

Thesis

Subject. - Dyspepsia

S. B. G.

A great deal of fine
writing - not much else A. B. G.



J. L. Cowan M.D.
Prestonpans
June 1st 1894

Dyspepsia

Dyspepsia is a malady peculiar neither to climate, race nor country.

nor is it any respecter of persons.

Rich and poor alike, suffer from its insidious attack whether they chance to be inhabitants of a temperate or a torrid zone.

Neither does it choose its victims from among the emaciated portion of the populace. Youth and age, male and female, strong and weak, learn to dread the approach of a disease, that, - affecting the body - acts reflexly upon the mind. The fable of Menenius Agrippa served his purpose with

with the Roman mob; it may assist in illustrating the secondary effects of dyspepsia. A patient complains to his Physician, of pain over the region of the heart; of piddiness; of want of appetite alternating with inordinate desire for food; of sleepless nights, aggravated by frightful dreams; of loss of flesh; of virile power impaired; of loss of spirits. amounting sometimes to meditations upon self-destruction. To him the whole world looks dreary, while friends merely laugh at his complaints, shrugging their shoulders compassionately at what they deem a silly hypochondria. But to him the disease is an awful fact; the stomach

is deranged and the members suffer.

Gout clings to the systems of the wine feed epicure; Cancer to the scrotum of the chimney-sweep; the black phthisis to the lungs of the miner; but here we meet a disease that renders royalty as uncomfortable on a throne, as a factory girl at her cotton frame. The symptoms are alike as well as the causes.

For albeit a queen may eat richer viands, she has generally no more idea than a cotton weaver of what is digestible, or indigestible, and - if she have, knowledge is generally sacrificed to appetite.

The

(4)
The "lap of luxury" affords but a poor training for facing the actualities of life. Yet among those who have been thus reared, there are comparatively as few dyspeptics, as among that larger body, that has been immersed to hardship, from a poverty-stricken cradle.

Now if we seek the middle rank of life, do we find any proportional increase or diminution in the number. The pale, sunken-eyed, melancholy dyspeptic comes - with anxious face - from every conceivable quarter. From the well-appointed, private room of the opulent banker,
as

(5)
as well as from the "stock-hole" of
an ocean steamer; from a walking
tour through the Alpine passes as
well as from the depths of an English
coal pit: from the quarter-deck
of an Australian clipper, as well
as from the over-heated flat of
a Manchester factory; from the
regal cuisine of a west-End
palace, as well as from the
sloppy meals of a rank city slum.
For in no case will nature
tamely submit to a broken law.
There is but one Canon both for
poor and rich. It is therefore
evident, that these numerous sufferers
from the same malady, have rendered
themselves amenable to the penalty of
the

(6)

the same violated law.

One has well defined Dyspepsia²—The awakened conscience of a guilty stomach. In many cases, however, the owner of the stomach sins through ignorance. It is only a minority of cases that seems clearly attributable to over-indulgence. The disease therefore, in most instances, calls not only for efficient treatment, but also kindly sympathy. So long has the poor sufferer been a butt for scorn at the mercy of the illiterate scroffer, that he dreads appearing before a skilled Physician, lest he also may treat him with professional

professional ironical humour. Too often, indeed, the careless, robust, country practitioner, laughs at the long narrative of obscure but ceaseless pain, setting it down to Hypochondria, and endeavouring to drive it all away, before a huge charge of Calomel and Salap. The wretched sufferer, weakened by an overdose, mentally despondent and well nigh driven to the last refuge of despair, turns for relief to some advertising 'quack', or to the Homoeopathist, or Hydropathist. By a rational treatment, founded on the principles of common-sense, these men sometimes affect a cure, thereby exalting their peculiar

peculiar, narrow theory, to the deterioration
 in the eyes of a credulous public—
 of those great hygienic principles,
 that form the basis of all truly
 scientific therapeutics. Quackery
 indeed owes its success, almost as
 much to professional carelessness, as
 to the ignorant superstitions of the
 uneducated masses. Some indeed
 possess so much self-respect, to
 call in any aid, but that of
 the regular medical practitioner.
 Should he be one of that happily
 almost extinct species, that puts its
 faith in strong purgative remedies,
 the evil increases steadily with the cure,
 until patient and Dr. alike give over
in

(9)

in despair. Many elderly ladies, who have lost their teeth belong to this class. Being deserted by their Physician they begin to treat themselves, assuaging the pain by having recourse to Battley's Solution, Whisky, Wine or Brandy; becoming too often in the one case confirmed opium-eaters, in the other silent repeating dram drinkers. "De Quincy" unquestionably was driven to opium by the gnawing pain of dyspepsia, occasioned by the irregularities of a wandering, vagabond life, immoderate food and irregular meals. He also accurately describes his symptoms as follows:

"It was not for the purpose of creating pleasure, but of mitigating pain
in

" in the severest degree, that I first
 " began to use Opium as an article
 " of daily diet. In the twenty eighth year
 " of my age, a most painful affection
 " of the stomach, which I had first
 " experienced about ten years before,
 " attacked me in great strength.
 " This affection had originally been
 " caused by extremities of hunger, suffered
 " in my boyish days.
 " . . . under unfavourable circumstances
 " from depression of spirits, it attacked
 " me with a violence that yielded to
 " no remedies but opium." (Confessions.)
 There, who upon the other hand, become
 confirmed tipplers through mitigating
 their suffering by stimulants, are
 extremely difficult to convince that
 there

(11)

there is a perfectly simple course of treatment, which will eventually restore them to perfect health. The step however in that treatment is generally already taken. Having been previously drenched with medicine, they have now a wholesome disbelief in its remedial agency. On being assured that purgatives are positively injurious, a former experience fully substantiating this fact, more strongly inclines them to submit to a course of dietetic treatment as pleasant as the earlier method was disagreeable. Health in such cases being once restored, there is generally no farther desire for the accustomed stimulus.

There

There is a Gastric Catarrh differing from the above, in being caused by ab
stinence, by alcoholic stimulants. Some-
 times this may arise from obstruction
 of the "Portal Vein" in diseases of the
 Liver. It may simply be caused
 by the undiluted spirit inducing a
 local inflammation. Alcoholic Dyspepsia
 is one of the early stages of "Delirium
 Tremens", occurring more frequently
 in the constitutional tippler, than in
 the periodic vinomania. It is often
 met with among unkeepers, and those
 who glide surreptitiously in at the
 back-doors of Hotels, preserving an
 outward respectability, while fostering
 a hidden vice. Sooner or later
there

Here "comes the dread Fury with abhorred shears".
 It is amusing, though pitiable, to observe
 the manner in which these victims will
 equivocate and lie, in order that they
 may wriggle from under the charge of
 drunkenness. They attribute their illness
 to a cold in the chest caught some
 time ago. As a rule indeed the bronchial
 mucous membrane, as well as that of
 the stomach, is in a state of irritation,
 giving rise to cough and vomiting,
 flushing of the face, congestion of the
 conjunctival membrane, and imparting
 through vibration of the healthy current
 of the blood - that peculiarly bloated
 look, changing through all gradations,
 from brilliant scarlet into dusky mulberry
according

According to the stage reached by the
 Drunkard, in his passage to **Avernus**.
 If however a Physician of strong determination
 encounters the fledgling drinker while
 fluttering upon the outer rim of
 Delirium Tremens, he may by a plain
 statement of the inevitable destruction
 waiting upon such a course, so act
 upon his moral nature, as eventually
 -aided by suitable remedies - to reclaim him.
 The aged toper on the other hand may
 be temporarily but seldom permanently
 cured. The brain is poisoned, the
 will emasculated of him —

"... who bettering not with time,
 "Corrupts the strength of Heaven-descended will,
 "And ever weaker grows through acted crime,
 "A seeming-genial venial fault."

of

of the above class, I shall present the following cases in illustration: —

Case I.

A. M. C. age 45 landlord of a respectable hotel states that about a fortnight ago he began to develop a tendency to vomit after food, and even while eating. No meal ever lies upon his stomach; his sleep is broken; he is losing flesh and weight and becoming nervous and anxious.

Nov. 12 On examination found the heart and lungs normal. Tongue furred, eyes hazy, complexion muddy. He looks like a man addicted to intemperate habits, but states that he never tastes, adding that if he died, there might be some cause for his present illness. Advised him to go to bed and apply a blister over Epigastrium, but he could not afford the time necessary for the healing process, therefore ordered a poultice at night with a powder of Bismuth & Magnesia.

Nov. 13. Slightly better. Did not vomit breakfast; but vomited dinner and tea.

Nov. 14. Applied the same treatment at night, putting the patient in milk & lime water, - Rice & milk, beef tea and raw eggs.

Nov. 15. 16. 17. Still vomiting unable to take food. Persist in declaring that he drinks none. Wife affirms that he refuses liquor from everyone. I suspect him. At length his wife's suspicions are aroused, and she employs her son to watch him, who finds that while bottling ale in the cellar he is freely indulging in stealthy drinks.

That night he is of course tried, confesses his guilt, and is condemned to deliver up the key of the cellar. The same treatment hereafter as before proves quite effectual, and a walk at the sea-side with his son completes the cure. Since that time the man has kept temperate, and there has been no return of dyspeptic symptoms.

Case II W.C. A hotel-keeper suffering from chronic vomiting and inability to take food. Fifty two years of age. States that he must drink with all who come to pay bills and settle accounts, else he will lose his custom.

Face mottled; pupils oedematous; speech thick; the little mind left clouded; greatly despondent. Pulse soft and quick. Pain over epigastrium. Bowels inactive; inability to pass urine; great prostration.

Passed the catheter. Administered two drops of Croton Oil, wh. freely moved the bowels. Poulticed the whole abdomen, confirming the patient to bed.

Gave diet of milk and eggs. Beef tea; soda water. No stimulants.

Administered Chloral Hydrate $\mathfrak{z}\mathfrak{j}$. procuring sleep.

The patient at first clamorous for Whisky, was kept under subjection by the watchful care of a son and daughter.

after

(18)

After a week solid food was borne and assimilated. In about a fortnight, the patient confessed that he felt better than he had done for years, and promised abstinence for the future. In a short time he returned to his old courses. After six months he ~~was~~ had a somewhat similar seizure.

Another medical attendant was called in. The treatment I could never learn.

In midst of it the patient had an apoplectic seizure, from wh. he never rallied.

Case III.

Mr. F. a gentleman in Toronto had been drinking on the silent repeating principle for several weeks. His appetite began to fail, causing considerable anxiety. His wife who never dreamed of "Old Rip" whisky as the probable cause. She urgently advised

advised him to consult a Doctor. He came to me, and, -making light of the matter - asked if I could prescribe some good "Pick me up" to quicken appetite.

Shrewdly suspecting "Old Rip" to be at the root of the evil, I put the question to him, all the symptoms being marked - Vomiting, cough, sallow face, unsteady eye, pain over Epigastrium, no appetite, whisky forming as he confessed both meat and drink.

In his case I put the morality of his conduct to the test, pointing out how much he lost, how many would suffer with him and through him. Health, home, family, friends, business, life and immortal life were in one scale, loss of all these and whisky in the other. Now was the time to decide. Should he at once abjure intemperance

Medical

(20)
medical aid would certainly be beneficial,
if not it could be of no avail. He remained
for some time like Hercules between
Virtue and Vice. Finally Virtue prevailed.
I put him upon appropriate treatment, and
himself and body soon returned to their
normal vigour, nor so far as I have
learned has he up to this date returned
to evil courses.

Cases of Alcoholic dyspepsia
are extremely difficult to treat. There
exists on the side of the doctor
a natural delicacy in introducing
the subject, and a strong tendency
to conceal the truth on the part
of the patient. Besides this, after Alcohol,
in every form, has been forbidden, the
will, through long indulgence has become
so weak, and the appetite so craving,
that

that every conceivable stratagem is employed to obtain the customary stimulus. Bottles are hidden in secret corners, down the poor wretch slides like a ghost in the silent night. Wives are cajoled into giving a "little drop" without letting the doctor know. Sudden and violent pains, removable only by brandy, is simulated in the stomach. In short, all the cunning of a mind temporarily verging on the indistinct border of insanity, where truth and falsehood are interchangeable terms, is brought to bear upon the means of procuring liquor.

These facts, being known, must be opposed by appropriate counteragents. It is better therefore to warn the attendant, in
presence

presence of the patient. of the various subterfuges he will be likely to employ to obtain his ends; stating that the whole responsibility, whether the case result in insanity or death, rests on the nurse, not the doctor, should a single drop be supplied without his permission.

When once a moral ascendancy has been gained, the case is very much simplified. The Physician becomes as much a necessity to the patient, as a skilful pilot to a leaky vessel. His lightest word is law: not merely through fear, but owing to that peculiar instinct in man and beast that teaches the principle of respect for and trust in an intellectual superiority. A little wholesome firmness at the outset, is thus a distinct and valuable item of the treatment. But even with all our care, cases of this nature are in

in their after results. Extremely unsatisfactory. No sooner have they begun enjoying the privilege of renewed health, than they resume old habits and habits; returning from time to time for advice, ~~the~~ with constitution more and more enfeebled, until-at length-Death suddenly claims his due, from ~~from~~ shattered heart or sodden brain. The Case of W. Carill is-of this class-an Excellent Illustration.

Dyspepsia is common among City Clerks, accustomed to sedentary habits, spending long hours daily at the desk, swallowing their meals hastily and alone, with a book spread out before them. The brain is too busy during deglutition and digestion, to afford the teeth and stomach opportunity of exercising their special functions. Hence there results a scanty flow

flow of gastric fluid, leading up to changed conditions; the half-masticated ingesta lie like a stone; fermentation sets in, with the eructation of its gases, and pressure upon the diaphragm, confining the heart to a narrower limit than normal, causing that feeling of Cardialgia attributed by the frightened sufferer to heart-disease. Many of these cases run on for months without seeking professional advice. Some become so fearfully melancholy, that they are tempted to commit suicide, — to "take arms against a sea of troubles" and by opposing end them."

One case that came under my care was of that nature. He said, — "I have often actually had the razor in my hand to cut my throat, because I could ^{not longer} endure the perpetual gnawing agony, and sleepless torment."

torment. ~~longer~~. In the course of this
 patient I discovered large "calate of Lime"
 crystals. He had already obtained the advice
 of one of our leading professional men,
 who recommended "Quinine" and "Iron". To
 this I added "Steel, Nitric. Dilute" according
 to the treatment so ably advocated in
 "Caluria" by "Dr. Keyle". Under this, along
 with proper attention to diet, and
 relaxation from business he made a
 most excellent recovery. Now, after
 six years total immunity from
 dyspeptic ailments, he looks back upon
 that period of his life, as "Bungari"
 "Pilgrimage" might he supposed to
 contemplate from the "delectable
 Mountains", "The Valley of the Shadow
 of Death".

Another gentleman in the same
 profession, suffered from a "neuralgic
 dyspepsia".

"dyspepsia", a species of "Gie" in the Stomach. The uneasiness is neither stationary, nor a sequence of a full meal; the pain shoots suddenly through the stomach, ~~the~~ attack originating in front, or flank or rear, its onset producing a deadly faintness, almost amounting to collapse. One patient explained the sensation experienced as follows. —

"I never know where nor when the pang is going to seize me, but wherever it strikes, it always doubles me up." To ease the pain, he used to have recourse to "Brandy and water", effecting a temporary relief, but increasing the fierceness of the succeeding attack. Attributing these symptoms to neuralgia of the Pneumogastric, I first overcame the severity of the attack by Morphia, improving the nervous tone by Ferri Carb. Sacchar., ensuring the benevolent

(24)

benevolent influence of sleep by a larger dose of the narcotic at bedtime. The brandy was forbidden, milk and lime water being substituted, this soothed the pain as effectually as the stimulant without producing the severe after effect.

In this case, the sudden spasms occurring while the stomach was empty, led me to think that they might be due to an inflamed patch of mucous membrane coming in contact with another, and that the "Brandy and Soda" by setting

these opposed surfaces free, afforded immediate mechanical relief, while increasing inflammatory ^m action. Forming the treatment upon this theory, I divided the affected membranes by a liquid equally bland, nutritious, and easy of digestion. Certainly the lime water and milk fulfilled these conditions.

Conditions. Fear however that this theory must be abandoned, since the stomach experienced no sensation of pain, while undergoing its peculiar peristaltic action, after a full meal. The movements of this organ are also comparatively feeble while empty, so that friction could scarce occur to any great extent.

Yet in support of the theory, this fact remains, that when digestion in the stomach had been nearly accomplished the pains would suddenly recommence. It may also be noted that they seldom occurred during sleep, when the movements of the stomach are at rest.

A carefully selected diet of rice, eggs, coffee, porridge, milk and lime water with brown bread; total disuse of all stimulants and tobacco, not even permitting sherry (which often proves useful in anaemic girls). Rest after meals: Iron: the cold compress

compress over the Epigastrium. quickly succeeded in restoring this patient to health and wonted cheerfulness.

A large Class of patients is found among factory operators, chiefly of the female sex. These poor girls are greatly to be commiserated. Ignorant of every law of nutrition, and innocent of the simplest rules of cooking, three a day, they wash down their bread and butter with boiled decoctions of tea, full of tannin and excessively hurtful to the delicate mucous membrane of the Stomach. I believe that in this class the greatest proportion of dyspeptics ~~are~~ is to be found. It is likewise a very difficult class to treat satisfactorily. So easy is it to carry a little pitcher of tea to the factory, there to be heated, or rather boiled three times a day, that when one proposes

proposes a change merely in the article of diet, he is not attentively heard, nor are his suggestions generally followed. Medicine is what they long for; medicine that - while they continue to toil - will straightway recall appetite, health and spirits. In vain the Physician endeavours to point out, that they expect medicine to overcome the impossible. Their faith is fixed in physic, not in food. Hence the strolling Empiric finds in this class his readiest customers. It is sad though amusing to watch the eager crowd assembled round the "Quack Doctor's" booth of a Saturday evening in a factory town, with anxious upturned faces and open mouth; they listen to the symptoms of disease

disease, poured out with lognacious volubility, thumping his left side, where his liver lives, to give emphasis to his stereotyped lies. A box of pills, of which he only holds the recipe, cures all the ills that flesh is heir to, and the gullable multitude rush readily forward to buy.

How are such evils to be most effectually counteracted? Glasgow—where cheap "Restaurants" have been established for the working classes, indicates the true cure. Many indeed of our smaller towns would do well to follow such an excellent example. Employers of labour in factories would be consulting their own advantage, by opening halls for breakfast and dinner, at a cheap rate, in connection with their works. In America this system has been introduced

introduced, being well patronised, and
 found to pay, both in a monetary
 point of view, and also by increased
 muscular energy during hours of labour.

Young ladies, in higher stations
 of life, are often the victims of
 'Dyspepsia', combined with 'Anaemia'
 and 'Amenorrhœa'. The manner of
 their approach is by steps so insidious
 as scarcely to be recognised by the patient;
 her relations are seldom aroused to
 her condition until the final onset
 of complete prostration. Then, by
 carefully travelling back, we find
 that, several months previous to the
 date of inquiry, the patient became
 conscious of a languid, listless, unwilling-
 ness to attempt any task beyond
the

the agreeable luxury of reading. That his unwillingness gradually passed into inability, making fancy work irksome, and walking a constant fatigue.

Pain and palpitation in the region of the heart soon began to be experienced. (There may at this period be a functional murmur.) The face losing its colour and elegance of outline, the deep rings round the eyes, the loss of appetite and decrease in weight, finally, the complete stoppage of the menses, decide the anxious relatives - often against the will of the patient - to seek professional advice. Possibly in such cases Oealuria may prove a complication.

This

This in no wise embarrasses the treatment, which must be tonic, stimulant and highly nutritious. Formerly "Wrist Fer. Co." was the remedy usually employed. Since having recourse to "Bland's Pills" however, I now prefer them in all cases, the result being highly satisfactory.

Complete rest in bed must be enjoined. It is better to order food in small quantity, every two hours, even during the night, and as a local stimulant sherry or brandy well diluted. The warm bath is likewise extremely beneficial, imparting general tone to the skin and acting as a soothing agent, while proving an excellent therapeutic tie in Ansenorhoea. Where the pain is

where the pain is continually recurring, small doses of morphia are the exhibiters. If it be a constant factor obtain one whole night of unbroken rest by the agency of chloral. or morphia. The hypodermic injection is often more effectual than any other method of administering the latter drug, affording instant relief ^{without} ~~and~~ creating any feeling of nausea.

Pain in most cases is by no means a constant symptom. We do see often find vomiting in dyspepsia. This being one of the points of variance between it and malignant disease of the stomach or gastric ulcer. Pain generally begins to appear from half-an-hour, to an hour after food, continuing till the stomach is again filled. Hence the rationale of the rule, —
Feed

Feed in small quantities, at frequent intervals. It has been objected, that this system increases the evil, by not giving the stomach that rest of which being overtaken with work — it stands so much in need. The exactly opposite treatment therefore has been proposed, viz. to give large quantities and seldom. In both forms of treatment, the same principle is clearly involved. In the former, — relative rest is obtained over the whole period of treatment, in the latter, absolute rest for a certain number of hours daily. To reduce the argument to its narrowest limit, I have fed the patient entirely by Enema.

This

This method, gives most excellent results, and is sometimes absolutely necessary where vomiting is an accompaniment of the disease. But where it can be avoided, I have, as a rule, obtained satisfactory issues, from small quantities of easily digested, nutritious food, given at regular short intervals.

Occasionally the attack is sudden, being induced by an act of indiscretion, on the part of one in the enjoyment of vigorous health. During an Autumn spent in Switzerland, a case of this nature came directly under my observation: —

W.D. an athletic young man to whom thirty miles ~~a day~~ over hill and dale was an ordinary day's work, accompanied me in a walking tour through the alpine passes. He neither complained of fatigue nor illness till we reached

reached Milan. The weather was
 Exceedingly hot, making ice a delicious
 luxury. After a fatiguing day, among the
 different galleries, tired and hungry we
 came to our hotel to dine. Before
 dinner, and while freely perspiring, he incautiously
 swallowed an ice, which appeared to be
 the exciting cause of the subsequent
 symptoms. On the following day we
 began the ascent of the "Simplon" En route
 for le Chamounix. On the march he complained
 of a slight feeling of uneasiness, in the
 region of the stomach, amounting in the
 end to pain of such a severe type,
 as forced us to take the "Diligence". The
 symptoms - disappearing with rest - enabled
 him to walk from Martigny to the Col
 de Balme, whence we had an unclouded
 prospect of sunrise in "Mont Blanc".
 Troublesome indications however again arose,
 and after a sleepless night, we proceeded
 to

to Chamounix, across the Mer de glace.
 In Chamounix the pain returned with
 redoubled violence. He lay prostrate on the
 couch, pressing his hands, or a pillow
 over the stomach, unable to eat, or sleep.
 His pale face and sunken eye told
 of the internal suffering. The flow
 of genial mirth, that often made the
 long road short, had forsaken him.
 Not even could he enjoy sunset on
Mont Blanc. For, when the last
 rose-flush of day fled upward
 along the fields of snow, leaving
 a death white pallor upon the
 mountain's cheek, thrilling some and
~~and~~ frightening others, he crept back
 to his sofa unmoved. Beholding
 nature "with a jaundiced eye," her
 grandest

grandest phenomena failed to awaken in him any responsive emotion.

On reviewing the probable causes of this sudden indisposition, it seemed clearly traceable to the injudicious ice eaten in Milan, while the temperature of the stomach was abnormally high, and its mucous membrane unprotected by a layer of food. Subacute inflammation had been the result.

I applied a mustard poultice over the seat of pain, administering a full dose of laudanum, with marked relief. The dull aching pain again returned on the journey by diligence - to Geneva. The same treatment

treatment gave relief. In the morning, after a walk through the city, the pain returned with increased violence. We were then near one of the "Swim Baths", abounding in Continental Cities. Entering, I persuaded him - almost too despondent for any effort - to bathe. No sooner had he leapt into the green waters of the "arrowy Rhone", than he exclaimed with delight - "my pain is completely gone". His spirits rose. His face entirely lost the look of anxious depression, that had haunted it for some time. He enjoyed his dinner, and with

a

(42)

a cold compress over his stomach -
He slept soundly without an opiate.

During the rest of our journey,
he spent several hours daily in
cold "Swim Baths". By the time
we reached Edinburgh, he had
almost completely recovered. In the
choice of food he carefully abstained
from stimulants even Vin ordinaire,
receiving also the more indigestible
articles of diet.

Review of the Treatment.

If there be any disease, where the beneficial effects of a carefully selected ~~dietary~~ are preeminently observable, it is certainly Dyspepsia.

Being a malady generally induced by excesses, or mistakes, in the quantity and quality of meat and drink, our attention must first be directed to these important agents. We find as a rule, that hitherto these have been sadly misused. Vigorous prohibitory measures are almost always necessary. It is wonderful, with what tenacity
a

a victim clings to a perverted
taste; de gustibus non disputandum.

of the articles causing Dyspepsia,
three—in comparison with all others—
stand prominently forward—Tea,
tobacco and spirituous liquors.

Tea has its victims chiefly among
the female poor;—the habitués
of our city dispensaries. Though
often warned, they continue to imbibe
their weak decoction of Lammie. Nor
are they without excuses. It is, they
affirm, so difficult and expensive,
to obtain and prepare better food,
returning from work cold and weary.
In vain it is pointed out that
porridge is easily prepared, that
milk.

milk requires no preparation, that
 beften made from the Extract is
 always at hand & warm and above
 all nourishing. Recommend egg flip.
 it is advice thrown away. None of
 these articles agree with their stomachs.
 Then comes the unfailing request
 for medicine, on which alone their
 Confidence is set. In answer to
 this request, I generally write down
 a table of dietary, assuring
 patients that by implicitly obeying
 its provisions, they will certainly
 quickly regain their accustomed
 health. It is sufficiently varied
 in regard to branches, to afford a

a moderate choice, while they are strictly enjoined upon no account to overstep its boundaries.

A column of pernicious articles are proscribed. As a specimen of such a table I present the following.

(44)

Breakfast
9 A.M.

{ Porridge & Milk
Coffee freshly ground
Eggs underdone or flip
Brown or stale bread
Cocoa: chocolate.
Milk & bread

Lunch
12.0

{ Milk & lime water
Milk & Lig. Calus Sacchari
Brown Bread

Dinner
2 p.m.

{ Rice & Milk
Lipe
White fish
Lean mutton chops.
Roast Apples.

Tea
5 p.m.

{ Eggflip.
Weak tea with sugar & milk
Milk, and lime water

Supper
9 p.m.

{ Half a wine glass of sherry
diluted with water.
Bread and butter.

Avoid

Strong overdrawn Tea
Undiluted spirits

Tobacco

Heavy Bread

Hot Rolls.

Dried Fish

Roast Pork

Vegetables

Vegetable Broth

Raw fruit

Pickles

See in certain conditions

A good number of articles might be added to both lists. These will suffice as a general indication, of a table suited to one in an ordinary rank of life.

with regard to the use of medicine, there is a wisdom that comes from experience, an understanding not written in books, which form the truest guides of the Physician. Drugs as a rule are abused.

The irresolute, undecided man, hops from one specific to another, affording no permanent relief, and creating mistrust in the mind of the patient. Better to trust in diet and rest, than — like a great man who employed Croton oil — “to draw a bow at a venture.”

To enumerate all the remedies for this disease would be out of place.

✓

(50)

I believe in a few from being a
witness of their good results.
Morphia and Bismuth are of great
efficacy, subduing pain and
procuring sleep. Pulv. Kino Co. & Opio
as recommended by Watson is useful.
Lime water and Liq. Calus Saccharat.
in milk are excellent.

Acids and Alkalies are indicated
where either is in excess in the Gastric
Fluid.

External appliances are always
beneficial. Either as poultices, hot
bottles, fomentations, blisters, ice or
the cold compress, according to the
greatest amount of relief afforded.

John S. Curran
Preston, Pa.