

N. G. D. Parker

1853

ON DYSPEPSIA.

On Dyspepsia.

Under the name Dyspepsia may be comprised all those disorders which arise from derangement in any part, or in the whole of the digestive apparatus - The term is more generally limited however to the symptoms produced by a perverted condition of the digestive process as performed in the stomach, unconnected with organic disease in this or any other organ of the body. This is one of the most common Mollities that we are acquainted with

with; it affects all classes of Society; and there are
 very few persons who have not, at one period or
 other in their lives been sufferers from it. —
 Though very rarely in any of its forms attended
 with danger to the patient, a thorough knowledge
 (as far as it can be attained) of the causes & treatment
 of this troublesome disease, is not on that account
 to be esteemed of little importance. Taking into
 consideration the vast numbers who are affected
 with it, the great aggregate amount of suffering
 and annoyance which it must produce, and
 the facility with which its worst symptoms
 may be often be alleviated or removed, we may
 safely affirm that it is at least as well worthy
 of the careful attention of the practitioner, as any
 of

of the rarer forms of disease, which, though more
 perilous when they do appear, are comparatively
~~more~~ rare in their occurrence, many of which are
 less under the control of remedies employed by the
 Physician - The causes of this frequentency
 of the presence of the symptoms connected with
 Indigestion must be looked for, in a great measure
 among the irregularities and excesses with regard
 to eating and drinking which are unfortunately
 so prevalent among mankind - And the art of the
 Physician can be of little more than temporary
 avail in such cases, unless the patients themselves
 be determined to restrict their excesses, & to adopt
 a more salutary mode of living for the future -
 There are however certain circumstances which
 act

act undoubtedly as predisposing causes, more particularly among the lower classes, and which in many cases, it is not in their power to avoid. Among the most marked of these we may mention want of pure air, and of sufficient bodily exercise - The close-crowded rooms in which so many of the poorer classes are confined; the impure atmosphere which they are compelled to breathe; the unwholesome postures to which they are subjected; are fruitful causes of many disorders, and are frequently productive among others, either by their noxious influence, effects in disturbing the circulation and secretions of the body, or indirectly by their depressing effects upon the mind, of being aggravated forms of Dyspepsia.

But.

But for the higher classes in general, no such excuse is to be made - and their ailments are owing very often to nothing else than to the constant indulgence in those injurious habits which the powerful influence of fashions, long-continued custom, or a depraved taste have made a second nature to them. There can be no doubt that a large proportion of dyspeptic cases are the results of these habits, and are to be attributed to errors in the quantity & quality of the food consumed by them, or in their mode & time of taking it, - and were a little more attention paid to these points, a great deal of inconvenience & suffering might be saved. It is plain therefore that much might be done towards the prevention of this troublesome disorder
by

by the adoption of Salutory Principles of Dietetics.
 Great attention was paid to this point by Mr.
 Abbrinethy who has in the habit of laying down
 excellent rules with regard to diet &c for the
 guidance of those who consulted him, - to which
 says Dr. Watson, the great good that he did to a
 host of patients, was owing much more than to his
 "eternal blue pill" Regulations of this sort are
 shown by most authors, notably Sir James Lyle,
 in a little work on the Subject of "the Stomach and
 its Difficulties," has promulgated some, which would
 doubtless prove of considerable utility, could
 he, by any means prevail upon the public
 to adopt them. - This, in truth is the great
 difficulty met with in all such cases; mentioned
 either

Either do not believe in the importance of the
 dietetic precepts laid down for their benefit,
 or believing, cannot make up their mind to
 the requisite amount of sacrifice & self-denial
 which a strict obedience would entail upon them,
 and they continue in their imprudent habits,
 paying no regard to the welfare or requirements
 of the stomach, till that long-suffering viscus,
 aggravated by a lengthened course of oppression
 and ill-treatment, breaks out at last, into
 open rebellion, - and by the production of what
 is called an 'attack of Indigestion' compels them
 to ~~fly~~^{seek} for relief to the hands of a physician.
 It is right that we should here mention some of
 those erroneous practices, to which allusion has
 been

been made, as conducing frequently to the derange-
 ment of the digestive functions, particularly among
 persons in the higher social ranks of life -
 And first, as to the quantity of food; - The error
 in this respect must generally be practised, is
 not so much with regard to the absolute amount
 of food consumed, as to the quantity taken at
 any one meal - When the amount of food
 taken at one time, is more than the stomach
 can with ease digest, a simple form of
 Dyspepsia is produced, which, as it is not
 very severe, and generally only of temporary duration,
 is not considered of much importance. - It is
 characterized by a sense of load felt in the
 stomach, accompanied by a feeling of stupor,
 headache

headache, nausea, and flatulence, in greater or less degree; - after a time the offending matters are either expelled by vomiting, or pass into the intestines, where, if any undigested matters be present, they may give rise to troublesome disturbances, diarrhoea, colic &c. The constant recurrence of these attacks however, is almost certain, sooner or later, to bring on the chronic and more serious form of the disease, unless the individual has had the good sense to profit by the recurring, and to ward off the impending evil by moderating and simplifying his diet, - A frequent fault of common occurrence is the crowding of meals upon one another, and not permitting a sufficient and regular interval to elapse between them. The folly of loading the stomach with

With food, before the digestion of that which it previously
 contained, is completed, must be evident; indeed
 some time should always be allowed to elapse
before after the food is fully digested, before we enter
 upon another meal, in order to allow ^{the stomach} to rest from
 its labours, and to recover strength for the further
 performance of its important duties. Yet how
 often do we see persons constantly in the habit
 of crowding the whole of the meals of the twenty-four
 hours into the space of seven or eight, frequently making
 four meals in that time, and eating largely at each!
 With regard to the quality of the food, it should be simple
 and nutritious, containing the four great principles
 of nutriment, the aqueous, albuminous, oleaginous
 and saline in proper proportions - But it need
 scarcely

It may be said that people at the present day are not satisfied with the mere attainment of this object, and the characteristic of modern cooking cannot certainly be called its simplicity. —

Perhaps it may be doubted whether all the so-called improvements which the invention of French 'articles' more especially, have introduced into the science, (however much they may minister to the gratification of the palate) do not sufficiently counterbalance this advantage by the subsequent derangements of digestion of which they may not infrequently be considered the cause. As an instance of this we may refer to a suggestion of Dr. Parry, with regard to those well-known articles of pastry, the "pâtes des foies gras" — This illustrious author imagined that

by

By a species of retributive justice, which may almost be termed poetical, the disease which affects the wives of the unfortunate jesse who are subjected to a life of torture in order to produce these delicacies may, in many cases be reproduced in the wives of those who partake of them, and in the indulgence of whose pampered appetites they are so tortured - an hypothesis, which, if well founded is calculated to strike horror into the heart of the most confirmed 'journant', and to make him regret a vow to renounce these seducing luxuries for ever - It is preposterous, however after all, if the injurious effects of what are termed 'French dishes' are to be attributed so much to any noxious qualities in the food itself so prepared, as

as to the stimulus given to the appetite by a
 great variety of new flavours, thus enabling
 persons whose palates are satiated to eat more
 than perhaps they otherwise would, and certainly
 much more than they should, if they studied
 their own health and comfort. — But there is no
 doubt that there are many people who indulge
 in improper excesses at table without being
 aware that they are doing so, and who, perhaps
 when consider themselves to be very moderate eaters,
 not considering that even a little of each of the
 'courses' that go to form a dinner of the present
 day — would together make a ponderous and
 not particularly wholesome combination. —
 Such persons would perhaps be equally surprised
 and

and convinced by the experiment that W. Abernethy is reported to have performed for the benefit of a very distinguished patient, - whom he invited to dinner, and having caused an imitation to be made of the 'miscellaneous assortment' of biscuits which was at the time undergoing the process of "primary assimilation" in the patient's stomach by mixing together in a vessel a portion from each dish of which he had partaken "ab ovo usque ad mala", he exhibited it to his astonished eyes at the termination of the repast. —

Excess in eating however, though a very frequent source of Dyspepsia, is not by any means such a potent or prevalent cause as its explanation
 vice

vice, Intemperance in drinking, Among the many
 evils of which the abuse of spirituous liquors is
 the prolific parent, Dyspepsia occupies a
 conspicuous place, and this is a Cause which
 is found to prevail in all classes of society -

The custom of drunk-drinking, which some are still
 found to adhere to on the plea that it excites the
 stomach to digestion, must no doubt have had a
 very injurious effect, The stimulus prod. to the
 stomach by the use of wines or spirits is merely
 temporary, and instead of having a tonic effect, they
 rather tends to weaken the powers of that organ:
 so that by the constant employment of them
 people do at last come to regard them in reality
 In this regard, it is advisable that those who become

concoits

to total abstinence should do so gradually and with caution, as a small quantity of the accustomed stimulus is, in many cases absolutely necessary, after a long indulgence in it, to promote the proper action of the stomach. —

Lastly, there is a very important and not un-frequent source of Dyspepsia, that must not be overlooked, depending ^{upon} the influence of the nervous system on the digestive process — We know by the experiments of physiologists the great influence possessed by the nerves of the stomach on the secretion of the gastric juice, and the digestion of alimentary matters in it, and it is obvious that any cause tending to depress the nervous power, or in any way to interfere with the functions of the nervous matter

supplying

17.
Supplying the digestive apparatus must have a
serious effect in disturbing the proper operations
of those organs - We see this constantly ex-
emplified in the loss of appetite and other dys-
peptic symptoms occurring in those who are
labouring under great mental anxiety and distress,
as well as in the various effects of other emotions
of the mind as joy, fear &c. &c. in producing
temporary derangement of the digestive process.
We also observe that in the case of literary men,
and persons who overtask ~~the~~ any way, the
intellectual powers, symptoms of indigestion
are almost always manifested - and it has long
been a very generally subject of observation that
individuals labouring under that mental affection
which

which is termed Hypochondriasis are almost
 invariably dyspeptic also. In these cases
 our great endeavour should be to restore the
 cheerful tone of the person's mind, and for
 this purpose all overworking of the brain
 by study and literary pursuits; sedentary
 habits, and depressing occupations must
 be abandoned, and the patient's mode of life
 should be, as far as is practicable, completely
 changed - He should take exercise in pure
 air, new subjects of interest should be presented
 to his mind, and cheerful society, travelling
 &c will be of the highest service if his circumstances
 will permit - It is in this way most probably
 that the beneficial effects derived from repeating
 the

the different watering places are in general produced. The patient's habits are changed, his old occupations forsaken, - new scenes and new amusements engage his attention - he breathes a healthier atmosphere, takes more exercise, and at the same time in most cases his mode of living is more regular, and he follows stricter rules of diet and regimen, and under these circumstances the mental disorders, if they are curable at all, are generally disappared and the bodily ailments likewise at the same time take their departure with them -

We have now glanced ~~into~~ a general way at some of the causes which, when continued tend to induce Dyspepsia, it is my duty next, to consider the principal operations concerned in the process of digestion

Digestion, the derangement of which is the more
 immediate source of origin of the dyspeptic
 symptoms. . . . And in the first place, one great
 requisite to the perfect digestion of food is, that
 it should be duly acted on by the teeth and the
 Saliva. Before it is introduced into the
 stomach - The uses of mastication are various.
 The articles of food, from being minutely divided
 are not only more easily swallowed, but also
 present a much greater amount of surface, and
 a much more porous and softer mass to the
 actions of the muscular walls of the stomach
 and of the fluid secreted by its mucous membrane.
 When masses of food are allowed to enter
 the stomach without being sufficiently masticated
 they

They are acted on more slowly, and in weak Stomachs they are only partially, if at all digested - giving rise to flatulence, oppression, and other troublesome symptoms while in the Stomach; and the undigested matters on passing out of it, create violent disturbance during their passage through the remainder of the alimentary canal —

The action of the Saliva on the food approaches to be partly mechanical, and partly chemical or digestive — Its mechanical effects are principally to soften and convert into a pulpy mass the alimentary matters, and by its viscidility to facilitate the passage of the bolus during the process of deglutition. —

The

The chemical actions of the Saliva are however involved in greater obscurity - It is known to possess the property of converting Starch into Dextrine and Grape-Sugar, which however various other substances, such as the Mucous Membrane of the intestines, so appear to have in common with it. and this is pretty nearly all that is known with regard to the part it plays in digestion - According to the theory of Liebig however, an important office of the saliva is to supply oxygen to the Stomach by entrapping within it, bubbles of air which are emulsified & then to be decomposed - The indigestion occurring in those who are in the habit of eating their food rapidly, or "bolting" it

it, as it is termed, and which is very common among
 people to whom it is an object for any reason to
 economize their time, is owing to the imperfect
 mastication, and insalivation of the food.*

An instructive instance of this is related by Dr. Bennett
 in the case of a man in whom Dyspepsia was a
 consequence of his residing at a distance from his
 place of employment, which compelled him to hurry
 through his principal meal; and in whom it
 was cured by removing to a situation which
 allowed him to devote more time to his dinner.

* It is probable also that the salient appearance, and lean
 figures of the "citizens" of the United States are to be attributed
 as much to the practice, which is so prevalent among them of
 bolting their food, as to the hydrauntic state of the Salivary se-
 cretion in which they indulge; of which habits (or perhaps they
 should be called "institutions") there may be found some plausible
 and calm reasons to justify, if not the refinement, at least the wisdom and
 utility.

The Stomach

When the food has entered, it is subjected to the action of the gastric fluid, and also to the movements impressed on it by the muscular coats of that organ, and here the most important part of digestion is accomplished. — The chemical composition of the gastric juice has not been yet precisely ascertained — It was formerly supposed that its only active ingredient was the muriatic acid, to which its solvent or digestive power was considered to be entirely owing — but it seems probable from recent researches that other acids, such as the lactic ^{be present as well,} enzym, and a principle named pepsine has also been discovered in which great virtues are supposed to reside — There is no doubt however, that a great portion of the gastric juice does

does consist of diluted hydrochloric acid, which Dr. Prout considered was formed from the blood by the decomposition of the common salt existing in solution; and that while the acid was poured into the stomach, the soda which was liberated was removed from the general circulation by the liver, and he considered these two organs as the opposite poles of a galvanic battery. It seems probable however, ~~that~~ (supposing this to be a correct theory of the manner in which the hydrochloric acid is formed,) that the alkali being so rather eliminated from the blood by the kidneys. It has been determined by the researches of Dr. Bruce Jones that the acidity and alkalinity of the secretions of the stomach, and of the kidneys are

are always in an inverse ratio to one another, -
 - in other words - that the urine attains its maximum
 point of acidity just before a meal, or we should
 rather say at the latest period after the previous
 meal - and that it ~~is~~ always least acid and in
 some cases distinctly alkaline during the time
 that digestion ~~is~~ going on, that is when the amount
 of acid gastric juice secreted ~~is~~ the greatest. -

But to return from this digression to matters more
 immediately connected with our subject, it is
 well known that an excessive secretion of gastric
 juice, or at any rate an excessive degree of acidity
 in the stomach - owing to a spuriously active state
 of that organ, forms a very common source
 of dyspepsia - This may be of merely temporary
 duration,

durations depending on the presence of some substances
 difficult or incapable of solution, in which case the
 stomach is stimulated to throw out a larger amount
 of fluid than usual, and the symptoms of dyspepsia
 before mentioned, are the result, - According to
 some authors, another form of acidity arises from
 the decomposition of the food itself in the stomach
 In addition to the deviation from the normal standard
 in respect to mere quantity - it is very probable that
 acidity is owing sometimes to an alteration in the
 quality, of the gastric fluid as well; and that acids
 which are not present, or only in very small proportion
 during health, become exorbitantly increased, and the
 secretion thus depraved, is rendered less fit for the
 proper digestion of the food, and often gives rise by
 the

its acid properties to pain and indigestion. —

Dr. Prout makes the observation that, as a general rule, Mucous acid is found in the stomach in inflammatory cases, and lentic in cases of a weak and irritable nature, but this statement, so far as we are aware, has not been corroborated by more recent observers — Acidity in the stomach is indicated in general by a sour taste in the mouth, acid eructations, pain, heart-burn, nausea, flatulency, sometimes there is anorexia, at others a morbid craving for food. — The obvious remedies for this state of the stomach are antacids the alkalies, — or the alkaline carbonates, of these the latter are in general to be preferred. But the practice of giving alkalies is sometimes carried to too great

great an extent, and a caution of Dr. Post's should
 always be kept in mind when we have occasion
 to employ them. He remarks that alkalis should
 be administered sparingly, and not in large quantities,
 as their action is only to neutralize acidity
 already formed, and not to prevent its recurrence,
 and indeed that after a time, when freely employed
 they tend rather to aggravate than to lessen the disease,
 for the stomach being so frequently exposed to their
 stimulus, makes increased exertions to neutralize
 them, by pouring out an extra quantity of acid
 fluid. The same author (Post) also reprobates
 the practice of giving antacid and tonic remedies
 together, as to insure their maximum effects,
 he says that they should be given at very different
 periods

periods, with reference to digestion. Of course the
 time for administering the alkalis, will depend
 on the nature of the acidity - If it is felt, as is
 sometimes the case when the stomach contains no
 food, and when it must arise entirely from the acid
 nature of the gastric secretions, they should be given
 at the time the uneasiness is perceived. If, however
 the acidity is troublesome when digestion is going on,
 and when it may be caused either by an abnormal
 condition of the gastric juice, or by acrimonious
 matters developed in the half-digested food -
 in such cases the proper time for the exhibition
 of these remedies will be about a half an hour or
 an hour after the food has been taken. But, as
 was before stated the relief afforded by alkalis, is only
 temporary

temporary, and they have no effect in striking
 at the root of the evil by removing the cause of the
 morbid condition. This, we must therefore do
 by the employment of those medicines which act
 in invigorating the system generally, and in ^{checking} ~~restoring~~
 and improving the secretions. Such as tonics and astringents.
 The use of the vegetable bitters such as gentian, quassia
 calumba &c, is of great service in these cases, and
 the mineral acids such as the nitric, sulphuric, or
 the mixture of the nitric & hydrochloric are perhaps
 even of still greater - Diarrhoea is a remedy which
 has been long employed in such cases, and though its
 mode of action is somewhat obscure, this still much
 used, being often found exceedingly beneficial. —
 If the secretion of the gastric juice be diminished in
 quantity,

quantity, the powers of the stomach are necessarily
 weakened, and great uneasiness is felt after eating
 unless the amount offered be proportionately curtailed.
 In these cases of weak stomachs, the principal
 manifestations of derangement are a sense of load
 or chaffing at the epigastrium, headache, stupor
 and sometimes nausea, and vomiting of the matters
 swallowed. Exactly the same symptoms may be
 produced in persons, in whom the digestive organs
 are perfectly sound, and healthy in their functions
 by excess in eating and consequent overloading of the
 stomach. This form of acute dyspepsia, as we
 before mentioned is generally only temporary, unless
 the exciting cause be constantly in force, and all
 the treatment required is to get rid of the offending matters
 by

by vomiting and purging as soon as possible
 But in the case of persons troubled with Chronic
 weakness of the digestive organs, the use of small
 quantities of stimulants is advisable in order to
 facilitate digestion for the time, and tonics to
 augment the powers of the stomach and increase
 the quantity of its secretion. It is also prudent to
 advise the patient to accommodate as much as
 possible the quantity of food to the powers of the
 stomach, and gradually to increase it, as they are
 restored. — In case of debilitated stomach connected
 with anaemia, chlorosis & chalybeate remedies
 are found of great benefit, and in all cases exercise
 and the tonic regimen are to be used, and as the
 general health is often found to be impaired, all

measures

Measures tending to improve it will also relieve the local disorder. _____

A very troublesome class of symptoms of frequent occurrence in Dyspepsia is Nausea and vomiting. Occasionally vomiting takes place immediately after a meal, in such cases some organic disease of the stomach, either inflammation of the mucous membrane, or an ulcer in its coat, may be suspected and this suspicion will be confirmed if, as sometimes happens, blood be present in the matters vomited. In many cases however vomiting occurs, and is a source of great annoyance to the patient, which seems to arise merely from a certain morbid irritability of the stomach, & not to depend upon any organic lesion whatever. In these cases it takes place one

or two hours after the food has entered the stomach and may or may not be preceded by nausea.

This species is generally dependent upon a morbid degree of acidity as before described - Vomiting is also occasionally produced by the re-irritation of bile into the stomach, and in these cases, as well as when it has been long-continued, the matters ejected will be found to contain bile. Vomiting of long-
 standing, resulting from a morbid irritability of the stomach, may sometimes, it is said, be put an end to, by diminishing the patient's food to the amount that the stomach will retain, and then carefully and very gradually increasing it. Cases have been recorded by authors where this mode of treatment has proved highly successful, and it is at any rate worthy of a
 trial,

trial, when other modes fail, as they often will,
to check this troublesome affection. -

Again, there is another form of vomiting ^{or} which it
occurs as a disease 'per se' - or at least its pre-
dominance is so marked as to throw all other
dyspeptic symptoms into the shade. This
consists of the secretion sometimes in large quantities
of a thin watery fluid often of a foamy appearance
and sometimes intensely acid, sometimes mucous
or insipid in its taste. This is known by the name
of 'pyrosis', among the vulgar "water-brash" and it
often proves an extremely troublesome and obstinate
disease, yielding with great difficulty sometimes
not at all, to the remedies employed for its removal.
It is occasionally the result of organic disease.

It

It has been supposed to be developed more especially after the use of some particular articles of food, and its frequent occurrence in Scotland has been attributed to the constant use of oatmeal so general among the lower classes. It has been ^{lately} suggested that it may be owing to a species of fermentation caused by minute vegetable organisms called "Fungus" which have been discovered in the "ejecta," and which, it is thought produce in the stomach somewhat the same change that is effected by yeast in the sweet-wort & malt. - and indeed the matters vomited in some cases bear a remarkable resemblance to yeast. A number of remedies, in different forms of this disorder, have been found of service, of which we may mention opium, Sulfuric acid,

acid, and other astringents, creosote, hydrocyanic acid &c., &c. - The sulphite of soda has been proposed on theoretical grounds as an agent for causing the destruction of the Scirrhus, by its decomposition in contact with the acid of the gastric juice, and the consequent evolution of sulphurous acid, and it is said to have proved effectual in some cases where it has been tried. In a very obstinate case of chronic vomiting in the wards of the Hospital here lately, in which the Scirrhus were found to be present in great numbers in the matters ejected, this substance was tried for some time (as were numerous others) with no perceptible good effect. —

A very constant attendant on some forms of Dyspepsia is flatulence, and it is often a source of great uneasiness,

insensibility. The stomach in health contains a certain
 quantity of gas which is derived partly from the
 air troglift down by the Saliva, partly from the
 decomposition of the alimentary matter, & partly
 it may be, from the mucous membrane of the stomach
 itself. The gases commonly found in the stomach
 are the Carbonic acid, Nitrogen, and Hydrogen; when
 these are morbidly increased in quantity flatulence
 is produced, and sometimes other gases are present
 in addition, such as sulphuretted and phosphuretted
 hydrogen. According to Prout, carbonic acid often
 causes great distress by the difficulty with which
 it is expelled, in consequence of its tendency to excite
 spasmodic contraction of the muscles of the pharynx.
 The remedies principally used to correct flatulence
 are

are the kind called Communiatives; occasionally also
 Stimulants are useful - When flatulence arises
 from the acid products of digestion, cathetics are
 indicated, and of these "Sal volatile" is frequently
 found the most efficient form - The gas excreted from
 the stomach often carries with it an acid taste or
 peculiar strong flavor which may be useful in in-
 dicating the nature of the cause - Occasionally
 however flatulence occurs when the stomach is
 empty (Apropos), in which case ^{the gas} it is probably secreted
 from the blood by the mucous membrane of the stomach;
 many sometimes perhaps enter from the duodenum
 & intestines. This form may generally be relieved by
 attention to the time of the patient's meals, so as not
 to allow the stomach to remain empty too long.
 The

11

Perd

and the
after

The pains felt in Dyspepsia are of two different kinds. The first "Cardialgia" or "heart-burn" is almost always found to be associated with acidity, and is felt some time after taking food when the contents of the stomach are most acid, sometimes however it is perceived when there is no food in the stomach, and must then depend upon depressed secretion. The remedies for this affection are in general, those for acidity which it is the result, and which we have previously mentioned. The second species of pain, "Gastrodynia" is of a much more severe nature - its cause is uncertain. It generally occurs in persons, and is probably in most cases, neuralgic in its nature. It may often be relieved by the use of anodynes - opium for instance, by Hydrocyanic acid, Nuxvom. &c, Counter-irritation

irritation also, and the relief of the other dyspeptic
 symptoms will be found to service. A modification
 of this pain sometimes occurs to which the name of
 'Spasms' or 'cramp in the stomach' is given. The pain
 that is felt sometimes immediately after swallowing
 food is in all probability owing to organic disease
 of the mucous membrane. —

The different forms of dyspepsia are frequently
 attended with a constipated state of the bowels,
 which may arise either from a defective secretion
 of the bile, or from a morbid activity of the stomach,
 and a consequent deficiency of those substances
 which act as stimuli to the intestines. In the latter
 case it is often found useful to take with the
 food a certain quantity of those animal or vegetable
 tissues

tissues, which are incapable of being dissolved in
 the digestive fluids, and which on passing into
 the intestines seem by their presence to excite
 the peristaltic and vermicular action of the bowels
 thus keep up a healthy evacuation. Different
 substances have been employed for this purpose
 - the Rhizid or epilemmis of some vegetables, & the
 water covering of the fruits of the Cucurbit, of which the
 best form perhaps is the Rind of wheat, as it occurs
 in that is commonly called "brown bread". The un-
 husked Mustard seeds which were (and still are,
 sometimes) much used by dyspeptics, are supposed
 to owe all the virtues they possess to this kind of
 action. _____ An opposite state of the
 bowels sometimes, but more frequently occurs in
 connection

connection with Dyspepsia. It is generally de-
pendent on ^{the presence of} acidity or crude masses of indigestible
matter in the "prime vice", and may be removed
by attention to the exciting causes. —

Of the part played by the Liver and Gallbladder in
producing Dyspepsia little can be said. It is
yet undetermined with regard to the functions of the
bile, how much it is intended for secretion, and how
much to aid in digestion. There is no doubt, how-
ever, that any cause tending to obstruct or
diminish the flow of bile into the duodenum, has
the effect of producing very troublesome Constipation.
This we must endeavour to remedy by the administration
of those medicine classed as Cholagogues. To promote
the flow of the bile, such as the preparations of
Mercury &c.

Mercury &c, or else we must seek to fulfil its function by means of laxatives, and aperients. — Among other remedies, Opium has not also and considered very useful in such cases, and are the best substitute for the bile that is known, unless we except the inspissated oxgall which has also been used, and it is said, with considerable success. —

Very little can be stated with regard to the Pancreas It has been said to be the least liable to disease of any organ of the body, which is probable, as we have scarcely any mode of detecting it, if when it does, be it; nor do we know of any means of acting on it so as to increase or diminish its secretion.

It seems very probable however that any derangement in the secretion of the pancreatic fluid may give

give rise to dyspeptic symptoms, ~~both~~ ^{both} by inter-
 fering with its office of neutralizing the gastric juice,
 and of acting on the fatty matters contained in the
 chyme. It has certainly been a subject of
 observation on several occasions, that in persons
 in whom large quantities of fat were passed by stool
 there was also extensive organic disease of the
 Pancreas found after death, and this perhaps is
 the only circumstance that came under the discov-
 ery of disease of that organ during life. The
 subject is a very interesting one however, and well
 worthy of investigation, provided it be determined
 that the non-assimilation of the fatty matters
 depends upon causes (that even they may be, whether
 organic disease of the organ, - or otherwise) which produce
 derangement.

Derangement in the Pancreatic Secretion - it would
 be an interesting point to ascertain how often
 these morbid conditions occurred in connection
 with Phthisis pulmonalis and other tubercular
 diseases, which are held by some to arise from
 the imperfect digestion and assimilation of the
 fatty principles of food. — In cases where the
 Pancreatic fluid does not appear to be present
 in sufficient quantity, we may give alkaline
 solutions as substitutes for it. —

In addition to all these forms of Dyspepsia, there
 is also another which appears to depend on No-
 Syncrasy, and which is characterized by symptoms
 so extraordinary, & so contradictory of the general
 experience, that, without taking this into account
 they

They would astound and perplex us not a little.
 To this cause must be attributed the fact that
 substances which we are accustomed to consider of
 a most innocent nature, often produce most
 noxious results, and give rise to very severe
 dyspeptic symptoms. Perhaps the best instance
 of this is that related by Dr. Prout of an individual
 who was unable to eat mutton in any form
 without suffering from diarrhea & violent sickness,
 and these results invariably ensued, both when the
 offending substance was given without his knowledge
 and disguised under various forms such as pills &c.
 The only plan that can be adopted in all like
 cases is to watch narrowly the effect of the different
 articles offered, which the person is in the habit of
 partaking

and by restricting him from such in succession to
 ascertainment which is the office of declassification,
 and this having been discovered to begin entire
 abstinence from it. _____

We have now indicated the principal symptoms
 as they occur in the various forms of Dyspepsia
 and pointed out the remedies which should be
 employed to obviate them. On account of the
 number and variety of the elements that enter
 into the perfect performance of the function of
 Digestion it is evident that the causes tending to
 create derangement of that process must also
 be exceedingly various. And it is seldom that the
 characteristic symptoms occur with such
 distinctness as to enable us to pronounce with
 precision

Precision the disease to arise from any one cause.
 More generally there are several causes, at work,
 and the consequence of this is, that the combination
 and complication of the symptoms is so great, and
 their manifestation, sometimes so contradictory
 as to baffle all attempts ^{to diagnose} exactly the morbid
 condition from which they originate, thence also
 derive us in a great measure from treating them
 by a rational course remedial measures. —
 We have abstained from speaking of various
 affections of other organs which are sometimes
 connected with Dyspepsia, as palpitations,
 dyspnoea, affections of the head, liver, skin &c, &c.
 Because they are to be considered rather as
 incidental attendants of this disease than
 as

as necessary consequences of it. —————

There is no doubt however, that Dyspepsia, in addition to the trouble and annoyance derived from itself is often the forerunner of a host of grave and terrible diseases of other organs of the body, and the source from whence they spring.

The invaluable researches of Dr. Prout, & since Jones & other eminent writers have demonstrated how often diabetes and other forms of renal disease originate from the imperfect digestion and assimilation of the food. And there seems also strong reason to suppose that other equally serious disorders, as phtisis and the other forms of scrophulous diseases are often dependent on their existence on the faulty performance of this

most

most important function. — If the Generality
of Mankind were sufficiently impressed with the
conviction of the truth of this most preparent fact, they
would perhaps be induced to pay a little more at-
tention to their mode of living; and by the adoption
of wise rules of diet, and by adherence to regular
and temperate habits, they would, at the sacrifice perhaps
of some slight temporary gratification, not only escape
a great deal of present suffering, but might reasonably
look forward to arrive at the three-score and ten years
allotted as the duration of man's existence, comparatively
unmolested by many of those various ills which
now unhappily too often beset poor humanity.

Wm. G. Parker.

Finis.