-found vanity, which days of old
Ne'er knew; a vanity that has beset
The world, and made more slaves that Mahomet;
That has condemned us to the servile yoke
Of slavery, and made us slaves to smoke.”

THE SKIN—BATHING—OILING.

IN the economy of health, after feeding the lungs with fresh air, not tainted with tobacco or depraved with carbonic acid gas, ranks next in importance a healthy condition of the *skin*. Indeed, it is a question whether the free exit of the insensible perspiration from the system through the capillaries is not of coequal importance in keeping alive the holy flame of life with the introduction of oxygen through the pulmonary structure.

Space will not permit an amplification of this subject. I find so much to say that is valuable to the victim of pulmonary disease, that much must be omitted for want of space ; still, I wish to call special attention to the fact that the office of the skin in the economy of health is of the greatest value. It should be kept in the best condition. Twice a week it should be well oiled and washed with tepid water and soap, and then rubbed dry with the hands of the patient or assistant. On the other five days of the week, every morning, it should be briskly rubbed with a wet towel, from the feet to the head, and the lower the temperature of the water can be endured, the more tonic its influence on the pulmonary structure, and the more protection it affords to the system against

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the effects of sudden vicissitudes of heat and cold. All persons who have a proper estimate of the value of good health, know well how to estimate the luxury of the bath. But the invalid more especially requires this general ablution of the skin, in order not only that the diseased secretions of the insensible perspiration may be removed from it, but also that the facilities for decarbonizing the general circulation through the capillary vessels may thus be effectually augmented. Every day, then, the consumptive should either oil and wash, or be rubbed with a cool wet towel all over his person, that he may enjoy the double blessing, the baptism of pleasure and health.

The spine of the back, after bathing, should be well rubbed, and the more vigorously patted or slapped it is the better, if the patient can endure it. Being the grand center of the sympathetic system, from it is distributed the nervous power that gives life or vitality to the whole physical structure. Persons with diseased lungs or habitual cough are in the habit of protecting their chest by wearing cotton and woolen pads over their breast, which is well enough when a low condition of flesh exists, but the protection would be more effective, and the results more satisfactory, if the spinal column was vigorously manipulated every day by an assistant with vitalizing liniment, and then pro-

tected, in cold weather, with two extra ply of cotton flannel, large enough to cover the whole back, worn or attached to the back of their under-garment. However, sufficient clothing should at all times be worn to preserve a comfortable temperature of the whole body, including the feet, hands, and head. But it is necessary to be brief. I wish, specially, to impress several truths upon the mind of the pulmonary invalid, even at the hazard of losing his good opinion by repeating much already said.

With your lungs blocked up with tubercles, or sloughing with ulcers, you should get out of your "warm, comfortable room," where you are surely dying by inches. "Conquer your prejudices," and bathe in freedom and sunlight. When your health will permit, take plenty of outdoor exercise, and stretch your legs in long walks through the country. You can walk a great deal within a mile of your home. Do n't be afraid of fresh air, and sunlight, and shade. Go forth a trusting child of Nature, with goodness in your heart, and charity in your spirit, and ramble over the green fields. Linger by the brook, climb the sunny hill-side, and pluck flowers while you listen to the merry carol of birds. Persons with diseased lungs should live out-of-doors as much as possible ; the house will do to sleep in.

Remember, I have said many times, nothing is

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better for your health *than pure, fresh air*. There is no medicine in the Pharmacopœia, of quack or regular, to be compared to it. It is prepared in the great laboratory of Nature, by a *Master* chemist, and hence is better adapted to purposes of health than any vaunted human nostrum. Twenty-five years' practice has convinced me that the more medicine a consumptive takes into his stomach the sooner he dies. Fresh air is the food of the lungs—the lungs digest it for the spirit. To get it, go forth from *your crib*. If the day is raw or damp, put on extra clothing, and heavy brogans to keep your feet warm. *A wet day outdoors is better for the consumptive than a dry day in-doors*. I have recommended walking as a proper exercise for the invalid; the next best exercise is horse-back riding. A canter gallop is a darling medicine. Carriage riding is better than none at all, and should only be indulged in by ladies who have no practice in the saddle, or the very weak and debilitated. Railroad cars should be avoided as you would a pest-house.

Another mode of taking exercise I strongly commend to your attention, if you have strength to practice it. When you rise in the morning, get into the middle of your chamber, fill your lungs, and commence flinging your arms round and about you rapidly for some time; then posturize by plac-

ing the body in strange positions; then circulate the legs as you did the arms; then bend the body forward till the face almost touches the knees, and suddenly bend backward again. Do this several times rapidly in succession. Then stand erect, place your elbows akimbo, your feet apart, and rotate your body in a quarter or half circle rapidly for a few minutes, right and left. Then stand firm upon the floor, take a deep and prolonged breath, till the chest is fully expanded, then pound and slap yourself upon the breast severely and rapidly, as long as you can hold your breath, with clinched or open hand. These chamber gymnastics over, take your sponge bath or wet towel rubbing, and dress yourself for a morning walk; *go see the sun rise*. The sun looks like "a golden wheel on the rim of the sky," a half mile from your sleeping place. Go, by all means, and see it. Take an orange with you every morning—a sweet orange—and suck its delicious juices while you are walking. You can then walk comfortably home, and, if you feel fatigued, lie down and take "a morning nap." One hour's sleep after such an experience is full of health and comfort, and will repay you a thousand times for your trouble.

Your bedroom should be large, light, and airy, with the windows looking sunward. It should be kept cheerful with pictures, and, in season, with

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flowers. At night the flowers should be removed to the open air, if you would prolong their life and preserve their beauty. They can not live on such night air as your bedroom supplies. Their lungs absorb carbonic acid gas during the day, and thus purify the air of the chamber; but at night they throw it off, more impoverished and poisoned, to gather oxygen. You want all this element in your chamber for your own use, to nourish the beautiful flower of life, the spirit. Fresh air should at all times have access to your chamber. You will, of course, not think of having a stove in your bedroom, and yet you must keep the chill out by a little fire in the grate or fireplace. Burn wood in preference to coal. Let your bed be snug and warm, and if you can get along comfortably without feathers it is best to do so. In the warm seasons the use of feather-beds should be entirely ignored. A cotton mattress on a straw tick makes a desirable Winter bed—hair or straw mattresses alone for hot weather. Sleep between woolen blankets in Winter, between cotton sheets in Summer.

Your chamber should never be used for a sitting-room, nor should any other person sleep in it if it is small. Persons in advanced stages of consumption, who have hectic fever, night sweats, and profuse expectoration of pus, *should always sleep alone.*

The person of the patient should be kept com-

fortable by clothing. Half-cotton and half-woolen fabrics as garments are preferable to be worn next the person, and under no circumstances should a tri-weekly change of under-clothing be omitted. Two suits a week in Winter-time will be sufficient, one airing while the other is worn, and so alternating. Use your own discretion in the number of changes you make in Summer-time.

The exposure of the body to dampness and chill, when in a negative state, throws the life-principle or vitality inward; the circulation becomes impeded, and there is no ready flow of the currents of life; thus an inward inflammation is created, the pores are clogged, and the skin does not fulfill its office; the mucous membrane is called upon to throw off the refuse matter. It becomes irritated and inflamed, and in time diseased. In this manner we have produced, in startling numbers, throat diseases, lung affections, chronic diseases of females, and a long list of other prevailing evils. At such times take no medicine, but use a tepid bath, rub well, and have the spine vigorously rubbed and slapped.

There is no truth more firmly established among medical men than that disease follows fashion as much as dress leads it. When tight lacing and thin shoes are the styles of the "ton," then consumption is the prevailing epidemic with females

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in every fashionable community of the country. When low-necked dresses are in the ascendant, sore throat and quinsy are the raging maladies. When "bustles" and "bishops" make their appearance, spinal affections become, literally, the "agony." The reign of corsets is denoted by collapsed lungs, dyspepsia, and a general derangement of the digestive organs. Indeed, so immediately are dress and disease connected, that a doctor can almost determine what a majority of the women are dying of if he has an inventory of their wardrobe handed to him. A healthful reform has commenced in the clothing of the feet. Thick-soled, high boots are fashionable now. But the limbs must also be protected. Over-drawers of flannel, fastened below the knee, are indispensable for street wear. Nothing else will prevent the noisome vapors from ascending and acting dangerously upon the delicate tissues of the body. The arms must be protected warmly as low as the elbow, and the wrists must have close bands. True elegance of attire combines comfort with grace.

Food should be taken with more regard to quality than quantity. Gluttony, however, is as prejudicial to good health as it is to good morals and gentility. Food should be plain, simple, and nutritious. A mixed diet of animal and vegetable matter is better than either one exclusively. Fat

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pork, hard salted meats, and salt fish are not much better than periwinkles and buff leather in the stomach. I have said nothing against oysters. All kinds of ripe fruit and vegetables in season are healthful, unless contra-indicated by idiosyncrasy of constitution. Beef, mutton, lamb, veal, venison, all kinds of poultry and game, are healthful when well cooked and desired. But there is very much in the cooking. Mark that.

Sweet cream is more nourishing than cod-liver oil, and is always entitled to the preference when increase of nutrition is desired; but better still is milk warm from the udder of "our second mother," the cow. Drink as much as you can digest.

As already intimated, the habit of retiring late is very prejudicial to any body's health, but especially so to the consumptive. Old Ralph Farnham, the last veteran of Bunker Hill, who died a few years ago at the ripe age of one hundred and five years, wrote, one month before his death, as follows: "I am the first one up in the morning, and the first one in bed at night; I rise at five and retire at seven, and continue this Summer and Winter. I have always been temperate, and for thirty years have not tasted liquor or cider. I was never sick in my life so as to require the attention of a physician." What a glorious old hero! Just before his death he said, "My room is full of beauti-

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ful angels." Is it any wonder that this old man's life was so much prolonged, or that the "beautiful angels" should visit him as convoys to take his spirit over the shimmering river, to the golden "summer land?"

When convenient, we should sleep with our heads to the north, as the brain is a magnet. It is better to go to sleep on the right side, for then the stomach is very much in the position of a bottle turned upside down, and the contents of it are aided in passing out by gravitation. If one goes to sleep on the left side, the operation of emptying the stomach of its contents is more like drawing water from a well. If you sleep on your back, especially soon after a hearty meal, the weight of the digestive organs, and that of the food, resting on the great vein of the body, near the backbone, compresses it, and arrests the flow of the blood more or less. If the arrest is partial, the sleep is disturbed and there are unpleasant dreams, but if the circulation is obstructed for a short time, look out for the night-mare, for she will dash you, with clattering hoof, into yawning abysses, or over appalling precipices.

Persons affected with asthma, or catarrh of the head, should never use feather pillows, but substitute a hard shuck or straw pillow in their stead, on which the head can rest without heating.

The sick-room should be large, airy, and cheerful. Let the sun shine freely into it—let the air pass freely through it. No foul smell or untidy look should be permitted in it. Nothing so relieves the tedium of a sick-chamber as adorning it with evergreens and flowers, and cheerful pictures upon the walls. Cheerful conversation falls like a balm upon the spirit of the invalid ; but good Lord deliver us from the doleful monger of ills, and aches, and afflictions ! When such unwholesome people begin to suggest some medicine for you to try, as it did so much good to Mrs. Bly, I always give my consent to have them incontinently pitched out of the window, as the only way to abate the nuisance. Such people mean well enough, but good intentions will not abate the penalty of a mistaken judgment. As a rule, it will hold good, that the more ignorant persons are, and the less knowledge they possess, the more ready they are to advise you what to do ! They will dose your stomach for the good of your lungs, you know, and if you ask them, perhaps they can tell you how many ribs a man has attached to his backbone, and from which side the one was taken to make a meddling woman.

Consumption and indoor civilization are contemporary institutions. The Arabians knew but little of this scourge of modern society. There is no disguising this fact, that we live too much indoors.

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Our occupations do much to deprive us of air, sunlight, and earth, but the tyrant Fashion does more. Healthful labor should not be considered incompatible with the dignity of the true gentleman or accomplished lady. Go to the plowman for a sample of health; or look at the muscular arm and healthful glow upon the face of Bridget. Blood will show itself, and muscle will win when the rouge-cup and padded dress have essayed in vain to emulate them.

I am told that many *young* ladies die without ever having touched the earth with their dainty feet. They generally die of consumption. People who run barefoot occasionally, when the earth is warm, seldom have cold feet or bronchial irritation in cold weather. *Sun-tan* is said, by a French medical writer, to cure consumption. The skin requires sunlight to keep it healthy.

Consumptives should always find some outdoor occupation. Working in the garden or the farm, or "fixing things in general," is better than quietude. Thinking of one's disease will surely aggravate it. Imagination can kill a man—so can it cure. You will get well under the professional care of a doctor in whom you have confidence, when the same treatment by others would fail to relieve you. Medicine borrows much of its efficiency from the imagination of the patient. Turn

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the bright side up. Never despair! Have confidence in Nature to cure you, but try to understand her laws. Do n't undervalue the mind as a physician—the “will to get well.” This is more potent than all the pills or powders in Christendom to restore health. Cheerfulness is an attribute of health, and you should woo childhood for your companionship. Never give audience to people who *delight* to talk of their physical infirmities. They will tell you of a thousand ills to which they are heirs, and secretly regret that they have no more to *stun* you. Shun them; let them alone in their glory. They are afflicted with a disease called *dry brains*. If they had no auditors they would have no ills.

Breathing should be done through the nose. The moisture of the membrane and the warmth of the chamber through which the air first passes before it enters the lungs, is wisely provided for comfort and protection to the delicate membranes forming the air-cells, whose office is to filter it for vital purposes. When breathing is done habitually through the open mouth, the integrity of the lungs is always in jeopardy.

The position or carriage of the person with weak lungs should be upright when walking. The shoulders should be well back, the chest projected, and the chin slightly forward. By taking deep breaths

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at such times, you expand the chest and increase the entire capacity of the lung-structure.

If there are any bad teeth in your mouth which afford a lodgment for food, or are in a decaying condition, they should be extracted or put into a better condition at once. Keep in mind that your lungs live on pure, sweet air, and this you can not have when every breath you draw is poisoned with the odor of decaying teeth. All persons, but especially those who expectorate depraved secretions from the lungs, should be particular to wash the teeth daily, and rinse the mouth with plain or medicated water two or three times between morning and evening.

When a person's health is not absolutely broken down, sometimes travel is beneficial, especially so if the patient is desirous for a journey; but if the health is so much broken as to require an assistant or traveling companion for the help he affords, beware how you leave the friendly comforts of home; for the icicles hanging from the eaves of your own cottage, humble though it be, are more dear to the heart and more beautiful to the eye of the invalid, when hallowed by the smiles of affection and the presence of those who anticipate your every wish by reading the mute language of your appealing eye, and supplying your every want, than all the gorgeous scenery of the vine-clad hills of France, the

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flower-blooming gardens of sunny Spain, or the castle cliffs of the storied Rhine. For these only would serve to remind you of the truth that you are a wanderer in a strange land for a boon which your own denies you, and with this thought a sense of terrible desolation waves itself over your soul. What a beautiful sentiment is conveyed in the Oriental benediction, "May you die among your kindred!" It is wicked to advise a sinking patient to leave his home for the uncertain comforts of traveling.

Persons afflicted with cold feet are more liable to consumption and asthma than those who keep them habitually warm. Feel them, and if cold to the touch, give them immediate attention, and do not remit your exertions to restore warmth till you have accomplished your purpose. Bathe them every evening before going to bed, in a pailful of hot water, with a little soda or ashes added, and then have them well rubbed by an assistant, and slapped on the soles and up the limbs to the knees between the hands, till they fairly glow and burn. Repeat this nightly till you succeed in getting them habitually warm. *Persons having cold feet will never succeed in keeping them warm unless they keep their legs well protected with comfortable clothing; nor can they keep their hands warm unless the arms to the wrist are likewise provided for.* These suggestions

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should be well considered by persons who follow teaching, seamstresses, professional men of close, studious habits, and all people who follow indoor business, or who have sedentary occupations. Nobody but a snobby egotist or a contemptible coxcomb would practice the cruelty of "tight boots" at the expense of health, comfort, and manhood. People who value "a neat little foot," are generally the nurslings of Mrs. Grundy, who has never yet reared a healthy child in the world.

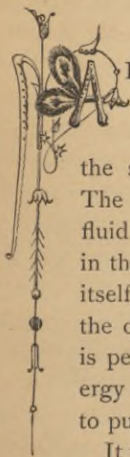
The use of stimulating drinks—"good old Bourbon," or "brandy obtained at a drug-store," where it is "kept for medical uses," etc., are quite obnoxious in their influence on persons who are weakened by disease. Let it be remembered that stimulating the system does not *strengthen* it. A whip to a tired animal *exhausts* the vital power, never increases it. The whip has the same effect upon the animal that the stimulant has upon the human system. You can arouse the forces, but they the sooner completely fail. Of a like character is the use of opium in suppressing COUGH, and for obtaining sleep. It should always be borne in mind that, however severe a cough may be, it will do less injury to the system than the stupor induced by the use of opium. Besides, cough has its beneficent purposes, and unpleasant as it may be, it performs one of the most important

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services in removing the unhealthy secretions from the air-tubes and lung-cavities, which, if permitted to remain undisturbed, would soon *drown* the patient with the putrid accumulations. Beware, then, of all cough preparations that contain opium, for if you succeed in arresting the cough in advanced stages of pulmonary consumption, it is at the expense of life itself; and when rest is only sought to be obtained by such means, the prime object—*recuperation*—is not effected; for medical stupor is but the simulation of sleep, and affords not the blessings of the latter. The rest or sleep that is most valuable to the feeble invalid should be uninfluenced by any agency but exhaustion, when nature will be prompt to repair the wasted energies, if not obstructed in her divine operations by the baleful influences of poisonous narcotics.

In concluding these suggestive hints, I wish to impress upon my invalid friend, that acquired disease is simply the penalty of a law transgressed; and that nothing but a knowledge of those laws, enabling you to live in harmony with their divine principles, will ever secure you the blessings of health, which, while on earth, is all that we can realize of heaven.

DIGESTION.



ALL intelligent persons are supposed to understand that the stomach is designed to receive and digest food for the support and upbuilding of the body. The process of separating the solid from fluid portions of the food is the same both in the animal and human organization. In itself the stomach has no power to perform the chemistry of digestion, but its structure is perfect for the work when the nerve energy of the brain-life is exerted as a force to put the machinery in motion.

It is not our object to say any thing about the origin and character of the brain-life, for the obvious reason that we have not space in this little book.

The membrane lining the stomach is thickly corrugated with mucous follicles, or pits, which may be termed digestive batteries. When food is received the mechanical activities and muscular

power of the organ are aroused and sustained by the life-fires of the lungs and brain, communicated through the pneumogastric nerves. Indeed, the brain is the power that carries on digestion, but that power is gathered up through the lungs from the boundless ocean of imponderable elements which constitute the divine breath. Thus it may be understood that the stomach can do nothing in carrying on digestion without the brain; and the brain is equally destitute of power unless obtained through the lungs. In this way we see that "the celestial elements of infinity ride straight through the lungs into the blood, thence to the great battery of all energy, the brain, which immediately distributes to each part of the body the principles of *motion, life, and sensation.*" Digestion, it will be seen, depends upon the vivifying properties of the air we breathe. No food would be nutritious without this *energy* to digest it. The gastric fluid, with its inherent pepsin, lactic and hydrochloric acids, could make no appropriation of nutrition without receiving a constant supply of oxygen, or nerve-power, from the atmosphere, through the lungs. Thus the lungs are ever asserting their importance in maintaining the operation of every organ of the human structure. They receive the immaculate fire that transforms all food into rosy health. Now let us trace the process of digestion

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that we may the better illustrate the prime object of this article; namely, to show the absurdity of pouring drugs into the stomach with any view of producing a uniform and salutary action on the health of the sick.

When food is taken into the stomach, after mastication, it forms a pulpy mass which is called *chyme*. It is mixed with the salivary juice and the fluids of the stomach. In this softened condition it passes into the second stomach, or duodenum, where, by the mixture of the pancreatic fluid and the bile, the chyme becomes converted into *chyle*, a milk-white liquid, which flows steadily into and through all the small intestines. Now commences the work of separation of the nutritious portion of the liquefied mass from the non-nutritious or excrementitious residuum. The membrane lining the intestinal canal is thickly cropped over with lacteal vessels and mesenteric glands, which take up the chylic portions of the mass and form them into minute corpuscles or globules of blood. The crude or unappropriated residuum passes forward into the larger and lower bowels, and is thence rejected with the broken-down blood globules and other excrementative material. The chyle is sucked up through the lacteal passages and the mesenteric glands into the thoracic duct, from which it is poured into a vein from behind the collar-bone, and

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is discharged into the positive side of the heart, where it is mixed with the venous or negative portions of the blood. What is meant by *negative* blood is that portion which is cold, dead, and non-nutritious.

Until now, the system is not sustained, nor has it derived any value from this contribution of food. But now commences a beautiful phenomena of life, to which we must at once accord wisdom and beneficence in its divine Author.

The heart is an organ of power, a pump of propulsion, and its office is to force this chyle and venous blood from its valved chambers through the pulmonary vein into the lung-structure. O, here is a grand process of digestion—the beautiful operation of the divine economy, in which we behold dead matter converted into living sustenance, whereby the soul constructs about it a living temple, in which to worship and adore the Divine Fatherhood of God, the motherhood of Nature, and the brotherhood of man!

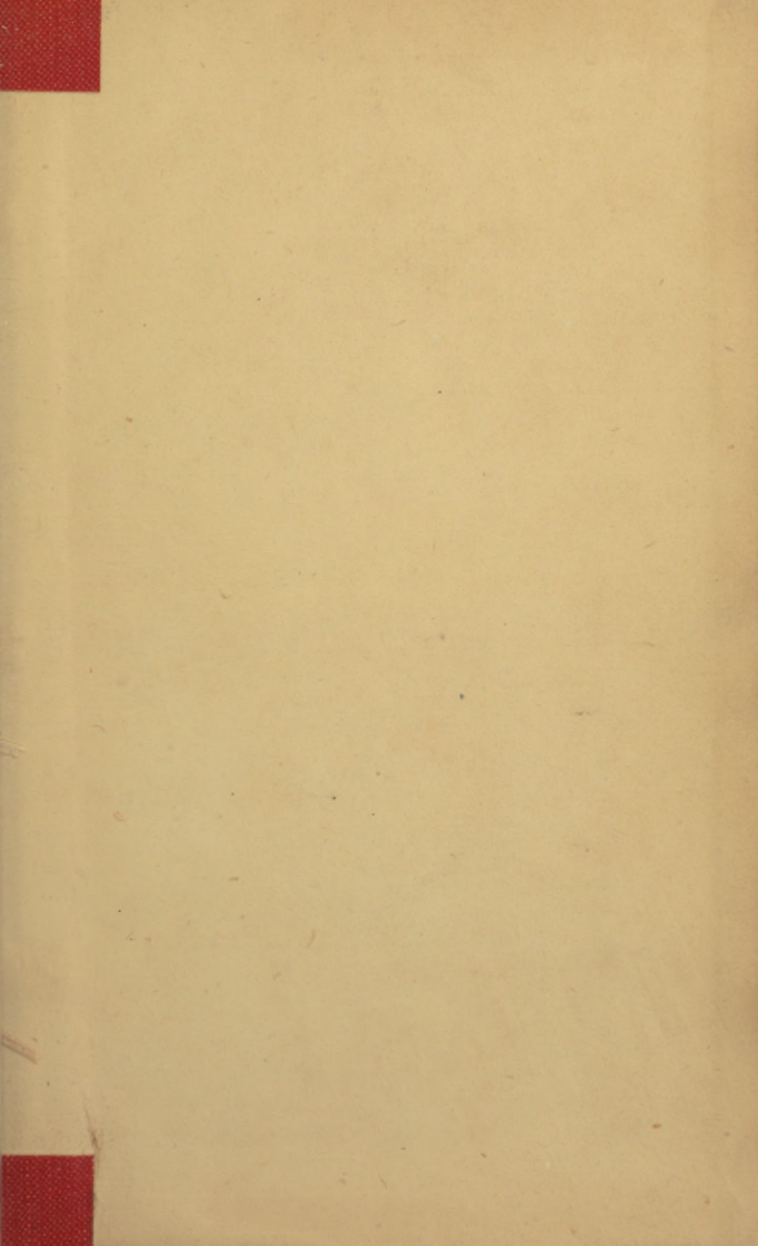
Now let us pause a moment and examine the subject so far as we have gone. Food unquestionably undergoes a chemical decomposition before it enters the pulmonary structure; but that it imparts no strength to the system until, in the form of chyle, it passes through the lungs, is very evident. Oxygen is the agent by which the chyle is vitalized

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and prepared to reconstruct the ponderable body. If there is a deficiency of this element in the air we breathe, the effect is instantly impressed upon the fluid material, and all parts of the digestive process at once become disordered. Medicated inhalations are most valuable in supplying the system with this vitalizing principle. When the lungs are corroded with tubercles, or broken with ulcers, persons may eat much, but unless they breathe much, they gather no strength. *Digestion, indeed, is never perfect unless the respiration is full.* It is the common lament of persons who neglect their lungs and feed them only with the most unhealthy gases, that they suffer from indigestion; that they are troubled with headache half the time; that their liver is diseased, or torpid; and that their bowels will not move without taking medicine.

And this is the point we have in our mind in writing this article. It is to caution my patients, and all others, against the pernicious folly of swallowing poisonous drugs into the stomach with the view of removing disease from any part of the digestive system. Do you not see how intricate your organization is, and how much more liable you are to injure its beautiful operations than to improve them by resorting to the use of drugs? Drugs never cure, but are agents of evil, as a rule. Swallowing a disgusting mass of medicine is never

necessary to good health any more than a weekly dose of morality is indispensable to our happiness after death. We must learn to think first, and then to exercise our best judgments in removing disease by the divine energies of the mind. Intelligent physicians of the progressive school, such as Hahnemann, Bischoff, Bell, Dixon, Müller, Hall, Marshall, Thompson, and others, confess that the human system demands almost nothing besides good treatment in nursing, bathing, dieting, and magnetizing during the different stages of any known disease. If people would study the physiology of the laws of health, and live obedient to them, they would soon "throw physic to the dogs," and wink smilingly at the doctor. "If, however," says a contemporary writer, "any person should flatter himself that he can violate the conditions of health, and at the same time, by simply yielding to the self-restoring mercies of his spiritual constitution, recover all his original vigor and bloom, his disappointment will be complete." There is no infallible remedy, no specific nostrum, that can forgive the transgression of a human law. All the medical *isms*, and *myths*, and *pathies*, from Hippocrates to the last "medical discovery," can not perform the pardoning act. Let every ear hear it, let every eye read it; there is no safety in habitual disobedience to organic law.



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