

Gallup (Jos. A.)

OUTLINES  
OF THE  
INSTITUTES OF MEDICINE:  
FOUNDED ON  
THE PHILOSOPHY  
OF  
THE HUMAN ECONOMY,  
IN  
HEALTH, AND IN DISEASE.

IN THREE PARTS.

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Should we build facts upon facts until our pile reached the heavens, they  
would tumble to pieces, unless they were cemented by principles.—RUSH.

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**BY JOSEPH A. GALLUP, M. D.**

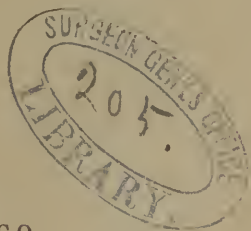
Author of Sketches of Epidemic Diseases in the State of Vermont; late President and Professor of Theory  
and Practice in the Vermont Academy of Medicine, and of the Clinical School of Medicine;  
Ex-President of the Vermont Medical Society; Hon. Member of the Medical  
Society of the State of New York, &c.

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VOLUME I.

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## PUBLISHERS' NOTICE.

THE very flattering manner in which the preceding edition of this work has been received, has afforded a gratifying proof of its utility and the estimation in which it is held. This has induced the author to permit another edition to be published at New York, where a more extended circulation can be obtained. The first edition having been published at Boston, and taken up principally by the medical faculty residing in the New England States.

The publishers had hoped that the author would have found it convenient to have made extensive practical additions to this edition, and have delayed the publication for the purpose, but ill health and the varied duties which have pressed upon him in his advanced age, has prevented, and perhaps forever, the hope of recording more of the light which radiates from his long and arduous investigations of the science and practice of the healing art.

In commendation, we add by permission, the following from the pen of a late eminent professor of the theory and practice of medicine, who stands deservedly high, if not at the head of the medical profession in the State of New York, which was published in that excellent and high literary work, the New York Review, of July, 1839.

"These well executed volumes are the production of one who has long been favorably known to professional readers by his interesting book on Epidemical Diseases in the State of Vermont, published some twenty years ago. The bold and intrepid principles which the author at that time inculcated in the treatment of diseases of a particular type and character, may be found in the Institutions of Medicine now before us, and the grounds upon which he adventures to justify so heroic a practice, are set forth in these pages, in a diction often novel in terms and in manner, and not unfrequently so in the facts which he records. Dr. Gallup has been a laborious cultivator of the science of healing. As a close clinical observer he commands the consideration of all who appreciate the value of experimental knowledge, and as a teacher of



practical medicine for many years, he now offers his opinions in a form of a still more enduring character.

In the several divisions of his work, the author evinces a copiousness of reading and illustration that can be possessed by those only who, to the exercise of their own cogitative faculties, superadd a wide acquaintance with the researches of eminent writers; and we accordingly find, throughout his work, references to the soundest and latest authors on physical investigation. We think, nevertheless, that he could have advantageously referred to additional American authorities in corroboration of many of his doctrines. In the physiological portion of his work there seems to be occasional deficiencies in modern illustration. In his second division, entitled pathological notices, or a consideration of the etiology and character of disordered action generally, Dr. Gallup considers the solids as most to be regarded in disease, though he observes, it is quite immaterial in a practical point of view, whether noxious impressions directly affect the susceptible tissues, or whether they are admitted by absorption into the circulation, and affect the blood, and the same tissues, by their internal stimulations.

'Very similar phenomena,' says he, 'will arise, indicating the most suitable treatment, in the one instance as in the other, and all manifesting lesions done to the vital economy. Neither can the phenomena be very dissimilar; for an injury is experienced in both solids and fluids very soon alike. The morbid condition of the fluids,' adds he, 'is in an exact ratio to that of the solids, for they suffer changes directly if not primarily.'

These positions of our author are doubtless receiving, daily, new advocates; with him we believe them to be acceded to, not only from their intrinsic truth, but also because they enable him, with a more justifiable credence, to become the supporter of what has sometimes been denominated the unitarian theory in pathology, that disease is a *unit*.

Though these inferences be justly drawn from Dr. Gallup's pathological outlines, he has given us a synopsis of general nosography, embracing many pages in his second volume, and hence it may be presumed that at the bed-side he, like every other clinical prescriber, is necessarily led to recognize those fundamental and distinctive features of disordered action, which every physician is bound to observe when called to the practical exercise of his vocation. We need give no opinion of the peculiar merits or defects of his classification; such an undertaking would lead us beyond our prescribed limits, and is better fitted for a more appropriate journal. Our author's last division

is entitled *Outlines of Therapeutics*; in which he, within the compass of 280 pages, endeavors to set forth his clinical precepts in the management of certain febrile, inflammatory, and other disorders. The limits to which Dr. Gallup has restricted himself in this important portion of his work, are the more to be regretted, as he here gives abundant proofs of his mind, discriminating the phases of abnormal action, and enforces an energy in practice which the disciples of the expectant school of physic, and the abettors of Homœopathy, would pronounce heretical."

We also add the brief review of Professor Gallup's *Institutes of Medicine*, published at Philadelphia, in May, 1839, in Dr. JOHN BELL's *Library of Medicine*, and attributed to the pen of the eminent Editor of that able and excellent Periodical.

"Doctor Gallup, now in the seventieth year of his age, after having spent a period longer than the common life of man in the exercise and teaching of medicine, sends forth the result of his meditations, readings, and experience in the work, the title of which we have just given. Of its merits and distinctive character it is not easy for us to speak within the limits of a necessarily short notice. We are safe, however, in expressing our favorable opinion of the spirit of candor and liberality manifested by the writer in his criticisms, and analyses of the doctrines of his predecessors and cotemporaries; and of the general clearness of his propositions and commentaries. To many it will be a matter of agreeable surprise to discover that the venerable author displays a preference for many of the views, and an acquaintance with the most important facts, of the medicine of the day—particularly in basing it upon the doctrine of tissues.

From a notice of the organic composition of the body, Dr. Gallup proceeds to that of the *tissues* and the *gradations of vitality*. With a description of *organic tissues* he combines an account of their functions, so as to give the physiological process to the Pathology, which is the subject of the second part of the work. Therapeutical constitutes the last and third division.

In so summary account of the different organic systems and their functions, the reader must not expect more than an announcement of some of the more prominent facts and phenomena, with a passing allusion to the writers who have given us more copious descriptions and disquisitions on the matters in question. It were more easy to indulge in minute criticism, by pointing out deficiencies here and obscurities there, than to substitute, within the same compass, a clearer and more definite view of the several subjects of which Doctor Gallup has treated in his physiological division.

The value of the textural basis adopted in the first part is rendered more evident by its harmony with the second, which consists of *pathological notices, or a consideration of the etiology and character of disordered action generally*. In this division the author adverts, with point and method, to the proportionate share of disease in which the solids and fluids participate, the diatheses, seats of disease, morbid habit, sthenia and asthenia, morbid locations—with, more especially, reference to the altered states of the tissues. Under the heads of *remote and exciting causes*, he passes in review the influences to which the human body is subjected in the production of disease, including among the former or remote causes, *atmospherial contaminations* of various kinds, *climate, idiosyncrasies, aliment, exercise, clothing, alcohol, and other narcotics, and the mineral poisons, intense thought*. Under the latter, or exciting causes, he enumerates *heat and cold, with their alternations, fatigue, watching, surfeiting, wounds, contusions, burns, and other lesions, emotions, diurnal and sol-lunar influences*.

Pathology is continued in the second volume, under the head of *semeiotece*.

The third division, that on Therapeutics, opens with *outlines of nosography*, or an arrangement of *constitutional diseases according to their most common tissual seats*. If we have forbore from either a minute or critical exposition of the former parts of Dr. Gallup's work, it is still more necessary to do the like in reference to the nosographical outlines. An essay might be written on the abstract question itself, to say nothing of the remarks which might be elicited by the classification before us. Were we to affirm that more credit must be awarded to Dr. Gallup, for the correctness of his initial views, than of the method by which they are carried out, we should only be repeating a remark applicable to most authors of systems.

In the *OUTLINES OF THERAPEUTICS* we meet with much valuable advice, couched in a terse, though occasionally a rugged style. On blood-letting and the use of antimony in fevers, for example, the author expresses himself like a man of experience and observation. Not less discriminating are his remarks on blisters and alteratives. Of the latter he says: 'they commonly consist of contraries, one for this symptom, another for that; and aside from being irksome and oppressive, they render it impossible to distinguish or ascertain whether any particular medicine has a beneficial or injurious effect.' Dr. Gallup gives a somewhat greater extension to his remarks on *phthisic pulmonalis* (consumption) than to those of other diseases. His opinions on some of the most interesting points, in the cause, nature, and treatment of this dread malady, are worthy of great respect, if not of unlimited

adoption. They certainly furnish not a few suggestions of value to the thoughtful student and the deserving physician. *Apropos* of what he conceives to be some heresies in Laennec, respecting the origin of tubercles, the author makes the following remarks on the undue importance attached to the use of the stethoscope in the diagnosis of consumption. 'We wish not to depreciate the merit due to this instrument; yet we insist that the student has been wrongly directed, in that the belief is inculcated of tubercles being the primary cause to be sought for, whilst they are so manifestly the results of a previous state of diseases of the whole system, and of the lungs in particular, which is capable of being discovered and often removed, before the stethoscope can elicit any signs of internal changes. It invites apathy and dereliction of duty in waiting for the manifest results; leads to supineness and the loss of lives intrusted to the charge of pretended science. A physician that cannot detect the early progress of phthisis in its incipient state by the physiological tokens, is not deserving the charge of his patient.' Perhaps more force would have been imparted by this opinion, if the author had indicated the signs furnished by the stethoscope in the several morbid states of the lungs and heart. Cases are given illustrative of the views and practice of Dr. Gallip in pulmonary consumption. The free use of the lancet, and the daily use of the warm bath, are the remedies on which he seems to place great reliance. He eulogizes iodine as promising to be the most useful tonic in the exhausted stage of phthisis, and tells us of his own satisfaction from its use. Of narcotics, generally, in this disease, the author speaks in the following emphatic, and as we believe, just strain. 'We freely declare, if compelled to use laudanum, Dover's powder, opiate cordials, or cough drops, &c., we would never attempt a radical cure of phthisis pulmonalis in any of its varieties. In the last stage of a forlorn case, they are more justifiable, in small doses; and yet a previous well conducted case will hardly need them, as the calm composure of the downward way is commonly disturbed by their use. In their omission, there is no running the risk of exciting a repulsive delirium, or a forbidding lethargy.' On regimen and exercise the remarks, though brief, are pertinent and forcible.

Not only does the work of Dr. Gallip abound in valuable aphorisms and facts for immediate guidance, but, also, in suggestions of moment which, by attention and thought, may be matured into useful practices.

Alike clear of an affectation of the reconditeness of mere antiquity, and of the last fashions of the European schools, the author shows himself to be an eclectic, who reasons on, and explains the wisdom of

his choice. Amidst many positive merits, we care not to point out occasional omissions of matter as well as defects of style which, after all, interpose little difficulty in the way of our understanding the author's meaning, and reach of argument."