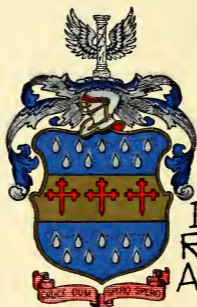


UNIVERSITY OF PITTSBURGH



Dar.  
RC313  
A2 R13

Darlington Memorial Library




885

bat

~~111~~





Digitized by the Internet Archive  
in 2009 with funding from  
University of Pittsburgh Library System















**THE PULMIST:**

OR, THE

**ART TO CURE**

THE

**CONSUMPTION.**



**SIPHOMETA PULMONALIS,**

**A WORM OF NATURAL SIZE,  
EJECTED ALIVE FROM THE LUNGS,**

BY MR. COONS, OF LEXINGTON, IN KENTUCKY, JUNE, 1821.

---

*See in the Work, Article 101, No. 25.*

---

PRICE, ONE DOLLAR.

---

# THE PULMIST;

OR,

INTRODUCTION TO THE ART OF CURING AND PREVENTING THE

## CONSUMPTION

OR

CHRONIC PHTHISIS.

A MEDICAL ESSAY, INCLUDING A NEW AND BETTER DISTINCTION OF ITS CAUSES, KINDS, REMEDIES, DIETS, AND OTHER PECULIARITIES.

---

*The Consumption is not an incurable disease; but its remedies are to be chiefly conveyed to the lungs by breathing or inhalation—110.*

---

BY PROF. RAFINESQUE, Ph. D. & PULMIST.

PROFESSOR of Practical and Medical Botany, Natural and Civil History, &c. &c.

AUTHOR of the Manual of Medical Botany of the United States, the Analysis of Nature, and 50 other works or pamphlets.

MEMBER of the Medical Societies of Cincinnati and Lexington; the Philadelphia Society and Lyceum of New York; the Academy of Natural Sciences of Philadelphia; the American Antiquity Society of Worcester and Nashville; the Kentucky Institute, &c.; and of several learned Societies of Europe, in Paris, Bruxelles, Vienna, Bonn, Florence, Naples, &c.

---

PHILADELPHIA:

PRINTED FOR THE AUTHOR,

By C. Alexander, 112 Chesnut street.

---

1829.



**EASTERN DISTRICT OF PENNSYLVANIA, to wit:**



BE IT REMEMBERED, that on the twentieth day of October, in the fifty-fourth year of the Independence of the United States of America, A. D. 1829, CONSTANTINE SAMUEL RAFINESQUE, of the said District, has deposited in this office the Title of a Book, the right whereof he claims as Author, in the words following, to wit:

“The Pulmist; or, Introduction to the art of curing and preventing the Consumption or Chronic Phthisis. A Medical Essay, including a new and better distinction of its causes, kinds, remedies, diets, and other peculiarities.

“The Consumption is not an incurable disease; but its remedies are to be chiefly conveyed to the lungs by breathing or inhalation—110.

“By Prof. Rafinesque, Ph. D. & Pulmist. Professor of Practical and Medical Botany, Natural and Civil History, &c. &c. Author of the Manual of Medical Botany of the United States, the Analysis of Nature, and 50 other works or pamphlets. Member of the Medical Societies of Cincinnati and Lexington; the Philadelphia Society and Lyceum of New York; the Academy of Natural Science of Philadelphia; the American Antiquity Society of Worcester and Nashville; the Kentucky Institute, &c.; and of several learned Societies of Europe, in Paris, Bruxelles, Vienna, Bonn, Florence, Naples, &c.”

In conformity to the Act of Congress of the United States, intitled, “An Act for the Encouragement of Learning, by securing the Copies of Maps, Charts, and Books, to the Authors and Proprietors of such Copies, during the times therein mentioned”—And also to the Act, entitled, “An Act supplementary to an Act, entitled, “An Act for the Encouragement of Learning, by securing the Copies of Maps, Charts and Books, to the Authors and Proprietors of such Copies, during the times therein mentioned,” and extending the benefits thereof to the arts of designing, engraving, and etching historical and other prints.”

D. CALDWELL,

*Clerk of the Eastern District of Pennsylvania.*



## DEDICATION.

**TO DR. E. LANTHOIS, OF PARIS,**

*Author of the New Theory of the Consumption.*

TO YOU, who have done so much for humanity, and to relieve mankind from this scourge; TO YOU whom, by a happy coincidence, I may claim for a distant relation, I DEDICATE THESE PAGES.

You will no doubt be glad to know, that at the distance of many thousand miles, I have happened to improve your theory and method, even before being acquainted with it; since I only could procure your work a few months previous to the publication of mine: while I had entertained nearly the same views, and begun the same practice, several years before. But I was able to discover, and employ efficiently, many new heroic vegetable substances of this continent; whereby I have added more certainty to the cure, while my theory has extended to a better distinction of the varieties and stages of the disease.

THE AUTHOR.

Philadelphia, October, 1829.

## PREAMBLE.

I. Whenever some organs of the body become liable to many diseases, or inveterate disorders, it appears proper that peculiar and exclusive attention should be paid to these specific and local diseases, by some medical practitioners.

II. Thus have originated the separate branches of medicine which are professed by surgeons, dentists, oculists, aurists, &c., who apply themselves chiefly to cure wounds or diseases of the teeth, eyes, and ears, &c.

III. By this mode, such specific branches of practice become much better understood and exercised, than when they are blended with a general practice. A division of labor is always productive of skill and effect.

IV. In imitation of this useful plan have I become a PULMIST, by applying myself exclusively and assiduously to ascertain and cure the diseases of the lungs, one of the most vital organs of our frame, and subject to so many fatal complaints, that it is calculated one-fifth at least of mankind die from them at present.

V. Since these diseases were considered as commonly incurable, by the majority of the physicians, it was time to investigate their causes and effects under a more humane hope. This I have done by separating and insulating these diseases from the usual routine, and considering them as a peculiar and very important branch of medical knowledge.

VI. This new plan has enabled me to devote my whole attention to the series of pulmonary complaints that afflict mankind; and thus to en-

large our knowledge of them, detect many errors, and adopt or propose many useful and practical discoveries or suggestions, whereby I have become highly successful in mitigating, preventing and curing these diseases.

VII. Necessity was my first prompter. Being myself threatened, and afterwards attacked, with a catarrhal and dyspeptic consumption, and finding no hope in the medical works that I consulted, I applied myself to seek for remedies elsewhere.

VIII. My previous skill in practical and medical botany enabled me to discover, and successive experiments to ascertain, the probable effect of some active medical plants; and by their mixture to find at last a remedy for my complaint, whereby I restored myself to perfect health and a sound constitution.

IX. Having achieved this desirable recovery, and performed what so few physicians are able to do, when they are justly desired to cure themselves, ere they try to cure others, my success led me to extend my researches, and apply these beneficial plants, in various modes, to several other cases of consumption.

X. Having met with repeated success in my experiments and practice, I began to consider my mode of treatment as an important discovery, or at least a valuable addition to our actual scanty catalogue of effectual remedies in consumptive cases.

XI. It was at this period that, instigated by some friends, I consented to manufacture, under the name of PULMEL, two kinds of my anti-phthisical mixture, necessarily made up as a syrup for internal use, and a balsam for inhalation.

XII. My dislike of every appearance of empirism, and my wish to avoid censure, induced me to conceal myself under the name of **MEDICUS**; and thus for two years I have often practiced, with some restraint, and under many disadvantages.

XIII. I did not wish to interfere in the least with family physicians, and merely desired to put a new officinal tool into their hands; but I have often found to my sorrow that their practice is so erroneous and incompatible with mine, that I had to regret this indulgence in several instances.

XIV. Meantime my new and extended practice enabled me to study carefully all the various anomalies of the chronical cases under my care; and gradually to acquire such a mass of medical facts as might be highly valuable if published.

XV. The **PULMEL**, which is only one of my new tools, (and I have many,) has been tried by perhaps 1000 individuals; but as few have persisted long enough in its use, and I have not heard of all who have taken it, I can only state, that out of 120 heard of, about 60 were relieved, although many left it too soon, and 25 were cured, notwithstanding the disadvantage of many neglects in diet and otherwise.

XVI. These difficulties, and the wish to furnish a better guide to my patients than the former printed directions, which were too vague, and could not apply to the innumerable variety of cases, has now induced me to come forward in my proper name and character, and publish this medical essay, as once promised.

XVII. It will be found to contain many important precepts and facts useful to all, physicians, patients, and individuals liable to the dis-

ease; although it is intended as a mere introduction to a new art, and a larger work on the same subject.

XVIII. In opening a new path in this branch of the medical art, I aim at permanent utility; the actual practice being deficient, since it is inefficient, must of course require a total revision. I have therefore adopted a new method of treatment and diet, which, being effectual, must prove correct, as experience has shown and time will confirm.

XIX. Whoever proposes novelties in the medical art, has to contend with a host of prejudices and the established routine of the faculty. I am prepared for this—entertaining no hostility on my part, but merely stating facts and detecting errors, I am fearless of the consequences, and would rather court the co-operation of all liberal physicians than be deemed their opponent.

XX. I have read all the principal works on the diseases of the lungs, and have found them more or less wanting in perspicuity, details, distinctions, treatment, auxiliaries, &c. The same errors are taught in all our medical schools, and daily practised. It will be seen, that I have avoided and pointed out carefully the medical and popular errors which render the consumptive diseases so fatal, while I have adopted all the rational conclusions and precepts of medical writers.

XXI. I expect to be assailed because I do not divulge all what I know; but as any one has a right to withhold for a time the results of his experiments, discoveries, and experience, until he is remunerated, I avail myself of this right, and reserve many parts of my acquired knowledge

for the private use of my patients, my practice, and consultations.

XXII. However, as I have always been actuated by liberal and humane motives, and merely prevented to publish and patent my discovery by the insecurity of medical patent rights, I promise to disclose for the benefit of mankind, at a future period; (or when my practice shall have sufficiently rewarded my exertions,) the whole of my secret or reserved knowledge on the subject.

---

### **THE PULMIST, &C.**

---

1. A cruel and fatal malady preys upon mankind; it attacks chiefly the young, the good, the amiable, and the fair; it is considered as incurable by the faculty, and one-fifth of mankind are said to die from it after lingering and suffering a long while without hope or chance of relief. This disease is the CONSUMPTION or PHTHISIS, of the medical writers; also called Decline, Atrophy, Marasm, and Tabes.

2. These writers differ in their opinion of the nature, origin, and causes of the CONSUMPTION. Some maintain that it is a constitutional disease; others contend that it is a specific and local disease of the lungs; both may be right, as will be seen.

3. Phthisis is a proteus, like many other diseases, and assumes so many forms as to deceive those who know but few of them. It varies according to the ages, climates, diet, temperaments, and individuals; nay, hardly two cases are ever seen perfectly alike.



4. Those who distinguish as genuine Phthisis the mere scrofulous or tubercular consumption of the lungs, are misled by its local prevalence into the mistake of taking a part for the whole.

5. Consumption and Phthisis both mean *a wasting* of the body or some peculiar organ. The ancient authors distinguished many such local consumptions, which are now considered as separate diseases or peculiar decays.

6. Thus, their *Phthisis hepatica* is now called *Hepatitis*, or liver complaint. The *P. Nephritica* is the *Nephritis*, or dissolution of the kidneys. The *P. Vesicalis* is the *Cystite*, a disease of the bladder. The *V. Ocularis* is the *Myosis*, or alteration of the eyes and vision, &c.

7. But their *Phthisis pulmonalis, dorsalis, nervosa, trachealis, laryngea, &c.* or pulmonal, dorsal, nervose, tracheal and laryngeal CONSUMPTIONS, are only some of the kinds of the general chronic disease.

8. The acute local diseases of the lungs, such as Pulmony, Pneumonia, Peripneumony, Pleurisy, Catarrh, Hemoptysis, &c. must not be mixed with the chronic diseases of the same organ; they are easily distinguished by their sudden invasion and inflammatory character; while the chronic consumptions are attended by the general symptoms of gradual emaciation, pain, heat, hectic, sweat, diarrhea, &c.

9. But the acute diseases of the lungs often lead to chronic consumptions, when neglected or badly cured; and some kinds of Pulmonies, (of warm climates, chiefly,) vulgarly called *galloping consumption*, appear to form a link between the acute and chronic affections.

10. Some modern physicians, Lanthois, for

instance, consider Phthisis as a disease of the whole system, and not peculiar to the lungs, which are merely the vent of the morbid alteration. But even in that case, as the lungs become eventually the chief seat of the disorder, it is proper to consider them as the main organ to be attended to.

## 1. HISTORY.

11. The origin of this disease is unknown; it has probably afflicted the human family from the most remote times. It was known as early as three thousand three hundred years ago, in the east, since the code of laws of Menu mentions the phthisical as unclean, along with many deformities and trades.

12. But it was probably a less virulent complaint in those primitive and patriarchal times. Hippocrates and the Greeks hardly knew it except in the forms called exhausted and dorsal consumptions. Cold climates, where it is most violent, were then much less populous and little known.

13. In modern times it has acquired a greater range and virulence, put on new forms, and increased to an alarming degree, particularly since the Scrofula, Scurvy, and Syphilis, have combined to render it their common offspring and victim.

14. At present it prevails with the greatest violence in cold and variable climates; it has become endemical in Great Britain, France, Germany, &c. and also in North America, colonized from thence.

15. It may be called the plague of these climates and countries; but a perpetual plague, not



periodical, or of rare occurrence, as the oriental plague, but ever threatening, assailing, and desolating the inhabitants, particularly in the cities.

16. In warm climates, such as the West Indies, for instance, it is however by no means uncommon, and is by far more quickly fatal; while in the mild climates of Spain, Italy, and Greece, it assumes other forms, is deemed contagious, and therefore much dreaded.

17. This doctrine of contagion is of very old date, and has been assented to by learned physicians, such as Morgagni. Severe laws yet exist in many States to burn the clothes of the deceased, after death, and to white-wash the walls of their houses.

18. We are happy to have no such prejudice in cold climates, as they would embitter still more the precarious and wretched life of the consumptive. More correct medical observations have proved that this contagion is of very rare occurrence, and hardly ever happens unless there is a previous predisposition to the disease.

19. It may take place by cohabitation, the contact of the breath, and putrid expectoration; but so seldom that it has been calculated to occur only once out of 1000 instances in cold climates, and about four or five times out of 1000 in warm regions.

20. A by far more deplorable fact consists in the certainty that this disease may be hereditary, like its concomitant evils, the scrofula, syphilis, gout, &c.: and that it becomes still more difficult to cure when patients are predisposed to it by inheritance from one or both parents.

21. However, experience has shown me that it is not even then absolutely incurable, unless a

misconformation of the lungs and breast are the sad results of this cruel inheritance; but otherwise the mere predisposition may be effectually countervailed.

22. Since regular bills of mortality have been kept in Europe and America, the extension and increase of consumption have been ascertained. Sydenham said, long ago, that one-fifth of mankind perish by it: this may be too much, if all the climates are included; but not overrated if he only meant our northern climates.

23. In London, sometimes, one-third of the yearly mortality is from the consumption. This happened in 1799, when, out of 17285 deaths, not less than 6210 were from this fatal disease; while nearly as many were children, dying from convulsions chiefly.

24. In New York and Boston, one-fifth is the average; but in 1802, one-fourth of the deaths of New York were from it. In Philadelphia, the average is only one-sixth, although in 1831 it reached over one-fifth, or 438 out of 2161 deaths.

25. But the amount would be much greater if all the pulmonary complaints were included, as well as those of debility, which are more or less phthisical. Thus, in 1826 only 587 are stated as consumptive deaths; but if 174 from inflammation of the lungs be added, the whole will be 761 out of 4151, whole number of deaths.

26. In 1828, the mortality of Philadelphia was 3971, of which 581 from consumption, 286 debility, 130 inflammation of the lungs, 46 dropsy of the chest, and 38 atrophy; making a total of 1081 more or less connected with phthisis or the lungs;

27. By the regular medical tables of Philadelphia, kept from 1807 to 1828, it appears that the disease has kept pace with the increasing population. In 1807, the deaths were 306 out of 1961, and in 1827, as many as 523 out of 3659. And in the whole 22 years, 9101 out of 60634, or very nearly one in six.

28. Some years were subject to intermitences of increase or decrease; the lowest terms were in 1824, when only 274 out of 2041, and 1823, when only 536 in 4372 are stated. While the highest were 1816, when there happened 434 out of 2225, and the year 1821 as stated above.

29. Such are the authentic facts. Do they not call for our serious reflections? do they not demand the aid of the humane and skilful? Since our vices with the blunders and neglect of our actual school of medicine appear to have combined to spread and increase this perpetual epidemic, we must endeavour to counteract and stay its fatal course.

30. Can it be done? Is phthisis a curable disease? and how is it to be cured? Are not these important questions? Do they not deserve the attention of the public, the physicians, and the laws, as much as yellow fever and small-pox? I think they do.

31. We possess no tables to show the proportion of the sick and cured. We only know how many die! It would be more useful to know how many escape. To my knowledge hardly one in twenty recovers at present, and merely by some happy natural crisis, or by some simple regimen, and by avoiding the poisons producing debility and decay—above all, mercury and bleeding.

32. But by the modern French practice a greater number are cured, and by my improved method of treatment, uniting to the best part of the French method many other advantages and new remedies, I can save at least ten out of twenty, and seldom fail to relieve the other ten, so as to prolong their lives.

## 2. LIABILITY.

33. The first stage of enquiry ought to be directed towards ascertaining the sex, ages, temperaments and professions most liable to this disease; as a great deal depends on this, in finding the causes and applying the remedies, as well as in preventing the attack.

34. I have seen no tables of the relative proportion of the disease in the two sexes; but my observations induce me to believe that it prevails more and is sooner fatal in the female sex, in the proportion of five to four.

35. Females are particularly liable to the consumptions arising from sedentary habits, thin clothes, compression of the chest, menstrual repercussion, excessive lactation, a broken heart, or excessive grief, &c.

36. They are less liable to those arising from intemperance, tobacco habit, gouty habit, the scurvy and syphilis, which are chiefly peculiar to the male sex; but they inherit from their fathers the fatal virus or predisposition, which thus entailed become worse.

37. The prime of life, from 20 to 50, and chiefly the age of 20 to 30, appear to be the most liable to consumptions. By a regular table kept in Philadelphia in 1828, the results were as follows:—Out of 581 deaths, childhood, or as

far as 5 years, afforded 38; youth, or from 5 to 20, afforded 57 deaths; maturity, or from 20 to 50 of age, as many as 389, of which 164 between 20 and 30 of age: while old age, from 50 to 90, afforded 97 deaths.

38. Thus we perceive that the early and late periods of life are the least liable; but as an outset they are the most difficult to cure. Childhood and youth require mild remedies, while heroic specifics alone are availing, and old age is so debilitated as to render them less available. The treatment of males and females ought to be similar.

39. Temperaments, or the preponderant conformation of the human frame, are paramount rulers of indications. They are produced by the preponderance of some fluids or organs in the human system, and each is more or less liable to this and other diseases, requires peculiar diet and remedies, or to abstain from many aliments and deleterious substances.

40. Every body ought to know their own temperament, so as to regulate their life, regimen and precautions; but few attend to it, and thus become the victims of ignorance and neglect. We ought also to know that hardly any one has exactly the same unmixed temperament, no more than the same features; but as one always predominates, it becomes the leading conformation as it were.

41. The ancients had distinguished 4 medical temperaments as they had 4 elements; some added a fifth, the Perfect, as the Hindus added Ether as a fifth element. The 4 were the Bilious, Sanguine, Melancholic and Phlegmatic.

Modern writers have detected 2 others, the Athletic and Nervous; but there are many more.

42. I have found needful to double the number, at least, among our race of mankind, besides many others peculiar to the tawny and black races, and independently of the minor preponderances of the brain, stomach, &c., which produce genius, intemperance, &c.

43. These ~~12~~ primordial temperaments are seldom met genuine; but they form double, triple, and quadruple compounds; such as Bilious-Nervous-Muscular-Phlegmatic, &c.; which ought to be denominated in the order of their preponderance, and the first or leader chiefly attended to.

44. My 12 temperaments are the following:—

1. *Athletic* or *Gigantic*—Preponderance of bones.

2. *Muscular* or *Stout*—do. of muscles or flesh.

3. *Bilious* or *Hepatic*—do. of the liver and bile.

4. *Melancholic* or *Atrabilious*—do. of the spleen.

5. *Nervous* or *Nervic*—do. of the nerves.

6. *Choleric* or *Firy*—do. of the heart.

7. *Sanguine* or *Hematic*—do. of the arteries and blood.

8. *Phlegmatic* or *Pituitous*—do. of the serum and fat.

9. *Lymphatic* or *Scrofulous*—do. of the lymph.

10. *Dermic* or *Hairy*—Preponderance of the skin and hairs.

11. *Leucodermic* or *Albinos*—Outward degeneration of the skin, &c.



12. *Rachitic* or *Deformed*—Inward do. of the bones, &c.

45. The most liable to the consumption, are the lymphatic, phlegmatic, rachitic, melancholic, and nervous. The least liable, are the athletic, muscular, bilious, and sanguine. Each is more or less liable to peculiar kinds of Phthisis, as will be mentioned hereafter. The negroes and Indians are not exempt of it.

46. That any one may know his own temperament, to all of which I shall often recur, let the following concise explanation of the characters of each serve for general guide.

47. The *athletic* are easily known by large size, strength, heavy bones, fine form, or gigantic frame.

48. The *muscular* are stout, large or small, but with thick and hard flesh, over rather small bones.

49. The *bilious* have dark complexion, black hair and eyes; are active, enterprising, and evince genius or skill.

50. The *melancholic* are tall, thin, credulous, and sad.

51. The *nervous* are timid, delicate, sensible, &c. subject to spasms and nervous affections.

52. The *choleric* have red hair, a freckled skin, are passionate, stubborn, and conceited.

53. The *sanguine* are fair, vain, volatile, with blue eyes and rosy cheeks, fond of pleasure and change.

54. The *phlegmatic* are fat, indolent, heavy, fond of rest and sleep.

55. The *lymphatic* have a white or pale complexion, thick lips, thin fingers, long neck, nar-

row chest, are amiable and mild; greatly subject to scrofula and consumption.

56. The *dermic* have a thick or hairy skin, bristly hair, bushy beard, callous limbs, &c.; they are hardy, sturdy, and dull.

57. The *leucodermic* are called Albinos; they are of rare occurrence, easily known by their milk-white skin, white hairs, red eyes, &c.; weak and feeble beings.

58. The *rachitic* are commonly dwarf or deformed, with a crooked or bunchy back, lame limbs, &c.

59. We must now enter into a most important enquiry: What are the professions most or least liable to the consumption? and are there any entirely exempt from it?

60. Many eminent physicians have stated that several trades, such as tanners, butchers, coal miners, soap boilers, &c. are not liable to it; or, at least, hardly so. Nay, there are instances of consumptives being cured by becoming tanners.

61. I have deeply thought and observed on the subject, as intimately connected with a curative method for the poor; and I have ascertained four degrees of liability in the occupations and professions of society; the most liable, less liable, least liable; and hardly liable, of which I have formed the following tables:---

62. Professions very liable to the consumption.

Lime burners,	Bakers,
Plaster grinders,	Millers,
Casters of gypsum,	Starch makers,
Glass makers,	Tavern keepers,
Tailors,	Anatomists,
Cordwainers,	Tragedians,





Dairy-maids,  
Fish-women,  
Butchers,

Oilmen,  
Tar, Pitch and Rosin-  
makers, &c.

66. This happy result has convinced me that the poor, who cannot afford a long treatment and dear remedies, ought to be advised to become tanners, &c., and the girls, dairy-maids, in order to have a chance of prevention or recovery; and it has prompted me to employ successfully tan-bark, as an auxiliary to my course of remedies.

67. This I claim as a discovery or a happy application of previous experience. Tar and sulphur had been used before, but found too irritating. The emanations of oil, meat, cows, malt, &c. are seldom available; but I have rendered those of tan-bark available and beneficial, as well as milk and broth in some instances.

### 3. LOCALITY.

68. Under this denomination two considerations are implied: The knowledge of the air which the lungs must breathe, and the lungs themselves, which are thus the vehicle and the seat of the disease.

69. The atmospheric air has been ascertained by modern chemistry to be a gaseous oxide of azote, or a compound of oxygen and azote chiefly; but it always holds in solution a multitude of extraneous substances, and is hardly ever pure.

70. The natural substances commonly mixt with it are carbonic acid gas, water, heat or caloric, electricity and light, none of which contaminate its purity; but when in excess have peculiar effects on the lungs. The first becomes deleterious as well as azote in excess. Water

or aqueous vapours render the air damp, but not unfriendly to the lungs, unless becoming cold by the deprivation of caloric.

71. But there is no climate and no region without a large or small admixture of impurities and exhalations, which contaminate more or less its purity, and occasion many diseases. It happens, however, that these impurities are not unfriendly to the lungs, except all the kinds of dry dusts and metallic vapors, smokes and putrid animal gazes.

72. Nay, the filthy and putrid emanations from marshes, decaying vegetables and animals, which generate fevers, do by no means affect the consumptive, and volcanic exhalations are very friendly to the lungs. Phthisis is hardly known near volcanoes, such as Etna for instance, Vesuvius, the Azores, &c.

73. The emanations and exhalations contained in the air at various times and places are the following:—Aromas of plants; miasmata of all kinds; smokes of volcanoes, forges, chimneys, kilns, burnt substances, factories, &c.; vapors from filth, manures, sinks, graveyards, privies, &c.; fermentations of liquors; decomposition of matter; fogs; dusts; exhalations from marshes, rivers, lakes, and the sea, &c. A long and appalling list, to which some want to add the emanations from comets! But winds dispel them and purify the air.

74. To these impurities of the air, and to the sudden deprivation of heat, are to be ascribed all the epidemics, and those producing catarrhs, influenzas and consumptions. The cold variable climates, subject to sudden changes of temperature, such as North America, are very unfriendly

to the lungs. Between 1768 and 1770, an epidemic of the lungs prevailed all over Europe, the air being heavy and foul.

75. The best climates for the consumptive are those of equal temperature, and where the air is neither too much oxygenated nor too cold. Such are islands, low and marshy grounds, plains and valleys, volcanic soils, &c. Even Russia is not much subject to the consumption, owing to the steady cold, low lands, and warm stoves.

76. The worst places for the consumptive are high hills and mountains, where the air is too rarified and pure; and the SEA, where it is bleak and too much oxygenated. Also, bleak sea shores, and climates subject to violent or sudden changes of temperature, or whenever the mean temperature is less than 60 degrees of the thermometer, while the range of the instrument exceeds 60 degrees within the year.

This assertion is based upon the following tables of average temperature in the United States, and proved by the gradual increase of catarrhs and consumptions from South to North, as the range of changes increases, and the mean heat or caloric decreases.

#### ATLANTIC STATES.

	MEAN T.	RANGE.
Lat. 30, St. Augustine,	67°	66°
Lat. 32, Savannah,	59°	76°
Lat. 33, Charleston,	57°	84°
Lat. 39, Washington City,	55°	96°
Lat. 40, Philadelphia,	53½°	98°
Lat. 41, New York,	51°	99°
Lat. 42, Boston,	47½°	100°
Lat. 44, Maine and Vermont,	43°	120°

## WESTERN STATES.

	MEAN T.	RANGE.
Lat. 30, New Orleans,	65°	70°
Lat. 36, Nashville,	58°	86°
Lat. 38, Lexington,	55°	96°
Lat. 39, Cincinnati,	54°	100°
Lat. 43, Detroit,	50½°	116°

While in the Bermudas and Azores Islands, between lat. 32 and 40, the range is only about 40°, and mean temperature about 60°.

77. The ocean has a more uniform temperature than the land, whence the notion that sea voyages are beneficial; but it is a fallacious idea, owing to the sea air being too sharp. This may seem a paradox, since it has long been the custom to send patients to sea; but I have the authority of Tourtelle on my side, who asserts the fallacy of that practice, and states the sea air to be very injurious. In fact, it is only a way to get rid of the consumptive, and send them to die far from you! The West Indies are not a suitable climate; but the Bermudas, Azores, Madeira, and Teneriffe, are better.

78. Whatever benefit was received by a sea voyage, may have arisen from the equal temperature and the smell of tar; but the sharp oxygenated air of the sea, and the necessary improper diet at sea, must have always done more harm than good received.

79. I never send my patients to sea: whoever does, sends them to their graves! Whenever a change of air is required or requested, I advise to remove from the cities to the country, or vice versa, and in low sheltered plains or valleys.

80. In winter, the room of the consumptive

ought to be kept warm, and equally so. If their rooms could be transformed into green-houses or hot-houses, it would be well; but this change is seldom or ever practicable, except for rich invalids.

81. The chest, or upper cavity of the human body, holds the lungs as well as the heart and stomach. The muscular diaphragm separates it from the abdomen, or lower cavity. The lungs are above the stomach, between the breast and back.

82. Two large soft viscera, separated by the pleura and heart, form the lungs. They are divided into lobes, three on the right and two on the left side of the breast. These 5 lobes are formed of innumerable small cells, always filled with blood, which imbibes the air that is breathed, and absorbs part of its oxigene, rejecting the azote and other deleterious constituents.

83. The lungs communicate with the nostrils by the trachea, and with the mouth by the larynx, whereby they inhale and exhale the air, produce the voice, &c.

84. The right lobes of the lungs are more liable to be the seat of phthisis than the left; both sides are seldom attacked at once. The larynx and trachea may also be assailed by the same decay, and it may even extend to the bronchia, pleura, and other membranes of the lungs.

85. The new art of auscultation by percussion, listening or using the stethoscope, (a kind of hollow tube applied to the ears,) teaches to ascertain by the various hollow noises of the chest,



while struck with the hand, or the patient be speaking, which side is diseased, and how far the disease has progressed.

86. This useful art distinguishes also the diseases of the heart from those of the lungs; which were formerly often mistaken. But the diseases of the stomach and liver, easily known by the locality of the pain, cannot be so mistaken.

87. I recommend the use of the stethoscope whenever it is known, (or percussion as a substitute,) in order to ascertain in all instances the exact locality or seat of the disease; but I do not recommend the cruel operation suggested by Arnott, to collapse the diseased lobes by a perforation of the chest, because it is but a doubtful expedient, and may cause the formation of a pectoral fistula.

88. The healthy lungs have the faculty to absorb the injurious molecules floating in the air, whereby they may become diseased; and the diseased lungs have the faculty of absorbing the sanative molecules conveyed by the air, whereby they may be healed.

89. Cough is the natural effect of any irritation or injury of the lungs, and expectoration the natural mode of ejecting whatever is extraneous or morbid around them. A dry cough evinces an internal injury, while the different morbid ejections by expectoration display the nature of the external injury. The scurvy and hepatitis blacken and putrify the lungs, the scrofula evolves hard tubercles or tumors, &c. Spots, sores, ulcers, are unfolded by other causes.

90. A constant stream of perspiration issues from the lungs, amounting in a healthy state to 6 grains per minute, or 360 grains per hour; while

the whole skin or surface of the body only transpires from 3 to 20 grains per minute, according to the state of the weather and opened or closed pores.

91. This insensible transpiration is a gaseous emanation of the human lymph, mixed with water and some particles of various salts, acids, iron, &c. It is a very needful exhalation, since whenever it is checked or diminished, catarrh and other inconveniences follow. The diaphoretic remedies, which increase it or restore it, are indispensable in those cases, to dispel through it the morbid effluvia of the body and blood.

#### 4. CAUSES AND KINDS.

92. The causes of consumption may be distinguished into general and particular: the first operate more or less upon all, and are very slow in their action; the second are the specific agents of each peculiar case, whose proximate and combined actions unfold the specific kind of consumption.

93. The general causes must be chiefly known in order to be prevented in time: while the specific causes, if they can seldom be prevented, must be carefully ascertained, so as to counteract them. When we know the cause or causes of a case, we soon know the kind, and then can apply the peculiar needful remedies required.

94. Whatever alters the functions or substance of the lungs, may produce phthisis; which is also the last term of many diseases settled upon the lungs.

95. It will be sufficient to enumerate the general causes, and bad habits of civilized life or ignorant practice, which combine to spread and



aggravate this disease. They speak for themselves, and call aloud for a reform of bad habits.

96. They are—1. Sedentary habits and want of exercise—2. Early study and application—3. Sedentary schools and colleges—4. Premature or unsound marriages—5. Thin clothing in cold weather—6. Exposure to sudden and violent changes of heat and cold—7. Indulgence of the passions—8. Excessive cares, grief and disappointment—9. Bad food—10. Frequent use of salt, salt meat and salt fish—11. Use of spirituous liquors—12. Use of tobacco in any shape---13. Disuse of the bath and frictions---14. Frequent exposure to dust---15. The scrofulous, scorbutic, and syphilitic virus, circulating under many modifications through so many individuals---16. Abuse of mercury and bleeding---17. Use of calomel given to children, females, and the scrofulous---18. Improper and poisonous substances used medically—19. Dwelling in damp and confined houses, alleys, &c.—20. Frequenting places where crowds are long detained, such as theatres, churches, public meetings, anatomical halls, crowded balls, &c.—21. The multitude of graves in the cities—22. The constant use of oil, candles and charcoal, for light and fuel, in closed rooms, &c.

97. It follows of course, that when we want to cure the disease, we must begin by changing those habits: this is indispensable whenever we are yet in time to do so.

98. The specific causes are intimately connected with the kinds of consumption which they produce. It would be superfluous to separate them. I shall therefore present them in a single and connected view.

99. Few physicians have ever attempted to ascertain all the causes and kinds of phthisis. Although I have closely studied this subject, I do not hope to have detected or observed all. Yet my enumeration may be thought prolix; but this is unavoidable, and by no means extraneous to the curative theory.

100. Although nearly all the kinds assume the same appearance and symptoms at last, yet they are very different at first, or when most easily curable. Therefore it is very necessary to distinguish them in their incipient state, when they often require very different remedies, and to prevent them from assuming the last fatal aspect or common inveterate form of disease.

101. This can only be done by observing and discriminating the specific causes and kinds, of which I have detected many hardly noticed before, included in the following enumeration or table of 60 distinct kinds or varieties:—

N. 1. *Catarrhal Phthisis* or *Consumption*.—Cause, neglected catarrhs of the lungs; the most common of all the kinds, and including, in cold variable climates, one-half or one-third of the whole number of cases. The most easy to cure.

2. *Hemoptysical P.*—Cause, neglected blood spitting or hemoptysis, or breaking some small blood vessel in the lungs. The most common in warm climates. Curable.

3. *Scrofulous P.*—Cause, a scrofulous taint, settling on the lungs. The most common in England; always attended by tubercles in the lungs, whence called also *Tubercular P.* Requiring a peculiar anti-scrofulous treatment. The use of mercury unfolds it, and renders it almost incurable.

N. 4. *Scorbutic P.*—Cause, neglected scurvy, or a scorbutic habit obtained at sea, or by the use of salt meat and fish. Easily curable; but mercury is a mortal poison in this kind. Known by livid spots and sores on the skin.

5. *Syphilitic P.*---Cause, neglected or badly cured syphilis, or the modified taint transmitted by parents. Not easily known when disguised by time; but pains in the bones, painful sores, pimples, scab, scurf and scaly white eruptions on the skin, are its most common signs. Syphilis is perhaps the sad offspring of the ancient Lepra, modified by time and habits, or from endemic and external, become sporadic and local. This is the only kind of phthisis in which mercury may avail.

6. *Humoral P.*---Cause, morbid humors, fluids or lymph, settling on the lungs. Very common in France. Easily cured by epuration.

7. *Sanguinous P.*---Cause, overheating the body, and influx of blood into the lungs, intemperance, &c. Less chronic than the other kinds; alarming: here bleeding may perhaps avail.

8. *Pleuritic P.*---Cause, neglected or badly cured pleurisy and peripneumony. Easily known and cured.

9. *Dorsal P.*---Cause, the abuse of venery. Easily known when not concealed, and not difficult to cure unless very late.

10. *Nervous P.*---Caused by passions, intense application, or excessive labour of the mind. Akin to the spleen and hypochondry. No fever, no cough, but gradual decline and emaciation. Easily curable.

11. *Moral P.*, often called *Decline*.---Caused by passions, love, nostalgia, disappointment, ex-

alted susceptibility, &c. Hectic and cough, indigestion and debility. Curable; difficult when connected with a broken heart.

N. 12. *Dyspeptic* P.---Caused by neglected indigestion and gastric diseases. Easily known and curable, unless inveterate.

13. *Hepatic* P.---Caused by vitiated bile, neglected diseases of the liver, with or without icteris. Requiring a peculiar treatment.

14. *Mesenterical* P.---Caused by obstructions. Rare.

15. *Hysterical* P.---Caused by melancholy, hypocondry, convulsions; attended by convulsions. Easily curable.

16. *Atrophic* P. or *Atrophy*.---Caused by excessive bleeding or hemorrhage, taking violent emetics and poisons, unnatural debility, bad food, old age, marasm, cachexy, &c. Easily cured, except in old age.

17. *Lacteal* P.---Caused by excessive lactation of nurses; rare and easily avoided. Another kind by the suppressed lactation.

18. *Puerile* P. or consumption of children.---Caused by inanition, or bad milk, or too rapid growth: often rendered worse by a parental taint or diseased nurses, when seldom curable.

19. *Senile* P. or consumption of old age.---The marasmus senilis of Galen. Seldom curable; but life may be sustained.

20. *Exhausted* P.---Caused by exhaustion, excessive labour of the body or voice, great sweats, great efforts of the breast, &c. Easily cured.

21. *Expectoral* P.---Caused by excessive salivation and expectoration, through bad habit, tobacco use, or calomel. Rare.

N. 22. *Diabetic* P.---Caused by excessive or neglected diabetes, diarrhea and evacuations. Rare; hardly curable.

23. *Febrile* P.—Caused by neglected fevers, measles, small-pox. Seldom curable, unless betimes, but rare.

24. *Verminal* P.---Caused by worms in the bowels or out of the lungs, causing marasm, &c. Easily curable.

25. *Helmintic* P.---Caused by worms in the lungs or bronchias, such as Hydatides and many others. I have seen a peculiar worm expectorated, which I have called *Siphometa pulmonalis*. It was expelled alive from the lungs, and was kept alive by me for two days, in water. The first case happened on the 29th of June, 1821, when it was ejected in a violent cough by Mr. Coons, of Lexington, in Kentucky, who was in a consumption, and under the care of Dr. Richardson, professor in the medical school of the University. Another instance happened in the same place, in 1822, when a similar animal was thrown up by a different individual. It was this singular animal which first drew my special attention to the consumption.

A figure of this worm is given in the frontispiece. The body was one inch long, and oblong, while the tail was three inches long, slender, tubular, and opened at the end. It was soft, whitish, with twelve segments above, and twelve pairs of legs beneath, forked at the tips. The head was small, obtuse, and mutic. It appears to form a new genus of the class *Annellides*, or true worms.

The consumption produced by worms must be rare, since so few instances are on record of pul-

monal worms. It may be known by a prickly or crawling sensation in the lungs and throat, is attended by violent cough, expectoration of phlegm, &c. An emetic may perhaps avail in helping to expel such worms, and the cure is easy afterwards.

N. 26. *Dropsical P.*---Caused by neglected dropsy of the chest, invading the lungs. Curable by absorption.

27. *Dusty P.*---Caused by dust and extraneous substances settling on the lungs, and forming concretions or deposits. Curable.

28. *Vulneral P.*---Caused by neglected wounds of the breast and organic lesion of the lungs. Curable; nay, wounds through the lungs by sword or ball are easily healed.

29. *Gouty P.*---Caused by displaced gout or rheumatism settling on the lungs. Seldom curable, but very rare.

30. *Polypal P.*---Caused by a polypus or excrescence growing on the lungs, producing asthma, &c. Hardly curable; very rare.

31. *Fistular P.*---Caused by a fistula forming in the lungs or breast, attended with cruel pains. Hardly curable.

32. *Vomical P.* or abscess in the lungs.---Caused by an abscess or vomica (sometimes more than one) forming in the lungs, and discharging purulent morbid matter. Not uncommon, painful, and seldom curable, except by my method, when used betimes.

33. *Cancerous P.* or Cancer in the lungs.---Caused by a white cancer with small blood vessels forming in the lungs; it does not discharge pus like the abscess, but causes excruciating tortures. Almost incurable; yet it may be checked



for years, and rendered less painful, by a peculiar treatment. Very rare.

N. 34. *Melanosis* P.---Caused by a black hard abscess forming in the lungs, or a kind of carbonization of the lungs, not very painful. Rare; happens commonly in old age: hardly curable.

35. *Miliary* P.---Caused by cartilaginous and transparent or carcinomose granulations forming in the lungs. Rare; curable.

36. *Osteodic* P.---Caused by the partial ossification of the lungs: exceedingly rare; incurable, but little painful.

37. *Cystic* P.---Caused by the formation of a cyst or bag, holding a white or yellow vitiated fluid. Curable.

38. *Granular* P.---Caused by little stones or concretions forming in the lungs, commonly calcareous, gypsose, squirose, varicose, &c. Rare.

39. *Ulcerous* P.---Caused by white, fetid, gangrenous ulcers in the lungs, discharging putrid fetid pus. Almost incurable.

40. *Metastasis* P.---Caused by a purulent metastasis or deviation of an ulcer, fistula and wound, from the body to the lungs.

41. *Cutaneous* P.---Caused by the repercussion of cutaneous eruptions, such as itch, exanthems, eresypela, ringworms, variola, &c.

42. *Compression* P.---Caused by tight lacing and unnatural compression of the lungs, in females, tailors, shoemakers, &c. Curable.

43. *Menstrual* P.---Caused by the suppression of the menstrual blood in females. Easily cured.

44. *Hemorrhoidal* P.---Caused by the suppression of the hemorrhoidal flux. Easily cured.

45. *Fluxial* P.---Caused by the suppression

of usual fluxes, leucoshea, and others. Very rare.

N. 46. *Plica P.*---Caused by the suppression of the plica polonica; only known in Poland, Germany, Russia, Hungary, &c.

47. *Cerebral P.*---Caused by a morbid state of the brain, and affecting both brain and lungs. Curable.

48. *Spinal P.*---Caused by a slow inflammation of the spinal marrow. Very rare: hardly curable.

49. *Serous P.*---Caused by the presence of a serous fluid in the chest and lungs; known by expectoration. Curable: very akin to dropsy of the chest.

50. *Pituitous P.*---Caused by a phlegmatic habit, and presence of pituite in the lungs. Curable.

51. *Mucous P.*---Caused by an excess of mucous in the lungs, and thick mucous expectoration. Easily curable.

52. *Uterine P.*---Caused by a connection between a morbid state of the uterus and the lungs; peculiar to females; very rare.

53. *Asthmatic P.*---Caused by asthmatic spasms. Curable.

54. *Tobacco P.*---Caused by the excessive use of smoking; not uncommon. Easily cured after removing the habit.

55. *Alcoholic P.*---Caused by intemperance, and the use of spirituous or alcoholic liquors; even wine and cider in excess. Not uncommon. Curable when the habit is destroyed.

56. *Cardial P.*---Caused by carditis or diseases of the heart communicating or pressing upon the lungs: hardly curable.

57. *Tracheal P.*---Caused by ulcers in the



trachea or in the bronchias; attended with pains in the neck. Seldom curable, unless proceeding from a syphilitic source.

N. 58. *Laryngial P.*---Caused by morbid states of the larynx, attended with alteration of voice. Curable.

N. 59. *Rachitic P.*---Caused by the ricketts or the rachitic temperament. Seldom curable.

N. 60. *Misconformation P.*---Caused by a natural misconformation of the lungs and breast. The only kind which may be deemed absolutely incurable; but it is seldom met with.

102. After this accurate view of so many varieties of consumptions, no rational man can entertain the belief that a single remedy or treatment can avail to cure them all: whence must follow the wise practice of adapting our remedies and treatment to each kind, as I have done, and propose to be done.

103. It must be noticed also, that compound cases are very frequent; two or three kinds are often combined in the same case, such as the *catarrhal*, *hemoptysical* and *scrofulous*: when a mixt treatment becomes requisite.

## 5. THEORY.

104. Before entering into the details of my curative method, it may be useful to state the bases of my practical theory. I admit and guide myself by the following principles:—

105. I admit with Mascagni, that the most effectual remedies for consumption, are to be sought for in the inhalation of sanative vapors and emanations, to heal the lungs.

106. I admit with Richerand, that the human frame is composed chiefly of fluids, containing

only one-tenth of solid matter, since by his experiment, a body weighing 120 lb. was reduced by complete exsiccation to 12 lb., and therefore conclude that liquid food and remedies are mostly to be relied upon.

107. I admit with Lanthois, that to re-animate, strengthen, epurate and dilute the human frame, ought to be the chief base of a sanative and curative method.

108. I consider the lungs, the blood, and the lymph, as the first seats of the disease, whence it attacks the vascular tissue, and gradually all the other vital solids and organs.

109. Expectoration is the natural vent of the morbid matter, and transpiration of the most minute morbid particles. Both ought to be promoted, so as to expel them.

110. The consumption is not an incurable disease; but its remedies are to be chiefly conveyed to the lungs, through breathing or inhalation.

111. There are but few varieties and cases of consumption that baffle care and skill, and even then life may be lengthened. An abscess in the lungs has endured 30 years, becoming a kind of natural perennial issue.

112. Tubercles in the lungs may be healed by cicatrization, or reabsorption, when they commonly assume a fistulose or hollow appearance. Sores are healed by inhalation.

113. When there are no tubercles nor sores in the lungs, the epuration of the blood and lymph leads to the recovery of the lungs, and expectoration with inhalation heals them.

114. The disease, although proceeding by insensible steps, may be divided into several per-

ceptible stages, which it is useful to distinguish and carefully notice, as they present peculiar indications and require very different remedies and diet.

115. Few physicians have distinguished more than two stages, the incipient and the confirmed. Some admit of three, adding the occult, and others the inflammatory. I have been able to detect and distinguish as many as 5, (in almost all cases,) which may be easily perceived and known.

116. They are, 1. the *Incipient* or *Occult*—2. the *Feverish* or *Inflammatory*—3. the *Confirmed* or *Purulent*---4. the *Hectic* or *Debile*---and 5. the *Typhus* or *Dying* stage; last period of aggravation and proximate dissolution.

117. The chances of life or recovery under the most careful and skilful treatment, are in proportion to the period when the cure is begun. Thus there are 9 chances of recovery out of 10 when begun in the first stage; 7 out of 10 in the second; 5 out of 10 in the third; 3 out of 10 in the fourth; and only 1 out of 10 in the fifth or last stage.

118. Therefore the indispensable necessity of beginning the cure as early as possible is quite evident. But it must be an efficient one, under skilful hands, else the chances of life become very precarious.

## 6. SYMPTOMS.

119. There are very few general symptoms, common to all the kinds and stages of the disease: the most general are, 1. habitual cough---2. emaciation---3. morbid expectoration---4. pains

in the breast---5. casual flush or feverish heat in the hands, feet and cheeks.

120. Each peculiar variety of consumption has at the beginning different symptoms, more or less similar to those of the previous diseases; but as the complaint advances they gradually emerge into the common symptoms of hectic fever, cold sweat, purulent expectoration, great debility, diarrhea, &c.

121. The principal kinds are distinguished by some peculiar symptom. Thus the *Catarrhal C.* is attended by fluxion; the *Hemoptysical* by spitting of blood; the *Scrofulous* by tumors and external swellings; the *Scorbutic* by spots, pimples and boils; the *Syphilitic* by sores and scurf; the *Dorsal* by prickly heat; the *Dyspeptic* by indigestion; the *Vomical* by spitting of pus; the *Pituitous* and *Mucous* by headaches and thin or thick expectoration, &c.

122. The *Tracheal* has some very peculiar symptoms, such as pain in the neck and sternum, a whistling noise, clear spittle, &c. The *Nervous* has neither fever nor cough, but great leanness; it may hang on for 20 years. The *Febrile* soon acquires a typhus form. The *Verminal* or *Helminthic* show signs of worms. The *Melanosis* is attended by dark or blackish expectoration, &c.

123. The state of the lungs is commonly evinced by their discharge. They are diseased whenever it is too watery, too thin or too thick, very frothy or like mucus. They are worse whenever it becomes colored and purulent, yellowish or greenish, with bloody streaks or dark spots. Scrofulous discharges are often gelatinous, and similar to an oyster.

124. Pus is known from spittle and mucus, by sinking in water, and being colored. It indicates the suppuration of the lungs, or the formation of ulcers, vomicas and other morbid sores.

125. When pus or purulent matter is forming in the lungs, it is partly absorbed by the blood, which is contaminated by it, becoming pale, yellow or black, and more or less morbid or fetid, carrying disease throughout the whole system: whence follow emaciation, cold sweat and hectic fever.

126. Whatever impurities originally exist in the blood are carried to the lungs by circulation, and settle there, unless expelled by transpiration, producing the various kinds of alterations and concretions of the lungs.

127. The aggregate symptoms vary in kind, number and intensity, scarcely two cases being ever quite alike at first; they increase in number and violence as the disease advances; and at last the worst appear, which are, 1. Expectoration of fetid blood and pus---2. Serous, bilious or bloody diarrhea---3. Change of voice---4. Thin fingers and nose---5. Crooked nails---6. Falling of the hair---7. Difficulty to swallow---8. Typhus hectic fever---9. Extreme debility, &c.

128. These deplorable symptoms, although not always united, indicate the last stage of the disease, when hope seems to leave the patients, who feel themselves daily dying.

129. In the first or incipient stage, the symptoms of the disease are a loud or dry cough; 2, thin or frothy expectoration; 3, pains in the breast; 4, turbid urine; 5, disturbed bowels; 6, noise in the ears; 7, dry skin, &c. It is then that we may easily cure.

130. The second or inflammatory stage offers

the following additional symptoms: 1, feverish flush on the cheeks, after meals chiefly; 2, heat in the palms of the hands and feet; 3, febrile motions; 4, inflamed urine; 5, constipation; 6, streaks of blood in the expectoration, or attacks of hemoptysis; 7, insomny; 8, night sweats, &c.

131. In the third or confirmed stage begin to appear, 1, the colored or scrofulous expectoration; 2, beginning of hectic fever; 3, frequent cold sweats; 4, distressing morning cough; 5, want of appetite; 6, colored urine; 7, occasional diarrhea; 8, fixed flush on the cheeks; 9, emaciation and sharp features, &c.

132. While the fourth or hectic stage assumes, 1, a constant hectic or slow fever; 2, aggravation of all the previous symptoms; 3, frequent or perpetual diarrhea; 4, disgust for remedies; 5, purulent expectorations; 6, great debility; 7, difficult breathing; 8, cold head or feet, &c.

133. Thus these five stages, although sometimes partly blended, are well characterized, and may easily be ascertained, so as to employ the remedies and diet suitable for each. The term of each stage depends on the violence of acting causes, and the suitable remedies or diet used.

134. A state of convalescence under their agency will easily be known by the gradual disappearance of the symptoms; but as in all chronic diseases, this relief is not only gradual, but often slow and tedious; nay, an alternance or recurrence of some symptoms is not unfrequent.

135. Consumption, like fevers, is subject to relapses, which must be guarded against; they seldom occur unless by neglect, and under rash imprudence. They are known by the return of bad symptoms, and must be checked at once.



## 7. REMEDIES.

136. They may be divided into *Specific*, *Heroic*, *Useful*, *Palliatives* and *Auxiliaries*. To these five series of available remedies, must be added five series of counterparts or substances: *Precarious*, *Superfluous*, *Injurious*, *Pernicious* and *Poisonous* in Consumption.

137. I mean by a *Specific*, a remedy specifically and exclusively adapted for this disease, and by no means a single substance or remedy that will cure it in all cases, and under all circumstances, or alone and without other aid.

138. There is no such thing in nature as a general specific for the consumption. Even compound remedies can never become such. Those offered as such are delusions or deceptions of quacks and empirics.

139. England and America abound with such empirical specifics, sold by ignorant, untaught and unskilful quacks; who neither know well the substances they employ, nor can properly apply them to the immense variety of cases.

140. But as the regular practitioners confess their inability to cure, or when they attempt it succeed no better than quacks, their inefficiency has given currency to the pretended specifics of the latter; who have often done more good than calomel and bleeding, the digitalis and prussic acid, antimony and emetics---the boasted heroic remedies of the faculty, which are so often unavailable or hurtful.

141. The balsam of honey had once a great currency as such a specific, but was soon found to be too heating and stimulant, and not harmless therefore. The same happened with the oxi-

generated gazes of Dr. Beddoes, since oxygen is also a great stimulant.

142. In the United States several *Indian specifics* are sold for the consumption, which are delusions in name and fact; since our Indians have no such specifics, but only palliatives, of the disease, from which they seldom can cure themselves.

143. These boasted specifics are chiefly made up of sedatives, or pectoral plants, the *Digitalis*, *Sanguinaria*, *Marrubium*, *Dragonroot*, *Bittersweet*, &c. which are all insufficient for the boasted purpose; and it is well when no worse substances are employed, such as the *Lobelia*, *Arsenic*, *Prussic Acid*, *Sublimate*, and other poisons.

144. Sometimes old and obsolete specifics are revived, such was the *Hepatica*, lately, which has long been known as useful in some liver complaints, and is a mild alterative in hepatic and mesenterical consumptions; but is totally inadequate to cure well and alone even those, much less the other kinds.

145. It was owing to these deceptions that I hesitated long before I ventured to announce and sell publicly the PULMEL, although it is a very different kind of thing: a specific, but not an exclusive one, and rather an officinal remedy, composed by several heroic vegetable substances, mostly new or little known before I used them, which I did not even assert to cure in all cases.

146. By their admixture, all the most important qualities are combined which avail in Phthisis. It is tonic, refrigerant, alterative, sedative, deobstruent, pectoral, antiscrofulous,



balsamic, healing, &c. And yet I do not depend exclusively on it, but always advise to employ at the same time, all the most efficient auxiliaries and precautions.

147. I cannot dwell upon the multitude of remedies which have or may be employed in Phthisis. I shall merely mention the chief kinds of each series. This is a subject on which I could say much, but cannot at present explain myself as fully as I could wish.

148. The *Specific* remedies once or yet employed only in Phthisis, appear to be, 1st, the emanations of cows; 2d, carbonic acid gas; 3d, balsamic vapors; 4th, tan yards; 5th, change of air and climate; 6th, fumigations of tar; 7th, Lichen islandicus; 8th, pectoral broths; 9th, broth of vipers! 10, pectoral syrups; 11th, pectoral ptisans; 12th, tonic liniment of the French, &c.

149. To these specifics, which however do not cure by any means in all cases, I have added three which often avail as well or better. 1. The Pulmel for internal use. 2. The same for inhalation. 3. Emanations of fresh tan bark.

150. Among the *Heroic* remedies are reckoned, 1st, Ice. 2d, Antimony. 3d, all the tonics. 4th, Digitalis. 5th, Sanguinaria. 6th, Tonic Frictions. 7th, Medicated Baths. 8th, Pyrolignic Acid. 9th, Myrrh. 10th, Sulphur. 11th, Milk. 12th, Chocolate, &c.; and also *Scrophularia*, in the scrofulous kind, *Lycopus* in hemoptysis, &c.; besides many others discovered by myself—*Ulmus fulva*, or elm bark, in Diarrhea.

151. The useful remedies are very numerous: 1, Iron; 2, Orange peel; 3, Citric and Tartar-

ric Acids; 4, Storax; 5, Benzoin; 6, Wax; 7, Almonds; 8, Grapes and Raisins; 9, Dates; 10, Ginseng; 11, Sugar and Honey; 12, Arrowroot; 13, Liquorice; 14, Althea; 15, Marubium or horehound; 16, Baths; 17, Frictions; 18, Exercise; 19, Labour; 20, Nourishing diet; 21, Solanum dulcamara or bitter sweet; 22, Aralia and Sarsaparilla; 23, Hepatica; 24, Asclepias tuberosa; 25, Geum; 26, Hops; 27, Copaiva; 28, Frankincense, &c. with many more.

152. The *Palliatives*, or such remedies as disguise rather than cure the disease, are, 1, Bleeding; 2, Opium; 3, Juniper berries; 4, Lettuce and Cichory; 5, Rhubarb; 6, Purgatives; 7, Salt; 8, Rubefactions; 9, Plasters; 10, Moxa and Revulsions; 11, Blisters; 12, Injections; 13, Nitre; 14, Sulphuric Acid; 15, Almost all the Astringents; 16, Cordials; 17, Prussic Acid; 18, Many pectorals, &c. They ought to be relinquished in practice for better substitutes.

153. The *Auxiliary* remedies are such as aid the effect of the more powerful. They are, 1, Good food; 2, Motion; 3, Refrigerants; 4, Emollients; 5, Squills; 6, Saponaria; 7, Tus-silago; 8, Gum Arabic; 9, Arnica; 10, Glechoma; 11, Sassafras; 12, Water cresses; 13, Becabungas; 14, Barley; 15, Rice; 16, Salep and Sago; 17, Tolu; 18, Camphor; 19, Aromatic warm baths; 20, Vinegar; 21, Preserved fruits; 22, Jellies; 23, Conserve of Roses; 24, Syrups; and 25, Mild Wines, &c. These copious lists include of course many medical equivalents, which may often be substituted to each other.

154. Thus there is no lack of remedies. How and when to use them is however an art difficult to acquire and practise. Sometimes both phy-

sicians and patients are equally ignorant or neglectful. Those who neither wish nor care to cure or to be cured, are, of course, out of the question. Those who are not so indifferent must be careful and prudent.

155. It is needful that they should know also, the injurious substances and actions which must be avoided in Phthisis. The worst or *Poisonous* are, 1, Mercury or Calomel in all the kinds, except Syphilitic. 2, Alcohol, and all spirituous liquors, or strong wines. 3, Tobacco in any shape. 4, Deleterious gazes. 5, Labelia and violent Emetics. 6, Arsenic. 7, Thick smokes and Dry dust, &c. It is generally allowed, except by drunkards, that strong liquors are always injurious; but many deny the same quality to Tobacco and Mercury. Yet Tobacco produces the same inconveniences and diseases of intemperance; such as thirst, giddiness, intoxication, vertigo, nausea, lethargy, asthma, dyspepsia, diarrhea, apoplexy, epilepsy, liver complaints and consumption; it spoils the saliva, the teeth and the stomach.

The abuse of Mercury, and even its use, are not less hurtful. Salivation, sore mouth, fetid breath, rotten teeth, and cramps, are common consequences. The hair fall, the eyes, the flesh, and the limbs, become flabby and painful; the glands are obstructed, mercurial sores are evolved, &c. Given to children and females it often cripples or injures them materially.

156. The *Pernicious* are, 1, Cold air. 2, Crowded rooms. 3, Salt meats. 4, Pepper. 5, Great labors of body or mind. 6, Cantharides. 7, Singing or declamation. 8, Thin clothing, &c.

157. The *Injurious* are, 1, Profuse bleeding;

2, repeated blisters; 3, wakes at night; 4, indulgence of the passions, particularly love, anger, and grief; 5, use of fat; 6, pickles; 7, unripe fruits; 8, salt fish, &c.

158. The *Superfluous* substances, and therefore almost injurious, are, 1, cucumbers; 2, ginger and spices; 3, tea and coffee; 4, cicuta and other narcotics; 5, beer and porter; 6, cider; 7, parsley; 8, cheese, &c.

159. I mean by *Precarious* substances or actions, such as seldom have the effect intended. They include, 1, All the quack medicines; 2, many tinctures; 3, sea voyages; 4, riding; 5, wearing flannels; 6, use of charcoal; 7, ether; 8, mineral waters; 9, bleeding; 10, leeching and cupping, &c.

160. The above view of proper and improper substances and actions in Phthisis, may serve to guide both patients and their family physicians; but I recommend them above all to exercise judgment, discrimination, and to discard the former or actual prejudices and abuses in conduct and practice.

161. Nothing less will avail, so as to render this fatal disease less prevalent, or of a milder character, and thus gradually to eradicate that perpetual circulation of the hereditary predisposition which is now the bane of our country; as much so as the variable climate and bleak winters, that render colds and catarrhs almost unavoidable.

## 8. DIET.

162. Remedies will hardly avail without a proper diet; which is still more requisite in Phthisis, because bad food and liquors have a

great share in producing or propagating the disease.

163. The diet which I should prefer, would be very different from our usual habits; but as sudden changes of the kind are not always practicable nor pleasing, I admit of a great latitude in that respect.

164. It is not what we eat, but what we digest well, which profits and nourishes the body; therefore whatever is liked and is easily digested, may be allowed, even ham, sausages, and herrings, unless the scorbutic habit forbids it.

165. I totally discard the plan of reducing the hectic fever by reducing the body through a low diet. This plan has done a vast deal of harm, by producing, generally, excessive debility, or a premature state of emaciation or inanition, which leads to death as certainly as Phthisis itself.

166. I divide the whole range of solid and liquid food into three series: 1, Best food for the consumptive. 2, Wholesome food. 3, Unwholesome food. And, although I advise to use the first series in preference, I do not forbid any part of the second if it is liked, or habitual with the patients; while I state that they will injure themselves and retard or prevent recovery if they use the unwholesome series.

167. I shall give three lists of these three series, and leave it to the choice and facility of patients to select what they like. The first and second lists are ample enough to satisfy any reasonable epicure, and I warn them to avoid, if possible, the third, if they value their health and their life.

168. List of best food: the best for diet in Phthisis.

Broths      Milk      Turtle      Cream



Soups	Onions	Frogs	Ice Creams
Eggs	Cabbage	Snails	Chocolate
Oysters	Rice	Lettuce	Lemonade
Brain	Vermicelli	Sago	Mead
Marrow	Young fowls	Bread	Oranges
Lamb	Pidgeons	Toast	Strawber's
Grapes	Custards	Jellies	Spruce beer
Raisins	Figs	Dates	Preserves
Sugar	Prunes	Almonds	Conserves

169. Second list: Wholesome food.

Fresh fish	Calf head	Potatoes and turnips
Veal	Chicken pie	Cakes and pastry
Mutton	Venison	Carrots and parsnips
Tender beef	Tarts	Tomatos
Tongues	Puddings	Melons
Rabbits	Spinage	Boiled fruits
Fowls	Sorrel	Asparagus
Squirrels	Mush	Cranberries
Partridges	Buckwheat	Wortleberries
Honey	Barley	Green peas, &c.

To which I add, that of Salt, Butter, and Fat: Tea, Coffee, and Porter, they must use as little as they conveniently can.

170. Third list: Unwholesome and pernicious food.

Tough meat	Rare meat	Fat meat
Salt meat	Corned beef	Salt fish
Sourcroust	Smoaked meat	Smoaked fish.
Lobsters	Crabs	Pork
Cheese	Dumplings	Pepper
Spices	Ginger	Pickles
Raw cucumbers	Mushrooms	Rum
Gin	Brandy	Whiskey
Punch	Madeira	Raw fruits, nuts

171. These are the general rules; it would be tedious to enter into details and peculiar cases. There are instances when some food becomes

more needful; thus, acids, water cresses, celer-y, cabbage and greens, are requisite in the *Scorbutic* and *Scrofulous* Phthisis; while in the *Senil*, *Melanose*, *Atrophic* and *Nervose* kinds, chocolate, sweet wines and jellies, are very useful.

172. As a main principle, it is required to revive and nourish well the body, instead of starving it, and wasting flesh and blood: so as to produce strength rather than debility. I do not mean that the patient must eat much, but he must eat what he likes best and can benefit the frame.

173. Full meals and many meals are injurious, as they load and weaken the stomach. Two daily meals, in the morning and evening, would suit best, so as to have time for the medicines to be taken and operate; but if three or four smaller meals at four hours interval are preferred, it may be allowed.

174. It is often useful to medicate the food and drinks, or mix the remedies to be taken in the broths, milk, chocolate, lemonade, wine, &c. which are used. This plan is so very advantageous, that I have adopted it.

## 9. CURE.

175. A Plan of Cure ought to include five sets of rules, in order to be complete and perfect. 1. General rules. 2. Rules for each stage of the disorder. 3. For each peculiar kind. 4. For each distinct symptom. 5. For the convalescence. This plan is so vast that few ever thought of it.

176. Among the many methods of cure which have been adopted heretofore, I notice two as most widely spread; which may be called the

French, or mild, and the English, or violent methods.

177. The French has long prevailed in France, Italy, Germany, Spain, &c. It considers the disease as often curable, and employs mild remedies: tonics, pectorals, balsams, diaphoretics, restoratives, &c.; bleeds but seldom; prescribes milk, broths, ptisans, syrups, fumigations, injections, &c. Some of its old remedies are odd enough: they are ox gall, asses' milk, viper broth, frogs, and snails!

178. The English, or violent method, considers the disease as nearly incurable, because it makes it so! It prevails in England, the English colonies, and the United States. It bleeds and blisters; employs sedatives, low diet, emetics, alteratives, and narcotics; mercury, antimony, arsenic, cicuta, squills, &c.; and thus exhausts or starves the patients.

179. We were wavering between the two extremes, when Lanthois introduced lately in France, an improved theory and practice which is very successful: He uses deobstruents, depuratives, and tonics, chiefly; employs medicated baths and frictions; broths and syrups. It is certainly an improvement on the French method.

180. I wish that I could improve our English method, but it is so vicious that I despair of it. I have therefore improved still further upon the two mild French methods, the old and the new; and adding new heroic remedies to a rectified process, I have ventured to open a new path, in which I am also eminently successful.

181. My method is not simple, since it adapts itself to the temperament and habits of the patients, the form and varieties of their disease; requiring therefore much latitude in the operations and remedies to be employed.



182. The details of my plan are extensive; the outlines of it shall be given as plainly as possible. The main general rules apply, first, to the requisites of each temperament. Thus, the *Bilious* often requires hepatic and cathartic remedies; the *Nervous*, antispasmodics and sedatives; the *Melancholy* to be exhilarated; the *Choleric* to be soothed or indulged; the *Sanguine* to use refrigerants, ice, and even bleeding; the *Phlegmatic*, acids, coffee, and exercise; while the *Lymphatic* require epuration, frictions, deobstruent and antiscrofulous remedies, &c.

183. The following general rules are next to be attended to: 1, Motion is indispensable, unless when the debility is too great, or in the last stage. It implies stirring, walking, riding, swinging, and every kind of moderate exercise.

184. Second rule. Sleep must be regular; propensity to sloth, indolence, and oversleeping, or insomny, must be overcome.

185. Third rule. Passions, meditations, and cares, must be avoided by all means; moderation is needful in every thing, even conversation. All excesses are fatal.

186. Marriage is not to be forbidden, nor the married separated; the hereditary predisposition, although frequent, is fortunately not always entailed or unfolded; but any excess must be studiously avoided.

187. Cold air, or rather sudden changes from heat to cold, or even from cold to heat, must be avoided. Cotton, wool, or fur, may be worn, (on the breast chiefly,) to prevent the bad effects of these changes, if unavoidable, or keep the breast at an even temperature, if not the whole body.

188. Changes of air, or of occupations, are to be resorted to when we can find better; but we must avoid changing for the worse. Cities are to be preferred to the country, because the air is less bleak and sharp; better attendance and remedies are also to be procured there. Sea voyages are to be avoided, because the sea air is too keen, good diet and attendance lacking, &c.

189. Moderate labor, amiable company, healthy diversions, indulgence of hopes, and a cheerful temper, are all conducive to a proper state of body and mind, which facilitates the cure.

190. *Eighth and last rule.* The direct means of cure are to be medicated broths, soups, milk, chocolate, syrups, wines, lemonade, &c. as well as inhalations, fumigations, frictions and baths, besides a good and wholesome diet. To render the remedies palatable and fragrant, and change them by turns, is also useful.

191. The rules for the five stages of the disease, are, for the first or *incipient* stage. 1, To countervail the leading propensity or causes producing the disease. 2, Use moderate purgatives of sulphur, rhubarb, and other mild laxatives, but no calomel. 3, Mild tonics and stomachics, iron, gentian, &c. 4, Purify the blood by depuratives, dulcamara, emetized water. 5, Begin medicated lotions, baths, and frictions. 6, Take nourishing food, with broth, milk, and chocolate. 7, Use Pulmel internally.

192. In the second or *Inflammatory* stage. 1, Reject whatever can increase the inflammation and produce suppuration. 2, Use sedatives in small doses to quell the system and quench the heat. 3, Diaphoretics, to prevent perspiration. 4, Pectorals, to abate the cough

and promote expectoration. 5, Mild purges for the constipation. 6, Leave off milk and whatever may bring on the febrile hectic. 7, Refrigerants and acids become useful; ice above all, internally and externally. 8, Diet must be moderate and not heating. 9, Tan bark may be kept in the rooms. 10, The Pulmel must be continued internally and the inhalation begun.

193. In the third or *Confirmed* stage. 1, Continue the use of refrigerants, sedatives, diaphoretics, &c. 2, Resume the milk diet if you like it. 3, Begin balsamic fumigations. 4, Increase the tan bark. 5, Pectoral broths become important. 6, Tonics, in all forms; Lichen, Prunus, Virginiana, Peruvian Bark, Myrrh, &c. in food, drink, baths, frictions, injections, &c. 7, Begin the use of mild astringents. 8, Diet ad libitum, but chiefly liquid. 9, Inhale the Pulmel and drink it.

194. In the fourth or *Hectic* stage. 1, Use tonics, mild astringents, restoratives, &c. 2, Promote the absorption of the purulent matter. 3, Purify the blood and expel its impurities through the skin. 4, Attend carefully to the bowels by frictions, injections, and revulsions of a mild nature. 5, Do not exhaust by vain or painful remedies. 6, Sustain the strength and prevent debility by all means. 7, Change the food so as to suit the taste and appetite. 8, Use rich broths with tonic and pectoral ingredients. 9, Now the inhalation of the Pulmel and emanations of tan bark are very important.

195. In the fifth or *Typhus* stage. 1, The object should be to sustain life; and, if there is strength enough, to save it. 2, Milk becomes

useless. 3, Substitute rich broths and soups, and use them as vehicles of medicaments. 4, Avoid whatever is loathsome to the patient; substitute what he may relish. 5, Support life by sweet wines, or even mild cordials. 6, Use the most heroic restoratives, tonics, and balsamics, so as to cause a crisis. 7, Prevent or check the diarrhea if possible. 8, Procure rest and sleep by the mildest opiates. 9, Give the *Pulmel* in mild wine, and inhale it also in hot wine.

196. The main rules for each variety of Consumption are, 1. To suit the practice, treatment and remedies of each, so as to combine the needful for each kind with the above general rules. 2. To increase, change or diminish the diet or food, as may be required by the complexity of the case or cases. Of which I will merely furnish some instances.

197. The *Scrofulous* C. requires the additional use of the best topical antiscrofulous remedies against the tumors of the neck, &c.; also, ice, scrophularia, verbena, best food, &c.

198. The *Pituitous* and *Cephalic* require aromatic wine and baths, absynth, sage, rue, centaury, vinegar lotions of the feet, the salted cap on the head, &c.

199. The *Syphilitic* C. requires mercury, gayac, sarsaparilla, styllingia, &c.

200. The *Scorbutic* C. requires acids and fresh antiscorbutic vegetables. The *Dorsal*, tonics and nutrients chiefly. The *Nervous* and *Hysterical* demand antispasmodics, emollients, and to travel. The *Granular* and *Miliary*, the use of saffron, carbone and pyrolignic acid, the narcotics, &c. The *Cancerous* requires cicuta, rumex, and other powerful plants.

201. The *Hemoptysical* C. requires astringents and styptics, besides sedatives, lycopus, ice, &c. The *Tracheal* and *Laryngeal* require cataplasms, silence, blistering frictions on the legs, wine, soot, &c. The *Verminal* must have vermifuges. The *Moral* has need of friends, joy, happiness, &c.

202. And so on with the others, many needs of which have already been casually noticed. The difficulty is to distinguish well the kinds; when this is done, the additional or varied treatment may be easily applied by the experienced physician.

203. Each symptom requires also peculiar attention, and to be gradually removed if possible: the most general and important are, 1, *Hemoptysis*, in which avails styptics, gums and mucilages, repose, milk and almonds milk, ice and refrigerants, salt, and above all, the *Lycopus Virginicus*, which I always recommend, or my compound syrup of it.

204. *Cough*, so distressing, must be quelled by emollients, pectorals, sedatives, demulcents, &c., liquorice, horehound, mallow, poppy, &c. The Prussic acid, first used by Magendie, is too violent: the *Digitalis* is better, but accumulates in the system, and may become pernicious.

205. *Purulent Expectoration*, the result of suppuration, can only be checked by healing the sores of the lungs, by balsamic fumigations, emanations of tar and tan bark, but chiefly by the balsam of PULMEL.

206. *Emaciation* and consequent debility, must be corrected by good and rich food, stomachics, restoratives, lichen, salep, sago, arrow-root, broths; besides tonic lotions, baths and frictions; my ambrosial food, &c.



207. The *Hectic* flush, fever and typhus, require energetic tonics in all shapes, frictions above all. Refrigerants and sedatives, medicated baths, &c.

208. The cold, night and fetid *Sweats*, demand the use of acids, lemonade, sulphuric acid drops, conserve of roses, and mild astringents.

209. *Soreness* in the throat and mouth is cured by ice, ice creams, and gargarisms, washing the mouth with acids, eating acid fruits, chiefly mulberries, raspberries, strawberries, blackberries.

210. The *Coldness* of the head and feet requires double caps and socks, with salt, juniper berries, spices and tonics between.

211. The *Pains* in the breast and sides require revulsions, by plasters on the painful sides, of galbanum, pitch, bark, white lead, cicuta, &c.; but only when very violent.

212. *Diarrhea* requires the utmost care; frictions on the abdomen, and injections in the bowels of mild tonics, demulcents, camomile, rhubarb, gums, flaxseed, poppy, mallow, &c. The use of rice as chief food, elm bark, &c.

213. When by these means the symptoms are subdued, CONVALESCENCE begins; an important and happy term, that requires new precautions and cares.

214. The remedies must be continued for a while, and gradually decreased in doses, while the diet may be increased.

215. When the fever is subdued the remedies may be rendered more active, as the system then allows it, and that period is important to change and revive the system. The PULMEL is then of very great use.

216. Strength must be restored by good food, and the use for some time of cichory, dandelion, gentian, quassia, &c., or similar mild stomachics. A perfect cure is known by the absence of cough, return of strength, and pale urine.

217. Relapses require the immediate return to energetic or heroic remedies. No time is to be lost; danger is then greater than ever. But prudence will always prevent relapses.

218. My last rule of cure will be, *to employ a Physician who believes that the disease is curable.* If another is employed, he might either neglect his patient, or make the disease incurable, in order to prove that he was right.

## 10. PREVENTION.

219. Prevention is better than cure, says the proverb. All those who are liable to this disease, by their predisposition, temperament, profession or other causes, ought to remember it, and try to prevent their attack.

220. It may be done. It is false that we cannot avoid the causes. It is even false that we cannot mend our temperament, or countervail our predisposition: it may be suspended at least. Even pregnancy and mania suspend it.

221. The causes to be avoided are all those heretofore mentioned, and chiefly colds, bad diet and neglected diseases. Unavoidable accidents may sometimes occur, but they are few compared with the causes which we allow to master us.

222. Parents who have reason to fear that they may transmit any virus to their offspring, ought to undergo a purification of the blood and system.

223. Children and young boys or girls, born

from parents who have died of the consumption, or who were cured after their birth, ought to undergo a similar purification, and to be educated physically and morally in a peculiar manner.

224. Such youths ought to enjoy much exercise, play and good air. They ought frequently to bathe and receive frictions on the skin, with the hand, or a towel or a brush. They ought to be warmly clothed, never use mercury in any disease, and never be allowed to learn any trade peculiarly liable to the disease, nor to go to sea; but rather embrace the trades least liable to induce consumption.

225. They ought not to be sent early to school, nor to sedentary schools; but in preference to those where instruction is communicated in a playful manner, and much recreation is allowed: they ought also to avoid intense study.

226. They ought not to be married prematurely, nor allowed vicious practices. Smoking and drinking is fatal to them. Also hard labor, difficult toil, heavy loads, compression of the chest by tight lacing or stooping postures.

227. Children who are liable to become consumptive in their adolescence or youth, will be known by their uneasy rest, bad sleep, sudden starts, swelled lids and lips, thick or mucose spitting, long necks and fingers, sores on the skin, pale complexion, narrow chest, &c. All these signs are not always united; any one ought to warn us.

228. In that case, an early course of diet and regimen is needful; no coarse and salted food ought to be given them. No liquors, no wine, no cider. Milk, spruce beer and lemonade ought to be their drink; and they must be taught to like broths and soups.



229. Some mild remedies ought to be mixt in their drink as soon as possible. Antiscrofulous, tonic or pectoral syrups, according to their predisposition. The PULMEL, in small doses and largely diluted, may be given to youths and even to children. It prevents the explosion of the predisposition and insures a sound constitution and happier life.

230. Bleeding and blistering ought to be avoided as well as calomel in their diseases; substituting, if needful, leeching and revulsions by moxa or medicated frictions.

231. Frictions, or rubbing the skin and flesh, were daily used anciently, and are yet by many nations. They have become obsolete and little known with us, owing to our change of manners and false delicacy. Wearing flannel is hardly a substitute.

232. They rank among the most efficacious means to preserve and restore health. They ought to be restored to common daily use, as much so as washing the hands and face.

233. Happy those who have friendly hands to perform these frictions. They are much more useful and pleasing when performed by the soft and delicate hands of a female or child, whether amicable or venal, than when done by ourselves. Itchings are the natural indications that this healthy indulgence is needed.

234. They are of many kinds, dry or wet, or oily or onctuous; with the hand, a soft brush, a hard brush, a cloth, a skin, &c.; on the body, on the limbs, along the muscles, on the back, &c. Such useful frictions ought to be performed in all the bathing houses, as they are yet in the East, and at home, by our wives and children; or, vice versa, upon them.

235. They may be medicated by using decoctions, oils, and liniments. I consider them, with Lanthois, as often indispensable to prevent and cure the consumption, by pressing the muscles and glands, softening the skin, so as to promote transpiration and introduce medical substances through the pores into the system.

236. Medicated baths, with infused herbs, are next in value. Vapor baths are more useful for rheumatism than for the Phthisical disorders. Inhalation by the lungs of dry fumes or vapors, are more useful by far. Even cold emanations are available, as we have seen.

237. Among so many means, what else but ignorance or presumption can assert that we cannot cure and prevent the consumption? Prejudice or neglect may combine to defeat my humane views; but truth and facts will be on my side.

238. Let not base or unworthy motives have any influence in a matter of so much importance. The lives of many thousands may depend upon it. I appeal to parents and patients for their own sake.

239. Let no one ask whether I belong to this or that school, nor question my right to do good and prevent evils. Is it not the inherent right of man to become useful? Is it not his proud reward to be successful?

240. I have done my task; I have offered a cure for a cruel disease; I have created a new art and a new profession; I have improved on the theory and practice of the best medical writers; I have discovered a new heroic specific; I have introduced a cheap substitute for the poor; and I have even taught how to prevent and di-

minish the frequency of the scourge. My motives will be appreciated by the liberal and the humane, whose approbation I have endeavored to obtain, and ever will try to deserve.

END OF THE PULMIST.

---



CHEMICAL MANUFACTURE  
OF THE  
**PULMEL,**  
AND OTHER MEDICAMENTS  
FOR THE  
CONSUMPTION.

PROFESSOR RAFINESQUE, Discoverer and Proprietor of the PULMEL, has established such a manufacture in Philadelphia, on a scale commensurate with the wants of the public, in which he warrants to make and sell none but genuine and efficient articles, calculated for the various forms of CONSUMPTION, and made into fragrant or palatable preparations, so as to please instead of disgusting the patients.

Besides the various preparations of PULMEL, some very useful auxiliaries or medicaments for the Consumption will also be prepared, that are either new or little known, or not yet introduced in America.

## PREPARATIONS OF PULMEL.

1. *Syrup* for internal use.
2. *Balsam* for inhalation, both liquid and solid.
3. *Balsamic Syrup*, that may be used in both ways, internally and for breathing.
4. *Lotion* or *Milk* of *Pulmel*, for external use as a wash, for frictions, and to inhale the fragrant smell.
5. *Wine of Pulmel*, for general use in debility, made with sweet, fragrant, and healthy wines.
6. *Sweet Chocolate of Pulmel*, in cakes, for internal use.
7. *Liquid ditto*, in bottles, merely requiring to be mixed with warm water or milk to make a cup of chocolate instantly.
8. *Sugar of Pulmel*, for internal use; to be used like common sugar, in milk, tea, coffee, or chocolate.
9. *Honey of Pulmel*, to be used like the Sugar, or eaten with bread.
10. *Lozenges of Pulmel*, for the dry cough, sore throat, and painful consumptions.
11. *Powders of Pulmel*, for internal use; may be sent by mail. Dose six grains.
12. PULMELIN, or Concentrated Salt of Pulmel, for internal use; easily sent by mail. Dose one grain, but double price.

## AUXILIARIES TO THE PULMEL.

1. *Compound Syrup of Lycopus*, for the Hemoptysis and sanguine symptoms; a substitute for bleeding.
2. *Compound Syrup of Scrophularia*, for the Scrofulous Consumption, or taint; to purify the system, &c.

3. *Fragrant Tonic Liniment*, for frictions in the hectic, debility, and last stages of the disease.

4. *Fragrant Compound Liniment of Calomel*, for the Syphilitic taint alone; perfumed, and the least objectionable of all mercurial preparations.

5. *Pectoral Syrups of Lanthois*, to purify the blood and lungs. Nos. 1 and 2.

6. *Compound Lemonade Powders*, sweet and fragrant. Lemonade may be made instantly any where, in which to take the Pulmel, by throwing it in water.

7. *Ambrosial Food* for the consumption; a sweet, delicious, and nourishing food, fit to be eaten at once.

8. *Portable Pectoral Broth*, in cakes, for travellers in the country or at sea, or where fresh meat is scarce; so as to make soup instantly any where.

These two last articles being tonic, are also useful for all the cases of debility, dyspepsia, scrofulous and scorbutic taints, habits, or predisposition, as food and diet.

Lastly, *Medicated Oak bark*, prepared to be used in the rooms and chambers of the sick. This will be sold for 25 cents the pound only, in kegs and boxes.

All these useful preparations and medicaments are offered for sale, wholesale or retail, properly put up in strong bottles, pots and boxes, or in papers and cakes, as required, with labels and directions, fit to be sent any where.—None has been known to ferment or burst the bottles except the syrup in very warm weather, when not kept cool; but it will now be made so thick and put in such strong bottles, that this cannot happen again. All the other kinds can never ferment.



The retail price is permanently fixed at 5 cents per dose, and the wholesale price at 3 cents, except the Pulmelin and the Bark. The former bottles held twenty-five doses or spoonsful, and therefore must sell for \$1.25. The new bottles will hold only twenty, and sell at \$1 each. The other articles will also be put up in packages of \$1, for convenience sake. The powders are put up in papers of twenty and one hundred doses, or of \$1 and \$5.

The wholesale cash price will be only 60 cents, or entitled to a discount of 40 per cent; thus allowing the purchasers a profit of 70 per cent.; since, for each remittance of \$10, they will receive seventeen bottles or packages of \$1. Any sum of \$10 or upwards, will be considered wholesale.

Agents will retail the Pulmel and other articles by the bottle or package, in the principal cities and towns of the United States, to whom a commission or discount of 20 to 25 per cent. will be allowed.

Orders and remittances must be sent to Prof: C. S. RAFINESQUE, M. D. and Pulmist, Philadelphia, sole Proprietor, who will duly and promptly attend to all communications and applications. He has assumed the whole distribution since the 25th of October, 1829, when the former general agency of Messrs. Atkinson & Alexander, and lately of S. C. Atkinson, was dissolved by mutual consent.

All former accounts must therefore be settled with him alone, and all new orders sent to him alone. If he shall appoint any other general agents any where, public notice will be given of it.

Letters relating to the Pulmel, ought to be

post paid, or with the name and purpose of the writer stated outside, as idle letters without remittances will be rejected. Orders ought to specify what kind of preparations of *Pulmel* or other articles are required, and how much of each is wanted, or may be sold in six months, as a semi-annual settlement will be desirable with all the agents. Purchasers will always be supplied first. Some preparations and auxiliaries will only be made when ordered, and for cash. Any quantity may be supplied in fifteen days.

C. S. RAFINESQUE, M.D.,

Pulmist, Prof. of Botany, &c.

Philadelphia, October, 1829.

---

### DESCRIPTION OF THE PULMEL.

It is a peculiar compound substance, formed by the chemical combination of several powerful vegetable principles, acting on the lungs and the whole system. It contains no pernicious nor poisonous substance. The taste and smell are sweet, fragrant, and balsamic.

It is susceptible of many officinal forms, such as the Syrup of Pulmel, for internal use, the Lotion of Pulmel for external use, the Balsam of Pulmel for inhalation, &c. A spoonful is the common dose, and from two to five doses may be used daily.

The Syrup may be taken largely diluted in milk, chocolate, broth, lemonade, mild wine, &c. Its effects on the system are a renewal of strength, absence of cough, healthy expectoration, removal of hectic, &c. when it is taken sufficiently long to purify and heal.

When the lungs are affected, the Balsam of



PULMEL must be breathed and inhaled very often, by throwing it on a hot shovel, or boiling it slowly alone, or with milk, wax, or tar, and inhaling the warm vapor; or throwing it on the floor and breathing the cold emanation. Its effects are to soothe and heal the lungs.

The Wine of PULMEL is calculated to strengthen and remove the debility; it becomes very useful in the last stages.

The Lozenges of PULMEL soothe and remove the hectic cough.

The Milk or Lotion of PULMEL serves to wash the hands and rub the body, so as to inhale the cold emanation and fragrant smell constantly; also to introduce it through the skin by lotions.

The Sugar and Chocolate of PULMEL may be used like common Sugar and Chocolate.

The Powders of PULMEL have the advantage to be portable, and easily conveyed even by mail. The *Pulmelin* is still more so, and very active; but it costs double price.

To prevent the consumption in those liable to it, a moderate, constant use of one dose or one half dose of Syrup or Sugar of Pulmel daily, in their milk, tea, or coffee, will be found adequate and efficient. The Chocolate and Wine of Pulmel will be also very useful taken occasionally.

The diet while using the Pulmel must be wholesome, and chiefly liquid, such as detailed in the Pulmist.

It is often useful to vary the use of the preparations while under the course of the Pulmel.

---

#### CURES EFFECTED BY THE PULMEL.

Within two or three years, this medicine, in

various forms, has cured or relieved about five hundred persons out of seven hundred who have tried it. Although advertised in very few papers, it has been used from Boston to New Orleans; and out of one hundred and twenty cases heard of or under my own inspection, twenty-five were cured and sixty were relieved. Therefore it has already availed in eighty-five cases out of one hundred and twenty, although under many disadvantages, owing to improper diet and auxiliaries.

Under my improved method, now explained, it is confidently hoped that it may avail completely in fifty cases out of one hundred, and relieve more or less the other fifty cases.

I have avoided to publish venal certificates and recommendations of its effects, in order to shun the appearance of empiricism. I have merely published in the Saturday Evening Post, the medical statements of six or seven cases and cures, and I now add here those of as many more, in as brief a form as possible.

1. Case. C. M., of Philadelphia, a young man, was in the third stage of a catarrh and hemoptical consumption, which had begun one year before. It was cured by the use of seven bottles or one hundred and forty doses of Syrup of Pulmel, with the aid of Lycopus and ice.

2. Case. A young man of Philadelphia, by a neglected Syphilis and catarrh, had been brought into a low state of compound consumption, Catarrhal, Syphilitic and Dorsal. It was cured in three months by the use of Pulmel, aided by iron, wine, tonics, and the fragrant liniment of calomel, &c.

3. Case. Miss D. a young woman of Philadel-

phia, of a lymphatic temperament, afflicted for many years with a scrofulous and atrophic consumption, was cured in four months with the Pulmel, nearly alone, and a few anti-scrofulous remedies.

Case 4. Mrs. B—, of Philadelphia, labouring under a compound consumption of long standing, and given up by Dr. Parish and other physicians, was cured by a few bottles of Pulmel alone, and in a short time.

5. Case. J. B., a young man twenty-four years of age, from New Jersey, was in the second stage of a scorbutic and hemoptysical Phthisis. He was cured in a few months by the use of Pulmel, Pectoral Lozenges, Antimonial water, and Lycopus.

6. Case. Mr. S., of New York, about thirty years of age, in the confirmed state of a compound consumption, catarrhal, dyspeptic, and atrophic, was cured in a few months by the Pulmel chiefly, with some tonics, and change of diet.

7. Case. Miss Y., near New York, a young lady, had reached nearly the last stage of a compound consumption, attended with many bad symptoms, but was relieved and ultimately cured by the use of Pulmel, with good food, tonics, inhalations, and a careful use of auxiliaries.

N. B. Accounts and statements of cures effected or relief afforded, are thankfully received, and kept on record.

---

### MEMORANDUM.

Patients or parents at a distance, who wish to apply for a written consultation, do not always know how to state properly their cases or symptoms. If they have no learned physician to at-

tend them, they must attend to the following directions:—

They must state as plainly and minutely as possible,

1. The age, sex, profession, and temperament of the patient; color of the hair and eyes; thin or thick lips; whether lean or fat, pale or ruddy, single or married, and also the moral dispositions.

2. Previous diseases, and how cured. Whether subject to sores, swellings, scabs, &c.; what kinds and where seated. Nothing must be concealed on that score, as it serves above all to settle the medical cure.

3. Whether mercury, calomel, bleeding, blisters, arsenic, digitalis and other poisons have been used, and how they have effected the system? whether their parents were consumptive, &c.

4. How long sick, and with cough? What kind of cough and expectoration? Whether the last is thin, thick, frothy, colored, bloody, fetid, &c.; and when most frequent?

5. If a female, whether she has used tight lacing or thin clothing; been subject to any peculiar female complaint or deviation?

6. What pains, and where? The state of the pulse and fever flush; glow or heat in the cheeks, hands and feet?

7. State of evacuations, sweat, urine, &c.; also of the bowels, whether bound or loose, healthy or morbid? Whether blood spitting has appeared—how, and when?

8. State of the stomach and appetite; diet and drink used, and what is most relished. What remedies already taken, &c.

9. Detail of all the peculiar symptoms, pains, sweats, asthma, hectic, change of voice, noise in the ears, disturbed sleep, cold head or feet, soreness in the throat, appearance of worms, &c.

Lastly. How far has the debility and emaciation proceeded? Whether able to work, to stir, to walk or ride, &c.

---

## SOME WORKS OF PROF. RAFINESQUE,

FOR SALE.

1. The Pulmist, or the Art to Cure the Consumption, \$1.

2. Medical Flora, or Manual of the Medical Botany of the United States, with one hundred figures, 2 vols. \$3.

3. Flora of Louisiana, \$1.

4. Fishes and Shells of the River Ohio, 2 vols. \$1.

5. Fishes of Sicily, 2 vols. 84 figures, \$1.50.

6. Collection of 25 pamphlets, \$2.50.

7. Analysis of Nature, in French, only ten copies left, \$2.

Booksellers allowed 40 per ct. discount for cash.

In preparation, the *Ancient and Modern History of the Americans*, and other works.





























