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THE
PEOPLE'S MEDICAL JOURNAL,

AND

HOME DOCTOR;

A MONTHLY JOURNAL,

DEVOTED TO THE DISSEMINATION OF POPULAR INFORMATION ON

ANATOMY, PHYSIOLOGY, THE LAWS OF HEALTH,

AND

THE CURE OF DISEASE.

EDITED BY DR. F. HOLLICK,

AUTHOR AND LECTURER,

AND ILLUSTRATED BY ENGRAVINGS.

New York :

PUBLISHED BY T. W. STRONG,

98 NASSAU STREET.

PREFACE TO VOL. I.

In presenting our first complete Volume to the public, we think it incumbent upon us to make a few remarks, both to our old subscribers and to those who may now see our Journal for the first time.

The attempt to establish such a journal, was never made before, and most persons doubted of its success. We were told by many of our friends that it could not live six months, and that the public could never be brought to properly appreciate such an undertaking. Our own experience with the public, however, as a Lecturer, and during an extensive practice, convinced us that the mass of the people were far more advanced *in a knowledge of the importance of knowledge*, than many people gave them credit for, and that they were ready, and were desirous, to heartily second any effort, rightly made, for their instruction.

The event has justified our opinion. The Journal has been well sustained during the first *year* of its existence, and enters upon the second with a large host of new friends, and with excellent prospects for the future. Wherever it goes we hear it commended, and it now circulates from Canada to Florida, and from the Atlantic to the Pacific. Many of our friends take several copies, so that they can distribute them amongst their friends, and many others exert themselves actively in speaking of it, and showing it round. If we were inclined to do so, we could print numbers of the most flattering commendations, but we prefer to let the work speak for itself.

In conclusion, we must remind our friends that, owing to the low price of the Journal, it is not possible to allow the Publishers and Agents much profits, so that it cannot be expected they will exert themselves to increase its circulation. We have, therefore, to depend mainly upon the friendly aid of those favorable to the enterprise, and we trust that all who can, will assist in making it known as widely as possible.

We presume there is no occasion for us to *take leave* of any one, when thus concluding our first years labors, as we are aware that all our friends, who can do so, will embark with us for another year. It is proper, however, that we should return our thanks to all who have patronised our efforts, and request a continuance of their friendly aid. In the future, as in the past, we shall always endeavor to be *as useful* as we know how to be, and thus merit a continuance of the favors previously awarded us.

THE EDITOR.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. 1.

JULY, 1853.

Vol. 1.

EDITED BY DR. F. HOLICK, POPULAR LECTURER AND AUTHOR.



The Physician cures Disease---the Instructor prevents it.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

THE NATURAL HISTORY OF PERFUMES AND FLOWERS,

And their various influences on body and mind, both as Hygienic Agents, and as Aids to Beauty, with Recipes for numerous agreeable and useful Compounds for the Toilette.

THE word *Perfume* means both the odor and the body which gives out the odor. Thus, Myrrh and Amber are perfumes, and we call their odor by the same name. By the word *Odor*, in its universal sense, we mean every emanation from odoriferous bodies, both pleasant and unpleasant, but by *perfume* we always understand an agreeable odor.

Perfumes have been in use from the remotest antiquity, and amongst nearly every known people. Even wild savages are frequently found resorting to the use of pleasant scents, and no wonder either. All our senses are capable, when agreeably excited, of giving us pleasure, and there is nothing more surprising in a person liking a pleasing odor, than there is in his liking a pleasing sound, or to look upon a pleasing object. The sense of smell is of immense utility, both as a *discriminator*, and also, very frequently, as a judge. There are many odors which we feel instinctively must arise from *baneful* substances, and there are others, on the contrary, which we feel as confident must come from useful or beneficial substances. It is true there are exceptions to this, as there are to all general rules of the kind, but the principle is in the main correct.

The use of Perfumes, when directed by knowledge, is not only a legitimate and harmless source of human enjoyment, but it may also be of positive *utility*, under many peculiar conditions of the system. On the contrary, when improperly used, and under improper circumstances, such agents may not only become exceedingly disagreeable, but may even create great injury.

This being the case, and as human beings will use Perfumes, it is the legitimate business of the physician to give such information as may enable persons to use and enjoy them without suffering therefrom.

The ancient Greeks and Romans, who were adepts in everything relating to sensual enjoyment, regarded Perfumes as a *necessity*, and used them in the most prodigal manner, in all ways. They used them with their food and drink, on their clothes and bodies, in their baths, at funerals, births,

marriages, and deaths. They burned them around the hymenial couch, and the cradle of the new born child, on the marble tomb, and before the altars of their gods. In short, on every possible occasion, and at all times, Perfumes were lavished by them in the utmost profusion.

The Hebrews, as we find from the Bible, were as profuse with their "Frankincense and Myrrh" as the Pagans, and some forms of Christian worship are not complete without *incense* at the present day. In Pagan times, especially, the consumption of Perfumes was enormous. They were constantly burnt before the altars of their *thousands* of gods and demi-gods, and lavished in the process of *embalming* their great men to an incredible extent.

The priests of Memphis burnt Perfumes three times a day in honor of the Sun. At sunrise *Benzoin*, at noon *Myrrh*, and at sunset a composition called *Kyphi*, made of *sixty* different substances.

The followers of Zoroaster burnt Perfumes on their altars six times in the day, and at Corinth they were consumed perpetually around the altar of Aphrodite.

The Eastern Catholic Church, it is stated, consumes yearly *six thousand four hundred pounds* of Perfumes, which they gather from some land, purchased for the purpose, in Syria.

Perfumes were thrown on to the funeral piles of the ancients, and were also employed afterwards to mix with the *ashes* of the dead body when consumed. Around the tombs of Agamemnon and Hypolite, they were burnt for three months, and at the pompous funeral of Alexander the Great's favorite, they were lavished to such an extent that, we are told, all the magazines of Perfumes in India and Arabia were exhausted.

The celebrated Artemesia expended annually a *hundred thousand francs* for Perfumes to burn in the tomb of her husband, Mausoleus.

Nero consumed more Myrrh, Canella, and Cassia, at the funeral of Poppeia than Arabia could furnish in a year.

When Pompey entered Neapolis, vessels of Perfumes were burnt at every window,

and when Antony entered Alexandria, to meet Cleopatra, so many were burnt that the air was obscured by their fumes.

The voluptuous Satraps of Persia lived constantly in an atmosphere of Perfumes. They entered into the composition of their wax lights, their food and drink, flowed in their fountains, and floated continually from their couches. Their furniture, also, was made from perfumed woods.

At a magnificent supper, given by Otho to Nero, gold and silver tubes were disposed in the hall, secretly, to diffuse the most exquisite aromatic vapors. Incense vessels were also constantly burning, and all the meats and drinks were highly perfumed, and eaten to the sound of music, so that all the senses were intoxicated at the same time.

The Greeks were especially fond of perfuming their wines, with Violets, Roses, and Myrrh, and the Romans followed their example, but went to still greater excess, for we learn that they perfumed their hair, their furniture, the walls of their houses, and even their *dogs*. In fact, to such an extreme was the custom carried, that it was found there would not be Perfumes enough left for religious purposes, and a law was therefore passed regulating their use, and specifying which perfume should be devoted to each deity. Thus, *Cistus* was devoted to Saturn, *Cassia* and *Benzoin* to Jupiter, *Musk* to Juno, *Aloes* to Mars, *Saffron* to the Sun, (Phœbus,) *Mastic* to the Moon, *Cinnamon* to Mercury, and *Ambergris* to Venus. It is remarkable that these dispositions correspond, in a great degree, with a proper *medical* arrangement of the Perfumes to suit the *moral characteristics* of these deities. And this shows how accurately the effects of these substances had been noted.

The immense variety of Perfumes, simple and compound, known to the ancients, can scarcely be conceived, and the number of their books written upon them were also very great, greater, perhaps, than on almost any other subject. In the great Library at Alexandria, burnt by the Turks, a large proportion of the books were of this kind.

Singular as it may appear, the *commerce* of those times owed its existence and prosperity, in no small degree, to this passion for Perfumes. We find that regular caravans traversed Asia and Persia, and went even to Farther India, merely to gather them, while the harbors of Tyre, Byzantium and Alexandria were crowded with vessels

occupied, to a great extent, in their distribution.

When the Roman Empire was overthrown, and Europe became overrun with barbarians, the taste for Perfumes seemed to die out with the refinement which gave it birth, and the Asiatics alone retained a love for such indulgences. But as civilization again arose, in the Middle Ages, this taste again revived, and the Beauties of the Feudal times, especially, soon acquired the art of employing Perfumes to aid their charms, while their cavaliers were not slow to imitate them.

At the baptism of Clovis, Perfumes were burnt in great profusion, and Charlemagne was especially fond of reposing in his palace, after his victories, surrounded by their odoriferous fumes. St. Louis, also, was an adorer of Perfumes, and said, when in Palestine, "Oh! delicious country of Arabia, I long to conquer thee, that I may offer thy Myrrh and thy Incense to the Lord."

The Christian worship early adopted the use of Incense, especially in its numerous processions and ceremonies, and from this arose the custom among the nobility, of using perfumes at their weddings and feasts. The most luxurious among them habitually used Rose-water to lave with, and kept fountains of it playing in their dining and reception halls.

In the reign of Louis IV. in France, the ladies adopted the custom of wearing every day a new Perfume, and to such perfection did they carry the art of compounding them, and of using them so as to make them agreeable to all, that this monarch's court was called, even by strangers, the *Perfumed Court!*

Since this era, Perfumes have always been regarded as a *necessity* of the toilette, and the art of preparing them has been carried to a high degree of perfection, as has also that of *using* them with propriety and good taste.

Before proceeding to a description of Perfumes, it may be as well to say a few words on the nature of odors in general, by way of explanation of some of their phenomena.

It appears that the odor, or smell, of any body, results from a number of minute particles of its substance being given off, to the surrounding air, and coming in contact with the olfactory nerve in the nose. The most singular thing, however, is the extreme minuteness of these particles. An odoriferous body will continue for a length

of time to give off its scent, most profusely, without becoming in the least degree lighter. And yet the number of particles given off, must be enormous, as we find in the case of *Musk*. Thus, a single grain of this substance will perfume a large apartment for months without losing anything appreciable in weight, though it is demonstrated, by calculation, that in the course of a day, in a circle of five feet, it must give off at least *fifty-seven millions of particles*.

Haller preserved for forty years a paper perfumed with a single grain of Amber, and found, after that lapse of time, that it still smelt as strong as at first. Bordenave estimated an odorous molecule of Camphor to be equal to about the *two trillionth part of a grain!* and Keill estimated one of Assa-fœtida to be equal to a *sextrillionth* of a grain. He also found that it lost about the *seventy thousandth* part of a grain in a minute.

Odors impregnate different bodies in different degrees, and usually combine with most liquids. Kid Gloves preserve for a long time the scent of amber, and paper and cotton that of Musk. Oil retains most of the more volatile and balsamic odors very perfectly, while the aromatics, and the more delicate scents of flowers are absorbed by water and alcohol. Upon these principles is based the whole art of the Perfumer, in compounding his Oils, Essences, Pastes, Pomades, Pastiles, Soaps, and the thousand other *aids to beauty*, of which the fair sex so well know the use. By the same means, also, we fix the most delicate and fleeting odors, even of the fairest flowers, and can thus enjoy them at times and seasons when they would otherwise be unknown to us.

To be continued in next Number.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies and also those of celebrated Practitioners.

ABERNETHY'S PILLS.—Each Pill is composed of two grs. of Blue Pill, and three grs. of Compound Extract of Colocynth. Used as a Purgative and Alterative, in obstinate Constipation of the Bowels, Dyspepsia and Rheumatism.

AGUE DROPS, *without taste.*—These are simply a solution of Arsenic. The liquor of Arsenite of Potash, sold at the Druggists, is the same thing.

ANDERSON'S PILLS.—These are very celebrated, and have been in use, both here and in England, for a number of years. They are usually kept made up in boxes, and sold much dearer than they can be obtained by Recipe. The following is the best mode of making them. Barbadoes Aloes 1 oz., White Soap 4 scruples, Colocynth 1 scruple, Gamboge 1 scruple, Oil of Aniseed half a fluid ounce. Mix all well together, and divide into pills of 3 grs. each. Dose, one, two, three, as they operate, at bed time. These are used for the same purposes as Abernethy's, and as a general medicine.

AROMATIC VINEGAR.—The strongest Vinegar (or Acetic Acid is better) 1 pint, Camphor 1 oz., Oil of Lavender, of Cloves, and of Lemon, 1 oz. each.

ANTIBILIOUS PILLS.—There are a variety of these Pills, called after different men, who have sold them, but they chiefly differ

in name only. The following are the best forms. For a simple Antibilious Pill, when the derangement is slight, or as a dinner Pill, use the following. Compound Extract of Colocynth 1 oz., White Soap 1 dram, Scammony 2 drams, Extract of Rhubarb 2 drams, Oil of Cassia 3 scruples, Spirits of Wine enough to make it into a mass, which must be divided into Pills of 5 grains each. When the Biliousness is very bad, or habitual, a stronger kind is better, like the following. Compound Extract of Colocynth 4 scruples, Scammony 2 scruples, Calomel 24 grs., Oil of Cinnamon 6 drops. Make this into 24 Pills. Good also for Jaundice.

For general use those without Calomel are best. In using any of them it is best to begin with *one*, and be guided by the effects as to increasing the dose. They should never purge violently, but only gently move the bowels. Some always take them at night, and others after dinner.

For some people they are better without the Aloes, and then may be made as follows: Compound Extract of Colocynth 2 scruples, Ipecacuhana 6 grs., White Soap 10 grs., Extract of Henbane 30 grs. To be made into 18 Pills. Two at bed time. These are very good where there is nervous restlessness, or sleeplessness.

To be continued in next number.

THE ART AND MYSTERY OF PRESCRIBING DRUGS,

Or, An Explanation of the Names, Symbols, and Abbreviations used in Prescriptions.

"Here it is, a raal Docthor's Prescription, as full o' larning as an egg is full o' mate. Let me see, what is it? Holy St. Patrick! it's aisy enough—Big A, little a, bouncing B,—one kitchen Poker, two Snake's Tails, and a Gridiron!"—POWER, the Actor.

CHAPTER I.

THE first *symbol*, which stands at the head of every *orthodox* prescription is a kind of a capital R, but with a *cloven foot*, as Dr. Paris calls it—thus ℞. This sign now invariably means *Recipe*, but that was not its original meaning. It is a remnant of the old superstitious time, when it was thought necessary to invoke Jupiter to help heal the sick, and it is only an alteration of the old *Astrological sign* ♃, which stood for Jupiter. Numbers of persons who use this sign daily are not aware of its origin, while uninformed people regard it as something very mysterious, and no doubt, often think a prescription could do no good without it. Some sign of the kind is convenient, and when its meaning is known there is no great objection to it, though a simple R would be much better, except for *conjuring*.

In former times prescriptions also began with the sign of the *Cross*, or with the Greek characters of *Alpha* and *Omega*, the beginning and end of the Greek alphabet. L. D., meaning *Laus Deo*, or "Praise God," was also used, and N. D., meaning *Nomine Dei*, or "in the name of God."

The French usually put the word *Prenez*, or "take thou," which is the literal meaning of *Recipe*, also.

In the next place, there are certain symbols used to indicate *weights* and *measures*. Thus ℔, means *Libra*, a pound—℥, means *Uncia*, an ounce—ʒ, means *Drachma*, a drachm—ʒ, means *Scrupulum*, a scruple—gr. means *Granum*, a grain—O, means *Octarius*, a pint—m, means *Minimum*, a minim—gtt, means *Gutta*, a drop—ss, means *Semissis*, a half. In numbering, letters are used. Thus j. is *one*, iss. is *one and a half*, ij. *two*, iij. *three*, iv. *four*, v. *five*, x. *ten*, xii. *twelve*, and so on, as chapters are numbered in the Bible.

Besides these, there are several *Abbreviations* used, some of which convey their meaning clear enough, but others require explanation. These are given below.

The letters āā, meaning *ana*, are often used, and they mean *of each*. Thus—

℞

Calomel,

Jalap, āā ði.

This means one scruple each of Calomel and Jalap. A capital A is also used for the same purpose sometimes.

B B, or Bbds, means *Barbadensis*, or "Barbadoes," to distinguish some drugs brought from there, from similar ones brought from other places. C. C. means *Cornu Cervi*, or "Hartshorn," and C. C. U., means *Cornu Cervi Ustum*, or "Burnt Hartshorn." C. M., means *Cras Mane*, or "To-morrow Morning." De d. in d., means *De die in diem*, or "From day to day." F, is usually put at the end of the list of drugs in the ℞, and means *Fiat*, or "Let it be made." Thus F. Pil., means *Fiat Pilula*, or "Make it into a Pill,"—F. Vs., means *Fiat Venæsectio*, or "Let Bleeding be done,"—G. g. g., means *Gumma, gutta, gambiæ*, or "Gamboge." H. s., means *Hora Somni*, or "At the hour of Sleep, or Bedtime,"—H. S. S., means *Hora Somni Sumendus*, or "To be taken at Bedtime,"—M, means *Mixa*, or "Mix,"—N. M., means *Nux Moschata*, or "Nutmeg,"—Ol. s. i., means *Oleum sine igne*, or "Oil prepared without heat," like cold drawn Castor Oil,—*Oleum olivæ optimum*, or O. o. o., means "Best Olive Oil,"—P, means *Pondere*, or "By weight,"—Pug., and sometimes P., means *Pugillus*, or "A Pinch,"—P. æ., means *Partes æquales*, or "Equal parts,"—P. P., means *Pulvis Patrum*, or "Jesuit's Bark,"—P. r. n., means *Pro re nata*, or "As occasion may require,"—Q. p., means *Quantum Placeat*, or "As much as may please,"—Q. s., means *Quantum sufficit*, or "As much as may suffice, or be necessary,"—Q. v., means *Quantum volens*, or "As much as you will,"—S. a., means *Secundem artem*, or "According to the rules of art,"—S. v., means *Spiritus Vini*, or "Spirits of Wine,"—S. v. r., means *Spiritus Vini Rectificatus*, or "Rectified Spirits of Wine,"—S. v. t., means *Spiritus*

Vini teunior, or "Proof Spirits,"—T. O., means *Tinctura Opii*, or "Tincture of Opium, commonly called Laudanum,"—T. R., means *Tinctura*, or "Tincture,"—V. o. s., means *Vtielli ovi solutus*, or "Dissolved in the yolk of an egg,"—Z. Z., means *Zinziber*, or "Ginger."

Besides these, there are many other abbreviations which were formerly used, and which are occasionally, even now, but the good sense of physicians is rapidly causing them to be disused more and more every day, and it is probable that in a short time they will be totally abandoned. Many fatal mistakes have followed from using them, and the symbols, owing to many of them resembling each other so much, or not being well understood by the compounder. Thus in a number of cases the sign for a drachm, ζ , has been carelessly written, and mistaken by the druggist for ζ , the sign for an ounce, which is eight times as much, and death has followed in consequence. Such a mistake is quite possible, as there is only one stroke of the pen difference between them. Still more frequently have the Latin abbreviations been mistaken, and numerous deaths have occurred in consequence. Dr. Paris relates one instance of this kind, which shows the evil consequence of such a practice most conclusively. A child had been sick with hooping-cough, and a medical man gave the mother a prescription for it which she got made up at a Druggists', but on taking the bottle in her hand, the cork flew out with great force, and the mixture spirting on to her arm, burnt it. By good luck Dr. P. happened to call before the child had any of this stuff given to it, and was informed of the accident. On examining the remainder of the medicine, its nature was obvious, and also how the mistake had arisen. The prescription was as follows:

R. Syr. Papav. ζ iii,
Aqua Fontis, ζ vi.

Ft. mistura ut. dict. sumend.

This, in plain English, means—"Two drams of Syrup of Poppies, and six ounces of spring water, to be mixed and taken as directed." The Druggist, however, mistook the *n* in *Fontis* for *r*, owing to bad writing, and thus read it *Aqua Fortis* instead, (or Nitric acid,) and made it up accordingly. Had not the mistake been discovered in time, the child would probably have been killed. Common sense people would say, why not write *Spring Water*, instead of *Aqua Fontis*? and then there

would be no mistake possible. But if this had been done, and the rest of the prescription had corresponded with it, how simple all would have looked. The mother would have found that the doctor was giving her child nothing but *Syrup of Poppies and water*, or just what she would have given herself, very likely. By using the R, however, and the *Dog Latin*, all looked very *learned* and *mysterious*, and the prescription was thought to contain something unusual and altogether unknown to *common folks*. It is true the child might have *lost its life* through such a proceeding, but if it had done so, all would have been *Secundem Artem*.

A laughable and harmless mistake, also, occurred once through the same direction. The doctor wrote at the bottom of the prescription, "*Sum. more dict.*" which means "To be taken as directed," but as the *c* in *dict.* was made like *e*, and as he sometimes wrote in *English*, the apprentice read it,—"*some more diet*," and translated it accordingly, thus—"To be taken with a more liberal allowance of food!"

In future numbers of this Journal, I shall give several similar instances, which I have fallen in with in my own practice, and show how others might easily occur, and probably often do, though they are not heard of.

The Latin names of *Drugs*, and of their preparations, will be given as we proceed, and also a regular *Dictionary* of the principal *directions*, *explanations*, and *terms* used in prescriptions, so that any persons who regularly read our journal, will soon know all about them, and be able to take up a prescription and understand it, or translate the curious labels on Druggist's pots and bottles.

The present chapter will conclude with tables of the *weights* and *measures* used in compounding drugs.

The weight used in compounding prescriptions is called *Apothecaries' weight*, and is divided as follows:

APOTHECARIES' WEIGHTS.				
Pound (lb)	Ounces. (ζ)	Drachms (ζ)	Scruples (\varnothing)	Grains (grs.)
1	12	96	288	5760
	1	8	24	480
		1	3	60
			1	20

APOTHECARIES', OR WINE MEASURE.				
Gallon (Cong.)	Pints (p)	Ounces (f ζ)	Drachms (f ζ)	Minims (m)
1	8	128	1024	61440
	1	16	128	7680
		1	8	480
			1	60

It will be observed that the $\frac{3}{4}$, and $\frac{3}{8}$, in the measure have an f. before them. This is to denote that they are fluid ounces and drams. The f., however, is quite unnecessary, and is seldom used now, because the nature of the substance used must always indicate if it is to be weighed or measured, only fluids being measured.

DOMESTIC MEASURES.

A *Tea Cup* is about four ounces. A *Wine Glass* is about two ounces. A *Table Spoon* is about half an ounce. A *Tea Spoon* is about one dram. A *Drop*, of water, is about one minim, 60 drops being very near a fluid dram; the drops of other substances, however, are different. Thus, it takes 120 drops of a *Tincture* to make a fluid dram, while a drop of *Syrup* is much heavier. The thickness of the lip of the bottle also influences the size of the drop, so that measuring by drops, if it is of consequence to be *exact*, should never be practiced; nor, indeed, any of the Domestic Measures, because they are so uncertain as to quantity. A set of *Grain Scales* and *Weights*, and a *Fluid Ounce Measure*, can easily be procured by any one.

To be continued in next Number.

VARIATIONS IN DOSES.

DOSES must be varied according to age, sex, and other conditions, and may usually be so with sufficient accuracy by attending to a few general principles, which we will endeavor here to lay down. In *all cases*, it must be remembered, in this Journal, the dose mentioned is for an *Adult Man*, unless otherwise stated.

Children under *one year* old should only be given *one twelfth* of a full dose of any medicine—under *two years*, *one eighth*—under *three*, *one sixth*—under *four*, *one fourth*—under *seven*, *one third*—under *fourteen*, *one half*—under *twenty*, *two thirds*—above *twenty-one*, give the full dose.

In persons above *sixty-five*, unless unusually vigorous, it is advisable also to reduce the dose, year by year, in the same proportion, as they become older.

Women, as a general rule, require smaller doses than men, especially of Purgatives and Stimulants.

Persons who have been much in the habit of using any particular kind of medicine, generally require more of it to act upon them, so that the *habits* of a person should be ascertained before prescribing for them.

Individual peculiarities should also be

considered, some persons being readily affected by small doses of certain medicines, while others require them to be given in large quantities.

SKIN DISEASES.

IN France they speak very highly of powdered *Starch*, as an application in various skin diseases. It is used either alone or with oxide of Zinc, the skin being first well washed with weak solution of Soda, or Castile Soap, and dried. An excellent powder is formed of white oxide of Zinc two drams, powdered Starch four ounces. This may be used for Ringworm, Tetter, Salt Rheum, Pimples, and various other skin eruptions. It should be thickly dusted on night and morning, after the sores are washed and dried, as above, or it may be sprinkled on a poultice when that is thought necessary. That troublesome affection *Prurigo*, or itching of the Genital Organs, Arm Pits, and other parts, is also generally relieved by dusting the parts night and morning with the following powder. White oxide of Zinc two drams, Camphor half a dram, powdered Starch four ounces, grind them very fine together.

WEST INDIAN REMEDY FOR ROUND WORMS.

POUND up three ounces of fresh *Pumpkin seeds*, in a Mortar, till it is like a paste. Let the patient swallow this, and then take two ounces of honey every hour, for three hours after. This generally expels the worm in six or seven hours afterwards, and will often succeed when all other means fail.

NEW REMEDY FOR DYSPEPSIA.

ONE of the best remedies for this distressing and variable complaint, especially when accompanied by Acidity of the Stomach, and flatulence, is the following:—Liquor Potassæ, and Chloride of Sodæ, of each one ounce, Phosphate of Soda a dram and a half, water three ounces. This may be used in water, or beer, or anything else which the patient ordinarily drinks, and as much may be taken at a time as will not make the drink taste badly, two or three times a day. It should be taken for a long time, or in those who are habitually dyspeptic, it may be used regularly, like salt to our food. Try it, ye dyspeptics.

THE PEOPLE'S MEDICAL JOURNAL.

JULY 1, 1853.

☞ Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

☞ All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The TERMS of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

The yearly subscription, only **Twenty-five Cents**, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The Postage for each number is **One Cent**, anywhere in the United States.

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OPENING ADDRESS.

This being our first Number, it is incumbent upon us to introduce ourselves to the public, whose patronage we expect, and to state distinctly the object and plan of the

Journal thus presented to its notice. This is the more necessary, also, because the present publication is so unlike any other, and occupies an entirely new field. It is decidedly an *innovator*, a *reformer* in the true sense of the word. In fact, a *Medical Red Republican*, whose determination it is to level all the barriers at present interposed between the people and the knowledge they need.

In the present age there is a growing disposition on the part of *the people*, especially in our country, to demand, and *obtain*, too, equal rights and facilities for all in the acquisition of knowledge. The old idea that knowledge is dangerous, is now only held by the mental laggards of the day, and the still more absurd and unjust notion that only certain people have a *right* to certain kinds of information, is scarcely advocated even by those who in their hearts entertain it.

The *Healing*, or Medical art, with its accompanying sciences, *Anatomy* and *Physiology*, have been kept more strictly *professional*, or apart from *common folks*, than perhaps any others, and, as a consequence, the people have always been more imposed upon, and injured, by means of them than by any other. Instead of being, as they ought to be, the blessed agents of health and happiness to all, they have too often been made the causes of suffering and death, and have become the medium for some of the grossest frauds and impositions ever practised.

All this requires rectifying, and fortunately, now it can be done. The power of the monopolists in knowledge is gone, and they can no longer prevent the veil being torn away from the eyes of the people whom they have so long abused. In former times this could not be done, except at great risk to the reformer, but now the people *demand* information, and will gladly sustain those who undertake to impart it to them.

The Editor of this Journal has long been known as a prominent advocate of popular

instruction in these matters, and has labored, in the best way he knew, to impart such instruction as widely as he could. A number of years ago he began the practice of giving public lectures on Anatomy and Physiology, popular in their style, and illustrated by artificial dissections, such as had before been known only in Medical Colleges. A host of other persons have since followed in his footsteps, and now such lectures are quite common, and are everywhere listened to with pleasure. It was not so at first, however, for *prejudice*, as well as ignorance had to be overcome, and the privileged monopolists still wielded some portion of their ancient power. Fierce was the opposition, and bitter the persecution at first encountered, but perseverance overcame both, and now the field is open for all to cultivate, and gather the lawful fruit of their labors.

Besides being the first in these kinds of lectures, the Editor was the first publisher of cheap popular books on the most important and least understood topics in Physiology. His "Origin of Life," was the forerunner of this class, and enjoyed an unprecedented popularity, until superseded by his more complete work, "The Marriage Guide."

Owing to his having become thus so well known, in connection with the earliest movements of this kind, he has constantly been importuned to carry out the great work of medical reform, and popular instruction, still further. As far as his onerous and constantly increasing practice would allow him, he has done so, by continuing and extending his public lectures, and by publishing new books, most of which are sufficiently known all over the country. The regular attention required by a Periodical Journal, however, and the variety of matter demanded for its columns, prevented him from undertaking it, till the demand became too urgent to resist. At all his lectures, the universal cry was, "Will you publish a regular periodical for us, in which all the interesting medical topics of the day can be

found, and in which the old system of mystery and monopoly can be systematically attacked?" Numerous letters were also constantly received asking the same, so that it became at last a duty that could no longer be shrunk from. We are essentially a *Newspaper People*, and some periodical publication is always required by people who think alike, or have similar views, as an organ through which they can communicate those views to others, and hold mutual intercourse.

As yet there is no publication of this kind. There are so called popular medical journals, it is true, but they are either Allopathic, or Homœopathic, or Botanic, or Hydropathic, or something or other *exclusively*. They are not universal in their conception or scope, and are too often mere advertisements for particular modes of practice. The People's Journal, however, will belong to no medical sect, but will fearlessly expose the mysteries and humbug of them all, giving what is good and useful from every source, and endeavoring, above all, to give that kind of information which will enable people to take care of themselves, so that they may avoid the necessity for medical treatment. Every medical system will be discussed in its pages, and the principles on which they are based clearly laid down, so that all can judge of their respective merits.

Besides a regular record of all the most curious and interesting cases, and discoveries in every department of medical and physiological science, a series of chapters will be given, explaining all the *mysteries* and *clap-trap* of the profession, and making plain the whole arcana of medical art. Physiology and Anatomy will also be regularly taught in the Journal, in a popular manner, illustrated by Engravings, and recipes and modes of cure will be given for every disease.

It will thus be seen that the People's Medical Journal occupies an entirely new field, and commends itself to public favor in a variety of ways, which no other such publication has ever done. It is, in fact,

in this department, *the paper for the age*, and will be received as such.

The matter of this number is presented as a specimen, and it is boldly claimed that *nowhere else* can such information be obtained.

In regard to *Price*, nothing need be said. It could not be lower, and can only be made remunerative by a most unprecedented circulation, which, from every indication, it is sure to have.

The People's Journal is the Organ of "Young Physic," and its motto is "*Progress, Reform, Popular Instruction, and NO MYSTERY!*"

A USEFUL FACT FOR SOLDIERS.

Most persons are aware that at a little distance some colors are more easily seen than others, but few even suspect how much more so. A long series of observations have been made on this subject in the British army, by noticing the frequency with which different colors are hit in Targets. It follows from these observations, which have been most carefully made, that while Austrian Grey is hit *five* times, Rifle Green will be hit *seven* times, and Red *twelve* times. It appears from this, that a man in a Red uniform is most likely to be hit, if aimed at, and one in Green next, while he who is clothed in Grey has the best chance of escaping. This is worth bearing in mind.

The great unseen and unknown cause of Disease, Suicide, and Death among Men.

NOTWITHSTANDING that the art of *curing* diseases does not seem to make such progress as we could wish, or as its professors pretend it does, yet our knowledge of the causes of disease, and consequently our power of *preventing* it, is daily extending in the most satisfactory manner. It is only a few years ago, that one of the most general, and most to be dreaded, of all the causes of infirmity and decay in the male system, was discovered.

Many visible and obvious forms of loss and decay, had been noticed and treated long before, but to the great astonishment of many eminent practitioners, there were numerous patients who suffered from the very worst of the usual effects of those known troubles in whom they did not exist,

and yet the effects could not be in any other way accounted for. For a long time this was a mystery, but finally it was discovered that the same loss occurred in an unseen and unknown form, only to be detected by an examination of the Urine, with the Microscope.

This important fact was unknown in America, publicly, till explained in Doctor Hollick's Lectures, and in his Books, especially the one on the Male System. Thousands, however, have died, and are now dying in this very way, who have never had the slightest idea what ailed them, nor have their physicians been any wiser. The man of irregular habits, the man of business, the student, and the debilitated invalid, find their powers daily and hourly decrease from this cause, till they become hopelessly imbecile and impotent, their continued decay being all the time attributed to other causes.

These remarks are made to direct the attention of the nervous, the debilitated, the mentally imbecile, the impotent, and the childless, to a subject of the first importance for them to consider. All such should read Dr. Hollick's book on "The Male Organs," in which it is fully explained.

Only a few weeks ago, "A Terrible Suicide" occurred in this neighborhood, from this cause alone, as Dr. H. *afterwards* ascertained beyond a doubt, though no one connected with the patient, or who assisted at the final examination, had the slightest suspicion of it.

REMARKABLE UNNATURAL PRACTICES.

It is well known that those who are addicted to *solitary vices*, will often resort to the most singular modes of stimulating the sensibility of the parts, when they have become torpid from excesses. A short time ago, a *pen holder* was removed from the urinary passage of a young man, in Guy's hospital, he having himself introduced it; and more lately, a still more singular occurrence of the kind was noticed in Paris. The subject was an old man of seventy years, who used to introduce into the passage a twig of a *fir tree*, with all its rough scales on, to excite the parts. On one occasion the twig broke when he tried to remove it, and a part of it remained behind, which had to be removed by Forceps. No very serious effects followed.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses, and Combinations, with a list of all the names by which they are known, both common and professional.

BEFORE proceeding to our actual explanations, it may be advisable to make a few preliminary observations as to the object of this part of our labors. Up to the present time, everything relating to the natural history and composition of Drugs and Medicines has been kept such a complete mystery, except to the few initiated, that people generally know no more about them than they do about the productions of the Planets. In fact, they are looked upon almost as something *magical*, and dangerous to be touched, except when given through the medium of a prescription, and *paid for*. This, however, is all wrong, and is productive of a great deal of mischief. The public is continually imposed upon by medicines with pretended virtues, and extraordinary powers—known only to the seller—and people are always ready to believe everything of the kind which is told them, simply because they know no better. They in fact, look upon Drugs, now, much as their ancestors used to look upon *Charms*, and *Witchcraft*. Many persons have also lost their lives through *mistakes* about Drugs, which would never have happened if they had known something about them themselves, as they ought to do.

There is no more good reason for men being ignorant of the origin and nature of the Medicines they use, than there is for their being ignorant as to the origin and nature of the bread they eat, or the clothes they wear. Such ignorance is a great evil to those who labor under it, and is an advantage to those, only, who profit by it. For the first time, in *The People's Journal*, this ignorance will be assailed, and all will be invited to learn and know, who are not afraid of doing so. It will astonish many to see, in the course of these explanations, on what a slender base the whole superstructure of mystery and fraud, called *Pharmacy*, is based, and how extremely simple many matters are, which have hitherto been thought so abstruse and difficult.

In the following explanations, the different Pharmacopeias, or Drug Books, used by Medical men and Druggists, are indicated thus:—L. P. the London Pharmacopeia, E. P. the Edinburgh, D. P. the Dublin, U. S. P. the United States Pharmacopeia, Par. Cod. the Paris Codex.

In describing Plants, the abbreviation *Sex. Syst.* means the Sexual System of Botany, and *Nat. Syst.* means the Natural System, as it is advisable to state what class or order in each they belong to.

The scientific names of Plants and Drugs will be given first, and then the common names answering to them. All the formula and recipes will also be translated into English. The mode of preparing drugs in their different forms, as *Extracts*, *Tinctures*, &c, will be explained in separate chapters, as will also the general classification of them into *Tonics*, *Cathartics*, &c. An index of the common names of all the articles will be given at the end of the Dictionary, which will contain a full account of *every Drug or Medicine that is, or ever has been used*.

DICTIONARY OF DRUGS, &c.

Absinthium, *Common Wormwood*,
Sex. Syst. Syngenesia Superflua, *Nat. Syst.* Asteraceæ.

This Plant is a native of Europe, though cultivated in our gardens. There are several varieties of Wormwood, but they have all the same properties. The parts used are the tops of the branches, which yield their properties either to water or alcohol. Wormwood is a good Bitter Tonic, and is used in Dyspepsia, Painful Menstruation, Gout, General Debility, and to kill Worms.

INFUSION OF WORMWOOD.—Wormwood Tops one ounce, boiling water one pint, poured on. Dose, from one to two fluid ounces.

EXTRACT OF WORMWOOD.—Wormwood Tops one part, water six parts, boil it half an hour, then strain it, and evaporate slowly till it is thick as honey. This can be made into pills, and ten to twenty grains be taken once or twice a day. Good as a Tonic, and for Dyspepsia.

TINCTURE OF WORMWOOD.—Wormwood Tops one part, Proof Spirit eight parts,—keep it warm for five days, then express it, and filter through muslin. Dose, from one to two fluid drams. An excellent Tonic, Stomachic, and Vermifuge.

SYRUP OF WORMWOOD.—Bruise the fresh Tops, squeeze out the juice, boil it two minutes, strain, and make a Syrup with nine parts sugar to one of juice, boiled slowly for a quarter of an hour. An excellent Tonic. Dose, from one to two teaspoonfuls.

WINE OF WORMWOOD.—Wormwood Tops two parts, Sherry Wine fifty parts, digest it four days, then express and strain. Dose, one fluid ounce. In painful Menstruation and in Debility.

ESSENTIAL OIL OF WORMWOOD.—From two to four drops may be taken, several times a day, on a bit of sugar. Uses, as above.

COMPOUND SPIRITS OF WORMWOOD, and RATAFIA OF WORMWOOD, are distilled preparations of Wormwood, Juniper, and Aromatics. Their uses are similar to the others. They are kept by some of the French and German Druggists.

Wormwood must not be mixed with Iron.

Accacia, Gum Arabic, Nat. Syst. Fabaceæ, Sex. Syst. Polygamia Monecia.

This gum exudes from several different trees in Arabia, Egypt, Senegal, and other parts of Africa and Asia, and is gathered at certain seasons by the natives, the same as the Gum from our Plum and Cherry trees is gathered here.

Gum Arabic is Soothing, Relaxing, and Nutritive, and is used in medicine to a great extent, and with great advantage. It is given in inflammation of the throat, stomach, intestines and bladder, and to relieve the irritation from acrid poisons. A solution of it in water is also good for nourishment, when food cannot be taken. It will not dissolve in alcohol.

MUCILAGE OF GUM ARABIC.—Powdered Gum Arabic four ounces, boiling water half a pint. Add the water gradually, and rub together. When dissolved, strain through muslin. Used to give many other medicines in.

MIXTURE OF GUM ARABIC.—Mucilage of Gum Arabic three fluid ounces, Sweet Almonds ten drams, sugar five drams, water two pints. Blanch the Almonds by passing them quickly through scalding water, to take off all the skin, then beat them to a pulp in a mortar, with the sugar and the mucilage, adding the water gradually, and mixing all well together. Excellent to appease a cough, or in any internal irritation. Dose, a teaspoonful, or more, when needed.

GUM ARABIC MIXTURE.—Mucilage of Gum Arabic six fluid ounces, Oil of Sweet Almonds three fluid drams, Syrup of Saffron one fluid ounce, solution of Carbonate of Ammonia half a fluid dram. Mix all well together. Used as above and in colds. Dose, a tablespoonful.

GUM LOZENGES.—Gum Arabic four ounces, Starch one ounce, sugar one pound.

Grind them all together fine, in a mortar, and mix them up with just enough rose-water to form a thick paste, which may be cut into lozenges and dried. Excellent for relieving cough.

PATE DE GUIMAUVE, (Par. Cod.) or Compound Gum Paste.—Powdered Gum Arabic two pounds four ounces, white sugar two pounds, the whites of twenty eggs, double Orange-flower water six fluid ounces. Dissolve the gum and sugar in sufficient water, and when clear, strain it, and gently heat and evaporate till it is thick as honey, gradually adding the whites of the eggs, and stirring constantly. When well mixed in this way, pour in the Orange-flower water and mix thoroughly. Then pour out on a stone or hard table, and when cold, cut in small pieces, and keep in tin boxes. This is a most excellent and agreeable preparation, to use for coughs and colds.

JUJUBE PASTE.—This is made by dissolving two pounds of Gum Arabic in two pounds of hot water, and eight ounces of white sugar in four ounces of water, then mixing the two together and pouring it out on a stone or dish. When cool, cut it in pieces for use. The sugar and water must be boiled to a good Syrup before mixing, and the whole may be flavored with Lemon Acid, Vanilla, or with whatever else may be wished, and colored.

SYRUP OF GUM.—Gum Arabic four ounces, sugar one pound, boiling water one pint. Dissolve with a gentle heat, then skim it, and strain.

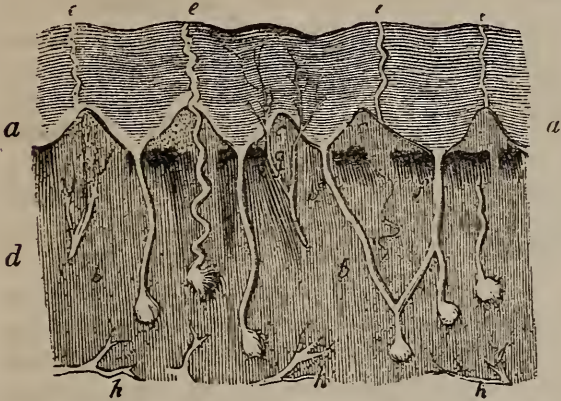
COMPOUND SYRUP OF GUM ARABIC.—The simple Syrup, as above, four fluid ounces, Sulphate of Morphine one grain, Oil of Sassafras one drop, Hoffman's Anodyne half a fluid dram, mix well together. This is known as *Jackson's Cough Syrup*, and is excellent in tickling and difficult coughing. Dose, half a Tea spoonful, and upwards.

TRONCHINS LOZENGES OF GUM ARABIC.—Powdered Gum Arabic eight ounces, Precipitated Sulphuret of Antimony, and Anise of each four scruples, Purified Liquorice two ounces, Extract of Opium twelve grains, white sugar two pounds. Mix, and make into Lozenges of six grains each, of which one may be taken occasionally. In Catarrh and Bronchitis. Some people have also been benefitted by them, apparently, in the first stages of Consumption. The celebrated *Pulmonic Wafers* are nearly the same, and in no respect better.

To be continued in next Number.

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.



A PIECE OF SKIN AS SEEN THROUGH A MICROSCOPE.

a a is the *Epidermis* or *Cuticle*,—the outer layer of the skin—*b b* is the *Dermis*, or true skin,—the inner layer,—*c c* are little points called the *Papillæ*, which cause the *ridges* on the skin,—*d d* is a *nerve* branching into a *papillæ*, to give it *sensation*,—*e e e*, represent the *sudoriferous tubes*, by which the *perspiration* escapes. They open on the surface of the skin, and commence below in *glands*, called the *sudoriferous glands*, as seen in the middle one,—*f f* is the part in which the *coloring matter* is secreted,—*g*, is an absorbent vessel, the branches of which are seen extending nearly to the surface,—*h h h*, are blood vessels.

THE SKIN is an organ whose functions are most important, though but little known. Its healthy condition and proper action are indispensable to the general health, and its obstruction, or inactivity, gives rise to a large number of diseases whose real cause is never suspected. Every person, therefore, should know *what the Skin is*, and how to keep it in a proper condition, which is by no means difficult when the process is pointed out.

Besides its importance to the system generally, a *healthy, perfect Skin* is also a principal element in *Human Beauty*, and on this score alone, would be eminently deserving our attention. Many a face, perfect in *form*, is marred by a defective skin, and many a person, otherwise amiable, is even shunned on account of some deformity of this organ, which makes their appearance unpleasing. Most of these defects and deformities are *removable*, and there are but few *young persons*, to whom a healthy, clear, and beautiful skin cannot be insured.

The skin is the most extensive of all the

organs of the body. It not only covers the surface, but, in a modified form, penetrates to the interior, insinuates itself into all the interstices, and envelopes completely most of the interior parts. On the exterior of the body we find the *Senses*, all being affected through the medium of the skin, especially *touch*, which is almost annihilated by unfavorable cutaneous conditions. It is therefore through this organ that we hold our communication with the exterior world, and that the brain takes cognizance of that with which we come in contact.

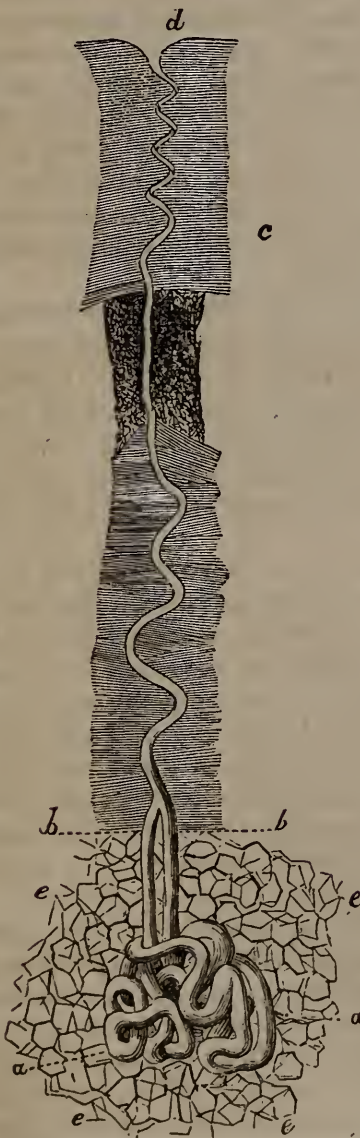
Independent of this, the Skin is an important organ of *Secretion*, *Exhalation*, and *Absorption*. By means of its perspiration, many hurtful substances are being constantly expelled from the body, while the vital heat is at the same time kept in a due equilibrium, and internal congestion prevented. The degree of humidity, or heat, and the color of the Skin, are therefore certain indications of the true condition of a person's health.

The relations of the Skin to the internal organs are also both intimate and important, owing to which, the condition of each constantly reacts upon the other, both beneficially and injuriously, so that internal diseases may originate externally, or the reverse, and the same in regard to curative treatment.

Many philosophers have supposed that one cause why certain people of Antiquity attained so great an age, was the better care they took of the Skin, by means of Bathing, Friction, and more frequent exposure to the action of the air. And even now it is matter of common observation, that those who regularly practice such observances, preserve for a longer time their freshness, and youthful appearance, besides being more lively and active than those who do not.

The *Absorbent* powers of the Skin have also been the foundation of the celebrated theory of *Rejuvenation*, or the restoration and prolongation of youth, by means of the emanations given out from one living body and taken up by another. This, however, is now fully explained in my book on "The Male System," and need only be referred to here.

The principal characteristics of a beautiful and healthy Skin are Firmness, Softness, Suppleness, Clearness, Polish, Transparency, and Color, according to the race, temperament, and part of the body. Upon these qualities depend both its *health* and its *beauty*, and many and constant are the efforts made to preserve or restore them, though too often, from ignorance, such efforts have the very opposite effect. It is unquestionable, however, that there are means of accomplishing these desirable results, in most cases, and fortunately many of them are of easy application. The object of these chapters will be to indicate such means, and to put them in the reach of all; nor can any one contend, after a due consideration of the above brief remarks, that such matters are trivial, and deserving of but little notice, since they are intimately connected both with health, and with agreeable personal association.



a a are the convoluted tubes, which form the glands,—*b b* are the two ducts into which the tubes empty. These two join into one, which passes up into the epidermis, *c*, and opens on the surface of the skin at *d*,—*e e*, are fat cells, in which the gland is buried.

The perspiration is formed in the tubes *a a*, and passes from them into the duct, from which it escapes on the surface of the skin at *d*, like a spring of water.

A SINGLE SUDORIFEROUS GLAND AND TUBE, HIGHLY MAGNIFIED.

ANATOMICAL AND PHYSIOLOGICAL
DESCRIPTION OF THE SKIN.

By reference to the Engraving representing a Sectional view of the Skin, it will be seen that it is composed of several distinct parts, and that it is traversed by numerous canals, and nervous filaments by which it performs its various functions, and is connected with the interior organs. A proper understanding of this curious structure, and of the uses of the different parts, is indispensable to a proper appreciation of the advice and directions to be hereafter given, and the following description should, therefore, be carefully studied.

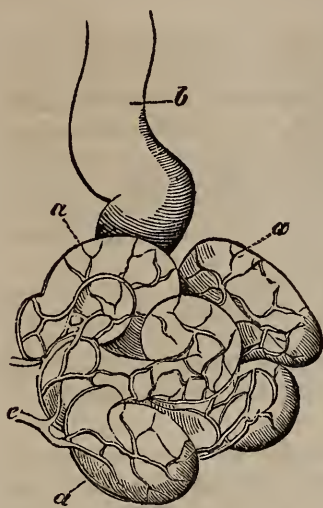
If we magnify the edge of a piece of Skin, or Cuticle, we find two very distinct parts, or elements. First, beginning with the under part, we have the *Dermis*, or true Skin, and secondly, the *Epidermis*, or outer Skin.

THE DERMIS, or lowest layer, is a most interesting subject of study, and may be regarded, in many respects, as the most important element of our cutaneous covering. It is principally composed of a whitish, fibrous, cellular substance, tolerably firm, and not readily distensible. In every direction it offers to the view a most intricate network of fibre, which is everywhere traversed by innumerable *Nerves*, *Blood Vessels*, *Lymphatics*, *Glands*, and *Excreting Canals*, many of which ascend to the surface, and open on the outer face of the Dermis. The lower face of the Dermis lies on the Cellular Tissue, or muscles, and its upper face is covered by the Epidermis, with all of which it is closely connected.

Among the various organs contained in the Dermis, are the glands which secrete the *Perspiration*, the *Coloring matter*, the *Oil*, and the *Bulbs* of the hair.

The *Pigmentary*, or *Coloring Glands*, secrete the Coloring matter of the Skin, which is deposited on the Papillæ, and gives the peculiar hue natural to the Skin. In different races, this Coloring matter varies, and thus marks one of the most characteristic differences among them. The structure of the Coloring Glands, is also, undoubtedly, different in the different races, so that those of the Negro cannot secrete white matter, nor that of the Caucasian black matter, unless from *disease*, as in the case of the Albinos.

The *Sebaceous Glands*, or *Follicles*, are like long tubes, which secrete a fatty substance of a peculiar odor, for the purpose of lubricating the Epidermis in certain parts



A CERUMINOUS GLAND.

a a a are the convolutions of the secreting tube, in which the wax is formed,—*b* is the duct by which it is conveyed away,—*c* is the artery, feeding the gland.

of the body. They either open on the surface, or into the Follicles of the hair, with which they are connected.

The Pilous, or Hair Glands, originate in the deepest parts of the Dermis, and from them springs the hair, which rises to the surface, and protrudes and grows.

The Sudorific Glands, or those which secrete the Perspiration, originate in the fatty matter at the lowest part of the Dermis, and ascend, like spiral tubes, through the Papillæ and Dermis, and open on the outer surface of the body.

In the Dermis, therefore, there are several distinct kinds of Glands, some of which ascend through the Epidermis to discharge their secretions, while others operate only underneath. There are also the absorbing vessels, Nerves, and Blood vessels.

The *Papillary Bodies*, or protuberances, are also an important element of the skin, and by some Physiologists are classed as a separate element of it. They may, however, be properly considered as the outer surface of the Dermis, or the part of it more immediately in contact with the Epidermis. These little protuberances are principally composed of Capillary vessels and Nerves, and may be considered the chief points of sensation. We find them especially numerous and fully developed at the ends of the fingers, where it is well known the sense of *Touch* more especially resides. The more they are developed, the more acute the sense of touch becomes, and by exercise they may be developed much above the ordinary standard, as we see in the case of the blind.

To be continued in next Number.

TINCTURE OF GUM ARABIC.—Gum one part, honey three parts. Mix well together. Dose, a Tea spoonful occasionally. A little Lemon Acid, or Vinegar may be added, if desired.

BOOKS ON PHYSIOLOGY AND MEDICINE,

By Dr. F. HOLLICK,

Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

No married person, of either sex, should be without this book. It is utterly unlike any other ever published, and the matter it contains can be found nowhere else. It contains numerous Engravings, and colored Plates, designed especially for this work, and showing many of the new discoveries, as well as Anatomical details and Physiological processes.

THE

Male Generative Organs,

In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without ever suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

THE
DISEASES of WOMAN.

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☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

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VENEREAL DISEASES,
IN ALL THEIR FORMS,

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This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

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ANATOMY AND PHYSIOLOGY,
And their application to the Preservation of Health,
For the use of Children in Schools and at Home, or for the self-instruction of Teachers and adults generally. Arranged in Questions and Answers, and illustrated by Eighty-five Engravings, with practical directions for easily procuring objects for illustrations, and for forming Anatomical Museums without cost. By **Frederick Hollick, M. D.,** Author and Lecturer on Anatomy and Physiology. Published by
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In Infancy is laid the foundation of a life of Health, or of Disease and Pain.

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THE NATURAL HISTORY OF PERFUMES AND FLOWERS,

And their various influences on body and mind, both as Hygienic Agents, and as Aids to Beauty, with Recipes for numerous agreeable and useful Compounds for the Toilette.

Continued from No. I.

THE greater part of the Perfumes in general use are produced in warm countries, and they are furnished by all three of the great departments of Nature, the Animal, Vegetable and Mineral, but the greater part are Vegetable.

There are a great number of substances of this kind, but as many of them are but little known, or used, it is not necessary to refer to every one, ; we shall, therefore, only speak in detail of those which are or have been, most esteemed and employed.

Musk.—This is a very powerfully odorous Animal substance, of a brown color, and rather unctuous feel, which is obtained from the *Musk Deer*, an animal principally found in the mountainous parts of Eastern Asia. The Musk is first obtained in the form of a thick viscid fluid, from a little sack, or pouch, situated in front of the animal's *Prepuce*; and is, in all probability, the natural secretion of the preputial glands. On being dried, it forms the Musk in ordinary use, though it is seldom seen in commerce in a pure state. What is usually called Musk is, for the most part, dried blood, scented with a small portion of Musk.

Pure Musk is too rare and costly to be used undiluted, but its extremely strong odor allows of its being employed in combination with other matters to a great extent, as a small portion goes a great way. Two hundred and fifty dollars an ounce have been given for good Musk, and frequently it cannot be obtained at all, except in small quantities. The most pure comes to us in the natural pouch of the animal, which the hunters cut off, but even this is adulterated.

This peculiar odor is so powerful, in its concentrated form, that unless the Musk-hunters take certain precautions, it causes fainting, and bleeding at the nose, to those that smell it. It has even caused convulsions and delirium, when too strong, and also some peculiar *amative* manifestations, which will be more spoken of in our medical explanation of it.

As a Perfume, Musk is very agreeable to most people, when properly prepared, and compounded with other appropriate substances. It is most usually mixed with Am-

brette, Ambergris, or Lavender, in very small proportions, and it enters into the composition of many of the most celebrated Perfumes in use, as will be seen when the Recipes are given.

Musk also exists, in small quantities, in some other animals, as in the Musk Ox, the Musk Duck, and in the Cat, as may often be smelt when she is much excited, and *spits*. The Musk Plant also smells quite strong of it, and some fruits, especially certain varieties of Pears, have quite a Musky odor. It is only obtained for use, however, from the Musk Deer. Musk would be used in Medicine, to considerable extent, if it were not so costly. It is much esteemed as a remedy in various Nervous diseases, such as St. Vitus' Dance, Hysteria and Epilepsy, and undoubtedly exerts a great influence upon some people.

When the nature and origin of Musk is considered, it does not seem so surprising that it should act as an amative excitant, and we need not wonder that some persons have been inconvenienced in this way from using it. It enters, to a great extent, into the composition of some of Dr. Hollick's most successful preparations for impotence and *Anaphrodisia*.

CIVET.—This is also an animal substance, obtained from certain kinds of Cats, somewhat in the same way that the Musk is obtained from the Musk Deer. It is an unctuous substance of a very peculiar odor, not nearly so strong as musk, but still very persistent. It is also not so costly as Musk, because it is more readily obtained.

Civet is obtained from three different kinds of Cats, all of which are natives of warm countries, but principally from the one called the Civet Cat. The Dutch domesticate these animals in Holland, for the purpose of obtaining the Civet, which is taken from a pouch, or bag, on the animal's posteriors, and is, at first, a thick sticky fluid.

The Asiatics keep the Civet Cats in narrow cages, where they cannot move to eject the secretion, and from time to time take them out, tie the legs, and remove the Civet with a little spoon. Sometimes the poor

animals are placed with their hind parts near to a fire, so that the heat may increase the quantity of fluid secreted, and in this way they are kept on manufacturing it as long as they live.

Civet is much adulterated, but not to the extent that Musk is. The purest comes from Holland. It is employed to some extent, to flavor certain kinds of snuff, but is principally used in Perfumery. It combines

with a variety of other substances, and forms part of many celebrated and most agreeable preparations, as the celebrated Powder of Cyprus, for instance.

Civet has no very manifest action, used as a medicine, but its odor affects the nerves of many people, though not to any great extent. It was formerly in much more repute than at present.

To be continued in next Number.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

Continued from No. I.

ANTIPERTUSSIS.—This is a quack remedy for Coughs, and for Consumption. Its base is one of the Salts of Zinc, directions for preparing which will be given in the Dictionary.

ATKINSON'S INFANT PRESERVATIVE.—Carbonate of Magnesia six drams, White Sugar two ounces, Oil of Aniseed twenty drops, Spirits of Sal Volatile two and a half drams, Laudanum one dram, Syrup of Saffron one ounce, Caraway water enough to make up one pint. Dose from a half to a tea spoonful. In flatulence and griping.

BACHER'S TONIC PILLS.—Alkaline Extract of Black Hellebore, and Extract of Myrrh of each two drams, Powder of Holy Thistle one dram. Mix and divide into pills of four grains each. One or two may be taken two or three times a day.

DR. BAILEY'S PILLS.—These were once very celebrated, and are still highly esteemed by many persons as a general medicine. Compound Extract of Colocynth, and Extract of Aloes of each one and a half grains, Castile Soap half a dram, Oil of Cloves fifteen drops. Mix and divide into thirty-eight pills. Dose, two at bedtime, occasionally.

DR. BAILEY'S DINNER PILLS.—Aloes twenty grains, powdered Ginger half a dram, Ipecacuanha eight grains, Syrup sufficient to make into a mass. Divide it into sixteen pills. Dose, one, before dinner, daily.

BARCLAY'S ANTIBILIOUS PILLS, (the Rev. D. Barclay.)—Extract of Colocynth two drams, Extract of Jalap two and a half drams, Extract of Guaiacum Wood three drams, Emetic Tartar eight grains, Oil of Juniper, Caraway and Rosemary of each four drops. Make into a mass, and divide into four grain pills. Use like other Antibilious Pills.

BATEMAN'S PECTORAL DROPS.—Compound Spirits of Aniseed sixteen fluid ounces, Opium one dram, Oil of Fennel twenty drops, Cochineal two drams. Mix well, and shake up when used. Dose from half a tea spoonful upwards.

BATEMAN'S ITCH OINTMENT.—Carbonate of Potash half an ounce, Rosewater one ounce, Vermillion one dram, Sulphur eleven ounces, Oil of Bergamot half a dram, Lard eleven ounces. Mix all together, and rub well in after taking a warm bath.

BATES' CAMPHORATED EYE WATER.—Sulphate of Copper, and French Bole, of each fifteen grains, Camphor, four grains, boiling water four ounces. Infuse, strain through fine muslin, and then dilute with four pints of cold water. One of the best of eye waters.

BATH DIGESTIVE PILLS.—Rhubarb two ounces, Ipecacuanha half an ounce, Cayenne Pepper a quarter of an ounce, Soap half an ounce, powdered Ginger a quarter of an ounce, Gamboge a quarter of an ounce. Make it into a mass, and divide into four grain pills. Dose, one or two at dinner.

BAUME DE VIE, or Balm of Life.—Socotrine Aloes two drams, Rhubarb six drams, Saffron two drams, Liquorice Root one ounce, Proof Spirits, (or good French Brandy,) eight ounces. Digest it for eight days, and then filter through muslin. Dose from one to three tea spoonfuls, after dinner and first thing in the morning.

This is a celebrated mixture, and is really a very valuable tonic in many forms of Dyspepsia, Constipation, and general weakness.

It is a powerful medicine; however, and must be used cautiously.

BEDDOES' GRAVEL PILLS.—Carbonate

of Soda, dried without heat, one dram, Castile Soap four scruples, Oil of Juniper ten drops, Syrup of Ginger enough to make it into a mass. Divide into thirty pills. Dose, one, two, or three twice a day.

CEPHALIC SNUFF. Valerian root in powder two drams, Common Snuff two drams, Oil of Lavender three drops, Oil of Marjoram three drops. Mix all well together. This will often relieve the worst of headaches, and sometimes is excellent for the eyes.

CHAMOMILE PILLS.—Watery Extract of Aloes twelve grains, Extract of Chamomile thirty-six grains, Oil of Chamomile three drops. Make into twelve pills. Dose, two at night, or twice a day. An excellent tonic, especially in Dyspepsia, and in some forms of Nervousness, and Rheumatism.

CHELSEA PENSIONER.—Powdered Rhu-
barb two drams, Cream of Tartar one ounce, Guaicum one dram, Sulphur two ounces, one Nutmeg grated, Honey sixteen ounces. well mix, and take two tea spoonfuls night and morning. In Chronic Rheumatism and Nervous pains.

CHILBLAINS, Cures for.—Sal Ammonia half an ounce, Vinegar five ounces, Spirits of Rosemary one ounce. Mix, and bathe the blains with a soft rag dipped in it.

Or, Oil of Turpentine one ounce, Camphor a quarter of an ounce, Goulard's Extract a quarter of an ounce. Mix, and use as above.

SWEDIAUR'S PASTE FOR CHILBLAINS.—Bitter Almonds eight ounces, Honey six ounces, powdered Camphor half an ounce, Flour of Mustard half an ounce, Burnt Alum and Olibanum of each a quarter of an ounce, the yolks of three Eggs. Beat them all well together in a mortar into a Paste, which must be kept tied up in a jar. A little of this Paste, moistened with water, must be well rubbed on the part affected, night and morning. It must then be washed off with warm water, and the part gently dried with a soft cloth. This is an excellent remedy, both for Chilblains and for Frost bites generally.

WAHLER'S OINTMENT FOR BROKEN CHILBLAINS.—Black Oxide of Iron, Bole, and Oil of Turpentine, of each one dram. Rub them well together, and add one ounce of any simple ointment, or fresh lard.

The Russians always treat Chilblains in this way. They dry Cucumber peelings, and when wanted for use, some of them are softened in water, and the inside part is ap-

plied like a poultice. It is said to be excellent.

To be continued in next number.

EXTRAORDINARY BIRTH.

A woman in London lately gave birth to a perfectly formed female child, with two heads and necks. It was living till just before it was born. One of the heads came into the world nearly four hours before the other, and this was, perhaps, the cause of its death, otherwise it might have lived. There have been many cases of this kind, and the cause of them is not generally understood. Those who feel curious in regard to them, should read Dr. Hollick's "Marriage Guide," in which they are fully explained.

DEAF AND DUMB.

IN France there are no fewer than between twenty-five and twenty-six thousand Deaf and Dumb persons. This is more, I believe, than in any other country, in proportion to the population. They are always the most numerous amongst the most degraded and wretched portion of the people, owing, no doubt, to the bodily imperfection brought on by their mode of life.

BLACK VOMIT.

It has recently been ascertained, that in the matter thrown off the stomach in Black Vomit, there are a number of Living Animalcules, of an unknown species. These living beings are supposed to be concerned, in some way or other, in producing the disease, and perhaps the eggs from which they are produced are drawn in with the breath, or swallowed in the water that is drunk. There are living Animalcules in the discharges of the bowels in Cholera.

DOCTORING.

"POOR THING! it is gone!" So said a tender father to a friend, as he was speaking of a child of two months old, of which Death had just robbed him. "But it was the will of Heaven. We did all that was possible; I have nothing to reproach myself with. It was only sick a week, and in that time we had four physicians. They gave it calomel eight times, put a blister-plaster on its breast, and six mustard poultices; they also gave it antimony, and all other medicines as much as was necessary, but it had to die, poor thing!"

THE ART AND MYSTERY OF PRESCRIBING DRUGS,

Or, An Explanation of the Names, Symbols, and Abbreviations used in Prescriptions.

"Here it is, a raal Docthor's Prescription, as full o' larning as an egg is full o' male. Let me see, what is it? Holy St. Pathrick! it's aisy enough—Big A, little a, bouncing B,—one kitchen Poker, two Snake's Tails, and a Gridiron!"—POWER, the Actor.

Additional Words and Abbreviations Explained.

Continued from No. I.

THE following abbreviations are not so generally employed as those given in our previous number, but still they are used sometimes, and the full words are in general use, we therefore translate them.

Abs. febr. or *absente febre*, In the absence of the Fever. *Ad 2 vic.* or *Ad duas vices*, At twice taking. *Ad 3 tiam vicem*, or *tertiam vicem*, Three times. *Ad gr. acid.* or *Ad gratam aciditatem*, To an agreeable sourness. *Ad def. animi*, or *Ad defectionem animi*, To Fainting. *Ad libit.* *Ad libitum*, At pleasure. *Add.* *Adde.* or *Addantur*, Let be added. *Addendus*, To be added. *Addenda*, By adding. *Adjac.* or *Adjacent*, Near to. *Admov.*, *admoveatur*, or *admoveantur*, Let be applied. *Adst. febre*, or *Adstante febre*, When the fever is on. *Altern. horis*, or *Alternis horis*, Every other hour. *Alvo. adst.*, or *Alvo adstricta*, When the bowels are bound. *Aqua astr.*, or *Aqua astrica*, Frozen water; Ice. *Aq. Bull.*, or *Aqua Bulliens*, Boiling water. *Aq. com.*, or *Aqua communis*, Common water. *Aq. fluv.*, or *Aqua fluvialis*, River water. *Aq. mar.*, or *Aqua marina*, Sea water. *Aq. Niv.* or *Aqua Nivalis*, Snow water. *Aq. pluv.* *Aqua pluvialis*, or *Aqua pluvialis*, Rain water. *Aq. ferv.*, or *Aqua fervens*, Hot water. *Aq. font.*, *Aqua fontana*, *fontis*, *fontalis*, Spring water. *Bis ind.*, or *Bis indices*, Twice a day. *Bib.* or *Bibe*, Drink it. *B. M.*, or *Balneum Maris*, A warm bath. *Bull.*, *Bulliat*, or *Bulliant*, Boil it. *But.*, or *Butyrum*, Butter. *B. V.*, or *Balneum vaporis*, A Vapor Bath. *C.* or *Cum.*, With. *Cap.* or *Capiat*, Let the patient take. *Coch.* or *Cochleare*, A spoonful. It also usually has one of the following words added, to show what kind of a spoonful. (*Magn. Magnum*, *Ampl.* or *Amplum*, Large. *Med.* or *Medium*, Middling. *Mod.* or *Modicum*, Moderate. *Parv.*, *Parvum*, or *Infantis*, a Child's. Thus, *Coch. Ampl.* means "A large spoonful.") *Col.* or *Cola*, Strain. *Comp.* or *Compositus*, Compounded. *Con.* or *Concissus*, Cut. *Cons.* or *Conserva*—

this means either "a Conserve," or "Keep it." *Cont. rem.*, or *Continuentur remedia*, Let the medicines be continued. *Coq.* or *Coque*, Boil. *Coquantur*, Boil them. *Coq. ad. med. consumpt.*, or *Coque ad medietatis consumptionem*, Boil it down to one half. *Coq. in S. A.*, or *Coque in sufficiente quantitate aquæ*, Boil in a sufficient quantity of water. *Cort.* or *Cortes*, Bark. *C. V.*, or *Cras Vespere*, To-morrow evening. *C. n. s.* or *Cras nocte sumendus*, To be taken to-morrow night. *C. m. s.* or *Cras mane sumendus*, To be taken to-morrow morning. *Crast.* or *Crastinus*, To-morrow. *Cuj.* or *Cujus*, Of which. *Cujusl.* or *Cujuslibet*, Of any. *Cyath.* or *Cyathus*, a Cup, or Glass. Generally used with *Thæ.* Tea. or *Vinari* (*Vinari*), to denote a Tea cup, or Wine glass. *Deb. spiss.* or *Debitur spissitudo*, To a proper consistence. *Decub.* or *Decubitus*, Of lying down. *Deglut.* or *Deglutiator*, Let it be swallowed. *Dej. alvi.* or *Dejectionis alvi*, The Stools. *Det.* or *Detur*, Let it be given. *Dieb. alt.* or *Diebus alternis*, Every other day. *Dieb. tert.* or *Diebus tertiis*, Every third day. *Dil.*, *Dilue*, or *Dilutus*, Dilute it. *Diluc.* or *Diluculo*, At daybreak. *Dim.* or *Dimidius*, One half. *D. in 2plo.* or *Detur in duplo*, Give twice as much. *D. in p. æq.* or *Dividatur in partes æquales*, Divide into equal parts. *D. P.*, *Dir. prop.* or *Directione propria*, With a proper direction. *Donec alv. bis dej.* or *Donec alvus bis dejiciatur*, Till the bowels have been moved twice. *Donec alvus soluta fuerit*, Till the bowels shall be opened. *Donec dol. neph. exulav.* or *Donec doler nephriticus exulaverit*, Till the pain in the kidneys is gone. *D.* or *Dosis*, A dose. *Ejusd.* or *Ejusdem*, Of the same. *Exhib.* or *Exhibeatur*, Let it be exhibited. *Feb. dur.* or *Febre durante*, During the fever. *F. venæs.* or *Fiat venæsectio*, Bleed him. *F. H.* or *Fiat Haustus*, Make a draught of it. *Fil.* or *Filtrum*, Filter. *Fl.* or *fluidus*, Fluid. *F. L. A.* or *Fiat lege artis*, Make it by the rules of art. *F. M.*

or *Fiat Mistura*, Make it into a Mixture. *Gel. quav.* or *Gelatina quavis*, In any kind of Jelly. *Har. pil. sum. iij.*, or *Harum pillularum sumantur tres*, Let three of these pills be taken. *Hb.* or *Herba*, An herb. *Hor. m, spatio*, or *Horae munis spatio*, At the end of an hour. *Hor. interm.* or *Horae intermediis*, In the intermediate hour. *Ind.* or *Indies*, Daily. *In Pulm.* or *In Pulmento*, In Gruel. *Inf.* or *Infunde*, Pour in. *Inj. enem.* or *Injiciatur enema*, Give a Clyster. *Lat. Dol.* or *Lateri Dolenti*, On the painful side. *Mane pr.* or *Mane primo*, Very early in the morning. *Man.* or *Manipulus*, A handful. *M.* or *Mistura*, A mixture. *Mic. Pan.* or *Mica Panis*, A crumb of Bread. *Mitt.* or *Mitte*, Send. *Mod. Præse.* or *Modo Præscripto*, In the way directed. *More dict.* or *More dictum*, As directed. *Mor. Sol.* or *More solito*, In the usual way. *Ne tr. s. mem.* or *Ne tradus sine memmo*. This means literally, "Don't leave it without the money," and is often put by the master druggist at the bottom of the medicines to be sent out, as a warning to his assistant. One patient took it to be a part of the prescription. *N. M.* or *Nux Moschata*, A Nutmeg. *Omn. hor.* or *Omni hora*, Every hour. *Omn. bid.* or *Omni bidus*, Every two days. *Omn. bih.* or *Omni bihoris*, Every two hours. *O. M.* or *Omni mane*, Every morning. *O. N.* or *Omni Noctes*, Every night. *Omn. quadr. hor.* or *Omni quadrante horæ*, Every quarter of an hour. *P.* or *Pondere*, By weight. *P. H.* The Pharmacopeia. *P. V.* or *Partitis Vicidus*, In divided doses. *Per. op. emet.* or *Peracta operatione emetic*, When the emetic has operated. *Pocul.* or *Poculum*, A cup. *Pocill.* or *Pocillum*, A little cup. *Post sing. sed. liq.* or *Post singulus sedes liquidus*, After every loose stool. *Ppt.* or *Preparata*, Prepared. *Quibus.* or *Quibusdum*, With a few. *Quar.* or *Quarum*, Of which. *Red. Redactus* or *Redigatur*, Reduce. *Repet.*, *Repetatur* or *Repetantur*, Repeat it. *S. N.* or *Secundem Naturem*, According to Nature. *Semih.* or *Semihora*, Half an hour. *Si n. val.* or *Si non valeat*, If it does not answer. *Si op. sit.* or *Si opus sit*, If there be occasion. *Si vir. perm.* or *Si vires permittant*, If the strength will allow it. *S.* or *Signa*, Sign it, (usually put at the bottom of the prescription, to tell the druggist to sign the medicine as directed afterwards.) *Sing.* or *Singulorum*, Of each. *St.* or *Stet*, Let it stand. *Sub fin. coct.* or *Sub finem coctionis*, When the boiling is nearly finished. *Sum. tal.* or *sumat talem*, Let the pa-

tient take onelike this. *Sum.* or *Sumantur*, To be taken. *Trit.* or *Tritura*, To triturate. *Ult. præscr.* or *Ultimo præscriptus*, The last ordered. *V. S. B.* or *Venæsectio Brachii*, Bleeding in the arm.

By the aid of these, and of the Latin names for all the Drugs, and their Compounds, which will be given in future Nos. almost any prescription can be read quite easily. We shall also give many Prescriptions in full, in Latin, and translate them.

As a conclusion to this chapter, we will now give a regular scientific Prescription for a medicine which many persons in the State of *Maine* would like to take, but cannot, because they do not know how to ask for it.

R

Sp. Vin. Gallici, ℥iv.

Sacch. Alb. ℥ss.

Aq. Bull. ℥vi.—M.—F. S. A.

S.—Sum. Mor. Sol.—Vel. 2 P.

There, now; why, a *Son of Temperance* could take that, surely, if troubled with a *sinking* or *goneness*. If the patient *can't help it*, or *won't*, why, *Sum. Tal.* Let him write this out, and go to the *authorised* Druggist's store, and he will get something which will make his eyes sparkle, and his tongue run thirteen to the dozen. In plain English, it is so much *French Brandy*, *Sugar*, and *hot water*, mixed, and to be taken *us usual*, or *as you please*. Vulgar people would write it *G. R. O. G.* Our readers can translate it for an exercise.

To be continued in next Number.

CHLOROFORM OINTMENT.

THIS is often very useful to rub over the seat of pain in Neuralgia, Rheumatism, Swellings, and other painful affections. It is prepared as follows: Chloroform three drams, Cyanide of Potassium two drams and a half, pure Lard two ounces, white Wax sufficient to make it thick enough for an Ointment. The ingredients must be well mixed, the Chloroform being added last, and it must be immediately put, and afterwards kept, in a well corked or stoppered bottle, which should be opened as little as possible.

ANODYNE NECKLACES.—These are used to ease Children's pains while Teething, and also for fits, though it is probable they are not of the slightest service. They are made of bits of Henbane Root, or of *Bella-donna*, or sometimes of Nightshade.

CAUSES OF INSANITY.

There are three causes of insanity which alone produce probably nine-tenths of all the cases we have. These are: firstly, the abuse of stimulants; secondly, sexual abuses; and thirdly, religious terror and excitement.

In regard to the last of these causes there are some valuable facts, now well established, which show most conclusively the effects of particular opinions. Mr. Eccleston says, in his report on the Rainhill Asylum, in England; "According to my experience, all cases deserving the name of religious insanity are, with rare exceptions, the result of the Calvinistic theology. This opinion is fully supported by many authors of deservedly high reputation, and has recently received a strong confirmation from the statistical tables of Dr. Hubertz on the insane in the kingdom of Denmark." Dr. H. shows that in every thousand persons of the general population, which is Lutheran, only about two are insane, while in every thousand persons professing Calvinistic notions, there are at least *nine* insane. The same results have been arrived at by others, and it is by no means surprising to find it so, when we consider the effects which fear, anxiety, and constant excitement must have on the nervous system. It is also worthy of remark that a state of so-called religious exaltation is often very analogous to Erotomania, and that the one seems even to pass into the other, as shown in *The Marriage Guide*.

Of course these remarks are not made for any *theological* purpose, nor to favor any particular religious views, but simply to show the *medical* importance of such things.

SINGULAR ACCIDENT.

A celebrated German surgeon lately tapped a dropsical patient to discharge the accumulated water, and in doing so some of the dropsical fluid fell on his hand. He washed it off, but took no particular notice of it, and was surprised soon after to find the hand and arm swell and inflame in the most serious manner. By prompt treatment the irritation was finally subdued, but his whole body was afterwards covered with eruptions, showing that the poisonous matter had been absorbed into the circulation. In all probability a little delay would have been fatal. This shows how careful it is always requisite to be in dealing with

any diseased animal fluids. They are very readily absorbed, and speedily infect the whole system, oftentimes in the most extraordinary manner. Thus if an anatomist wounds his flesh while cutting up a dead body, and any of the fluid from that body enter the wound, it is almost certain death, unless amputation be promptly performed. Many men have also lost their lives from being accidentally inoculated with the discharge from a horse with the glanders, which has also been thought capable of producing *syphilis*, as shown in the treatise on *venereal diseases*.

CESARIAN OPERATION.

THE great danger of this operation is well known, but still we constantly learn of successful cases, even under circumstances more than usually unfavorable. In one of the German medical journals is an instance of a female who had once before been cut open, and the child taken out, with perfect success, both living, and who became pregnant again. The second time, however, the doctor arrived too late—the womb had burst open, and its contents were thrown into the abdomen. She was instantly opened again, and two children taken out, with the afterbirths, and all the discharges, from among the intestines. Strange to say she actually recovered perfectly again. The second time the old wound burst open, as it mostly does if pregnancy occurs again.

The most singular thing in regard to this is that a woman who cannot bring forth children naturally, should be compelled to bring them, or to go the full time. She ought to know how to avoid conception, or miscarriage should be induced at an early period.

WELLINGTON, contrary to general belief, was born a sickly child, like Turenne; he was weakly when young, and passed two years at Angers, chiefly on a sofa, playing with a pet dog. He remembered his previous career with no pleasure, and seldom referred to it. His real life began in India, where his body ripened by that genial sun, and the exercise of command called forth every dormant capability of the general and the statesman. The flesh brush and ice-water—long his sole beverage—are said to have been the main instruments for preserving health afterwards.

THE PEOPLE'S MEDICAL JOURNAL.

AUGUST 1, 1853.

☞ Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

☞ All business communications for the Publisher must be addressed to T. W. STRONG 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The TERMS of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

The yearly subscription, only **Twenty-five Cents**, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The Postage for each number is **One Cent**, anywhere in the United States.

Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

OUR SECOND NUMBER.

WE are happy to state, in answer to numerous inquiries, that the success of "The People's Journal," so far as the first number can be taken as a criterion, is almost

unprecedented. It is, evidently, just what was wanted, and every one who sees it at once exclaims, "I must take that." The *expose* of the Signs and Symbols, and Dog Latin, in our first number, excited quite a sensation, and was denounced most bitterly by the regular, orthodox, *old foggy* practitioners, many of whom know but little themselves, and want the people to know nothing at all, about *their* trade.

Well, this desire to straighten the crooked paths of Science, and to make its teachings serviceable to all, is a failing of ours, and our efforts towards these ends, we trust, we shall be able to continue. So far as we have gone, our readers have only had a specimen of our labors, just sufficient to show them the nature of what is intended to be done, but the full exposure of that great mass of Mystery, Imposition and Pretension, which constitutes the basis of Medical practice—as a Trade—is scarcely yet entered upon. When our task is done, if we have time and strength to accomplish it, all these matters shall be made as plain as A, B, C, and people will wonder how it has been possible for them to have been so long deceived.

In the meantime, the "People's Medical Journal" is increasing its circulation, and its friends, by thousands.

THE MEDICAL PARADOX.

IT is a matter of surprise to most people, how it is that we have so many different systems of Medical practice, totally opposed to each other, and yet all thriving, and having their advocates and friends. It is obvious enough that there cannot be any difference, on the whole, in the amount of success of these various systems, for if one was always much superior to the others, people would inevitably soon take to that exclusively. There is no denying the fact that the sick get well, and die, under Allopathy, Homeopathy, Thomsonianism, and all other *pathys* and *isms*, and in much the same proportions, though many of them are as different from each other as light from dark.

What can be more opposite than Allopathy and Homeopathy? And yet one is quite as popular as the other. Nor is this the result of mere caprice, or fashion, for experiments have been made in Hospitals, which show the actual results of both practices to be much the same. Equal numbers of patients, with the same diseases, have been treated under both systems, side by side, and the number of deaths and recoveries has been found to be almost the same.

Private practice also gives the same experience, and even quack remedies can count their cures equally with any regular practice. Nay, more than this, eminent practitioners have admitted that they have often tried the experiment of *doing nothing*, and yet have been equally as successful as when pursuing the most active practice.

Dr. Forbes admits that on one occasion he tried an experiment of this kind with success, on a number of soldiers under his care for Diarrhœa. The complaint being obstinate, and all kinds of practice having been tried with the same success, or rather want of success, he determined to try a new plan. Accordingly he prepared a number of simple *bread pills*, and gave them only to one portion of his patients, while the others were treated as before, in a strictly scientific manner. Now, what was the result? Why, he candidly admits that it puzzled him to say "which was the most successful practice!"

We have a similar instance recorded of a celebrated old practitioner, in Edinburgh, who had been very eminent in his profession for half a century. Some one was remarking, in his presence, how singular it was that the Homeopaths should perform the cures they did with such minute doses of medicine.

"Why, my dear sir," said the old doctor, "there is nothing wonderful in that, for I assure you that nearly all my greatest cures, for many years past, have been effected with *colored water* and *bread pills*, only the patients did not know it."

Now, how is this to be explained. How can we account for the fact that just as much good, and harm, is effected by pursuing such totally opposite practices, and by doing nothing at all? The explanation is simply this. All cures are effected by the *Power of Nature*, which is sometimes assisted, and sometimes opposed, by all remedies and modes of practice, it being, in most cases, a mere chance, with all alike, whether they help or hinder.

That medicines sometimes do good, is undoubted, and that they sometimes do harm, is equally certain; but whether they do, on the whole, most good or most harm, is not so clear. People generally fall into the mistake, when they recover from any sickness, of saying they have been *cured* by the medicine they have taken. But this may be all a mistake. The medicine may in reality have hindered the cure, and they may really have got well *in spite of it*. All that can be safely said is—"we got well after taking so and so, but whether that helped, we cannot say." And this, as we have seen, is daily said by those under Allopathy, Homeopathy, and all other systems, and also by those who take Quack Medicines.

Nature often cures, and the Doctor gets the credit. And the Doctor often kills, and Nature gets the blame.

In comparing two such opposite systems as Homeopathy and Allopathy, there are causes of failure and success peculiar to each, to be taken into account. Thus, there can be no doubt but that powerful Allopathic medicines often make people worse, and even *kill* them, though they sometimes do help to cure. On the contrary, Homeopathy undoubtedly leaves many people to die, who might have been saved by active treatment, but then it never kills. In striking the balance between them, therefore, we say that Allopathy kills and cures, perhaps about equally; while Homeopathy, though it may let some die, yet leaves others to live, by not hindering Nature, and thus comes to about the same thing.

Each mode of practice may be superior to the other in some cases, and no practice at all may often be better than any of them. At present, our knowledge is not sufficient to guide us in all cases to a right selection, and there can be no question but that medical practice is, to an immense extent, a mere matter of guess-work, and its results a mere matter of chance. Of course, we are improving every day, and in time, it is to be hoped, the healing art will be practiced upon well ascertained and certain principles, and its results will then be both beneficial to the patient and creditable to the profession.

One of the most essential requisites for bringing about true medical reform, and progress, is to *instruct the People*, for while they remain ignorant, all kinds of mystery and imposition will be practised upon them, and all kinds of quackery and pretension will thrive. No art or science can progress or become perfect that is made a monopoly of, and kept secret from those who are interested in it.

The time will doubtless come, when medicine will be little needed, because people will become sufficiently enlightened to know how to live so as to avoid disease, but at present we must study how to *cure* the best we can. The aim of our Journal is both to teach *cure* and *prevention*, by giving that information which the People need on these matters, and which has hitherto been withheld from them.

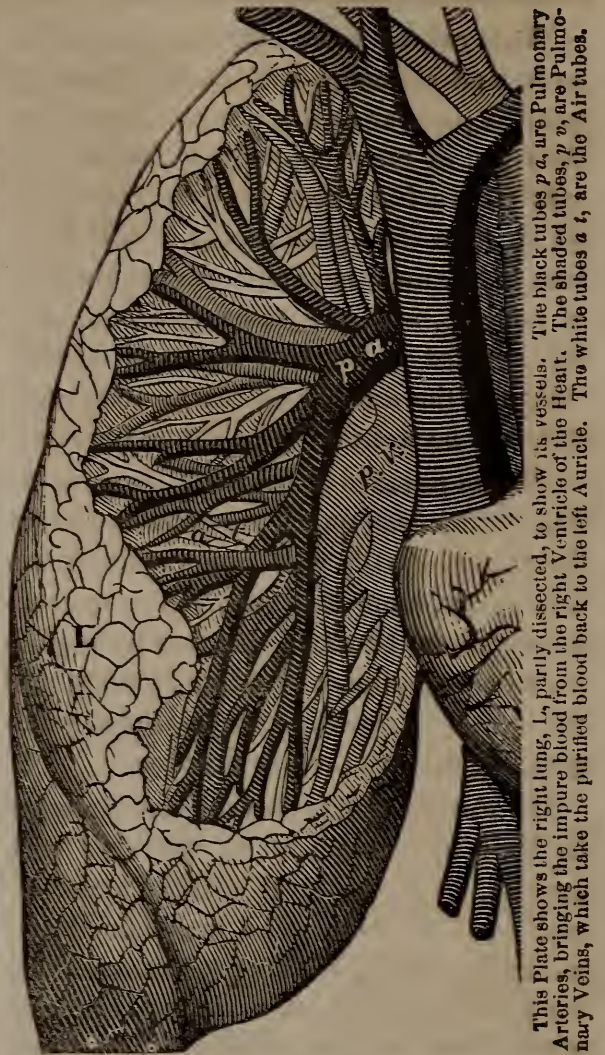
[From Dr. Hollick's American Class-Book of Anatomy and Physiology, advertised on the last page of this Journal.]

STRUCTURE OF THE LUNGS, AND BREATHING.

THE *impure* blood of the Veins can be *purified* only by being acted upon by the *air*, and it is brought in *contact* with the air for that purpose, in the Lungs, by *breathing*.

The *Lungs* are placed in the *Chest*, one on each side of the *Heart*, and they everywhere contain numbers of little *tubes* and *cells*, which branch from the *Trachea*, or *Windpipe*.

Besides these *air tubes* and *cells*, there are, also, others containing *blood*, which branch from the *Pulmonary Arteries*, and



This Plate shows the right lung, L, partly dissected, to show its vessels. The black tubes p a, are Pulmonary Arteries, bringing the impure blood from the right Ventricle of the Heart. The shaded tubes, p v, are Pulmonary Veins, which take the purified blood back to the left Auricle. The white tubes a t, are the Air tubes.

The Blood Vessels and Air Tubes of the Lungs shown together.

from the *Pulmonary Veins*, so that the Lungs are chiefly made up of *air vessels* and *blood vessels*.

The *inside* of the Lungs, therefore, communicates with the *external air* through the *windpipe*, by way of the *mouth*, and with the *blood vessels* and *Heart*, through the *Pulmonary Arteries* and *Veins*.

The *partition walls* between the *blood vessels* and *air vessels* are so *thin* and so full of little *openings*, that when both are *full*, the air and blood come in *contact* or *touch*.

Immediately the *black, impure* blood from the right side of the *Heart* and *Veins* comes in contact with the *air* it becomes *bright red*, and is *purified*, and it is for this purpose that the air and it are brought together in the Lungs.

Every time the *Pulmonary Arteries* in the Lungs are filled with *impure blood*, by the contraction of the *right side* of the *Heart*, the *air tubes* of the Lungs are also filled with *air*, by breathing, to purify it, and if this were not being constantly done, the *impurities* would poison and kill the body.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses, and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. I.

Acetosella, Wood Sorrel, or Green Sauce.

This is a common plant, whose leaves have a pleasant acid taste. *Sex. Syst.* Decandria Pentagynia. *Nat. Syst.* Oxalidacæ. It contains oxalic acid and Potash, and is refreshing and cooling, and useful in Scrofula.

EXTRACT OF WOOD SORREL.—Bruise any quantity of the green plant, in a porcelain mortar, express the juice, and add three times as much water to the bruised plant left in the mortar. Then boil this for an hour, and express again; after which, add the juice, and evaporate the whole slowly, till it is as thick as honey. It should be done in a porcelain vessel, as it acts on the metals very strongly. Dose, one to two scruples.

Acetum, Vinegar.

This is weak ascetic acid, containing usually from five to ten per cent of acid only. It is obtained by fermentation from cider, or malt liquor, and from wine. Vinegar is used internally, with water, as a cooling drink in fevers, and externally as a fomentation. It is also given sometimes as a Clyster. With some kinds of food, and in certain states of the stomach, it is useful taken as an article of diet, but when used in too large quantity, or too often, it is decidedly injurious.

VINEGAR MIXTURE.—Vinegar three ounces, Honey (or Brown Sugar) two ounces, water three pints. Well mix. This is often a very refreshing drink in Fevers. The addition of two scruples of Ascetic Ether, and two ounces of Raspberry Syrup to the above makes it delicious.

MIXTURE OF VINEGAR AND CARDAMOMS.—Vinegar one dram, Compound Tincture of Cardamoms, and simple Syrup, of each half an ounce, water ten ounces. Mix thoroughly.

Very useful in sick head ache. To be taken in tea spoonfuls, or more if the stomach will bear it, frequently.

VINEGAR GARGLE.—Vinegar two parts,

Honey (or Syrup) and Barley water (or Slippery Elm water), of each eight parts.

This is an excellent gargle for sore mouths, or throats.

HOP AND VINEGAR POULTICE.—Boil any quantity of Hops in sufficient Vinegar, and put them on as hot as they can be borne.

This is an excellent application to any part where pain is suffered from Rheumatism, Bruises, Neuralgia, Tooth ache, or in fact in almost any case. The Vinegar, after the boiling, is also an excellent fomentation.

Stramonium leaves, or Hemlock, or Nightshade, are still more powerful when used in the same way, instead of Hops, and will often ease the worst of pains, but it must be remembered they are very poisonous.

Acidum Asceticum, Ascetic Acid.

This is the pure Acid which makes Vinegar when added to water. In its pure state it is too strong for any purpose, and it is diluted with ten times as much water to make the dilute ascetic acid of the Druggists.

AROMATIC VINEGAR.—Ascetic Acid one pint, Oil of Cloves one dram, Oil of Rosemary two scruples, Oil of Bergamot and Oil of Cinnamon, of each half a dram, Oil of Pimento twenty-four grains, Oil of Lavender one scruple, Oil of Neroli ten drops, Camphor one ounce, Alcohol half an ounce. Mix all well together. This is an excellent perfume, and very refreshing to smell in Faintness or Lowness of Spirits, and Nervous head ache. It will, however, corrode the clothes or skin if it come in contact with them. It may, however, be diluted with a pint more of Alcohol, and is then preferred, by many persons, to Cologne water. Keep it in stoppered smelling bottles.

DRY AROMATIC VINEGAR, or Vinegar Smelling Salts.—Crystallized Acetate of Soda one dram, Sulphuric acid twenty drops, Oil of Lemons and Oil of Cloves, three drops each. Must be kept in well-stoppered smelling bottles.

THIEVES' VINEGAR.—This preparation was formerly much celebrated as a preven

tive of the *Plague*, and other contagious diseases, and was said to be used by the thieves who went about robbing the houses of those who died of the *Plague*. As a pleasant preparation to sprinkle on the clothes, or in a sick room, it may be worth preparing, but there is no evidence that it will prevent infection.

Wormwood, Roman Wormwood, Rosemary, Sage, Mint, and Rue, of each one ounce and a half, Lavender flowers two ounces, Garlic, Calamus, Cinnamon, Cloves and Nutmegs, of each two drams, Distilled Vinegar eight pints. Put the whole into a close porcelain vessel, and keep it moderately warm for twelve days, then express, and filter through fine cloth, and add one ounce of Camphor dissolved in just enough Alcohol.

To be continued in next number.

EFFECTS OF STAYS OR CORSETS.

EVERY now and then a statement is seen in the papers that a young lady has died from wearing tight corsets, and many people wonder how death could be brought about from such a cause. The following cuts will show one way in which this injurious custom often causes death, frequently even when it is not suspected.

Every person knows what part of the body is meant by *The Chest*, but it may be as well to describe it in a general way. The Chest, then, is the upper part of the Trunk, or body, and it contains the Heart and Lungs. It is a kind of bony cage, made very strong, to protect its important contents, but also in part very flexible, to allow of certain movements. At the back part of the Chest we have the Back Bone, and at the front the Breast Bone, these being joined together by the Ribs, which are so *bowed* as to enclose a large space. The Ribs are so joined to the above named Bones as to be capable of moving up and down, to increase and decrease the size of the cavity of the Chest. This is necessary in the process of breathing, because when the Lungs are filled with air, as when we draw in the breath, they must, of course, be much larger than when the breath is expelled.

We cannot breathe perfectly, therefore, unless the bones of the Chest can move freely, and if we breathe imperfectly, the Lungs themselves become diseased, and also the whole system, because the blood is not properly purified. Anything, therefore, which compresses the Chest, or waist, even slightly, *does harm*, and if this be done while the person is young, the injury be-

comes permanent, and Consumption, Heart Disease, Nervousness, Dyspepsia, and various other troubles are caused.

Besides this, the bones become displaced, and crushed together, so that they will often grow into the Lungs, or other Organs, and cause serious disease and death in that way.

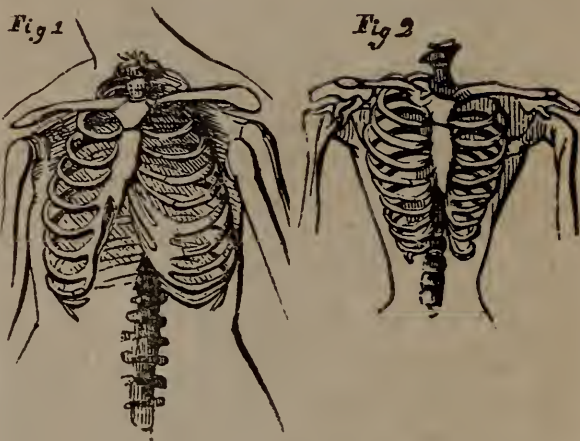


FIG. 1, shows a natural Chest, with the cavity large, giving the Lungs and Heart room to work, and the Bones standing free from each other.

FIG. 2, is the Chest of a fashionable female, who has worn corsets. The Bones, it will be seen, are all crowded on to each other, and the cavity of the Chest is so small that the Lungs and Heart cannot play properly, and, of course, become diseased. Sometimes Abscesses, or Aneurisms form, which, by bursting suddenly, cause instant death. It may also be brought about in other ways, both suddenly and slowly, as will be well understood by those who read the American Class-Book of Physiology advertised on our last page.

And all this is done to make the body a *fashionable shape*! Not a natural shape, for it is very unnatural—not beautiful, for it is *really a great deformity* to have a waist thinner than Nature requires. In future years it will scarcely be believed that people were so absurd as to do such things.

FEVERS are like Indians, they both fly before civilization. Since locomotives were introduced in Michigan, agues have decreased fifty per cent. Physicians once thought that the only antidote for this class of diseases was quinine—experience has demonstrated that a still better one is to be found in subsoil plows and piston rods. Dr. Francis says, every spade introduced into Iowa saves twenty first-class lives. From this it will be seen that “spades are trumps,” medically considered.

THE SKIN:

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial

Continued from No. I.

THE EPIDERMIS, or outer skin, is without vessels of any kind, and is consequently devoid both of sensation and vitality. It is probably the dead secretion, or exhausted and thrown off part of the Dermis underneath. This is the part that is raised up by a blister, or that we can pick up with a pin, without its causing any pain. The Epidermis is colorless, but transparent, and therefore shows the color of the Pigmentary Glands underneath.

The chief use of the Epidermis, seems to be that of a protector to the sensitive Dermis, and its glands underneath. We all know how acutely painful the Dermis is when uncovered by the Epidermis being chafed off, or burnt, or raised up by a blister, so as to expose the Nerves of the Papillæ.

This brief sketch of the Anatomical structure of the Skin, and of the functions of its different parts, will be sufficient, with our occasional reference to the engraving, to give a clear understanding of our after explanations.

Color of the Skin.

The color of the Skin is determined, in the different varieties of the human race, by the peculiar matters secreted by the Pigmentary Glands. In the Caucasians, these secrete a white substance; in the North American Indians, a red substance; and in the Negro, the secretion is black. This secretion lies chiefly in the intervals between the Papillæ, and is seen through the Epidermis, which is itself white in all the races, as may be seen when it is raised up by a blister, for instance, on a Negro.

This difference in the secretion of corresponding Glands, in the different varieties of our race, is both interesting and important. Recent investigations make it extremely probable that the difference is really owing to a difference in their *structure*, which, of course, makes an actual *specific* difference, the same as between the Dog and the Wolf. Because any permanent structural difference between two classes of beings, stamps

them of different species. This precludes the idea that all the different varieties, or species, of our race, can be brought to the same standard, or that they could have had a common origin, as M. Agassiz so conclusively shows.

It appears from the investigations of Microscopists, that the various shades of color among whites is owing to this cause. The coloring matter is in the form of flat oval Corpuseles, placed in a layer under the Epidermis. When this layer is thin and transparent, the color of the Skin is fair, but if it be thick and opaque, the color will be more or less brown. When it is thin, also, and less compact, the blood-vessels ramify more perfectly through its substance, and are more plainly seen on the surface, which causes certain parts to appear *ruddy*.

Some parts of the body, in all people, are naturally darker than the rest of it, because the coloring matter is always deposited there in a thicker layer. This is the case in the arm pits, and on the breasts, for instance. Occasionally we see instances, in all the races, of individuals in whom the coloring matter is entirely absent, and who are always deathly white, hair and all. These people are called *Albinos*, and are really diseased, or organically imperfect.

The coloring matter in the Negro is very dense, but still it will occasionally disappear entirely, either in blotches or wholly, and leave the Skin quite white. This is the result of disease, to which the Negro Skin is more liable than the whites, on account of its being so much thicker, and so much less sensitive.

Even the pigment of the Caucasians varies, to a certain extent, in different individuals, being in some pearly white, in others grayish, and in others again slightly brown. This is in part the result of temperament, and is effected, to a great extent, by the blood. Thus, in Lymphatic people the Skin is usually fair, on account of the preponderance in them of mucus particles, while in Bilious people it is brown, or yellowish, owing to the presence of bile.

It is not possible, therefore, to change a natural color of this kind by any mere external application, but only by such means as will change the constitution of the blood itself, and thus vary the nature of the coloring secretion. This can, however, be done to a great extent, as will be shown further on, providing persons are willing to take the necessary trouble, and for a sufficient time.

External stains, such as Freckles, Tan, or Morpew, on the contrary, can be acted upon, and generally removed, by external applications, such as directions will be given for hereafter.

In the case of deep scars, the Skin is usually whiter than elsewhere, owing to the coloring layer having been destroyed in that part, but even many of these causes of disfigurement are, to a great extent, removable.

The Skin varies much in color, according to the state of the health, and has been known to grow yellow, green, and even black, in certain diseases, while in others the coloring matter has all been removed.

To be continued in next number.

SICKNESS AND DISEASE are always either penalties for ignorance, or punishments for crimes against the laws of our nature. Mankind are slow to learn the important truth that it is always possible to *prevent* these evils, if we have the requisite knowledge and means, and that they therefore only exist in consequence of our ignorance and helplessness. Unfortunately, too much attention has been devoted to vain attempts at *cure*, or alleviation, under the impression that sickness and disease were necessary attendants upon human existence, and that all we could do was to mitigate their severity, or inspire patience and resignation under infliction.

In spite, however, of the vast amount of science, practical skill, and accumulated experience which is brought into play in the art of healing, it is yet lamentably imperfect, for a large number of our terrible inflictions, we know no certain remedies.

The confusion and contradiction among medical men are too well known, and are only referred to here in confirmation of what has been previously said. The imposition that is so generally practised, also, is generally well known, though few know when they are subjected to it themselves.

Now all this is matter for serious reflection, and comes home to every one.

A BED OF SICKNESS is one of the most distressing things that can be encountered, both by the patients and friends, and it is of the utmost importance that every one should understand, as far as possible, the nature and best ascertained treatment for every variety of disease known. But above all it is vastly more important for all to study the laws of their being, and the requisites for their due observance, so that disease may be prevented, and then our complicated systems of medical art will become useless.

WHEN you get sickly by over-eating, send for the Doctor. He will bleed you. Then take a dose of physic. This will relieve you, first, of so much life, second, so much food, third, so much cash. Then you can *go on with your dying!*

Dr. Benjamin Rush, speaking of the science of medicine, compares it to "an unroofed temple, cracked at the sides and rotten at the foundation."

THE LEAD DISEASE.—It is well known that the making of white lead, and the use of it in painting, is highly dangerous, but few persons have any idea of the extent to which disease and death is produced by it. The painter's cholera, paralysis, wasting away, and dysentery prevail among those who are obliged to use this article, to a frightful extent. In one hospital alone, in Paris, three thousand one hundred and forty-two patients, afflicted with the Lead Disease, were admitted in ten years. How many more suffered is not known, but probably this was only a small portion of the number. It is fortunate that *white zinc*, which is quite harmless, and much superior, is beginning to supercede the poisonous lead, the making of which is now prohibited in France, and ought to be everywhere.

How can a man calling himself human, reconcile it to his conscience to encourage the making of such an article, by using it, when it is known that thousands of men must suffer from a terrible disease, and die, to produce it? Why, even among house painters, every fourth man, on an average, suffers more or less from lead disease, and numbers die from its effects without the true cause being known.

ANSWERS TO CORRESPONDENTS.

J. F.—All the new discoveries of Pouchet and Bischoff, on Generation, are contained in the *Marriage Guide*.

C. D., New Orleans.—Aristotle's works has been entirely obsolete for generations past, but till Dr. Hollick's Books were published there were no popular modern ones to supply its place.

Medicus.—Yes, the parts can be made to grow, and attain sufficient size, even as late as thirty years of age, by the use of the *Congester*.

A Subscriber.—Cauterizing is not proper in all cases, and may often injure.

A. B., X., D. F. & O.—Yes, undoubtedly, as will be shown in future numbers of the Journal.

L. E.—It is a mistake to suppose that vegetables are more easy of digestion than meats. Some people can scarcely digest them at all, while others can do so with tolerable ease.

Smoker.—Certainly, tobacco is injurious let it be used how it may. There is nothing to recommend it in any way, and so much that is disagreeable and injurious that it seems wonderful how any reasonable man can indulge in it—*especially in public*.

A Lady.—The Journal comes by post, enclosed in a wrapper, so that no one can tell what it is.

Physiologist.—Yes. A woman may bear a child, if not children, after sixty years of age, and a man may be a father after one hundred years. See the *Marriage Guide*.

J. F., Charleston, Cicero, Enquirer, Tyro, A. K. and J. H. have had answers sent by post.

NOTICE TO SUBSCRIBERS.—We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do very much for it with little effort. There are hundreds of people who are *sure* to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of number one, which he allowed to circulate in his neighborhood, secured *twenty subscribers* in a few days, without one being asked. It is sure to go wherever it is *seen*, and any of our subscribers who will *show* a copy around, shall have an extra one sent by post willingly, if they will let us know.

BOOKS ON PHYSIOLOGY AND MEDICINE, By Dr. F. HOLLICK,

Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

No married person, of either sex, should be without this book. It is utterly unlike any other ever published, and the matter it contains can be found nowhere else. It contains numerous Engravings, and colored Plates, designed especially for this work, and showing many of the new discoveries, as well as Anatomical details and Physiological processes.

THE

Male Generative Organs, In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without ever suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

THE
DISEASES of WOMAN.

THEIR causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE! Illustrated with colored Plates, and with numerous Engravings.

If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand. Hundreds of females have stated that they discovered the true cause of their sufferings, for the first time, in this book, and numbers have successfully treated themselves, by the directions given therein, after all the doctoring they had undergone, had been found to be useless or injurious.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,---and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use)

A POPULAR TREATISE ON
VENEREAL DISEASES,
IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

The recent French Discoveries, with the new modes of treatment---the experiments in Inoculation ---and the curious investigations as to the Diseases, by which many eminent men, in former days, have died, are deeply interesting and will astonish all.

The above Books comprise all that Dr. HOLLICK has published on these subjects, and the information they contain is always to the latest moment. They are all the same Price, **One Dollar each**, well bound, and contain each nearly 500 pages, with Engravings and COLORED PLATES appropriate to the topics explained.

They are the only complete popular works of the kind ever published, and contain information of the most interesting and important kind, especially to the married, or those intending to marry, which can be found **no where else in the English Language.** They are strictly moral and scientific, and are well calculated to supercede the immoral and trashy books of the kind with which the public are so much deceived and imposed upon.

No books have ever been more recommended, both by the press and by individuals. Each will be sent anywhere by Post, Free, on remitting One Dollar and the address to **T. W. Strong, 98 Nassau st., N. Y.** Thousands of them are sold weekly.

☞ The attention of Agents, and of the trade generally, is called to these works, the demand for them is constantly increasing, and the Trade allowance is most liberal.

Also in course of preparation, by Dr. Hollick, a most invaluable series of Books for **Schools**, and for **Family Teaching**, on Anatomy and Physiology, embracing many new and important features, which, it is believed, make them superior to any of the kind ever before issued. One is now nearly ready, the Title Page of which is given below. A smaller one, and also a more complete one, will follow, with a series of large cheap **Anatomical Plates.** These are decidedly the **Cheapest Books**, for the purpose, ever published. They are Profusely Illustrated with appropriate Engravings, and have been prepared with the greatest care and attention in every respect. When known, they will be universally used.

THE AMERICAN CLASS-BOOK
OF

ANATOMY AND PHYSIOLOGY.

And their application to the Preservation of Health,

For the use of Children in Schools and at Home or for the self-instruction of Teachers and adults generally. Arranged in Questions and Answers, and Illustrated by Eighty-five Engravings, with practical directions for easily procuring objects for illustrations, and for forming Anatomical Museums without cost. By **Frederick Hollick, M. D.**, Author and Lecturer on Anatomy and Physiology. Published by

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In Youth are formed those habits upon which depend the future character of the Man or Woman.

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CHAPTERS ON THE PHYSIOLOGY OF THE ORIGIN OF LIFE.

CHAPTER I.

How Living Forms begin.

All persons who are in the least acquainted with Animal Chemistry, are aware that living bodies, both Animal and Vegetable, do not differ, in regard to their *composition*, either from each other or from other bodies that are not living. Thus there is not a single particle of matter in the human body different from what may be found in the sticks and stones, and other common objects around us. A man is chiefly made up of the four gasses, Oxygen, Hydrogen, Carbon, and Nitrogen, to which are added a few Salts, Earths, and Metals, in small quantities, but nothing that cannot be found elsewhere.

The sole difference, then, between a living organization, and a mere dead or inert mass of matter, is in the *arrangement* of the material, and not in its *nature*. This difference is, in some respects, like that between a piece of machinery, made of metal, and the same mass of metal before it is arranged into wheels, springs, and other necessary forms. While the brass or iron remains in a shapeless lump, it has none but the ordinary properties of such matter, but fashion it into a *clock*, for instance, and the arrangement of the same material at once develops new powers and capabilities, that could not be manifested before.

When matter is arranged so as to make living bodies, whether Animal or Vegetable, we say it is *organized*, and the living body is called an *organization*.

It is at once curious, deeply interesting, and highly useful, to trace out the process of organization; to see how it begins, how it progresses, and why and how it ends, as end it always does, sooner or later, in every instance. For all living bodies die, or lose their peculiar organic arrangement, and become mere inert matter, as they were at first.

For a long time we have been acquainted, more or less perfectly, with the details of the perfect organization, by means of dissection, but it is only recently that attention has been given to the first steps in organic development. No living body commences its existence in the same form as we afterwards find it, when grown, or developed; but all begin on a simple plan, and become more perfect or complicated, as they proceed. In fact, there is good

reason to suppose, as we shall show further on, that *every living thing is at first the same*, and that the reason for their difference afterwards is, that some continue to develop, or to have new parts formed, after others have completed their development. Even the human body begins as a mere cell, the same as a sponge, or a fungus, but afterwards, if it continues to grow, a succession of cells are formed, which combine in various forms, and make up eventually the complicated organization we afterwards see.

CELLS, AND CELL LIFE.—The most simple, and primary form of organization is that called the Cell. This is the first arrangement of inanimate matter in an organic form, and from it all subsequent additions result. It is similar, as before remarked, in Animals and Vegetables.

A primary cell is like a small bag, called a Vesicle, filled with a fluid, which, when not compressed, is globular, but its form is made to vary according to the forces acting upon it, being sometimes oblong, many sided, or flattened.

The *wall* of the cell, or the bag itself, appears to be entirely structureless, a mere aggregation of matter, similar to that which makes up the body generally. Still there is something peculiar in the arrangement of its particles, for though this bag is strong enough to contain, and always keep from escaping, the peculiar liquid contents of the cell, yet it will permit other fluids to pass through with the utmost readiness, though no trace of pores has ever yet been detected, even with the most powerful microscope. It is owing to this circumstance that the various nutritious fluids in the body, permute every part, without being in the least hindered by the walls of the cells of which all parts are made. In fact, the only use of this bag, or cell wall, seems to be to contain the *fluid*, which is the essential part of the cell, and which is frequently formed before the bag, or cell wall, is produced to hold it.

To be continued in next Number.

CURIOUS EFFECTS OF WOUNDS.—Sir Edward Pakenham was shot twice through the neck. The first wound made his neck crooked, the second, some time after, made it straight again. His last wound, at New Orleans, killed him on the spot.

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.

Continued from No. II.

THE EPIDERMIS, or outer skin, in which, as already remarked, there is no vitality, is merely the dried mucus of the mucus coat underneath, which is gradually forced to the surface in little scales, that dry and fall off. In people who do not habitually wash the body, and change their clothing frequently, these scales may be distinctly seen, and fall off like dust. They are more profusely thrown off some parts than others—as from the head for instance—in the form of *Dandruff*. All persons, of course, scale in this way, but it is only when the scales accumulate in unusual numbers that they are noticed. The softest virgin cheek, under the microscope, looks as rough and scaly as the most tough and weather hardened one that can be found.

It is from the greater accumulation of these mucus scales on parts that are subject to pressure, that we have corns and callosities produced. The blacksmith, for instance, by grasping his hammer so forcibly, prevents the natural and free exudation of the mucus particles, and they are therefore made to accumulate, on the prominent parts of his hand, in the form of hard, horny callosities. Corns are also formed in the same way by the pressure of shoes. The colored races generally, but especially the negroes, have the Epidermis much thicker than that of the whites, and less sensitive. It requires a much more powerful blister, for instance, to act on an African than upon a white, and the same is true of the Indian, though to a less extent. It is the great thickness of the Epidermis which enables the negroes to withstand extreme heat so well, and makes them less sensitive to many causes of external irritation. In the negro, also, the coloring matter forms a real membrane, or distinct layer, which it does not in the white, and this also assists in making the skin more insensible.

A chemical analysis of the Epidermis gives, in 100 parts about 94 parts of horny matter, 5 of gelatine, 1 of acids and oxydes, and a trace of fat.

The whole surface of the Epidermis is

full of little holes, called, commonly, the pores, which are the external openings of the exhaling and absorbing vessels before described. The number of these pores has been estimated to be, for the whole surface of the body, at least two billions one hundred and sixty millions.

The skin is constantly exhaling, or discharging vapors and fluids, both in the visible form of ordinary perspiration, and also in what is called *insensible* perspiration. No matter how dry and chill the surface of the body may appear to be, this process of exhalation is always going on, more or less. The celebrated Sanctorius made a regular series of experiments, extending over thirty years, to determine the amount of matter expelled from the body in this way daily, at different seasons. He found that in the spring, the amount given off by the breath and the skin, was about fourteen ounces in twelve hours. In summer eighteen ounces, in autumn seventeen ounces, and in winter seven or eight ounces. Lavoisier also found that the average amount lost was about eighteen grains in a minute, of which eleven passed by the skin, and seven by the lungs.

It should be remembered, however, that this is much affected by climate, occupation, the state of the atmosphere, and that also the skin endeavors to act more as the other excreting organs act less, and the reverse. Every one knows how the suppression of perspiration, on a cold day, causes the kidneys to act, and in the same manner, active purgation of the bowels makes the surface of the body feel cold.

Excessive sweating, where there is not very active nutrition going on at the same time, weakens the system rapidly, and is always an indication of disease; as in the night sweats of consumptive people, for instance.

In some cases, as much as five or six pounds of perspiration have been known to pass through the skin in twenty-four hours; but this is much above the average. The perspiration itself also varies much, being much more simple and watery in some people than in others.

RECIPES

*For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.
Continued from No. II.*

CHING'S WORM LOZENGES.—There are two kinds of these, the yellow and the brown. The yellow ones contain each one grain of calomel, mixed up with gum and sugar, and colored with saffron. The brown ones contain half a grain of calomel each, and one grain of resinous extract of jalap, mixed into a paste with gum and sugar. A fortune was made out of these lozenges, and thousands have used them who would not have taken a grain of calomel on any account. Ignorance is always imposed upon.

CHOLERA REMEDIES.—Among the various remedies for this terrible affliction, the following are selected as having been found of the most service :

1. **Liverpool Preventive Powders.** Bi Carbonate of Soda, (or Sal Eratus) one dram; Ginger, eight grains, in fine powder. One of these should be taken after breakfast and supper, in a glass of water, whenever the cholera is prevalent, especially by those who feel uneasy in the bowels, or who have acidity at the stomach.

2. **Mr. Hope's Remedy.** Nitrous Acid, (red,) two drams; Peppermint water or Camphor mixture, one ounce; Laudanum, forty minims. Dose, one or two tea spoonfuls every three or four hours, in a cup of warm gruel, or tea. This has cured even after the rice-water discharges have taken place.

4. **American Remedy.** Equal parts of Lard, Maple-Sugar, and fine Charcoal dust, mixed well together. A piece the size of a hickory nut to be swallowed, and may be repeated if necessary in three or four hours. 5. **Recommended by the Board of Health.** Chalk mixture, one ounce; Aromatic Confection, twelve grains; Laudanum, five to ten drops. To be repeated every three or four hours if necessary, till the looseness is stopped. This is more especially for the premonitory diarrhœa, and if taken promptly it will frequently arrest it in a few doses.

6. **Dr. Graves' Astringent Pills.** Sugar of Lead, twenty grains; opium, one grain. Mix up with Gum to a paste, and divide into twelve pills. One may be taken every half hour till the watery discharge ceases.

CHIRAYTA PILLS AND MIXTURE.—They are commonly sold as Dr. Reece's Pills and Mixture. Extract of Chiravta, two

drams; Dried Soda, twelve grains; Ginger, ground, fifteen grains. Make into thirty-six pills. Dose, two twice a day, as a tonic and stomachic, and in acidity.

The Mixture is made of Infusion of Chirayta, eight ounces; Sub Carbonate of Soda, one dram. Dose, two tea spoonfuls three times a day.

CURIOUS CASE OF DELIVERY DURING SLEEP.—The Edinburgh Med. and Sur. Journal records a most remarkable instance of this most unusual phenomenon. The lady fell into a most profound sleep, just about the full period of Gestation, from which no means that were tried could arouse her. This continued for three days, when signs of labor manifested themselves, and delivery actually took place without awakening her. The child, a fine boy, was living, and in every way perfect. The day after, she awoke, as if from a natural slumber, and had not the slightest consciousness of what had occurred. Both mother and child did well.

The probable cause of this was a gradual congestion of the brain, sufficient to keep up a perfect torpor of the nervous system, but not interfering with the ordinary organic functions. The same condition, in fact, that is brought on artificially by chloroform.

Such a case is both curious and important, especially in its bearing on certain possible cases in Medical jurisprudence. If this child had been the result of illicit intercourse, and had died under such circumstances, from the woman being alone, she might have been accused of its murder, without any possibility of proving her innocence.

Pregnancy could occur under such circumstances equally as well as delivery, as shown in "The Marriage Guide."

GONNORRHEAL RHEUMATISM.—Many persons suffer from a peculiar form of Rheumatism, both after being cured of Gonnorrhœa and while afflicted with it. The following recipe seldom fails to relieve: Wine of Colchicum, two drams; Sulphate of Magnesia, one dram; Carbonate of Magnesia, one dram; Iodide of Potass, half a dram; water, five ounces and a half. Dose, a tea-spoon full every four hours.

THE ART AND MYSTERY OF PRESCRIBING DRUGS,

Or, An Explanation of the Names, Symbols, and Abbreviations used in Prescriptions.

"Here it is, a raal Docthor's Prescription, as full o' larning as an egg is full o' mate. Let me see, what is it? Holy St. Pathrick! it's aisy enough—Big A, little a, bouncing B,—one kitchen Poker, two Snake's Tails, and a Gridiron!"—POWER, the Actor.

Examples of Prescriptions.

AFTER the explanations given in our previous numbers, of signs and abbreviations used in the druggist's art, our readers will be prepared to read a series of regular scientific prescriptions with ease, after a few examples. Of course it is not possible to give such a full list of terms as would enable any one to read every possible prescription, because to do this they would require to know the Latin language in full. There is not one medical man in five hundred, however, who uses Latin terms beyond those here given, and very few even that go so far. The list already given, includes nearly all in actual use, and the following recipes are given rather to show the mode of using them, and also to give the recipes themselves, which are good ones, and well suited to certain purposes. The usual abbreviated form will be given first, and then the full translation, in Latin and English. It should be remarked that in writing a prescription, each article occupies but one line, by itself; but this would occupy too much room in the Journal; we shall therefore only give the first one in that way, to show the mode, and write the others continuously:—

1. R.—Vin Aloes ℥ji,
Infus. Senn. ℥iiss,
Magnes. Sulph. ℥iv.

M. Hujus Capiat ℥i hora 7ma matut.; et cerciter, horam X partem reliq. Sumat. si opus fuerit.

This written in full in Latin would read as follows:

Recipe—Vini Aloes drachmas duas, Infusi Sennæ, unciam cum semisse, Magnesiæ sulphatis drachmas quatuor.

Misce. Hujus Capiat unciam, hora septima matutina; et cerciter horam decimam, partem reliquam sumat. si opus fuerit.

This in plain English is as follows:

Recipe—Wine of Aloes two drams; Infusion of Senna, one ounce and a half; Sulphate of Magnesia, (Epsom Salts,) four drams.

Mix. Of this let the patient take an ounce at seven o'clock in the morning, and the remainder at ten if there be occasion.

This is a very good purgative mixture, usually operating promptly and efficiently.

2. R. Mist. Amygd. ℥iv; Syrup Scill. ℥jii Tinct. opii gtt xl.

Quod unciat. sumatur tussi admodum ingravescente.

Recipe.—Mistura Amygdalæ unciat. quatuor; Syrupi Scillæ drachmas tres; Tinctura opii guttas quadraginta; Quod unciatim sumatur, tussi admodum ingravescente.

Recipe.—Sweet Almond mixture, four ounces; Syrup of squills, three drams; Laudanum, forty drops. To be taken in ounce doses, when the cough is very troublesome.

Very useful in any troublesome cough.

3. R.—Magn. Sulph. ℥iiss.; Acidi Sulph. dil. ℥iiss; Aq. Ment. Pip. ℥vi; Syr. Rhæad ℥ji.

M. Hujus mist sumant. cochl. IV omn. tribus horis, donec venter rite solut. fuerit.

Recipe.—Magnesia Sulphatis, unciam et semissem; Acidi Sulphurici diluti, drachma cum semisse; Aqua menthæ priperitæ unciat. sex; Syrupi Rhæados, drachmas duas.

Misce. Magnesiæ Sulphatis, sumantur cochlearia, quatuor, omnibus tribus horis, donec venter rite solutus fuerit.

Recipe.—Sulphate of Magnesia, one ounce and a half; diluted Sulphuric Acid, one dram and a half; Peppermint water, six ounces; Syrup of Corn Poppies, two drams.

Mix. Of this mixture let two table spoonfuls be taken every three hours, until the belly has been thoroughly opened.

This is a good purgative mixture.

Other examples of a like kind will be given in our future numbers, both as samples of the mode of writing prescriptions, and also as useful recipes.

DR. BAILLIE, who was appointed Inspector at New York, made a startling statement relative to the frauds perpetrated in drugs. Out of a million and a half of dollars worth of drugs entered at the Custom House, one-half was useless or worthless. Rhubarb, Jalap, Iodine and yellow bark were adulterated frightfully, and would have reached the stomachs and persons of the people, but for the Inspector.

THE NATURAL HISTORY OF PERFUMES AND FLOWERS,

And their various influences on body and mind, both as Hygienic Agents, and as Aids to Beauty, with Recipes for numerous agreeable and useful Compounds for the Toilette.

Continued from No. II.

CASTOR.—This is not much used in Perfumery at present, but still it is by some held in repute. It is an animal secretion, like Musk and Civet, and is secreted by the Beaver. It is obtained from a sack, or pouch, the same as in the Musk Deer, and Civet Cat, and is at first semi fluid, but after being taken from the sack a short time, it dries into a reddish brown looking substance.

The odor of Castor is disagreeable to most people, but it combines well with some other scents. The taste is bitter and aromatic. It is used in medicine as an Antispasmodic, especially in some forms of hysteria, and is not without some value in this way. It is not so costly as Musk or Civet, being more plentiful.

AMBERGRIS.—This is a peculiar substance found floating in the seas, and upon the shores of many parts of the world, but especially of India and China. It is at first softish, like wax, but gradually hardens by exposure to the air. Its color is greyish, hence its name *grey Amber*. It is found in lumps of all sizes, from an ounce, or less, up to many pounds in weight.

The origin of Ambergris was long a mystery, and numerous opinions were held in regard to it. Some supposed it to be a kind of Fungus, which grew at the bottom of the sea, others thought it was a resinous exudation of certain trees, and others again that it was nothing but the dried foam of the seas. Buffon thought that it was a compound of Bitumen and animal matter, but nobody knew for certain whence it came. Finally the celebrated Schewdiaur asserted that it was nothing but the excrement of a certain kind of whale, when in a diseased state, and subsequent discoveries have confirmed this. The whale sometimes vomits it, and sometimes ejects it from the intestines, but always it seems to be connected with a state of suffering and decay in the animal.

Those who have read Melville's "Moby Dick," will recollect that he gives an interesting account of the capture and opening of an Ambergris whale.

Ambergris has not much scent itself, but

it has the valuable property of heightening and developing other scents to a remarkable degree, especially Musk. It is used to a great extent in the making of compound perfumes, numbers of which would be very imperfect without it.

Ambergris is also used in medicine, especially in convulsive disease, and in debility. It is also in repute as an *Aphrodisiac*, but being expensive its employment is limited.

It can hardly fail to strike every one, as a very singular circumstance, that some of the most noted perfumes, Musk, Civet, Castor, and Ambergris, should originate from such peculiar and analagous sources, and that they should all be, more or less, *Aphrodisiac*. Many persons even suppose that they excite exotic feelings when used as odors, as well as when used internally.

BENZOIN.—This is a resinous substance, produced from certain trees that grow in the Indies. It is a very agreeable perfume and enters into many celebrated compounds. The tincture of Benzoin, mingled with water, form the celebrated *Virgins Milk*, of which more will be said in another place.

Benzoin is also very agreeable when burned, as it is in Catholic Churches, and it is then called Incense. It is also used in medicine to a considerable extent, as will be explained in the Dictionary of Drugs and medicines, and is a useful ingredient in many preparations for the hair.

To be continued in next Number.

ELLEN ELLIS, at Beaumaris, in Anglesea, Wales, aged 72, was brought to bed May 10th, 1776. She had been married forty-six years, and her oldest child was 45 years old. She had not had a child for 25 years before. (To understand how this could happen, read Dr. Hollicks "Marriage Guide," in which it is explained.)

KILLING BY MUSKET BALLS.—A man may be killed by a ball which does not enter his body, or strike his head. Major King was killed at the battle of N. O., by a rifle ball, which struck him on the pit of the stomach and only left a bruise.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses, and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. II.

Acidum Arsenicum, White Arsenic.

This well known, and extremely virulent poison, is in the form of a heavy white powder, without smell, and with a slightly acrid taste. At a red heat it flies off in fumes, which smells like garlic. It is an acid mineral substance, and is found in mines, in connection with many of the metallic oxides.

Notwithstanding its poisonous properties, Arsenic is often a very valuable medicine when properly used, and is the basis of many active quack remedies. It is employed in Fever and Ague as a tonic. In Neuralgia, St. Vitus Dance, and periodic headache, but more frequently in skin diseases, Cancer and secondary syphilis. It is also sometimes used in old cases of Rheumatism, Dropsy, and Epilepsy. Full directions what to do in cases of poisoning with Arsenic, as well as all other poisonous substances, will be given hereafter.

ARSENICAL POWDER.—White Arsenic one part, Calomel one hundred and ninety-nine parts. Well mix. Used to sprinkle on cancers, and bad ulcers, and also on some scaly skin diseases.

COMPOUND POWDER OF WHITE ARSENIC.—White Arsenic six drams, Powdered Dragons Blood two drams, Animal Charcoal four scruples, Cinnabar three ounces. Mix them thoroughly. Used for the same purpose as the above.

ARSENICAL OINTMENT.—White Arsenic one dram, Lard and Spermacetti Cerate of each six drams. Melt the Lard and Cerate together with a gentle heat, and add the Arsenic, which must be well mixed with them in a glass or porcelain mortar. Used like the powders.

SOLUTION OF ARSENIC.—White Arsenic one scruple, distilled water two ounces.

This is used for the same purposes as the powders and ointment above. All these external preparations of arsenic, however, are extremely dangerous, as the poison is absorbed into the system, and many serious accidents have occurred in this way. All the quack plasters, ointments, powders, and washes for cancer, are essentially the same

as the above, and though they sometimes act favorably, are always used at great risk.

ARSENICAL PILLS.—White Arsenic two grains, Powdered Opium three grains, White Scap eight grains, Powdered Liquorice Root enough to make it work into a stiff paste. Divide into twenty pills, of which each will contain one tenth of a grain. One may be taken, once, twice, or three times a day, in Intermittent Fever, Neuralgia, and other Nervous affections, and also as a Tonic and alterative, and in Chronic Paralysis.

ASIATIC PILLS.—White Arsenic one dram, Black Pepper nine drams, Liquorice Root Powder, and Gum Arabic Mucilage, of each sufficient to make it into a paste, which must be divided into 800 pills, of which each contains one thirteenth of a grain of arsenic. One or two may be taken daily in any of the above cases. These are much used in the East Indies, for secondary syphilis, and all skin diseases.

There is also the *Liquor of Arsenic and Potash* kept at the Druggists, of which from five to ten drops may be taken two or three times a day. And also *Fowler's Solution of Arsenic*.

Arsenic must not be used with Iron, Lime, Magnesia, Acids, Alum, Nitrate of Silver or Infusion of Bark.

Acidum Benzoicum, Benzoic Acid.

This is the essential principle of Gum Benzoin, from which it is obtained by dry distillation. The common name is *Flowers of Benjamin*. (See Benzoin).

Benzoic Acid is not much employed, except in the preparation of Paregoric, and a few other compounds. It is sometimes found useful in Gout, in Acid urine, and in Mucus discharges from the Bladder, and also as an expectorant in Coughs and Colds.

MIXTURE OF BENZOIC ACID AND COPAIVA.—Benzoic Acid one dram, Balsam of Copaiva half an ounce, the white of one Egg, Camphor Water seven ounces. Mix.

Dose two table spoonfuls three times a day. This is useful in cases of chronic irritation of the Bladder and Kidneys, and in Gleet and Spermatorrhœa.

To be continued in next Number.

THE PEOPLE'S MEDICAL JOURNAL.

SEPTEMBER 1, 1853.

☞ Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

☞ All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

. All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The TERMS of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

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MEDICAL AND HYGIENIC INFORMATION AMONG THE PEOPLE.

It is a most extraordinary thing, when rationally considered, that intelligent people should not only be *content* to remain in total ignorance respecting medicine and

hygiene, but that many of them think they ought to remain so. There are thousands of such people who seem to make up their minds to always be, in regard to these matters, as uninformed as the most uneducated classes in the community. And yet how absurd, how suicidal does such an inattention to their own obvious interest appear, when reflected upon. The general practice, even among enlightened persons, is to leave the preservation of their health to chance, and its restoration to the doctor, as if they had no special concern either in the one or the other. Now, what would be thought of a man who should so act in regard to his *business*, by leaving its direction and care entirely to a stranger? Would any one pity him if his business should be neglected, or if he should be robbed? Certainly not. Every one would say, *he should look after his own business*, and not expect other people to do it for him, unless he makes up his mind that they will pay themselves for doing so. Just so it is in regard to the matter of which we speak, and even more emphatically so. A man's *health* must always be *more* his affair than any other persons, and he must never expect that any one else can, or will, have the same interest in its preservation as he has himself. Other men may make a trade of looking after it for him; but, as a general rule their interest in it must always be mainly regulated by their own interest, and not by actual personal considerations. It may often happen even that the doctor's interest may be better served by his patient remaining sick, and while human nature remains as it is, we cannot wonder if his sickness is sometimes lengthened, under such circumstances, instead of shortened. Besides, there are many matters respecting all persons constitutions and requirements, which they can always, with a little instruction, understand better than any one else ever can do; because such things require personal experience.

Many people, we are aware, are kept from bestowing attention on these matters,

from a belief that they are above their comprehension, or that they require too much time and study to be understood usefully. This, however, is quite a mistake. Every intelligent person can easily obtain, at the present day, an amount of knowledge on such subjects that will be of incalculable utility to him in various ways. He may not become proficient in compounding and prescribing drugs for all his ailments, though even of this he may readily learn much; but he can learn how to live so as to avoid disease, and preserve his health, which is far better. A small amount of knowledge in the patient might often have prevented what all the skill of his doctor afterwards could not cure.

In addition to this, the very fact that a patient is known by his adviser to have some knowledge of such things, prevents his being imposed upon. It is only among very ignorant people that quackery and imposition can thrive, and all the efforts of scientific men can never overcome quackery while the mass of the people remain ignorant. In fact there is, in all probability, fully as much quackery in the profession as out of it; for a regular diploma may, and often does, cover as much ignorance and pretension as a mere cure-all advertisement.

Educate the people, and show every man and woman that it is their interest to understand themselves, and then we shall both have less suffering and less plundering deception.

◆◆◆

DROWNING.

As this is a very common accident, and as there is much ignorance about what is best to be done when it happens, a few words of advice may be of service.

Many people suppose that a drowned person dies from swallowing the water, and hence arose the useless and hurtful practice of holding the drowned by the heels, with the head hanging down, *to let the water run out*, as it is said. This, however, could only be done from ignorance. When persons are immersed in water, the top of the wind-pipe, or *Glottis*, closes, to prevent the water entering; the same as it

does to prevent the food entering when we eat, or fluids when we drink, and it constantly remains closed. But during this state, of course *no air can enter*, and the person is thus suffocated, precisely the same as if smothered with pillows, or dust, or any noxious gas. A few drops of water may enter the wind-pipe, or pass to the stomach, in the struggles of the sufferer, but they are of no consequence.

The first things to be done, when a person is taken out of the water, are to clean the mouth and nostrils of all mucus and foam, and then use the best and quickest means for making the body *warm*. Let it be carried instantly to a warm place, if possible, on a board, if it can be had, with the head and shoulders well raised, then tear off the cold wet clothes instantly, and replace them by any warm things that come readiest. Put hot irons wrapped in flannels, bags of hot sand, or salt, or bottles of hot water, to the feet, legs, thighs, hands, sides, and pit of the stomach, and commence at once to well rub about the body with spirits or oil of turpentine, if it can be obtained, or with the bare hand, or dry flannel, if they are not obtainable. Remember to *rub hard*, and without stopping, for *many hours*, if necessary, one person succeeding another, and keeping up the applications at the same time. Let the motto be "never despair." If the smallest warmth can be excited, I would persevere even for a day or more. Never try to breathe into the lungs, it seldom does any good, and may do harm; especially do not use bellows, as some do. The ribs may be gently squeezed together, and the breast pressed down at regular intervals, to try and draw air into the lungs, but this should not be done forcibly, nor should the other means be left off while doing it. The great dependance is upon the *friction* and *warmth*, keeping the mouth and nostrils clean at the same time, and the head and shoulders well raised.

A *hot bath* is excellent, if it be ready, or the warm glow of a fire; but rub well, and try to excite warmth the quickest way possible. The first few moments are the most precious, and should be industriously occupied.

Persons have been recovered after being under water for five or ten minutes, and even as long as *fourteen* minutes, and after being apparently dead for many hours. At the terrible Railroad accident at Norwalk, a Miss Griswold was given up as past recovery by the physicians, and the body

left with the actual dead. A worthy man, however, who had previously tried to recover her, without success, was determined still to persevere, and on a second trial, half an hour later, he had the untold pleasure of seeing the vital spark gradually revive, and she actually recovered. This young woman was thus snatched from the very grave, for she would certainly have been buried but for this gentleman's humane determination. It is said he rubbed so energetically that he had to take off his coat, from becoming hot himself, and the noble fellow wept like a child when he saw his efforts successful. His name deserves to be remembered—it is Linus Benedict, of New Canaan. Undoubtedly many have been buried who might have recovered, if similar perseverance and judgment had been practised in their cases.

As soon as the patient can swallow without choking, give small quantities of hot tea, soup, or gruel, and if the head does not seem congested, a *little* brandy may be added; but there should only be small quantities of anything given, and at intervals. Everything around should be kept quiet, and no visits, or other disturbing causes allowed to peril the recovery, for life often hangs by a thread for a long time. If the head seems congested after the patient comes round, a few leeches may be of great service. In the summer time, the hot sun may serve well to lay the body in, shading the head, especially if there be hot sand.

THE AGE OF YOUTH, OR ADOLESCENCE.

THIS is a very important period of life, in both males and females, and will be watched by intelligent parents and guardians, with the greatest care and anxiety. Puberty commences at various ages, according to climate, to some extent, but is more influenced in its appearance by social circumstances, education, and constitution, or temperament. In this country the usual period is from fourteen to sixteen years for males, and from twelve to fifteen for females. It is often observed earlier, on an average, in boarding schools, in both sexes—probably from bad habits, mental excitement, and crowded sleeping rooms principally. Dr. Copeland remarks, that "this is one of the most important epochs of human existence; for during it the natural development of the sexual organs imparts a healthy and tonic excitement throughout the economy, bringing to their

state of full perfection all the organs of the body, and all the manifestations of mind, excepting those that are derived from experience. The organs of respiration and voice have acquired their full growth and tone; the muscles their due proportion, and the cerebro spinal nervous system, its beautiful organization; placing man, by the exercise of its admirable functions, at the head of all animated creation—the dread of all other animals, the wonder of himself.

As the functions and destinies of this period are important, so they require the supervision of the experienced and the good. For with this development and activity of both the physical and mental powers, the instinctive feelings and emotions of our nature have also reached the utmost limits of their activity, and many of them, particularly those related to the perfect condition of the reproductive organs, acquire an ascendancy that both the dictates of reason and moral restraint are required to control.

The evil practices which both sexes are liable to acquire at this period of life, and to which they more commonly become addicted when they associate in numbers at seminaries, demand the strictest precaution. They have been too generally overlooked, both morally and medically, from the circumstance of the consequences having been imperfectly appreciated. There is no practitioner of observation and experience, nor even of limited knowledge, who is altogether unacquainted with the physical exhaustion, the mental torpor, and all but annihilation of existence, which is the ultimate result of indulging them. From this source frequently springs impotency hereafter; the extinction of families and hereditary honors—honors which such persons are incapable of achieving; the infliction during after life of many of the diseases which proceed from debility, and the exhaustion of the nourishment and vital energy of the various structures and organs; numerous nervous and convulsive maladies, as hysteria, epilepsy, neuralgia, chorea, melancholia, mania, idiotcy, &c.; the dangerous or fatal visitations of fevers, diseases of the heart, disorders of the digestive organs, premature baldness, and old age, the formation of tubercles, and the production of pulmonary consumption; and, lastly, the transmission of weak and decrepid bodies to their offspring, of scrofula, rickets, verminous complaints, marasmus, hydrocephalus, convulsions, tubercles,

chorea, &c.; the curse is visited on the children to the third and fourth generation, until the perpetuated punishment extinguishes the very name of the transgressor."

Let every one, then, look well to the youth under their care, and as one requisite for doing so let them learn *how*. The general ignorance respecting physiology and the laws of health, especially sexual physiology, incapacitates most people from attending to these important matters. There are many, however, who perceive their deficiency, and who wish to remedy it, such we refer to the "Marriage Guide," and "Male Organs," in which this important matter is fully discussed.

[From the New York Herald.]

THE ANNUAL CONSUMPTION OF SEGARS IN THE UNITED STATES.

SOME time ago you desired to be enlightened on the consumption of homemade segars, and I will try to satisfy you.

New York contains, as per Wilson's Directory, about three hundred segar makers. We can safely put down the neighboring cities, Brooklyn and Williamsburg, and the country along the North River and Jersey for 100 more; Philadelphia contains, as per Directory, about 200; Baltimore may count up 100; and we may value the number in the Western cities—Cincinnati, St. Louis, and all others—at 400 at least; Connecticut and Massachusetts may be counted for 300, (there being many in the villages of the first State,) which gives us a total of 1,400 as a base for our calculations.

Many of these employ from ten to twelve hands, boys and girls, few only working alone; and taking a very low average at four hands each, we have a total of 7,000.

Some are able to make 5,000 a week, others less; but 2,500 a week for each is the least that can be assumed, as, at the price per thousand, a person could scarcely live by it.

We thus obtain a total of 17,500,000 a week, and taking the year at but forty-eight weeks, 840,000,000 a year.

Homemade segars cannot be averaged less than \$7 a thousand, which is \$5,040,000, add to it, as a profit of the jobber and retailer, fifty per cent. (5,520,000, and you have a total of \$7,500,000.

That this valuation is below the mark is shown by this: that it brings a segar to three-quarters of a cent only, while the

very worst bunch of stinkweed is sold in retail at one cent.

Your calculation of the total value of imported segars is likewise below the actual money paid, as the profits are taken too low. A retailer of segars never makes less than fifty per cent, sometimes 100 per cent; and you bring the imported segars only to about two cents apiece, whilst six cents for a real Havana is the common retail price, and persons who buy them by the thousands even pay \$25 to \$35 a thousand. And everybody knows that the middling qualities, sold in bar-rooms and segar shops, are never bought for less than three cents; yet I will accept your valuation at - - - - - \$6,184,364
And add to it mine above - 7,560,000

And thus obtain a total of - \$13,744,364

I will now convince you that our calculation is equally far below reality in point of quantity consumed and made.

Rating the male population of the United States at 13,000,000, we may, considering the great extent this habit has obtained everywhere, even among school and street boys, put down the smokers at 5,000,000, which gives to every smoker only about 225 segars a year. How far is this below reality, when the most moderate smoker at least consumes two, and many a dozen and over, per day?

May we therefore not, at one jump, and without exaggeration, put down a round sum of \$30,000,000 spent for the gratification of this vile, health-destroying, and disgraceful habit, which makes its votaries set aside all considerations of the right of others to the enjoyment of a pure, uncontaminated air, as God has created it, and forgetful of all rules of politeness and good breeding?

And yet we have not concluded. There is yet cut, smoking, and chewing tobacco and snuff, for which we may add \$5,000,000 more.

And then remains yet the expenses for doctors' and druggists' bills, in the vain attempt to alleviate the disastrous effects of this nasty habit, manifested by nervous complaints, dyspepsia, diseases of the lungs, &c., &c. Neither can we possibly estimate the loss of time in a dreamy drowsiness, the increased appetite for stimulating drinks; and all this because the boy apes the father, and is again aped by his boy.

Oh, man! what a blind, unthinking animal thou art! A REFORMED SMOKER.

One more illustration may be added to the above, of the immense injury which the use of tobacco inflicts upon the community. We pay about as much for the segars we import, as we get for the Indian Corn we export, and thus the whole of our exported corn crop may be said to be utterly wasted, and for all useful purposes might just as well not be produced. Nay, it would be better if it were not produced, for what we get for it is only an evil. In short, this vile weed is an unmitigated nuisance, and no man with the proper feelings of a gentleman would ever use it, no matter how strong his liking for it, except when alone, so that he cannot poison other people.

Besides the evils above enumerated, it is indisputable that a very large proportion of our *fires* arise from the habit of smoking. The confirmed puffer is just as careless where he drops his ashes, or throws his stumps, as he is where he puffs his smoke and foul breath. A heap of shavings, or a pile of waste paper is often the chosen place, and in it goes as a matter of course.

Professionally speaking, however, the editor has no complaint to make against tobacco, it creates *plenty of practice*. Vive le Tabac!

CURIOUS CASE IN AUSTRALIA.

A gentleman from Australia communicates the following remarkable case, as having occurred in his knowledge. It is instructive as a wonderful instance of the power which nature has to bring about recovery, even from the most severe injuries without artificial assistance. He says, in a letter communicated to the London Lancet:—

“The natives esteem the kidney fat very highly. Two natives enticed a black lad of their own tribe into the bush. They cut his right side open, from eight to ten inches in length, turned the Viscera on one side and groped for the Kidney, but the boy being lean they got no fat from him. They stuffed into the wound a piece of the bark of an eucalyptus, nearly a foot long, and thinking him dead left him, but the boy had feigned death to avoid being killed, knowing well what they were after. When the men were gone he looked round, and after lying an hour or more he got up. Having been resident with a settler, he had a needle and thread with him. and putting into the gaping wound three single stiches, he crawled to his master's house. They

put him to bed. A white “Doctor” came, a very ignorant man, evidently, for he never examined the wound, but at once strapped it up.

“After some days, the wound not closing, but beginning to suppurate, (and the Gum tree is exceedingly venomous,) the boy wished to see the old man of his tribe. The black Doctor came, ripped the wound open, and showed the astonished white man the piece of bark, which his want of skill had left in the wound, and after a few weeks, marvellous to relate, the boy got quite well, and is now about here as usual.”

This poor fellow evidently owed his life to his leanness, for if he had been at all fat, they would certainly have torn him to pieces. Such wonderful recoveries startle us, when we compare them with the effects of many accidents apparently trifling, and which have the best of scientific treatment. Mr. Guthrie tells us, in his military surgery, that in one of the Peninsular battles, a man was struck on the head with a large cannon ball, nearly spent, which knocked part of the bone *in* on one side, and part of the Brain *out* on the other, and yet the man was walking about and seeing to himself as if slightly wounded.

[From Dr. Hollick's American Class-Book of Anatomy and Physiology, advertised on the last page of this Journal.]

The way in which the Air is made to enter the Lungs, by Respiration, or Breathing.

THE blood enters the Lungs by the *Pulmonary Arteries*, into which it is forced in an *impure* state, by the contraction of the *right side* of the *Heart*. It is then *purified* by the *air* in the air cells, and passes *out* of the Lungs into the *Pulmonary Veins*, by which it is taken into the *left side* of the *Heart*, to be again sent all over the system by the arteries.

The air *enters* the Lungs by the *mouth*, passing down the *wind-pipe*, and its *larger branches* called the *Bronchial tubes*, from which it is distributed into the *smaller* air tubes in every part. When it has purified the blood, it passes *out* of the Lungs the same way.

The *air* is made to enter the Lungs by the *ribs* being lifted up, and the *Diaphragm* pulled down so as to make the cavity of the chest larger, by which means the air is *drawn* down the *wind-pipe*, to fill up the space, the same as it is drawn down the nozzle of a *bellows* when the top is *lifted up*.

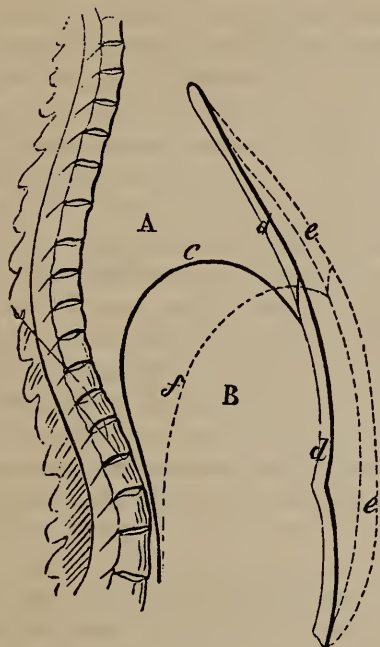
When the air has remained *sufficiently*

long in the Lungs, the ribs are drawn down, and the diaphragm is pulled up, so that the cavity of the chest is made smaller, and the air is, of course, forced out again, the same as it is forced out of a bellows when the top is pressed down.

Drawing the air in is called *inspiration*, and sending it out again is called *expira-*

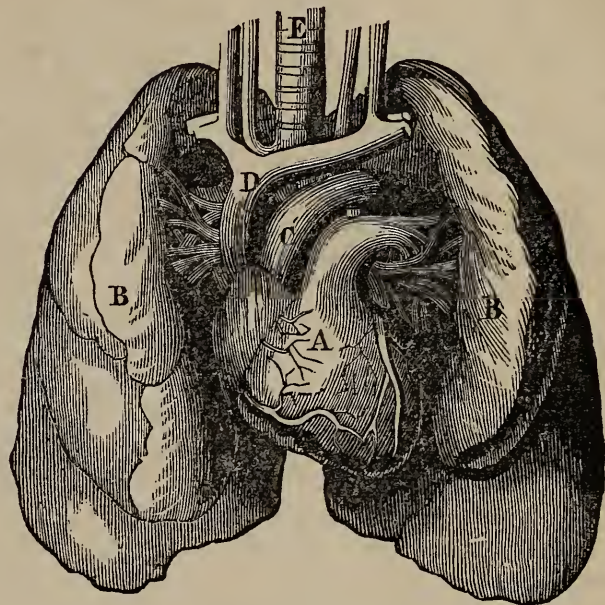
tion. Both acts together are called *breathing*, or *respiration*, and the air that is respired is called the *Breath*.

We usually breathe about *once* while the Heart beats *four times*, or about *twenty times* in a *minute*, and each inspiration draws in about *forty cubic inches* of air into the Lungs.



THE CHEST AND ABDOMEN CUT THROUGH, TO SHOW HOW THE RIBS AND DIAPHRAGM MOVE IN BREATHING.

A, is the Chest,—*B* the Abdomen,—*C* is the Diaphragm, and *d d* the front walls of the Chest and Abdomen as they are, after *expiration*, when the Lungs are empty,—*f* is the Diaphragm, and *e e* the walls of the Chest and Abdomen as they are, after *inspiration*, or when the Lungs are filled.



THE HEART AND LUNGS CONNECTED.

A is the Heart,—*B B* are the two Lungs,—*C* is the Aorta,—*D* is the Vena Cava,—*E* is the Trachea, or Wind-pipe.

SINGULAR CASE.

THE subject of the present memoranda, (Maria D.,) was in the early part of last year married to a young man in the county Roscommon, Ireland, she residing at the time with a family in the neighborhood. A few weeks after her marriage she became pregnant, and a thoughtless acquaintance, in order to frighten her, threw a dead *Hare* at her. She was very nervous and excitable, and became firmly impressed with the idea that her child would be, in some way or other, injured by the action. She became very passionate, and took many singular animosities, especially to dogs, so much so that nothing less than the destruction of the whole race would satisfy her. This was probably because the man who threw the hare at her owned quite a number of dogs, and they were always around her. By degrees, however, she calmed down, went her full time, and was safely delivered without any accident.

Strange to say, however, on the forehead

of the child was a distinct and perfect image of a *small hare*! The figure was only about two inches long, but very clear and well formed in every respect. The color is only slightly deeper than the rest of the skin, and it requires to be looked at somewhat closely to be distinguished. Both mother and child have done well, in every other respect, and she has now fully recovered her former amiability of temper.

As an accompaniment to this case we record another:—A lady when about one month gone in pregnancy, accidentally stepped one dark night on a *rabbit*, and was thrown down by it. The fright was so great that she fainted away, and was much hurt by the fall. She was perfectly aware what it was she trod upon before she fainted, and instantly became possessed with the idea that her child would be injured by the accident. Especially was she haunted with the idea that it would have *hare lip*, and she even paid a visit to a celebrated surgeon to engage his services to operate

upon it as soon as it was born. At length came the eventful time. She was safely delivered of a fine daughter, *perfect in every respect*, not an unusual mark upon the whole body. The astonishment of the mother was as great as her joy, for said she "I have seen that child, *with its hare lip*, in all my dreams and visions for eight months past." Many of the old nurses were also sadly nonplussed in their prognostications.

And now how do we account for such things? It is too long to say here, but those who are curious should read the "Marriage Guide."

IGNORANT MEDICATION.

In some parts of the old world, and even here among ill informed people, a notion prevails that *urine* is a medicine of great use in some complaints, and it is actually oftener used than is supposed. It is, however, very dangerous, and will frequently produce the most alarming symptoms, at the same time that its variable composition and its tendency to speed decomposition, make it altogether unreliable as a remedy in any way.

One of the London Medical Journals recently gave an account of a man who drank every morning, for *nine* days, all the urine he made the previous evening. This was done from the advice of an old woman, to cure an eruption on the skin. Before he got through the nine doses, the whole of the upper part of his body began to swell, especially the chest, and the signs became unmistakably manifest of *Dropsy*. His breathing was terribly oppressed, and his head suffered so from oppression that he could scarcely attend to his occupation. In short the indications were so serious, and his progress for the worse so rapid, that he had to seek other advice. By the adoption of proper active medication the water was gradually dispersed and the man's health restored, but he undoubtedly had a narrow escape, and would probably in future profit by the lesson.

ADVICE TO DUELLISTS.

If men will shoot at one another, under the idea that it is necessary, either to justice or honor, they may at least as well know how to do it in the best way. Mr. Guthrie, the celebrated surgeon, says that the balls of duelling pistols are too small, and the quantity of powder not sufficient. He says that it is much better for the ball

to go *clean through* than to lodge half way, which it is apt to do from a small pistol. Our hot "bloods" had better, therefore, take good sized shooting irons, and load them well, so as to have no half way work. A still better precaution, however, is to put at least *half a mile* distance between the parties before they shoot.

THE LABORING MAN.—Mark the laboring man, who breakfasts at six, and then walks perhaps two or three miles to his work. He is full of health, and a stranger to doctors. Mark, on the other hand, your clerk, who takes tea and toast at eight, and goes down to the store at nine, or half-past. He is a pale, effeminate creature, full of sarsaparilla and patent medicine, and pills and things. What a pity it is that this class of people do not lay down the yardstick and the scissors, and take up the scythe or flail for a year or two. By remaining in their present occupation they only help to fill up cemeteries, and that's about as miserable a use of humanity as you can name.

CAUSES AND EFFECTS.—Dr. Borax is of the candid opinion that if doctors and calomel had not been invented, such things as sick people would scarcely be known. The doctor, in his late work on the diet, says some people cant think of retiring before discussing a half raw gutta percha steak, an oyster stew, two pickles, a lobster salad, a pig's foot and trimmings. Very naturally says the doctor, people under such a regime will have the nightmare, in which condition they are favored with visions of anacondas half a mile long, swallowing stray children, lakes of molten sulphur, in which brazen bulls plunge to seize vermilion-colored women floating around! To sleep well, adds the doctor, put yourself upon short allowance, and pay in advance for your papers.

MEDICAL UNCERTAINTY.—A remarkable instance of the uncertainty of Medical practice is now afforded at New Orleans. The yellow fever is raging fearfully, and no two physicians agree as to the means that should be pursued, either to cure or to prevent it. Many attribute its prevalence to the filthy condition of the streets, but one of the most experienced among them says he does not believe that it has any bad effect at all, but rather tends to prevent the disease.

ANSWERS TO CORRESPONDENTS.

- T. S.*—Yes; restoration is possible.
- V. L.*—No; recovery never occurs naturally from Urinary Spermatorrhœa, when confirmed. See the Male Generative Organs.
- O. P.*—Salivation has followed as small a dose as five grains of Mercury.
- D.*—Worms in the body are similar to those found in streams, and probably often come from the water that is drunk.
- H. L.*—The translation of the Recipe is sent by Post.
- A. S.*—If the fang of a Rattlesnake when it enters, should miss striking a nerve, or a bloodvessel, recovery might be possible. There is not one chance in ten thousand, however, of this being the case.
- F.*—Ammonia, or Hartshorn, is frequently an antidote to the bites of the most venomous serpents. An article on this subject will be given shortly.
- H. O.*—No; special derangements of the Generative System, like impotence, form no part of the explanations given in a Medical College.
- A Subscriber.*—The whole series of School Books, including the large Plates, will soon be ready.
- Dyspeptic.*—Eels are very indigestible, cook them how you will.
- L. I.*—Certainly; it can be told beyond doubt whether the gentleman is capable of being a parent.
- J. R.*—Such an examination takes considerable time, but it can be made if you wish.
- Sufferer.*—It is very doubtful if a single case of real Cancer was ever cured, though it may have been retarded. Cancer is evidently a constitutional affection, and not a mere local one.
- Harvey.*—Cannot give you such information unless it is known what for.
- F. S.*—It can be done, but others besides yourself must judge if it be necessary.
- J. G.*—The Package will come by Post.
- L. M., Boston.*—A Congester will cost \$20.
- L. M., N. Orleans.*—The instrument you ask about is of no use in any way. Mere Clap Trap.
- O. T.*—Pouchet's work has never been translated. The only abstract of it is in Dr. Hollick's Marriage Guide.
- Hoosier.*—Any one of ordinary intelligence could learn what to do in case of Labor, from the Matron's Manual.
- O. J., F. K., Medicus, Student, Ami, & L. S.*—Answered by Post.

BOOKS ON PHYSIOLOGY AND MEDICINE,

By Dr. F. HOLLICK,

Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

No married person, of either sex, should be without this book. It is utterly unlike any other ever published, and the matter it contains can be found nowhere else. It contains numerous Engravings, and colored Plates, designed especially for this work, and showing many of the new discoveries, as well as Anatomical details and Physiological processes.

THE

Male Generative Organs,

In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without ever suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

THE
DISEASES of WOMAN.

THEIR causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE! Illustrated with colored Plates, and with numerous Engravings.

If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand. Hundreds of females have stated that they discovered the true cause of their sufferings, for the first time, in this book, and numbers have successfully treated themselves, by the directions given therein, after all the doctoring they had undergone, had been found to be useless or injurious.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,---and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE ON
VENEREAL DISEASES,

IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

The recent French Discoveries, with the new modes of treatment---the experiments in Inoculation ---and the curious investigations as to the Diseases, by which many eminent men, in former days, have died, are deeply interesting and will astonish all.

The above Books comprise all that DR. HOLLICK has published on these subjects, and the information they contain is always to the latest moment. They are all the same Price, **One Dollar each**, well bound, and contain each nearly 500 pages, with Engravings and COLORED PLATES appropriate to the topics explained.

They are the only complete popular works of the kind ever published, and contain information of the most interesting and important kind, especially to the married, or those intending to marry, which can be found **no where else in the English Language.** They are strictly moral and scientific, and are well calculated to supercede the immoral and trashy books of the kind with which the public are so much deceived and imposed upon.

No books have ever been more recommended, both by the press and by individuals. Each will be sent anywhere by Post, **Free**, on remitting One Dollar and the address to **T. W. Strong, 98 Nassau st., N. Y.** Thousands of them are sold weekly.

☞ The attention of Agents, and of the trade generally, is called to these works, the demand for them is constantly increasing, and the Trade allowance is most liberal.

Also in course of preparation, by Dr. Hollick, a most invaluable series of Books for **Schools**, and for **Family Teaching**, on Anatomy and Physiology, embracing many new and important features, which, it is believed, make them superior to any of the kind ever before issued. One is now nearly ready, the Title Page of which is given below. A smaller one, and also a more complete one, will follow, with a series of large cheap **Anatomical Plates.** These are decidedly the **Cheapest Books**, for the purpose, ever published. They are Profusely Illustrated with appropriate Engravings, and have been prepared with the greatest care and attention in every respect. When known, they will be universally used.

THE AMERICAN CLASS-BOOK

OF

ANATOMY AND PHYSIOLOGY,

And their application to the Preservation of Health,

For the use of Children in Schools and at Home, or for the self-instruction of Teachers and adults generally. Arranged in Questions and Answers, and illustrated by Eighty-five Engravings, with practical directions for easily procuring objects for illustrations, and for forming Anatomical Museums without cost. By **Frederick Hollick, M. D.**, Author and Lecturer on Anatomy and Physiology. Published by

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EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.



"The manufacture and use of Wine was, in a great measure, abandoned on the discovery of the distillation of Alcohol; but it will be again resumed when the superiority of Wine, over Alcohol, is generally perceived."

NEW YORK:
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98 NASSAU STREET.

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THE NATURAL HISTORY OF PERFUMES AND FLOWERS,

And their various influences on body and mind, both as Hygienic Agents, and as Aids to Beauty, with Recipes for numerous agreeable and useful Compounds for the Toilette.

Continued from No. III.

MYRRH.—This celebrated perfume is a resinous substance obtained from certain Trees, of the Laurel tribe,—natives of Abyssinia and Arabia. It is usually found in commerce, in small smoothish pieces, of a reddish color. Its odor is peculiar and mild, but very agreeable, especially when rubbed in a mortar. The taste is bitter and acrid.

Myrrh has always been held in great repute, medicinally, besides being extensively employed as a perfume. It is tonic, stimulant and astringent, and also anti-spasmodic. The tincture is often employed as a wash to the gums, when ulcerated and spongy. Some of the most celebrated amongst ancient medical compounds, both for internal and external use, contained Myrrh; and even now, it forms part of many official preparations.

As a perfume, it is employed with other odoriferous substances, and increases the agreeableness of some of them, to a remarkable extent. In the time of Moses, and probably ages before, it was burnt, along with Benzoin, on the altars, and we are told that the three wise men brought Myrrh as one of their gifts to Jesus Christ. The Arabians regard it as being one of the most precious of all earthly productions.

LABDANUM.—Also a vegetable Gum Resin, of a blackish color, and sticky consistence, brought from the Isle of Crete. Its odor resembles Ambergris, for which it is sometimes substituted. Labdanum is not in especial repute, though not scarce.

STORAX.—This is also a Gum Resin, of a peculiar smoky odor, like Naptha. It is usually found in the form of a greyish sticky paste, though occasionally it is hard.

The trees which produce Storax are found in Arabia, and also in various countries around the Mediterranean Sea.

Storax is only used as an addition to other perfumes, to heighten their odor. In medicine it forms part of the official Opium Pills. It has no medicinal power.

MASTICH.—Another vegetable Gum Resin, which comes in the form of long round Tears, of a pale yellowish color. It has a faint but somewhat agreeable odor, and is used in compound perfumes. Mastich is used in medicine as part of the compound Tincture of Ammonia, but has no power

of itself. It has also been employed in many empirical preparations, especially in Dinner Pills.

CAMPHOR.—This substance is produced from a tree called the Camphor Laurel, which is found in China and Japan. It may also be obtained from Rosemary, Lavender, and many other Plants, especially the Labiate ones.

The odor of Camphor is known to most people, and is usually considered agreeable, though it affects some unpleasantly. Insects are well known to be much averse to it, and it is employed to drive them away.

In medicine, Camphor is much employed as a stimulant, and as an addition to many official preparations. Its use in Perfumery is rather limited, though many compounds would be incomplete without it. Like Ambergris, Camphor heightens the odor of many other perfumes, and increases their intensity.

BALSAM OF PERU—or Balm of Peru. The Balsams are vegetable productions, like the Resins, but are of a different consistence, being usually somewhat unctuous, and also of a more decided odor.

Balsam of Peru is of a reddish yellow color, soft and sticky, soluble in Alcohol, and in volatile oils, but not in animal fats, nor in water. Its taste is somewhat acrid and bitter, but its odor is very agreeable, and it forms a valuable addition to many preparations. This balsam was also formerly used medicinally, but has now fallen into disuse, being superceded by the Balsam of Tolu.

BALSAM OF TOLU.—This is obtained from certain trees, natives of South America, especially in the neighborhood of Carthage, where they are cultivated for the purpose of obtaining the Balsam. It is more agreeable than Balsam of Peru, lighter in color, and sweeter to the taste. Its consistence, however, is about the same.

Balsam of Tolu is soluble in Alcohol and the volatile oils, and also imparts its odor to water. It is extensively used in Perfumery.

In Medicine, also, this Balsam is employed to considerable extent, principally as an expectorant. It enters into many cough remedies and candies, but is thought to have but very little medicinal power.

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.

Continued from No. III.

THE PERSPIRATION.—The perspiration, or sweat, varies much in odor in different persons, according to temperament, race, sex and age. The perspiration of children, when healthy, has but little odor of any kind, while that of adults is quite perceptible, and in ripe age it is still more so. The perspiration of men smells stronger than that of females, as a general rule, and that from people with red hair is stronger than from others. In old age, also, the odor of the perspiration is frequently much more sensible than in younger persons, and also more disagreeable. The state of the health also affects the odor very much, so much so in fact, that some diseases are indicated in this way.

In the different races of men the odor of the perspiration varies remarkably. It is well known how powerful is the odor of the negro, which resembles that of the onion or garlic. The red man has also an odor peculiar to himself, and stronger than the white.

Diet also has a remarkably modifying influence in this respect, so that those who are experienced in this matter can tell, from the odor of the perspiration alone, on what food any people chiefly subsist. Thus the Calmuck, who subsists chiefly on milk, has a strong smell of Lactic Acid, while the Greenlander and Esquimaux, who live chiefly on the produce of the ocean, have always a strong fishy odor.

Professor Rayer tells us that a female in one of the Hospitals, when recovering from a lingering illness, had a most remarkable *musky* perspiration, so strong, in fact, that it was thought, at first, she must have musk about her person, which, however, was not the case. The quantity she perspired was very great, and a portion of it being analyzed, showed that there existed in it a substance in every respect resembling musk.

The perspiration also varies much in color in different individuals, and especially in different diseases. Thus it has been observed blue, red, yellow, and green, and in some cases so deep has been the color, that the linen, and even the skin has been quite visibly stained with it. Billard

mentions an instance of this thing that came under his notice, in the person of a young woman. The color of the perspiration was deep blue in her case, but could be wiped off, and the skin underneath was white. She perspired profusely, and with the smallest exertion, and when she blushed, her cheeks were blue instead of red. She was cured of this, however, by proper medication.

The perspiration was found, by Thénard, to be composed of

The Chloride of Potass, and Soda,
The Phosphates of Lime and other earthy bodies,
Acetic Acid, and
Animal matter.

These substances are intended to be *thrown off* by the process of perspiring, and if they are not so thrown off, their retention in the system may cause disease. In fact, many diseases, in persons who suffer from arrested perspiration, have no other cause. The re-absorption of these matters also, after they have been thrown off, in those who do not cleanse the skin properly, is very hurtful, and no doubt both causes and exaggerates many diseases.

It must not be supposed, however, that the mere *checking* of perspiration is necessarily hurtful in itself. It is only when it occurs too suddenly, or is too long continued, that it injures. Nor is it always from the retention or re-absorption of the perspirable matter that the evil results; on the contrary, it is more frequently from the sudden arrest of external vital action, and the consequent excessive action internally. Thus when the circulation is arrested suddenly in the skin, it is driven at once to the organs within, before they have time to prepare for their extra work, and then, if any of them are weak or disposed to disease, they must necessarily suffer. If the surface of the body cools gradually, however, this is avoided, because the internal parts then accommodate themselves by degrees to the new demand made upon them.

A sudden chill may not, however, hurt a strong person, if there be quick *reaction*, as in using the warm bath and cold shower.

THE ART AND MYSTERY OF PRESCRIBING DRUGS,

Or, An Explanation of the Names, Symbols, and Abbreviations used in Prescriptions.

"Here it is, a raal Docthor's Prescription, as full o' larning as an egg is full o' mate. Let me see, what is it? Holy St. Pathrick! it's aisy enough—Big A, little a, bouncing B,—one kitchen Poker, two Snake's Tails, and a Gridiron!"—POWER, the Actor.

Continued from No. III.

In the previous No. of our Journal, the Recipes were given in three forms, first, in the usual abbreviated, half Latin, half doggerel form, second, in the full and perfect Latin, and third in plain English. The full Latin is, however, scarcely ever used, so that the few specimens given, will be sufficient to show how the usual form comes from it, and those that follow will be merely as Physicians ordinarily write them, with an English translation. They will also be chosen so as to bring in most of the words and abbreviations of which we gave a list in No. 1. The recipes themselves are all excellent.

6. R.—*Dec. Cinchon*, ℥vi.; *Acidi Sulph. dil.* ℥i.; *Syr. Aurant.* ℥ss.

M. Hujus mist. cochl. iv. horis duabus interposit. anmant. ad sudat. diminuen.

Recipe.—Decoction of Peruvian Bark, six ounces; diluted Sulphuric Acid, one dram; Syrup of Orange Peel, half an ounce.

Mix. Of this mixture let four table spoonfuls be taken every two hours, to diminish sweating.

This recipe is often very useful in night sweats, or in profuse perspiration from debility.

7. R.—*Mist. Ammon.* ℥vi.

Cap. æger cochl. magn. bis in die, ex poculo jusc. bovini; contra ranced.

Recipe.—Mixture of Ammonia six ounces.

Let the patient take a table-spoonful twice a day, in a cup of Beef Tea; against hoarseness.

This will often relieve the worst attacks of hoarseness.

8. R.—*Potass Bitart* ℥j; *ol Limon gtt xv*; *Sacch. purif.* ℥ji.; *Aqua Bullientis Oji.*

M. Usurpet, pro potu commun. ubi æger intensa siti vexat.

Recipe.—Bitartarate of Potash, one ounce; Oil of Lemon fifteen drops; Sugar, two ounces; boiling water two pints.

Let it be used for a common drink, when the patient is troubled with intense thirst.

Who would ever suppose that this meant simple *Lemonade*? And yet it is nothing else. I have known it to be bought at the

Druggists, however, at the rate of fifty cents a pint, because the Doctor gave the above recipe for it. The patient thought he was taking some rare medicine, no doubt, though perhaps a suspicion might cross his mind, while drinking, that it was something like what he had before tasted.

9. R.—*Tinct. Hyoscyam*; *Tinct. Castor* a a ℥ji; *Syr. Rhæad* ℥j; *Aqua pur.* ℥iv.

M. Sem. ℥ji, omni hora, si non dormiat.

Recipe.—Tincture of Hyoscyamus, (Henbane) and Tincture of Castor, of each two drams; Syrup of Poppies, one dram; pure water four ounces.

Mix. Let the patient take two drams every hour, if he does not sleep.

This is a very good composing mixture, when a person cannot sleep, or when suffering from severe pain.

10. R.—*Sp. Ammon. Arom.* ℥j; *Tinct. Castor* ℥jii; *Sp. Lavand.* ℥ji.; *Aq. Piment* ℥j.

Fiat Mist, cujus ℥ji; p. r. n. ingerant, contra lang. et deliv.

Recipe.—Aromatic Spirits of Ammonia one dram; Tincture of Castor three drams; Spirits of Lavender two drams; Pepper water one ounce.

Make a mixture, of which let two drams be taken occasionally, against languor and fainting.

This is a very good preparation for those who are subject to fainting fits, or hysterics.

One patient of mine once showed me a recipe given him by his Doctor, on the occasion of his going to a country Medical Institute for a short time. It was the direction to his country Physician what to give him, and ran as follows:

Sum. ægrotus omni mane, si possit, ℥vjii; lact. asin. pro. jent.; cum pil. placebo.

This appeared very scientific and mysterious, and he was amazed when I translated it for him thus:

"Let the patient take every morning, if he can, eight ounces of Ass's milk for breakfast, with some bread pills."

Why, said he, I could do that at home, and both save my money and make use of the Donkey!

To be continued in next Number.

CHAPTERS ON THE PHYSIOLOGY OF THE ORIGIN OF LIFE.

Continued from No. III.

THE CONTENTS OF PRIMARY CELLS.—These are as varied in their composition as the cell wall itself is uniform, and this variation seems to depend upon some power, inherent in them, by which each kind of cell selects as it were only certain kinds of material. Thus some cells are always filled with solid matter, as those of the enamel of the Teeth, for instance, while others are always filled with liquids. Some again contain liquids at first, which gradually harden, as those of the outer skin, and the nails. These solid cells, however, seem to act merely in a physical manner, as protectives, and have not, strictly speaking, vital action.

The liquid contents of cells are extremely various, and it is upon this variation that the distinctive characteristics of many parts of the body depend. Thus, for instance, all those organs we call Glands are formed precisely on the same plan, but differ exceedingly in their endowments, owing to the difference in the liquid contents of their cells. The cells of the Liver fill themselves with the component parts of bile, those of the breast with milk, those of the salivary Glands with saliva, and so on. The color of the skin and of the parts of the eye, the deposition of fat in particular parts of the body, and the formation of nervous matter, also results from peculiarities in the contents of particular cells.

It should be borne in mind, however, that none of these several cells can be formed, or begin to exist, unless there are previously existing the peculiar substances of which their walls are constituted, and also that which composes their contents. It is not necessary, however, that the contents of the cell should previously exist in the precise form in which we find them in it, for the cell itself has often the power to create its own peculiar contents, from any other compounds with which it may be in contact.

Very frequently we find in the liquid contents of cells a number of little grains, or molecules, which are always in motion, floating in the liquid. This is especially the case in the colorless globules of the blood, in the vesicles of the nerves, and in many others. This motion, however is

not thought by most Physiologists, to be anything vital, but merely molecular, like that which is exhibited by any finely divided particles of matter when suspended in a liquid. Thus, for instance, if a portion of Gamboge be rubbed up in water it will be found that the particles are in a perpetual motion, though kept ever so quiet, and when excluded perfectly from the air, so that there can be no evaporation. Some Physiologists, however, consider the motion of the Granulæ in the primary cells as being different from this, and in some way or another connected with vitality.

THE NUCLEI, OR CENTRAL GRAINS OF CELLS.—These are of various forms and sizes, and are variously constituted. The simplest of them seem to be only an assemblage of granules, or particles of matter, either minutely small and ill-defined, or larger and distinctly shaped, and frequently intermixed with oily particles. In other cases the Nuclei are surrounded with a distinct envelope, which separates them from the cavity of the cell, and keeps them entirely to themselves. The most singular thing is, however, that, very frequently some of the granules, or molecules, which compose the nucleus, are quite distinct from the others, forming a nucleus within the nucleus. These are called *Nucleoli*, and in many instances they seem to be distinct vesicles, or cells themselves.

The original primary form of organized matter is thus found to be a simple *cell*, or vesicle, usually containing a fluid, within which is an included body called the *Nucleous*, which also, very frequently, contains another similar body called the *Nucleolus*, and it is from these cells that every part of every living body is formed. How they first begin, will be discussed as we proceed. It is, however, thought by many, that the powers inherent in matter, such as attraction and repulsion, for instance, and the electrical power, are sufficient to form them, and that in this way, as they can afterwards, by their combinations, form more perfect organizations, every living body, with all its wonderful functions, might originate from mere dead matter, without any extraneous agency.

To be continued in next Number.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses, and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. III.

MIXTURE OF BENZOIC ACID.—Benzoic Acid, and Sulphur, of each one scruple, Ipecacuanha, six grains, Honey six ounces, Syrup of Seneca, and Syrup of Squills, of each one ounce. Mix.

Dose, a teaspoonful three or four times a day in Chronic Catarrh, or in any troublesome Cough, especially in elderly people.

The above articles, with the addition, sometimes, of Golden Sulphuret of Antimony, form the basis of most of the Candies and Lozenges for Coughs and Colds; occasionally, also, a little opium is added.

Benzoic Acid must not be used with Alkalies, nor with Alkaline or Metallic salts.

Acidum Boracicum.

Common Borax is a compound of Soda and Boracic Acid, and is called, scientifically, *Bi-Borate of Soda*. It is not much used in Medicine, excepting externally, as an Astringent. The acid itself is also used occasionally, for similar purposes.

HONEY OF BORAX.—Powdered Borax one dram, Clarified Honey one ounce. Grind them well together.

A small portion of this may be put in the mouth, when it is ulcerated, as in the Thrush, or Sprue of children. It is better, however, to dissolve it in five ounces of water, and use as a wash.

MIXTURE OF BORACIC ACID.—Boracic Acid ten grains, Oil of Sweet Almonds and Syrup of Lemons, of each one dram. Mix well together.

This is sometimes serviceable in Heartburn, when everything else fails. It may all be taken at a dose, and repeated if necessary, several times.

Other Scientific Names.—Sodæ Bi-Boras, Sodæ Boras.

Acidum Citricum, Citric Acid, or Lemon Acid.

This is a white crystalized substance, procured from Lemon juice, principally, though it exists, also, in other fruits. It has no smell, but a somewhat agreeable, though intensely acid taste.

The dose of the simple Acid, is from a scruple to a dram; but it is seldom used alone. It is much employed to make effervescing draughts.

DRY LEMONADE.—Citric Acid two drams, White Sugar four ounces, Oil of Lemons eight drops. Mix all well together.

A teaspoonful of this to a tumbler of water makes excellent Lemonade, and with about half as much Carbonate of Soda, mixed in a separate tumbler, it makes a good effervescing Soda Powder.

It must not be used with any of the Alkalies, or Carbonates, Acetates, or Tartarates.

Acidum Gallicum, Gallic Acid.

This is a chrySTALLINE substance, obtained from Tannic Acid, or Nut Galls. It is a powerful astringent, and is sometimes used in flowing and spitting of blood, and also to cure night sweats in Consumption. More usually, however, the Tannic Acid is employed.

Acidum Hydrocyanicum, Prussic Acid, or Hydrocyanic Acid.

Prussic Acid, in its pure state, is, perhaps, the most powerful poison with which we are acquainted. A single drop has been found sufficient to cause death, and so instantaneously, that the individual could scarcely draw a single breath between the dose and its effect. A single drop put on the tongue of a Dog has caused death the very moment it touched him. In smaller doses the fatal effects are, of course, not so sudden, but no agent requires more caution in its use.

As a Medicine, Prussic Acid is of great service in many painful affections, and in certain irritable conditions of the system. It acts as a direct Sedative, or Calmative, soothing all irritation, and inducing a most refreshing state of quiet and repose. It also promotes digestion in many people, and increases the action of the bowels. It is used in most spasmodic affections, in severe Cough, Neuralgia, Hysteria, Tic Doloureux, Rheumatism, Cancer, Gout, Palpitation of the Heart, Sleeplessness, and in Nervous excitement.

Prussic Acid is contained naturally in many vegetable substances. In Peach leaves, for instance, in the Cherry Laurel, and in the kernels of many Fruits, especially Bitter Almonds, from which it is ob-

tained as a flavoring material, under the name of *Noyeau*. Peach leaves, Cherry Laurel leaves, and Peach kernels are also used for procuring the same flavor, but their employment for this purpose is dangerous, because the strength of what is got from them is so various. Many persons, in fact, have been poisoned from using these articles.

Prussic Acid is a colorless liquid, with a warm, bitter taste, and a smell something like Bitter Almonds, or Peach leaves, when rubbed. It is never used pure; but as an official preparation is diluted with about fifty parts of water. It is exceedingly apt to change, owing to its elements being so loosely combined, and it is therefore very difficult to keep by itself.

There are many compounds of Prussic Acid from which it may be obtained, and some of which are often used instead of the Acid itself. Prussian Blue is Prussiate of Iron, or a salt of Iron and Prussic Acid. Prussiate of Potash is another of its compounds, and it also unites with Mercury, Silver, and other substances, as will be described further on. The dose of Hydrocyanic Acid, as kept in the shops, is one or two drops, in distilled water, with a little syrup. This may be gradually increased, to four or five drops, but it must be watched most carefully: only one dose should be prepared at a time, because it floats on the top, and if a mixture is made for several doses, too much may be given in some of them. It may be repeated every three or four hours, as its effects are not very lasting.

TO PREPARE HYDROCYANIC ACID.—The readiest way for extemporaneous use is the following:

Mix forty-one grains of Muriatic Acid with one ounce of distilled water, and then add fifty grains and a half of Cyanuret of Silver. Shake it up in a well stoppered bottle, let it settle clear, and then pour off into a closely stoppered bottle, which must be covered from the light. Dose, from one to six drops, in a large spoonful of sweetened water.

MIXTURE OF HYDROCYANIC ACID.—Powdered Gum Arabic half an ounce, dissolved in seven ounces and a half of pure water, Syrup of Tolu half an ounce, Medicinal Hydrocyanic Acid twelve drops. Mix.

Dose, a table-spoonful every three hours in severe Cough or Asthma; shake up gently each time, and keep in the dark.

Prussic Acid must not be used with Ni-

trate of Silver, Sulphate of Copper, Red Oxyde of Mercury, Strychnia, nor the Sulphate or Muriate of Iron, if there be an Alkali also present.

LEMON JUICE IN ACUTE RHEUMATISM.—A number of experiments have lately been made, which prove that, in a large proportion of cases, Lemon juice is an invaluable agent in the treatment of Rheumatism. the dose may be from half an ounce to two or three ounces, three or four times a day. It does not seem likely to do any harm, and in cases where other means fail, it may be worth while to try it.

In many instances, also, Lemon juice, taken in the same way, has appeared to relieve chills and fever.

LEAVES OF THE ASH TREE IN GOUT.—A Dr. Peyraud, in France, was attacked with gout, for which he tried all the usual remedies without avail, and finally, almost in desperation, was induced to take a Tea of Ash leaves. It seems that the peasants in his neighborhood, were in the habit of using it to chase pains away, and he, hearing of this, thought he would try it. He did so and it effectually cured him. After this, a number of other sufferers used it with equal success, and also many with acute Rheumatism, till it attracted the notice of the Medical Faculty, and is now being extensively employed.

The tree referred to, is the English Ash, which is now grown in many parts of this country, and it may be well for those who can procure the leaves of it to do so, either fresh or dried, and give them to any sufferer, so that it may be tested here also. The American Ash resembles the European so much, that in all probability it would have similar properties. At all events, those who are afflicted with Gout, or Rheumatism, would do well to try it. Make a strong tea of the leaves, and take as much as the stomach will bear without inconvenience, two or three times a day.

TIC DOLOUREUX.—This is one of the most agonizing, painful complaints to which a person can be subject. The following Recipe, however, is said to seldom fail in curing it.

R.—Potassa-Tartarate of Iron two scruples, Wine of Opium eighty minims, Cinnamon water eight ounces. Mix.

Dose, two table spoonfuls three times a day, or three table spoonfuls at once if the pain is very bad.

THE PEOPLE'S MEDICAL JOURNAL.

OCTOBER 1, 1853.

"A little knowledge is a dangerous thing,"---Pope.

This old motto expresses a valuable truth when rightly read, but taken in a wrong sense, it becomes a mere absurd and anti-progressive dogma. If it is meant to say that a small amount of knowledge is worse than none at all, and that it is better to remain totally ignorant if we cannot "drink deeply" of the living spring, then is this maxim both false and injurious. But if it is meant that a little knowledge is dangerous because it is little, and that the danger is in proportion to the littleness, then is the maxim true.

The old conservative monopolists of knowledge have always been fond of quoting this motto, and arguing from it that it is dangerous to give popular instruction on scientific subjects, especially on those of which they assume to be the masters. Because, say they, the people cannot understand these matters thoroughly, and they are only apt to be led astray by the little they do learn. It is better they should know nothing at all, and trust in us.

This is a line of argument very generally pursued in reference to Medical science especially, which, it is contended, is so far above ordinary comprehension, and so out of the reach of popular research, that the mass of the people never can know enough of it to be of any service to them.

Now this is altogether a mistake. Every branch of positive knowledge is valuable to us—all of us—just in proportion to the extent we are acquainted with it. Mere theoretical speculations, and dogmatic creeds, of any kind, it may be dangerous to be acquainted with, even to a slight extent, because they only engender bigotry, uncharitableness, and a disinclination to pursue our investigations for the sake of truth alone.

Besides, the terms "a little knowledge," and, "a great amount of knowledge" are

merely relative, in regard both to ages and individuals. The amount of knowledge which the most eminent professors had a century ago, on many important matters, was small indeed, compared with the amount that is daily sown broadcast in our penny papers, and acquired by common laborers. In like manner, there is every reason to believe, the "people" of a future age will obtain, in a similar popular manner, an amount of knowledge far beyond that possessed by our professors of the present day. And yet who will dare to say that the "little knowledge" of a past age was *dangerous*, or hurtful, or that the little knowledge of the present day, compared with the future, is worse than none at all.

It is precisely those professions in which there is the most pretension, mystery, and imposition, and in which there is the least certain knowledge at the bottom, that this motto is most in vogue, as in the Medical profession for instance. There is no denying that this is, in the main, founded on dogmas, traditions, fashionable notions, and individual crotchets, and it is because popular instruction exposes all this, that we are urged to keep the people ignorant.

But more than this, we must recollect that the public mind must be gradually advanced, like the individual mind, and that we can never make it wise all at once, any more than we can transform an ignorant savage at once into an enlightened and civilized being.

Every truth is valuable just in proportion to its utility, and the more generally it is known the more useful it becomes. Medical truths are pre-eminently useful, because they concern every one, and in a most important manner. They should, therefore, be universally disseminated. It is true that some men, from muddling their heads with Medical theories, or placing a blind faith in the dogmas of some *Professor*, may experiment, and do themselves or others much harm; in fact this is often done. In such cases, however, it is not knowledge which

does the injury, but the lack of it. If they knew more they would blindly believe less, and would act with more caution.

It is almost unnecessary, however, to argue this point any more. It is a foregone case. The people *will* know, and all the old dogmas, and all the old fogy monopolists put together cannot hinder them from knowing. They are getting every day more strongly convinced that a little knowledge *is* dangerous, and they are determined to do away with the danger by increasing their knowledge as fast as possible.

The People's Medical Journal, with its exposure of Medical mysteries, is one of the signs of the times. It has been called for as one of the wants of the day, and its success shows that the public mind is hungering for the food which has heretofore been denied it.

WINE.

Our Frontispiece represents a scene, which, if certain parties had their will, would soon cease to be seen. Wine making, Beer brewing, and Spirit distilling of the ardent, would soon be matters of history, as spirit raising was, till lately. It is the tendency of our countrymen to run any idea into the ground that they once get hold of; and having the power, through the almighty *Ballot*, to do what they choose, if the required *majority* can be obtained, they go in for force of *Law*, whenever force of conviction is insufficient.

This is now being exemplified in the Temperance question, or rather in the total abstinence question, which has swallowed up temperance, in more senses than one. Confining themselves almost entirely to one view of the question—the moral one—as it applies to present society, total abstiners are too apt to leave other views either entirely unnoticed, or only glanced at with a sidelong squint.

Such is the case with regard to the medical or rather the hygienic use of Alcoholic stimulants. It is perhaps quite true that a perfectly healthy human being, living

under conditions favorable to the continuance of health, does not need these stimulants, and that they would, in all probability, even be injurious to him. It happens however, that there are a large number of persons, in civilized society at least, who are not perfectly healthy, and who are, from necessity, always surrounded by circumstances unfavorable to health. To numbers of these persons, we venture to assert, Alcoholic stimulants, properly used, are not only beneficial, but even necessary.

And be it understood that we are not here referring to those cases where alcohol is required to act once and away, as it were, like a dose of calomel, but to other cases, far more numerous, where it is needed more or less habitually, the same as food. Such cases, we have no hesitation in asserting, do exist, and are even quite numerous. There are numbers of persons, who, either from constitutional debility in some form, or from the unfavorable circumstances by which they are surrounded, or from the exhausting nature of their avocations, are constantly *below par*, in regard to vital energy. There is never enough of life in them, naturally, to perform the bodily functions in a perfect manner, and they absolutely require artificial assistance, in the form of stimulants. It would be far better, certainly, if they could so change their mode of life, or the action of their systems, as to obviate this necessity, and whenever this can be done it should be, but often it cannot, and then the *next best* thing must be done, which is to properly use artificial stimulants. Nor must it be supposed that this practice is necessarily injurious, in itself, or that it must inevitably lead to the intemperate use of such things. Many persons suppose that if a small stimulus be used, habitually, that it will from custom, cease to have any effect, and that more must be used to obtain the same result. This, however, is not strictly true, as applied to the present question. It is true that if a person takes a glass of wine every day, after dinner, it will not cause so

much *excitement* after a week or so as it did at first. But if it be used, as it often may be, with advantage, to assist a weak stomach to digest, it may still be of as much service in that way as it was at first, or even more.

It should be borne in mind that stimulants are employed, in such cases, for their indirect effect, and not for that which is most apparent. The immediate strength which a person feels after using a stimulant may soon pass away, as the total abstinence remarks, but that is of little moment. If it have enabled the digestive powers to act more vigorously than they otherwise would have done, it has then given real permanent strength to the system, which could not have been had without it.

Perhaps the number of cases where such helps are needed is not so great as those wherein they would be hurtful, and no doubt they are much more frequently used than is required, but to proscribe them altogether, appears to us wrong. Nor would we have their use to depend altogether on a medical certificate, for that may be influenced both by prejudice and by ignorance. Something must be left to individual experience, which is often a better guide than medical dogmas.

As a general rule *distilled liquors* are not needed, or proper for habitual use, but are more suited for sudden emergencies. Fermented drinks are best adapted for this purpose, and of them we believe *wine* is, as a general rule, the best of all. Malt liquor may be the best in some cases, but its narcotic principle is often injurious, and it is certainly not so properly a simple stimulant as wine.

Be it understood, however, that by *wine*, we mean the pure juice of the grape, fermented, and without the addition of Alcohol, or other adulterations, by which it is generally spoiled. Few pure light wines contain more than eight per cent of Alcohol, and many much less, but their beneficial stimulant effects on the jaded powers, is much greater, and far better than that

from the same amount of pure Alcohol would be. Most foreign wines are made up, and strengthened by the addition of more alcohol than they naturally contain, but this additional spirit nearly always remains uncombined, or in a raw state, while that which is natural to the wine is combined with its other constituents. Wine, therefore, does not act like spirits, nor like spirits and water, but in a manner peculiar to itself. Home made wines contain too much sugar, and are seldom good for much. But the juice of the American grape, the *Catawba*, furnishes as good a wine as can be found in the world; in fact, we think it the *best*, especially for invalids, that can be obtained. We believe and hope that the time will come when it will be the national beverage, and when rum in all its forms, and foreign poisons called wines will never be used in America.

Few people are aware how rapidly this is, in fact, coming round, or how beneficial the change will be. Let there be a taste for pure light wine, and let the supply be abundant and cheap, and intemperance will soon disappear. Already our wine makers reckon their thousands of gallons of yearly produce, and increasing tenfold, with a vastly greater demand than can be supplied. Old judges and tasters, when ignorant of its origin, have pronounced American wine the best they ever drank, and importers, even now, find it to their interest to forge its brands, and palm upon the market, foreign trash under its name. All honor to Nicholas Longworth, and his fellow laborers in the good cause, for introducing and extending the cultivation of the vine in our country. They are true temperance reformers, and in future years will be reckoned among the greatest benefactors of our country. That the manufacture and use of their wines will yearly increase we have no doubt, till they eventually supercede more hurtful drinks of every kind.

Many uninformed people suppose from old prejudice, that American wine *must* be

inferior to the foreign, and at least can only be tolerable. The truth, however, is the reverse of this. We venture to assert that *no* foreign wine is better, if so good, either as a beverage or as a medicine, as the Ohio wine, when pure, and we know of none so harmless. This we say understandingly, because we have carefully tested and tried them in every way.

Now, Reader, for this we shall, in all probability, be pulled over the coals by some of our Teetotal friends, but it cannot be helped,—we are in the habit of speaking our convictions, and are willing to run the risk of doing so. Further than this, we believe, also, that we are furthering the cause of true temperance by advocating the proper use of wine; for no wine using people was ever known to be intemperate. If the Irish nation had used the Vine Press instead of the Whiskey Still, there would have been no need of Father Matthew.

NEURALGIA.—This terrible pain is often effectually relieved by the following ointment.

R. Chloroform twenty parts, Prussiate of Potash ten parts, Lard sixty parts. Mix all well together, and rub a piece as large as a hickory nut over the seat of the pain. Rub it in well, and wear a piece of oiled silk close over for some hours after, to prevent its return.

REMEDIES FOR TAPE WORM.—Lately there has been introduced into practice a new remedy for Tape Worm, which undoubtedly is far superior to any others in use. It is a vegetable, called *Koussou*, and was first brought, it is said, from Abyssinia. It is at present very scarce and dear, but in all probability the demand for it will soon increase the supply. If some of our traders, or travelers to that part of the world would bring some of the seeds of the *Koussou*, they would confer an inestimable blessing on society.

Dr. Knechmeister found from experiment that the relative value of some of the principal remedies for Tape Worm was as follows:—He took live worms, from the bodies of animals, and put them into the different substances, to see how long they would live in them.

In milk, boiled with *Koussou* they lived only half an hour, in Oil of Turpentine

and white of Egg an hour and a quarter, in milk boiled with Pomegranate root three hours to three and a half, in the ethereal extract of male Fern three to four hours, in Castor Oil eight hours, in a mixture of Garlic and Onions eight hours.

The Roe of the Red Herring is an excellent vermifuge in many cases.

EPILEPSY, OR FALLING SICKNESS.—This terrible disease, with its fearful convulsive fits, is unfortunately too well known, almost every where, and it is also equally well known how useless have been all the remedies tried for its relief. Lately, however, a new medicine has been employed in England, which, it is asserted, cures in about half the cases where it is tried. If so it is the best thing yet used, by far. The article referred to is a common plant in England, called the Navel wort, or, scientifically, the *Cotyledon Umbilicus*. The extract is made into pills of 5 grains each, and of these three may be taken three times a day, for an adult. It is yet very scarce here, but may be obtained of some of our first class Druggists, and may be worth trying by Epileptics.

THE MILK OF THE HUMAN FEMALE.—In *L'Union Medicale*, are some interesting remarks on this subject which may have a practical value in some cases. Healthy milk is found by analysis to be composed as follows:—in 1000 parts, there are about

889 parts Water,
110 parts solid matter
43 parts Sugar,
39 parts Casein, (cheesy matter)
26 parts Butter,
1 part various kinds of Salts.

There is more solid matter in the milk of nurses from 15 to 20 years of age. The milk in a first pregnancy appears to approach nearer to the perfect standard than it does in after pregnancies. The occurrence of the monthly discharge increases the quantity of cheesy matter, but decreases the quantity of water and sugar. Women with dark hair generally have better milk than those with light hair. In bad health there is always too much butter and cheesy matter. In consumption, the milk undergoes no change, unless the nurse suffer from diarrhoea, or great emaciation, in either of which cases the butter decreases in quantity to a great extent. In syphilis the salts increase in quantity. In different women, also, the proportions of the different elements vary considerably.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

Continued from No. III.

CONSUMPTION, POPULAR REMEDIES FOR.

1. Rum half a pint, Honey, Linseed Oil, Garlic beaten to a pulp, and loaf sugar, of each four ounces; the yolks of five eggs. Mix all well together.

Dose, a teaspoonful night and morning.

2. **The Breastplate.**—Dissolve one ounce of Aloes in a pint of strong Rue Tea. Make a pad of eight thicknesses of muslin, soak it well in the solution and dry it in the shade. Wear it constantly on the chest.

COUGH TINCTURE.—Confection of Roses three ounces, Paregoric Elixir one and a half ounces, diluted Sulphuric Acid one and a half drams. Mix.

Dose, a teaspoonful when the cough is troublesome.

CORN PLASTERS.—The base of most of these preparations is Verdigris. The two best forms are the following:

1. Galbanum Plaster one ounce, Powdered Verdigris one scruple. Melt and mix.

2. Gum Galbanum one ounce, Black Pitch half an ounce, simple Diachylon a quarter of an ounce, Verdigris and Sal Ammonia of each one scruple. Melt the first three together and add the others in fine powder, well mixing.

Corn *Solvents* are mostly solutions of Sub-Carbonate of Potash, to which is sometimes added Salt of Sorrel. The following is one that has been advertised, and sold extensively.

Sub-Carbonate of Soda one ounce, finely powdered, and mixed with half an ounce of Lard.

This should be applied on with a bit of rag every night, like a poultice, and every two or three days the dead skin should be pared off.

CAUSTIC FOR CORNS.—Tincture of Iodine four drams, Iodide of Iron twelve grains, Chloride of Antimony four drams. Mix all together and put on with a camel hair brush, after paring the corn, each time of using.

Usually this removes them in three or four times. It is also good for warts.

DAFFY'S ELIXIR.—There are various ways of making this celebrated preparation, which is merely a stomachic, and carminative relaxant. The following, however, is the best, it merely got its reputation from *good advertising*.

Senna five ounces, Guaicum shavings, dried Elecampane root, seeds of Anise, Coriander and Caraway, and Liquorice Root, of each two ounces and a half, stoned Raisins eight ounces, proof spirits six pounds.

Macuerte these all together for five days and then pour clear off.

DALBY'S CARMINATIVE.—This is another old nostrum, which some years ago was kept in every house, and thought to be a most wonderful preparation, because well advertised.

Carbonate of Magnesia two scruples, Oil of Peppermint one drop, Oil of Aniseed three drops, Oil of Nutmegs two drops, Tincture of Castor thirty drops, Tincture of Assafœtida fifteen drops, Compound Tincture of Cardamoms thirty drops, Peppermint water two ounces. Mix.

This is chiefly used for pain in the stomach and bowels, and for wind and colic in children. Dose, from a quarter of a teaspoonful upwards to a full teaspoon.

Continued in next Number.

THE HOUR WHEN BIRTHS OCCUR MOST.—It is a popular notion that Physicians who attend midwifery cases are peculiarly liable to be called up in the night, and facts show this to be really the case. In a record of two thousand and nineteen deliveries, it was found that they occurred as follows:—Between three o'clock in the afternoon and eleven o'clock at night, five hundred and seventy-seven cases; between eleven o'clock at night and seven o'clock in the morning, seven hundred and eighty cases; between seven o'clock in the morning and three o'clock in the afternoon, six hundred and sixty-two cases.

EXPERIMENTS AFTER DEATH.—Some curious experiments have lately been made, in France, upon criminals who had been guillotined, and also upon animals.

It has been discovered, from these experiments, that if a limb be cut from the body, and allowed to become stiff and cold, even for five or six hours, that it will again become pliable, and the muscles resume their usual irritability, by the injection of fresh arterial blood into the blood vessels. Even

the whole body, after the head has been cut off many hours, will then resume the condition of life in the most perfect manner. The properties of the nerves, and the power of the nervous centres, may also be restored, though not after quite so long an interval. The experimenter remarks, as the result of his observations, "that life may be reproduced, or maintained, in Muscles and Nerves, by mere injections of blood. The tendency to putrefaction, is also remarkably delayed by these means.

These curious experiments are not yet fully completed, when they are, we shall give an abstract of them complete.

FROM CORRESPONDENTS.

We are not fond of speaking too much of the value of our own labors, nor of retailing the encomiums of others upon them; but the following extract from a Letter received from Baltimore will perhaps be excused, for once and away, for its own sake.

BALTIMORE, Aug. 4, 1853.

DEAR DOCTOR:—Thank you a hundred times over for your Journal. It is what I have looked for, and longed for, these many years, and had begun to fear I never should see. The day after I received the first No., I went on a tour among my friends to show it. The universal remark was—"Capital! just the thing! Put down my name at once, I would not be without it for twenty-five dollars, much more twenty-five cents." In short, my dear sir, you have succeeded, as I knew you would if you once begun such an undertaking. I only wish your engagements may allow of your continuing it for many years. It will make a commotion among the dry bones of the old orthodox profession, I can tell you.

Enclosed is a list of thirty names for subscribers. Yours, truly, ———.

The following is from a medical friend, who is, however, a decided reformer, and from whom much valuable assistance is expected.

CINCINNATI, Aug. 5, 1853.

MY DEAR SIR;—The Journal is received, and has been carefully scanned, both by your humble servant and by friend ———. We held a special sitting upon it, and decided, unanimously, that it would *do*, and that it was bound to *go*. But, Doctor, confound it, don't progress so fast, or many of us will be left behind by our patients. It is astonishing how much of the rubbish we had to grind through at College slips

though the mind. I declare, I had to open my eyes, and brush the cobwebs out of my brain with the broom of reflection, to recall the old doggrell to remembrance again. If any of my patients had come to me with some of that *Latin* of yours, I *swow*, as the Yankees say, if I should not have been stuck. However, I shall be ready for them now, for I put on my spectacles, fetched out my old notes, and furbished up again. That Recipe of yours for the latitude of *Maine*, is excellent! I recommended it to a friend of mine, who complained of a *goneness* at the stomach, and he pronounced it first rate, excepting that he likes a *bit of lemon* in it! By the bye, call it "Neal Dow's Stomach Comforter,"

Yours ever,

* * *

ANSWERS TO CORRESPONDENTS.

A. T.—Your question was answered in No. 1.

L.—The investigations to which you refer are not yet complete. Dr. H. is preparing a new edition of the "Origin of Life," in which all the new discoveries of the kind will be given.

Harold.—Conception can be almost insured, providing there is no organic defect in the Female, and providing the seminal animalcules are perfect, and living, in the Male.

Ovid, James, K. M., Osiris.—No!

Tyro.—As much as 100 grains of James' Fever Powder have been given, and with no effect.

X. Y.—A personal interview is indispensable.

A. Y.—An excellent microscope, suitable for such examinations, can be sent you for about \$20.

O. T.—The medicine was utterly unsuitable.

R.—It is an old superstition, without any foundation whatever.

S. M.—Cannot tell where the fault lies without knowing much more of the circumstances.

Argo.—Cannot send it till the necessity for it is shown.

H. L.—No! not for any sum.

M. A. R.—Thank you, but we were first. The book was sent us from Paris three weeks ago, and is now being perused.

Teacher.—The large Anatomical Plates are now being prepared.

G. F., Mem., T. N., S. V.—Yes.

Jno., L. O., Y. L., Phys. Are answered by post.

THE
DISEASES of WOMAN.

THEIR causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE! Illustrated with colored Plates, and with numerous Engravings.

If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand. Hundreds of females have stated that they discovered the true cause of their sufferings, for the first time, in this book, and numbers have successfully treated themselves, by the directions given therein, after all the doctoring they had undergone, had been found to be useless or injurious.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,--and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE ON
VENEREAL DISEASES,

IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

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And their application to the Preservation of Health,

For the use of Children in Schools and at Home or for the self-instruction of Teachers and adults generally. Arranged in Questions and Answers, and illustrated by Eighty-five Engravings, with practical directions for easily procuring objects for illustrations, and for forming Anatomical Museums without cost. By **Frederick Hollick, M. D.**, Author and Lecturer on Anatomy and Physiology. Published by

T. W. STRONG, 98 Nassau Street, N. Y.

THE PEOPLE'S MEDICAL JOURNAL.

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All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

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Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are **SURE** to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have an extra one sent by post, if they will let us know.

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THE

Male Generative Organs,

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This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

PROSPECTUS

OF

THE PEOPLE'S MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,
Lecturer on Physiology, and Author of the *Marriage Guide, Origin of Life, &c.*

Price only 25 cents a Year, 3 cents a Number.

The *People's Medical Journal* is intended to supply a want long felt and acknowledged; that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect, exclusively, nor is it the Advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homœopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the *French* and *German*, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

Regular chapters will be given in each number, on *Physiology, Pathology, Anatomy, Medical Botany*, and the treatment and prevention of Disease, so written that all can understand them. Also others on the origin, action and mode of compounding all known Drugs, with their common and scientific names, and how and when to prescribe them. A full translation will be given of the Doctor's Dog Latin, and mysterious marks, so that any one can know how to read a prescription, and tell what it is made of! This has never been done before, and few persons can imagine what a mass of absurdity and imposition this mystery and secrecy covers. The *People's Medical Journal*, however, will make it all plain, and thus commence what has been so long needed, A TRUE MEDICAL REFORM, which can never be expected while the people themselves remain ignorant.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. 5.

NOVEMBER, 1853.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.



Muscular exercise develops bodily strength, and is highly conducive to health.
The mental powers of the student are also developed by the same Law that causes the growth of the Blacksmith's arm.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

CHAPTERS ON THE PHYSIOLOGY OF THE ORIGIN OF LIFE.

Continued from No. IV.

The Nucleous is usually found to be attached to the inner wall of the cell, and is sometimes imbedded in it, but at other times it moves freely within the cavity. The form of the cell is usually circular, and it generally continues so, notwithstanding the changes in form which the cell itself may undergo. In some of the muscular cells, however, the Nuclei are elongated. The size of the Nuclei is usually about the same, though the cells which contain them vary very much in size. They are from the 14,000th to the 16,000th of an inch in diameter.

In the case of very small cells, and in most of them when first formed, the Nuclei occupy nearly the whole of their cavities, but as the cells become larger, this is not the case, because the Nuclei remains nearly of the same size as at first. The proportion of the cell cavity occupied by the Nucleous is, therefore, extremely variable.

The composition of the Nucleous is not definitely ascertained, but it appears to be usually different from that of the cell wall.

Every cell appears, at some period, to possess a Nucleous, and most usually continues to do so always, but sometimes the Nucleous entirely disappears, as in the case of the red corpuscles of the blood, and sometimes in the fat cells. It is supposed that the Nucleous is, in fact, the most essential part of the cell, because, as will be shown further on, it will perform all the vital actions of the perfect cell, and attract around it the peculiar liquid contents of the cell, even before the cell wall itself is formed.

Occasionally, more than one Nucleous is found in a cell, but this has arisen from the division of the original one, and is usually the beginning of the division of the cell itself into two or more, or the formation of a new one within the old one, as will also be explained further on.

HISTORY OF CELLS.—When cells are once formed, their mode of existence is, at first, precisely the same, whether they be animal or vegetable. The primary or original Nucleous of a man, is no way different from that of any other animal, or even of a tree.

The cell is, from the first, capable of

continuing its own existence, of growing, and completing its peculiar development, independent of the organization from which it may have been derived. It can also originate, or throw off other cells, also capable of acting in the same independent manner, but which sometimes combine with each other, and with the parent cell, to form, or build up a more complicated and perfect organization. All the cells, therefore, of which any body is composed, may be considered as the offspring of the primary one, or parent, from which they have all been originated.

The manner in which subsequent cells are produced from the primary one, is not, however, always the same. There seems to be two principal modes in which they are developed, the one called *Endogenous*, or *from within*, in which the new cells arise from division of the original Nucleous, or of the cell itself, and the other in which they are formed out of a peculiar organizable substance, produced by the primary cell. This peculiar substance is called the *Blastema*, and the whole process of cell development is called *Cytogenesis*.

The most usual process of cell division, is that in which it divides into halves, each becoming, after a time, a perfect cell. The original cell, or the Nucleous within it, is seen to grow longer and to tuck in, in the middle, as if drawn together by a bandage. This process goes on till the inner walls meet, and the two ends are thus perfectly separated. Each, then, possesses its own Nucleous, and soon they are completely severed, each one being perfectly independent of the other. After this, if further multiplication is necessary, each one divides again, till all are produced that are required.

The human being, for instance, consists at first of one simple cell, which divides into two, then four, eight, sixteen, and so on.

Sometimes the same process takes place, first in the Nucleous, which elongates, divides into two, and each part appropriates a portion of the cell contents and wall to itself, thus becoming independent. The two then separate, and each one pursues the same process.

In some cases, the contraction, and sub-

sequent division of the original cell, or Nucleous, takes place in two directions at once, at right angles to each other, thus producing four new cells instead of two. Each of these may also divide in the same manner, and the whole may remain united together, in a cluster, forming a mass of any size the organization requires.

In general there are not more than four new cells produced in any primary one, except under peculiar circumstances. Thus in the case of a wound, when it is healing, new cells, or granulations, are formed rapidly, and eight, ten, or even more, one within another. In this way the injury is repaired, and the wound closed—the new cells being formed from the lymph thrown out by the blood. In *cancer*, also, and in some other malignant diseases, cells are rapidly produced, and a larger number within the primary ones, than in healthy organization. This is why their growths spread and increase in the way they do. In *cancer*, however, the cells degenerate and decay, as rapidly as the form, so that there is a perpetual process of diseased generation and decay.

The more rapid process of cell development, and the more numerous divisions of the primary cell, are the exceptions, the more usual, and apparently normal process, appears to be the slower and continually repeated division into *twos*.

The production of cells from the division of others pre-existing, may not appear so extraordinary a process, although we cannot tell by what force it results, but the production of absolutely new cells, from organizable matter merely, is indeed wonderful. Thus, we see the blood, for instance, in the case of a wound, pour out *lymph*, a simple fluid substance, and in the midst of that, little points, or granules, appear, round which other granules agglomerate and form cells, the original granule being the Nucleous. When once formed, they go on with the process of division, more or less rapidly, and produce other cells by *Endogenous* development.

How simple cells are afterwards built up into perfect organizations, we shall see further on.

Continued in next Number.

ACNE.—This is that peculiar eruptive disease of the skin, commonly called Pimples. It has its seat in the glands, which secrete the oily matter, and is more commonly seen on particular parts only, and

principally on the face, or between the shoulders. It appears to depend on some derangement of the digestive organs, or at least it is much affected by their condition and action. In many cases strict attention to diet is sufficient to effect a cure. Living on plain food, avoiding all kinds of stimulating drinks, fatty matters, salted meats, spices, and acids, with regular washing of the skin, if strictly persevered in, for a length of time, will be sufficient in many cases. The patient should also live rather abstemiously, for if more food is eaten than can be thoroughly digested, or than the system requires, it is sure to aggravate the Acne. In fact, many persons keep it up by gross living alone. There is always a tendency for this disease to return, even after a cure, if the patient resume his old habits.

External applications seldom do much towards effecting a cure, though they may much relieve the disease for a time, and assist the means above mentioned. A very good application is the following:—

Flower of sulphur, two drams. Sugar of lead, one dram. Rub them well up in a pint of soft water, and well wash the parts with it every night, letting it dry on. Next morning wash gently with Castile soap and water.

Ointments seldom do any good, but, on the contrary, are more frequently hurtful. The Medicated soaps, and other Cosmetics sold for cleansing the Skin, all contain arsenic, or some of the powerful metallic oxides, and are very dangerous. It is true they will often cure, for a time, but it is at great risk, and the disease is sure to return. Paralysis, blindness, and severe nervous affections, have often followed the use of such remedies.

Internal medication is scarcely of any service. The purifying syrups, blood pills, and other nostrums so much vaunted for this purpose, may all be dispensed with, for they never reach the disease, and frequently make it worse by deranging the stomach.

Any remedy which may correct the stomach, or bowels, when they are disordered, may be of service so far, but taking medicine, as people express it, is utterly useless in the treatment of this disease. In fact, a brisk purging of the bowels is often followed by a more plentiful crop of pimples than existed before.

Health is better than wealth.

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.

Continued from No. IV.

THE ABSORBENT VESSELS OF THE SKIN.—These are, in many respects, some of the most important of the many vessels found in the skin, since it is through them that it receives so many hurtful and beneficial matters. Not only do diseases arise from the absorption of poisonous matters, but many are also healed by a similar absorption of various remedial substances. In fact, it is through these vessels that the skill of the Compounder of Cosmetics is enabled to act. If the color of the skin becomes objectionable, or if it become hard, stained, and rough, it is mainly by causing it to absorb certain substances that these imperfections are removed.

The absorbent vessels are partly derived from the Lymphatics, and partly from the Veins. Apparently those from the veins are most active, and, as they carry the absorbed matter more immediately into the blood, it is perhaps through them that the greatest and quickest changes are chiefly effected.

Almost all kinds of vegetable, animal and mineral matters are capable of being absorbed by the skin, if they are in a sufficiently minute state of division. Fluids and gasses pass through its pores with the greatest readiness, and even the metals, in certain states, are taken up by it with the greatest readiness, as we see from the fact that mercury will cause salivation, by being merely kept in contact with the skin for a sufficient length of time.

This fact will show how dangerous it is to use any oils, powders, or other articles of the toilette, which contain any poisonous or hurtful matters, as many of them do. There are numerous articles sold for the purpose of whitening the skin, and making it smooth, and for removing superfluous hairs, &c., which are highly poisonous, and the use of which has done immense mischief. In fact, the extent to which the public is imposed upon, and injured in this way, is scarcely credible, and yet who can wonder at it, when the general want of information on such subjects is considered. In our subsequent Numbers, Recipes will be given, for all necessary articles of this kind, that will be free from those dangers.

There is no doubt but that many deli-

cate complexions are injured by the absorption of poisonous matters in the air, particularly such as are contained in the air of close or crowded rooms, ill-ventilated, and where many people are crowded together. Smoke, damp, and foul air, all act in this way, and will as surely injure the appearance and action of the skin, as will poisons of any other kinds.

Some curious experiments have been tried to test the absorbing powers of the skin, which it may be as well to relate, both for their interest and for their utility.

The celebrated physician, Fontana, wishing to try how far his skin absorbed simple fluid, weighed himself one damp day and then took a walk. On his return he found his weight considerably increased, from the moisture absorbed by the skin and lungs. On repeating the experiment, however, on a very dry day, he found that he lost weight, because the air had absorbed moisture from his body. This fact shows the operation of the *dry air bath*, with friction, so much used by females in the East to make the skin clear and smooth, and to remove all fatty or watery accumulations from it.

Richerand proved this in a still more decided manner. He weighed himself accurately, and then kept his hands, afterwards, in warm water for half an hour. On weighing himself again, after doing this, he found the weight of his body considerably increased, while the water had diminished in weight nearly to the same extent. In fact, it had been absorbed through the pores of the skin.

These facts prove that if we can discover what matters are really useful to the skin, we have the means to make them enter it, and on this principle the art of preparing cosmetics depends. Sometimes the skin, or hair, is short of some particular substance, which can be supplied, and sometimes they contain some hurtful substance, which can be neutralized by adding another to it. Thus, for instance, the hair often grows white from want of sufficient iron, or sulphur, and may frequently, in such cases, be restored to its natural color by introducing these substances through the pores of the scalp.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

Continued from No. IV.

DELAMOTTES GOLDEN DROPS.—Muriate of Iron, one ounce. Sulphuri Ether, seven ounces. Put them into a stoppered bottle and expose to the sun till dissolved. Dose, from eight to twenty drops, or more, in syrup, must be drank quickly.

This has been a celebrated preparation and has sold at an immense price. It is a good Tonic, especially for chlorotic females.

DINNER PILLS.—There are several forms of these, but they do not differ much from each other. The following are the best.

1. Rhubarb, thirty grains. Aloes, sixty grains. Ipecac, twelve grains. Tincture of ginger, enough to form it into a paste, of which make twenty-four pills.

Of these, one, two, or three, may be taken after dinner.

2. Sir Charles Bell's dinner pills. Rhubarb, fifty grains. Mastic, six grains. Sulphate of Quinine, four grains. Make into twelve pills.

Dose, one, or two, after dinner.

In those cases where there is always great heaviness, and oppression after dinner, with sleepiness, and tendency to rising of the food, these pills are often of great service. It must be remembered, however, that they will not exonerate a person from the consequences of imprudence, and that it is better to avoid the necessity for them, if possible, by being careful in diet, and abstemious.

DUPUYTRENS EYE SALVE.—Nitric oxide of mercury, ten grains. Sulphate of zinc, twenty grains. Pure lard, two ounces. Rub all together very smooth, in a porcelain mortar.

A piece half as large as a pea, may be used with advantage in inflamed eyelids.

DUTCH DROPS, OR HAARLEM OIL.—This popular remedy, in its original form, is principally the impure residue that is left after re-distilling Oil of Turpentine, to purify it. Its effects are similar to those of Turpentine, or Tar, only it is stronger. Its virtues are much exaggerated, and a vast deal of imposition is practised on the public in its manufacture. Thousands of bottles are regularly made here, and put up in Dutch printed wrappers, on old paper, and sold as being *imported* at a high price.

Probably where there is one bottle sold of the really imported, there are ten sold that are made here. But very likely the sham article is as good, or even better than the original, in many cases.

The following is a good recipe for it, which few could tell from that brought from Holland.

Linseed oil, one quart. Rosin, two pounds. Sulphur, one pound. Boil these carefully together over a slow fire, and when all is melted take them off and add a pint of oil of turpentine, and fifty drops of liquor ammonia. Stir well together, and when cold, pour clear off and bottle up.

Used for everything that people fancy, outside or inside.

To be continued in next Number.

PIMPLES ON THE FACE.—Dissolve as much gutta percha as possible in chloroform, and then paint each and wipe with the solution as soon as it appears, or at any time after. The gutta percha remains after the chloroform evaporates, and forms a thin transparent covering, which perfectly excludes the air, and arrests the progress of the pimple. Be careful not to rub the gutta percha off too soon. This is also good for ringworms, or for any kind of eruption, as it prevents it from spreading, and in the early stages of erysipelas.

ST. VITUS' DANCE.—Quite a number of cures have been effected by the following Recipe.

℞.—Peppermint water, four ounces. Ammoniated sulphate of copper, eight grains. Laudanum, eight drops. Simple syrup, half an ounce. A tea-spoonful may be commenced with, from four to six times a day, gradually increased. If it cause any sickness, leave off for a day or two. It may be continued, if necessary, for three weeks or more.

JAUNDICE.—Very often, when nothing else cures jaundice, the following Recipe will.

℞.—Sulphate of magnesia, half a dram. Carbonate of magnesia, fifteen grains. Aromatic spirits of ammonia, half a dram. This may be taken three times a day.

THE ART AND MYSTERY OF PRESCRIBING DRUGS,

Or, An Explanation of the Names, Symbols, and Abbreviations used in Prescriptions.

"Here it is, a raal Docthor's Prescription, as full o' larning as an egg is full o' mate. Let me see, what is it? Holy St. Pathrick! it's aisy enough—Big A, little a, bouncing B,—one kitchen Poker, two Snake's Tails, and a Gridiron!"—POWER, the Actor.

Examples of Prescriptions.

Specimens of Recipes, with directions in Latin translated, to illustrate the art and Mystery of Prescribing Drugs. Each Recipe is a useful one also, for some particular purpose.

R.—Sodae carb. exsic. ℥j.

Sap. dur. ℥iv.

Ol junip, gtt. xx.

Syr. Zingib. q. s.

Fiat massa in pilulas xxx dividend. e quibus cap. iij indies.

Translation.

Recipe.—Carbonate of Soda, one dram. Hard Soap, four scruples. Oil of Juniper, twenty drops. Syrup of Ginger, as much as will be required.

Work it into a mass, and divide into thirty pills, of which let the patient take three daily.

This is a good preparation in some forms of gravel, and especially when there are stones in the Kidneys.

R.—Cret. praep. ℥j.

Fiat pulv. vel addend, syr. Zingib., bolus ad album contrahend; Mane sumend.

Translation.

Recipe.—Prepared Chalk, one scruple.

Make it into a powder, or, by adding enough Syrup of Ginger, into a bolus. To be taken in the morning, to bind the bowels.

This is employed to check an obstinate diarrhoea.

R.—Pulv. Opii granum unum.

Confectionis Rosa grana quatuor.

Fiat Bolus vespere, si perstet diarrhoea, vel adsint tormina intestinorum capiendus.

Translation.

Recipe.—Opium in powder, one grain. Confection of Roses, four grains.

Make into a Bolus, to be taken in the evening, if the diarrhoea continues, or if the griping of the bowels be present.

This is used for similar purposes to the former Recipe, but more especially when there is pain.

R.—Inf. Gent. Co. ℥vi.

Magn. Sulph, ℥i.

Cap. Cochl. iij magna post jentac. et post prand. quotidie.

Translation.

Recipe.—Compound Infusion of Gentian, six ounces. Sulphate of Magnesia, one ounce.

Let the patient take daily three table spoonfuls, after breakfast and dinner.

This is used in acidity of the stomach, and for loss of appetite, particularly if accompanied with obstinate costiveness.

R.—Sod. Sulph. ℥iss.

Sod. Phosp. ℥j.

Syr. Rham. ℥iv.

Aqu. Ment. pip. ℥vi.

M. Sumat ℥i statim et repetat.; dosis post haris ji nisi alvus primis respond.

Translation.

Recipe.—Sulphate of Soda, one ounce and a half. Phosphate of Soda, one ounce. Syrup of Buckthorn, four drams. Peppermint water, six ounces.

Mix. Let the patient take two table spoonfuls immediately, and let the dose be repeated in two hours, unless the bowels be previously relieved.

This is an excellent remedy for constipation, to use now and then, or as a purge to use when required, there are few better. The Syrup of Buckthorn is much better when used with the salts of Soda, than when used alone.

R.—Sp. Arom. Ammon. ℥i.

Tinct. Card. ℥ii.

Tinct. Castor ℥i.

Aqu. Font. ℥iv.

Sum. oppriment. lang. cochl. ampl. ji.

Translation.

Recipe.—Aromatic Spirit of Ammonia, one dram. Tincture of Cardamoms, two drams. Tincture of Castor, one dram. Spring water, four ounces.

Let the patient take two table spoonfuls when the languor is oppressive.

This is used when there is great depression of spirits, with tendency to sinking, or fainting away. It is often of service to hysterical females.

CANCER OF THE BREAST.—Mr. Puget informs us, in the London Lancet, that the average duration of life, in those that have Cancer of the Breast, after it is first observed, is about forty-nine months, when it is left alone, but that the average is only about forty-three months in those that have the breast removed and recover from the operation.

THE NATURAL HISTORY OF PERFUMES AND FLOWERS, And their various influences on body and mind, both as Hygienic Agents, and as Aids to Beauty, with Recipes for numerous agreeable and useful Compounds for the Toilette.

Continued from Number IV.

Besides the vegetable articles already enumerated, as used in Perfumery, there are several *woods* more or less employed, each having a peculiar odor of its own. Thus, we have *Aloes Wood*, *Sandal Wood*, and *Rose Wood*, (or *Wood of Rhodes*,) from which is obtained the Oil of *Rhodium*. Several *barks* are also employed, as *Cinnamon* and *Cassia*, and quite a number of *roots*, but principally those of the Indian *Nard*, which was so celebrated among the ancient Assyrians and Romans. The *Sweet Flag*, or *Iris de Florence*, the *Souchel*, the *Calamus*, *Galanga*, and the odorous *Rush of Mecca*. *Mace*, *Nutmegs*, and *Cloves*, are also used in Perfumery.

Several *seeds* are also more or less in use, as the *Tonquin Bean*, the seed pod of the *Vanilla* Plant, and the seeds of *Ambrette*, which resemble a mixture of *Musc* and *Amber*.

These are the principal articles employed in Perfumery, though there are many others which are resorted to occasionally, and to a smaller extent.

The odorous qualities of some of these articles, as those of the *woods* and *roots*, for instance, are more or less permanent, and the articles may be used in their native form without their odors being immediately lost. But in most of the vegetable articles, and especially in *Flowers*, the odor is very evanescent, and special means have to be resorted to, to preserve them. Most of the vegetable scents exist in an *essential oil*, which is often so very volatile that it can with difficulty be obtained or kept alone. In such cases it is combined with some other simple oil, which has no odor, as the oil of the *Ben Nut*, for instance. Some of the essential oils, however, are obtained alone, like the oil of *Cloves*, or *Lavender*, but those from *Flowers* are usually combined with a scentless fixed oil. This is the case with the oils of *Lilly*, *Tuberose*, *Violet*, and others, which we could not obtain simple and alone.

All the essential oils are very difficult to keep, on account of their extreme volatility. This is especially seen in the oils of *Cloves*, *Cinnamon*, the *Bergamot Orange*, *Neroly*, and *Citron*, which are soon evaporated if left open, and can scarcely be kept even when well closed. Bottles of these

oils, corked in the best manner, will soon be found empty, owing to the oil evaporating through the cork, which makes it necessary to keep them always in well stoppered bottles.

The strength of many of the Flowery odors is very great, so that a few drops will scent a large quantity of simple oil quite strongly. Thus, from *six hundred pounds weight* of *Rose leaves*, they only obtain about *one ounce* of essential oil of *Roses*, but that would powerfully impregnate, with the odor of *Roses*, many gallons of simple oil. The pure oil of *Roses* is perhaps never met with in commerce. It takes also about *six hundred pounds weight* of *Orange flowers* to make one ounce of oil of *Neroly*.

What are called *Essences* of the various *Flowers* and odorous plants, are simply the essential oils dissolved in *Alcohol*. Thus, a single drop of pure oil of *Neroly*, will sensibly impregnate a pound weight of *Alcohol*. Many essences are obtained by distilling the plants and flowers in alcohol, but often they are made by simply adding a little of the oil. Thus, *Cologne Water* can be made by adding the various oils of *Rosemary*, *Lavender*, &c., to alcohol, as we shall give directions for further on, but it is not nearly so good as that made by distilling the articles in the alcohol. The best article is always made in this way.

The odors of some substances are communicated to water, which may be used with them instead of alcohol. These are called perfumed *waters*, and are used to a considerable extent.

The essential oils, essences, waters, and other odorous substances, are compounded in a variety of ways, and used in various forms. In our next Number, several Recipes will be given for some of the most agreeable and easiest prepared, so that our readers may compound them for themselves.

Modern chemistry will probably, in time, enable us to form the various essential oils directly from their chemical elements, without resorting to the flowers or plants. In fact this is partly done now, with what is called the *Fussel oil*. The *Rose gardens* of *India* will probably be one day left uncultivated, and *Otto of Roses* may be as plentiful as *bear's grease*.

THE PEOPLE'S MEDICAL JOURNAL.

NOVEMBER 1, 1853.

FEVER AND AGUE.

(Febris Intermittens, Intermittent Fever.)

This too well known, and vexatious complaint, is almost confined to marshy districts, and where there is much stagnant water, or decaying vegetable matter, as in newly cleared lands. In England, and in many other parts of the world, where it was formerly very prevalent, it is now unknown, owing to the clearing, draining and cultivating of the soil. In tropical countries, where the growth and decay of vegetable matter is so rapid, Intermittent Fever prevails more or less constantly, wherever there is much moisture.

In all cases a certain degree of heat is required to generate Ague, for it is never known in very cold countries, and is always worst where it is very warm.

The cause of this disease appears to be some peculiar poison, engendered by the decay of vegetable matter when acted upon by heat and moisture. This poison which floats in the air, is called Miasma, or Malaria, and it probably enters the system by way of the Lungs, in the act of breathing. Those, therefore, who can avoid breathing *bad air* at certain times, as between sunset and sunrise, for instance, often escape the disease. The Malaria, also, does not ascend very high, being probably a heavy kind of gas, so that its effects can often be escaped by not sleeping, or remaining after sunset near the surface of the ground, but getting as high up as possible. Very frequently, also, any kind of screen, as a belt of trees, for instance, will keep the poison away from any place near a marsh.

One peculiar feature in Ague is its tendency to return, in those who have once had it for an indefinite time. Any little imprudence in diet, an east wind, over fatigue, or a chill, damp day, will often bring on an attack after the patient thinks himself cured.

The symptoms of Fever and Ague, are so well marked that no one can mistake them.

At the beginning of an attack, the patient usually complains more or less of general weakness, oppression at the stomach, and chilliness, which at last gradually increases to shivering and chattering of the teeth, which nothing can stop. This is called the *Cold Stage*, or *Chill*, and during it the features are shrunk up, pinched, and blue, and there is a general appearance of suffering and extreme wretchedness. The shaking is often so violent, that the patient cannot stand or sit, but must lie down, and cannot articulate a word. Sometimes there is vomiting, with flying pains in the limbs and head, or even convulsions.

By degrees, the chill begins to pass off. Flashes of heat run through the system, and finally a state of fever and burning heat comes on, with quick pulse, hot skin, furred tongue, and throbbing head. Great thirst is also experienced, and the urine is usually high colored. This is called the *Hot*, or *Fever Stage*.

At last, profuse perspiration breaks out, which often lasts a considerable time. The distressing symptoms then gradually pass off, and excepting great prostration and weakness, a state of comparatively well-being is again experienced. This is the *Sweating Stage*.

After this, the patient feels again as usual, sometimes even perfectly well, till another attack comes on, as it always does with singular regularity. Sometimes one day, sometimes two, three, or four, elapse between the attacks, and this gives rise to the terms one day ague, two day ague, and so on. Or as it is called scientifically Quotidian, Tertian, or Quartan Ague.

The more frequent the attack, the more violent the disease, and the more difficult to subdue. The lengthening of the period between the attacks, is always a sign of improvement.

This regular recurrence, or periodicity,

is a most singular feature of this disease, and not only serves to distinguish it from all other diseases, but also enables us to know when to commence the proper treatment, so as to combat either stage, because the time of each attack is generally known.

The treatment of the Cold Stage must be directed to shortening it as soon as possible, by restoring the natural warmth. For this purpose, few appliances are better than the *hot vapor bath*, if it can be had, especially if it can be used before the shivering actually commences. A very good plan is to seat the patient over a pail of almost boiling water, with a blanket well wrapped round him, and keep up the evaporation of steam by putting hot bricks, or stones into the water now and then. Hot tea may also be given freely to drink, or barley water, or, if the patient be very weak, some hot brandy and water very weak, dandelion tea, or boneset tea, are also very good in many cases. Emetics are not advisable at this stage, but a good purgative, at the very commencement, is of great service. For those who do not object to such remedies, an excellent preparation is made as follows:

℞.—Calomel, one grain. Compound Rhubarb Pill, three grains. Two pills like this should be taken immediately the cold stage is felt to be coming on, but any other good purgative will do.

The Hot Stage should still be treated the same, to bring on the perspiration, and opium may be given to great advantage. Twenty, thirty, or five and thirty drops of laudanum will be found of service, with plenty of simple warm drink.

The Sweating Stage is the natural termination of the attack. It should be encouraged till the fever is fully abated, by using warm drinks, but as soon as the fever is over, cooling drinks may be used, such as lemonade, or simple water, but they should not be too cold, and only used sufficiently to quench the thirst. The body should also be wiped dry, and clean clothes

put on when practicable, which will cause a feeling of comfort highly conducive to sleep, from which the patient will wake comparatively well.

The Intermission.—When the attack is over, the period between it and the next attack is the most important, medically speaking, because then we use our endeavors to *cure* the disease, and not merely to mitigate the attack.

For this purpose, as soon as the sweating is fully over, if the medicine already taken does not operate, a full dose of Castor oil, or Senna tea should be given.

When the bowels are thus thoroughly cleansed, commence at once to use the *Sulphate of Quinine*, for beyond all question there is no remedy equal to it, or that has, on the whole, so few objections.

Begin with two or three grains, every four hours *as regular as the clock!* This being regular with the doses, even to the *minute*, is a great point, from the time one attack ends, till the period of the next attack. In very many cases, this will prevent another attack, or make it very slight, so that prompt treatment in the first moments of the cold stage will cut it short.

As soon as the second attack is over, commence the quinine again, but it should not be taken while the fit is on. If the second fit is hard, the dose of quinine may be larger afterwards, even to *five* grains every four hours, if the head will stand it, and never miss the required dose night or day, at the exact time. Remember the disease is regular in its appearance, and the remedy must be the same.

It is seldom that many more fits are experienced after the quinine is commenced, providing it be used regularly and in sufficient quantity, so as to break down the disease at once. If much headache, or ringing in the ears be experienced, however, the dose must be made less.

The quinine should be dissolved in a large spoonful of Lemonade, or in sweetened water, or it may be dissolved in a tea

spoonful of Lemon juice, and that put into a tumbler of sweetened water.

The Quinine Pills, sold at the Druggist's, are convenient. Each contains exactly one grain of Quinine.

The great trouble is, that owing to the high price of Quinine, it is so apt to be adulterated, although it may always be depended upon at a good respectable druggist. In all probability, scarcely one fifth of what is sold for Quinine, in many parts, especially in the west, is so in reality. It is either mixed with substances of no medical power, which makes it useless, or with others that are hurtful.

All the different popular remedies for Fever and Ague, owe their power to Quinine, though often this is denied, and none of them are so good as the pure salt itself, if it can be obtained. Many persons think these quack remedies are better than the simple Quinine because they take them more regularly, and in more active doses.

Several other remedies are also used for this disease, when Quinine cannot be obtained, or when it disagrees, or fails, as it may do in some few cases. All these will be described further on, especially those produced from our native plants.

In all cases, the medicine should be continued for some time after the disease is cured, to prevent a return, and the treatment should at once be re-commenced, if the disease is felt coming on again.

Very frequently, however, nothing will cure Fever and Ague while the patient remains in the same place, because, in all probability, the malaria, or poison, keeps entering the body afresh. In such cases a removal is necessary, for it is no use to keep curing the disease one day, and taking it again the next. It is almost as well to do nothing if obliged to remain.

A Case in the Editor's Practice.

This case is here given because it is a good sample of a large class, and because there are so many, even in the profession, to whom the true philosophy of such cases are unknown.

About eight years ago a man called upon me, haggard and care worn, with the marks of suffering and anxiety deeply imprinted on his features, who told me, after a great deal of hesitation and evident reluctance, that he wished to consult me. I am, said he, one of the most miserable of men, and God only knows what is to become of me. I have been well to do in the world, very well, and should be so now, only I am incapable of attending to my affairs. My mind is almost gone; energy I have none, and nothing interests me. Bodily, I have no particular pain or trouble, but a thorough loss of power in every part. I don't eat scarcely at all, nor digest the little that is eaten; my bowels are inactive, almost to torpidity, and my limbs can scarcely support the weight of my body. Sleep scarcely ever refreshes me, and I rise in the morning with a dark cloud on my mind, that makes me almost wish another day would never dawn. My business is now decaying, owing to this state of things; I am almost ruined, and my family will be reduced to actual want. What am I to do? Can I be helped? Tell me at once, is there any hope?

It was with great difficulty I got him calm and collected enough, to gain from him the information I required, but when I did so the case was plain enough. All his troubles arose from *Urinary Spermatorrhœa*, which had been brought on by his excesses as a husband! He had been married about two years, and being of an ardent temperament, and perfectly ignorant of his own system, and its requirements for health, had indulged to the utmost extreme, till he became impotent, and in the condition I found him. No one that he had spoken to had suspected the true cause, but some had treated him for one thing and others for another, leaving him still the same.

It was necessary for me to explain to him, how the semen was constantly leaving him in his Urine, by means of the microscope, and to explain how it acted upon him. He was amazed to hear this for the first time, and begged me in the most urgent manner to tell him if it could be arrested. I told him I thought it could, and immediately began to treat him. In a short time the loss was stopped and he recovered rapidly, as such cases often do. In one month he was a new man, and after winding up his deranged business, he started for the south to begin again. I

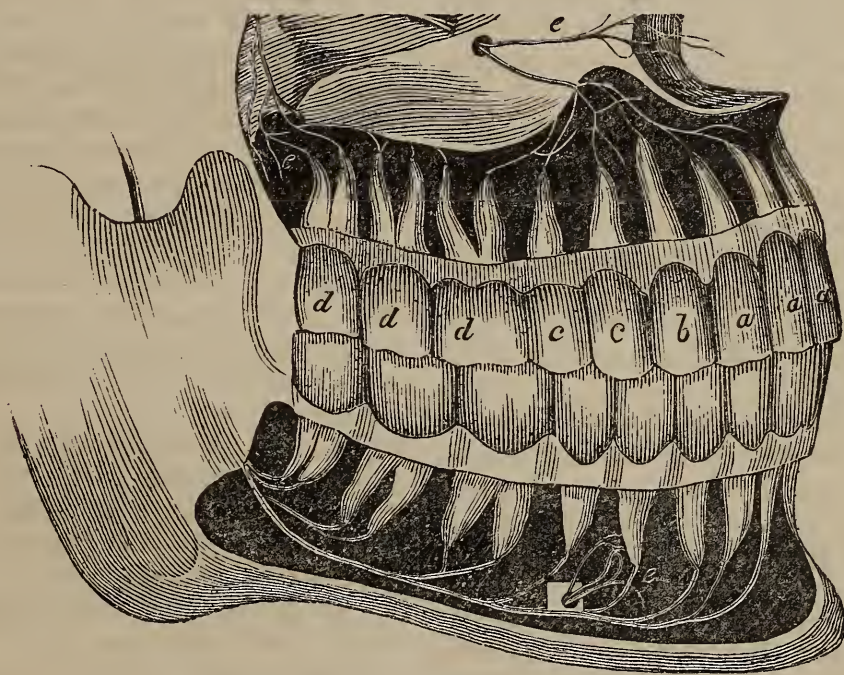
had lost all recollection of him, among so many others, when three weeks ago two gentlemen called to see me, who presented a singular contrast to each other. One was stout, cheerful looking, and vivacious, the other gloomy and dejected. The well looking one asked me if I remembered him, which I told him I did not. He then introduced himself as my old patient, above mentioned, and gave a glowing account of his health and happiness, and worldly prosperity. All owing, my dear sir, said he, to you. If fortune had not thrown me in your way, I should long since have left this world, and my family would have been beggars. I have now nothing to wish for, except that all other men, who suffer as I did, should know where to come for relief. It is for this purpose I have brought my friend here, who is another victim of

ignorance as I was, and whose hopes rest in you alone.

Suffice it to say, his friend is now under my care, and with every prospect of permanent relief. Both parties coming from a distance, I have their consent to make the present statement, otherwise the case would have remained, with others, in my note book.

My first patient is now a zealous Missionary, distributing my Books, and circulating the Journal, wherever he thinks such works will be of service.

When I was a youth, said he, I spent some years in learning, in Latin, that the ancient Romans often killed themselves, among other freaks, when unfortunate. But no one told me, in plain English, that I could kill myself, without knowing it, in the way I nearly did.



Side View of the Upper and Lower Jaws of a GROWN UP Person to show one half of the Second Set of Teeth.

This Plate shows the teeth fixed in the jaws, the bone being cut away, so that their roots are seen and also the nerves going to them,—*a a a* are Incisor teeth,—*b* is the Cuspid, or Canine tooth,—*c c* the two Bicuspids,—*d d d* the three Molars,—*e e e* are Nerves.

DANDELION COFFEE.—This is a very good substitute for Coffee, and is quite medicinal, especially in some Kidney affections, and in Mucus, discharges from the Bladder, and in Rheumatism.

The Dandelion roots should be gathered late in the year, just before frost, and well dried and reduced into powder. Some persons roast them, which, however, destroys the medicinal powers, though it im-

proves the flavor. Others mix it with Coffee, or with an eighth part of Chicory, which increases its medicinal power.

HEADACHE.—This is often relieved by taking half a grain of Sulphate of Nickel, three times a day. If necessary, the dose may be increased to a grain.

Cleanliness is better than Medicine.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses, and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. IV.

Acidum Muriaticum, *Muriatic Acid, Hydrochloric Acid, or Spirits of Salts.*

This powerful corrosive acid, is obtained by distilling common salt with sulphuric acid. It is very volatile, of a suffocating odor, and has a most intensely acid burning taste.

This strong acid is only used as an external caustic, to eat away false growths, or to change the action of ulcers, and cancerous growths, or mortification. It is applied by means of a bit of sponge, tied to a stick of whalebone.

The dilute acid, called *Acidum Muriaticum, (or Hydrochloricum) dilutum*, is used internally as a tonic, in Fevers, Scarlatina, Ulceration of the Throat and Mouth, in debility of the digestive organs, and also as a gargle in sore mouth and throat.

The dose is from twenty to fifty drops, in five or six ounces, or more, of some bitter tea, care being taken to well wash the teeth immediately after, as it acts on them quickly.

Muriatic acid must not be used with any of the Alkalies, with Tartar Emetic, Nitrate of Silver, Sugar of Lead, or any of the carbonates.

Acidum Nitricum, *Nitric Acid, or Aqua Fortis.*

This is a heavy liquid, colorless when pure, with a suffocating odor, and an intensely acid taste. It is also highly corrosive to most things.

This strong acid is used externally as a caustic, for similar purposes to the Muriatic acid, and also to destroy Warts, and Corns, and Piles, but it must be used carefully, as it destroys the skin instantly, wherever it touches.

The dilute acid, called *Acidum Nitricum dilutum*, is used internally as a tonic, but is not so much esteemed as the other mineral acids. Its principal use is in certain diseases of the Liver, and in Syphilis. The dose is from ten to thirty drops, taken the same as Muriatic acid.

It must not be used with the same articles that are improper with Muriatic acid, nor with Alcohol, or Sulphate of Iron.

NITRIC ACID MIXTURE.—Nitric Acid, half a fluid dram. Pure water, a pint and a

half. Syrup of Cinnamon, one ounce and a half.

Dose, a spoonful every three hours. Useful in Chronic Inflammation of the Liver, and in secondary syphilis.

Acidum Nitro Muriaticum, *Nitro Muriatic Acid, or Aqua Regia.*

This is a mixture of one part Nitric acid, and two parts Muriatic acid, and it possesses different properties from either of them when alone. Thus it will dissolve gold, for instance, and platina.

This compound acid was at one time much used internally, for the same purposes and in the same doses, as Nitric acid, but is now only used externally in the form of a Bath.

BATH OF MURIATIC ACID (*Balneum Nitro Muriatici*).—Nitro Muriatic acid, four ounces and a half. Water, three gallons. Mix it in a wooden vessel, and use as a footbath daily, for a length of time. The feet should be kept in for fifteen or twenty minutes, and then be well rubbed with hot flannels.

This bath is often very useful in Abscess of the Liver, in Skin Diseases, Constitutional Syphilis, and in the diseases caused by Mercury. It is, also, sometimes of the greatest service in the passage of gall stones from the Liver, and in Rheumatism. If long continued it will often cause salivation, but that need not alarm, on the contrary it is often desirable.

Acidum Oxalicum, *Oxalic Acid.*

This is the acid contained in sorrel. It is obtained, when pure, in the form of white crystals, of a sweetish taste, but poisonous.

It is seldom used in Medicine in this country, but in France is often employed.

Acidum Phosphoricum, *Phosphoric Acid.*

This, in a diluted form, possesses the same general properties as the other Mineral acids, but is not much employed. The dose is from twenty minims to a dram, diluted like Muriatic acid. It is an intensely acid, but colorless fluid, and without smell.

The principal use of Phosphoric acid, is in certain forms of decay of the bones, and in phosphatic stone of the bladder.

PILLS OF PHOSPHORIC ACID.—Phospho-

ric Acid and Assafœtida, of each three drams. Powdered Calamus, as much as may be sufficient to make it in a mass, of which form one hundred and eighty pills.

Dose, five to ten three times a day. In rotting of the bones.

Acidum Sulphuricum, Sulphuric Acid, or Oil of Vitriol.

This strong acid is used externally as a caustic, the same as Nitric acid, but very seldom. Its general appearance is well known.

The diluted acid, (*Acidum Sulphuricum dilutum*,) is used internally, as a tonic astringent, to check bleeding and other discharges, and also in night sweats, diarrhœa, and hectic fever, but it is apt to cause gripings, pains and wasting away, if continued too long.

Dose, ten to twenty minims, in a glass of water.

There are several official preparations of this acid kept by Druggists, but the one most used is the *Acidum Sulphuricum Aromaticum*, or Aromatic Sulphuric Acid, commonly called *Elixir of Vitriol*. It may be made as follows.

To be continued in next Number.

NOTICES.

From the Waverly Magazine, Boston, Aug. 6, '53.

The People's Medical Journal and Home Doctor. July 1853.

We have received the first number of this Journal, edited by Dr. F. Hollick, and published by T. W. Strong, New York, at twenty-five cents per year. The editor has been known for many years as a popular lecturer and author. The best of his medico-popular works, is his "Marriage Guide," which contains more just, moral, and scientific ideas in relation to the subjects of which it treats, than any other popular book we ever saw. Every person should own it. Of the editor's capacity, therefore, to edit a popular journal, there can be little question, but we somewhat doubt the expediency of such a publication. The idea that the people should be made acquainted with the mysteries and become their own doctors, is a fallacious one. It opens the door to quackery, but is of no practical benefit to a single individual.

We thank the *Waverly* for its notice of our labors, and are glad to see it has the moral courage to express a favorable opinion of such a work as "The Marriage Guide." Many popular Magazines would not do so on any account, for fear of popular prejudice, no matter how much it might seem to be their duty to do so. We cannot, however, see the reason for its objection to the *Journal*. The true and only way to do away with Quackery, as it ap-

pears to us, is to give popular instruction, for quackery can only live upon ignorance and mystery. The idea that knowledge can be dangerous to the people, appears also, to us, to be a fallacious one, and we are quite sure that the more any one knows about medicine, the less likely they will be to be always taking it.

On this subject we shall have a special article next month. In the meantime we must be allowed to think that the *Waverly* has not displayed its usual judicious discrimination. Suppose we should say, in regard to the *Waverly* itself. We somewhat doubt the expediency of such a publication. The idea that people should do their own thinking, select their own intellectual food, and so become their own moral instructors, is a fallacious one. It opens the door to scepticism, free thinking, &c., and is of no benefit to a single individual. How would such reasoning appear then?

ANSWERS TO CORRESPONDENTS.

O. P.—*Mitte in chartacea pyxide*, means nothing more than this: "Send them in a paper box!" *Mittatur in marthecio*, means "send it in a gallipot." *Vespere utatur pediluvio tepido*, means, "let the patient use the tepid bath in the evening." And *fricetur corpus, hora decubitus, ant luna, vel strigile*, means, "let the body be rubbed, at bed time, with either a flannel or a brush."

J. S.—Is informed that we cannot undertake anything of the kind

T. L.—You have mistaken our intention. Read the Book more carefully.

A Lady.—The Journal is in a wrapper, so that no one through whose hands it passes can know what it is. The Books the same. They are all *one dollar* each, and come free of postage anywhere in the United States.

N. O., R. S., Vel.—Yes!

A. Q., A Friend.—No!

O. J.—Thank you, we shall attend to it.

R. F., Medicus, Hypo., Harry.—Answered by Post.

FIRE!

Just as this No. was going to press our Establishment was nearly burnt to the ground. We shall however be all right again in a few days, and our friends may send in their orders as usual. We trust however they will excuse a little delay.

P R O S P E C T U S
OF
THE PEOPLE'S
MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,

Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

Price only 25 cents a Year, 3 cents a Number.

The People's Medical Journal is intended to supply a want long felt and acknowledged; that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect, exclusively, nor is it the Advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homœopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

Regular chapters will be given in each number, on Physiology, Pathology, Anatomy, Medical Botany, and the treatment and prevention of Disease, so written that all can understand them. Also others on the origin, action and mode of compounding all known Drugs, with their common and scientific names, and how and when to prescribe them. A full translation will be given of the Doctor's Dog Latin, and mysterious marks, so that any one can know how to read a prescription, and tell what it is made of! This has never been done before, and few persons can imagine what a mass of absurdity and imposition this mystery and secrecy covers. The People's Medical Journal, however, will make it all plain, and thus commence what has been so long needed, A TRUE MEDICAL REFORM, which can never be expected while the people themselves remain ignorant.

All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The People's Medical Journal belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

The terms of the People's Medical Journal are unusually low. The object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most interesting and valuable information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a year's numbers of this Journal will make one of the most interesting and useful volumes ever bound together. Every one should preserve them carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be copyrighted, to prevent piracy. First No. on July 1st, 1853.

The yearly subscription, only *Twenty-Five Cents*, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The postage for each number is **ONE CENT**, anywhere in the United States.

Published by T. W. STRONG, 98 Nassau Street, N. Y., to whom all orders may be addressed. To be had, also, of Booksellers and News Dealers everywhere.

THE PEOPLE'S MEDICAL JOURNAL.

Newsletters and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

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We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are **SURE** to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have an extra one sent by post, if they will let us know.

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Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

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THE

Male Generative Organs,

In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

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This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

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And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,---and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE ON
VENEREAL DISEASES,

IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

The recent French Discoveries, with the new modes of treatment---the experiments in Inoculation ---and the curious investigations as to the Diseases, by which many eminent men, in former days, have died, are deeply interesting and will astonish all.

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No books have ever been more recommended, both by the press and by individuals. Each will be sent anywhere by Post, **Free**, on remitting One Dollar and the address to **T. W. Strong, 98 Nassau st., N. Y.** Thousands of them are sold weekly.

☞ The attention of Agents, and of the trade generally, is called to these works, the demand for them is constantly increasing, and the Trade allowance is most liberal.

Also in course of preparation, by Dr. Hollick, a most invaluable series of Books for **Schools**, and for **Family Teaching**, on Anatomy and Physiology, embracing many new and important features, which, it is believed, make them superior to any of the kind ever before issued. One is now nearly ready, the Title Page of which is given below. A smaller one, and also a more complete one, will follow, with a series of large cheap **Anatomical Plates**. These are decidedly the **Cheapest Books**, for the purpose, ever published. They are Profusely Illustrated with appropriate Engravings, and have been prepared with the greatest care and attention in every respect. When known, they will be universally used.

THE AMERICAN CLASS-BOOK

OF

ANATOMY AND PHYSIOLOGY,

And their application to the Preservation of Health,

For the use of Children in Schools and at Home, or for the self-instruction of Teachers and adults generally. Arranged in Questions and Answers, and illustrated by Eighty-five Engravings, with practical directions for easily procuring objects for illustrations, and for forming Anatomical Museums without cost. By **Frederick Hollick, M. D.**, Author and Lecturer on Anatomy and Physiology. Published by

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

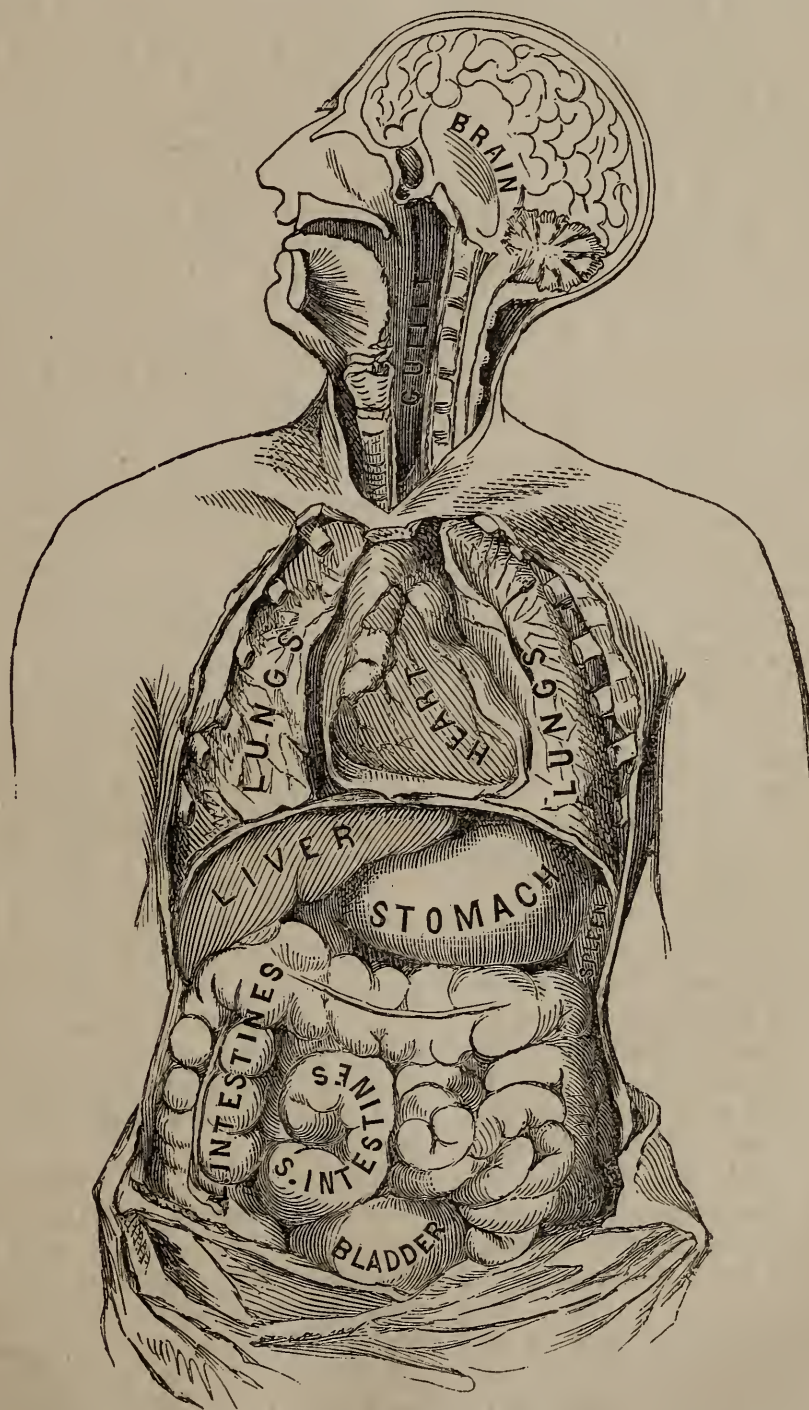
No. 6.

DECEMBER, 1853.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

The Principal Internal Organs of the Human Body, in their Natural Positions.



From the American Class Book of Physiology, for Schools and Home Teaching.

Published Monthly, at 3 cents per Number, or 25 cents per Year.

THE NATURAL HISTORY OF PERFUMES AND FLOWERS, *And their various influences on body and mind, both as Hygienic Agents, and as Aids to Beauty, with Recipes for numerous agreeable and useful Compounds for the Toilette.*

Continued from Number V.

As a general rule, females are more disposed to the use of Perfumes than men, and this results from their more delicate and sensitive organization. There are many odors, however, which are nearly always hurtful to them, bringing on Headache, Nervousness, and even Fainting, though they may have no tendency to affect men in this way. Those who have studied the peculiar organic sympathies of the female system will not be surprised at this.

In warm countries the love of Perfumes, especially among females, becomes almost a passion, as we see in Asia, and Africa, where, if possible, they live constantly in a perfumed atmosphere. We find them wearing perfumed Collars, Bracelets, Girdles, Purses, Sachets, and numerous other contrivances for retaining about them agreeable scents. They also constantly mingle Perfumes and Spices with their food and drink, and bathe their bodies with them.

The effect of these odors, in exciting and sustaining the passions of those who use them, are beyond dispute, and also their influence on the other sex. In fact, this influence is one of the results usually sought. J. J. Rousseau, has well said that the perfumes of a female's Toilette, when chosen and used with taste, and skill, are more powerful auxiliaries to the bodily charms than is usually supposed.

In former times when a stranger was entertained in the East, his host always prepared for him a perfumed bath, on leaving which, he was anointed with odorous oils, and essences, and then conducted into a perfumed apartment, where he was presented with a pipe of perfumed tobacco, and a cup of coffee scented with Amber. After this he drank perfumed Sherbet with the master of the house, while from the open windows entered the delicious odors of orange flowers, and roses. At the present day even the custom is similar in many of the details, and is only modified by the exigencies of the degenerate period in which we live.

In this way the Orientals love to live. Favored with a happy climate, they exist in a perpetual dream, or state of calm intoxication of the mind and senses, in which

the most delicious dreams take the place of those dull and wearisome realities endured by people in other parts of the world. Such a mode of existence, however, would not suit all temperaments, nor could the world progress if all were similarly disposed.

The moderate use of Perfumes, in a rational way, is by no means injurious, but on the contrary may be both a pleasure and an advantage. So far from their necessarily producing mental idleness or over sensual excitement, they may be made to produce just the contrary effects. But this requires good taste and judgment in their employment. Certainly we can scarcely suppose that agreeable odors are more hurtful than those abominable ones that everywhere abound in the air we breathe, and emanate from the persons of many who approach us. It is not at all uncommon to meet with a person who will declaim against another, for carrying a harmless and agreeable perfume, and yet will poison all around him with a noisome pestiferous breath, arising from a mouth and teeth never cleansed.

There are several modes of using Perfumes, besides on the person, and among others that of burning them, to diffuse their odors around. What are called *Chandells Fumantes*, or Perfumed candles, are for this purpose. The following Recipe makes very agreeable ones.

℞.—Gum Benzoin, sixteen parts. Storax, four parts. Balsam of Peru, seven parts. Cascarilla, four parts. Cloves, two parts. Charcoal, pulverised very fine, forty parts. Saltpetre, four parts. These must all be ground together in a mortar, to a fine powder. Then add two parts of Tincture of Ambergris, or, if that cannot be obtained, of Camphor.

This will form the whole into a paste, which may then be made into little pastiles, or candles, as thick as a quill, or larger if desired. When these are thoroughly dried they may be readily lighted at one end, and will slowly burn away, emitting a most agreeable odor. They are often serviceable in a sick room, or to conceal unpleasant smells.

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.

Continued from No. V.

CAUSES WHICH AFFECT THE SKIN.—A perfect condition of the skin is one of the chief elements of beauty. A female may be perfect in *form*, but if her body is covered by a diseased, or even bad looking skin, her beauty is completely obscured. Unfortunately there are so many causes, some of them even acting before birth, which injure the skin, in various ways, that it is rare to see it perfect. It is also extremely difficult to advise people on this matter, because, generally speaking, so little is known on the subject.

Before giving full directions and Recipes for correcting natural and artificial blemishes of the skin, it is necessary to describe, at least in part, the principal agencies that produce those blemishes. Some of these are never suspected and others have a much greater influence than is ordinarily supposed.

The causes which act upon the Skin, are both external and internal, direct and indirect. Among external causes may be mentioned heat and cold, when in excess, or when too suddenly applied, or for too long a time. Too hard rubbing, and the use of irritating Soaps, or Cosmetics, or even of hard water. A dry atmosphere also, if too long endured, injures the skin very much, making it thick, and scaly.

Among interior causes may be mentioned various diseases, especially those of the blood, and scrofulous or syphilitic affections. In fact these last are too often irremediable. The various passions also exert a powerful influence, but especially anger, jealousy, and ill humor, which always induce sallowness by deranging the liver. Melancholy always makes the skin look dead, and over mental exertion makes it dry and husky. Excessive *indulgences*, of most kinds, also act on the skin, and the *diet* exerts a wonderful influence over its appearance. Alcoholic drinks invariably spoil the color, and destroy the softness and polish of the skin, and so do salted or smoked meats, and spices.

In short the Skin can never be perfect, either in appearance or action, except both

mind and body be in a healthy condition. Our first care must therefore be to correct all interior causes of injury. Restore the health, advise cheerfulness and good humor, and then other means can be brought into play, to complete the good work.

The results of exterior influences, such as sun burn, Freckles, Morpew, &c., are usually easily removed by external applications, and so are many kinds of stains, marks, and other blemishes, more or less natural to the individual. It is here that the art of the Cosmetist shows itself. But he ought to be both a Chemist and a Physician.

The climate, and mode of living, in America, are very hurtful to the Skin. The extreme heat, and very bright light of summer, combined with the dryness of the air, affect both its color and softness considerably, though all this may be guarded against to a great extent. In winter the heat and dryness from *Stoves* is still worse, especially when to these is added the gaseous emanations emitted when the stove is too closely shut up.

There is also too little attention paid to diet. Our females, as a general rule, eat too much meat, rich cake, candies, spices, and salted food, which always injures the skin more or less. Added to this, many of them take too little exercise, and are constantly suffering from dyspepsia, liver derangement, and Chlorosis. There are many who will not stir out of doors for fear of spoiling their complexions by the sun and air, who will nevertheless stay in the house, in a close heated, dried up room, and eat all kinds of improper things, till they become as sallow as if they had the jaundice, and their skins as dry, hard, and scaly, as if they had been baked in an oven.

They should know that the stains from the sun and fresh air are *easily removed*, but that those arising from ill health, and from improper modes of life are usually permanent.

To be Continued.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

Continued from No. V.

ESSENCE OF GINGER.—This is very useful in wind in the stomach, or bowels, and in spasms, or Nervousness, and for weak stomach, to take after meals.

Unbleached Jamaica Ginger, coarsely powdered, five ounces. Proof spirits, (or the strongest that can be obtained,) one pint. Let it digest eight days, and then strain it through fine muslin, with pressure. Keep well corked.

Dose, half a tea-spoonful, or more, in sweetened warm water. It is also good to add to Soda powders, to Brandy, in case of cholic, and also for cooking purposes.

EXTRACT OF MALT.—This is much used by some people as a Cough medicine. It is made by slowly evaporating the sweet barley wort, till it is as thick as treacle.

Dose, as much as you please.

FAIRTHORN'S PROVISIONAL PILLS.—These are excellent pills to take occasionally, to open the Bowels.

Sulphate of Potash, one scruple. Extract of Aloes, two scruples. Extract of Senna, one scruple. Compound Gamboge pill, fifty grains. Compound powder of Scammony, twelve grains. Peruvian Balsam, six grains.

Divide the whole into thirty pills.

Dose, one, two, or more.

GODFREY'S CORDIAL.—This is not mentioned here because it is thought that people may wish to make it, but to show what it is. It is given very generally to children, and numbers have been killed by it. There are many modes of preparing this Cordial, which is only a disguised preparation of Opium, and therefore it is uncertain what strength any particular specimen may be. A dose of it which would be safe from one store might kill from another. In fact it is an uncertain and dangerous preparation, and had better be left alone, as it is no way better than Laudanum, the strength of which is certain, and constant.

Many ignorant persons say they would not give their children Laudanum, for the world, and yet will give them Godfrey's Cordial, not knowing that it also is a preparation of opium.

Molasses, three pounds and a half. Water, six pounds. Spirits of Wine, eight

ounces. Laudanum, four ounces. Oil of Anniseed, Sassafras, and Carraway, of each half a dram. Mix all well together.

It may be prepared in many other ways, but is always a mere disguised preparation of Laudanum, or opium.

GOLDEN OINTMENT, (Singleton's).—This is a very celebrated and expensive Ointment, used for various affections of the eye, and for sores, or eruptions of any kind. It is simply an ointment prepared with fresh lard, and sulphuret of arsenic, or native orpiment. To this may be added other matters to color and scent it, but the sulphuret of arsenic is the active ingredient.

It is better however to buy it than to prepare it.

GRINDROD'S REMEDY FOR SPASMS.—Sulphuric Ether, and Aromatic Spirits of Ammonia, of each half an ounce. Acetate of Morphia, half a grain. Camphor mixture, two ounces. Mix thoroughly.

Dose, a tea-spoonful in a little water, when required.

HALFORD'S GOUT PILLS, (Sir. H's.)—Acetic Extract of Colchicum, two grains and a half. Dovers Powder, one grain and a half, and compound extract of Colocynth, the same.

This is for one pill, but any other number can be prepared in proportion.

Dose, one pill for a dose.

It is well known that colchicum usually exerts a decided influence over Gout, and the above preparation is a very excellent one.

HILL'S BALSAM OF HONEY.—Balsam of Tolu, two ounces. Storax, two ounces. Opium, half a dram. Honey, eight ounces. Spirits of Wine, thirty two ounces.

Take at pleasure. For Coughs, and Colds.

CHLOROFORM EXTERNALLY.—To ease the Pain in Rheumatism, Neuralgia, and Toothache. The mode of using it is simply to wet a spot on a pocket handkerchief and hold it quietly on the place, when it is dry wet it again, and so continue till relief is obtained. It will make the skin red, and causes a little smarting, but this soon passes off.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

By F. Hollick, M. D.

Having in our Previous Numbers explained all the ordinary signs, symbols, and terms used in Prescriptions, and given examples, so that any person can readily read almost any prescription he may see, we shall now commence a complete Dictionary of Names and Terms used in Medicine. This will include all, so that those who are in possession of it can read any medical book and make out its meaning, or explain any prescription that may come before them. It will of course be arranged Alphabetically, so that any name or term can readily be referred to.

This Dictionary, in connection with the previous explanations, and with the *Dictionary of Drugs, &c.*, will form a complete body of medical explanations, such as has never before been comprised in so compact and popular a form. It will be equally useful to the Student, the Practitioner, and the general reader.

ABASIN or *Abasis*.—A name for Ivory Black, and for Powdered Lime.

ABDOMEN.—The *Belly*, or Cavity which contains the Intestines.

ABDUCTOR.—Any muscle which *draws back*, is called an Abductor, as those which draw the fingers back, or away from each other.

ABIES.—A name for the Fir Tree. Thus *Abies Canadensis*, the Canada Fir, from which Canada Balsam is obtained.

ABLACTATION.—Weaning, or taking away the milk from a child.

ABLATION.—The taking away of anything hurtful to the body.

ABLUTION.—Washing or cleansing the body.

ABORTION.—A Miscarriage, or expulsion of the Fœtus from the Womb, before seven months. After seven months, and before the full term, it is called a Premature Labor.

ABRASION.—The rubbing of, or wearing away of the skin, or Mucus Membrane, from any part.

ABSCESS.—An accumulation of Pus, or matter, in any part of the body.

ABSCSSION.—Cutting away any part.

ABSINTHIUM.—Wormwood.

ABSORBENTS.—Small vessels distributed all through the body to suck up, or absorb matters. There are many kinds of Absorbents, called by different names according to the part they play. The absorbents which take up the nutritious parts of the food, from the Intestines, are called the *Lacteals*.

There are also certain Medicines called Absorbents. They are principally used to neutralize acrid substances. Thus Magnesia is an absorbent.

ABSORPTION.—The taking up of anything by the Absorbent Vessels.

ABSTEMIOUSNESS.—Temperance, Moderation.

ABSTERGENT.—Anything which clears away, or cleanses anything foul or unclean.

ACACIA.—The name of the Trees from which Gum Arabic, and other similar gums are obtained. The gum itself is also often called *Acacia*.

ACANTHA.—A Thorn, or anything pointed.

ACARUS.—The *Tick*, or animal which burrows in the skin. Thus we have the *Acarus Autumnalis* or harvest tick, and the *Acarus Scabies*, or tick which causes the itch.

ACCESSION.—The commencement of a Disease.

ACCOUCHEMENT.—The French term for Delivery. *Accoucheur*, the French for Midwife.

ACCRETION.—Growth or increase.

ACEPHALIC.—Without a head.

ACER.—Sharp or sour. Also the Latin name for a Maple Tree.

ACERB.—Rough and sour taste.

ACCESCENT.—A tendency to turn sour, or acid.

ACETABULUM. The head of the Thigh Bone.

ACETATE.—Any salt of which Vinegar is the acid.

ACETIC ACID.—Pure Vinegar.

ACID.—A sour, or chemically an acid is what unites with an Earth, Alkali, or Metal, to form a salt. There are numerous different acids.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. V.

Acidum Tannicum, Tannic Acid
or *Tannin*.

This is a most powerfully astringent substance existing in many vegetables, as in Oak Bark, for instance, and especially in the excrescences from Oak Leaves called Nut Galls. It is this principle which Tans animal hides, and converts them into Leather. When pure, it is a yellowish white shiny substance, easily powdered, without smell, and only purely *astringent* to the Taste. It may be easily dissolved in water, but only partially in Alcohol, or Ether.

Tannic Acid is very useful in relaxation, and discharges of the Mucus Membranes, as in Fluor Albus, Gleet, and Diarrhœa; Also in sweating from Consumption, or Hectic Fever.

The usual dose is from half a grain to a grain, or two grains, either mixed up as a pill, with simple syrup, or dissolved in water.

It may also be used as an Injection, Wash, or Gargle, mixed in the proportion of five to eight grains in an ounce of water. In this way it is employed for fluor Albus, and for relaxed Tonsils, or sore Throat.

Tannic Acid must not be used with any of the Mineral Acids, nor with the Alkalies, or Carbonates, Lime water, Acetate of Lead, Nitrate of Silver, Tartar Emetic, the Vegetable Alkaloids, nor Gelatin.

MIXTURE OF TANNIC ACID.—Tannic Acid, twelve grains. Syrup of Rhatany, and Syrup of Gum, of each one ounce. Camphor water, four ounces.

Mix well together. Dose, six to twelve Tea spoonfuls a day. In Diarrhœa, Flooding, Gleet, or Fluor Albus.

TANNIC ACID GARGLE.—Tannic Acid, one dram. Honey of Roses, two ounces. Rose water, two ounces. Distilled water, eight ounces.

This is excellent in Sore Throat, or relaxed Palate, and to arrest salivation from Mercury.

Aconitum, Aconite, or Monkshood.
Aconite is a Plant that grows wild in the woods in many parts of Continental Europe. It is a powerful Sedative or Calmi-

ative, and is used extensively in a large number of painful Diseases.

Nat. Syst. *Ranunculaceæ*. Linnean Syst. *Polyandria Tryginia*.

The Root of Aconite has a rather faint, earthy smell, and a bitter acid taste, which seems to benumb the Tongue, and Lips. The Leaves taste like the root, but have a different and fainter smell. If dried, and kept in close bottles, excluded from the light, they will keep for many years perfectly good.

The peculiar powers of Monkshood depend upon an Alkaloid substance, natural to the plant, called *Aconitina*, which can be obtained from it the same as Quinine is from Peruvian Bark.

The Leaves or Root of Monkshood will impart their power to Alcohol, but only imperfectly to water.

Aconite is a most powerful Poison, in large doses, producing death, apparently, by a sudden and complete prostration of the vital powers. The patient who has taken it in excess becomes stupid, weak, and numb, and feels a singular tingling all over the body. The circulation of the blood almost ceases, the sight becomes dim, the pupil contracts, and usually more or less vomiting occurs. These symptoms rapidly increase in severity till vitality totally ceases.

The principal employment of Aconite is in Neuralgia, Rheumatism, and other acutely painful diseases, which it often relieves as if by magic. It is used both externally and internally.

The powder of the root or leaves, is given in doses of three to twelve grains, gradually increased till some effect is produced. It may be used twice or three times a day, but its effects must be carefully watched.

There are many official preparations of Aconite and its Alkaloid kept at the Druggists, the principal ones of which we will enumerate.

EXTRACT OF ACONITE.—This is made by boiling the expressed juice of the Fresh Leaves, till it is quite thick. The dose is two to eight grains.

TINCTURE OF ACONITE.—This is obtained by distilling the root, or leaves, in Alcohol, and is very powerful. The dose is only five to eight minims, and it should be used with great caution. The Tincture is best adapted for external use.

ALCOHOLIC EXTRACT OF ACONITE.—This is obtained by distilling the spirit away from the Tincture. The dose is from a quarter of a grain to a grain.

UNGUENTUM ACONITINI.—(Ointment of Aconite). The Alcoholic Extract one part. Pure Lard two parts. Mix. This is excellent to rub over the seat of pain in Neuralgia, or Rheumatism.

ACONITINA.—The Alkaloid itself is in the form of a white powder, without smell, but of a bitter taste. It is readily dissolved in Ether, less so in Alcohol, and scarcely at all in water. When perfectly pure it is one of the most terrible poisons known, *one fiftieth* of a grain having proved fatal.

The extraction of Aconitina from the plant is a tedious and difficult process, and requires a good Chemist to effect it. It is used in the form of Ointment chiefly, but is very dear, costing a Dollar a grain, or even more. Internally it is scarcely safe to use. There is a preparation called *Turnbull's solution of Aconitina*, which is used externally, by means of a sponge, also an Ointment, called *Unguentum Aconitina*, used for the same purpose as the simple Ointment alone, but more sparingly. The finger will often be numbed with rubbing it in.

COMPOUND WINE OF ACONITE.—Alcoholic Extract of Aconite, one dram. Antimonial Wine, one ounce. Mix. Dose, fifteen to twenty drops, every three hours, gradually increasing till some effect is produced. Used in acute Rheumatism, Neuralgia, and Toothache.

The Alcoholic Extract may also be often used with benefit spread as a Plaster, and laid over the affected part.

CONSTITUTIONAL ERUPTIONS IN CHILDREN.—Very often, among pale, sickly children, especially when ill fed and neglected, there is a constant tendency to the formation of Sores on the head, which mat the hair, and discharge a thin kind of water. Behind the Ears also, at the corners of the mouth, and on other parts, there are small ulcers, which crack and bleed, and scale

off. In general, this annoying state of things continues in spite of all that is done, and the poor children suffer very much from it. It is, in fact, generally regarded as incurable, and is left alone, or at most, some Domestic Salve is applied. In most cases, however, it can be got rid of, and the child's general health be also much benefited, very readily.

It must be observed that there are three conditions required to be fulfilled in the treatment. First to heal the eruptions externally. Secondly to alter the action of the Digestive Organs, which are deranged, and, Thirdly, to tone up and strengthen the System generally, so that the tendency to the disease will disappear. These conditions may all be fulfilled by using the following Recipes.

Procure some Citrine Ointment, at the Druggists, and rub a very little on each sore, twice a day, it will soon heal them. Then give three grains of the Mercury and Chalk powder, and four grains of Powdered Rhubarb, mixed together, in Molasses, or Syrup, on two days of each week. Also give daily the followinig, as a Tonic. Sulphate of Quinine, two grains. Diluted Sulphuric Acid, six drops. Syrup, two drams. Pure water, three ounces. A Tea spoonful, or dessert spoonful, may be taken twice a day.

If this treatment be strictly followed out a cure is almost certain.

The sores should be well washed with warm water and soap before using the Ointment.

Most persons only use the Ointment, which will cure the Sores it is applied to, but if the Alterative and Tonic treatment is not also followed out, at the same time, other sores will keep appearing.

By increasing the doses properly the same treatment will also serve for Adults.

AGUE.—I have known a case only a week ago cured by the following Liniment, applied along the Spine, two or three times a day.—℞. Chloroform, one dram. Oil of Turpentine three and a half ounces.

CONSUMPTION.

M. De Lamare, states that he has obtained the cure of confirmed phthisis, even where vomitings were present, by the internal administration of helicine, or mucilage of snails.

THE PEOPLE'S MEDICAL JOURNAL.

DECEMBER 1, 1853.

Syphilis in the Husband Affecting the Wife.

Those who have read the Editor's treatise on Venereal Diseases, will be aware that a man may be apparently, perfectly cured of Syphilis, and yet if he marry many years afterwards he may give disease to his wife, through the child, which may also be affected. Not the ordinary Syphilis however, but a peculiar constitutional affection, which is often almost identical with what is commonly called a *Scrofulous* taint. This affection especially disposes the female to *miscarry*, and usually causes either the death of the child or gives it a peculiar form of Eruption.

The public is so ignorant upon this most important matter that much of this evil is done unknowingly, and we cannot do a better service than to call attention to it. Men who have once been diseased should be assured of their *perfect* recovery before marrying, and the antecedents of *gay men*, as they are called, should be carefully noted by those who commit daughters to their care. For remarks on the subject of *Reformed Rakes*, and on this matter generally, see The Editor's Treatise on Venereal Diseases, in which, for the first time, such things have been popularly explained.

Some striking cases have recently been given in the London Lancet, and we have also had some of unusual interest in our own practice lately. Two of them will now be given by way of illustration.

CASE 1.—Mrs. —, aged twenty-five, married, consulted me in 1852 for leucorrhœa and menorrhagia. She had aborted several times, and was in very bad health. The digestive organs were much deranged. She complained of palpitation and violent headache, apparently the results of loss of blood. Pain in the lower part of the back quite disabled her from walking, and she suffered from constant bearing-down and uneasiness in the regions of the uterus and

bladder. She referred her maladies entirely to three abortions, and to flooding following upon them. For three years she had menstruated profusely and irregularly, and with considerable pain, and at each abortion she had lost a large quantity of blood.

The leucorrhœa was constant and profuse. On examining digitally, the uterus was found prolapsed almost to the mouth of the vagina. On making an examination with the speculum, I found the whole of the os uteri and the upper part of the vagina excoriated and devoid of epithelium; the entire cervix was enlarged, and bled upon the slightest pressure. An eruption was visible upon the os uteri, and the orifice was deeply fissured. Pus was secreted in considerable abundance by the abraded surface, and large quantities of yellow viscid mucus poured from the cervical canal. This patient remained in London about three months, and under the administration of alteratives and tonics, with local treatment, the uterus returned to a tolerably healthy condition. The leucorrhœa ceased; she menstruated naturally, and became comparatively strong. During this time I had little if any suspicion of a syphilitic taint. There were no symptoms, in fact, which could not be explained by the abortions and their results, occurring in a person of not very robust constitution. The abortions themselves appeared to have been caused by the diseased condition of the os and cervix uteri. She now went into the country, and became pregnant for the fourth time. She lost blood occasionally during this pregnancy, and aborted at the fifth month. When I was made aware of this, I begged that, if she aborted, the placenta might be sent to me. She did abort, but I did not see the placenta, as the gentleman in attendance did not consider it necessary. There appeared to be no signs of placental disease, but after this abortion all her old symptoms returned, and she again applied to me. She now complained of acne of the face and neck, sore throat, and pains in the frontal bone; circumstances which led me to inquire into the case more closely, with a view to ascertain the existence or non-existence of a syphilitic taint. All the parties concerned showed the utmost candor, and, with the aid of the medical attendant, I obtained the following syphilitic history:—

The husband, in 1842, nearly eleven

years ago, had a chancre, for which he was salivated. He subsequently passed through secondary symptoms, had sore-throat and eruptions, for which he took a course of iodine and sarsaparilla, after which he considered himself, and was pronounced, perfectly cured. He still, however, occasionally had aphthous ulceration of the mucous membrane of the mouth, and a few spots of acne (pimples) on the face, but his health was considered uniformly good.

In June, 1848, not suspecting any syphilitic hazard, he married, his wife being at that time in good health. Nothing unusual occurred until she became pregnant, about two months after her marriage. She stated that her ill-health did not begin until after she became pregnant. At the end of January, 1846, she miscarried at the sixth month. She again became pregnant at the beginning of 1850, and was delivered prematurely in September, the child living some hours. She became pregnant a third time in the spring of 1851, and aborted at the eighth month, in August, 1851, the child being born alive, but dying almost immediately. After each of the first three pregnancies her health became worse than before. Occasional floodings occurred during the course of each pregnancy. The three fœtuses born at the sixth and eighth months respectively were well formed, and free from external signs of disease. Nothing unusual was observed in the placenta, but no exact examinations were made. Her fourth and last pregnancy began in June, 1852, and she miscarried in the third month, in August of the same year.

In this case, a husband, in such good health as to escape observation, impregnating a woman, also in good average health, led to the destruction of four fœtuses, and the saturation of his wife's constitution with secondary syphilis. It appeared to be evident in this case, that the poison was conveyed to the mother by the ovum. She was healthy until her first pregnancy began, and she became worse after each successive gestation. This patient has at the present time rapidly improved in health under a mild mercurial course, and the husband has been placed under a similar treatment by his medical attendant. No other signs of the syphilitic poison were present in this patient, except the abortions

and the leucorrhœa and menorrhagia. It might very well have been mistaken for simple inflammatory disease, but the history of the case, and the effects of the ordinary and anti-syphilitic treatment, leave no doubt that leucorrhœa, and the morbid and diseased state of the mouth and neck of the womb, were dependent upon constitutional syphilis.

CASE 2.—The following case I saw with a physician and surgeon of eminence. Mr. —, during his wife's lying-in, contracted syphilis. He had a chancre, which was promptly attended to, and he was passed through a mild mercurial course. His medical attendant pronounced him, after six weeks' treatment, free from the disease, and he returned to his wife's bed. In a short time she became pregnant, but miscarried during the early months. Two or three other abortions followed in quick succession. The wife then bore two children at the full term, but they were both the subject of eruptions from a short time after birth, and one of them, a girl, had a vaginal discharge, which lasted up to the time of puberty. In the meantime, the husband passed through the usual symptoms of constitutional syphilis, but in a very mild form. He had sore-throat and syphilitic eruptions, both of which recurred occasionally for many years.

Previously to the contraction of syphilis by the husband, the wife had been perfectly healthy, but she dated her declining health from the time of her abortions. She suffered, during many years, from leucorrhœa, and occasionally from menorrhagia; and when I saw her she had a papular eruption upon the mouth of the womb, with profuse cervical discharge. She was, moreover, blind from syphilitic amaurosis, and she was paralyzed in both her lower extremities. In the early part of her illness she had suffered from sore-throat, eruptions upon the skin, and lost her hair and eyebrows. The case was a very distressing one, and as its real nature became unravelled, the husband persisted in refusing to believe such protracted mischief could have depended upon her former infection. The entire circumstances were laid before M. Ricord for his opinion, and he unhesitatingly referred the whole train of evils to constitutional syphilis, conveyed to the wife during her pregnancies.

This patient was not treated, her relatives persisting in the belief that so much havoc could not possibly have been produced by the cause assigned. In this case uterine symptoms depending upon constitutional syphilis had lasted nearly twenty years. The leucorrhœa was described as coming on occasionally in outbreaks, and then as being more moderate at intervals, but during the whole time she was never entirely free from leucorrhœal disorder.

HYDROPHOBIA.

Every now and then we see it stated that some particular article has been found to be a remedy for Hydrophobia, or that some person has a certain cure for it. Unfortunately, however, the facts ultimately show that these certain cures are apt to fail, as all others of a like kind have always done. Still the public have faith in them, to a great extent, because it is scarcely ever the case that a failure is taken any notice of, while a solitary instance or two of apparent success, are heralded forth as all sufficient proofs. No doubt there are many instances of persons bitten by mad Dogs, who, after using certain remedies, escape the disease, but this can be explained very readily.

In some of the Cities of France and Germany, all the Dogs bitten by others that are mad, are confined, in a secure place, to see how many become affected.

It is found that only one third of those bitten become diseased, and that two thirds escape. To make it still more certain, however, experiments have been made by inoculating a large number of healthy Dogs with the Saliva of those that were certainly mad, and it was found that even then one third escaped the disease. It follows, therefore, that under the very worst circumstances, a third escape, and from promiscuous biting two thirds, which explains the apparent cures. The fact, unfortunately, is that no remedy yet tried ever appears to cure more than really escape when nothing is done.

It is curious that in Egypt, and in many parts of Asia, where Dogs abound by thousands, half starved, and suffering constantly from thirst, madness is very seldom known amongst them, while in France last year it was fearfully prevalent. It is supposed that domestication has much to do with making them liable to the

disease, and that when they live more in a state of nature—especially in regard to sexual intercourse—the liability decreases.

It is found also that the bites from some particular Dogs will cause madness much more frequently than those from other Dogs, which seems to show that the poison is less virulent in some than in others.

Hydrophobia is very prevalent among Wolves, and is often spontaneous amongst them.

If a bite is unfortunately got, the first thing done should be to compress the veins above it tightly, squeeze out the blood, wash the part, and then, without losing a moment, cut the part out, as deep as the tooth has penetrated. Cut all the flesh clean away, or, if no knife is at hand burn it, if possible, or apply caustic, if it can be procured, but do it promptly, before the poison is absorbed, and there is no danger. Some cases show that the poison has remained in the wound for days, and even weeks, without spreading, and then, from accidental irritation, has been absorbed and caused death. Now in these instances, if the bitten part had been cut away even after the wound had healed, life might have been saved, this should therefore *always* be done, but the sooner the better, instead of depending on *certain cures*, as they are called.

CANDIDATES FOR CONSUMPTION.—It is incalculable what an amount of female morality is owing to wet or damp feet, and unnecessary exposure to the night air, in attending balls and parties. On New Year's we could not but notice, that notwithstanding the sloppy walking, hundreds of fragile young ladies were defying cold and consumption, with no other protection to their feet than light gaiter boots, or shoes, with soles scarcely thicker than wafers. How many of these foolish girls will attain middle age? Not one in ten. They wear these wretched apologies for winter walking-shoes because they fear that thicker ones would look ugly; but they ought to know, that nothing can look *well* which is unseasonable. The remark is frequently made by men, "That girl is proud of her pretty foot, or she wouldn't wear that shoe;" and if young ladies wish to avoid the imputation of vanity, as well as preserve their beauty, they will wear what is suitable for the season.

CHAPTERS ON THE PHYSIOLOGY OF THE ORIGIN OF LIFE

Continued from No. V.

Our previous Chapters have explained the structure of simple Cells, and their diversities of form and action. It has also been stated that all organized or living beings are formed from cells, and that further all cells are originally the same, so that all living beings, from the highest to the lowest, have the same primary foundation, or original commencement. All the difference between a man and the simplest jelly-like animal, or between these and a plant, is in the number and arrangement of the cells which compose their structure. In the simple being there are but few cells, simply arranged, and in the more perfect being there are numerous cells arranged in various ways, and forming various structures and organs.

To still further illustrate this very important and interesting subject, the following extracts are given from QUEKETT'S LECTURES ON HISTOLOGY, in which it is admirably elucidated and explained.

"However striking the difference between an animal and a plant may seem at first sight in the higher groups, a more extended examination shows that animals and plants gradually approach each other as we descend in the scale until they meet in a common centre—the simple or individual cell. At this point, all means of distinction between the vegetable and animal organism end, and no feature exists which, in the present state of science, can enable even the most distinguished microscopist to determine to which of the two kingdoms the individual cell belongs, since it possesses characters common to both. Zoologists, botanists, and chemists, have, each and all, bestowed the labor of years on the solution of this question, and have endeavored, but without success, to establish some decisive character by which animals and plants may be distinguished.

In the earlier periods of natural history, the power of spontaneous motility, (motion,) and the presence of a stomach, were considered as the distinguishing characteristics of an animal. It is now well known that certain confervæ (water plants,) possess the power of locomotion, while the sponges and some allied families of animals, are destitute of both these attributes.

Chemists in former times, considered the presence of nitrogen as a distinct proof of the animal character of the tissues containing this element; but more modern researches have demonstrated that nitrogenized matter is a necessary constituent of the growing parts of plants. Histological inquiry, as I have already stated, has proved equally incapable of solving this question; the appeal to the higher powers of the microscope having rendered the problem more complex by the discovery of a *common* in place of a *distinctive* character; namely, the primary cell, or starting point for all organic beings.

It being demonstrated by histological examination that the cell is the primordial condition of the animal and the plant, it is essentially necessary that the student of histology should be himself familiar with the primary elements discoverable in both these grand divisions of the organic world.

The vegetable kingdom is divided by the philosophical botanist into two great classes, the *cellulares* and the *vasculares*; the former containing the lowest, and therefore the least complicated forms. In this class the *fungi*, (mushroom like,) *algæ*, (sea weeds,) and *lichens*, (flat mosses,) are composed of simple cells alone, occasionally elongated or otherwise modified in shape in the higher types of each order. The lowest form in each of these orders is a simple globular or ovoid cell. As we proceed, two or more cells are united in a definite form. Still further development occurs in higher groups until we find distinct organs, which, in the highest of the *algæ* and *lichen* bear a striking similitude to the leaves and seed-vessels of the vascular or flowering plants. Some orders of *algæ*, the *Desmidiæ* and *Diatomaceæ* for example, are equally claimed by the botanist and the zoologist, so uncertain is it to which department of science they truly belong.

In the vascular class of plants, the structure is more complex, the organs are numerous and serve distinct purposes, and their elementary tissues have been divided into cells, fibres, and vessels: this subdivision has been proved by recent investigation to be illusory; vessels being merely

modified or elongated cells; and fibres, elongated cells, the walls of which are thickened, or the entire cavity solidified by subsequent deposit on the internal surface of the cell wall.

The lowest types of animal life consist, like the analogous vegetable forms, of simple cells; but the progress of development in animals is much more rapid than in plants, producing a greater variety of external form and complexity of structure among groups which would otherwise hold a parallel position in the two kingdoms.

One great distinction between the elementary tissues of plants and animals, which should be always kept in view by the student is, that while in the plant the cell, however modified in form, still possess all the characters of a cell, in the animal it usually undergoes a development into tissues, in which the cellular form completely disappears, and the cellular origin of the tissue can only be discovered by studying it in its embryonic condition."

Professor Johnson on the character of the Bread in general use.

The grain of wheat consists of two parts, with which the miller is familiar—the inner grain and the skin that covers it. The inner grain gives the pure wheat flour; the skin, when separated, forms the bran. The miller cannot entirely peel off the skin from his grain, and thus some of it is unavoidably ground up with his flour. By sifting, he separates it more or less completely; his seconds, middlings, &c., owing their color to the proportion of brown bran that has passed through the sieve along with the flour. The whole meal, as it is called, of which the so named brown household bread is made, consists of the entire grain ground up together—used as it comes from the mill-stones unsifted, and therefore containing all the bran.

The first white flour therefore, may be said to contain no bran, while the whole meal contains all that grew naturally upon the grain.

What is the composition of these two portions of the seed? How much do they respectively contain of the several constituents of the animal body? How much of each is contained also in the whole grain?

1. *The fat.* Of this ingredient a thousand pounds of the

Whole grain contains	28 lbs.
Fine Flour,	“ 20 “
Bran,	“ 60 “

So that the bran is much richer in fat than the interior part of the grain, and the whole grain ground together (whole meal) richer than the finer part of the flour in the proportion of nearly one half.

2. *The muscular matter.* I have had no opportunity as yet of ascertaining the relative proportions of this ingredient in the bran and fine flour of the same sample of grain. Numerous experiments, however, have been made in my laboratory, to determine these proportions in the fine flour and whole seed of several varieties of grain. The general result of these is, that the whole grain uniformly contains a larger quantity, weight for weight, than the fine flour extracted from it does. The particular results in the case of wheat and Indian corn were as follows:—A thousand pounds of the whole grain and of the fine flour contained of muscular matter respectively,—

	Whole grain.	Fine Flour.
Wheat,	156 lbs.	130 lbs.
Indian corn,	140 “	110 “

Of the material out of which the animal muscle is to be formed, the whole meal or grain of wheat contains one fifth more than the finest flour does. For maintaining muscular strength, therefore, it must be more valuable in an equal proportion.

3. *Bone material and Saline matter.*—Of these mineral constituents, as they may be called, of the animal body, a thousand pounds of bran, whole meal and fine flour, contain respectively,—

Bran,	700 lbs.
Whole meal,	170 “
Fine flour,	60 “

So that in regard to this important part of our food, necessary to all living animals, but especially to the young who are growing, and the mother who is giving milk—the whole meal is three times more nourishing than the fine flour.

Our case is now made out. Weight for weight, the whole grain or meal is more rich in all these three essential elements of a nutritive food, than the fine flour of wheat. By those whose only desire is to sustain their health and strength by the food they eat, ought not the whole meal to be preferred? To children who are rapidly growing, the browner the bread they eat, the more abundant the supply of the materials from which their increasing bones and muscles are to be produced. To the milk-giving mother, the same food, and for

a similar reason, is the most appropriate.

A glance at their mutual relations in regard to the three substances, presented in one view, will show this more clearly. A thousand pounds of each contain of the three several ingredients the following proportions,

	Whole Meal.	Fine Flour.
Muscular matter,	156 lbs.	130 lbs.
Bone material,	170 "	60 "
Fat,	28 "	20 "
Total in each,	354	210

Taking the three ingredients therefore, together, the whole meal is one-half more valuable for fulfilling the purposes of nutrition than the fine flour—and especially it is so in regard to the feeding of the young, the pregnant, and those who undergo much bodily fatigue.

White bread, also, always invariably produces constipation of the bowels, while Brown bread almost always relieves it.

THE FIRE.

We had just time to announce in our last No. that our Publishing Establishment had been nearly burnt to the ground. This delayed the publication a week, but will not interfere with future Nos. All our stock of Books also was either consumed or injured, which will explain why many of our friends have not yet had their orders filled. However, our indefatigable publisher, STRONG, has worked night and day to get out new Editions, and they are now quite ready, so that in future any of the Books can be obtained in any quantity. They are also much improved, as many of the old plates were burnt up and had to be re-cast, which gave an opportunity for several important amendments and additions.

Few persons are aware of the immense labor and expense of conducting our publishing affairs. The circulation of the Books is numbered by thousands often in a few days, so that a large stock must always be kept on hand.

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J. F.—Any person sending twenty-five Cents, (in the U. S.) will receive the Journal till July 1854—with all the back Numbers. In Canada thirty-seven and a half Cents.

O. S.—New Editions of all the Books are now ready, all the damage from the fire being repaired.

T. J.—The book you ask about is merely a garbled piracy of the Marriage Guide.

M. S.—The Cannabis can be sent if it be thought necessary, and advisable.

Dr. J. Wild.—No! The Plant you sent is not Kousoo.

Timo.—Dr. H. will send any of the rare Drugs mentioned in the Journal, if they are to be obtained in the U. S.

N. R.—Hydrophathy is just as hurtful to some as it is beneficial to others. We have known many made impotent by it.

T. Z.—The Journal is intended for an instructor in *Realities*, and not in the Theories or Dogmas of either Allopathy or Homœopathy.—A number of others answered by Post.

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We have a large number of Subscribers in Canada, all of whom, in accordance with our Advertisement, have sent twenty-five Cents for the year's Subscription. We find, however, that in sending their papers it is necessary for *us* to pay the U. S. Postage in advance. This is one cent a number, or twelve cents a year. It will therefore be necessary for those subscribing in Canada to send thirty-seven and a half cents, instead of twenty-five cents, because it will be seen we cannot pay twelve cents out of the ordinary Subscription without being losers, as it would only leave us thirteen cents for the Journal for a whole year. Twenty-five cents will only pay for eight months to Canada, twelve cents more will be required to complete the year.

THE AMERICAN CLASS BOOK OF PHYSIOLOGY.

All our stock of this Book was burnt up, just as it was ready to be issued, our friends will please therefore excuse us for leaving their orders unfilled so long. A new Edition is now ready, and they will be dispatched in a few days. The price of this book is only Thirty-seven and a half Cents, and it is illustrated with Ninety Engravings, and contains nearly two hundred large pages. If you cannot get it in your neighborhood send by Post, to T. W. Strong.

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✎ All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

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THE

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In Health and Disease, from Infancy to Old Age.

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A POPULAR TREATISE ON
VENEREAL DISEASES,
IN ALL THEIR FORMS,

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And their application to the Preservation of Health,

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PROSPECTUS

OF

THE PEOPLE'S MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,

Lecturer on Physiology, and Author of the *Marriage Guide, Origin of Life, &c.*

Price only 25 cents a Year, 3 cents a Number.

The *People's Medical Journal* is intended to supply a want long felt and acknowledged; that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect, exclusively, nor is it the advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homœopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

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All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The *People's Medical Journal* belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

The terms of the *People's Medical Journal* are unusually low. The object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most interesting and valuable information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a year's numbers of this Journal will make one of the most interesting and useful volumes ever bound together. Every one should preserve them carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be copyrighted, to prevent piracy. First No. on July 1st, 1853.

The yearly subscription, only *Twenty-Five Cents*, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The postage for each number is **ONE CENT**, anywhere in the United States.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. 7.

JANUARY, 1854.

Vol. 1.

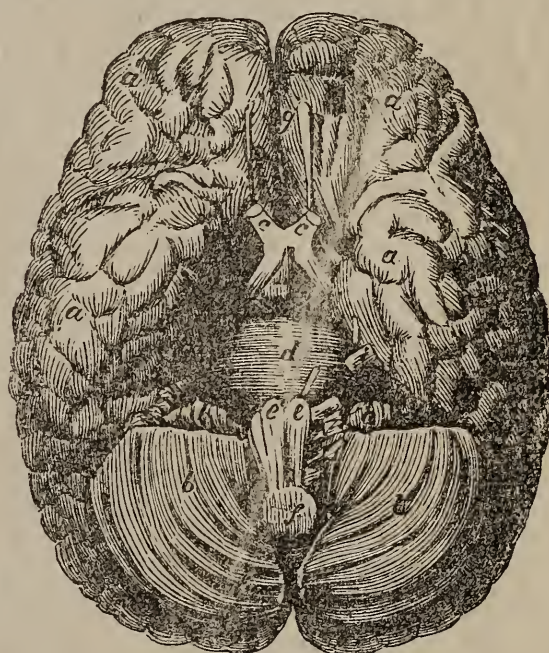
EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

THE TOP OF THE BRAIN.

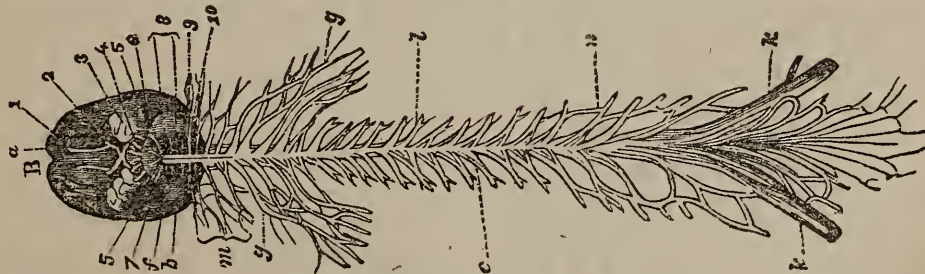
UNDER SURFACE OF THE BRAIN.



a is the deep cleft or fissure which divides the brain into two halves,—*b b* are the convolutions of the brain.



a a are convolutions,—*b b* are the two halves of the cerebellum, or little brain,—*c c* are the Optic Nerves—*e e* part of the Medulla Oblongata, *g* the Olfactory Nerve.



The Brain and Spinal Marrow connected, with the principal Nerves proceeding from them.

A is the Spinal Marrow,—*B* is the Brain,—*c n l*, show nerves branching off from the Spinal Marrow,—*g*, are the nerves going to the arm,—*k k* are the two large nerves going to the lower limbs. The figures 1, 2, 3, &c., connected with the brain, indicate the nerves proceeding from it.

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BACCHUS BETRAYED, OR THE DRAM DRINKER'S MONITOR.

Being a complete exposure of the Artificial Manufacture of all kinds of Liquors, Wines, Cordials, Ale and Porter, as practised both in this country and in Europe, with a Medical description of the different Drugs used in Adulteration, and the means of detecting them.

By **Frederick Hollick, M. D.**

CHAPTER I.

INTRODUCTION.

We have had information enough given us respecting the amount of Liquors, of all kinds, that is drunk, and have had fearfully set before us the baneful effects, both moral and physical, resulting from their use; but very little has been told respecting the actual composition of those Liquors, or the way in which they are *got up*, as articles of trade. It is true that people know, as a general fact, that there are great quantities of adulterated Liquors sold, but each toper flatters himself that *he* gets the real simon pure article, and that *his* dealer actually does deal justly, and sells what he pretends to. That this is often a delusive notion everybody knows, as I shall prove further on; but even supposing the retailer does deal justly, *as far as he knows*, there is still room for the grossest deceptions. The man who supplies him—the large wholesale dealer—and the manufacturer before him—each have their secret practices, and the bar keeper seldom knows what it really is that he sells.

The amount and kind of imposition practised in this business is, in fact, positively frightful, from the man who first draws the spirit from the still, down to him who deals it out, under various names, by the glass at the counter. The worst of it is, that the imposition is but too often a most injurious one, affecting seriously the health of the dupes, as well as their pockets. The prevalence of intemperance itself is in all probability owing, in a great measure, to the unnatural character of the liquors used, which produce a diseased and depraved taste that constantly grows by what it feeds upon. Pure, simple, and natural alcoholic drinks, like the light weak wines of France and Germany, never lead to intoxication, nor cause any unnatural craving for overindulgence. It is only the burning, poisoning Rot Gut Spirits, the fiery Wines, and Cocculus Indica, which does that.

“Ah!” says some old soaker, “that is all very good for poor devils that can't help it, but *I* don't get imposed upon. I *import* my genuine old *Otard*, and my *Lafitte*

myself, directly from France! You don't catch me being imposed upon by home made imitations!” Ah! ah! old fellow, you are very happy in your delusion, but if you could only see Monsieur himself at work, in France, especially after a scanty vintage, you would open your eyes wider than you usually do your throat. You will see by and by what the Genuine Article frequently is.

Very few people are aware that wine is made without Grapes, Cider without Apples, Ale and Porter without a particle of either Malt or Hops, and even old Cogniac without the help of King Alcohol. And yet all this is done daily and hourly, by *honorable* men of high standing in society and in the church. Even pious New England has done something like it, *in the way of trade*, for the accommodation of less enlightened States. But then it was compromised for by condemning the use of such things at home.

The only way to abolish such imposition is to fully expose it, and to make the whole subject understood, as I wish to do in the following sketches. My object, be it understood, is simply to give popular information, leaving that to effect good in its own way, as it is sure to do. I am not pleading either for Tetotalism or for moderate drinking, in these Chapters, but simply wish to expose impositions that people are suffering from who *will* drink. If they can only make up their minds to escape the impositions by abandoning the liquor altogether, so much the better.

CHAPTER II.

ALCOHOL AND ITS COMPOUNDS.

The basis of all spirituous drinks is, of course, *Alcohol*, which, by being combined with Water and other articles, in various proportions, forms the different liquids that we call Wine, Brandy, Ale and so on. These compounds are usually formed by the natural process of *Fermentation*, or by distillation from a Fermented Liquor. Thus Wine, for instance, is a Compound

of Alcohol, Water, various Salts, Oils, Acids, and other substances, produced in Grape Juice when it is fermented, and Brandy is the Alcohol of the Wine, obtained from it by distillation, mixed also with water, and with some other matters that distill over with the spirits. This is what is called natural, or *pure Wine and Brandy*.

Modern Science has analysed these Compounds with the greatest precision, and shown exactly how much Alcohol, Water, Essential Oil, Acid, and so forth, there is in each. It has also taught us how to obtain these different things separately, from various sources, so that they can be mixed together in the proper proportions, and Wine or Brandy be made from them artificially.

This is, in fact, what is done where these articles are manufactured on a large scale, because the desired compound can be thus obtained at a cheaper rate. Thus, for instance, instead of being at the risk, trouble, and expense of cultivating Grapes, and making Wine by fermenting their juice, the *manufacturer* mixes together so much alcohol, so much sugar, coloring matter, acid, &c., as the juice would naturally produce by its fermentation, and thus makes the wine artificially. Of course, if he takes exactly the same things, in exactly the same quantities, his artificial wine must be, to all intents and purposes, the same as the natural Wine, and at the present time most of the requisite articles are really made, and used in this way by the *best* manufacturers. Some of them, however, are difficult to procure artificially, and others are costly, owing to our imperfect skill in obtaining them, these, therefore, are either omitted, which makes the Wine imperfect, or their place is supplied with other things, and then we have simply an *imitation Wine*. The same remarks, also, apply to Brandy, and all other Spirituous Compounds, even to Ale and Porter, all of which can be made artificially.

Now it is precisely here that the greatest imposition and injury is inflicted on the drinking public. The manufacturers not being able to obtain the natural constituent parts of the liquors they pretend to sell, or finding them too dear for their purpose, begin at once to look out for other articles that will serve the same purpose, as nearly as possible, though perhaps in a very different way, and hence results all those nasty, poisonous compounds, commonly sold as *fine old Port, pure Grape Juice,*

fine old Cogniac, Brown Stout, and so on.

This will be illustrated, as we proceed, by giving the best and most approved Recipes for making "choice Wines," "fine old Brands of Liquors," and so on. We will first, however, speak of Alcohol itself, the fundamental basis, real or pretended, of all these compounds.

CHAPTER III.

THE PRODUCTION OF ALCOHOL.

Alcohol is formed by the process of fermentation, in any liquid which contains sugar, or starch, and it cannot be formed without one or the other of these substances. The act of fermentation is excited, or begun, by a peculiar substance called *ferment*, or *yeast*, which may be produced anew in various ways. In most vegetable juices, as in the juice of Grape, for instance, sugar and ferment exist naturally, so that when it is expressed and allowed to stand in a certain temperature, the process of fermentation commences spontaneously. If the vegetable substance does not contain ferment, that must be added in the form of yeast.

In the process of fermentation, a peculiar chemical change takes place, by which the sugar is decomposed, and its component parts re-arranged, so as to form Alcohol and Carbonic Acid, which, together, are always exactly equal to the sugar that was present. When any liquor is fermented, therefore, the quantity of Alcohol produced depends on the quantity of sugar, or starch, that the liquid contained. It is proper, in fact, to say sugar always, for though starch will produce Alcohol by fermentation, yet it is first formed into sugar, in the earliest stages of the process. Chemically speaking, there is little or no difference between starch and sugar, and the one is readily converted into the other.

It is the other substances existing along with the starch, or sugar, in the vegetable compound we ferment, which makes the difference in liquors. Thus the fermented juice of the Apple forms Cider, of the Grape Wine, the Malt Ale, and so on. Simple sugar and water, when fermented, will form Alcohol, but from such a mixture there is nothing but Alcohol and water. The Carbonic acid produced, being volatile, always escapes in the air, and may be smelt over any fermenting substance.

Continued in next Number.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. VI.

Adiantum, Maidenhair. There are two species of this plant, one, (*A. pedatum*) Native of the United States, and the more active of the two. It is bitter and Aromatic, and is much used in Coughs, and Lung Affections.

Sex. Syst. Cryp. Fil. Nat. Syst. Polypodiaceæ.

INFUSION OF MAIDENHAIR.—Maidenhair, three drams. Liquorice Root, two drams. Boiling Water, sufficient to make two pints of infusion.

This is to drink in Cough.

SYRUP OF MAIDENHAIR.—Known in Europe, under the name of *Capillaire*, and very popular as a Cough and Lung Medicine. Maidenhair, four ounces. Boiling water, three pints. Infuse for two hours, strain, and then add—Sugar, four pounds. Clarify with white of an Egg, and add two ounces more of Maidenhair. Digest for two hours, and strain.

Æther Aceticus, Acetic Ether. This is obtained by distilling Sulphuric Acid, Acetic Acid, and Alcohol. It is a colorless, transparent, very volatile liquid, smelling very agreeably, with a warm taste, and leaving a cool impression on the tongue. It is a mild stimulant, and is used in Hysteria, and other Nervous Affections, and also, as an ingredient in some Liniments.

MIXTURE OF ACETIC ETHER.—Acetic Ether, Ethereal Tincture of Valerian, and Tincture of Opium, equal parts. Mix.

Dose, from ten to thirty drops in Hysteria, and Hypochondriasis.

CAMPHORATED ACETIC LINIMENT.—Soap, and Camphor, of each two drams. Acetic Ether, two ounces,—dissolve with the heat of boiling water only, and add twenty minims of Oil of Origanum.

This is an excellent stimulating liniment, in Rheumatic, and other Pains, and in Sciatica.

Æther Hyponitrous, Nitrous Ether or Nitric Ether. This is made by distilling Nitric Acid, and Alcohol. It is a very volatile liquid, of a lemon color, with an agreeable odor, and a cooling sub-acid taste.

Nitric Ether is used as a general stimulant, much the same as the other Ethers, but being very liable to decompose, and somewhat difficult to prepare, it is not so generally used.

SWEET SPIRITS OF NITRE.—Nitrous Ether, one part. Rectified Spirits, four parts. Mix. This is Diuretic, Antispasmodic, and Carminative. Dose, half a dram to a dram, frequently repeated.

MIXTURE OF HYPONITROUS ETHER.—Ipecac, half a dram. Boiling water, sufficient to make six ounces of Infusion. Strain this and add Nitrous Ether, one dram. Extract of Juniper Berries, one ounce. Mix.

This is much used in the dropsical swellings after Scarlatina. Dose, a spoonful every two hours.

Æther Muriaticus, Muriatic Ether. This is made by distilling Alcohol and Muriatic Acid. In its power it much resembles the other Ethers, but is less used.

Æther Sulphuricus, Sulphuric Ether. This is what is commonly known as *Ether*. It is made by distilling Alcohol and Sulphuric Acid. It is a transparent, colorless, very light liquid, with a pleasant fragrant Odor, and a sharp Aromatic taste, feeling cold afterwards to the tongue.

This is the best, and most generally used of all the Ethers. It is Stimulant, and Antispasmodic, and is used in a great variety of affections, both Externally and Internally, as in Cramp of the Stomach, Colic, Nervous palpitation, Hiccough, Nervous headache, Spasmodic, Asthma, and in Fainting. Its effects are very soon manifested, but do not last long, and it therefore requires to be frequently repeated. In large doses it acts as a Narcotic poison, and produces Death. It acts very differently on different people, and by frequent use its power over a person gets much less.

The dose of Ether, is from half a dram to two drams, in a little sweetened or Aromatic water.

SPIRIT OF SULPHURIC ETHER. Pure Sulphuric Ether, one part. Alcohol, two parts.

COMPOUND SPIRIT OF SULPHURIC ETHER.—Commonly known as *Hoffman's Anodyne Liqueur*. Spirit of Sulphuric Ether, one pint. Ethereal Oil, two fluid drams. The doses, and uses, are the same as for Ether, itself. It is often combined with Laudanum, and is said to prevent its after ill effects. It enters also into numerous Recipes.

To be Continued.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

Continued from No. VI.

HOOPER'S FEMALE PILLS.—Barbadoes Aloes, eight ounces. Dried Sulphate of Iron, two ounces and one and a half drams. Extract of Black Hellebore, two ounces Canella and Ginger, one ounce each, water enough to make it into a mass. Divide it into pills of two and a half grains each.

Dose, one, two, or three, three times a day. These pills are popular for female obstructions, and are quite serviceable, in numerous cases. Most Druggists keep them ready made.

HOOPING COUGH.—Cochineal and Tartar mixture. This is an old domestic remedy, first introduced by Dr. Lobb, nearly a Century ago, and is often efficacious.

Sub-Carbonate of Potash, twenty grains. Powdered Cochineal, ten grains. Hot water, a quarter of pint. After stirring them all well together strain and sweeten with White Sugar, or Sugar Candy. Dose, a tea spoonful to a tablespoonful, when required.

Sometimes it relieves very much to fumigate the room, which is done with the following compound. Storax and Gum Benzoin, of each one scruple, to be thrown on hot cinders, or a hot shovel, in the patient's room.

JAMES' ANALEPTIC PILLS.—Equal parts of James' Fever Powder,—Rufus' Pill,—and Gum Guaicum, made into five grain pills, with Tincture of Castor. Dose, one or two,—used as an Alterative and Stomachic, and for Constipation.

JAMES' FEVER POWDER.—The precise mode of making this powder is kept a secret to this day. It is known, however, by Analysis, that it is essentially the same as the ordinary *Compound powder of Antimony*, which is generally used in its place, on account of James' powder being so dear.

JARAVE, OR SPANISH DIET DRINK.—Pour four gallons of boiling water on two pounds of Sarsaparilla root, eight ounces of Guaicum bark, four ounces each of rasped Guaicum wood, Aniseed, and Liquorice root, two ounces of bark of Mezereon root, two pounds of Molasses, and twelve bruised Cloves. Shake it up well two or three times a day, and keep it in a warm place. As soon as it begins to ferment it is fit to use. Dose, a small tumbler full.

This is better than any of the so called Sarsaparillas' and may be made as wanted. It may be bottled, and kept in a cool place.

JESUIT'S DROPS.—(Walker's,) Balsam of Copavia, six ounces. Gum Guaicum, one ounce. Venice Turpentine half an ounce. Sub-carbonate of Potash, half an ounce. Cochineal, one dram. Rectified spirit, one quart. Dose, about a Tea spoonful, or less—two or three times a day.

This is also called *Antivenereal Elixir*, and it is employed by many in Gonorrhœa, and irritation of the Urethra.

KITCHENER'S PERISTALTIC PERSUADERS.—Turkey Rhubarb in powder, two drams. Oil of Carraway, ten drops. Simple Syrup, one dram, by weight. Mix, and divide into forty pills. Dose, two, or three, or more, may be taken early in the morning.

These were invented by Dr. Kitchener, the celebrated writer on Food and Digestion, and are intended to make the bowels act, and remove Constipation. They are also Tonic.

LARTIGUE'S GOUT PILLS.—Compound Extract of Colocynth, twenty grains. Extract of Colchicum, sixty grains. Extract of Opium, one grain. Mix, and divide into eighteen pills. Dose, one or three, according as they act on the bowels.

◆◆◆

IMPORTANT FACTS.

The following Table shows how the liability to early Death grows less as civilization and knowledge advances. Numerous causes of disease are being daily removed, and the consequence is fewer die early, and life is lengthened. When we reflect how many causes of disease *still exist*, (*especially in New York*,) we cannot help thinking that when all of them shall be removed, the number of children dying under five years old will be very few. We believe as many children die under five years of age in New York, *now* as did in London fifty years ago.

IN LONDON.

	Died under 5 years.
From 1730 to 1749, { out of every one hundred children born }	73
“ 1750 to 1769, “ “ }	63
“ 1770 to 1789, “ “ }	51
“ 1790 to 1810, “ “ }	41
“ 1810 to 1829, “ “ }	31

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.

Continued from Number VI.

STAINS AND MARKS ON THE SKIN.

The different stains, or marks on the Skin, may be divided into two classes.

First, we have all these stains which depend upon an unnatural action of the pigmentary glands, owing to which the coloring matter is secreted in certain spots, in greater quantity, or becomes altered in its quality. From this cause arises *Morpheo*, *Freckles*, *White marks*, *Mildew*, *Sallowness*, *Yellow spots*, and *Black marks*. The Tan from Sun and Wind, also arises in the same manner, but is only temporary, and disappears when the cause is removed that produced it. The other stains are more permanent, and require special treatment to remove them.

Secondly, we have all these marks that exist before birth, and which are usually called *Mother's marks*, *Naevi Materni*, *Moles &c.*, These depend on a diseased state of the Skin in those parts, or upon a congested or dilated condition of the small bloodvessels underneath.

Both these kinds of marks are removable to a great extent, and by simple external means.

To show what freckles depend upon, if we take a piece of skin which is marked with them, and macerate it in water, we see the coloring matter remain in those spots long after it is washed out of the other parts, showing that the freckle spot is owing to a superabundance of coloring matter at that place.

TREATMENT OF STAINS OF THE SKIN.—
Tan. This, as a general rule, only requires the person to keep out of the influence of the Sun, or Wind, which has produced it, and usually it wears off without any trouble. It is however at times quite obstinate, and it may so happen that it is particularly desirable to remove it speedily. This can be readily done by covering the skin, where it is tainted with a paste, made of Indian Meal, and Gum Arabic water. The meal should be first scalded, and then made wet enough with the gum water just to stick together. This should be put on a quarter of an inch thick, and kept on for a day or night, and then be renewed till the tan is gone.

A more elegant preparation is the *Almond Paste*, a Recipe for which will be given further on. A slight coat of this put on each night will remove all the Tan that has been caught during the day.

When Ladies travel in the East, in the sun, they cover all the parts of the skin exposed with a paste made of Bean Flour, which they wash off at the end of the journey. This prevents the Tan, and keeps the skin soft and smooth.

There are several washes also that are excellent for Tan, and these will also be given as we proceed.

FRECKLES.—These marks do not result from the action of the sun, or air, alone, as some people suppose, for they are often found quite abundant on the covered parts of the body. They result in fact from a diseased action in the coloring glands underneath the surface of the skin. The coloring matter is there secreted in greater quantity than elsewhere, and often of a different shade. Most generally the freckled spots can be seen, with the naked eye, to be slightly raised above the general level of the skin, like a mole.

On examining the Freckle Microscopically it is found that the *perspiratory pores* are entirely obliterated, or closed. so that the skin of the freckle never perspires. This shows why the stain is permanent,—there is no excretory action to throw off the superabundant coloring matter.

Freckles are a great disfigurement to the skin, even when in small numbers, but when they cover the greater part of the face, as is often the case, they are a real misfortune, and it will gladden the hearts of every person to learn that they are often removeable.

When they do not depend upon any diseased state of the fluids, the following treatment will usually remove them, if persisted in for a few weeks, two or three times a day.

Bathe the warts first in warm soft water, dry them, and then take a *Concentrated Solution of Sulphate of Potash*, or of *Sulphate of Ammonia*, and with a camel hair pencil, or a bit of soft linen, wet the stains, several times, letting the moisture dry in.

After doing this for five or six days, the outer skin usually peels off, and the part is then seen to be natural in color and structure. It may, however, require to be repeated, and practised longer.

By a *concentrated* Solution of the above Salts is meant, as much as can be dissolved, in any given amount of water.

When the stains depend on a disordered state of the fluids, or upon obstruction of the Liver, they will sometimes resist this treatment. The following Pomade should then be used, but *only to one or two spots at a time*, curing them first and then acting on others.

Pure Lard one ounce. Bi-Ioduret of Mercury, half a dram.

These should be well rubbed and ground together in a porcelain mortar.

The stains should be well rubbed with the pomade at night, and carefully washed, in the morning.

Very often a little medication will much assist, especially that which is calculated to rouse the Liver. As five grains of blue pill for instance, at bed time, followed by a dose of Epsom Salts next morning.

Many females always have these stains come immediately they are pregnant, and it is known from them, by their friends, that they are in that way; on this account some try to remove the stains, by some of the above means, but it should never be done, as the treatment cannot do any good in such cases, and the stains will all go away with the causes that produced them.

HOMŒOPATHY.

The following is extracted from the London Lancet, merely as a matter of News. We neither vouch for its truth, nor deny it, but if it be true, which is quite likely, we have no doubt but that an equally strong case could be made out against Allopathy.

HOMŒOPATHY.—The following extract is taken from a clever letter in the *Leicester Journal*, signed "Chirurgius."—"Homœopathy has had its day. Excepting in Vienna, it is now comparatively little heard of in Germany, and notwithstanding Leipsic is the head quarters of the doctrine, the homœopathic hospital of that city, a small house in the suburbs, contains only eight beds, of which Mr. Lee, who lately visited it, found only two or three occupied. In Paris, M. Andral put it to the test of experience in one of the general hospitals, and the result was a total failure. It was

therefore discontinued. He treated 130 to 140 patients in the presence of the Homœopaths themselves, adopting every requisite care and precaution, yet in not one instance was he successful. In Russia, a German homœopathist was invested by the Grand Duke Michael with full powers to prove, if possible, its advantages over ordinary treatment on a certain number of patients in the wards of a military hospital. In two months, however, he was not allowed to proceed further. The Russian Government tried likewise the comparative treatment in two hospitals of a number of patients with homœopathic globules, and a number of other patients with no drugs of any kind; and the results were found very similar in both instances. A trial was given at Naples by Royal order. The results of the observations were:—1st. That the homœopathic treatment produced no effect: 2nd. That it had the serious inconvenience, in several of the patients, of preventing the employment of remedies by which they might be cured. In London, there are two homœopathic hospitals, both of which are in a declining state, and one I hear is now about closing, if not closed, for want of funds. A celebrated physician speaks of it thus:—"Everything in it, and out of it, fully confirms the view, that, as to practice, homœopathy is truly a nonentity; it is literally, as your author Huc says (see p. 86), the swallowing of names only. To swallow the name of a remedy or the remedy itself, comes (say the Tartars) to precisely the same thing. Homœopathists cannot point out a single medical authority now authorizing homœopathy. So much for its decline."

CURIOUS CONTENTS OF AN OVARIAN CYST.—A female lately died in St. Georges' Hospital, London, who suffered from disease of one of the ovaries. On dissection it was found to be what is called a *Cyst*, or hollow Tumor, and in the interior was a quantity of Hairs, a well formed Tooth, imbedded in a piece of bone, and a quantity of perfect *Brain*, with its proper Envelopes, and Vessels.

This it must be remembered was not in the *womb*, but in one of the ovaries; nor was it the result of Conception, but probably originated from a spontaneous over development of one of the Ovæ, or Eggs. Such cases are sometimes noticed in young Virgins. The explanation of them is given in "The Marriage Guide."

THE PEOPLE'S MEDICAL JOURNAL.

JANUARY 1, 1854.

HOME TEACHING OF PHYSIOLOGY.

It has long been observed that there are many kinds of knowledge, of the greatest importance, the rudiments of which can be easily given to children at home, much better in fact than elsewhere. If Parents, or Guardians, would interest themselves, and *join with their children* at night when the daily toil is done, in reading and studying something useful, what an immense benefit it might be to both. Not only would the information thus acquired be valuable itself, but the desire for knowledge would be increased, the mental powers would be cultivated, and idle or vicious habits be prevented or eradicated. This in fact is the true way to prevent those social evils arising from men, and children, becoming careless and indifferent about their homes, and roaming out every spare hour to scenes of dissipation and vice. Let both have some subject of *interest*, and of value, upon which they can mutually employ themselves, and they will take such a pleasure in each others company, and in their home itself, that they will find their greatest happiness in remaining there.

This matter has been too much neglected, principally from the mistaken notion that Scientific subjects could not be thus studied to any profit, and that they would be of little practical value even if they were. This is, however, a great mistake. There are many kinds of knowledge that could be thus studied, either by the individual members of a family, or by the whole, as a class, that would be of incalculable utility to them in after years, besides giving great pleasure, and much indirect benefit in the pursuit itself.

Perhaps foremost among such subjects may be mentioned *Anatomy* and *Physiology*, or the study of the Human Body. To the generality of our readers it would perhaps be superfluous to argue that such

knowledge is beneficial to all, because if they did not already think so they would not be reading the People's Journal, and we are not now speaking to those who think such knowledge is useless, *except to a few*. All intelligent people will agree that to obtain such knowledge must be a great benefit, even to the humblest Artisan, or Agriculturist, but then comes the enquiry "how *can* they obtain it?"

This we know has been difficult, until lately, because books, and other means of instruction have not been provided for *them!* Now, however, it is different, and some of the most eminent Scientific men of the day, in all departments of knowledge, think it a privilege, and an *honor*, to write for *the people*, and so that the people can understand them.

We have made these few remarks more especially to call attention to the book called "*The American Class Book of Anatomy and Physiology*," which is advertised on another page. This book is specially intended to be used in Schools, or for *Home teaching*, and can be studied with advantage by any one not quite familiar with those subjects already. It is *interesting*, as well as scientific, and we will answer for it that any child will readily be able to indicate after reading it, the main facts concerning our physical structure, and also show how such knowledge can, in many ways, be made practically useful. There is nothing dry, or distasteful in such a study, when properly presented, but the contrary, and we can readily imagine with what interest, and delight, a father and his children could read such a work, and talk over it, in their leisure hours. The facts thus acquired, and the habits of investigation thus established, would be of more real service than all the mere moral *discourses* ever enunciated.

It is not a book for Children alone, be it remembered, but for Adults also, who have not had opportunities of being so instructed before. In short it is for the

Parent, and Teacher, as well as for the Child and Scholar.

Besides many new suggestions as to what should be done in case of Accidents, and for the preservation of health, there is given in this work,—for the first time, a plan for forming a *Museum* of Anatomical and Physiological preparations without cost! It is a plan too which all can adopt, and which cannot fail to be both interesting and instructive. Many Medical Institutions have not a better museum, for all practically useful purposes, then can be formed by almost any person in this way, and it may be indefinitely extended. Any man of ordinary intelligence, who takes a real pleasure in these studies, may follow out the suggestions given in the American Class Book, till he attains quite a large amount of knowledge on Comparative Anatomy and Physiology.

The reading of this book, in short, can make any man or child, find real pleasure and instruction in any *old bone* that lies in their path, besides making them better able to *take care of themselves*, by avoiding numerous causes of Disease to which all are more or less exposed.

—♦♦♦— SNAKE BITES,

As these accidents are quite common in many parts, and frequently terminate fatally, it may be useful to show how recovery from them has often been effected. It would seem that the poison of the Snake acts as a directly depressing agent, causing immediate prostration of the vital powers to such an extent that death ensues. The insensibility comes on sometimes as rapidly as if the patient had taken prussic acid, and life is extinct in a few minutes. Several instances however have shown that if some powerful stimulant be freely given, immediately after the bite, to support the vital powers, that recovery will often take place.

Perhaps the most deadly of all the Serpent Tribe is the *Cobra*, or hooded Snake, of the East Indies, one of whom killed a man in the Zoological Garden at London, very lately. And yet in many cases its bite has been recovered from, by the means above mentioned. In the

Glasgow Medical Journal is an interesting case of this kind, communicated by Dr. Chalmers, formerly a medical officer of the East India Company. He says "I heard from the outside of my house, at Bunackpore, near Calcutta, (in the night,) a loud call for my assistance. It proved to be from the Colonel, now Sir. Wm. Lumley, whom I found with a Lantern in his hand, intreating me for God's sake to come with him at once, as his *Mehrturanee*, (female sweeper,) had been bitten by a Cobra de Capello. I took in my hand a phial of Solution of Ammonia, of the usual strength, a case of Scalpels, and a large sized Gum Elastic, Male Catheter. On arriving at the tent occupied by the poor woman and her husband, I found her stretched out upon the ground, her head resting upon her husband's knee. Her body was cold and collapsed, there was neither breathing nor pulse, her eyes were wide open and insensible to light, the mouth was also wide open, tongue cold. In fact life was, to all appearance, extinct. How long she had lain in this position could not be ascertained, her husband conjectured an hour at least. On the back of the right hand were discovered two punctures as if made by a needle, about an inch and a half apart, marking the entrance of the poisonous fangs of the Snake. Upon each puncture there was a drop of nearly colorless fluid, without any hemorrhage, (bleeding,) tumefaction, (swelling,) or echymosis, (bruise).

Here was a case sufficiently discouraging, if not, to all human appearance, hopeless. However, I resolved not to abandon the poor sufferer, while the kind hearted master entreated me to do what I could.

Ordering bricks to be heated for application to the præcordia, (pit of the stomach,) and the feet, the first step of the treatment was to pour down her throat a teaspoonful of the Ammonia, with as much water, but all power of swallowing being lost, some difficulty was experienced in accomplishing my object. By the aid of the Catheter, as an oesophagus Tube, I succeeded admirably. The next step was to cut out and pare off the integuments and subjacent cellular, and muscular tissues, extending the incision about a quarter of an inch beyond the bite, all round. From the large wound, which was of an oval shape, not a drop of blood escaped in this operation. The husband was now directed to apply his mouth to the wound and suck with all his might, which he pro-

ceeded to do most readily, the natives having great faith in such a measure. This he continued with all the energy he was capable of for fully half an hour, without succeeding in procuring any moisture, while I repeated the Ammonia, steadily every ten minutes, till a full ounce was consumed. At length our perseverance was rewarded with more hope of a restoration, for the poor distracted husband leaped up in an ecstasy of joy exclaiming in his own language, *blood is coming Sir*, showing his tongue covered with the vital fluid. In a few minutes more the action of the heart was faintly perceptible, the pulse at the wrist was just traceable in a thready thrill; she moved her head, gave a deep sigh, and sat up. Thus our persevering efforts for nearly two hours were rewarded by the recovery of a fine young healthy woman, from certain death." The only treatment afterwards was cauterizing the wound with Lunar Caustic, and poulticing it till it got well. It healed kindly, and in a few days she resumed her employment.

Now this was certainly an extreme case, and we can readily conceive that if such means were to be employed earlier, while the patient could swallow well, for instance, the good effects would be still more promptly seen. The cutting out the wound should be done, whenever practicable, as soon as possible, the same as in the Bite of a Mad Dog.

Liquid Ammonia, or what is called spirits of Hartshorn, can be obtained in most places, and should be kept where such accidents are liable to occur. It is a most powerful stimulant, acting almost instantly, and is therefore well adapted for such purposes. It may be taken as in the above case. *Eau de luce*, a well known smelling mixture, which contains Ammonia, has also been used for the same purpose, and with success. In all cases use it quickly, and continue it till the patient revives.

It is not only Ammonia, however, that can be made use of in this way, but Alcohol is also very effective,—the stronger the better. Our Western Trappers know this fact well, and usually carry a bottle of raw whisky with them, to use in case of such accidents. The plan is to drink as much as can possibly be swallowed, and at once. The depressing effect of the snake poison is so great that a quantity of Alcohol which would make them dead drunk, on ordinary occasions, has then scarcely any effect.

In the American Journal of Medical

Sciences for June, 1853, is an interesting Article from Lieut. J. C. Woodruff, of the U. S. Army, on this very subject. It seems the Lieut. had wounded a large Rattlesnake, which he wished to capture as a specimen, but in laying hold of it incautiously, he got bitten on the finger of the left hand. He says "The pain was intense, momentarily producing, as it were, a severe shock, and accompanied with much nausea. I immediately commenced sucking the wound, and at the same time got Lieut. Poke, to apply a ligature round the finger, to prevent the too rapid absorption of the poison. I then scarified it fully, and continued sucking till I returned to the Camp. A man that was with us at the time, I immediately sent back to the fort to get some Aqua Ammonia Fort, (Strong water of Ammonia,) and meet us on the road, which he did when we were about three fourths of a mile from the town. I applied it immediately to the wound. Mr. Kern hearing what had happened, returned with him, and he wished me to try, as he said, the *Western remedy*, that is to say, to get drunk. This I had often heard of and I determined to try its efficacy. He was supplied with a bottle of whiskey, which I immediately commenced drinking. By the time I had arrived at the Pueblo I had drunk half a pint. Already the glands in my axillæ (armpit) were getting sore and painful. I then took some Ammonia internally, and scarified my finger freely, holding it in a basin of warm water, which caused it to bleed freely. I then commenced drinking Brandy, and at the same time held my finger in a cup of Ammonia. It took one quart of fourth proof brandy, and half a pint of whiskey, (enough to have killed a man under ordinary circumstances) to produce intoxication, which only lasted about four hours. During my intoxication I vomited freely." The Lieut. got well after this, but the glands in the arm pits swelled, and inflamed very much, and the finger sloughed away considerably.

The Ammonia should be used always if it can be got, because it probably neutralizes the poison, but if that is not at hand pour the Alcohol down the patient's throat as quickly as possible, till complete intoxication ensues. Cut out the wounded part also, and make it bleed freely. Sucking the wound is a very good practice if quite sure there are no chaps on the lips or sores on the mouth, as they might absorb the poison.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

By F. Hollick, M. D.

ACNE.—A Pimple on the face.
ACOUSTICS.—Relating to the Ear, or sound.
ACRID.—Hot and sharp tasted.
ACROMANIA.—Incurable mania.
ACUPUNCTURE.—An operation which consists in making a number of small punctures with a Needle, to relieve pains, and swellings. It is much practised in Japan, but has never been much in vogue here, or in Europe.
ABDUCTOR.—A name given to those muscles that draw parts together, or towards each other.
ADEPS.—A name for Fat. *Adeps Anserinus*,—Goose Grease. *Adeps preparata*,—Prepared Lard. *Adeps Suillæ*,—Hog's Lard.
ADHESION.—Growing together.
ADIPOCIRE.—A peculiar substance like white wax, which is often formed from Animal bodies, when they have been long buried, in certain conditions which do not allow them to rot in the ordinary way.
ADIPOSE.—Fatty.
ADOLESCENCE.—The period of Puberty.
AD PONDUS OMNIUM.—This is frequently put at the end of a prescription, and means that the last mentioned article is to weigh as much as all the others put together.
ADVENTITIOUS.—Accidental.
ADYNAMIA.—A loss of Vital Power.
ÆROPHOBIA.—Fear of the Air, or Wind.
ÆSCULAPIUS.—The Father of Medicine. A famous old Greek Doctor, who lived many thousand years ago, and was regarded as a Demigod.
AFFECTION.—A Disease of any part.
AFFLATUS.—A puffing up.
AFFUSION.—The pouring of a liquid on anything.
AFTER BIRTH.—The Placenta.
AGALACTICA.—A Defect of Milk at Child-birth.
AGARIC.—A Mushroom.
AGGLUTINATION.—Sticking together.
AGUE.—Intermittent Fever.
ALA.—The Arm pit.
ALA AURIS.—The upper part of the external Ear.
ALA NASI.—The sides of the Nose.

ALBUGINEA TUNICA TESTIS.—One of the Coats of the Testicles.

ALBUM GRAECUM.—Some old practitioners still use this Article, and some old notioned people still ask for it, though few know what it is. Album Graecum is the white Dung of Dogs, dried, and used as a Powder, to sprinkle on the inside of the throat, in Quinsies, Sore Throat, &c. It was formerly much esteemed, but is now very properly falling into total disuse.

ALBUMEN OVI.—The substance of white of an Egg. Is also found in abundance in most parts of the animal structure. It is also called *Lymph*.

ALBUS.—White.

ALE.—The wine of Malt.

ALIENATION.—Wandering of the Mind.

ALIMENT.—Nourishment.

ALKALI, or ALCALI.—An Alkali is a substance which has the property of combining chemically with an acid, and neutralizing it, the two together forming a Neutral Salt. Thus Soda will neutralize Sulphuric Acid, and form with it *Sulphate of Soda*, or Glaubers Salts.

ALCOHOL, or Alcohol.—Spirit of Wine.

ALLIUM.—Onion-like Plants. *Allium Porrum*, the Leek. *Allium Ceba*, the common Onion. *Allium Sativum*, Garlic.

ALOPECIA.—Falling off of the Hair.

ALTERATIVES.—Those medicines which change, or alter the action of the diseased system, so as to restore health.

ALUM.—A salt Compounded of Sulphuric Acid, Clay, and Potash.

ALUMINA.—Pure Clay.

ALVEOLUS.—The socket of the Tooth.

ALVUS.—The Belly, Stomach, and Entrails.

AMAUROSIS.—A peculiar kind of Blindness, in which the Eye seems quite perfect. It arises from Paralysis of the Optic Nerve.

AMENORRHŒA.—Obstruction or stoppage of the Menstrual flow.

AMNION.—One of the Membranes which wrap around the Fœtus, in the Womb.

AMNIOTIC LIQUOR.—The water which surrounds the Fœtus in the Womb.

AMPUTATION.—Cutting off parts of the body.

COLUMN FOR THE LADIES.

ARTICLES FOR THE TOILETTE.

SACHETS.—This is a name given to certain little bags, or Sacs, usually made of Satin, in which are enclosed certain odorous substances in Powder. These are carefully sewn up, so that the powder cannot escape, and are then worn in the Bosom. The odor is given out slowly, and lasts for a long time. They are also placed in drawers among clothes.

The Sachet is perhaps the best mode of scenting the person that can be adopted, as the strength of the odor is not too great, and it is always the same. At most of the Perfumers are sold little bottles of Powders, ready mixed, from which Ladies can make their own Sachets. Thus they can procure Tuberose, Heliotrope, Violet, Rose, or whatever they choose, the powder being made from the dried flowers, and when good, the odor is perfect.

There are some mixtures however that are more generally liked than most others, and we shall therefore give Recipes for these, which can be copied and sent to the Perfumer's, who will make them up.

The following mixture is delicious.—Iris de Florence four ounces, Calamus Aromaticus two ounces, Sandal Wood a quarter of an ounce, Cloves a quarter of an ounce, Gum Benzoin half an ounce, Bergamotte, green, dried, one ounce.

The solid articles must be broken up in a Mortar, and the whole well mixed. The Sachets can then be filled with it as needed, keeping the rest in a well corked bottle, perfectly dry.

A more simple mixture, and which is very agreeable, is made as follows.

Rose Leaves, dried in the shade, eight parts. Cloves and Nutmegs, in equal parts, pounded, one part.

Those who have plenty of Rose bushes will find it well to keep the leaves for this purpose, but they must never be allowed to get damp, nor be in the sun.

A very pleasing Sachet is made of Violet powder, made from the dried flowers of the Neapolitan Violet. The Clove Pink also, called *Oeillet*, by the French, is very pleasing.

DURATION OF PREGNANCY.

Many Ladies believe that the proper way is to calculate from the end of the last period, and reckon nine months, or about 152 days. This, however, is not a safe

way to reckon by any means, as the following results of 25 carefully recorded cases will show, of these twenty five one went 305 days after, and another only 260, or 45 days less; the others ranging various periods between. The average was 281 days, or just about a month over the usually estimated time. It follows from this, therefore, that most females are likely to go about *Ten Months*, or 280 days after the end of their last periods. Probably many have a slight show the first month *after* conception.

The real average, in those cases where the actual period of *conception* has been known, from peculiar circumstances, is about 275 days. It ranges at the farthest, in the generality of cases, only from 270 to 280 days. There is no single case known, which is *undoubted*, that extends over 293 days.

The French Law, (Napoleon code) allows 300 days, and the Prussian 301.

CHOLERA.

It has been recently stated by a very celebrated Physician in London, that *Common Salt*, is a preventative against Cholera. He positively asserts that he has never known an instance of any one being attacked who has used it, as a medicine.

He directs as much to be taken three times a day as the Stomach will well bear, without causing inconvenient thirst after. Usually, for an Adult, about a Salt spoonful, or a Tea spoonful, morning and evening, and twice as much at dinner. For Children of course the dose should be proportionately less. It should be taken *regularly*, three times a day.

Salted Meats, do not act in the same way as fresh salt, but on the contrary, are hurtful.

Of all the medical treatment tried, in attacks of Cholera, the greatest success appears to have resulted from repeated small doses of Calomel, even when the stage of collapse had been reached. One grain is given every three or four hours, till the Bowels act naturally, and the symptoms subside. If there be much pain, a few drops of Laudanum may be given, with the first few doses. The great requisite is to continue the one grain doses, regularly, and to use nothing else. The Calomel scarcely ever has any of its ordinary effects in these cases, though continued in this way for eight or ten days. As much as two hundred grains, have been so given, without any Salivation.

The only instances of Salivation, and they were slight ones, arose from the patients keeping on with the medicine, in their anxiety, after they were cured. The Disease prevents the Calomel acting in its usual manner. One grain pills are most convenient.

SLOUGHING OF THE BOWELS.

Many persons suppose that any severe injury to the bowels, and especially losing a portion of them, must necessarily be fatal. This, however, is by no means the case. Several instances have occurred lately in which parts of the bowels have sloughed away, even as much in one case, as *nine inches* in length, and yet the patient fully recovered. In another case a large portion of the bowel, which protruded externally, was cut off in mistake, with a pair of scissors, and yet no serious result followed.

The bowels have also been severely cut, in Wound of the Belly, so that excrement passed through the wound, and yet all has healed up, and no harm resulted.

A knowledge of these facts may prevent unnecessary alarm in case of accidents of this kind, and thus favor recovery.

WHEN CHILDREN WILL NOT NURSE.—It is well known that when Infants will not take the Breast, they nearly always die, as it is seldom possible to give them food in the usual way. Lately it has been found quite easy to save them by injecting Milk *down the Nose*, by a Syringe and small Tube. The Tube should be introduced only *a short distance* in the Nose, and the injection be made very slowly, so as not to cause sneezing.

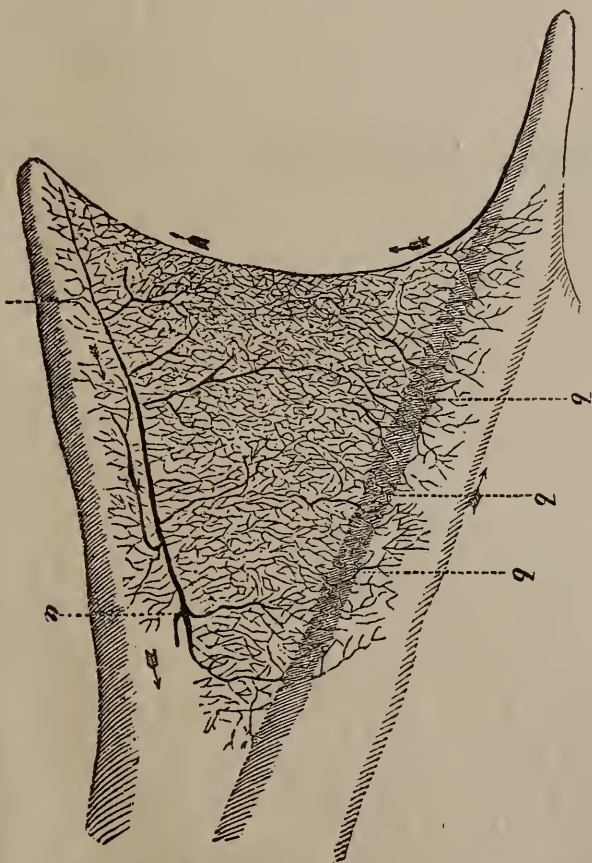
SCROFULA.—Dr. James Thompson used to say that it is rare to meet with a single individual who has not at some period of life, experienced disease in some shape or other, belonging to one of the several forms of Scrofula.

ASPARAGUS IN HYDROPHOBIA.—Several cases have lately been related in which, apparently cases of Hydrophobia, have been cured by eating abundantly of Asparagus for a day or two after,—in fact taking nothing else. As this is a desperate disease it may be tried when at hand, in the absence of anything better, but first attend to the advice given in a former article in this Journal on the subject of Hydrophobia.

BEING CURED AND GETTING WELL.—Regarding the capability of the public to judge the value of medical remedies in curing disease, I quote Archbishop Whately:—“Nothing is more common than to hear a person state confidently, as from his own experience, that such and such a patient was cured by this or that remedy; whereas, all that he knows is, that he took the medicine and recovered. A termination and a cure are two vastly different things.”

NOTICE TO CANADIANS.

We have a large number of Subscribers in Canada, all of whom, in accordance with our Advertisement, have sent twenty-five Cents for the year's Subscription. We find, however, that in sending their papers, it is necessary for us to pay the U. S. Postage in advance. This is one cent a number, or twelve cents a year. It will therefore be necessary for those subscribing in Canada to send thirty-seven and a half cents, instead of twenty-five cents, because it will be seen we cannot pay twelve cents out of the ordinary Subscription without being losers, as it would only leave us thirteen cents for the Journal for the whole year. Twenty-five cents will only pay for eight months to Canada, twelve cents more will be required to complete the year.



VEINS AND ARTERIES IN THE WEB OF A FROG'S FOOT, MAGNIFIED.

a a are the Veins,—*b b* are the Arteries.

THE PEOPLE'S MEDICAL JOURNAL.

☞ Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

☞ All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of the People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

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PROSPECTUS

OF

THE PEOPLE'S MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,
Lecturer on Physiology, and Author of the *Marriage Guide, Origin of Life, &c.*

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. 8.

FEBRUARY, 1854.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

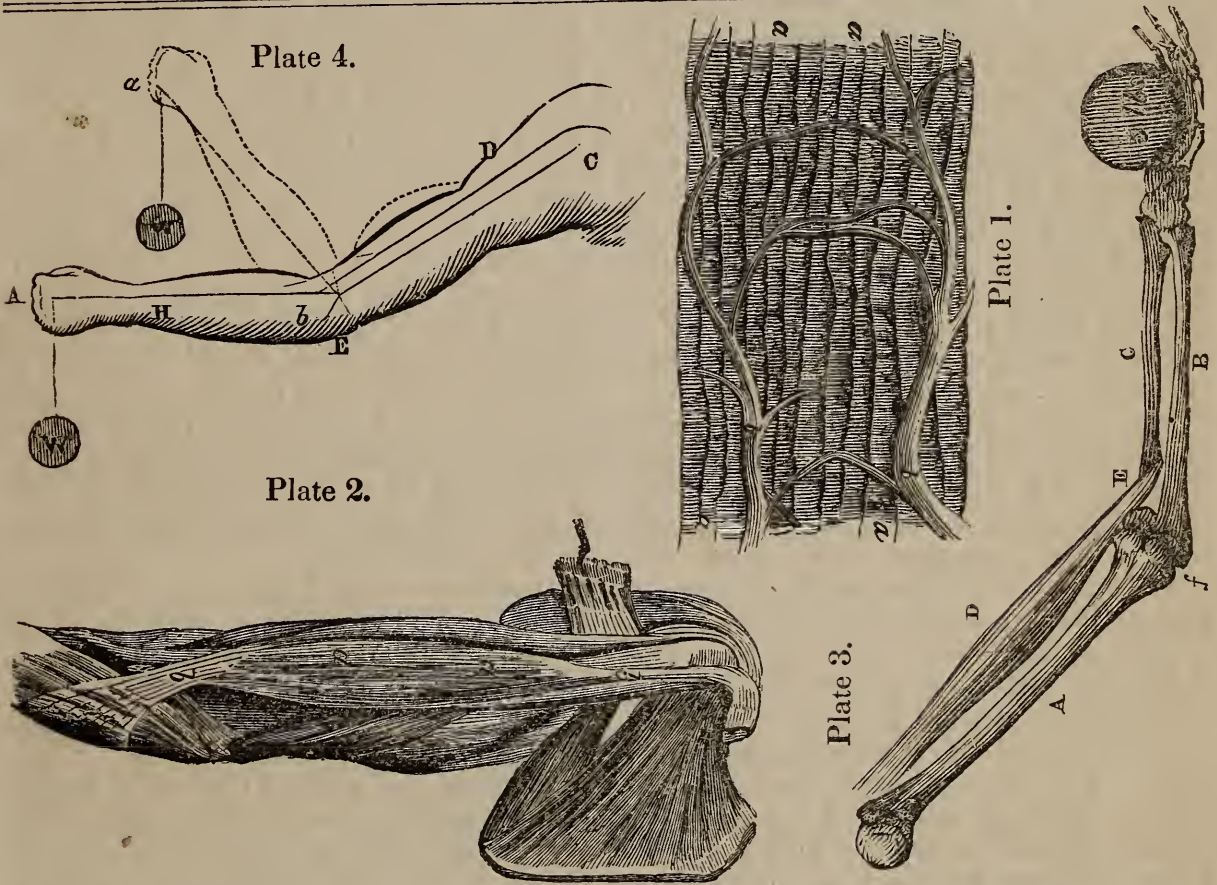


PLATE 1.—A BUNDLE OF MUSCULAR FIBRES.—*a a* show the muscular *Fibres* as they appear when a bundle is magnified,—*b b* are *Nervous Twigs*, or *Filaments*, some of which are found in every muscular bundle.

PLATE 2.—MUSCLES AND TENDONS.—This shows one of the principal *Muscles* which move the *Arm*,—*a a* is the *body* of the *Muscle*,—*b b* are the *Tendons* in which it ends, and by which it is fastened to the bones. Several other *Muscles* and *Tendons* are also seen.

PLATE 3.—THE LONG BICEPS MUSCLE, WHICH BENDS THE ARM AT THE ELBOW JOINT.—*A* is the bone of the upper arm,—*B* and *C* are the bones of the lower arm,—*D* is the *Muscle*,—*E* is the *Tendon* by which the *Muscle* is fastened to the bone *C*,—*f* is the *Elbow joint*.

It will be readily seen that as the *Muscle contracts*, or becomes *shorter*, it must bend the arm at the *Elbow*, or in other words, *raise the hand towards the shoulder*.

If the ball in the hand is supposed to be *five pounds weight*, and the lower arm and hand also *five pounds*, the *Muscle* must contract with a force equal to *one hundred pounds* to raise it, because it is *ten times* nearer to the joint at the lower end than at the upper end.

PLATE 4.—THE BICEPS MUSCLE, WHICH BENDS THE ARM AT THE ELBOW, CONTRACTED AND FLEXED.—*C E* represents the bone of the upper arm,—*A E* the bones of the lower arm,—*D* the *muscle*,—*W* is a *weight* to be raised by the contraction of the muscle.

The black lines show the position of the arm, and the form of their muscles when they are relaxed. The dotted lines show the form of the muscles when they are contracted, and the weight raised.

BACCHUS BETRAYED, OR THE DRAM DRINKER'S MONITOR.

Being a complete exposure of the Artificial Manufacture of all kinds of Liquors, Wines, Cordials, Ale and Porter, as practised both in this country and in Europe, with a Medical description of the different Drugs used in Adulteration, and the means of detecting them.

By **Frederick Hollick, M. D.**

Continued from No. VIII.

It has a sharp sour smell, and will take the breath away for the moment. In fact men have often been suffocated by it, in close cellars where a large quantity of Liquor was Fermenting. All substances to be Fermented must be dissolved in water, and the result is then a Solution of Alcohol, with or without other substances, in Water.

By Fermentation, however, we can only produce a Liquid, containing a certain amount of Alcohol, because the Alcohol itself, when it is in a certain proportion stops Fermentation. To procure a Liquid with more Alcohol in it, therefore, or to get the Alcohol itself, it is necessary to *distill* it away from the Liquid in which it is contained.

Many persons suppose that the Alcohol is produced only during the process of Distillation, and that it does not previously exist in the Liquor that is distilled. This, however, is a mistake. The Alcohol, is *formed* by the process of Fermentation, and is only *separated* from the other articles by Distillation.

Alcohol boils and rises in the form of Vapor, or Spirituous Steam, at a much lower degree of heat than water boils, and it is on this principle that distillation depends. Thus if any Alcoholic liquor, as Wine for instance, is heated to a certain point, the Alcohol rises in the form of Vapor, and leaves the water, which does not boil at that temperature, behind it. As it cools, this Vapor becomes liquid Alcohol again, and when the process is properly conducted, in an Apparatus formed for the purpose, called a *Still*, the whole of the Alcohol can be taken from any Liquor, and obtained separate.

In general, however, there are some other substances that also rise with the Alcohol, and are mixed with it, and it is this which makes the different kinds of Spirits. Thus when Wine is distilled we obtain Brandy, from Molasses we obtain Rum, from Cider, Apple Brandy, and from grain Whiskey. All these liquors are simply Compounds of Alcohol and Water, in different proportions, with various substances intermingled, which arise from the

Liquor distilled. Thus if juniper berries be mixed with the Whiskey, or grain Spirit, we have Holland Gin, but if Turpentine be mixed, we have common Gin.

The *Strength* of any Spirituous Liquor is estimated by the quantity of Alcohol it contains, in proportion to the other substances. When a Liquor contains sixteen parts of Alcohol, to twenty four parts of Water, by measure, it is called *Rectified proof Spirit*, or *Proof Spirit*; if it contains more Alcohol than this, it is said to be *above proof*, (A. B. P.) and if less it is said to be *below proof*, (B. P.) The proportion that it is above or below proof, is usually marked on the Cask. Thus 10 B. P. on a Cask of 40 Gallons would indicate that the Liquor only contained six Gallons of Alcohol, or Ten Gallons below proof; and 10 A. B. P. would mean that it contained twenty six Gallons of Alcohol, or Ten above proof.

Ordinary Proof Spirit always contains many impurities, which must be, as far as possible, separated from it before it can be used in the Manufacture of fine Liquors. The greater part of the Alcohol now used by Manufacturers, is obtained from Corn, or Potatoes, and is called *Common Whiskey*. In its raw state this is very impure, and always contains a peculiar Oil, called *Grain Oil*, or *Fusel Oil*, which gives it a peculiar, nauseous taste, well known to those who drink common Whiskey, or *Rot Gut*, as it is properly called.

By further Distillation, and by Rectification, this Grain Oil, and the other impurities, can be removed, and then we have pure *Neutral Spirit*, which has no other smell or taste than that of Alcohol itself. It is from this pure Neutral Spirit that the Manufacturer makes imitation Brandy, Gin, Wines, and so on, by adding to it the various substances which those Liquors contain, as nearly as he can. Of course if he can add to it *exactly* the same things that these liquors contain, naturally, he produces artificially precisely the same kind of Liquor, but this is seldom the case.

It is only the finer and better kind of imitation Liquor however, that are made

in this way, by adding the proper Substances to Pure Spirit, and if only such were made, there would not be so much to complain of in the Trade. Pure Neutral Spirit, however, costs more than the raw impure Whiskey, of course, and therefore, it is *never used* in making cheap or common Liquors. For them, the raw Whiskey is taken, with all its impurities, and they are hidden, or disguised, by adding substances that will cover, or take away, their taste and smell.

There are, therefore, two kinds of Imitation Wines, and Liquors, namely those made from the *Pure Spirit*, with the proper substances added,—as nearly as can be—and those made from the *Raw Spirit* with similar additions, and also with others, to disguise, or Neutralize the Impurities. We shall give examples of each of these.

There is also another mode of making Wines, and Liquors, of a still worse character, by using various Drugs, instead of the articles above referred to. Examples of these will also be given.

As a general rule, there is *very little* natural Wine or Liquor, of any kind, especially the foreign, to be obtained,—three fourths of all that is drunk is manufactured.

The process of Fermentation, it should be observed, is a continuous one, and if not checked, goes through three stages. The first stage, in which *Alcohol* is formed, is called the *Vinous Fermentation*; this, if not checked, will go on to the next stage, called the *Acetic*, or Acid Fermentation, in which the Alcohol is transformed into *Vinegar*; and finally, under certain circumstances, the acetic will pass to the third or *Putrefactive* stage of Fermentation.

All Alcoholic Liquors, therefore, may become *sour*, if the Fermentation continues beyond the vinous stage, because the Alcohol is then changed into Vinegar. A certain per centage of Alcohol, however, prevents this, by killing the Ferment, as it is called, and stopping the process of Fermentation, so that liquors of a certain strength never become sour. It is for this reason that *light*, or *poor* wines, have Alcohol added to them, to prevent them turning sour.

When the putrefactive stage is reached, the liquid stinks, becomes turbid, and decomposes.

CHAPTER IV.

IMITATION WINES AND LIQUORS.

Our previous explanations have shown that all Wines or Liquors, are made up of Alcohol, water, and various coloring and flavoring ingredients. In what we called *Pure*, or natural Wines and Liquors, the various ingredients become compounded together, in the process of fermentation, or subsequent distillation. In *manufactured* articles of this kind, the various matters are obtained separately, from a variety of sources, and then mixed together. The Base, or fundamental portion, of every Wine, or Liquor, being Alcohol, mixed with various proportions of water.

Now if it were easy to obtain *pure Alcohol*, and if all the other requisite articles could also be readily procured, it would be easy enough to manufacture Imitation Wines, and Liquors, of any kind, but this is by no means the case. In the first place there are certain other substances which always distill over with Alcohol, when obtained from its usual sources, and which it is very difficult to get rid of. In the second place many of the ingredients of natural Liquors are compound bodies which cannot be formed artificially, and which we can only imitate imperfectly. A *good* imitation Liquor, therefore, is necessarily dearer than suits many manufacturers, because they undertake to supply a *very cheap* article, and it is necessary for them, therefore, to produce an *inferior* one.

The greatest difficulty and expense is with the *Alcohol* itself. This, as usually obtained, from Grain, or Potatoes, contains a quantity of what is called *Fusel*, or *Grain Oil*, which gives it a peculiar and unpleasant taste and smell, such as is observed in very common raw Whiskey, and which is often called *Rot Gut*. This Grain Oil is very difficult to get entirely rid of, and the smallest portion is very apt to be manifest and spoil the Liquor. By the process of *Rectification*, however, filtering through Charcoal, and other means, the Alcohol can be obtained nearly or quite free from Fusel Oil, and all other impurities, and it is then called *Neutral Spirit*, or *Clean Spirit*. It is this clean, Neutral Spirit that is always used in making the *best* Imitation articles, and by properly flavoring, coloring, and modifying it, with other ingredients, every known Wine, or Liquor, can be so successfully imitated as to deceive even practised drinkers.

As before remarked, however, this clean

Neutral Spirit is considerably dearer than the common raw proof Whiskey, and therefore, cannot be used for certain *cheap* liquors, such as are sold at our *three cent Bars*. To obtain these cheap articles a different plan is adopted. Instead of using the clean Alcohol, common raw Whiskey is taken, and the taste and smell of the Grain Oil, and other impurities are concealed, as far as possible, by adding such articles as will overpower them.

The *best* Imitations, therefore, are made from Neutral Spirit, or Clean Spirit, and the inferior, or common Imitations, are made from raw impure Alcohol, as it comes from the Still. As we proceed, we shall give Recipes for making both kinds of Imitations, and also for making others in which Alcohol is scarcely needed at all.

In order to successfully imitate Natural Wines, and Liquors, a great variety of substances are used, some to impart peculiar properties of their own, and others to hide the presence of things that are not desired. A list of the principal articles of this kind, and of their special uses, will now be given, by way of introducing the Chapter on the *Manufacture of Wines and Liquors*.

CHAPTER V.

THE DIFFERENT ARTICLES USED IN MANUFACTURING ARTIFICIAL WINES AND LIQUORS.

NEUTRAL SPIRIT.—This, as before explained, is common Alcohol made clean from all the impurities that usually come over with it in the process of distillation, especially Grain Oil. It usually contains from forty to seventy per cent of real spirit, with the remaining per centage water. When perfectly clean, it has neither color nor smell, nor does it leave any kind of pungency, heaviness, astringency, roughness, or acrimony, in the mouth or throat, after it is drunk. When any of these sensations are experienced, or any stinging feeling after the liquor has been swallowed a short time, it is a sign that the spirit contains impurities. The taste of pure Alcohol soon passes off.

As a general rule, most Neutral Spirit contains some little Fusel Oil, and this is concealed, as far as possible, by adding Rum, or Ether. It may, however, be readily detected by means of *Nitrate of Silver*, which also enables us to find it,

when present, in any Alcoholic Liquor. We have, therefore, *certain means* of finding out whether any Spiritous Liquor is free from Fusel Oil or not, and this enables us to tell if what is called French Brandy be real Brandy, or only Imitation. All Imitation Brandies are flavored with some of the products of Grain Oil, as will be shown further on, and by the Nitrate of Silver this can always be found out.

The way to test is this. Take *Ten grains* of Nitrate of Silver, and dissolve it in one ounce of *pure* Water. Then take half a glass of the Brandy, or other Liquor, which you wish to test, and drop twenty five drops of the Solution of Nitrate of Silver into it. If there be any Fusel Oil present, it will soon float on the top, in the form of a *black powder*. The glass should be placed in a bright light, and left still. Sometimes many hours are required to separate the black powder, even a full day in some cases. In this way Neutral Spirit is readily tested; or any other Alcoholic Liquor the same.

It may further be remarked that if a small portion of pure Neutral Spirit be left to evaporate off the hand it will leave no smell behind.

It is also customary to add *Pepper*, *Pellitory*, and other substances of a like nature, to give what is called *false strength*. These may generally be detected by tasting the Liquor itself, which, as before remarked, should leave no stinging or pungency in the mouth or throat after it is drunk. To make *sure*, however, a portion of the suspected Liquor, say half a pint, may be slowly evaporated, by gentle heat, to dryness. If any of these substances are present in it they will remain there as a sediment, and may be tasted readily enough. Pure Spirit will not leave a sediment.

By using this test, and the Nitrate of Silver, the purity or impurity of any Liquor, and especially of Neutral Spirit, can be easily ascertained.

AMYLIC ALCOHOL, or Fusel Oil, Wine Oil, Apple Oil, Pear Oil. It is a singular circumstance that the Grain Oil itself, which is the most troublesome impurity of distilled Alcohol, and which is so extremely difficult to get rid of, affords by proper treatment some of the most useful products that the *liquoriste* makes use of it. Modern Chemistry has worked many wonders, and one of these wonders is the curious transformations effected in Grain Oil, by which it is changed from an offensive and hurtful

impurity to a variety of agreeable and serviceable products.

Spirit distilled from grain usually contains about one part of Grain Oil, to five hundred of Alcohol, though a much smaller proportion is readily perceived. Grain Oil is a colorless liquid, having a strong disagreeable odor, such as is smelt in common Corn Whiskey, and a very acrid burning taste. The Spirit from Potatoes contains the most Fusel Oil, in fact so much that it will often act as an *emetic* if drunk like clean spirit. By Distillation, however, and by Rectification through Charcoal and other substances, the Alcohol is obtained quite free from it, and is then clean Spirit.

Continued in next Number.

IMPORTANT CASE.

The following Case are important as showing how false accusations may often be made. It is quite common to meet with just such instances among neglected and dirty Children.

IMPORTANT MEDICO-LEGAL CASE.—At the Dublin Commission, on the 5th inst., the following case of the greatest importance, in a medico-legal point of view, were brought forward:—

The crown prosecuted in this case, in which the prisoner, Patrick Kane, was charged with a felonious assault upon the prosecutrix, Bridget Cosgrave, a child under nine years of age, and consequently within the statutes rendering the crime a capital felony. Much interest was excited in the court, and several of the heads of the medical profession in Dublin were present. The statement of the crown was, that the mother of Bridget Cosgrave discovered her child to be in a state of wretched filth, and of disease, the consequence thereof, on a day last month, and immediately interrogated her child as to the person from whom she got the infection. The child denied for two days that anything had happened to her, but eventually, on being threatened "to be cut and brought to the doctor if she did not confess who it was that caused the disease," acknowledged (as she swore in her cross-examination,) upon the name of the prisoner being suggested to her by her mother, that he was the person, and that then the mother went to the police. (Cases precisely similar have been described by Sir Astley Cooper, who has said that he met with no less than

thirty cases during his lifetime, and were subsequently detailed in the medical evidence.) The mother and sister of the little girl, as well as Dr. Ireland, who examined her for the police, were also produced by the crown, but the evidence of the two former was most contradictory, and that of the latter went rather to exculpate the prisoner. Mr. Rolleston addressed the jury at some length in an able and eloquent manner, and descanted upon the contradictions and incongruities of the witnesses. For the defence there appeared Surgeon Cusack, who in the most explicit and energetic manner swore that the offence had not been committed—that the disease of the child was the natural consequences of ill-health, and want of proper care and attention of the mother (who, as proved in the case for the crown, had not washed her for many months before, and had not even changed her chemise for ten or twelve days previously)—that he had met many such cases of it in the lower classes; that he believed the prisoner, whom he examined minutely, was perfectly innocent of the crime, and that he had reason to believe that many innocent persons had suffered for alleged crimes of this nature which never had been committed. Dr. Geoghegan, Professor of Medical Jurisprudence to the Royal College of Surgeons, was then examined at considerable length, and his evidence went to prove in the clearest manner that the disease which attracted the attention of the mother was a chronic affection of long standing, even weeks before the alleged date of the offence, and that he was quite convinced no crime had been committed. Dr. Churchill's testimony was similar to the foregoing, but he also mentioned that the disease was epidemic among the children of the lower classes (this observation was verified by another case of a similar nature, which was for trial). Mr. White was examined to the same effect: he gave the prisoner (who is a married man, having several children) an admirable character. A most perfect *alibi* was then proved for the prisoner, the defence showing incontestibly, by some of the highest medical authorities on the subject, that not only was the offence not committed, but that it could not have been committed at the day and hour assigned, the prisoner being for upwards of six hours under the eye of several respectable witnesses. The crown then abandoned the case, and the prisoner was discharged.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. VII.

The Ethereal Oil, used in making Hoffman's Anodyne is also obtained by distilling Sulphuric Acid and Alcohol, but the proportion of Acid is larger.

LOTION OF SULPHURIC ETHER.—Sulphuric Ether, two ounces. Vinegar six ounces. Rose water four ounces. Distilled water two parts.

As a lotion to any painful or inflammatory tumors, or swellings.

Aletris. This is an American Plant, common in our woods. It is called also Star Grass, and American Aloe, Sex. Syst. Hexandria Monogynia, Nat. Syst. Hæmodoraceæ.

The Root is intensely bitter, and a Tincture of it is often used with good results in Colic, and in Chronic Rheumatism.

TINCTURE OF ALETRIS. Aletris Root, bruised, three ounces. Alcohol, dilute, two pints. Let it digest three days, and then filter.

Dose, half an ounce to an ounce.

Allium, or Garlic. The Bulb, or Onion of Garlic is a Stimulating Expectorant, a Diuretic, and a Diaphoretic, when used internally, and it acts as an irritant, or even as a blister, when used externally. The dose of the Garlic itself is about half a dram, to a dram. Sex. Syst. Hex. Monog. Nat. Syst. Liliacæ.

SYRUP OF GARLIC. Fresh Garlic, two ounces. Distilled or very strong Vinegar, one pint. Sugar two pounds.

Bruise the Garlic pretty fine, or grate it, and macerate it in the Vinegar for four days. Then express it, and let the liquid stand for the dregs to settle. Then add Sugar enough to make it into a Syrup, with gentle boiling. Honey, however, is best.

This is an excellent expectorant in Chronic Catarrh, and Cough, especially for Children. The dose for a Child is about a Teaspoonful. It may be repeated frequently.

CAPILLARY LOTION OF GARLIC. Garlic, one medium sized Bulb. Alcohol, two pints. Bruise the Garlic and let it digest in the Alcohol for two days, then add eight ounces of Burdock bruised. After this has stood for two days more, filter it, and keep closely corked, or stopped.

This is used for sponging the head with

every evening, for some weeks, to make the hair grow, and it has the reputation of being quite efficacious.

GARLIC LINIMENT. Garlic and Lard equal parts, well rubbed together. Used as an irritant of the Skin, like a Mustard Poultice, especially in Nervous and Convulsive disorders of Children.

Garlic may also be used bruised and mixed with bread and milk, as a Poultice, instead of Mustard.

Aloe, or Aloes. This substance is the dried juice of several species of Aloe. It is found in the form of a black, shiny resin, intensely bitter. The plants belong to the Nat. Syst. Liliacæ, and Sex. Syst. Hex. Monog.

The powder made by grinding up six grains of Aloes; with one dram of white Sugar, is sometimes used to blow into the eye, to remove films and specks.

Aloes are used very extensively in medicine, being compounded with various other substances, and thus making preparations widely different, in many respects from each other. Most of them are kept ready made at the Druggists' and can be always procured. The following are the chief of these preparations.

POWDER OF ALOES AND CANELLA. (Pulv. Aloes cum Canella.) Aloes one pound, Canella Bark, three ounces,—to be powdered separately, and then mixed. Dose, five to fifteen grains, as an Emmenagogue, in female obstructions. This powder, under the name of *Hiera Picra*, was formerly in great repute.

COMPOUND POWDER OF ALOES. (Pulv. Aloes Comp.) Aloes an ounce and a half. Guaicum Resin, one ounce. Compound Powder of Cinnamon, half an ounce.

Powder the Aloes and Guaicum separately, and then mix them with the Cinnamon. Dose, ten to twenty grains,—used as a Purgative, and to cause sweating.

ALOES PILLS. (Pilulæ Aloes). Powdered Aloes and white Soap, of each one ounce. Mix well together and divide into two hundred and forty pills.

Dose, one, three, five, or more, as Laxatives and Purgatives.

COMPOUND PILLS OF ALOES. (Pilula Aloes Comp.) Powdered Aloes, half a dram. Powdered Rhubarb a dram. Oil

of Cloves, four drops. White Soap, eight grains. Syrup of Rhubarb sufficient to make it into a mass. Divide into forty pills.

Dose, one at night, or oftener, to open the bowels freely, but not to purge. Very useful in Female obstructions, and in obstinate constipation.

PILLS OF ALOES AND MYRRH. (*Pilulæ Aloes cum Myrrh.*) Powdered Aloes, two ounces. Powdered Myrrh, one ounce. Saffron, half an ounce. Simple Syrup, enough to make into a mass. Divide into four hundred and eighty Pills. This is a very good Purgative and Emmenagogue, and is much in use under the name of *Rufus' Pill*, or *Pil Rufeæ*. Dose, two or more pills.

PILLS OF ALOES AND ASSAFÆTIDA. (*Pilulæ Aloes Cum Assafætida.*) Aloes, Assafætida, and Castile Soap, equal parts. Make into a mass and divide into pills of five grains each.

An excellent Purgative, especially where there is much flatulency. Dose, two or more Pills.

ALOES AND IRON PILLS. (*Pilulæ Aloes et Ferri.*) Aloes, two parts. Sulphate of Iron, three parts. Aromatic powder, six parts. Conserve of red Roses, eight parts. Make into a uniform mass, and divide into five grain pills. Dose, one to three daily.

These Pills are Tonic, Cathartic and Emmenagogue, and are excellently adapted for Chlorosis, or Green Sickness.

PILULÆ ANTE CIBUM, or Dinner Pills. Aloes, six parts. Extract of Cinchona, three parts. Canella, one part. Syrup of Wormwood, enough to make into a mass, which should be divided into four grain Pills. Dose one or two, before dinner.

COMPOUND DECOCTION OF ALOES. (*Decoctum Aloes Comp.*) Liquorice, half an ounce. Carbonate of Potash, two Scruples. Aloes, Myrrh, and Saffron, powdered, of each one dram. Water, one pint. Boil all together to twelve ounces; then strain and add four ounces of the Compound Tincture of Cardamums.

Dose, half an ounce to two ounces. It is a mild tonic Cathartic. Must not be used with most metallic Salts.

WINE OF ALOES. (*Vinum Aloes.*) Aloes, one ounce. Cardamoms, and Ginger, of each one dram. Good Sherry Wine, one pint. Macerate for fourteen days, shaking up occasionally, and then filter.

Dose, as a purgative, half an ounce to two ounces. As a Tonic and Stomachic, one to two drams.

TINCTURE OF ALOES. (*Tincturæ Aloes.*) Aloes powdered, one ounce. Liquorice, three ounces. Alcohol, half a pint. Distilled Water, a pint and a half. Macerate fourteen days, and filter. Stomachic and Purgative. Dose, two drams to an ounce.

COMPOUND TINCTURE OF ALOES, (*or Tincturæ Aloes et Myrrhæ.*) Powdered Aloes, three ounces. Saffron, one ounce. Tincture of Myrrh, two pints. Macerate fourteen days and filter. Purgative, Stomachic, and Emmenagogue,—well suited to cold and torpid temperaments. Dose, half a dram to a dram.

ENEMA OF ALOES. Aloes, two scruples. Carbonate of Potash, fifteen grains. Thin Starch Water, a pint and a half. Rub all well together. Very useful to open the bowels when pills fail, or are objected to. It is excellent also to kill worms in the Rectum.

From the number of these official preparations it will be seen that Aloes forms one of the most valuable and generally used Articles of the *Materia Medica*. But besides these, there are a host of celebrated Pills, Bitters, Elixirs, and other preparations, all of which are mainly formed of Aloes. In our next No. we shall give these in the Explanation of Popular Medicines, including Morrison's, Griffith's, Anderson's, and numerous others.

The effects of Aloes are principally exerted upon the large Intestines, which it appears to excite chiefly to increased mechanical action. It should not be used when there are Piles, nor during Pregnancy, or Menstruation, and especially not when there is any internal inflammation. Neither is Aloes good when we require a speedy action, nor when the excrement is too dry, as it does not increase the mucus secretion of the Bowels. It stimulates the liver, and is therefore useful in Jaundice, and Bilious affections, and in conjunction with Iron it is excellent for female Irregularities. If combined with a little *Hyoscyamus*, it does not irritate the Rectum, and may then be used in Piles.

The popular Pills form some of the best Combinations of Aloes

NEURALGIA OF THE FACE.—Mr. Cazenave, recommends a piece of the following Ointment, the size of a Walnut, to be well rubbed over the painful part, and an Oil Skin Cap to be worn some hours after.

Chloroform, twenty parts. Prussiate of Potash, ten parts. Lard, 60 parts. To be well incorporated together.

THE PEOPLE'S MEDICAL JOURNAL.

FEBRUARY 1, 1854.

HOW DOCTORS ARE MADE.

Many persons suppose that before a man can procure a Diploma, and call himself M. D., *legally*, that he must have studied, and mastered also, various branches of knowledge needed in the successful practice of the healing art. They suppose, for instance, that he must understand the anatomy of the human body, and know how to properly treat, or repair the various injuries it may receive from physical violence. It is thought also that he must know the nature, causes, and proper treatment of the different diseases to which human beings are liable, and the true properties and powers of the various Drugs employed in treating these diseases, besides a number of other important matters that may become necessary in the practice of his profession.

The popular belief is, as before remarked, that when a man obtains a *Licence* to practice medicine, from some College, that he *knows* all this, and that he has obtained the *Licence because* he knows it. Undoubtedly there are many who do know all this, and much more, and who deserve all the praise and confidence that can be given them in consequence, but it is a great mistake to suppose that every man is thus accomplished who obtains a Medical Diploma. There are hundreds of *Doctors* made every year, who know no more about these things than most intelligent people do from their ordinary reading, and frequently not so much. Our Colleges *make them Doctors*,—turn them out finished by the hundred, much as *Shoe Pegs* are turned out by Machinery, in Connecticut. They attend a regular routine of Lectures on the various subjects above mentioned, of which they take notes, and then, after paying their *fees*, are put through a kind of set Catechism, the questions and answers in which are pretty well known by heart beforehand, and are then entitled to *buy their Diploma*,

and call themselves M. D's. The examination is too often a mere farce, and it is a *very rare occurrence* for any one to be rejected. Numbers are passed every year who are amazed at their own success, and joke afterwards about the *unnecessary trouble* they had taken, to be prepared.

There are many Medical Students who do not pretend to study, session after session, as long as their friends will supply them with money to live in the City, and enjoy themselves, and yet these scapegraces *pass* like the rest. How is this? We will tell you, reader. When the young fellow finds he can hold out no longer, but must bring his *Studies* to a close, he goes to some man who makes a profession of drilling those that are behind, and is *put through* at rail road rate. This is called *Grinding*, and the duty of the *Grinder* is to question and cross question him, the same as he will be on his examination, and teach him how to answer. A few weeks at this, makes him quite ready and smart, and many of these Grinders' *sponges* go through these examinations with more credit and ease than those that are really deserving. These Grinding Classes fill up well just before examination time, and many a good Grinder makes more money than any Professor.

Besides all this, there are many *short and easy methods* of getting Diplomas which need not be more particularly referred to. As one of the successful applicants jocosely remarked, a short time ago,—“the length of time we *don't study*, and the vast amount of knowledge that we *don't acquire*, is truly amazing.

In short, reader, Doctors are made very *quickly*, and very *cheaply*, and plenty of them,—some good, more indifferent, and an immense number,—what you please to call them. The fact is, that the great majority of young Doctors become really qualified by their actual experience, when they have *practised* for some years, so that their first patients have the consolation of producing that skill which eventually

becomes really creditable and useful. It is true that some of the first patients may come off *second best*, as far as health is concerned, while this *experimenting* is going on, and many may even be scientifically killed, but that was unavoidable. A few years ago we were much amused by meeting with a Doctor who was coming to study *after* he got his Diploma! The man honestly confessed that he did not know much, though he had passed, and he was conscientious enough to wish to know more before he began to practice, though his Diploma gave him leave to do so at once.

It is not at all a rarity for men to *practice first*, to get money, and then come and get a Diploma, and perhaps this is just as well as to get the Diploma first, and then qualify by practising on the first patients.

It is an unfortunate circumstance that the pay of the Professors, in many of our Colleges, depends mainly on the fees from Students, so that the more they can have, and hurry through, the greater is the revenue. This being the case, and none of them receiving too much, at best, it is too much to expect that interest will not, more or less, have its influence. In short making Doctors is a *Business*, a *Profession*, and the more there are made, the more prosperous the business is.

The grand evil, however, which perpetuates all this is *popular ignorance*! Let the mass of the people know something more about these matters themselves, as they ought to do, and *will* do in time, and this kind of imposition will soon be at an end. As it is, they are fair game for those who practice the "*Art and Mystery*" of Medicine for their own benefit, and we need not wonder that every would-be practitioner desires to commence *plucking* the game as soon as possible, and at as little expense.

Medical men themselves,—the honest and capable,—are fully aware of all this, and are continually writing and talking about *Medical Reform*. But they may rest assured there will never be medical Reform while there is medical *Mystery*, and *Popular Ignorance*.

INFLAMMATION OF THE EYES IN CHILDREN.

(BY DOCTOR HANCOCK.)

Whatever interferes with the functions of digestion is more or less a predisposing cause, and nothing in a greater degree than improper diet and injudicious management, inducing that condition of health, or, in other words, of the digestion, which is more immediately connected with the disease under consideration; and I would urge this point upon your attention, since if others attach the same degree of importance to it that I do it will produce a material change in the management of the complaint.

The principal cause of remittent ophthalmia, (Inflamed Eyes,) is the slight attention paid to the adaptation of the food to the powers of digestion; a child a year or two years old is expected to be capable of assimilating what an adult will sometimes find it difficult to digest, and this not in one class of life only, but in all. When children are brought to us with remittent ophthalmia, and we inquire what is their usual diet, the answer among the poorer classes is, "Oh, quite plain—anything which we have ourselves;" whilst among the middle and higher classes, children commonly dine when the older members of the family lunch, and they are expected to eat with impunity, at two o'clock, what it is universally admitted would be most injurious at seven. Solid meat is given at too early a period of life, months and months before the child has the power of masticating properly, and consequently its digestive organs are overtaxed, and ultimately disordered. Again: the children of the poor are turned into the street during the day, where they pick up all manner of rubbish; whilst the children of the richer classes, although more luxuriously treated, are equally injured by the practice of having them down to their parent's dessert, where they are regaled with sweets of various kinds: and when their stomachs are sufficiently crammed, they are packed off to bed, to digest the contents thereof as best they may.

EFFECTS OF LEUCORRHOEA.—Few people are aware, except those who have read my book on Venereal Diseases, that ordinary Leucorrhœa, or Whites, in some females, will affect their husbands, producing what is called *Balanitis*, or external Gonorrhœa. Several cases of this kind are recorded in a recent number of the London Lancet, and it is well the fact should be generally known.

THE SKIN;

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects, with numerous Recipes for Compounding and Using such as are beneficial.

Continued from No. VII.

FRECKLES AGAIN.—Although in our previous No. we treated upon Freckles, yet it was only partially, and by way of introduction. There are two kinds of marks which commonly go by the name of Freckles. First, the elevated brownish yellow blotches, of different sizes, which were treated upon in our last No. and which arise from an irregular deposit in the Pigmentary glands, combined with absence of perspiratory pores in the part. These marks, however, though usually called Freckles, are not so, properly speaking. The true *Freckle* is smaller, more uniform in size, and generally more numerous. It also frequently disappears, or nearly so, in winter, and re-appears in summer again, which leads many persons to attribute it to the action of the Sun and Wind. These, however, are only the incidental, and exciting causes,—the true cause of Freckle is a peculiar *granular* deposit under the skin. This deposit accumulates in spots under the epidermis, and shows through. It is of the same nature as the true coloring matter of the Skin, but of a deeper color, and more dense. Its chief peculiarity consists, however, in its *granular* form, owing to which it looks like an assemblage of colored grains of dust, enclosed in a transparent cell. A single spot of freckle will often contain fifteen or twenty of these granulations.

The granular pigment is natural to some parts of the body, especially to the dark circle around the *nipples*, which is caused by it, and it is also often found accumulated in spots in the Liver, Lungs, and other organs, and in various diseases of the Skin. The various brown and dark colored marks seen at birth, *mother's marks*, are likewise owing to this granular pigment, which is in fact the main cause of the principal discoloration to which the skin is liable.

The true freckle, which we are now describing, cannot be attacked, and removed, like Morpew, or the brown spots formerly described. *No external application* that we know of will remove it, though it lies only just under the outer skin, and all the *creams, washes, and pomades*, for removing Freckles, are only so many deceptions. Some of these preparations, in fact, are highly hurtful, from containing powerfully corrosive or irritating ingredients.

The cause of this unfortunate permanency of the freckle stain is its peculiar chemical composition. Upon analysing the granular deposit we find it to be composed of Carbon, 73. Oxygen, 16. Hydrogen 4. Nitrogen, 3,—and Silica, 4 parts, in 100 parts.

This richness in Carbon makes it so difficult to effect its discoloration. Water has no effect upon it, nor have either the Acids or the Alkalies, even at a boiling heat,—except, however, Sulphuric Acid, which Pearson says, does slowly dissolve it. Another Chemist, however, failed in its Solution by Sulphuric Acid, and yet another succeeded with Caustic Potash.

On burning this granular substance, at a high heat, it is dissolved into water, Emphyreumatic Oil, Acetic Acid, and Carburetted Hydrogen Gas, and leaves a reddish ash.

It will be readily comprehended, from the above remarks, that the removal of Freckles is as difficult as it is desirable. Still there are means which, if faithfully and perseveringly made use of, succeed in the majority of cases. It requires both patience and attention, however, perhaps for a great length of time. Still, if the trouble was much greater than it is, it would be a cheap price to pay for the removal of these hateful marks, which disfigure and spoil so many beautiful faces.

In our next No. we shall explain fully the different processes by which a cure of this disease can be effected, and the skin made clean and white.

CHLOROFORM IN MIDWIFERY. The use of Chloroform in Midwifery is extending, and the results of past experience enable us to say, decidedly, that it is on the whole, safer to the mother to use it, and not suffer, than it is to undergo the usual tortures. Neither is there any more danger to the child than ordinary. It is true some may die from it, but many more are saved by it, so that the chances of safety are greater in saving pain than in suffering it.

Statistics show, conclusively, that fewer Women die in Childbed, when Chloroform is used than when it is not, and there are also fewer stillborn Children when it is used.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

Continued from Number VII.

LEE'S ANTIBILIOUS PILLS.—Aloes, twelve ounces. Scammony, six ounces. Gamboge, four ounces. Jalap three ounces. Calomel, five ounces. Soap, one ounce. Syrup of Buckthorn, one ounce. Mucilage of Gum Arabic, seven ounces. Mix these well and divide into pills of five grains each.

These are very good pills for removing obstructions of the Liver, or for purging generally, but they are rather too strong for some people. The dose is one, two, or more, according as they operate. The above recipe is to make a large number, but for a smaller number the proportion is of course the same. Drams, or even grains may be put instead of ounces.

LEROY'S PURGATIVE.—This is a very good purgative mixture, and agrees with many people better than any of the Pills. There are several modes of making it, which differ from each other to some extent, but the ingredients are always the same. It is too troublesome and difficult to be made in a domestic manner, by most people, but we will give the best of the Recipes nevertheless.

Scammony, twelve drams. Vegetable Turbith, six drams. Jalap, six ounces. Brandy, ten parts. Digest these together for twelve hours, then strain and add the following syrup. Senna, six ounces. Boiling water, twenty four ounces. Infuse these for half an hour, then strain, with pressure, and add thirty two ounces of Brown Sugar, and boil gently down into the Syrup.

The dose is from a teaspoonful upwards, till it operates.

LIQUEUR DOREE, Or Golden Liquor.—This is used as a Tonic and Strengtheners, and to give Appetite. Peruvian Bark, Bitter Orange Peel, and Cinnamon, of each four drams. Saffron, two drams. Brandy, four quarts. Malaga Wine, two quarts. Digest altogether for four days, and then strain and add two and a half pounds of Sugar.

This, as a medicine, we presume may be taken even after *the Maine Liquor Law* is passed.

LOZENGES.—There are so many different kinds of Lozenges that it is impossible to enumerate them all but there are a few in

very general use, that it is as well to show the composition of.

COUGH LOZENGES.—Powdered Lactarium, (or Lettuce Opium,) two drams. Extract of Licorice root, twelve drams. Ipecac, thirty grains. Powdered Squills, fifteen grains. Refined Sugar, six ounces. Mucilage of Gum Tragacanth, enough to make the whole into a paste. Divide it into two hundred and forty Lozenges, (240). Dose, one, two, or more, when the cough is troublesome.

These are better than those made with Opium, and are not so apt to cause Headache, or Dyspepsia.

DIGESTIVE LOZENGES, or Live long Candy.—Powdered Rhubarb, sixty grains. heavy Magnesia, one ounce. Bi-carbonate of Soda, one dram. Powdered Ginger, twenty grains. Powdered Cinnamon, fifteen grains. Powdered white Sugar, two ounces. Mucilage of Gum Tragacanth enough to make it into a paste, which should be divided into Lozenges, each weighing twenty grains.

This is Stomachic, Laxative, and Tonic. One or more Lozenges may be taken at a time, and they are useful, as children will take them. They are also useful in sour Stomach.

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WHEN DOCTORS DISAGREE WHO SHALL DECIDE?—One of the most amusing things we know of is to read the various Medical Journals, and see what their Editors, and the advocates of different Schools of practice, say of each other. One thing seems pretty certain, if we are to believe them all, that they are a set of queer fellows all round. Each party will have its own way, and all their different ways spread right away in different directions, like the spokes of a wheel. All, however, agree in saying that the rest must be awfully stupid, for not leaving their own roads and travelling with them.

◆◆◆◆◆
APHRODISIACS.—This is the name for Medicines that are supposed to be useful in loss of Generative power. The *Cordials* and *Invigorators* that are sold for this purpose are merely *Stimulants*, and the temporary *excitement* they cause is too often the total ruin of those who ignorantly use them.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

By Frederick Hollick, M. D.

Continued from No. VII.

ANATOMY.—The taking to pieces, or dividing, of organized bodies, to study their Structure.

ANCHYLOSIS.—A stiff joint, (or Ankylosis.)

ANDROGYNUS.—The same as Hermaphrodite,—meaning of both sexes.

ANEURISM.—A Tumor formed by the swelling of an Artery, and containing blood.

ANGIOLOGY.—An explanation of the Vessels of the Body, (or Angiology.)

ANGINA.—A Sore Throat. *Angina Maligna*, Putrid, or Malignant sore throat. *Angina*.

PAROTIDÆ.—The Mumps.

ANHELITUS.—Shortness of breath.

ANIMA.—The Soul, or Essential principle of Life.

ANODYNE.—A medicine which eases pain and procures sleep.

ANOMALOUS.—Irregular, or out of the ordinary course.

ANOREXIA.—Loss of Appetite.

ANOSMIA.—Loss of the sense of Smell.

ANTACIDS.—Medicines which destroy, or neutralise, acidity. As the Alkalies and Earths, for instance.

ANTAGONIST.—A Muscle that is opposed to another.

ANTALGIC.—That which relieves pain.

ANTERIOR.—Before; or the part in front of another.

ANTHELMINTIC.—A Medicine that expels worms.

ANTHORAX.—A hard tumor, or boil, which often becomes gangrenous.

ANTHROPOGRAPHY, or *Anthropology*, the Science which gives a complete description of Man.

ANTI.—This term means *against*, or opposed to, and it may be united with numerous other words to express opposition. Thus *Anticolics*, are medicines which are opposed to, or relieve the Colic.

ANTIMONY.—One of the Metals, the different Preparations of which are extensively used in medicine and the arts.

ANTISEPTIC.—Whatever prevents Putrefaction.

ANTISCORBUTIC.—A Medicine that cures the Scurvy.

ANTIPHLOGISTICS.—Cooling Medicines.

ANTIDOTE.—A Preventive against Sickness.

ANTIVENEREAL.—Medicines which are thought to prevent the Venereal Disease.

ANTRUM.—A Cavity which has a small opening into it. There are several of these in the body, but the principal Antrum is that in the bone of the upper jaw, on the side of the nose. It is called the Antrum of Highmore, or Antrum Maxillare. There is one on each side.

ANUS.—The fundamental, or outer opening at the end of the Intestines.

AORTA.—The great Artery, or main arterial Trunk.

APEPSIA.—The same as Dyspepsia.

APERIENT.—A Medicine which gently opens the bowels.

APEX.—The extremity, or point.

APHONIA.—A loss of Voice.

APHRODISIAC.—A Medicine that excites the sexual desires.

APHTHA.—The Thrush, Sprue, or Sore Mouth, in Children.

APONEUROSIS.—A thin expansion of the Tendons, which acts as a sheath, to cover the Muscles.

APONIA.—Freedom from Pain.

APOPLEXY.—A Disease in which the Patient is suddenly struck with the loss of sense and power, and falls down. It is caused by congestion or pressure of Blood on the Brain.

APOZEM.—A decoction, or tea of anything.

APYREXIA.—The period of intermission, or freedom from heat, in fever.

AQUA.—Water.

AQUEOUS.—Resembling water.

ARACHNE.—A Spider, from which comes the *Arachnoid*, a very thin membrane of the Brain, like a Spider's web.

ARDENT.—Burning hot. *Ardor*, burning heat.

AREOLA.—The red or brown circle around the Nipples of females.

ARGENTIUM.—Silver.

ARGILL.—Clay.

AROMA.—The smell, or odor of any substance.

AROMATIC.—Anything which has an agreeable odor and spicy pungent taste, as *Cloves*, for instance.

Physiology for Girls in the Public Schools.

From the "Report of the Annual examination of the Public Schools, of the City of Boston, 1853."

As mothers, they will hereafter have much to do with the Physical training of Children. The strength of our Constitutions depends much upon our treatment in childhood and a violation of the Laws of Health then, is often followed by years of sickness, suffering, and useless inactivity, upon the bed of pain. It is to the watchful care, the delicate attentions, and skilful nursings of women, that we look for forbearance in our impatience, and relief in our sufferings. Such a knowledge of Physiology as should be obtained in our Schools may be to her of much practical benefit."

These remarks are very judicious, and in such a place have great significance. The report, however, could have given many other excellent reasons why Physiology should be studied, by children of both sexes. In regard to Boys, the report does not seem to think the study so essential, but this idea could only have arisen from a too confined view of the application and influence of Physiological knowledge. The readers of the People's Journal, and of "The Male Organs," will readily perceive the fallacy of this idea, and will comprehend what men suffer from the want of such knowledge, which both prevents evil and leads to good.

PARACENTESIS THORACIS, or *tapping the Chest*, to let out water. This operation has frequently been performed lately, with eminent success. It is quite common, after severe pleurisy, for water to form in the Chest, and cause serious inconvenience, by preventing the play of the Lungs. It will also ultimately lead to disease of the Lungs. A very small portion may be absorbed, in the course of time, but if the quantity be large, it is better to *tap*, and let it out.

This operation is not at all formidable, and when performed by a skilful Surgeon need not be feared.

THE MURDERS OF MAMMON.—The Grinders of Sheffield, England, are only about half as long lived as the workmen in most other Trades, and on an average *three* of them die where only *one* dies in the community at large. Few live over forty five years. And all this is caused by working on *dry stones*, because it is a *little cheaper* than working on wet ones.

ANSWERS TO CORRESPONDENTS.

Tyro.—The Matron's Manual of Midwifery is eminently adapted for a Text Book for Medical Students.

M. A.—The Articles mentioned in the Treatise on Venereal Diseases can be sent if you wish.

O. G.—In ordinary cases it is not necessary for Patients at a distance to visit the City. Dr. H. can suggest a mode of examination that is perfectly efficient.

L. T.—Thank you for your offer, we are glad to hear of your recovery, and of the increase in your family, but the details of the treatment we advised you are not exactly suited to the Journal.

S. R.—We can send you any of the rare Drugs.

L. M. D. S., A. J.,—No.

R. M. Y. Z., Q. E. H.,—Yes.

Others answered by Post.

—♦♦♦—
In Boston all of Dr. Hollick's Books may be obtained from G. W. Cotrell, 36 Cornhill.

TO OUR FRIENDS.

We are happy to say "in answer to numerous inquiries," that the Journal is doing uncommonly well. It is extending its circulation, and making new friends, every day. Several of our Subscribers take Extra Copies, to distribute among their friends, and we will willingly send a few Nos. to any one who will so make use of them. An excellent mode of serving us, in distant places, is to show a Number to the Newsvenders, and ask if they have it. They will then procure some, and wherever it is sent it is sure to sell well.

NOTICE TO CANADIANS.

We have a large number of Subscribers in Canada, all of whom, in accordance with our Advertisement, have sent twenty-five Cents for the year's Subscription. We find, however, that in sending their papers, it is necessary for *us* to pay the U. S. Postage in advance. This is one cent a number, or twelve cents a year. It will therefore be necessary for those subscribing in Canada to send thirty-seven and a half cents, instead of twenty-five cents, because it will be seen we cannot pay twelve cents out of the ordinary Subscription without being losers, as it would only leave us thirteen cents for the Journal for the whole year. Twenty-five cents will only pay for eight months to Canada, twelve cents more will be required to complete the year.

THE PEOPLE'S MEDICAL JOURNAL.

☞ Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

☞ All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of the People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

. All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The TERMS of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

The yearly subscription, only **Twenty-five Cents**, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The Postage for each number is **One Cent**, anywhere in the United States.

Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are SURE to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have an extra one sent by post, if they will let us know.

BOOKS ON PHYSIOLOGY AND MEDICINE,

By Dr. F. HOLLICK,
Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

No married person, of either sex, should be without this book. It is utterly unlike any other ever published, and the matter it contains can be found nowhere else. It contains numerous Engravings, and colored Plates, designed especially for this work, and showing many of the new discoveries, as well as Anatomical details and Physiological processes.

THE Male Generative Organs,

In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without ever suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

THE
DISEASES of WOMAN.

THEIR causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE! Illustrated with colored Plates, and with numerous Engravings.

If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand. Hundreds of females have stated that they discovered the true cause of their sufferings, for the first time, in this book, and numbers have successfully treated themselves, by the directions given therein, after all the doctoring they had undergone, had been found to be useless or injurious.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,---and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE ON
VENEREAL DISEASES,
IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

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PROSPECTUS

OF

THE PEOPLE'S MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,

Lecturer on Physiology, and Author of the *Marriage Guide, Origin of Life, &c.*

Price only 25 cents a Year, 3 cents a Number.

The *People's Medical Journal* is intended to supply a want long felt and acknowledged; that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect, exclusively, nor is it the Advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homœopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

Regular chapters will be given in each number, on Physiology, Pathology, Anatomy, Medical Botany, and the treatment and prevention of Disease, so written that all can understand them. Also others on the origin, action and mode of compounding all known Drugs, with their common and scientific names, and how and when to prescribe them. A full translation will be given of the Doctor's Dog Latin, and mysterious marks, so that any one can know how to read a prescription, and tell what it is made of! This has never been done before, and few persons can imagine what a mass of absurdity and imposition this mystery and secrecy covers. The People's Medical Journal, however, will make it all plain, and thus commence what has been so long needed, A TRUE MEDICAL REFORM, which can never be expected while the people themselves remain ignorant.

All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The *People's Medical Journal* belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

The terms of the *People's Medical Journal* are unusually low. The object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most interesting and valuable information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a year's numbers of this Journal will make one of the most interesting and useful volumes ever bound together. Every one should preserve them carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be copyrighted, to prevent piracy. First No. on July 1st, 1853.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. 9.

MARCH, 1854.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

Front Teeth of a Cow.

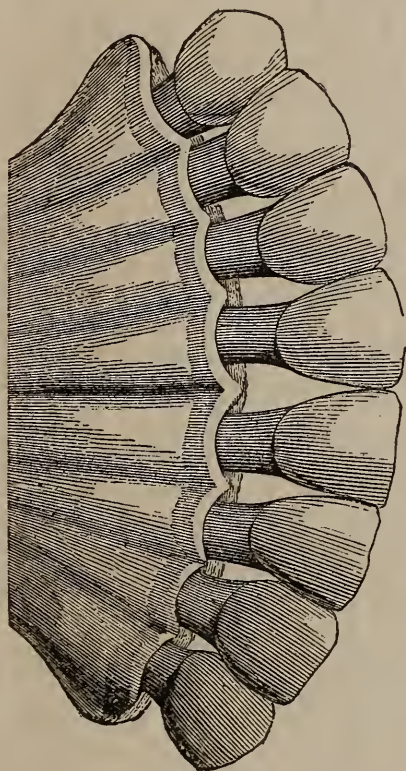


Plate 1.

The First, or Children's Teeth.

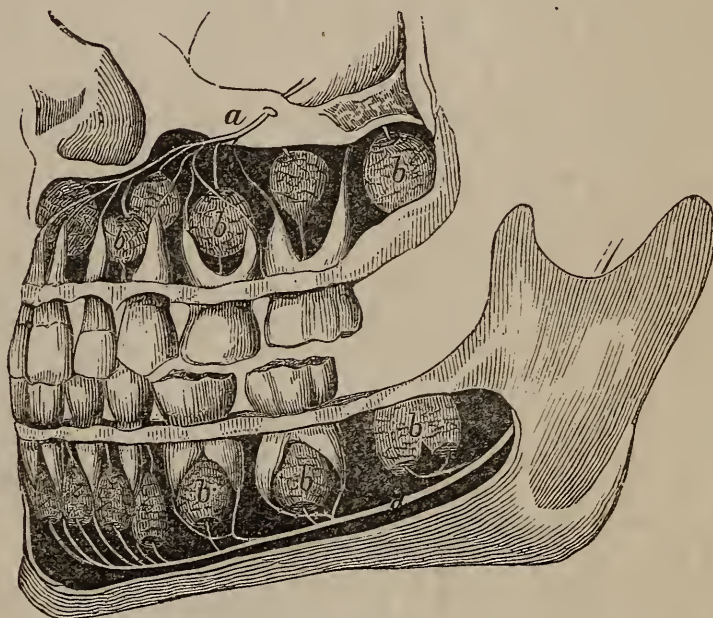


Plate 2.

PLATE 1.—FRONT TEETH OF A COW.—This plate shows the remarkable development of the *Incisors* in the Cow.

PLATE 2.—THE FIRST, OR CHILDREN'S TEETH.—This shows the *first* set of teeth, or those in children, jaws, commonly called the *milk* teeth. The *Nerves*, *a a*, are seen going to them as in the former plate, and at their roots are seen the *bulbs*, like *buds*, from which the *second* teeth are to be formed,—*b b* are the bulbs of the second teeth.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

BACCHUS BETRAYED OR THE DRAM DRINKER'S MONITOR

Being a complete exposure of the Artificial Manufacture of all kinds of Liqueurs, Wines, Cordials, Ale and Porter, as practised both in this country and in Europe, with a Medical description of the different Drugs used in Adulteration, and the means of detecting them.

By Frederick Hollick, M. D.

Continued from No. VIII.

CHAPTER V.

THE DIFFERENT ARTICLES USED IN MANUFACTURING ARTIFICIAL WINES AND LIQUORS.

Now comes the most curious thing of all. This Grain Oil, if further distilled with Sulphuric Acid, produces a new substance called *Wine of Oil*, which has precisely the odor of that peculiar Oil found in pure Grape Wine. And if this Wine of Oil be added to clean Neutral Spirit it gives it precisely the flavor of pure *French Brandy*, and is actually employed for that purpose. Brandy, it will be recollected, is the Alcohol distilled from Wine, and its peculiar flavor is owing to the *Oil of Wine* which distills over with it. By adding, therefore, the *Wine Oil* obtained as above, from Fusel Oil, to pure spirit. We form Brandy artificially, or make an *imitation* article, and this is actually done in France to an immense extent, because it is cheaper than to distill Brandy from Wine. In fact, if the spirit be pure, and the Wine Oil well distilled, it is scarcely possible to distinguish the imitation from the real article, except by the *Test*.

By further chemical action, the Grain Oil is also converted into *Apple Oil*, which has precisely the odor of fine sweet apples, and which, when added to clear spirit, makes it almost precisely like Apple Brandy. And finally, by still further chemical action, another substance is obtained called *Pear Oil*, which has much resemblance to the odor of fine Pears, and when added to liquors, gives them the taste and flavor that usually results from *age*. These singular products are extensively used in making the *best* imitation liquors, and are in reality the main dependance of many manufacturers. They are now regularly sold like other articles of Trade.

OIL OF WINE is a colorless oily liquid, with a sweetish aromatic odor, identical with that of pure Grape Wine. In using it, about an ounce and a half is added to five hundred gallons of clean Neutral Spirit, and this gives almost the identical flavor of pure Brandy. It is, however,

very dear, and therefore is not extensively used, because there are many other substances which come near enough to the right flavor for common use. Still there is nothing so convenient when small quantities of *very fine* imitation are desired.

Oil of Wine is also used in making imitation *Wines*, being dissolved in spirit in the same proportion as for Brandy, and then colored and otherwise modified, according to the kind of Wine wished for. In this way are made thousands of Pipes of Teneriffe, Madeira, Sherry, &c.

The Spirit used to dissolve Wine Oil must be perfectly clean from Fusel Oil.

APPLE OIL, also called *Valerianate of Amylic Oxyde*, has the odor of sweet Apples. It is used for various kinds of imitations, as it can be made to produce, by proper treatment, the true odor of several different kinds of fruits almost to perfection. Thus it is used to make Artificial Apple Brandy, and with Butyric Ether for forming various choice brands of Wines and Rum. It is also used in Champagne Cider, and for making Peach Brandy, and also for imparting the true natural aroma to the juices of many fruits. In short, its uses are very extensive.

For use, one part of Apple Oil is dissolved in four parts of clean Neutral Spirit, and the solution is then added as required.

PEAR OIL, called also *Acetate of Amylic Oxyde*. This oil has a fine mellow flavor, and is principally used in flavoring fine old brands of Liqueurs, as it gives precisely the mellow effect of *age*. For use, one part of Pear Oil is dissolved in four parts of clean Neutral Spirit, and the solution is used as needed. Usually, from two to six ounces is enough to flavor a hundred gallons of Neutral Spirits.

ETHERS.—Ethers are peculiar spiritous substances, produced by distilling Alcohol with various Acids. Thus, by distilling Alcohol with Sulphuric Acid, we obtain Sulphuric Ether; with Nitric Acid, Nitric Ether, or Sweet Nitre as it is commonly called; with Muriatic Acid, we have Chloric Ether; and with Acetic Acid, we have Acetic Ether.

All these substances are very light, inflammable, and volatile. They are all used in the manufacture of Liquors, as will be seen elsewhere, chiefly to give an aroma. Sulphuric Ether is much used in making Rum; Nitric Ether in making Gin, or Common Brandy; Acetic Ether for making Cordials, Peach Brandy, Old Roanoke Whiskey, &c.

Ethers are seldom added to Liquors in sufficient quantities to do harm, except perhaps Nitric Ether, which is a powerful Diuretic to some people, and is occasionally used in large quantities in common Gins.

BUTYRIC ETHER.—This is a peculiar substance different from any of the above named articles, though called an Ether. It is obtained by distilling a Soap, made from Rancid Butter, with Sulphuric Acid. It has an odor very similar to *Pine Apples*, and is used in making Pine Apple Ale. From four to six ounces of Butyric Ether will flavor a hundred gallons of Common Ale. It is also used in making Peach Brandy, Pine Apple Brandy, Pine Apple Cordial, and Pine Apple Syrups, and in imitations of Cherry Brandy, Champagne, and Burgundy Wines, or Old Otard, and Dupuy Brandies. By properly combining it with other substances, Butyric Ether will also imitate the juices of various fruits, and is useful in making imitation Syrups. Owing to its strong odor, it will overpower a considerable portion of Grain Oil, and is therefore often used when the Spirit employed is not quite clean.

AROMATIC SPIRIT OF AMMONIA.—This is made by distilling three ounces of Spirits of Ammonia, (Hartshorn) with four pints of clean Alcohol, to which has been added Oil of Lemon half an ounce, Nutmeg two ounces, Oil of Cinnamon, one dram. It is used to flavor Cordials and Brandies.

SPIRIT OF PRUNES.—This is made by steeping Prunes for twelve days in twice their quantity, by measure, of clean Spirits. It is used for flavoring Brandies, and to conceal the presence of Grain Oil in impure spirits. The Spirit, or Tincture of Prunes, is used both alone and in combination with Rum, the various Ethers, Orris Root, Nutmegs, &c.

RUM.—Rum is not only used as a Liquor itself, but, owing to its peculiar odor and flavor, it is also used in making other Liquors from Raw Spirits. The Perfume of Rum is owing to a peculiar oil which it contains, and which partly answers the

same purpose as Butyric Ether, or Oil of Wine. It is used to a great extent, in making imitation Brandies.

RAISIN SPIRIT.—This is one of the most extensively used articles employed in the manufacture of Wines and Liquors. It is obtained by distilling Raisins in clean Spirits, and has many of the properties or Oil of Wine. In France, it is used to an immense extent in making Champagne, and various other Wines, from Raw Spirits, and in America it is employed in the manufacture of choice bottled Whiskey, and for various other purposes.

The most curious circumstance, however, is this:—Owing to the great demand for Raisin Spirit, to adulterate with, it is *itself* adulterated, and made up for sale in a peculiar manner. It is often mixed with the different Ethers, with Orris Root, Nutmegs, Apple Oil, &c., and is even made *without Raisins at all*, especially when they are dear. It is formed, for instance, as follows:

Rectified Whiskey, forty gallons. Sulphuric Acid, (Oil of Vitriol) three ounces. Acetic Ether, twelve ounces. Essence of Orange, four ounces. Ambergris, two grains, all to be well rubbed together and added to the forty gallons of spirit. This is then diluted with about twenty gallons of water, well seasoned with Pellitory, Grains of Paradise, and Catechu. Or instead of water, &c., there may be added twelve ounces of Sweet Spirits of Nitre, (Nitric Ether) and three pints of Tincture of Grains of Paradise.

This is often called *Brandy Flavoring*, and is used to an immense extent by Bar Keepers and others in making cheap Liquors, and to give a false strength to poor ones. With a supply of this and other articles, and some Raw Spirits, almost any thing can be made that a customer can call for, in the way of Liquor, or even Wine, and it is a fact that the knowing ones who keep Bars, never trouble themselves to buy different kinds of Liquors, but make them as they are wanted.

Pure Raisin Spirit is an excellent article to manufacture Liquors and Wines with, and is perhaps as unobjectionable as any that could be used, but in making it we see that the Distiller cheats the Manufacturer by forming an impure article. In fact, the Liquor maker is often cheated, in this way, to as great an extent as he cheats the dram drinkers, and thus a general imposition is practised all round.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. VIII.

The following Pills, which are more or less in repute, all have Aloes for their principal ingredient, and should therefore be explained here.

CHAPMAN'S APERIENT PILLS.—Aloes, sixteen grains. Powdered Rhubarb, twenty-four grains. Mastic, twelve grains. Mix and divide into twelve pills.

Dose, one or more, to gently open the the bowels in Constipation.

CHAPMAN'S ANTIDYSPEPTIC PILLS.—Aloes, half a dram. Powdered Ipecac, ten grains. Mastic, thirty grains. Oil of Fennel, eight drops.

Mix and divide into twenty pills. Dose, one or two after dinner, when there is difficulty of digestion, with dullness and tendency to sleep.

MITCHELL'S APERIENT PILLS.—Aloes, sixteen grains. Powdered Rhubarb, thirty-two grains. Calomel, two grains. Tartar Emetic, one grain.

Mix and make sixteen pills. Dose, one or more.

LADY WEBSTER'S DINNER PILLS.—Aloes, three parts. Mastic and Red Rose Leaves, of each, one part. Syrup of Wormwood enough to make the whole into a mass. Divide into pills of three grains each.

Used to remove Costiveness, and to improve Digestion. Dose, one to three, after dinner. It is better, however, to substitute the same quantity of Powdered Rhubarb, for the Powdered Rose Leaves. These Pills are much used.

MORRISON'S PILLS—No. 1.—Aloes and Cream of Tartar, equal parts. Mucilage of Gum Arabic enough to form into a mass. Make into five grain pills.

No. 2.—Aloes, three parts. Gamboge, two parts. Colocynth, one part. Cream of Tartar, four parts. Powder the whole together finely, and then add simple syrup enough to make into a mass. Form into five grain pills.

These pills are simply purgatives, and they act very powerfully—especially No. 2.

They are made and sold by the Hogshead constantly. For frequent use they are too drastic, especially No. 2, and are apt to weaken the bowels, bring on Piles, and leave the bowels in a constipated condition afterwards.

FULLER'S PILLS.—Aloes, half a dram. Senna and Myrrh, of each one scruple. Assafœtida and Galbanum, of each ten grains. Saffron and Mace, of each five grains. Sulphate of Iron, two scruples. Simple Syrup enough to make it into a mass.

Divide into five grain pills.

These pills are useful in Female Obstructions, Hysteria, Green Sickness, and for Constipation. Dose one to three.

JAMES' ANALEPTIC PILLS.—Antimonial Powder, Resin of Guaiacum, Aloes, and Myrrh Pill, of each equal parts. Simple Syrup enough to make up. Divide into four grain pills.

These both purge and promote perspiration, useful in Fever, and in Rheumatism.

PETERS' PILLS.—Aloes, Jalap, Scammony, Gamboge, of each two parts. Calomel, one part. Beat into a mass with sufficient Alcohol, and divide into five grain pills.

Dose, one or more. It is a powerful purgative.

SPEEDIMAN'S PILLS.—Aloes, Myrrh, and Rhubarb, of each two parts. Extract of Chamomile, one part. Make into a mass with sufficient syrup, and divide into four grain pills.

Dose, one or more. This is a good Tonic and purgative pill.

SPLENETIC PILLS. Strained Aloes, and Gum Ammonia, of each one ounce and a half. Myrrh and Bryony, of each ten drams. Make into a mass, and divide into four grain pills.

Dose, three to five. These are much praised in Suppressed Menstruation, Lowness of Spirits, and Hypochondriasis.

DUCHESNE'S PILLS.—Aloes and Gum Ammonia, of each twenty-four grains. Mastic and Carbonate of Potash, of each two grains. Saffron, one grain. Simple Syrup enough to make it up with. Make into five grain pills.

Dose, one to four. These pills are much used when there is Swelling of the Spleen, or other internal organs, after Fever and Ague, or what is called *Ague Cake*. They should only be taken sufficient to just keep the bowels free.

ANTI CHLOROTIC PILLS.—Aloes and

Rust of Iron, of each, half a dram. Gum Ammonia, one dram. Extract of Dandelion, enough to make it up. Divide into pills of three grains each.

Dose, three to six, morning and evening. In Suppression of the Menses, and in Green Sickness, or Chlorosis.

FRANK'S PILLS.—Aloes and Jalap, of each, four parts. Rhubarb, powdered, one part. Syrup of Wormwood, enough to make it up. Divide into three grain pills.

Dose one to four, during the day.

These pills are well known as *dinner pills*, all over Europe. In France, they are called *Grains de Sante*, or grains of health.

GRIFFITHS PILLS.—Powdered Rhubarb, one grain and a half, Sulphate of Iron, half a dram, Soap, two scruples, Water enough to make it up. Divide into forty pills.

Dose, three or four at bed time. To relieve Costiveness.

The above are the principal pills that are mainly formed of Aloes. We give the composition of them, because they are all more or less in use, and because we wish the people to see what it is they take when any of them are recommended.

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A terrible and little known Disease, though a frequent one.

In recent times the more frequent and thorough examination of the dead body has led to many important discoveries, not only as to the effects of disease, but also as to their nature, which in many instances could never have been ascertained without these *post mortem* examinations. This is especially exemplified in that fearful, and mostly fatal disease, *Softening of the Brain*. The effects of this disease have long been observed, but its nature and the causes that most frequently lead to it, have only recently been ascertained.

Those afflicted with Softening of the Brain, frequently decay in the most singular and inexplicable manner. Without any apparent disease, and frequently with the body strong and robust, the powers of mind will gradually weaken, become unsteady, confused in their action, and difficult to arouse, till at last they fail altogether, and if the patient does not die of Paralysis, he becomes Idiotic. The moral feelings also undergo a similar perversion, so that the individual seems to travel back towards the helplessness and imbecility of childhood, while yet perhaps in the prime

of life. A large proportion of those sudden attacks of Paralysis that we see, arise from this cause, as do also numbers of those unexpected cases of sudden or gradual Insanity, and Idiocy, that are almost daily consigned to our asylums.

The decay of power is sometimes very gradual, and the poor sufferer has the additional misery of feeling it coming on and yet being unable, and unwilling, to make his real condition known. He often thinks it is his own fault, and that he ought to rouse and exert himself more, till at last the power of exertion fails him altogether.

Sometimes the fatal end arises suddenly by Epilepsy, or Paralysis, and occasionally a general decay of the whole system occurs.

Softening of the Brain arises from an actual decay of its substance. It seems to melt, or run down as it were. Frequently it is discharged in the urine, as we see in several affections of the Kidneys, in which the phosphorus, and other constituents of the Brain, may be readily detected in the urinary discharge. Still more frequently, perhaps, it escapes in the seminal fluid, when that is discharged in undue quantities, especially in *Urinary Spermatorrhœa*.

This disease is very frequent among *fagging* men of business, and among those who have been addicted to sexual excesses and abuses. Many more die from it than might be supposed, and few persons know what it really is when they see it mentioned.

The Editor has recently seen some very distressing cases of this kind, which have induced him to direct attention to it.

Fortunately its existence can generally be detected, even in the earliest stages, by a careful chemical and microscopical examination of the urinary and spermatic discharges, and very frequently it can be arrested. Such examinations the Editor makes almost daily, his practice bringing such cases much before him.

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INK FOR MARKING LINEN.—Which may be used with types.

Sulphate of Magnesia, one dram, Water, one dram, Powdered Sugar, two drams, Lampblack, half a dram. Triturate them together, and stamp it on the linen with types. When dry, wash the part with liquor potasse; dry, and wash with plenty of water.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

By Frederick Hollick, M. D.

Continued from No. VIII.

ASTRAGALUS.—The Ankle-Bone.

ASTRINGENT.—*Adstringent.*—That which, when applied to the body, renders the solids denser and firmer, by contracting their fibres, independently of their living, or muscular power.

ATHRIX.—Weakness.

ATHYMIA.—Pusillanimity.

ATLAS.—The name of the first Vertebrae.

ATONIC.—Having a diminution of strength.

ATONY.—Weakness, or a defect of muscular power.

ATRABILIS.—Black Bile.

ATRASIA.—Imperforate.

ATRETARUM.—A suppression of urine from the menses being retained in the vagina.

ATRACHELUS.—Short-Necked.

ATROPHIA.—*Atrophy.*—Nervous Consumption.

ATTENUANT.—An attenuant or diluent is that which possesses the power of imparting to the blood a more thin and more fluid consistence than it had, previous to its exhibition; such are water, whey, and all aqueous fluids.

ATTOLLENTS.—Lifting up; a term applied to some muscles, the office of which is to lift up the parts they are affixed to.

AUDITORY.—Belonging to the organ of Hearing; as auditory nerve, passage, &c.

AULOS.—A catheter, canula, or clyster-pipe.

AURA.—Any subtile vapor or exhalation.

AURANTIUM.—The orange.

AURICULAR.—An auricle or little Ear, the External Ear.

AURIGO.—The Jaundice.

AURIS.—The Ear or Organ of Hearing.

AURUM.—Gold.

AUTOPSIA.—Ocular evidence.

AUXILIARY.—*Assisting.*—This term is applied to the means which co-operate in curing diseases, and to parts which assist others in performing certain functions.

AXILLA.—In anatomy, the cavity under the upper part of the Arm, called the Arm-Pit.

AXILLARIS.—Of, or belonging to the *axilla*, or arm-pit.

AXIS.—The second Vertebra.

AXUNGIA.—Hog's Lard.

AZOTE.—Nitrogen Gas.

AZYGOS VENA.—*Azygos Vein.*—A vein situated in the right cavity of the thorax.

B.

BAGNIO.—A Bathing or Sweating-house.

BALNEUM.—A Bath or Bathing-house.

BALSAM.—A peculiar Vegetable Resin.

BALSAMIC.—A term generally applied to substances of a smooth and oily consistence, which possess emollient, and generally aromatic qualities.

BANDAGE.—An apparatus consisting of one or several pieces of linen, or flannel, and intended for covering or surrounding parts of the body for surgical purposes.

BARK.—A term very frequently employed to signify, by way of eminence, Peruvian Bark.

BAROMETER.—An instrument to determine the weight of the air; it is commonly called a weather-glass.

BARRENNESS.—Sterility.

BARYCOIA.—Deafness or difficulty of Hearing.

BARYPHONIA.—A difficulty of Speaking.

BASILICUM UNGUENTUM.—An Ointment popularly so called, composed of Wax, Resin, &c.

BASIS.—The support of anything upon which it stands or goes. In Pharmacy it signifies the principal ingredient. In Chemistry, usually applied to Alkalies, Earths, and Metallic Oxydes, in relation to their acids and salts.

BATRACHUS.—So called because they who are infected with it croak like a frog.

BAY SALT.—A very pure salt, prepared from sea-water by spontaneous evaporation.

BEER.—The wine of grain made from Malt and Hops.

BEGMA.—A Cough.

BEX.—A Cough.

BEZOAR.—*Bezoard.*—A preternatural or morbid concretion formed in the bodies of land-animals.

THE SKIN

Its Structure and Uses, its connection with Human Health and Beauty, and the means of Preserving or Restoring its proper condition; including a description of various Cosmetics, and their effects with numerous Recipes for Compounding and Using such as are beneficial.

Continued from Number VIII.

REMOVAL OF FRECKLES.—There are but two means which offer any chance of removing freckles. The first is to act through the medium of the *Absorbents*, the action of which can often be so increased as to cause the disappearance of the stains, by the removal of the granular pigment which causes them. The second means consists in first softening the Skin, and then applying substances which will pass through it and decompose the matter of the freckle underneath.

To promote Absorption we should first attend to the general health. Keep the bowels free, live lightly, and avoid over fatigue, or excessive mental exertion. The Skin over the freckles should be well washed with warm water, and chafed daily with some good aromatic pommade, such as we give many Recipes for in this No. of the Journal. A wash made of Horse-radish boiled in Milk, three ounces to a pint is excellent, or any of the washes with Borax, such as will be found in another place. These means alone, well followed out, will often suffice, but when they do not, *compression* should be resorted to.

Most people are aware that if any part of the body is constantly pressed upon, for a length of time, it will be *absorbed* or waste away. And upon this principle is based one of the means for removing freckles. A smooth piece of sheet lead should be procured, or a smooth quarter of a dollar, and this should be firmly tied over as many of the freckles as it will cover, after they have been washed with water, and treated with any of the pommade or cosmetics above mentioned. This may be kept on all night, and if daily even, it will act so much the quicker. It may be necessary to apply it many nights, perhaps for weeks, before the freckle is absorbed. When one part is thus cleared, another should be treated in the same way, confining the pressure to one place at a time, and not trying on too large a space at once.

The following plan also often succeeds. At night, after washing the part in warm water and soap, lay on the yellow of an egg beaten up, letting it dry like a plaster. Then cover it over with a preparation of

oatmeal, mixed up with the white of the egg, laid on like a poultice. In the morning wash this off with warm soap and water, and dry with a soft napkin. Then take a preparation of one ounce of Chloride of Lime, and half a pint of Rose Water, and sop the parts with it, by means of a wad of cotton, for about two minutes. Then dry it gently and put on some pommade.

After doing this for four or five days, the freckles will usually get whiter, and gradually disappear.

Another plan is to thrust a very fine needle into each freckle separately, and gently turn it round between the fingers while in, for a second or two. Before it is withdrawn, also, a single drop of the above named preparation of Rose Water and Chloride of Lime, should be placed on the spot, so that it may enter when the needle is withdrawn. Not more than three or four freckles should be thus operated upon at once, and the place should be well rubbed with pommade afterwards. This plan is often successful, not only with freckles, but also with black or brown marks of other kinds, but it requires considerable resolution to carry it well out.

In all these plans a great deal of *perseverance* is needed, and no one must expect to get rid of freckles who will not take a little trouble, but with steady application they may *generally* be removed.

If one means does not succeed after a fair trial, another should be resorted to, till every one has been fairly tested. Let it be remembered also, that the improvement is well worth the trouble.

ANTIDONTALGICUS.—An insect described by Germi in a small work published at Florence, 1794, so called from its property of allaying the toothache. It is a kind of curculio found on a species of thistle, *Carduus spinosissimus*. If twelve or fifteen of these insects, in the state of larva, or when come to perfection, be bruised and rubbed slowly between the fore-finger and thumb until they have lost their moisture, and if the painful tooth, where it is hollow, be touched with that finger, the pain ceases.

THE PEOPLE'S MEDICAL JOURNAL.

MARCH 1, 1854.

THE TEA POT.

Many persons, especially lately, have made a determined attack upon *Tea*, and all other similar beverages, as being at the same time hurtful, useless, and expensive. This is particularly a favorite subject, with a certain class of so called *Physiologists*, and Dietetic Reformers—those who learn Physiology from Books only, and who seldom know anything of Organic Chemistry and the Philosophy of Nutrition. These individuals are fond of showing what a large portion of bread, or meat, could be procured for the price of a few ounces of Tea, which, say they, only makes a slop after all, and gives no *nutriment* whatever. The poor, particularly, are lectured severely on this point, and calculations are made to show how much of their income is *wasted* every year by the *Tea Pot*, and how much disease is caused by it.

In spite of all, however, the Pot is still filled up regularly; people will let a portion of their incomes run through it, and if it be injurious, they evidently think, with the old woman of eighty, that it is a very *slow poison*. And what is more singular, human nature exhibits precisely the same taste in all parts of the world, and under every variety of circumstances. Every known people, almost without exception, make some kind of a *Tea*, and use it habitually as one of the necessaries of existence.

Short sighted observers, and mere book Physiologists, consider this as partly arising from fashion or habit, and partly from a craving for nervous stimulants, but this will by no means explain the matter. The fact is, that experience, and natural instinct have everywhere led to the use of *Teas*, because they are more or less useful, or necessary, to the system.

To understand how this is, we must here say a few words on the subject of Nutrition.

All our readers will be aware that, in the performance of its various physical and mental functions, the human body must continually waste away, and that this waste is made up, or repaired, by the food that is eaten. This is, in fact, the usual routine, and if there be not a corresponding amount of nutrition effected while the waste goes on, there will be actual decay, and hence the necessity for taking and assimilating food. It is not generally known, however, that the same end may be effected, to a certain extent, in a totally different way, which has been explained to us quite recently by the discoveries in Organic Chemistry. It is found, for instance, that certain substances taken into the system, have the peculiar power of arresting, to a certain extent, the waste which the body usually undergoes. *How* they do this will be explained on another occasion, we merely mention the fact here to explain the action of *Teas*. All the articles of this kind, as well as Coffee and Chocolate, contain a peculiar substance, called *Theine* in Tea, and *Caffeine* in Coffee. This substance, which is in very small quantity, contains a large proportion of *Nitrogen*, one of the most important elements of the body. No matter how different they may be in taste, smell, or appearance, all the articles used like Tea, in all parts of the world, contain a principle precisely similar to the *Theine* of ordinary China Tea. This substance possesses, in a remarkable degree, the power of arresting the usual waste of the body, at the same time that other matters combined with it act as gentle, and mostly harmless, nervous stimulants. By drinking a cup of tea, therefore, a person may be both refreshed and enabled to maintain their strength, though the amount of actual *nutriment* in the Tea may be of no account at all. It acts by *preserving* the system, or preventing waste, which amounts to the same thing as if real nutrition took place after wasting had occurred. It may, in fact, act better than food under some circumstances, as com-

mon experience often proves. Suppose a person to be exhausted by severe labor, for instance, how renovating and refreshing a cup of Tea becomes, while food will only oppress, or perhaps even be loathed. The philosophy of this is obvious enough. When the system is really exhausted, there is not sufficient power in it to effect digestion, and therefore the food does harm instead of good, but the Tea, by arresting waste, and at the same time gently stimulating, prevents further exhaustion, and maintains the powers till food can be made use of. The old women, therefore, are not so foolish as many people think, when they say their cup of tea does them so much good.

By using Tea, therefore, the strength can really be maintained by less food than when it is not used, and equally well, which is an important thing. When the digestion is weak, for instance, and sufficient food cannot be assimilated to make up for the constant waste, Tea may be advantageously employed to prevent that waste. And even under ordinary circumstances, it probably taxes the powers less to prevent some of the waste, by using Tea, than to have to digest enough to make up for it by nutrition.

The use of Tea, therefore, may be actually economical, as well as beneficial, while there is no good reason to suppose it hurtful, when properly used. A slice of bread and a cup of tea, really does more good, to many people, and on many occasions, than bread and meat would without it. The poor man's ounce of Tea, then, is not a wasteful, hurtful, and silly extravagance, but a useful and harmless indulgence.

On another occasion we shall return to this subject again, to answer other objections to the use of such articles, and for the present we conclude by advising our readers to wait awhile before they discard the *Tea Pot*.

AUGUSTIN'S COSMETIC.—Rose Water, eight ounces. Salt of Tartar, two drams. Tincture of Benzoin, three drams.

COLUMN FOR THE LADIES.

Washes for the Face, etc.

AQUA COSMETICA.—*Cosmetic Lotion*.

1. Emulsion of Bitter Almonds, three ounces. Rose and Orange Flower Water, of each, four ounces. Borax, one dram. Tincture of Benzoin, two drams. Mix.

2. Elder-flower Water, a pint. Borax, quarter of an ounce. Eau de Cologne, one ounce. Mix. Rub on gently at night with a soft napkin. Either of these is excellent to clear the skin.

KALYDOR.—The following is said to resemble Kalydor and Gowland's Lotion. Bitter Almonds blanched, one ounce. Corrosive Sublimate, eight grains. Rose Water, sixteen ounces. To clear the skin from Pimples, &c., but it is dangerous.

MILK OF ROSES.—Sweet Almonds, five ounces. Bitter Almonds, one ounce. Rose Water, two and a half pints. White Curd Soap, half an ounce. Oil of Almonds, half an ounce. Spermaceti, two ounces. White Wax, half an ounce. English Oil of Lavender, twenty drops. Otto of Roses, twenty drops. Rectified Spirit, a pint. Blanch the Almonds, and beat them with the Soap and a little of the Rose Water. Melt together the Oil of Almonds, Spermaceti, and White Wax, and mix with the former, into a cream, and strain it through fine muslin. Then add gradually the remaining Rose Water, and lastly the Spirit, with the essential oils dissolved therein.

2. A common kind is made by mixing one ounce of fine Olive Oil, with ten drops of Oil of Tartar, and a pint of Rose Water.

3. Bitter Almonds, six drams. Sweet Almonds, twelve drams. Blanch, dry, and beat up with one dram of Castile Soap; gradually adding fifteen grains of Spermaceti, thirty grains of White Wax, and a dram of Almond Oil, melted together. When thoroughly incorporated, add gradually six drops of Otto of Roses, dissolved in six ounces of Rectified Spirit, and fourteen ounces of Distilled Water.

MILK OF CUCUMBERS.—In the same manner as Milk of Roses, substituting Juice of Cucumbers for the Rose Water. This is excellent.

ALIBERT'S COSMETIC.—Cucumber pomade, three ounces. Almond Soap, one ounce. Rose Water, a quart. Mix the Pomade and Soap, and add the Rose Water gradually.

To be Continued.

Treatment of Typhus Fever by Brandy.

The following account is taken from the *Medical Times and Gazette*, and is here introduced, both because it may be useful in similar cases, and also as a contrast to other cases where the treatment is of a totally opposite nature, but still equally successful. Such singular opposition of treatment, and singularity of result, should teach us not to be bigotted in favor of any mode of practice, nor prejudiced against it. Nature often produces similar effects from very different causes, and it is quite possible that many of these patients might have recovered under strict Hydropathic, or Homœopathic treatment, or even under no treatment at all.

"The treatment pursued consisted in administering, either every hour, or every half-hour, day and night, from half an ounce to an ounce of brandy, with a draught every second hour, containing sp. æth, chlorici ℞x., ammoniæ carbonatis gr. v., aq. pur. ℥j. (Chloric Ether, ten minims, Carbonate of Ammonia, five grains, pure Water, one ounce.) The patients were induced to drink as much strong beef-tea as possible; the head was always shaved; and, in most cases, a blister was applied to the scalp.

One case out of the eighteen terminated fatally. In the seventeen remaining, the following is the condition of the circulation, and the influence of the treatment upon it.

On the day that the administration of brandy, etc., was commenced, the pulse had, in five cases, a frequency of 136 per minute; in three, of 126; in seven, of from 120 to 126; and in one, of 116. After the measures above specified had been pursued for four days, the pulse had, in eight cases, fallen to 92; in five others, it had fallen below 92 on the fifth day: and, in the remaining four, to below 90 on the sixth. Again, taking the day on which the treatment was commenced as our starting point, the skin, previously hot and dry, relaxed, and became moist and perspirable on the fifth day, in nine cases; on the sixth day, in five cases; on the twelfth day, in one case; and in the remaining two the date of this crisis was not recorded.

The degree of success exhibited by the above facts is, we suspect, very considerably beyond that usually obtained in cases of so severe a type as those under consideration, and is very encouraging to a pur-

suance of a similar plan of treatment in future. That the success did really depend on the treatment, appeared to be conclusively evidenced in several cases, in which the pulse, progressively increasing in frequency up to the time that the brandy was ordered, steadily fell from that day forwards. The relapses of one or two, in consequence of the accidentally inefficient administration of the remedy, also afford important support to the same conclusion. In respect to the numerical age of the fever at which the brandy treatment was commenced, it varied so much in the different cases, that there does not appear to be any practical advantage in attempting to state it. In all, however, the first stage had passed, and low "typhus" had become fully developed."

In some of the cases Wine was tried instead of Brandy, but the patient invariably began to get worse again, till the Brandy was resumed.

Case of Epileptic Convulsions cured by the Internal Administration of Chloroform.

BY HENRY BOWE, ESQ.

The patient in this case, about one year and seven months old, had his first epileptic seizure when he was five months old. In spite of all remedies, the fits gradually increased in frequency until his face assumed an idiotic expression. On the 7th of April he first came under the care of Mr. Bowe, who prescribed various remedies, but up to the 20th of April, the fits increased rapidly, as many as eighteen occurred in one day, following each other in quick succession. In the short intervals between them he lay in a semi-comatose condition; for three days he took no nourishment whatever, and was evidently fast sinking from exhaustion. Seeing that everything done had failed to give even the slightest relief, I determined to give chloroform a trial.

I commenced giving it internally, in five minim doses, suspended in mucilage, directing the mother, after every fit, to give a dose of the medicine. On visiting the child the following morning, the 21st, I found that he had slept almost continuously since taking the first dose, and that there had not been any fit. He was quite sensible when awakened to take his food, or medicine, of which three doses had been given in the course of the previous day.

I directed the mother to continue the medicine three times daily, and frequen v

to give small quantities of beef-tea and arrowroot. From this date the child improved rapidly up to May 6th, on which day he was very fretful, and evidently suffering from the irritation caused by the teeth, which had nearly penetrated the gums. The dose of chloroform was increased to seven minims, and a purgative powder to be given twice a week, after which he was much relieved. I ceased to attend him on May 20th. He was then perfectly well, never having had a return of the fits since the first dose of chloroform was administered.

July 18th.—I have this day seen the child; he continues in perfect health; has cut three teeth, and has not had any return of fits.

I am not aware that chloroform has hitherto been given internally in similar cases to the present. Of course, very little can be argued from a solitary case; but perhaps experience will prove that in convulsive affections, especially those of children, we have in chloroform a powerful remedial agent.—*Medical Times and Gazette.*

Fluids which stop Hemorrhage (Bleeding).

BY SEDILLOT.

Eau de Pagliari, consisting of tinct. benzoin $\frac{3}{8}$ viii.; alum, lb. i.; water, lb. x. This preparation, which has a pale straw color, and is transparent, possesses an extraordinary power of coagulating blood.

Eau de Rabel, consisting of acid. sulphur., (Oil of Vitriol) 100 parts; alcohol. 300 parts. The acid should be poured upon the alcohol slowly.—*Medical Times and Gazette.*

Creosote Inhalation in Phthisis, (Consumption) and Bronchitis.

BY DR. THOMAS INMAN.

[In a letter to the editor of the 'Medical Times and Gazette,' Dr. Inman speaks of the benefit derived in these diseases from the inhalation of creosote, combined with steam. His first experiment with it was in a case of phthisis, when it succeeded in relieving the irritating cough, after a host of opiates and other remedies had been tried in vain. He says:]

Encouraged by the success attending this, I determined to try it in other cases, some of chronic bronchitis, the majority of phthisis. In all I have found it most useful in allaying cough, and checking secre-

tion and expectoration. By allaying the cough, and thus increasing the comfort of the patient, it seems in some degree to increase the strength; at any rate, it saves its diminution. It does not of itself appear to possess any curative power. As a palliative, it is useful in all cases; and I have heard it spoken of most gratefully by a patient who only lived to use it for three or four days.

The mode of using it is very simple. I direct from four to ten drops of creosote to be placed in the bottom of an old teapot, and a small quantity of boiling water to be poured over it. The spout is to be protected by a piece of flannel, and the steam inhaled through that until it begins to feel cool. Care must be taken, of course, not to put too much water in. This answers well enough in poor practice. In hospital and private practice, more elegant apparatus may be used.

Health of different Places.

The whole number of deaths in Stamford, Conn., embracing a population of 4,500, during the last year, was 45, or one in a hundred. There died in January, 1; February, 2; March, 3; April, 5; May 3; June, 5; July, 2; August, 3; September, 10; October, 7; November, 4; December, 3. The deaths by consumption were 13; typhus fever, 7; marasmus, 4; other diseases, 1, 2 and 3.

During the year 1853 the number of interments in Baltimore was 5,150, or 1 to about 39 of the population. There were 393 deaths by phthisis; 180 by old age; 256 by cholera infantum; 554 by infantile disease.

In Stamford, therefore, the whole number of deaths was only about one half as many per cent as in Baltimore. The proportion of deaths from *Consumption* however, was almost *one third* of the whole number in Stamford, while in Baltimore it was only about *one fifth*.

The health of San Francisco may be judged by the fact, that according to the latest advices, the number of interments for the previous fortnight was only 26, out of a population of 50,000, which at the same rate for the whole year, would be but little over one in a hundred, or nearly as good as Stamford. This is a remarkably small number, and speaks well for the salubrity of the climate and the health of the place.

Tea, Coffee, and Tobacco.

The occasional derangement of the hearts' action, by the use of tea and strong coffee, is well known. A case is mentioned of a gentleman who could, at any time, by taking a cup of coffee, produce palpitation and bleeding from the nose. These effects, however, are very rare, unless the articles are used too strong, or in excess. But the most noxious luxury to the dyspeptic or nervous is tobacco, the essential oil poisoning by paralyzing the heart. A Mexican minister, some years since, summoned Dr. A. H. Stevens, of New York, to Washington, for supposed organic disease of the heart—a cure was performed by emptying his excellency's snuff box.

Chloroform.

A medica correspondent of Nelson's *American Lancet* states that he has applied chloroform successfully in cases of neuralgia, tic dolereaux, tetanus, &c. In a case of tetanus he applied lint saturated with chloroform along the whole spine, and covered it with India-rubber cloth, which was attended with the best results. In cases of toothache, he had found a remedy in filling the cavity with cotton saturated with chloroform, and renewing it until the sensibility of the nerve was touched. There is no danger whatever in doing this.

The Annual Ratio of Deaths.

According to the last census, the following are the yearly ratios of mortality in the different States, disregarding the ages at death:

New England States, 1 to 64; Middle States, with Ohio, 1 to 72; Central States, 1 to 73; coast planting States, 1 to 73; North Western States, 1 to 80—United States, total, 1 to 73. This is substantially the ratio stated by Noah Webster for interior towns in 1805. "The annual deaths," he observes, "amount only to one in seventy or seventy-five of the population."

The Cholera Fly.

A very curious observation has been lately made in England and also in Scotland, which may ultimately lead to an increased knowledge of the causes of Cholera, that mysterious and deadly visitant which has hitherto baffled all investigation. It has been noticed that in several places, previous to the breaking out of Cholera, an unusual number of flies appeared, of a kind

different from the ordinary ones, being mostly of a dark brown color, with yellow bands round the belly. They are rather above the common size, and longer in the body. It is asserted that they are different from any species before noticed, and that their appearance is sure to be followed by Cholera. Many persons in fact say, when they see them, "there is the Cholera Fly, and some of us will soon have it." One peculiarity about them is that they fasten on the walls, or windows, and die there, singly, after ejecting from their bodies a kind of white powder, which sticks around them like a ring. One man, who swallowed some of this white powder, was attacked with Cholera almost immediately after, and had a narrow escape.

It is possible that some poisonous miasma in the air may both breed the flies and cause the Cholera, or it may be the white matter they throw out that causes it, by being taken into the stomach or lungs.

In some places these flies appear in clouds, so as to darken the air. Let our friends observe if anything of the kind is ever seen here.

One of the most remarkable cases in the annals of medicine occurred recently in Boston. A man, when driving his team, accidentally struck his eye with the end of his whiplash, causing the blood to flow freely. The next day the eye began to be very painful, and a surgeon was called, who applied leeches. The patient imprudently went out into the cold air, and the pain increased rapidly; he was soon seized with lock-jaw, and after much suffering he died.

In some of the Eastern countries, one of the mother's earliest cares is to promote the growth of her children's eyelashes, by tipping and removing the fine gossamer-like points with a pair of scissors, when they are asleep. By repeating this every month or six weeks, they become in time, long, close, finely curved, and of a silky gloss. The practice never fails, and is very useful when, owing to the inflammation of the eyes, the lashes have been thinned or stunted.

Sir Astley Cooper says that "the science of medicine is founded on conjecture, and improved by murder;" and Dr. Gregory says that medical doctrines are little better than stark-staring absurdities.

Lead Water Pipes.

Several members of a hitherto healthy family in Baltimore, having recently died one after another, an investigation into the cause was instituted, which showed that the parties were slowly poisoned in consequence of drinking water which flowed through a long leaden pipe—that it was the action of the water on the pipe which gave it its poisonous qualities. It was pump water. Lead pipe, it is believed, has no such effect upon hydrant water.

This is, however, a mistake. Lead will nearly always be contaminated with Oxides or Carbonates, when in contact with water, and these are all poisonous.

Adulteration of Drugs.

The United States Surgeon-General has made a report to Congress, from which it appears that the adulteration of drugs and medicines is carried on more extensively since the passage of the act of Congress to suppress the importation of such articles, than before; so that it is now alleged to be difficult to procure medicines which are not either mixed with some foreign substances or from which some portion of the active principle has not been abstracted by chemical process. And this will always be the case, while everything about medicines and drugs is kept in mystery. Ignorance always fosters fraud.

Anti-Progression.

A memorial from Dr. William Turner to the New York Legislature, has been presented, praying that the measure now before them extending the privilege of dissecting the bodies of the dead, to the medical faculty, may not become a law. He opposes dissection, and quotes largely from the writings of Dr. Dickson, the distinguished chrono-thermalist, of London, in support of his position.

It appears to us that these chrono-thermalists are ambitious of being thought above ordinary mortals, by being capable of getting information without the trouble of examination. We should like to know how much real knowledge of Disease would be possessed by these men, or any others, if all were taken away which has been gained by dissection?

A humorous writer says that some doctors are unpopular because they do not choose to make chemists' shops of their patients' stomachs

ANSWERS TO CORRESPONDENTS.

Neuropathy.—This work is now out of Print, but the substance of it, with new facts, will be given in the People's Journal, in future numbers.

T. J.—Yes; the article can be sent by Post.

A. F.—Both School Books are now ready, and will be sent anywhere free of Postage.

F. L.—Abortion is *never* safe, and numbers die from it every year, the real cause of whose death is unknown.

A Friend.—Never mind, those men cannot hurt the People's Journal, in fact their opposition will only help it.

B. J.—The large Plates are preparing, but the Editor can only bestow occasional time upon them.

O. M.—New experiments are now being conducted by the Editor on the subject of Conception. "*The Origin of Life,*" is superceded by "*The Marriage Guide.*"

TO OUR FRIENDS.

We are happy to say "in answer to numerous inquiries," that the Journal is doing uncommonly well. It is extending its circulation, and making new friends, every day. Several of our Subscribers take Extra Copies, to distribute among their friends, and we will willingly send a few Nos. to any one who will so make use of them. An excellent mode of serving us, in distant places, is to show a Number to the Newsvenders, and ask if they have it. They will then procure some, and wherever it is sent it is sure to sell well.

NOTICE TO CANADIANS.

We have a large number of Subscribers in Canada, all of whom, in accordance with our Advertisement, have sent twenty-five Cents for the year's Subscription. We find, however, that in sending their papers, it is necessary for us to pay the U. S. Postage in advance. This is one cent a number, or twelve cents a year. It will therefore be necessary for those subscribing in Canada to send thirty-seven and a half cents, instead of twenty-five cents, because it will be seen we cannot pay twelve cents out of the ordinary Subscription without being losers, as it would only leave us thirteen cents for the Journal for the whole year. Twenty-five cents will only pay for eight months to Canada, twelve cents more will be required to complete the year.

THE PEOPLE'S MEDICAL JOURNAL.

Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of the People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The TERMS of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

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Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are SURE to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have an extra one sent by post, if they will let us know.

BOOKS ON PHYSIOLOGY AND MEDICINE,

By Dr. F. HOLLICK,
Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

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THE

Male Generative Organs,

In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without ever suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

THE
DISEASES of WOMAN.

THEIR causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE! Illustrated with colored Plates, and with numerous Engravings.

If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand. Hundreds of females have stated that they discovered the true cause of their sufferings, for the first time, in this book, and numbers have successfully treated themselves, by the directions given therein, after all the doctoring they had undergone, had been found to be useless or injurious.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,

And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,---and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE ON
VENEREAL DISEASES,

IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

The recent French Discoveries, with the new modes of treatment---the experiments in Inoculation ---and the curious investigations as to the Diseases, by which many eminent men, in former days, have died, are deeply interesting and will astonish all.

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PROSPECTUS
OF
**THE PEOPLE'S
MEDICAL JOURNAL AND HOME DOCTOR,**

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,
Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

Price only 25 cents a Year, 3 cents a Number.

The People's Medical Journal is intended to supply a want long felt and acknowledged; that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect, exclusively, nor is it the Advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homœopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

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All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The People's Medical Journal belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only Journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. 10.

APRIL, 1854.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

Back of the Neck Cut Open, to Show the Pharynx and other Parts.

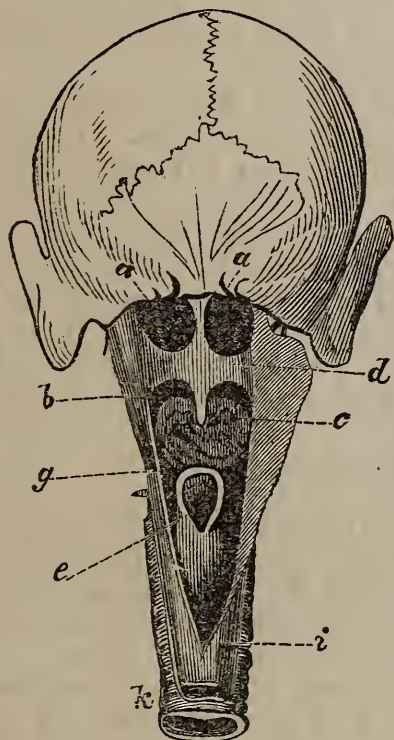


Plate 1.

PLATE 1.—*a a* are the back openings of the *Nostrils*—*b* is the *Mouth*—*c* is the *Tongue*—*d* is the *Curtain*, or *Velum Palati*, commonly called the *Palate*—*e* is the *Glottis*, or top of the windpipe—*g* is the gristly part called the *Epiglottis*, which folds over to close the opening—*i* is the *Esophagus*, the *meat pipe*, or *Gullet*, down which the food passes to the *Stomach*—*k* is the *Wind-pipe*, or *Trachea*.

The Four Stomachs of a Cow, Cut Open.

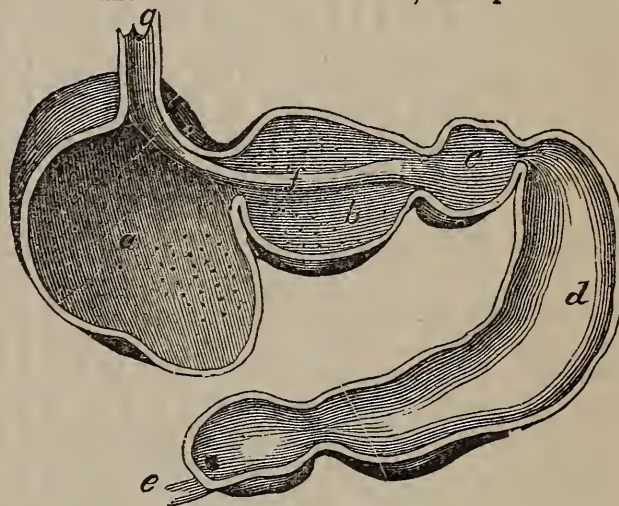


Plate 2.

PLATE 2.—*a*, the first *Stomach*, or *Paunch*—*b*, the second *Stomach*, or *Reticulum*—*c*, the third *Stomach*, or *Omasum*—*d*, the fourth *Stomach*, or *Abomasum*—*e*, the beginning of the small *Intestines*—*f*, the *Groove*, or *Leader*, by which food is taken over the two first *Stomachs* to pass directly into the *third* and *fourth*, as the *milk* does in the *Calf*, and the *Cud* when properly *masticated*.

NEW YORK:

PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

BACCHUS BETRAYED OR THE DRAM DRINKER'S MONITOR

Being a complete exposure of the Artificial Manufacture of all kinds of Liquors, Wines, Cordials, Ale and Porter, as practised both in this country and in Europe, with a Medical description of the different Drugs used in Adulteration, and the means of detecting them.

By **Frederick Hollick, M. D.**

Continued from Number IX.

CHAPTER VI.

ARTICLES USED FOR FLAVORING WINES, LIQUORS,
AND CORDIALS.

TINCTURE OF BALSAM OF PERU AND OF TOLU.

—Tincture of Benzoin.

TINCTURE OF MUSK.

ESSENCE OF VANILLA.

ESSENCE OF VERBENA.

ESSENCE OF NEROLIA.

ESSENCE OF BITTER ALMONDS.

SPIRIT OF ROSES.

ESPRIT DE BOUQUET.

EAU DE MILLEFLEURS.

All these are used for flavoring, and to give odor.

FLAVORING ESSENCE.—Oil of Bitter Almonds, eight drops, Oil of Lemon, five drops, Oil of Cinnamon, four drops, Oil of Nutmegs, eight drops, high proof Spirit, one pint. One or two drops added to each bottle, in bottling cordials that have little or no perfume.

ESSENCES FROM THE ESSENTIAL OILS.—All essences are prepared from the Oil. For example, half an ounce of the Oil to one pint of clean Spirit will form a pint of strong essence. Take of any of the following oils:—Oil of Cedar, Almonds, Anise, Bergamot, Bitter Almonds, Caraway, Cassia, Cinnamon, Cloves, Horsemint, Jessamine, Juniper, Lavender, Lemons, Mace, Marjoram, Mustard, Nutmeg, Origanum, Peppermint, Pimento, Rosemary, Roses, Sassafras, Spearmint, Sweet Marjoram, Thyme. These, it will be observed, either singly or combined, form the base of our perfumes. All these are used in the various liquors.

ORRIS ROOT.—One gallon of clean Spirit (proof), and eight ounces of Orris Root, bruised. Digest for ten days, and strain. This is suited for fine Brandies, all of the imitation Wines, and enters into the composition of Cordials, in some instances, singly, or combined. For instance, in the Brandies, it is combined with Acetic Ether, in fine Gin with Juniper essence. In the Wines in different proportions, as will be seen in the Formulas used for flavoring.

ESSENTIAL OILS, &c., USED FOR FLAVORING.—Oil of Bitter Almonds is used for flavoring, in imitation of Peach blossom,

by the addition of Orange flower water, in imitation of Peach Brandy, and also for the imitation of syrups and cordials of fruits. This essence is sometimes added to Brandy, Whiskey, &c., to give a nutty flavor to them. A few drops will suffice for forty gallons. The essence is made by dissolving one ounce to four ounces of Alcohol.

AMBERGRIS.—Ambergris differs somewhat from the generality of Aromatics, as it combines its odor with any other, and forms by each addition a new and desirable perfume. It is used for flavoring the light wines, and it will be seen enters into various other formulas.

OIL OF ANISEED is used principally for a cordial of the same name. The odor of Anise has become too common for any other use.

OIL OF BERGAMOT (ESSENCE OF BERGAMOT).—The composition of Oil of Bergamot and that of Lemon are nearly the same. In composition Bergamot is used extensively for all kinds of cordials, and combined with Acetic Ether it is used for flavoring domestic Brandies, and with Nitric Ether for Holland Gin. It is never used alone for flavoring.

OIL OF CINNAMON and Oil of Cassia are the same. This odor has become too popular with the masses to be of any value to the manufacturer. Cinnamon is the flavoring ingredient in some Aromatic cordials; when it is used it should be concealed to as great an extent as possible. Cinnamon is highly useful where a warm Aromatic odor is required.

AROMATICS are used for giving a false strength, an aromatic pungency, and in some instances an appearance of age, and a nutty flavor to liquors, wines, and cordials.

ANGELICA.—The smell of Angelica is strong and fragrant, and the taste at first sweetish, afterwards warm, aromatic, bitterish, and somewhat musky. This root is for cordials.

CALAMUS, OR SWEET FLAG.—Calamus enters into the composition of the different varieties of bitters and cordials.

CARAWAY.—Used for cordials.

CARDAMOM.—This valuable plant is a native of the mountains of Malabar, where it grows spontaneously. The odor of Cardamom is fragrant, the taste warm, slightly pungent, and highly aromatic. Used in various preparations.

CREASOTE.—A peculiar substance, obtained from Tar or from Crude Pyroligneous acid by distillation. Creasote when pure is a colorless liquid, of the consistency of Oil of Almonds, slightly greasy to the touch, and having a caustic, burning taste, and a penetrating, disagreeable odor, like that of smoked meat. Creasote is used in flavoring plain spirit, in imitation of Irish and Scotch whiskey, and also for some of the American brands.

CUBEBS.—The odor of this berry is agreeably aromatic; the taste warm, bitterish, and camphorous, leaving in the mouth a peculiar sensation of coolness, like that produced by the Oil of Peppermint. Powdered Cubebs form an ingredient in the French Medicated Gin Bitters, and also the Gin Bitters. An infusion is prepared from powdered Cubebs and proof Gin. Cubebs are gently stimulant, and excite the digestive organs, with special direction to the urinary organs.

SLIPPERY ELM BARK.—The mucilage of Slippery Elm Bark is used by some for giving the appearance of age to liquors, and also an oily mucilaginous quality, in the proportion of three or four ounces to eight gallons.

GINGER.—Ginger is used in the manufacture of cordials and syrups.

HOPS.—Hops are extensively used, by some manufacturers, in the place of Catechu, or for furnishing the bitter principle of fine Brandies, Rum, &c.

JUNIPER.—The berries, as the fruit is sometimes called, are sometimes collected in this country; but though equal to the European in appearance, they are inferior in strength, and are not much used. The best comes from Europe, particularly from Trieste and the Italian ports. They are globular, more or less shrivelled, about as large as a pea, covered with a glaucous bloom, beneath which they are of a shining, blackish purple color, and containing a brownish yellow pulp and three angular seeds. The berries impart their virtues to Water and Alcohol—and are used in the preparation of Gin.

MACE AND NUTMEGS.—The various formulas throughout this work, will show the great utility Nutmegs are to the manufacturer.

ORANGE PEEL.—This Peel enters into the composition of the various formulas for Bitters.

When the object in the use of the Orange peel is simply to obtain its agreeable flavor, the rind of the Sweet Orange is preferable, and for a bitter principle, that of the Seville Orange.

QUASSIA.—Quassia is sometimes used in the place of Catechu, to impart a bitterness without astringency to liquors, but it is used more extensively in the manufacture of Bitters.

BLACK MUSTARD SEED, AND HORSE-RADDISH, are used for the same purposes and in the same manner, and their properties are identical. They are used for giving a pleasant, biting sensation, to Cordials and Wines.

TEA.—This is used in the manufacture of Liquors, Wines and Cordials, for imparting a roughness to them, which is both agreeable and natural to the taste. A decoction of it is made by boiling.

To be Continued.

Dr. W. Channing, of Boston, in an article on hydrophobia, communicated to the *Medical and Surgical Journal*, expresses his belief that it is a disease by no means pertaining exclusively to warm or hot weather, but is caused by a morbid poison secreted by certain glands from constitutional morbid action, and which may be inserted into the human person by the teeth at any season. Dog keeping, he says, ought to be rigidly regulated by law.

The mansion house of the original Job Sweet—a name immortalized by its connection with so many cases of successful bone-setting, in former times—is still to be seen at Wakefield, R. I., an object of almost as much curiosity and veneration with some, as that of Shakespeare or Sir Walter Scott.

The nerve from one tooth connects with the nerve to every tooth in either jaw. This is the reason the pain is so often felt on the opposite side from where the cause exists. Pain is often felt in the upper jaw when the cause exists in the lower.

There were living in the village of Dighton, Mass., on the first day of January, 1853, no less than forty persons between the ages of seventy-five and ninety-six years, all within a circle of one mile radius. Their ages, added together, amount to thirty-five hundred years.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from No. IX.

Alum.—Alum is employed both internally and externally as an astringent, in doses of ten grains to a scruple or more.

BURNT ALUM.—Alum, any quantity. Melt in an iron or earthen vessel over a fire, and continue the heat till it ceases to bubble and becomes dry, then rub it into powder.

Astringent, and a mild caustic. It is much used to repress the growth of exuberant granulations or proud flesh.

POWDERS OF ALUM.—1. Alum, one drachm. Gum Arabic, half a drachm. Triturate, and divide into four powders, one to be taken every three hours in bleeding from weakness. 2. Alum, four parts. Kino, one part. Triturate well. Dose, ten to twenty grains, in flooding or diarrhœa. 3. Alum, one drachm. Powdered opium, four grains. Powdered cinnamon, one scruple. Mix and triturate, divide into four powders, one to be taken every four hours, in flooding or in diarrhœa.

ALUM ERRHINE.—Alum, Armenian bole, each, one drachm. Kino, half a drachm. Red oxide of iron, two drachms. Mix, and triturate. As a snuff, in bleeding at the nose.

GARGLES OF ALUM.—Alum, Nitrate of potassa, each, three ounces. Cream of tartar, four ounces. Acetic acid, four pounds. Dissolve, evaporate to dryness, and powder the residuum. Half an ounce, dissolved in eight ounces of water, forms a gargle which has been highly praised in inflammation of the throat and tonsils.

Powdered oak bark, one ounce. Boiling water, a pint and a half. Evaporate to one pint, filter, and add Alum, half a drachm; Brandy, two ounces. Used as a gargle in inflammation of the mouth and throat.

ODONTALGIC SOLUTION OF ALUM.—Finely powdered alum, two drachms. Spirit of nitric ether, seven drachms. Dissolve. Stated to be an almost infallible cure for toothache.

BOLUSES OF ALUM.—Alum, Extract of Peruvian bark, Nutmeg, each, half a scruple. Simple syrup, sufficient to make a bolus. Prescribed in uterine and other hemorrhages, and repeated as may be required.

ALUM PILLS.—1. Alum, six grains.

Opium, Catechu, each, one grain. Mix, and form into six pills. One to be given every two to four hours. In passive floodings and mucous discharges. 2. Alum, Extract of Peruvian bark, Muriate of iron and ammonia, Aromatic powder, each, one drachm and a half. Oil of cinnamon, twelve drops. Mix, and make pills of two grains. Dose, four to six, morning and evening. Same as the above.

ASTRINGENT PILLS OF ALUM.—Alum, Catechu, equal parts. Extract of gëntian, sufficient to make pills of two grains each. Dose, four every three hours. Useful in Diarrhœa, and especially in leucorrhœa.

PILLS OF ALUM AND BENZOIN.—Alum, one scruple. Benzoic acid, five grains. Gum Arabic, White sugar, each, ten grains. Mix, with sufficient water to form thirty-five pills, to be taken in two days. Have been thought useful in phthisis pulmonalis (Consumption).

ELECTUARY OF ALUM.—Alum, one drachm. Extract of logwood, half an ounce. Balsam Peru, six drops. Water of sage, sufficient. Make an electuary. Astringent and antiseptic, recommended in sponginess of the gums.

ALUM COLLYRIUM.—Alum, twelve to twenty grains. Rose water, four ounces. Dissolve. As an application in chronic ophthalmia (Sore eyes).

ALUM CURD.—Powdered alum, half a drachm. White of one egg. Agitate well till a coagulum is formed. To be applied on a rag to inflamed eyes. To be removed when it becomes warm.

INJECTIONS OF ALUM.—1. Alum, Sulphate of iron, each, twelve grains. Honey of roses, one ounce. Barley water, five ounces. Mix. In chronic gonorrhœa. 2. Stramonium, half an ounce. Boiling water, two pints. Infuse for half an hour, strain, and add to infusion, Alum, two drachms to an ounce. In cancerous affections of the uterus.

JULEP OF ALUM.—Alum, two drachms, Sulphuric acid, ten drops, Essence of citron, six drops. Syrup of lemon, two ounces, Water, three ounces. Mix. A table spoonful every hour, in lead colic.

ALUM LINIMENT.—Alum, half an ounce. White of eggs, four. Spirit of

camphor, two ounces. Mix. As an application to bed sores.

LOTIONS OF ALUM.—Alum, three drachms. Muriate of ammonia, one drachm. Liquid hydrosulphuric acid, one scruple. Rose water, half a pint. Mix. As a wash, in obstinate skin affections.

AROMATIC ALUM WHEY.—Powdered alum, one drachm. Sugar of milk, half a drachm. Powdered cinnamon, fifteen grains. Cow's milk, a pint and a half. Boil, and strain after coagulation. To be taken in cupful doses, cold, in hemorrhagia, (any kind of bloody discharges).

ALUM DRAUGHT.—Alum, two drachms. Wine, four ounces. Gum tragacanth, Catechu, each, a drachm. Water, eight ounces. Mix. One or two spoonfuls every hour, in lead colic.

ANGLO-SAXON OINTMENT.—Red lead, Olive oil, White wax, each, one pound. Powdered amber, Burnt alum, Camphor, each two drachms. Heat the oil until it becomes of a reddish-brown color, add the red lead and continue the heat; when the mass has the consistence of a plaster, add the amber, and finally, when it cools, the alum and camphor. Highly spoken of as a dressing to foul ulcers.

OINTMENT FOR CHILBLAINS.—Sweet almonds, blanched, half a pound. Honey, six ounces. Camphor, Flour of mustard, Burnt alum, Olibanum, each two ounces. Yolk of eggs, three. Triturate well. This paste is to be thinned in a little water, and rubbed on the inflamed parts night and morning, and then washed off in tepid water, and afterward the parts well dried with a linen cloth.

PILE OINTMENT.—Powdered alum, four scruples, Simple cerate, five ounces and a half. Mix, and triturate well. As an application to painful hemorrhoids.

From these numerous Recipes it will be seen that Alum is an extensively used article in the *Materia Medica*.

Microscopical examinations have been made of the matter deposited on the teeth and gums of many individuals, selected from all classes of society, in every variety of bodily condition, and in nearly every case animal and vegetable parasites in great numbers were discovered. The only persons whose mouths were found to be completely free from them, cleansed their teeth four times daily, using soap once. Pure white soap is the best article for cleansing the teeth.

COLUMN FOR THE LADIES.

SCENTED POWDERS.—These are used for children and to sprinkle among clothes. To those who require much of them it may be an object to know how to make them, instead of buying. The basis of these Powders is usually either powdered Orris Root, or powdered Starch, but some of them are formed from Oak Moss, dried and pulverised. In some parts of the country old dry rotted wood, ground and sifted very fine, is used as a powder for children, and it makes a very tolerable one too. Fuller's Earth is also added, in equal parts, when there is chafing.

ROSE POWDER.—Powdered Starch, three ounces, Orris Root, in powder, one ounce, Otto of Roses, eight drops, Carmine enough to color it red, if the color is an object, but it is no better for it

VIOLET POWDER.—Orris Root, in powder, four ounces, Essence of Bergamot, twenty drops, Essence of Ambergis, twenty drops. Good for children.

POWDRE DE CHYPRE.—This is the French name for a powder very much in use, for the flesh. It is made from the Oak Moss. The spreading light colored moss which grows on the Oak tree, may be taken and soaked in clean water for three days, and then dried by pressing in a dry towel. It should then be moistened with a mixture of one-third Orange flower water, and two-thirds Rose water, in which it should soak for two days; then press it dry, and pulverise and sift it quite fine. It should be kept in tightly corked bottles.

This Powder may be used alone, but more frequently it serves as a base for other powders, as we shall see further on. It is thought to increase the power of the perfumes mixed with it. It is very good for children.

POWDRE A LA MOUSSELINE.—Orris Root, sixteen parts, Coriander Seed, eight parts, Musk Seeds, (Ambrette) two parts, Cinnamon, Cloves, and Sandal wood, of each one part, Mace, Ginger, and Violet Ebony, of each two parts, Star Aniseed, a quarter of a part; powder them all fine, and sift them. This is intended for Sachets. The Violet Ebony may be omitted.

POWDRE A LA MARECHALE.—Oak Moss powder, one pound, Starch, half a pound, Cloves, half an oz., Calamus, one oz., Cyperus, one oz., Rotten Oak wood powder, one oz.; mix well and sift. Good to powder the flesh, but not suited for children.

PORTUGAL POWDER.—Dried Orange Peel, one ounce, Dried Bergamot, half an ounce, Cloves, four ounces, Storax, one drachm, Ambergris, eight grains, Gum Benzoin, one drachm, Musk, four grains. The solid parts must be well pounded and sifted.

This is a very agreeable powder for Sachets, and one that every one can readily prepare, as all the ingredients are readily attainable.

All the above powders may be made into *Scent Balls*, *Medallions*, *Toilet Pastias*, or *Scented Beads*, in this way:—Make a mucilage of six parts of Isinglass, and two of Gum Tragacanth, dissolved in boiling water, till it is about like the white of egg. As much of the powder may then be put to it as will make a paste, which may be moulded into any form before it sets, but it afterwards becomes very hard, though remaining quite odorous. Some persons make necklaces, or bracelets in this way, or balls to keep in the pocket, or among clothes.

The best powder for dusting infants with is made of six parts powdered Orris Root, two parts of powdered Oak Moss, and three parts of Starch; if there be any chafing, three parts of powdered Fullers Earth may be used instead of the Starch.

The whole may be perfumed by a few drops of Oil of Roses, but it has a very agreeable odor of itself.

Amputation in Utero.

To the Editor.

SIR,—I wish to make you acquainted with a fact. I have a patient with a white swelling of the knee-joint. She has been in the hospital here. Something was mentioned to the mother of this patient about amputation; the mother was pregnant at this time, and when the child was delivered it was found to have a *perfectly amputated arm*, the operation having been naturally performed midway between the wrist and elbow. In every other respect the child is well formed. This being another instance of the power of mind over matter. I think it my duty to give this short history of the case, and leave your readers to form their own conclusions.

I am, Sir, yours very sincerely,

W. YATES, Surgeon, &c.

Nottingham, England, December 1853.

Beef—Beef Tea.

Beef, the most strongly nutritious animal flesh in use, is not quite so digestible and light as mutton for those of weak digestion; but this depends in some degree upon the part selected. A slice from a coarse-grained shoulder of mutton, may be much more difficult of digestion than one from the under side of a sirloin. As a general rule, however, mutton is preferable for the dyspeptic and the convalescent.

Beef tea is a most important article in sick cookery, but is very often badly made, and much too weak for the purposes for which it is ordered. In diseases of exhaustion, or in the last stage of fever, strong beef tea is perhaps the best form of nourishment most easily assimilated, which is adapted to afford powerful support to the system. Beef tea may be made from beef cut into thin slices; but the method recommended by Professor Liebig is superior to any other. This celebrated chemist directs a pound of lean beef, freed from fat and bone, to be chopped small, as for mince meat, and to be "uniformly mixed with its own weight of cold water, then slowly heated to boiling, and the liquid, after boiling briskly for a minute or two," to be "strained through a towel." A little salt, or any allowable seasoning, may be added.

EGGS.

Eggs of birds generally, as an article of diet, is one of the most nutritious; this is evident, indeed, from the fact, that from the contents of the egg, the entire young bird is formed. As a means of nourishment for the sick, especially when it is beaten up, and given mixed either with hot or cold fluid, the yolk of egg is often most valuable. The white of the egg is composed of albumen and earthy salts; its yolk, similarly constituted, contains in addition oily matter and sulphur.

In the preparation of medicines of an oily character, the yolk of egg is often advantageously employed, forming with them an emulsion which is mixible with distilled or rain water. Castor-oil and turpentine are both advantageously given by this method.

The habit of wearing glasses for short-sightedness is very injurious to the sight. When convex spectacles are really necessary, the glasses should be arranged for each eye in particular, as it is rare for one eye to have the same power of vision with the other. Spectacles of green glass ought never to be used.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

By F. Hollick, M. D.

Continued from No. IX.

MAHOMED'S ELECTUARY. Grocers' currants, 1 oz., powdered senna 1-2 oz., powdered ginger 30 gr., oil of croton 1 drop, syrup of roses sufficient to make an electuary; two teaspoonfuls every morning. To open the bowels.

MARSHAAL'S CERATE. Palm oil, 5 oz., calomel 1 oz., acetate of lead 1-2 oz., ointment of nitrate of mercury 2 oz. Mix.—This is the same thing as many of the popular *all-healing ointments*.

MATHIEU'S VERMIFUGE. Tin filings 1 oz., fern root 3-4 oz., worm seed 1-2 oz., resinous extract of jalap 1 dr., sulphate of potash 1 dr., honey to form an electuary. A teaspoonful every three hours for two days; then substitute the following:—jalap 2 scruples, sulphate of potash 2 scruples, scammony 1 scruple, gamboge 10 gr.; made into an electuary with honey, and given in the same dose.

MOSELEY'S PILLS. Turkey rhubarb 60 gr., Jamaica ginger 24 gr., syrup and tincture of rhubarb q. s. to form a mass; to be divided into 24 pills. Dose, two or more; to move the bowels.

PAPIER FAYARD. *Gout Paper.* Euphorbium 3 dr., powdered and digested with 4 oz. alcohol, and 3 dr. Venice turpentine added to the strained tincture. Fine paper is dipped into it and dried in the air. This is applied like a plaster, over the seat of pain, in Gout.

PLUNKET'S OINTMENT FOR CANCER. White arsenic, sulphur, powdered flowers of lesser spearwort and stinking chamomile, levigated together, and formed into a paste with white of egg. All these ointments for Cancer contain arsenic, and are very dangerous.

PORTLAND (Duke of) GOUT POWDER. Equal quantities of the roots of gentian and birthwort, tops of germander, ground pine, and lesser centaury; all to be powdered and mixed together.

RADCLIFFE'S ELIXIR. Aloes 6 dr., cinnamon, zedoary, and cochineal, each 1-2 dr., rhubarb 1 dr., syrup of buckthorn 2 oz., proof spirit 16 fluid oz., water 5 fluid oz. To strengthen the stomach and bowels. Dose in teaspoonfuls or more.

RASPAIL'S CAMPHOR CIGARETTES. These are merely camphor enclosed in a tube, (a

quill or paper tube may be used,) confined by blotting paper, and used cold. Another kind of camphorated cigars is made by saturating dried coltsfoot or other leaves with a strong solution of camphor, and rolling them in the form of cigars.

REECE'S CHIRAYTA PILLS. Extract of chirayta 2 dr., dried carbonate of soda 1 scruple, p. ginger 15 gr. Mix, and divide into 36 pills; 1 twice a day; in Dyspepsia.

REGNAULD'S PECTORAL PASTE. Pectoral flowers (mullien, coltsfoot, catsfoot, and red poppies mixed,) 16 ox., boiling water 3 lb; infuse, strain, and add to the clear liquor 6 lb of clean gum arabic; dissolve by a gentle heat, and evaporate to a proper consistence, adding towards the end 6 dr. of tincture of balsam of tolu.

ROBINSON'S (Dr.) STIMULATING PURGATIVE PILLS. Watery extract of aloes 1 dr., balsam of Peru 10 gr., oil caraway 10 drops, scammony 1-2 dr. Mix, and divide into 20 pills; 2 or 3 when required.

ROCHE'S EMBROCATION. Olive oil, with half its weight of oil of cloves and oil of amber.

RYAN'S ESSENCE OF COLTSFOOT. Tincture of balsam of tolu 2 ox., compound tincture of benzoin 2 ox., spirit of wine 4 ox.

SODA POWDERS. These usually contain in one paper 30 gr. of bicarbonate of soda, and in the other 25 gr. of tartaric acid (or 24 of citric acid).

SMELLOME'S EYE OINTMENT. Prepared verdigris 30 gr., levigate with 30 drops of olive oil, and add 1 oz. of resinous cerate. Dangerous.

SPEEDIMAN'S PILLS. Rhubarb, aloes, myrrh, and extract of chamomile, of each 60 gr.; oil of chamomile 12 drops. Mix, and divide into 4-gr. pills. Dose 2 or more.

SMITH'S (Dr HUGH) STOMACHIC PILLS. Aloes, rhubarb, aromatic powder, gum sagapenum, of each 1 dr., oil of mint and oil of cloves, each 10 drops, balsam of Peru q. s. In 5-gr. pills; 2 to 4 every night.

STOUGHTON'S BITTERS. 1. Gentian 36 oz., serpentary 16 oz., dried orange peel 24 oz., calamus aromaticus 4 oz., rectified spirit and water, of each 6 gallons old measure.

THE PEOPLE'S MEDICAL JOURNAL.

APRIL 1, 1854.

"The Dissemination of Knowledge among Men."

SOME years ago, a truly philanthropic man, named *Smithson*, left a large sum of money in the care of the American government, to be used, as he expressed it, in promoting "*the dissemination of knowledge among men.*" After a long delay, his desire was ostensibly carried out, in the founding of the "*Smithsonian Institute,*" at Washington. A magnificent building was erected, Professors were appointed, a Library was formed, Books were published, and public Lectures delivered on a variety of interesting and useful subjects. And this was supposed to be what *Smithson* desired, when he left his magnificent bequest for the benefit of the American *people*.

With all due deference, however, to those who have originated and managed the *Smithsonian Institute*, we think it is by no means what *Smithson* intended it to be. It is no doubt an excellent Institution *as it is*, and will probably do a large amount of good. Its Professors are eminent men, and their labors are undoubtedly, both honorable to themselves and useful to the public, but still we think the "*Smithsonian Institute*" does not carry out *Smithson's* idea. The whole conduct, and the known opinions of the man, show that he wished his money to be devoted to *popular instruction*, or in other words *to the dissemination of knowledge among men!* He evidently did not desire to found a *College*, for the purpose of highly educating a few men only, or for the purpose of merely enabling a few Professors to pursue their investigations into remote corners of the field of knowledge. Neither did he desire to found a Library of Books chiefly valuable to the mere Student, or Antiquary; nor to have Books published in such a form, and on such subjects, as would make them available and useful only to comparatively few people. The public Lectures would probably have better squared with his views, though we cannot but think that *he* would have had them delivered where they would have been heard by more of the *people*.

Smithson's idea was not so much to aid in the *acquisition* of knowledge as in its "*dissemination!*" He knew that there were numbers of well endowed and thriving Institutions, in all parts of the world, with

complete staffs of able Professors, continually devoted to every kind of Scientific Investigation. He knew also, that there was an abundance of excellent books on every department of human knowledge, but he knew also, that these Books, and those Institutions, were available only to the mere educated *few*, and he *wished* to *disseminate* knowledge among the *many*. He knew that a large amount of the knowledge obtained by learned Professors, and recorded in their Scientific Books, frequently laid a long time dormant or comparatively useless, because its full value was not at first seen. He saw also, that there were numbers of men among *the people*, of mere ordinary education, who would be more likely to *apply* this knowledge to immediately useful purposes, than the Professors themselves, providing it was so presented to them that they could *lay hold of it*. *Smithson* saw, as every person of observation must see, that there are plenty of men among *the people* of active intellect and quick perception, who will seize hold of an idea, or a scientific fact, when properly presented to them, and make a practical use of it, far beyond what its discoverer ever dreamt of. He also knew, that there were thousands of these suggestive facts, and ideas stored up in Scientific depositories, and being daily discovered, which were never likely to become thus practically useful, because they were not properly presented to this very class of intellects. *Smithson*, therefore desired to *disseminate* the knowledge we now possess, or which we may hereafter acquire, so that it might be put within the reach of all who desired it, or who might possibly use it for the benefit of thousands of their fellow men.

Now this desire can be carried out only by *popularising* knowledge, and disseminating it in a cheap and available manner, and this the *Smithsonian Institute* *does not do!* How many among *the people*, let us ask, have received any useful instruction from the Lectures, the Library, or the publications, of the *Smithsonian Institute*? Or we might even ask how many know that there is such an Institute at all?

It is unfortunate that this should be so, and we are not inclined to blame any one for it. No doubt all concerned have wished to carry out *Smithson's* idea, and probably think they have done so. They have erred, we believe, from misapprehension, and partly from a very excusable desire to originate a superior establishment of a high order.

It is not our purpose here to give any detailed plan for carrying out fully what we conceive to be Smithson's idea, though we may do that at some future time, but we wish to show one mode in which it may be carried out to a great extent, and very easily too. As a general rule, all our people receive a good practical rudimentary education, and have their intellects well sharpened by the various influences which surround them. They are not dull mechanical plodders, satisfied with doing, according to routine, or direction, that which is given them to do by others, but most of them are ambitious to originate, to invent, and experiment. They earnestly desire knowledge, and "*want to know*" about everything. Now it is almost universally the case that the valuable discoveries made by our Eminent Professors, and Scientific Experimenters, are written and published in such a manner that they can be gathered and understood only by men of the same class, while to the mass of the people they are utterly unavailable and incomprehensible. This condition of things is a great misfortune, and a great wrong, much greater than may at first appear, and urgently requires to be corrected. But how is this to be done? To a great extent we think it may be done in this way, through the medium of the Smithsonian Institute. Let the different Scientific Professors occupy at least a part of their time in putting the knowledge they acquire in a popular form, so that it can be appreciated and used by the shrewd practical intellects of our working men. Let them study how to state scientific facts and principles in common Language, and show their obvious relations to every day occupations, and then let us have this popularized knowledge universally *disseminated*. Let us have published for instance, a "*Smithsonian Scientific Journal for the People*," which shall carefully record, and familiarly explain all the new and useful discoveries, in every department of science, and keep the mass of the people regularly informed upon the progress that is actually being made in human knowledge. The rudimentary education of our working men, would then be of immensely more value to them, than it can be now, and their keen, practical intellects, would have matter given them to work upon, which they could often turn to excellent account.

Such a Journal should be carefully prepared, in accordance with the above ideas,

and published at so *low a price* that every working man, and every youth even, could readily obtain it. No *profits* from it, should be calculated upon, but merely a sufficient return to cover the expense of publication, in a cheap form. For *three cents a week*, or even less, a Journal of this kind could be published, sufficiently large to give a practical, familiar explanation of all the wondrous discoveries daily being made, of every kind, and which, without something of the kind, will remain mere hidden mysteries, except to a learned few.

Such a Journal as this, would indeed "*disseminate knowledge among men*," and would truly carry out Smithson's idea. Originating from a National Institution, founded for the people, it would be universally sought for, and referred to by them. If a person wished to know respecting any new discovery of interest or importance to him, he would know where to find it, so that no one need be ignorant of whatever really concerned him in that way. No such Journal, got up by individuals, would ever answer the same purpose. In the first place it could not be got up so cheaply, nor so well, and in the second place, it could not be made to have the same universal character and circulation. "*The Smithsonian Scientific Journal for the People*," would soon be looked to as the Universal Instructor and Store-house of knowledge for the people, and would be in universal use amongst them. To be all this however, it must be strictly popular, comprehensive, and *cheap*.

This is one mode then in which we think a portion of Smithson's legacy could be efficiently employed in carrying out his idea. There are of course, other modes besides, as we shall by and bye show, but we wished to suggest this one first. We wish, in short, to see knowledge of every kind put within the peoples reach, in the same way that we are now striving to give them Medical knowledge. To paraphrase an old proverb, we believe that "knowledge when kept in heaps, stagnates and becomes comparatively useless, but when spread abroad it makes the public mind fruitful." Gentlemen, Regents of the Smithsonian Institute, and Professors within its walls, are you prepared, as Smithson desired, "*to disseminate knowledge among men?*"

VIRGINIA furnishes three hundred medical students annually, and the whole South probably furnishes from 1,500 to 2,500.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

By Frederick Hollick, M. D.

Continued from Number IX.

BI.—In composition signifies twice or double, and is frequently attached to other words in anatomy, chemistry, and botany; as *biceps*, having two heads; *bicuspides*, two points, or fangs; *bilocular*, with two cells; *bivalve*, with two valves, &c.

BIBULUS.—Attracting moisture; *charta bibula*, blotting paper.

BICEPS.—Two heads. Applied to muscles from their having two distinct origins or heads.

BICHOS.—A Portuguese name for the worms that get under the toes of the people in the Indies, which are destroyed by the oil of cashew nut.

BICUSPIS.—The name of those teeth which have double points, or fangs.

BIFIDUS.—Forked. Divided into two.

BIFURCATE.—A vessel, or nerve, stem, root, &c., is said to bifurcate when it divides into two branches.

BILE.—The gall. A bitter fluid, secreted in the glandular substance of the liver; in part flowing into the intestines, and in part regurgitating into the gall-bladder.

BILIARY DUCT.—The very vascular *glandules*, which compose almost the whole substance of the liver.

BILIOUS.—A term very generally made use of, to express diseases which arise from too copious a secretion of bile: thus bilious colic, bilious diarrhœa, bilious fever, &c.

BILIS HEPATICA.—Hepatic bile. Bile that has not entered the gall-bladder.

BIMESTRIS.—Two months old.

BISTOURY.—Any small knife for surgical purposes.

BIVALVIS.—Two-valved. Applied to the valves of the absorbents in anatomy.

BIVASCULARIS.—Having two cells.

BIVENTER.—A muscle is so termed, which has two bellies.

BLASTEMA.—A bud or shoot.

BLENNORRHAGIA.—The discharge of mucus from the urethra.

BLENNORRHŒA.—A discharge of mucus from the urethra, arising from weakness.

BLEPHARA.—The eyelids.

BLEPHARIDES.—The hair upon the eyelids; also the part of the eyelids where the hair grows.

BLEPHAROPTOSIS.—A prolapse, or falling

down of the upper eyelid, so as to cover the cornea.

BLEPHAROPHTHALMIA.—An inflammation of the eyelid.

BLEPHAROTIS.—An inflammation of the eyelids.

BLISTER.—*Vesicatorium*; *Epispasticum*.—The name of a topical application, *Emplastrum*, *vesicatorium*, which when put upon the skin raises the cuticle in the form of a vesicle, filled with serous fluid. Various substances produce this effect on the skin; but the powder of the *cantharis*, or blistering fly, is what operates with most certainty and expedition, and is now invariably made use of for the purpose.

BLOOD.—*Sanguis*.—A red homogeneous fluid, of a saltish taste, and urinous smell, and glutinous consistence, which circulates in the cavities of the heart, arteries, and veins.

BOLE, ARMENIAN.—*Bolus Armenia*.—Bole Armenic. A pale but bright red-colored earth, which is occasionally mixed with honey, and applied to children's mouths when afflicted with aphthæ.

BOLETUS CERVI.—The mushroom.

BOLUS.—Any medicine, rolled round, that is larger than an ordinary sized pea, and yet not too large to be swallowed.

BOMBIC ACID.—Acid of the silk-worm.

BOMBUS.—A resounding noise, or ringing of the ears; a sonorous expulsion of flatus from the intestines.

BONE.—The hard, dry, and insensible parts of the body, of a whitish color, and composed of a spongy, compact, or reticular substance, made solid by lime.

BONUS.—Good. A term applied to plants, and remedies from their supposed efficacy.

BORBORYGMUS.—The rumbling noise occasioned by flatus in the intestines.

BOUGIE.—A term applied by surgeons to a long, slender instrument, that is introduced through the urethra into the bladder.

BOULIMUS.—A canine or voracious appetite.

BRACHIAL.—Of or belonging to the arm.

BRACHIUM.—The arm, from the shoulder to the wrist.

BRAN.—The husks or shells of wheat, which remain in the bolting machine.

BREGMA.—An old name for the parietal bones.

BREVIS.—Short.

BROMA.—Food of any kind that is masticated, and not drank.

BROMATOLOGY.—A discourse or treatise on food.

BRONCHIAL.—Appertaining to the wind-pipe, or bronchia; as bronchial gland, artery, &c.

BRONCHOCELE, OR GOITRE.—A tumor on the neck.

BONCHOTOMY.—Tracheotomy; Laryngotomy. Cutting open the windpipe.

BUBO.—A swelling of the lymphatic glands, particularly of those of the groin and axilla.

BUBONOCELE.—A species of hernia, in which the bowels protrude, at the abdominal ring.

To be Continued.

Climate of Australia.

To the Editor.

SIR,—As considerable diversity of opinion now prevails at the managing boards of various life insurance companies in London, and even amongst their referees, respecting the salubrity of our Australian colonies, whereby some offices charge an extra premium, while others accept such risks at the European rate, I shall feel obliged if you would grant a place in your widely circulated publication to the subjoined extract from the letter of a friend of mine, specially requested to make inquiry, and report on the climate of New South Wales, with its effects upon the health of residents. Having passed four years in that country, during which period he not only visited Melbourne, Sydney, and numerous ports on the sea-coast, but also made journeys into the interior; the party quoted seems, therefore, well qualified to speak authoritatively thereon. Writing last August, he says in his communication:

“Our clear skies lead people to fancy at first that Sydney, and Australia generally, is a fine climate. But it is not so; and new comers find it out soon. For six months in the year the heat is extremely exhausting; and for the six *winter* months, we have the most violent influenzas that are known. They are constant during winter, and numbers of grown people and children are carried off thereby. Nearly all deaths here are appallingly sudden. Deaths from diseases of the heart are almost peculiar to Australia, and are very frequent. Mortification also rapidly takes

place after dysentery—very common in summer—commences. Scarlet fever is very fatal; also scarlatina. Great numbers of my old acquaintances have died since my arrival here in September 1849. Even those born in the colony cannot stand the climate after a certain length of residence, unless they go to the high cool table-land of some portion of the interior, but there they are equally exposed to the ever-prevalent influenza, as well as ophthalmia. Liver complaints, and other diseases following thereon, are very common. I am therefore of opinion, that the climate is less favorable to health and longevity than cool, wet England, with her pea-soup London Fogs.”

These statements appear conclusive: However, besides the ordinary varieties of diseases which prove, in the regions referred to, so inimical to the general population, and still more remarkably amongst the often reckless frequenters of the “diggings,” it should be remembered that many of the trades-people and mercantile class, being continually exposed to influences prejudicial to their health, and even to personal dangers, during the frequent sea voyages, undertaken on business by colonial craft—not always of the best description—to the different harbors of this extensive continent, as also to the neighboring islands, whose inhabitants are often savages, and even cannibals, the constitution of such parties are very apt to suffer in consequence. Again, the repeated and sometimes long journeys made into remote districts of the interior, when travellers very often suffer great privations, and are obliged to cross rapid streams on horseback, whereby they get carried away by the flood and are drowned, must not be overlooked before forming our opinion. In addition to these casualties, as persons so occupied may be benighted in the wild bush, or even compelled to camp out in the rain all night during their excursions, to say nothing of other mishaps and accidents, if not murders, which the above correspondent reports now to be numerous, it evidently follows, from the stated facts, that Australia can be neither a desirable nor salubrious residence. Consequently, wherever life insurance offices calculate New South Wales as ordinary business, they are most likely to be mistaken, and will ultimately find such policies become universally hazardous.—Your obedient Servant,

JOHN WEBSTER, M. D., F. R. S.,

BUTTER.

The oily constituent of milk, separated by the process of churning, is one of the commonest, and when properly used, most wholesome articles of food. When fresh, that is, free from rancidity, it forms a nutritious, it might almost be said instinctive, addition to farinaceous diet. Much has been said, in writings upon diet, respecting the unwholesomeness of butter, and, undoubtedly, in certain states of the system and of the digestive organs, it is so, but for healthy individuals it is the reverse. Butter in some persons, and if immoderately used in all, gives rise to biliary derangement, partly, doubtless, from its furnishing an excess of biliary material, but also from its presence in the stomach, as observed by Dr. Beaumont, causing a flow, or regurgitation of bile into that organ. The above remarks apply to simple butter [unspoiled by cookery. When butter is exposed to gentle heat it melts; and under this condition, has obtained a reputation for indigestibility which is due rather to the quantity consumed than to its being merely put in that state which it assumes when it is exposed to the heat of the stomach. The case is very different, however, when butter has been exposed, whether alone, or combined with farinaceous articles, to a high temperature, such as that of an oven; it now becomes altered in character—empyreumatised—and is rendered very indigestible and irritating to the weak stomach. It is for this reason that baked pastry is so much more indigestible than boiled, from the greater heat to which the former is exposed. Butter, when it becomes rancid, contains various acids, which are so unwholesome that they may almost be ranked as poisons.

CONFECTIONARY.

Confectionary, literally, "things made up," is not necessarily unwholesome, if used in moderation; it is, however, too often deleterious if made with much butter, when made of bad materials, or mingled with poisonous ingredients. Baked confectionary, in which the butter or grease is rendered empyreumatic and acrid by the heat employed in its preparation, is always liable to disagree, and especially so when, as often happens, bad materials are made up and disguised with flavors of various kinds, which are often in themselves unwholesome, particularly those so largely used, such as the oil of bitter almond, peach

kernel, and laurel flavoring, which are actual poisons, when taken even in not very large quantities. Another flavoring ingredient, recently introduced, but already largely used, called "jargonelle pear," is not devoid of danger, and has been known to produce dangerous head symptoms in a child. It is made from the fassel oil obtained in distillation from grain, potatoes, &c. But perhaps the most numerous cases of injury have arisen from colored confectionary and sweetmeats, a large proportion of which are tinged with deleterious substances; the greens with arsenite of copper or Scheele's green, verdigris, or a mixture of chrome and prussian blue; the yellows by chromate of lead; the reds by vermilion, a compound of mercury, or by oxide of iron; and the whites by carbonate of lead, oxide or carbonate of zinc, chalk, or sulphate of baryta. The frosting of cakes, and the white sugar comfits, often contain a large per centage of plaster of Paris. These facts ought to make people very cautious in the use of such articles, particularly with children; and in case of sudden unaccountable illnesses, they should not forget the possibility of such causes. The color of a sweetmeat would afford some clue to the nature of the poison, and reference to the proper article in this work will show the measures proper to be adopted, in the interval of procuring medical assistance.

EEL is one of the oily fishes, and is peculiarly indigestible.

The *Practical Dentist* says that the great and all-powerful destroyer of the human teeth is acid, vegetable or mineral, and it matters not whether acid be formed in the mouth by the decomposition of particles of food left between and around the teeth, or whether it is applied directly to the organs themselves, the result is the same; the enamel is dissolved, corroded, and the tooth destroyed.

Among the reforms in Turkey induced by European influence, was that of quarantine. This occurred in 1839. In 1838 the plague had been worse in its ravages than for thirty years previously, and it was estimated that during the year 50,000 people died from it in Constantinople; and notwithstanding the quarantine worked badly at first, yet for fourteen years there had been hardly a case of the plague, and it has now ceased to be an epidemic.

FISH.

Fish, as an article of diet, generally is wholesome; it is neither so nutritive nor so heating as animal food, and on these accounts is often to be permitted when the latter is not.

Fish are classed as fresh-water, salt-water, and shell-fish. Dr. Paris remarks, "Turbot, cod, whiting, haddock, flounder, and sole, are the least heating of the more nutritive species; and the flakiness of the fish, and its opaque appearance after being cooked, may be considered as true indications of its goodness, for when the muscles remain semi-transparent and bluish, after sufficient boiling, we may reject it as inferior in value, and not in season. When fish is in high perfection, there is also a layer of white curdy matter resembling coagulated albumen, interposed between its flakes. The whiting—the chicken of the sea—is well adapted for weak stomachs, on account of the little viscosity which it possesses; it is at the same time tender, white, and delicate, and conveys sufficient nutriment, with but little stimulus to the system. The haddock is firmer in texture. Cod is not quite so digestible as the two former, but it is nutritious. Turbot is wholesome, *without lobster sauce*. Sole is tender, and yet sufficiently firm; it is therefore, easy of digestion, and affords proper nutriment to delicate stomachs. Salmon is very nutritious, but, being one of the oily fishes, is less digestible than many others—vinegar in some degree corrects the fault. Eels are always indigestible." From these observations the value of fish may be appreciated, and the qualities which entitle them to election easily understood. Firmness of texture, whiteness of muscle, and the absence of oiliness and viscosity, are the circumstances which render them acceptable to weak stomachs. Shell-fish may, without exception, be considered as indigestible. Oysters eaten raw are undoubtedly nutritive, but by some they are not easily digested. Many persons are liable to cutaneous skin eruptions after the use of some descriptions of shell-fish, and some suffer from diarrhœa.

In those places, as the coast of Norway and Sweden, where a diet of fish alone is habitual, the people are very liable to chronic cutaneous disease.

The most wholesome method of cooking fish, is by boiling; frying is not suitable for the invalid. It is well known that certain species of fish are poison at all times,

others appear to be so only occasionally, and under peculiar circumstances. Of these, the common mussel has proved more injurious than any others. The oily fishes also, such as salmon, herring, &c., when too long kept, have often given rise to symptoms of irritant poisoning.

CONDIMENTS.

Condiments are substances which are not of themselves nourishing, but which are taken along with food as seasoning, and to promote its digestion. Salt is the most extensively used, and also the most wholesome condiment; to civilized man its use is second nature, and very many of the lower animals are not only fond of it, but seek it instinctively as a necessity, and improve in health and appearance when they have access to it. The vegetable acids, vinegar, &c., are useful and wholesome in moderation, particularly with oily food. The aromatics and spices, such as cayenne, white or black pepper, ginger, &c., can scarcely be called injurious, *if used in moderation*, to healthy individuals; in debility of the stomach they are often of service, and they seem especially adapted to counteract the effects of a warm climate upon the digestive organs, and also to the constitution, acquired or otherwise, of the inhabitants. They are, however, generally used along with vegetable productions.

FLUX.

An increased discharge from any of the passages of the body, such as the bowels, lined by a mucous membrane. The term has got out of use.

NOTICES.

NEW HARMONY. *Ia.* We are especially indebted to the ladies of this place, a large number of whom are subscribers to the *Journal*, and readers of the Books. Among the names on our List we observe many well known for their intelligence and philanthropy, and we feel proud of their approbation. The only proper way to repay their kindness is to endeavor to be *useful* to them, which we trust will be in our power. Some day perhaps we shall find time to visit N. H.

A WARM FRIEND. We are happy to say that the *Journal* is rapidly and surely progressing, and that in all probability it will soon come to be considered one of the "*Institutions*" of the country.

(Other Notices next Number.)

THE PEOPLE'S MEDICAL JOURNAL.

Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of the People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The Terms of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

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Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are sure to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have an extra one sent by post, if they will let us know.

BOOKS ON PHYSIOLOGY AND MEDICINE,

By Dr. F. HOLLICK,
Forming the most complete Library for Private and Family Use ever composed.

The MARRIAGE GUIDE, OR, NATURAL HISTORY OF GENERATION.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

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No married person, of either sex, should be without this book. It is utterly unlike any other ever published, and the matter it contains can be found nowhere else. It contains numerous Engravings, and colored Plates, designed especially for this work, and showing many of the new discoveries, as well as Anatomical details and Physiological processes.

THE Male Generative Organs, In Health and Disease, from Infancy to Old Age.

A COMPLETE practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—Adapted for every Man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which every man is more or less liable, and from which in fact but few entirely escape.

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This work is also fully illustrated, both with Engravings and with colored Plates, and an introductory chapter gives an epitome of all the new discoveries respecting the Female system and Generation. No other work at all like this was ever published. No man should be without it, young or old.

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THEIR causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE! Illustrated with colored Plates, and with numerous Engravings.

If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand. Hundreds of females have stated that they discovered the true cause of their sufferings, for the first time, in this book, and numbers have successfully treated themselves, by the directions given therein, after all the doctoring they had undergone, had been found to be useless or injurious.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

☞ No Female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods, and how to ascertain them. The different positions. The progress of delivery, &c., &c. Separate chapters are given on the signs of Pregnancy, Miscarriage, &c.,--and in short everything connected with that important and interesting phenomena is fully explained. It is beyond question the best Manual of Midwifery ever published. No Married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE ON
VENEREAL DISEASES,
IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid COLORED PLATES, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race! Few persons know how important it is for all to understand them, and very few, even among Medical men, are aware how easily they can both be prevented, and even annihilated from our race!

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Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,

Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

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In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

Regular chapters will be given in each number, on *Physiology, Pathology, Anatomy, Medical Botany*, and the *treatment and prevention of Disease*, so written that all can understand them. Also others on the *origin, action and mode of compounding* all known *Drugs*, with their *common and scientific names*, and *how and when to prescribe* them. A full translation will be given of the *Doctor's Dog Latin*, and *mysterious marks*, so that any one can know how to *read a prescription*, and tell what it is made of! This has never been done before, and few persons can imagine what a mass of *absurdity and imposition* this *mystery and secrecy* covers. The *People's Medical Journal*, however, will make it all plain, and thus commence what has been so long needed, A TRUE MEDICAL REFORM, which can never be expected while the people themselves remain ignorant.

All the principal *Patent Medicines* and *popular remedies* will be analyzed, and their composition stated. Numerous valuable *Recipes* will also be constantly given, suitable for all diseases, and remarks made on their use.

The *People's Medical Journal* belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of *monopoly and mystery* will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of *Physicians*, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting *new discoveries*, and *cases*, till years after they have become *old* to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

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Published Monthly, at 3 cents per Number, or 25 cents per Year.

THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. XI.

MAY, 1854.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



Plate 1.—LIVERWORT.



Plate 2.—PUCCOON.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

MEDICAL BOTANY OF THE UNITED STATES.

In the present Number we commence a series of articles, descriptive of the principal Medical plants of the United States, with views of them, drawn from nature, so that any one can recognise them. Their sensible properties and medical uses will be fully described, and the diseases pointed out for which they are suited. The number and variety of Medicinal plants in our Country is but little known, and their powers are but little appreciated even by Medical men. Without going so far as some of the exclusive Botanists, who often become as bigoted and intolerant on the *Vegetable* system, as any of those they condemn have ever been in the *Mineral* system, we can still do full justice to the true value of plants in Medicine, and show how their use may be extended.

A complete popular work on this subject has never yet been written, though it has long been needed and called for, but we hope now to supply the deficiency. For many years past we have studied the Medical Botany of the United States most attentively, for this very purpose and are now prepared to speak, in regard to most of the plants named, from personal experience of their powers and uses. It has been necessary not only to *learn* but to *unlearn*, for there is, in the community at large, as much error as ignorance in regard to the uses of plants. Old traditions, and vulgar superstitious notions, still prevail on this subject, instead of actual knowledge, based upon experiments and observation.

The way to make the different preparations of Medical plants, such as *Extracts*, *Tinctures*, *Teas*, &c., will be explained in separate articles—these being intended only to describe the plants and their uses. It will be necessary, however, to say, a few words on the procuring of plants, and for this purpose we cannot do better than quote the following remarks from "Griffith's Medical Botany."

COLLECTION AND PRESERVATION OF PLANTS.—Vegetables used as medicinal agents, should as far as possible, be collected every year, and those previously obtained, rejected, as many vegetable substances are altered and deteriorated by keeping. A variety of circumstances exercise an influence on the activity of a plant, as the locality in which it grows, the season of the

year, and its dryness or wetness, its natural or cultivated state, &c. As a general rule the time for collecting a vegetable substance depends on the part of it required for use.

Plants should never be gathered for medicinal purposes whilst very young, as their peculiar principles have not had time to become developed, and hence they are in most cases inert; thus the young shoots of the Poke, or of the *Asclepias*, are used as substitutes for *Asparagus*, and can be eaten with impunity, whilst at a later period, they are possessed of acrid and purgative powers. The influence of soil is very remarkable. Most of the *Umbelliferæ* growing in a dry soil are aromatic, whilst those peculiar to wet places, are narcotic and poisonous. The *Cruciferæ* thrive best in damp places, but the *Labiatae* are principally found in dry situations. The same plant is much influenced by a difference of locality; thus it is stated, that *Cinchona* obtained from trees growing in low situations, is always of inferior quality, whilst the bark from the same species, but inhabiting a high and airy spot, is possessed in the fullest degree of those properties for which this article is esteemed.

Cultivation also exerts the greatest influence on the constitution of vegetables, and in almost every instance deteriorates their active, but increases their nutritive qualities. Thus, it is found that by cultivation, the dry and tasteless sarcocarp of many of the *Pomaceæ* and *Drupaceæ*, becomes pulpy and grateful to the palate, and the unpleasant and narcotic juices of the *Celery*, become bland, aromatic, and mucilaginous. Hence, as a general rule, plants should be collected where they naturally grow, as their active virtues are there most strongly developed. There is one striking exception to this, in the *Labiatae*, their aromatic flavor being much enhanced by cultivation.

ROOTS.—The roots of annual and biennial plants should be collected in the autumn; the first before the decay of their stem, and the latter on the disappearance of the leaves of the first year. Those of perennial vegetables are best collected in the winter, or early in the spring. All intended to be kept, must be carefully washed and dried; where the root is large and succulent, it must be cut into slices. The

aromatic roots should not be scraped, as many of their odorous and active qualities reside in the epidermis.

STEMS.—These are either herbaceous or ligneous; the former are to be gathered after the formation of the leaves, and before the appearance of the flowers. The latter should be procured in the winter, as at this time the wood furnishes a greater quantity of extract.

BARKS.—They are to be collected at the season when they can be most easily separated from the wood. They should in all cases, be procured before the flowers are produced, or after the reproductive process is terminated, as during the time the plant is elaborating the organs necessary to that function, all its powers are directed to that purpose, and other portions of its structure are deprived of their usual proportion of proper juices. Barks should not be taken from very young or very old plants; in the first case they have not attained their full powers, and in the second, they have lost them; and the quantity of soluble matter in them becomes diminished. The desiccation of stems and barks requires no remark.

LEAVES are to be collected after the flowers are expanded, and before the seeds ripen. An important remark on the collection of the leaves of the biennial narcotic plants has been made by Mr. Houlton. He states that they do not attain to their full powers, until their second year, and that those of the first year's growth are mucilaginous and inert (*Jour. Roy. Inst.* i. 196). The drying of leaves must be so conducted as to preserve their natural color, and therefore they should never be exposed to the direct action of the sun. Mr. Battley, who has paid much attention to this subject, gives the following directions. 'The leaves being in a high state of preservation, and entirely freed from the stalks, and as much as possible from external moisture, must be laid in thin layers in baskets of willow stripped of its bark in a drying room, from which light is to be excluded. They should then be exposed to a temperature of not less than 130° to 140° F. for three or four hours, or until they begin to shrivel. They are then to be turned, in the same temperature, and the heat kept up for six or eight hours longer, when the operation is generally finished, which is known by the leaves crumbling without much difficulty in the hand. If the process has been in all its parts properly managed, the result will be that the leaves retain a beautiful green

color, and also, in a high degree, the medical properties of the plant to which they belong," (*Lond. Med. Repos.* xiv. 429.) They are to be kept in proper vessels, and carefully excluded from light and moisture. If they are to be used in the form of powder, it is better to powder them as soon as they are properly dried, and to preserve the powder in well-closed opaque bottles.

FLOWERS.—It is very difficult to dry flowers so as to keep both their color and odor. Some are incapable of complete desiccation, without at the same time destroying their active qualities. Others may be dried with facility and without deterioration, in the manner directed for leaves. To preserve both flowers and leaves, the plan of compressing them, as practised by the Shakers, answers a very good purpose; by this mode many leaves and flowers are kept in a very efficient condition; but it is essential that they be deprived of moisture before they are subjected to the pressure, otherwise they become mouldy and deteriorated.'

Plate 1.—HEPATICA.

Common names, *Liverwort*, *Liverweed*, and *Trefoil*.

This is a common plant, growing very generally in the Northern parts of both Asia and Europe, and in America, it is found from Canada to Carolina, and from the Atlantic to the Pacific. Its scientific name is *Hepatica Triloba*, or three leaved Liverwort. There are two varieties which differ very much in their appearance, and have been considered by some as distinct species, but their properties are the same. One has the lobes of the leaves rounded, while those of the other are somewhat pointed.

The flowers of the *Hepatica* are purplish, and sometimes white. They are among the first to appear in Spring, and are quite delicate and pretty.

The old leaves last all the Winter, but a fresh crop springs out as soon as the flowers are shed.

The most usual place of growth of this plant is on the sides of wooded hills, or among rocks, if there be any wood mould.

Liverwort has no scent, and scarcely any taste, though it is a little astringent, with some mucilage. Its medical powers are but slight, notwithstanding its ancient renown. It is merely a mild astringent, and emollient. It may be made into *Tea* and used in almost any strength and quantity in coughs and colds.

In former times, this plant had most astounding virtues ascribed to it, whether used externally or internally. It was thought capable of curing Rupture, Palsy, and all kinds of Liver complaints. Now, however, it has fallen into disuse, except among those who go by tradition. The old herbalists used to say, "this plant has the form of the Liver, and therefore it will cure Liver complaints," and upon this notion alone has its reputation been founded. It has really very little Medical power, and the syrups and other popular compounds of *Liverwort* would be just as efficacious without it. In fact, many of them have nothing of the plant but its name, which is taken merely to impose on the public credulity and prejudice.

Plate 2.—HYDRASTIS.

Common names *Ground Raspberry*, *Yellow Root*, or *Yellow Paccoon*.

This is a North American Plant, and is found principally to the West of the Alleghanies, though met with occasionally in other places. The Indians used it as a Yellow Dye, and it is said to be a very good one. They also used it medicinally.

The flowers appear in April and May, and are followed by a kind of red berry, which, however, is not eatable.

The *Hydrastis* is an excellent bitter tonic, and may often be used with advantage in *Dyspepsia* and *Debility*, or after *Fevers*. A wash made of it is used in the West, with some advantage, to weak or sore eyes, and it has also been employed, with other matters, in *Cancer Powders*, but there is no evidence at all that it is of the slightest use in this disease. It may be used either in the form of *Tea*, *Tincture*, *Powder*, (when dried,) or *Syrup*, and in such quantities as the stomach will well bear. When fresh it is also slightly *Narcotic*.

This plant is well deserving of more extended observation, and it undoubtedly has considerable power. It may be safely experimented with, and is suitable to most cases of internal weakness, or as a wash to any kind of sores.

To be Continued.

ASPARAGUS.

Asparagus, when young, well boiled, and not overloaded with melted butter, is wholesome and digestible; it gives a peculiar odor to the urine. Its peculiar vegetable principle, *asparagin*, contains nitrogen.

ABSTINENCE.

Abstinence may be a great good or a great evil. In those who live fully and freely, eat much animal food, and drink malt liquor or wine, no remedy is more useful either in their peculiar ailments, or in general sickness, than abstinence. If the constitution be tolerably sound, nature will right herself, if left unopposed; many a dose of medicine may be omitted when such patients can be persuaded to "starve." More persons hurt themselves by excess than by the reverse, but not a few do themselves much injury by too great abstinence. They are generally individuals of weak digestive power, who, finding that the less they give the stomach to do, the better they feel, run into the extreme, and consume barely sufficient food to support health; and the general system suffers; the stomach, the liver, the bowels, the blood, and circulating system, are insufficiently supplied with stimulus, they act, and react on one another, the general tone is permanently lowered, and perhaps organic disease originated. This error has been fostered by medical authorities, and the case of *Cornaro* and others held up as examples of the health and longevity to be attained by extreme abstinence. Undoubtedly some men will retain health, and strength on much less nourishment than others, but with most, a tolerably liberal supply of varied food is requisite, and they cannot lower the standard permanently, without injury. Living moderately, instead of stinting the whole body to favor the stomach, they ought by exercise, relaxation, and other means, by medicine, if requisite, so to strengthen the organ, that it may comfortably digest sufficient for the wants and support of the whole body. By acting on the reverse, nothing is gained eventually, for the stomach participating in the general debility, becomes daily more unfit for its office. The effect of abstinence on those who practice it on religious grounds, is too often most injurious, and lays the foundation of organic disease of the stomach.

CABBAGE.

Cabbage, as an article of diet, is not only wholesome but extremely nutritious; it is, however, only suited for persons of good digestive powers. From the extreme liability of cabbage to pass into a state of putrefaction it should always be used as fresh as possible.

RECIPES

For most of the celebrated Empirical Medicines, including the Patent Quack Remedies, and also those of celebrated Practitioners.

By F. Hollick, M. D.

Continued from No. X.

STANDERT'S RED MIXTURE.—Carbonate of magnesia 4 dr., powdered rhubarb 2 dr., tincture of rhubarb 1 1-2 oz., tincture of opium 1 dr., oil of aniseed 24 drops, essence of peppermint 30 drops, water 1 1-2 pint; mix. A popular remedy for bowel complaints in the west of England.

STEERS' OPODELDOC.—1. Rectified spirit a quart, Castile soap 5 oz., camphor 2 1-2 oz., oil of rosemary 2 1-2 dr., oil of origanum 5 dr., weaker ammonia 4 oz.; digest till dissolved, and pour while warm into wide-mouthed bottles.

2. Rectified spirit 8 pints, white soap 20 oz., camphor 8 oz., water of ammonia 4 oz., oil of rosemary 1 oz., oil of horse-mint 1 oz.; dissolve the soap in the spirit by a gentle heat, and add the other ingredients. Bottle whilst warm.—**PHIL. COLL. OF PHARMACY.** For sprains and pains of all kinds, to be well rubbed in.

STOREY'S WORM CAKES.—Calomel 1 scruple, jalap 1 dr., ginger 2 scruples, sugar 1 oz., cinnabar to color, syrup q. s. to form 10 cakes. Dose, one or two.

STRUVE'S LOTION FOR HOOPING COUGH.—Emetic tartar 60 gr., water 2 oz., tincture of cantharides 1 oz.

WARBURG'S FEVER TINCTURE.—M. Fuchs gives the following recipe for imitating this secret remedy:—Hepatic aloes and zedoary root, of each 2 dr., angelica root and camphor, of each 2 gr., saffron 3 gr., proof spirit 3 oz. In 25 dr. of the filtered tincture dissolve 30 gr. of sulphate of quinine.

WARD'S ESSENCE FOR THE HEADACHE.—Spirit of wine 2 lb, roche alum, in fine powder, 2 oz., camphor 4 oz., essence of lemon 1-2 oz., strong water of ammonia 4 oz.; stop the bottle close, and shake it daily for three or four days.

WARD'S RED PILL.—Glass of antimony levigated with a fourth of its weight of dragon's blood, made into a mass with wine, and divided into pills of a grain and a half each; one pill is a dose, on an empty stomach. In foulness of the stomach and bowels, and obstinate rheumatic disorders.

WARD'S DROPSY PURGING POWDER.—Jalap 1 lb, cream of tartar 1 lb, red bole 1 oz.; mix; dose from 30 to 40 gr. in broth or warm beer, repeated for two or three days, or oftener if necessary.

WARD'S SWEATING POWDER.—Similar to Dover's Powder.

WARNER'S CORDIAL.—Rhubarb 1 oz., senna 1-2 oz., saffron 1 dr., liquorice 1-2 oz., raisins 1 lb, brandy 3 pints; digest for a week, and strain.

YOUNG'S PURGING DRINK.—Carbonate of soda, in crystals, 2 1-2 dr., cream of tartar, in crystals, 3 dr., water 8 oz.; put it into a stone bottle, and secure the cork.

♦♦♦♦♦
ATROPHY.

Atrophy, Wasting—may be either general or local. General atrophy is in one sense natural to advanced life, when the powers of nutrition being diminished, the muscles, the brain, the organs generally, shrink. There may be fat, but at the same time much atrophy of the other bodily components. Atrophy occurring earlier in life, without *obvious* cause, ought to be regarded suspiciously. When an individual, without departing from ordinary habits, begins to lose flesh, the cause ought to be looked for, and if the change continue, the person should be submitted to a thorough medical examination, and the existence or not of incipient disease, if possible, ascertained. In young children, atrophy occurs as a consequence of faulty digestion, most frequently from improper feeding; it also is the result of a diseased condition of the glands of the belly, through which the nutrient portion of the food passes on its way to the general circulation. For this condition, cod-liver oil is *the* remedy, given in teaspoonful doses twice a day, to an infant six or eight months old, and the same quantity well rubbed into the skin of the abdomen night and morning. Some medicines, such as iodine, have the power of causing local or even general atrophy.

Local atrophy is liable to occur from various causes. Whatever diminishes a supply of blood to a part, will cause it to waste. Pressure on the main artery of a limb, obliteration of the smaller vessels of a part by previous inflammation, disuse of a member from paralysis or any other cause, are all followed by diminution in size of the part affected.

♦♦♦♦♦
ELM-BARK, from the well-known tree, has been used as a remedy in skin diseases.

BACCHUS BETRAYED OR THE DRAM DRINKER'S MONITOR,

Being a complete exposure of the Artificial Manufacture of all kinds of Liquors, Wines, Cordials, Ale and Porter, as practised both in this country and in Europe, with a Medical description of the different Drugs used in Adulteration, and the means of detecting them.

By **Frederick Hollick, M. D.**

Continued from Number X.

The Manufacture of Liquors from Impure Whiskey, by concealing the Taste and Odor of the Grain Oil.

These liquors are the cheapest, and *worst* of all that are made. They are such as are sold in most drinking saloons, and are often made by the retailers themselves. All the Rot Gut Fusel Oil is retained, and frequently many other impurities also. To disguise them there are added more or less of the various matters formerly described, according to the Liquor desired to be imitated. The following Recipes for making various Liquors, are taken from the work of *Pierre Lacour*, a French Manufacturer, which has been recently translated, and published in this country.

COGNAC BRANDY.—One barrel of whiskey, say forty gallons, add tincture of grains of paradise, one quart; powdered mucilage of slippery elm bark, two thirds of a pint; oil of lemon, eighty drops; well rubbed in an ounce of dry white or brown sugar, and added to the liquor; then add six ounces of acetic ether. If this brandy is desired of a very deep color, it can be rendered so by the addition of a pint of the tincture of cochineal or sanders wood, and the same of burned sugar. (Grains of Paradise are very poisonous.)

NEW YORK BRANDY.—Common rectified whiskey, forty gallons; water six gallons; tincture of the grains of paradise, three quarts; decoction of strong tea, two quarts. Color with a quart of tincture of beet root, and one pint burnt sugar, then add nitric ether, five ounces, with fifteen drops of oil of wintergreen, dissolved in the ether.

The use of fine or delicate aromatics, such as oil of wine, orris root, &c., would be lost if added to a spirit containing fusel or grain oil.

OLD PEACH BRANDY.—Common rectified whiskey, forty gallons; tincture of grains of paradise, three pints; powdered catechu, four ounces; mucilage of slippery elm, two thirds of a pint; take half a pound of hulled peach kernels or bitter almonds, and beat them to a powder, and allow them to infuse in a gallon of the whiskey for nine days, and then add sulphuric ether, one ounce; acetic ether, three ounces; oil of lemon, fifty drops; dissolve in the ether,

one grain of ambergris well rubbed up in sugar, and the whole well mixed and colored as for other brandies. But the new mode consists of coloring this brandy yellow, with a half ounce, or more if the color is desired of a deeper yellow, with gamboge. If the whiskey used for this purpose, should be bright or clear of coloring, the brandy will be of a fine yellow color, but if the whiskey should be colored, as it usually is, the tincture of red sanders wood and burnt sugar should be added to bring the spirit to the usual color of the common brandies, allowing the red color to predominate.

APPLE BRANDY.—Common rectified whiskey, forty gallons; tincture of strong tea, half a gallon; sulphuric acid, (Oil of Vitrol,) one and a half ounces; ascetic ether, five ounces, and ninety drops oil of wintergreen dissolved in ether. Color to a light brown with burnt sugar.

CHERRY BRANDY.—Rectified whiskey, twenty gallons; tincture of grains of paradise, one gallon; powdered catechu, six ounces; water, sixteen gallons; refined sugar, from forty to eighty pounds; sulphuric acid, four ounces. Oil of bitter almonds, one drachm; twenty drops oil of cinnamon—these oils are to be dissolved in four ounces of alcohol, and added. The sugar is to be dissolved in sixteen gallons of water. This is to be colored with one ounce of cochineal, to digest in a gallon of warm water for a few days, or until the coloring is completely extracted; then add two ounces of powdered alum, and then strain the infusion, and add it to the brandy. If this brandy be made with two and a half to three pounds of sugar per gallon, it will make a superior article of brandy, or if honey be substituted for sugar, in the same proportions.

BOURBON WHISKEY.—Rectified whiskey, thirty gallons; tincture of grains of paradise, one gallon; water, 9 gallons; mucilage of slippery elm bark, one half pint; acetic ether, three ounces; oil of wintergreen, fifteen drops dissolved in the ether. This whiskey has the color usual to all rectified whiskeys.

To be Continued.

ROANOKE RYE WHISKEY.—Rectified whiskey, thirty gallons; water, nine gallons; decoction of strong tea, one gallon; grains of paradise tincture, half gallon; ten drops each of the oils of wintergreen and lemon, are to be dissolved in three ounces of alcohol, and added. The whiskey used as the base of this formula will contain sufficient coloring for the entire mass.

MONONGAHELA.—Rectified whiskey, thirty gallons; grains of paradise tincture one and a half gallons; catechu, five ounces; water, nine gallons; sulphuric acid, one ounce; oil of lemon, one dram, dissolved in four ounces of acetic ether; rub up half a grain of ambergris in an ounce of sugar, and mix the whole. This whiskey should have a slight tinge of red in it from sanders wood. Supposing the spirit to be perfectly transparent, half a pint each of tincture of red sanders and burnt sugar would answer for coloring.

TUSCALOOSA WHISKEY.—Rectified whiskey, thirty-nine gallons; tincture of grains of paradise, a half gallon; powdered catechu three ounces; fifteen drops of oil of wintergreen dissolved in four ounces of nitric ether. This whiskey should be of a very pale color.

OLD RYE WHISKEY.—Rectified whiskey thirty-two gallons; tincture of grains of paradise, three quarts; decoction of strong tea, two quarts; water, seven quarts; make a pint of common wheat flour into a smooth paste with water, add this to the barrel; then add ten drops oil of wintergreen, dissolved in two ounces of alcohol. This whiskey should have but a slight color, partaking of a reddish derived from sanders wood.

The most convenient mode of preparing the tincture of sanders wood is to infuse the wood in a pulverised state in clear whiskey; if the tincture should appear heavy or cloudy, it will have to be filtered through sand; but if the sanders wood contains no impurities, and the spirit that is used for digesting it is bright and clean, the cloudiness alluded to will be prevented. The burnt sugar should be strained before using.

SCOTCH WHISKEY.—Rectified whiskey, thirty-nine gallons; tincture of grains of paradise, half gallon; powdered catechu, three ounces. Color with burnt sugar, and add thirty drops creasote.

IRISH WHISKEY.—Rectified whiskey, thirty-nine gallons; tincture of grains of paradise, three pints; powdered catechu, three ounces; tincture of pellitory, two

ounces; creasote, thirty drops. Color with burnt sugar as for common whiskey. These two last named liquors should be put up in the same packages that the genuine was imported in.

HOLLAND GIN.—Uncolored whiskey, thirty-five gallons; tincture of grains paradise, three quarts; nitric ether, four ounces; oil of juniper, one dram. Dissolve the oil in the ether, and mix.

NEW YORK GIN.—Clear, bright whiskey, thirty gallons; clear bright tincture of the grains of paradise, one gallon; water, ten gallons; oil of juniper, one dram. Dissolve in two ounces of alcohol.

The tincture of the grains of paradise should be well strained, to insure transparency. The most common mode of treating gin, is to add about twelve ounces of sweet spirits nitre to every thirty gallons of spirit. This gives an artificial strength, but the nitre is injurious to health. (That, however, is of little consequence to the Liquor maker.)

DOMESTIC BRANDY.—*New York Brandy.*—Cleansed alcohol, thirty gallons; water, forty gallons; tincture of Guinea pepper, two gallons; mix nitric ether, two ounces; acetic ether, three ounces; one ounce sulphuric acid. Color with red beets and burnt sugar. (Cheap enough.)

COGNAC BRANDY.—Cleansed alcohol, forty gallons; water, thirty-five gallons; one gallon of strong tea, and one gallon of tincture of grains of paradise; twenty pounds white or clarified sugar, dissolved in the thirty-five gallons of water before adding to the spirit; add two quarts of prune spirit, and three ounces of acetic ether. Color with a quart of burnt sugar, and a pint of tincture of sanders wood. "This is strong brandy." (And good, for them that can sell it.)

PINEAPPLE BRANDY.—Clean alcohol, thirty-five gallons; water, forty gallons; mix. Tincture of the grains of paradise, one gallon; tincture of pellitory, one pint; six common sized red beets, sliced; one and a half pints of sugar coloring; five ounces of butyric ether. If this is not convenient, add two quarts of Jamaica rum, and six ounces of acetic ether, with five drops of oil of cloves rubbed up in a couple of ounces of sugar, and mix.

(These Recipes are given as fair specimens of the genuine imported Liquors sold in our Saloons! *Raw-Rot-Gut-Whiskey—Grains of Paradise,—and Oil of Vitrol,—all poisons,—are the main strength of most of them—as Sam Weller says, "all the difference is in the seasoning."*)

THE PEOPLE'S MEDICAL JOURNAL.

MAY 1, 1854.

Medical Colleges, and Universities.

Many persons are unaware of the fact, that our Medical Colleges, our Universities, and other Educational establishments, are more or less supported by grants of money from the State Treasury, although they are not, like common schools, open to all alike. The argument brought forward in support of this practice is that they produce learned professors and practitioners of medicine and other sciences, whose services are necessary to the public welfare, and who, without such institutions, so supported, would not be produced. It has, however, always appeared to us that this practice has run very much into abuse, and that the people do not receive for their money what they are justly entitled to, while many persons have facilities given to them for promoting their own private welfare at the public expense.

When a man becomes a member of the medical, or any other profession, he does so for his own private advantage. He takes up the profession as a *Trade*, to get his living by it, the same as other men do by the building of houses, or the making of clocks. Now, no good reason can be given why the *State* should help to make some men *Doctors*, or scientific Professors, any more than it should help to make others blacksmiths, or tailors. It is not acting fairly to give the mass of the people only a common school education, and at the same time to give others, or help to give them, a learned profession. I know it is said that common trades would always be learnt, but that *Doctors*, and other learned men, would not be made without this kind of help were given them, and that therefore it is for the general good to give them help. This, however, is a fallacy, as every one will see upon reflection. These professioners *pay well*, both in honor and cash, and while this is the case men are sure to qualify themselves for them! Whatever men can live by they will study, and they will study most attentively, that which gives the best living. The *State* does not help to make engineers, founders, or members of other useful and necessary trades, but still there are always plenty of them, and of first-rate qualifications too. Such would be the case also with the *Medical*, and other professions, if they had not been pampered, and

put upon a false basis. The *State* should give the best possible *Education* to all, but it should not teach a few persons the mysteries of a *profession*, by which they are afterwards to get their living. Especially should the *State* not teach *Medicine*, any more than it should teach *Theology*, because it is not an *exact science*, like *Mathematics*, but is mainly a collection of *Theories* and *Dogmas*, at variance with each other, and constantly changing. If the *State* helps to support an *Allopathic College*, it ought also to help a *Homœopathic* one, or a *Thompsonian*, or any other, on the same principle. Men need not fear but that *well educated* people will always manage to acquire every kind of knowledge that can be made *useful*, or *profitable*, and in all cases *private enterprise* will produce whatever the public requires, better than *State Institutions* can. In short, *State help* is not needed to produce *Doctors*, any more than it is to produce shoe-makers or weavers.

Besides the injustice of the thing, our present practice is also *impolitic*. These *State-propped Colleges* are always rickety affairs, constantly out of joint, and in difficulties. The *Professors* wrangle with each other, and the students form hostile *parties*, all riding different hobbies, and each considering the others to be mere ignoramuses. All this, likewise, discourages *private enterprise*, and gives a false importance to pretensions that are often utterly worthless.

Eventually the people will see this and the present system will certainly be changed. In the meantime, however, as the *Medical Colleges* do receive *State support*, let us see how they can be best made to give the public some return for it. The making some hundreds of men *Doctors* every year, is not enough; a great deal more should be done, and we think the following suggestions may indicate something in the way of good that can be accomplished very readily.

Take *New York State* for instance. We have many *Medical* and other *Colleges*, with all the necessary apparatus, and with a full corps of *Professors*, maintained to a great extent, by *State aid*. Notwithstanding that they are mainly intended for *private benefit*.

Now we propose that in every case when a *College* is aided by the *State*, it shall, as far as possible, be made available for the general good.

For instance, when we have *Professors* thus supported, let it be made imperative

upon them to give, at proper times, *popular Lectures*, for the instruction of *the people*, besides these that they give to the regular students. Let it be enjoined upon them to give plain and familiar explanations upon Anatomy, Physiology, Chemistry, or whatever else they teach at regular stated periods, so that all can become acquainted with their matters who derive it. In this way they would become really useful, and the public would have some return for their money. Some of them might also follow out the suggestion given in our last Number, as to the writing of cheap popular scientific books, and periodicals, of all kinds to be supplied to the people at a low cost.

If something of this kind is not done soon our Colleges and Universities will be left to themselves, and the *common schools* will be so extended and improved as to supercede them. All the people could ready be taught a knowledge of Anatomy, and Physiology, and the laws of health, and this would *prevent* far more diseases than our Medical Professors could ever *cure*.

AMAUROSIS.

Amaurosis, the gutta serena of Milton, is total or partial blindness, depending upon disease of some portion of the nervous connexions of the eye. The retina, the brain, the connecting nerve, may any of them be the seat of the disease. The appearance of the eye is unaltered beyond the dilation of the pupil, which gives it a peculiar dark, deep look, but the expression is unmeaning. Persons who exercise the eyes much on minute objects, or who are much exposed to the glare of intense light, are liable to become amaurotic, but in such cases, the disease is mostly the result of some amount of inflammation going on within the eye itself, and if taken in time, is remediable. A person threatened with amaurosis, first observes, in the day time, dark motes or specks floating, as it were, before the sight, at first distinct from one another, but gradually becoming connected, and forming, as it were, a thicker and thicker veil as the sight becomes obscured. In the dark, the motes or specks frequently appear luminous. Sudden flashes of light appearing is a symptom not unfrequent; there is usually pain in the eye and head. It must not be supposed, however, that every one who sees motes or specks is becoming amaurotic, some persons have this peculiarity of vision, either habitually, or whenever the stomach is disordered. In addition to the

causes above stated, amaurotic blindness, may be the result either of overfulness of blood, or of the contrary condition, of disease of the brain, of indigestion, sexual excess, hysteria, gout, overnursing, &c. In such a disease, requiring the nicest discrimination of the medical practitioner as to cause, before he can adopt appropriate treatment, no unprofessional person is qualified to interfere. An individual threatened with amaurosis, cannot too soon submit himself to skilled advice, and should let no consideration stand in the way of his doing so as quickly as possible. Should distance, or any unavoidable cause, occasion delay, all exercise of the eye should at once be stopped, the general health and condition of the bowels attended to, and unless there is evidence of *extreme* weakness, all stimulants avoided; if the patient is a nursing female, the child must be weaned at once. Amaurosis, or blindness without obvious cause, coming on suddenly in a person of *full habit* of body, is always a grave symptom, and, as in such a case, every minute may be valuable, if medical aid cannot at once be got, six or eight leeches may safely be applied to the temples, an active purgative of twenty grains of jalap, and four or five of catomel is to be given at once, and after the leeches, cold applied to the head; perfect quiet being observed. All further treatment in this disease must depend on the individual judgment of the medical attendant.

Remarkable Case of Dropsy.

On the 14th ult., Mrs. Nancy B. Fairbanks died in Sterling, at the age of 56 years, of dropsy, after having submitted to thirty operations in a little more than seven years, each operation averaging a discharge of 20 lbs. 1 3-4 oz. of water, as follows:—

Pounds.		Pounds.	
1846. Sept. 23 --- 23		1851. June 8 --- 15 1-2	
Nov. 5 --- 27 1-2		Sept. 10 --- 25	
Dec. 18 --- 25		Nov. 12 --- 28	
1847. April 14 --- 17 3-4		1852. Feb. 25 --- 19 1-2	
1848. April 23 --- 15		May 9 --- 15 1-4	
Sept. 5 --- 16		July 31 --- 21	
1849. Feb. 25 --- 17		Oct. 3 --- 20	
May 11 --- 17		Dec. 19 --- 28	
Aug. 25 --- 19		1853. Mar. 13 --- 15	
Nov. 5 --- 19		May 22 --- 14	
1850. March 3 --- 23		July 28 --- 21	
July 7 --- 23		Sept. 11 --- 15	
Oct. 26 --- 26		Nov. 13 --- 20	
Dec. 22 --- 19		Dec. 25 --- 19	
1851. Mar. 30 --- 22		1854. Mar. 12 --- 18	

Total number of pounds ----- 603

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the name by which they are known, both common and professional.

Continued from Number X.

Ammonia Acetas, *Ammonia acetatis aqua. Ammonia acetatis liquor.*
Solution of acetate of Ammonia: *Mindererus Spirit.*

A transparent, colorless liquid, with a very faint odor, and a cooling, saline taste.

Aqua acetatis ammoniae operates as a diaphoretic with much certainty, and is very generally employed with that intention in febrile and inflammatory affections. Its operation should be promoted by the use of warm drinks, and by the surface of the body being kept warm, as otherwise it is apt to pass off by the kidneys. This solution possesses the advantage of not exciting the circulation in any considerable degree, a property which renders it peculiarly adapted for fevers. Dose, from half an ounce to an ounce. Must not be used with acids; potash and soda, and their carbonates; lime-water; nitrate of silver, and acetate of lead.

CATAPLASM WITH ACETATE OF AMMONIA.—R Extract of hemlock one ounce, extract of henbane half an ounce, powder of bella donna one dram, solution of acetate of ammonia sufficient to form a cataplasm. Has been found useful in ulcerated sores.

Ammoniae Carbonas, *Ammoniae Sesquicarbonas. Carbonate of Ammonia; Sesquicarbonate of Ammonia.*

A solid white salt, in semitransparent fibrous cakes or fragments; with a pungent ammoniacal odor, and a caustic alkaline taste.

As an antacid, it may be employed in dyspepsy; but where flatulence is present, the use of the carbonate is objectionable. Carbonate of ammonia is also administered with much advantage in the lithic acid diathesis; and in diabetes it has been employed with much success. Must not be used with acids, calcareous salts, and the salts of iron, zinc, lead, and mercury; but sulphate of magnesia is not incompatible with carbonate of ammonia.

POISON OF CARBONATE OF AMMONIA.—

1. Carbonate of ammonia ten grains, cinnamon water one ounce, tincture of allspice half a dram, syrup of saffron half an ounce, *Mix.* To be taken before going to bed.

2. Compound tincture of ammonia two drams and a-half, camphor water seven ounces, tincture of castor one dram, simple syrup three drams. *Mix.* Two spoonfuls in an hysterical attack.

PILLS OF CARBONATE OF AMMONIA.—Carbonate of ammonia, powdered capsicum, cloves, mace, each, one scruple; oil of caraway five drops, extract of gentian twelve grains, simple syrup sufficient, to form twenty pills. One every two hours in gout in the stomach.

DRAUGHT WITH CARBONATE OF AMMONIA.—Valerian one scruple, carbonate of ammonia ten grains, cinnamon water two ounces. *Mix.* To be taken every four hours, in depression of the spirits and nervous headache.

MIXTURE OF CARBONATE OF AMMONIA AND GINGER.—Powdered ginger fifteen grains, carbonate of ammonia eight grains, spirit of cinnamon two drams, water one and a-half ounces. *Mix.* To be taken in gout or cramp in the stomach.

DROPS OF CARBONATE OF AMMONIA.—Carbonate of ammonia twenty parts, oil of lavender one part, alcohol four parts. *Distill.* Dose, thirty or forty drops in nervous headache.

COMPOUND TINCTURE OF AMMONIA.—Mastic two drams, alcohol nine drams, oil of lavender fourteen drops, oil of amber four drops, strong water of ammonia one pint. Dissolve the mastic in the alcohol, and filter; add the other ingredients, and agitate them well.

Ammoniae Hydrosulphuretem, *Hydrosulphuret of Ammonia. Hydro-sulphate of Ammonia.*

A greenish yellow, very fetid liquid, emitting an odor of sulphuretted hydrogen gas, having an acrid, very disagreeable taste. It is a solution of the neutral hydrosulphate of ammonia in water.

This preparation has nearly fallen into disuse. It was formerly employed with the idea of deoxygenizing the system in diabetes, as also of diminishing the morbid appetite of that disease. It possesses some slight stimulant properties, but might well be spared from the pharmacopœia. The dose is from min. iv. to min. vj. in distilled water.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

Continued from Number X.

BUCCA.—The cheek. The hollow inner part of the cheek, that is inflated by the act of blowing.

BUCCAL.—Belonging to the cheek.

BUCEA.—A mouthful; a morsel.

BULIMIA.—Insatiable hunger, or canine appetite.

BULLA.—A bubble: A clear vesicle, which arises from burns, or scalds; or other causes.

BURSA.—The scrotum.

BURSA MUCOSA.—A mucous bag, containing a kind of fat. Its use is to secrete and contain a substance to lubricate tendons, muscles, and bones, in order to render their motions easy.

BUTIGA.—Small red pimples on the face. Called also *gutta rosacea*.

C.

CACHEXIA.—A bad habit of body, known by a depraved or vitiated state of the solids and fluids.

CACHINNATIO.—A tendency to immoderate laughter, as in some hysteric and maniacal affections.

CACODIA.—A defect in the sense of smelling.

CACOPHONIA.—A defect in the organs of speech.

CACOTROPHIA.—A vitiated nourishment.

CADAVER.—A carcass or body deprived of life.

CÆCITAS.—Blindness.

CÆCUM.—The first portion of the large intestines.

CÆSARIAN OPERATION.—(So called because Julius Cæsar is said to have been extracted in this manner.) The operation for extracting the fœtus from the uterus, by dividing the integuments of the abdomen and the uterus.

CALCAR.—The heel bone.

CALCAREOUS.—Lime.

CALCULUS.—Gravel; Stone.

CALEFACIENT.—A medicine, or other substance, which excites a degree of warmth in the parts to which it is applied.

CALENTURE.—Fever, said to be peculiar to sailors, wherein they imagine the sea to be green fields, and will throw themselves into it if not restrained.

CALIGO.—A disease of the eye.

CALLOSITY.—Hardness.

CALLOSUS.—Hard.

CALLOUS.—Hardened or indurated.

CALLUS.—The bony matter deposited between the divided ends of broken bones, about the fourteenth day after the fracture.

CALORIC.—Heat; Igneous fluid.

CALVITIES.—Baldness; want or loss of hair.

CALX.—Chalk. Limestone

CAMERA.—A chamber or cavity. The chambers of the eye are termed *camerae*.

CANCER.—A corroding disease. The common name of the crab fish.

CANCRUM ORIS.—Canker of the mouth; a fretted ulceration of the gums.

CANINE.—Whatever partakes of, or has any relation to, the nature of a dog.

CANIS.—A dog. The white dung of this animal, called *album græcum*, was formerly in esteem, but now disused.

CAPUT.—The head, cranium, or skull.

CAPUT OBSTIPUM.—The wry neck. Most ly a spasmodic complaint.

CARBON.—Charcoal. The diamond is the purest form of it.

CARBUNCLE.—The name of a disease, like a Bile.

CARCARUS.—*Carcaros*. A fever in which the patient has a continual horror and trembling, with an unceasing sounding in his ears.

CARDIA.—This term was applied by the Greeks to the heart.

CARDIALGIA.—Pain at the stomach. The heartburn.

CARDIOGMUS.—A distressing pain at the præcordia or stomach.

CARDITIS.—Inflammation of the heart.

CARIOUS.—When a part of a bone is deprived of its vitality, it is said to be carious, dead, or rotten; hence carious tooth, &c.

CARMEN.—A charm; an amulet.

CARMINATIVE.—That which allays pain and dispels flatulencies.

CAROTID.—An artery of the neck.

CARPISMUS.—The wrist.

CARTILAGO.—A white elastic, glistening substance, growing to bones, and commonly called *gristle*.

CARYEDON.—A sort of fracture, where the bone is broken into small pieces, like the shell of a cracked nut.

ABSCESS.

A collection of purulent fluid in a cavity formed in the substance of any of the bodily tissues, is named an abscess. The contained matter, or pus, may be either of a healthy or an unhealthy character; if the former, it is of a yellowish white color, cream-like in consistence, and possesses a faint sickly odor; in the latter case it may resemble whey, with bits of curdy substance floating in it, or it may be bloody, fetid, &c.

Abscesses are either acute or chronic, and may occur in nearly every tissue of the body. The first symptoms of an acute abscess are heat and tenderness of the part, followed by throbbing pain. If the matter is deeply seated no external marks may be visible for a time; when it is near the surface, the skin quickly exhibits inflammatory swelling, this continuing, it becomes thinner with more or less rapidity, until, at last, it gives way, and permits the matter to escape. Such is the natural course of what we may call a healthy abscess; but that course is necessarily modified by the position and coverings of the collection of matter. Abscesses do not always discharge through the skin, they may do so internally. Generally, as soon as the contents of an abscess are discharged, the pain which has previously been severe, ceases. Boils may be classed as abscesses; they contain a distinct core, or slough. Chronic abscesses may continue for weeks or months without change, but give comparatively little pain; they occur in weak or scrofulous subjects, and very generally in glandular tissues. In addition to pain and swelling, the sense of fluctuation, as of fluid contained in a bag, which an abscess conveys to the finger, is a symptom valuable in obscure cases, but when it is most valuable, it requires the educated touch of the surgeon to discover it. On the first suspicion of an acute abscess, frequent fomentation with water as hot as it can be borne, may succeed, if purgative medicine be given at the same time, in preventing its formation; but if it does not do this, it will then assist and hasten its progress, while it soothes pain. When it is tolerably certain that matter is formed, thick, warm, soft poultices must be continually applied to the part, the *position of which should be regulated with as much regard to ease as possible*. It is sometimes the popular custom to apply irritants, such as honey, soap-and-sugar, and such like, to boils or abscesses, with the view of assisting, or "breaking" them, the practice

is both hurtful and cruel, and ought never to be followed. For fomentation, simple water; and for poultice, bread or linseed, are most generally applicable; when there is much pain, decoction of poppy-heads may be used for either, with advantage. Medical men are in the habit of opening abscesses, or boils, with the lancet or knife, but as to do this safely in every case, requires anatomical knowledge, the unprofessional should be content with simply relieving and assisting the painful progress by the means mentioned, till the matter is discharged naturally. After this happens poulticing ought to be persevered in for a few days, and then exchanged for simple water-dressing, which must be continued till the part is well. A little opening medicine should at the same time be given. Many persons are in the habit of squeezing abscesses after the matter discharges; the practice is useless and painful; very gentle pressure only is admissible. A chronic abscess is serious, from the indication it gives of a weak and unhealthy condition of body, and may also be so from size or position. The formation of an acute abscess is generally accompanied with more or less general inflammatory fever. In a chronic abscess, when there is fever, it has more of the hectic character, and is accompanied with night perspirations. A chronic abscess usually requires speedy evacuation artificially, and constitutional treatment is always called for; the first, ought always to be done by a medical man; and the latter also, to be effectually carried out. Good light nourishment, with a due proportion of animal food, is indispensable; milk, if it agrees; wine or malt liquor, if there is not much fever. Regulation of the bowels by simple aperients—iron, mineral acid, with infusion of bark, and cod-liver oil, are the most generally applicable remedies in the constitutional treatment of chronic abscess.

 BEAN.

The various species of bean are most nutritious to those whose stomachs can digest them; they are used either young and fresh gathered, or old. The nutriment they afford, as shown in the case of the miners in South America, who live almost exclusively upon them, is calculated to sustain a high condition of muscular development and vigor. Garden-beans as brought to table in this country, must be avoided by those of weak digestion. They are less likely to disagree if deprived of their skins.

APHONIA.

Loss of voice may be owing to inflammatory swelling, either acute or chronic, or to ulceration of the lining membrane of the larynx, to paralysis, or to hysterical affection. Coming on suddenly, accompanied with fever, pain in the larynx and upper part of the throat increased on swallowing, and difficulty of breathing, the above symptom must be regarded with some apprehension, as one of the concomitants of rapidly fatal disease, acute laryngitis. Loss of voice, however, frequently occurs, quite unconnected with the other symptoms mentioned, and is then not to be so seriously regarded. Many persons are liable to it after exposure to night or foggy air, or after much, or loud talking. Persons living in damp houses suffer from this form of aphonia, which is probably owing to the thickening or great susceptibility of the laryngeal membrane. When it continues, nothing affords greater relief than antimonial ointment, or croton oil, rubbed over the forepart of the neck so as to produce a free eruption. Blisters may be used, but are not so efficacious. A hot bran poultice to the throat at night, and a tea-spoonful of paregoric, taken along with twenty drops of ipecacuan wine, will often remove a threatened attack. In the more chronic form, twenty drops of tincture of squills may be substituted for the ipecacuan. A syrup made with infusion of horse-radish, is popularly, and sometimes beneficially employed. Persons who are liable to loss of voice, ought never to expose themselves to damp, cold, or night air, without protecting the mouth by means of a light shawl or respirator of some kind, and should keep the feet well protected, not so much on account of the symptom itself, though that is troublesome enough, but because of the indication it affords of general delicacy of the bronchial membrane. When along with loss of voice, there exists hoarse cough, pain, and expectoration of thick mucus, ulceration is to be expected, and the case as soon as possible, should be put under medical care.

Notice of the Journal.

We are averse to publishing praises of ourself, and besides so many are received that it would be difficult to select. Every day, letters are sent returning thanks for the information contained in the Journal, and it gives us sincere pleasure to find that it is esteemed so useful. The following is

a specimen, and we give it more especially to call attention to the Recipe referred to, which is an excellent one:—

“The Journal has been a great benefit to my family already. There was an article in the December number, on *Constitutional Eruptions* in children, that suited the case of my little daughter. After having dosed her for a year for something else I discharged the doctor and tried Dr. Hollick's remedy, with perfect success. The Doctor has my sincere thanks.

CHARLES CORLESS,

Scranton, Luzerne Co., Pa.”

NOTICES.

Conclusion of the First Volume of the People's Medical Journal.

☞ We must remind our friends that *the next number* will complete the first volume of our Journal, and that the following number, *for July*, will be the first of volume two. Those who wish to continue subscribers to the next volume, will please send in their subscriptions by the *first week in June*, if possible, as it will enable us to judge better how many to print.

Those sending a subscription will also please to say distinctly whether it is for Volume one, (complete,) or for the second Volume, commencing with July, 1854.

☞ The price of the first volume, bound, with title page and printed cover, *postage paid*, will be 50 cts. to any part of the United States, except to *California, Oregon*, or other places over *three thousand miles*, which require *six cents* more. To Canada, the price is also 50 cts. but the subscriber will have to pay the *Canadian postage on receipt of the Book*.

For the second Volume, the subscription will be as before, *Twenty-five cents*, or to *Canada, Thirty-seven and a half cents*. The amount can be sent in *Postage Stamps*, if requisite, but we shall be obliged, if all who can, will remit *Cash*, as we have such a number of *stamps* from a large list of subscribers. (*Canadian postage stamps* are useless to us.)

In the second volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say however, that it has met with a most enthusiastic welcome, and bids fair soon to have a circulation far greater than any other similar periodical has ever attained to.

THE PEOPLE'S MEDICAL JOURNAL.

☞ Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

☞ All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of The People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5 00, or they cannot be attended to.

The **TERMS** of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

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Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are **SURE** to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have **an extra one sent by post, if they will let us know.**

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THE

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In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

Regular chapters will be given in each number, on Physiology, Pathology, Anatomy, Medical Botany, and the treatment and prevention of Disease, so written that all can understand them. Also others on the origin, action and mode of compounding all known Drugs, with their common and scientific names, and how and when to prescribe them. A full translation will be given of the Doctor's Dog Latin, and mysterious marks, so that any one can know how to read a prescription, and tell what it is made of! This has never been done before, and few persons can imagine what a mass of absurdity and imposition this mystery and secrecy covers. The People's Medical Journal, however, will make it all plain, and thus commence what has been so long needed, a TRUE MEDICAL REFORM, which can never be expected while the people themselves remain ignorant.

All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The People's Medical Journal belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

The terms of the People's Medical Journal are unusually low. The object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most interesting and valuable information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a year's numbers of this Journal will make one of the most interesting and useful volumes ever bound together. Every one should preserve them carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be copyrighted, to prevent piracy. First No. on July 1st, 1853.

The yearly subscription, only *Twenty-Five Cents*, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The postage for each number is **ONE CENT**, anywhere in the United States.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. XII.

JUNE, 1854.

Vol. 1.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



Plate 3.—BUTTERCUP.



Plate 4.—GOLD THREAD.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

MEDICAL BOTANY OF THE UNITED STATES.

*Continued from No. XI.*Plate 3.—**RANUNCULUS.**

Common names, *Buttercup, Meadow, Bloom, Blister Weed, or Crowfoot.*

There are a great many species of this plant, all nations of cool climates. In the United States alone, there are forty species. They are nearly all caustic, and acrid, when fresh, though nearly inert when dried. The common Buttercup of our meadows, has probably been imported from Europe, as it is identical with the common species there.

The fresh juice of this plant will blister the skin, and has a very strong burning taste, which is felt also after it is swallowed. When the plant is dried, however, this is dissipated, but by distillation of the juice, we obtain a water in which these properties are exhibited very powerfully. This water may be kept a long time in stoppered bottles, and will at last deposit crystals, which probably consists of its essential principle.

The principle medical use of the Buttercup, hitherto has been for blistering, and when a fly blister cannot be obtained, it will serve very well. Bruise a handful of the plants, and lay them on any part like a poultice, and, in general, a blister will be formed in half an hour or less. They do not act the same on all, alike however, some persons being but little affected, while others, if the application is continued too long, will have deep ulcers formed by the corrosive action of the plant. It must therefore be watched.

These Crowfoot blisters are often useful in Rheumatism, Gout, Neuralgia, and other painful diseases.

Internally this plant has not been much experimented with, but it is well worth a trial, with proper care, for it undoubtedly possesses great medical powers, though we as yet do not know how to make use of them.

Plate 4.—**COPTIS.**

Common names, *Gold Thread, Mouth-weed, &c.*

This plant is also a native of cold countries, being found from New York up to the Polar circle probably, on this continent, and also in Greenland, Siberia, and Ice-

land. It grows principally in swampy places, and in wet woods. The blossoms appear early in the spring, but continue till July.

The roots are the parts used of this plant. They are of a bright yellow color, and hence the name of Gold Thread. It is necessary to gather them in the autumn, and dry them very gradually and perfectly, to preserve their powers.

Gold thread is an excellent tonic bitter, equal to almost any article of the kind in use. Its powers may be abstracted either by water or by alcohol, so that we can form either a Tincture of it or an Infusion. It is much used as a Tonic, in Dyspepsia, and in general weakness, and for this purpose perhaps the tincture is best. It may be prepared by soaking the bruised roots in clean alcohol, or whiskey, till the bitter taste is quite strong. A large spoonful of this may be taken on the empty stomach in the morning, and also once during the day. The tea made by boiling it in water, however, is very good, both internally and as a wash for sore mouths, or for ulcers generally. It is not so good for this purpose however, as some others of our plants. The Gold Thread makes a very good compound with the Puccoon.

ABLUTION.

Washing the surface of the body regularly, is, happily, in this country at least, becoming daily more common, but it is far from being so general a habit as it ought, particularly among the working-classes, who stand most in need of it; many go from January to December without even thinking it necessary to wash more than the face or hands. The skin ought continually to be throwing off, or excreting, gaseous, saline, and greasy matter, which it is necessary for the health of the body to be thrown off; but the skin cannot do this properly if caked over with perspiration and dirt, either its own, or the dust to which many are exposed in the performance of their employments. The consequence of neglect is, that much is retained in the system which ought not to be there; an additional load of duty is thrown upon other excreting organs, as the liver and kidneys, and if they have not the power to

compensate for man's own carelessness, languor, low spirits, headaches, local accumulations of blood, gout, gravel, and other diseases are the result. Fortunately, complete neglect cannot entirely stop the skin's functions, otherwise death itself must result. For the purpose of cleansing the skin, soft water ought to be used, if possible, with soap—good brown is quite the most effectual—and a thorough purification of the entire surface of the body should be effected once a week, at least, with these materials; along with this, washing over the surface with simple water, and rubbing well with a rough towel, every night or morning, as most convenient, will suffice to preserve a healthy state of skin. Those who are robust, and wash in the morning, ought to use cold water immediately on rising, while heat is abundant; but delicate persons cannot sustain the depression and subtraction of animal heat, which this occasions, it leaves them chilled, languid, and with impaired digestion. There are some individuals, in whom cold sponging in the morning, invariably produces heart-burn and indigestion after breakfast; such ought to try the water slightly warm, or content themselves with washing only a portion of the skin each morning; if even this cannot be borne, dry friction with a rough towel or hair-glove, may be substituted. After washing, it is always desirable to rub the surface thoroughly with a towel till a warm glow is produced. For washing at night, water slightly warm is always to be preferred. The feet require very frequent washing. It is surprising how insensible, even otherwise, respectable individuals are upon this point, were it not so, they would never expose themselves to medical men in the disgusting state of dirt they frequently do. Happy are those who can have the use of baths for the purposes of ablution, but any man who can command water and a towel, need not dispense with the luxury. For the aged, frequent and thorough ablution is most requisite, the often, shameful neglect of this by those who have the care of old people, is visited upon them in querulousness, and troublesome bodily ailments, which attention to the duty would have prevented.

ARROW ROOT.

Arrow Root—now so well known, is procured of the best quality from the West Indies, especially from Bermuda, whence it is imported in soldered tin cases. It is

now also imported from East India, and an inferior kind is brought from Tahiti. Arrow root is subjected to much mixture and adulteration, but generally—as with potato-starch, &c.; of a harmless character as regards the consumer. The "Lancet" periodical, has recently, by means of its "Sanitary Commission," thoroughly investigated the subject of these adulterations. The best arrow-root ought to be pure white, slightly glistening in the mass, and the powder of which it is composed, collected together in small crumbs or lumps, which break down with a slight crackling sensation beneath the finger. Arrow root is pure starch, and forms a peculiarly stiff jelly. As an article of sick cookery it is invaluable, where mild support is required without stimulation, and in convalescence, and chronic disease. There are few stomachs with which it disagrees, and infants both like and do well with it. At the same time it is proper to caution against the too common error of trusting too much to the nutritive powers of arrow root alone, especially for children. It may give support indirectly, that is to say, by supplying material for respiration and animal heat, it may save the tissues of the body, or it may even go to build up some of these tissues, but alone it can never make bone or muscle, for the simple reason that it does not contain the elements necessary for these constituents of the frame. A child fed exclusively on arrow root, water, and sugar, and such has been the case, must become unhealthy, and, without fail, rickety. The case is abundantly altered, when, with arrow root, milk is combined. In this fluid exists whatever is requisite for the animal frame, nitrogen for its muscle, phosphorous for its nerve, earthy salts for its bone. The combination of arrow root with milk is one of the best which can be given to a child, or to an adult in the early stages of convalescence from illness.

LAUGHTER.

Laughter, which arises from an excited condition of the nervous system, though proverbial as a promoter of health, may nevertheless, if excessive and prolonged, give rise to serious consequences; the fit of laughter might pass into one of convulsions in a predisposed constitution; or in a child. The practice of tickling children, and thus keeping them in a state of laughter for some time, is strongly to be condemned, and may be attended with some mischief.

BACCHUS BETRAYED OR THE DRAM DRINKER'S MONITOR,

Being a complete exposure of the Artificial Manufacture of all kinds of Liquors, Wines, Cordials, Ale and Porter, as practised both in this country and in Europe, with a Medical description of the different Drugs used in Adulteration, and the means of detecting them.

By Frederick Hollick, M. D.

Continued from No. XI.

The following Recipes from the work of LICOUR, before referred to, are selected as being fair specimens of the *pure and unadulterated drinks* sold in our bar rooms. The reader is requested to *study* them, and to bear in mind that *ninety-nine hundredths* of all that is sold is of the same stamp!

PORT WINE—CHEAP.—Cider or claret, twenty gallons; honey, two gallons; carbonate of soda, twelve ounces; strong tincture grains of paradise, one and a half gallons; powdered catechu, five ounces; color with a strong tincture of logwood and a small portion of burnt sugar. The reader observes that this wine is made without the addition of any spirit, though a small portion would greatly improve it.

MADEIRA WINE.—Take white wine, ten gallons; honey, ten pints; five ounces of hops, one fourth pound of bitter almonds, mashed; one pint of flour paste; mix and allow it to stand for five days, then fine with a pint of boiled milk.

MADEIRA WINE—CHEAP AND GOOD.—Water, twelve gallons; honey, one gallon; clean spirit, five quarts; hops, five ounces; bitter almonds, three ounces. Boil for twenty-five minutes, and allow to ferment by the addition of a quart of yeast; allow the fermentation to continue until the liquor tastes pleasantly acid, then fine with milk, and add three quarts of rum and four ounces of mustard—allow it to stand for a few days—the mustard should be inclosed in a thin piece of muslin and be suspended in the wine. If this wine should need more body, it can be given by the addition of clean spirit, or when it is only to be kept for a short time, the body may be given by the aid of tincture of paradise. Those preferring it, can use for making Madeira, thus:—Sherry, ten parts; raisin spirit or tincture of prunes, one part; and ten drops sulphuric acid for every gallon.

IMITATION CLARET.—Boiled cider, five gallons; spirit, two gallons; clear water, five gallons; catechu, powdered, two ounces. Color with red beets and tincture logwood, to suit taste. When this is not sufficiently acid, add from one to two drops

of sulphuric acid to the gallon, to suit taste.

IMITATION OF RED WINE—CHEAP.—Water, one gallon; sulphuric acid, to the strength of weak vinegar; honey, one pint; powdered alum, one half ounce; one sliced red beet, and half pint strong tincture of logwood; one drop oil of wintergreen, dissolved in a wine-glassful of alcohol; and one half of a grain of ambergris, rubbed up in sugar; one pint tincture of grains paradise. Any kind of bright sugar or syrup, will answer in the place of the honey, and in less quantities. This wine, when prepared on a large scale, can be made at a very low price, as the honey is the *only* article that is of value—the tincture of the grains of paradise being substituted for spirit—and any quantity of it can be prepared at the shortest notice, the coloring is kept prepared in barrels for use; when the beets are added, the mixture is allowed to stand for the coloring to become discharged from them for several days.

WHITE WINE—CHEAP.—Clear soft water, one hundred gallons; honey, eight gallons; yeast, three pints; keep in a warm place in the sun, until fermentation causes a pleasant acidity to the taste, then add bruised bitter almonds, five ounces; ground mustard, four ounces; five gallons tincture of grains paradise, four gallons clean spirit, and six ounces horseradish. Allow the mash to stand four days, and then fine with three pints of boiled milk, to be added while hot.

SWEET MALAGA WINE—CHEAP.—Damaged raisins, fifty pounds; water, one hundred gallons; honey, four gallons; of bruised ginger, five ounces; cassia, three ounces; boil for forty minutes, then strain into clean pipes for market; add four gallons tincture grains of paradise, two gallons of rum, and five ounces bruised bitter almonds.

CHEAP CHAMPAGNE.—Water, fifty gallons; honey, two gallons; bruised ginger, five ounces; ground mustard, five ounces; boil the mash for thirty minutes, and when quite cool add a quart of yeast; ferment for ten to fourteen days, first add six oun-

ces of bitter almonds, bruised; spirit, and grains of paradise tincture, to suit convenience. The more spirit the champagne possesses, the greater will be its body. For coloring, use cochineal, half an ounce to fifty gallons. The cheapest coloring is red beets, sliced, and added to the mash during fermentation. Five or six common-sized beets will color fifty gallons. The best of this coloring will not compare with cochineal.

CIDER—IMITATION, CHEAP.—Water, thirty five gallons; sulphuric acid, sufficient to render the water pleasantly sour to the taste; clear brown sugar, fifty pounds; add four ounces of alum, five ounces of ginger, five ounces of cloves, six ounces of bitter almonds; boil these four last ingredients in two gallons of the above fluid for two hours; strain, and add this decoction to the thirty-five gallons; if desired of a deeper color, add burnt sugar. From three to four gallons of whiskey will give this a very good body. Some manufacturers add two gallons of strong decoction of boiled dried peaches to every barrel before sending it off. The above specimen of cider will answer very well for manufacturing wines, &c., &c.

BOTTLED PORTER.—1. Boil four quarts of wheat bran, four ounces of grains of paradise bruised or mashed, and one ounce of calamus, two ounces of quassia rasped, in twelve gallons of water for thirty minutes; when near cold, add three quarts of molasses, a quart of yeast, and half a pint of burnt sugar coloring. Ferment; then strain through flannel, and add two gallons of whiskey; and to each bottle, before filling, add a lump of sugar of the size of a nutmeg, and a tea-spoonful of yeast.

2. Boil three quarts of wheat bran, one and a half pounds of hops, eight ounces of bruised ginger, in twelve gallons of water for one hour; then strain through flannel; and while warm, add two gallons of molasses, one quart of yeast, half a pint of brandy coloring, and half a gallon of tincture of grains of paradise, which will be formed by digesting eight ounces of the grains in half a gallon of whiskey. The grains should be either ground or mashed.

PINEAPPLE ALE.—Four pounds of brown sugar, one pound of hops, and two ounces of quassia, and twelve gallons of water. Boil for three quarters of an hour; then add one gallon of molasses, one pint of yeast, and continue the fermentation until

the froth ceases to rise to the surface; then add tincture of grains of paradise, half a gallon, and strain through flannel; then add three ounces of butyric ether, and bottle immediately.

It may be necessary to state for the benefit of the uninitiated reader when and how this kind of porter and ale is disposed of to form a remunerative investment.

This consists in bottling and labelling this *Fluid* with neatness. The labels should be obtained from the lithographers, and should be executed in the highest style of the art. The same articles are sold under the names of London porter; and the ale receives all the names of the different varieties of that article, that have acquired any celebrity in commerce, such as Scotch ale, India pale ale, pineapple ale, &c., &c. The bottles are packed in barrels or boxes, and are disposed of at auction. This ale is usually manufactured at cost varying from four to eight cents per gallon.

It is not an unusual occurrence to meet with in commerce, porter (or so called), that has been made from the fermentation of molasses, yeast and water. This, after becoming sufficiently acidulated from fermentation, has the further progress of the fermentation checked by the addition of alcohol, and a small portion of ground mustard seed. It is then strengthened with aloes, pellitory, pepper, quassia, catechu, and burnt sugar, and has a rough, bitter, acidulous, taste, and leaves a disagreeable *after* taste in the mouth.

To those who would wish to pursue this subject further, and understand it fully, we recommend the work, by Lacour, above referred to—and from which our recipes are copied. It is published in New York, by Craighead, Vesey street.

Concluded.

BLACK DRAUGHT.

Black Draught, so well known as a domestic remedy, is a mixture of infusion of senna with Epsom salts, and frequently some aromatic, such as ginger or caraway. It is a certain and active purgative, but not well suited for weak habits. Quarter of an ounce of senna-leaves may be infused in a pint of water, to this is added one ounce of Epsom salts, along with it if there is no fever, a couple of drams of tincture of senna—of this mixture, a small tea-cupful should be taken every two hours, till the desired effect is produced.

THE PEOPLE'S MEDICAL JOURNAL.

JUNE 1, 1854.

THE PEOPLE'S MEDICAL INSTRUCTOR.

The conclusion of our first volume of *The People's Medical Journal*, naturally gives rise to a few reflections upon its origin, and its connexion with other efforts of a similar kind.

It is only within a very few years past that any efforts at all have been made to popularise the laws of health, and the principles of the healing art, and many persons still look with distrust upon such efforts, or condemn them altogether. As a general rule, also, there has not been first given the proper *preparatory* knowledge, so that whatever was stated had to be taken merely on *credit*, as a matter of *faith*! Persons ignorant of the simplest facts in Anatomy and Physiology, have been told that one mode of life was conducive to health, and that another led to disease, and they have often accepted such statements as true, and been benefited by them. Still this was, with many, merely a matter of belief, not of knowledge, and the good produced depended chiefly upon the personal influence of the teacher, and not upon conviction.

The truth is now becoming apparent that men must know the *reason why* they should do this, and avoid that, and consequently that they must be taught those facts from which our health-rules have been deduced.

Foremost among the things which the mass of the people require information upon, may be mentioned *Anatomy and Physiology*, and following these the symptoms and effects of diseases, with the nature and action of medical remedies. The bulk of this kind of knowledge can be more readily acquired than is usually supposed, and there are few persons who have not wasted more time and efforts in learning useless things, than would have sufficed for these.

The greatest difficulty has been caused by the fact that all our books, and other modes of instruction, have been adapted only for the lettered few, and have therefore been utterly incomprehensible to the many. This has checked all efforts to learn on the part of the masses, and has given rise to the notion that these particular sciences were necessarily mysterious and difficult, and they have accordingly

come to be looked upon almost as magic was in ancient times.

The first decided blow given to this absurd notion, was by the delivery of popular Lectures, illustrated by Anatomical models, like those used in Medical Colleges. People who came to hear these lectures, were amazed to find that they could gain, quite easily, a vast amount of useful knowledge which had previously been thought beyond their reach, or above their comprehension. The editor of this Journal was the first one in the United States to use Anatomical models in this way, and thus led the way to that regular system of popular Lecturing which is now so general. When he first began, in New York, many years ago, it was with difficulty a few people could be brought together to hear him, and on all sides he was advised to abandon the enterprise. He persevered however, though against much opposition, and finally could not obtain a place large enough to contain those who wished to hear him. After continuing the Lectures, for several years, in various other places, he published his *Books*, also the first of the kind, and having succeeded by these means, in fully establishing the principle of popular instruction, and arousing public attention, he found himself compelled to partially suspend his efforts. Professional calls so much occupied his time that he could Lecture but seldom, though constantly called upon to do so. To satisfy the public demand, however, in some degree, and to still keep imparting knowledge as it might be discovered, the *Journal* was projected. It met at once with public approbation and support, and is now the means by which the Editor holds regular intercourse with those who may appeal to him for instruction, and whom he cannot speak to in person.

It is true there are other, so called, popular Medical Journals, but they are chiefly confined to one idea; some are merely Botanic, others Water Cure, some Allopathic, and others Homœopathic. None of them are devoted to *instructing* their readers, so as to make them independent judges, and thinkers. This, the People's Journal, endeavors to do. It rides no medical hobby, but will endeavor to make everything known that may be useful, from every source.

What it has already done may be taken as an earnest for the future, and the Editor's constant aim shall be to make it worthy of still more patronage and support, than it has already received.

A COMPLETE DICTIONARY OF NAMES AND TERMS

Used in Medicine, Surgery, and Physiology.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

By Frederick Hollick, M. D.

Continued from No. XI.

CASSONADE.—Sugar.

CASTRATION.—A surgical operation, by which a testicle is removed from the body.

CASTRENIS.—Belonging to a camp: applied to those diseases with which soldiers, encamped in marshy places, are afflicted.

CATABASIS.—An operation downwards.

CATABRONCHESIS.—The act of swallowing.

CATACAUMA.—A burn or scald.

CATACLIDESIS.—A gluttonous indulgence in in sloth and delicacies to the generation of disease.

CATACLASIS.—Distorted eyelids.

CATACLYSMAS.—A clyster.

CATALEPSIS.—A sudden suppression of motion and sensation, the body remaining in the same posture that it was in when it was seized.

CATALYSIS.—It signifies a palsy, or such a resolution as happens before the death of the patient; also that dissolution which constitutes death.

CATAMARASMUS.—An emaciation of the body.

CATAMASSESES.—The grinding of the teeth, and biting of the tongue, common in epilepsy.

CATAMENIA.—The monthly discharge from the uterus of females, between the ages of 14 and 45.

CATAPLASMA.—A poultice.

CATAPLEXIS.—Any sudden stupefaction, or deprivation of sensation, in any of the members, or organs.

CATAPOTIUM.—A pill.

CATAPSYXIS.—A coldness, or chilliness, without shivering, either universal, or of some particular part.

CATARACTA.—A cataract; a disease of the eye.

CATARRHUS.—A catarrh. An increased secretion of mucus from the membranes of the nose, fauces, and bronchia, with fever, and attended with sneezing, cough, thirst, lassitude, and want of appetite.

CATHARMA.—The excrements, or humors, off from the body.

CATHARSIS.—Purgation of the excre-

ments, or humors, either medically or naturally.

CATHARTIC.—That which taken internally, increases the number of alvine evacuations.

CATHEDRA.—The anus, or rather, the whole of the buttocks, as being the part on which we sit.

CATHETER.—A long and hollow tube, that is introduced by surgeons into the urinary bladder, to remove the urine, when the person is unable to pass it.

CATHOLICON.—A universal medicine; formerly applied to a medicine, that was supposed to purge all the humors.

CATHYPNIA.—A profound but unhealthy sleep.

CATOCHUS.—A spasmodic disease in which the body is rigidly held in an upright position.

CATOPSIS.—An acute and quick perception. The acuteness of the faculties which accompanies the latter stages of consumption.

CAUDA.—A tail.

CAUDA EQUINA.—The spinal marrow, at its termination about the second lumbar vertebra, gives off a large number of nerves, which, when unravelled, resemble the horse's tail; hence the name.

CAUL.—The English name for the omentum.

CAUMA.—The heat of the body in a fever.

CAUSTICUM.—A caustic. A substance which has so strong a tendency to combine with organised substances, as to destroy their texture.

CAUTERY.—The surgeons of the present day, understand, by this term, any caustic application.

CAVUS.—Hollow. The name of a vein, Vena Cava.

CEDMA.—A defluxion, or rheumatic affection, of the parts about the hips.

CELLULAR.—Having little cells.

CELLULAR MEMBRANE.—Cellular tissue. The cellular tissue of the body, composed of laminæ and fibres variously joined together.

A DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

Continued from Number XI.

Ammoniaë Murias, AMMONIÆ HYDROCHLORÆ. *Muriate of ammonia. Hydrochlorate of ammonia. Chloride of ammonium. Sal ammoniac.*

This salt generally occurs in large crystalline cakes, convex on one side, concave on the other, of a grayish-white color, semi-transparent. It is tenacious, and difficult to reduce to powder; inodorous, with a pungent, acrid, bitter taste.

Hydrochlorate of ammonia is not employed in Great Britain as an internal remedy; but on the Continent, especially in France and Germany, it bears a high character as a stimulant in mucous fevers, as soon as the acute inflammatory symptoms have subsided, in the slighter cases of inflammations of the serous membranes, in the milder forms of pneumonia, and hooping-cough, in mucus diarrhœa, in chronic rheumatism and gout, and in passive dropsies. As a tropical remedy, this salt is very generally employed as an ingredient in discutient lotions, and, in consequence of the cold produced during its solution in water, as an external refrigerant.

Internally, gr. v. to gr. xxx. combined with some aromatic powder, in the form of pill or of bolus. For external use, it may be dissolved in water or in vinegar, in the proportion of from ʒij. to ʒss. of the salt in a pint of liquid, to which rectified spirit is generally added. A refrigeratory mixture may be prepared by dissolving 5 parts each of this salt and of nitre in 16 parts of water, which will reduce the temperature forty degrees.

Must not be used with sulphuric and nitric acids; potash; soda; lime; and magnesia.

POWDER OF SAL AMMONIAC.—Sal ammoniac, two drams, camphor, six grains, arnica, half a dram, white sugar, six drams. Mix. Dose, a teaspoonful, three or four times a day. Said to be efficacious as an emmenagogue, and also in smaller doses in chronic catarrh.

BOLUS OF SAL AMMONIAC.—Sal ammoniac, extract of liquorice, each, one scruple, extract of taraxacum, sufficient to form a bolus. One to be taken every three or four hours, in schirrus of the prostate, bladder or rectum.

LINIMENT WITH SAL AMMONIAC.—Sal ammoniac, one ounce, camphor, half an ounce, white soap, six drams, alcohol, two pounds. Digest and filter. Useful as an application to bruises.

DRAUGHT OF SAL AMMONIAC.—Sal ammoniac, five grains, camphor, three grains, gum arabic, one dram, parsley water, four ounces. Mix. To be taken every two hours in paralytic retention of urine.

CATAPLASM WITH SAL AMMONIAC.—Sal ammoniac, henbane, each, half an ounce, linseed meal, an ounce and a-half, Boiling water, sufficient to make a poultice. Advised in an engorgement of milk in the breasts.

Gum Ammoniac. AMMONIACUM, *Ammoniacum gummi.*

The gum of a plant, a native of Persia, belonging to the natural family *Umbelliferae*, and to the Linnæan class and order *Pentandria Digynia*.

Ammoniac is met with in various-sized, roundish tears, or in masses composed of the tears agglutinated together. They are of a yellowish or reddish-yellow color, externally; internally they are white and shining like enamel, hard and brittle, and vary in size from that of a small pea to that of a walnut. The odor is peculiar, faintly nauseous, more powerful when heated; the taste is bitter and disagreeable.

Ammoniac is a gum-resin containing about 80 per cent. of resin, and about 18 per cent. of gum, with a trace of volatile oil. It is softened by exposure to heat, is inflammable, and burns with a white flame. It does not dissolve in water, but is miscible with it, forming a milky emulsion, the gum, which is soluble, suspending the resin in the mixture. It is soluble in both ether and alcohol.

Ammoniac is a general stimulant of but little power; its effects were at one time generally believed to be chiefly manifested on the respiratory organs, and, consequently, it was classed among expectorants, and employed in chronic bronchitis. It possesses some antispasmodic powers, but is much inferior as such to the other fetid gum-resins. In the present day it is very generally and very properly employed only as an external stimulant, in the form of

plaster, to scrofulous tumors, chronic enlargement of the joints, indolent glandular swellings, &c., in which it often proves useful.

Dose Gr. x. to ʒss., in pills, or made into an emulsion with milk or water.

KLEIN'S PILLS.—Ammoniac, extract of centaury, each, half an ounce, soap, one ounce, oil of amber, ten drops, Triturate and make pills of two grains.

COMPOUND AMMONIAC PILLS.—Ammoniac, one dram, blue pill, fifteen grains, powdered squill, six grains, simple syrup, sufficient. Mix, and make sixteen pills. One, three times a day, in asthmatic cough with hepatic derangement.

DE HAEN'S PILLS.—Ammoniac pill, aloes and myrrh, each, one dram, soap, extract of conium, each, a dram and a half. Triturate, and form into three grain pills. Dose, four a day, in chlorosis and amenorrhœa.

AMMONIAC MIXTURE.—Ammoniac, two drams, water, half a pint. Rub the ammoniac with the water gradually added, until they are thoroughly mixed.

The dose is from one to two table-spoonfuls.

COMPOUND AMMONIAC MIXTURE.—Ammonia, one dram, distilled water, four ounces. Make a mixture and add oxymel of squills, two ounces, paregoric elixir, half a ounce. Mix. A teaspoonful every two hours, as a stimulating expectorant.

AMMONIAC PLASTER.—Ammoniac, five ounces, vinegar, half a pint. Dissolve the ammonia in the vinegar and strain, evaporate in an iron vessel on a sand bath to a proper consistence.

Useful as an application to indolent and scrofulous tumors to promote suppuration.

PLASTER OF AMMONIAC WITH MERCURY.—Ammoniac, one pound, purified mercury, three ounces, olive oil, one ounce, sulphur, eight grains. To the heated oil, add the sulphur gradually, stirring constantly, then rub the mercury with the compound, until the globules disappear; lastly add the ammoniac previously melted, and with a gentle heat rub them well together.

GUM PLASTER.—Litharge plaster, four ounces, ammoniac, galbanum, beeswax, each, half an ounce. Melt the gum resins together and strain, melt also the plaster and wax; add the two mixtures together and thoroughly incorporate.

A good digestive and suppurative for indolent tumors.

To be Continued.

NOTICE.

Conclusion of the First Volume of the People's Medical Journal.

☞ We must remind our friends that the present number will complete the first volume of our Journal, and that the next number, for July, will be the first of volume two. Those who wish to continue subscribers to the next volume, will please send in their subscriptions by the first week in June, if possible, as it will enable us to judge better how many to print.

Those sending a subscription will also please to say distinctly whether it is for Volume one, (complete,) or for the second Volume, commencing with July, 1854.

☞ The price of the first volume, bound, with title page and printed cover, postage paid, will be 50 cts. to any part of the United States, except to California, Oregon, or other places over three thousand miles, which require six cents more. To Canada, the price is also 50 cts. but the subscriber will have to pay the Canadian postage on receipt of the Book.

For the second Volume, the subscription will be as before, *Twenty-five cents*, or to *Canada, Thirty-seven and a half cents*. The amount can be sent in *Postage stamps*, if requisite, but we shall be obliged, if all who can, will remit *Cash*, as we have such a number of stamps from a large list of subscribers. (*Canadian postage stamps are useless to us.*)

In the second volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say however, that it has met with a most enthusiastic welcome, and bids fair soon to have a circulation far greater than any other similar periodical has ever attained to.

NOTICES TO CORRESPONDENTS.

E. L. D.—*And several others.*—The instruments advertised for preventing Nocturnal Emissions, or diurnal losses of semen, are deceptive. They will sometimes prevent an external flow, but they do not prevent the semen from being really lost. In most cases the instrument makes it flow backwards into the bladder, but sometimes it only retains it in the *Vas Defereus*, from which it gradually weeps away afterwards. In no case do they prevent the loss occurring, and they frequently lead to strictures, and to irritation of the prestate.—Thank you for your efforts in regard to the Club.

THE PEOPLE'S MEDICAL JOURNAL.

Newspapers and Periodicals generally are invited to exchange with "THE PEOPLE'S MEDICAL JOURNAL," and all new works laid on the Editor's Table, connected in any way with the objects of the Journal, will be carefully reviewed.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, care of T. W. Strong.

All persons favorable to the objects of the People's Medical Journal are respectfully requested to aid in extending its circulation. The Editor will also be pleased to receive statements of useful facts, or interesting cases, from all quarters, but they must be such as are, in every respect, proper for publication.

ANSWERING QUESTIONS.—All proper questions relating to the subject of the Journal, addressed to the Editor, will be answered by him. To prevent useless trouble, however, and waste of time, the following arrangements are deemed necessary. If the question can be answered in a few words, Yes or No, and the answer is inserted in the "Answers to Correspondents," in the Journal, a charge will be made of 25 cents, which may be sent in Postage Stamps, in the letter with the question. If a written answer is requested, ONE DOLLAR will be charged, but such answers cannot give medical opinions or advice.

* * All letters to Dr. Hollick, for Medical advice, must be addressed to "Dr. F. Hollick, New York City, N. Y.," and must contain the customary fee of \$5.00, or they cannot be attended to.

The **TERMS** of the People's Medical Journal are unusually low, the object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most valuable and interesting information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a volume of this Journal will make one of the most interesting and useful volumes ever bound. Every one should preserve the numbers carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be Copyrighted, to prevent piracy.

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Published by T. W. STRONG, 98 Nassau street, N. Y., to whom all orders must be addressed. To be had, also, of Booksellers and Newsdealers everywhere. Issued on the first of each month.

We must remind our subscribers, who feel interested in the complete success of our Journal, that they can do much for it with little effort. There are hundreds of people who are sure to take it when they see it, and by merely showing it to their friends and acquaintances our subscribers can serve us much. One gentleman writes that a copy of No. 1, which he allowed to circulate in his neighborhood, secured **20** subscribers in a few days, without one being asked. It is sure to go wherever it is seen, and any of our subscribers who will show a copy around, shall have **an extra one sent by post**, if they will let us know.

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A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Paternal influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

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In Health and Disease, from Infancy to Old Age.

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DISEASES of WOMAN.

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MANUAL OF MIDWIFERY,

And the Diseases of Women during Pregnancy and Child-birth.

A COMPLETE practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

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OF
THE PEOPLE'S
MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,
Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

Price only 25 cents a Year, 3 cents a Number.

The *People's Medical Journal* is intended to supply a want long felt and acknowledged; that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect. exclusively, nor is it the advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homœopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do with us: any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

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All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The *People's Medical Journal* belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain *The People's Medical Journal*.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. I.

JULY, 1854.

Vol. II.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



Plate 5.—BLACK SNAKE ROOT.

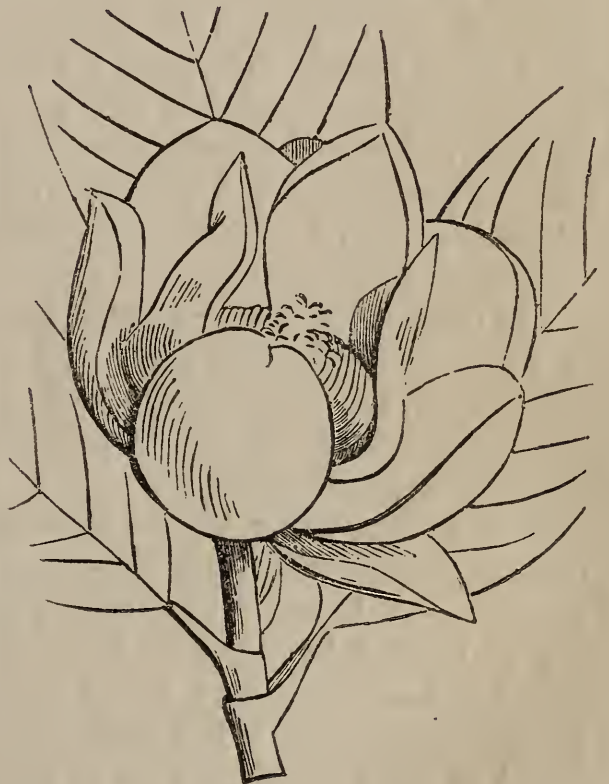


Plate 6.—SWAMP SASSAFRAS.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

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MEDICAL BOTANY OF THE UNITED STATES.

Plate 5.—CIMICIFUGA RACEMOSA.

Common names, *Black Snake Root*,
Black Cohosh, *Squaw Root*.

This is an American plant, possessing no great medicinal virtues, though long in repute. The Indians made use of it in treating Rheumatism, and female irregularities, and it has also been much employed by the American school of Botanic Physicians generally.

It is a tall handsome plant and with its long spike of white flowers, makes quite a show in the open woods, and on the hill sides, in June and July.

The odor of Cohosh is quite disagreeable, and the taste nauseous, when fresh. For medicinal use the root is gathered in Autumn and carefully dried in the shade. The taste is then somewhat changed, but still very acrimonious, bitter and disagreeable. It may be made into a Tincture, with Alcohol, or with whiskey. The usual mode of administering it is this,—put an ounce of the root, grated fine, in a pint of water, and press it frequently. When it has stood two or three days, take one or two large spoonfuls several times a day.

It is a stimulating Tonic, causing increased secretion from the Skin, Kidneys and Lungs. The principal use of Cohosh has been in Rheumatism, Lung affections, and female complaints. Probably it has been most useful in Rheumatism, but its powers are by most Botanists overrated. Given with Iodine it is thought useful in Consumption.

The Indians used it as an antidote to the bites of venomous snakes, and it might probably be serviceable in

this way to some extent, but should only be resorted to when a more powerful stimulant cannot be obtained. Alcohol or Ammonia, will be found far more useful in such cases. (See Vol. I, of the Journal, p. 105.)

Plate 6.—MAGNOLIA.

Common names, *Beaver Tree*, *Sweet Magnolia*, *White Bay*, *Swamp Sassafras*.

There are several varieties of Magnolia, all with sweet smelling flowers, and bitter barks. Their properties, however, appear to be the same. The small swamp Magnolia is perhaps the most generally known, but any of them may be employed medically.

The smell of the flowers is liked by most people, but it affects the head occasionally, and even brings on Hysteria, or fainting, especially if it be shut up in a bed room.

The part of the Magnolia used medically, is the *Bark*, which is an excellent tonic bitter, something like *Peruvian Bark*. It is generally taken from the Roots, but is equally good from the Trunk and Branches. A warm tea made of it will act gently on the bowels first, and then promote perspiration, which makes it appropriate to use just before, and during the cold stages of fevers. The cold tea, or the powder, or tincture, acts simply as a Tonic, and will often check the chills almost as well as Quinine. It may be safely used in all remittent fevers, even the typhoid, and is besides an excellent general tonic.

The Indians formerly employed Magnolia to a great extent, and it is at present much used, both as a do-

mestic remedy and in general practice.

The dose of the dry powdered Bark is from half a dram to a dram. The tea, or infusion, should be made quite bitter, and as much may be taken as the stomach will well bear. The tincture, made with alcohol, or whisky, has not been much used, and would no doubt be the best preparation for some people.

The cones and seeds are also used as well as the bark, and by some people are preferred to it, both for the above named purposes and also in Chronic Rheumatism. For this last disease, the *tincture* would probably be the best preparation. To make the tincture, put about three ounces of the dry bark, powdered, into a pint of strong whisky, or alcohol, and let it stand three days, shaking it up well. Dose, of the *clear* fluid, from a teaspoonful to a large spoonful twice or three times a day.

Magnolia bark contains a peculiar crystalline principle, similar to Quinine, and also a resin, and oil. It is well deserving of more attention than it has yet received.

To be Continued.

BARLEY.

Barley, when prepared as pearl-barley, is one of the most useful additions to sick cookery; its decoction, "barley water," being a pleasant and extremely beneficial demulcent in all affections of the mucous membranes, and forming a grateful and nutritious beverage in fever; it ought, however, to be made considerably thicker in the former case than in the latter. To make plain barley-water, two and a half ounces of pearl-barley are to be well washed in cold water, half-a-pint of boiling water is then to be poured

upon the grain, the whole boiled for a few minutes, and the water strained off, a couple of quarts of boiling water must then be poured on, the quantity boiled down one-half and strained. This process does not quite exhaust the barley, and another portion of the water may be boiled upon it, by those to whom the saving is an object. A little lemon or orange peel is a pleasant addition to the beverage. A compound and very pleasant drink is made by adding to a quart of simple barley-water, figs, sliced, and raisins, stoned, of each two and a half ounces, liquorice-root, sliced, five drams, and a pint of water, the whole to be boiled down to a quart and strained. This compound decoction is not so well adapted for a fever drink as the simple form.

In irritation of the urinary passages, from gravel, or after the application of a blister, or from any other cause, barley water is most valuable; its soothing properties are still further increased by the addition of an ounce of gum arabic to each pint of liquor. In catarrh, and irritable cough, or simply as an article of mild unstimulating nourishment, it is serviceable. The late Dr. A. Thomson recommended equal parts of barley-water and milk, sweetened with a little refined sugar, as a good food for Infants brought up by hand. It may act upon the bowels.

PENNY-ROYAL.

Penny-Royal—is one of the mint tribe, found in wet places in England, and in America generally; it was formerly much more esteemed than it is now. It possesses the same properties as the mints generally. It is said to have the power of driving away fleas.

A COMPLETE DICTIONARY OF NAMES AND TERMS

USED IN MEDICINE, SURGERY AND PHYSIOLOGY.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

BY FREDERICK HOLLICK, M. D.

CEPHALÆA.—The flesh of the head which covers the skull.

CEPHALALGIA.—The headache.

CEPHALE.—The head.

CEPHALIC.—Pertaining to the head.

CEPHALIC VEIN.—The anterior or outermost vein of the arm, that receives the cephalic of the thumb.

CEPHALITIS.—Inflammation of the head.

CEPHALONOSUS.—Any disease of the head.

CEPHALOPONIA.—Headache.

CERA.—Wax. Bees' wax.

CERATE.—A composition of wax, oil, or lard, with or without other ingredient.

CEREA.—The cerumen aurium, or wax of the ear.

CERERELLUM.—The little brain.

CEREBRUM.—The brain.

CERVICAL.—Belonging to the neck; as cervical nerves, cervical muscles.

CERVIX.—The neck. That part of the body which is between the head and shoulders.

CETACEUM.—Spermaceti.

CHALK-STONE.—A name given to the concretions in the hands and feet of people violently afflicted with the gout, from their resembling chalk, though chemically different.

CHALYBEATE.—Of or belonging to iron. A term given to any medicine into which iron enters; as chalybeate mixture, pills, waters, &c.

CHANCRE.—A sore which arises from the direct application of the venereal poison to any parts of the body.

CHARPIE.—The French, for scraped linen, or lint.

CHARTA.—Paper.

CHASME.—Oscitation, or gaping.

CHEIRAPPSIA.—The act of scratching; particularly the scratching one hand with another, as in the itch.

CHEMOSIS.—Inflammation of the conjunctive membrane of the eye, in which the white of the eye is distended with blood, and elevated above the margin of the transparent cornea.

CHILBLAIN.—Chilblains are painful inflammatory swellings, of a deep purple or leaden color, to which the fingers, toes, heels, and other extreme parts of the body are subject, on being exposed to a severe degree of cold.

CHINCOUGH.—The hooping cough. Known by a convulsive strangulating cough, with hooping, returning by fits, that are usually terminated by a vomiting; and by its being contagious.

CHIRACRA.—The gout in the joints of the hand.

CHIRURGIA.—Chirurgery, or surgery.

CHLOROSIS.—It is a disease which affects young females who labor under a retention or suppression of the menses.

CHOLAGOGA.—By cholagogues, the ancients meant only such purging medicines as expelled the internal feces, which resembled the cystic bile in their yellow color, and other properties.

CHOLEDOCHUS.—The receptacle of bile.

CHOLERA.—It is a purging and vomiting of bile, with anxiety, painful

gripings, spasms of the abdominal muscles, and those of the calves of the legs.

CHOLESTERINE.—The name given by Chevreuil to the pearly substance of human biliary calculi.

CHOLICELE.—A swelling formed by the bile accumulated in the gall-bladder.

CHOLOLITHUS.—A gall stone.

CHONDROS.—A cartilage.

CHORDA TYMPANI.—A branch of the seventh pair of nerves.

CHOREA.—St. Vitus' Dance. Convulsive motions of the limbs, as if the person were dancing.

CHORION.—The external membrane of the foetus in utero.

CHOROID MEMBRANE.—The second tunic of the eye, lying immediately under the sclerotica, to which it is connected by vessels.

CHOROID PLEXUS.—A plexus of blood vessels, situated in the lateral ventricles of the brain.

CHRONIC.—A term applied to diseases which are of long continuance, and mostly without fever. It is used in opposition to the term acute.

CHRUPSIA.—A disease of the eyes, in which the person perceives objects of a different color from their natural one.

CHYLE.—The milk-like liquor observed some hours after eating, in the lacteal vessels of the mesentery, and in the thoracic duct. It is separated by digestion from the chyme, and is that fluid substance from which the blood is formed.

CHYLIFICATION.—The process carried on in the small intestines, and principally in the duodenum, by which the chyle is separated from the chyme.

CHYLOPOIETIC.—Anything connected with the formation of chyle; thus

chylopoietic viscera, chylopoietic vessels, &c.

CHYLOSIS.—Chylification, or changing the food into chyle.

CHYME.—The ingested mass of food that passes from the stomach into the duodenum, and from which the chyle is prepared in the small intestines by the admixture of the bile, &c.

CHYMIA.—Chemistry.

CIBALIS.—Of or belonging to food.

CIBATIO.—The taking of food.

CICATRISANT.—Such applications as dispose wounds and ulcers to dry up and heal, and to be covered with a skin.

CICATRIX.—A seam or scar upon the skin, after the healing of a sore or ulcer.

CILIA.—A species of pubescence of plants which consists of hairs on the margin of a leaf, or petal, giving it a fringed appearance.

CILIAR.—Belonging to the eyelid.

CILIUM.—The eyelid or eyelash.

CILLO.—One who is affected with a spasm or trembling of the eyelids.

CILLOSIS.—A spasmodic trembling of the eyelids.

CIMEX.—The wall louse or bug. Six or seven are given inwardly to cure the ague, just before the fit comes on, and have the same effect with everything nauseous and disgusting.

CINGULUM.—A girdle or belt about the loins.

CINCINNUS.—Hair on the temples.

CLASIS.—A fracture.

CLAVICLE.—Collar-bone.

CLAVUS Oculorum.—A staphyloma, or tumor on the eyelids.

RIRSOS.—A preternatural distension of any part of a vein.

RISSA.—A depraved appetite, proceeding from previous gluttony.

To be Continued.

A COMPLETE DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

BY FREDERICK HOLLICK, M. D.

Amygdala.—AMYGDALÆ AMARÆ, AMYGDALÆ DULCES. *Kernels of the two varieties of *Amygdalus communis*; Bitter almonds, and Sweet almonds.*

The almond tree is a native of Syria and Barbary, but grows freely throughout the South of Europe; it belongs to the natural family *Rosaceæ*, and to the Linnæan class and order *Icosandria Monogynia*.

Sweet almonds vary in size, from half an inch to above an inch in length, and are about three eighths of an inch in breadth; they are oblong, compressed, and pointed at one end; the *epispERM* or outer covering is reddish brown, covered with a yellowish dust; the parenchyma or *epispERM* is white, hard, and oleaginous, inodorous, having a sweet, bland taste. Bitter almonds are generally smaller; they are characterised by their bitter taste and peculiar odor when rubbed with water. Several sorts of sweet almonds are met with in commerce; the principal of these are Jordan and Valentia almonds, the former come from Malaga, and are the more esteemed; they are longer and more pointed than the latter, which are brought from Valentia. Bitter almonds are imported from Mogadore.

Sweet almonds consist of fixed oil, emulsin, liquid sugar, gum, &c. In addition to these, the bitter almond contains a peculiar principle named *amygdalin*, which, when brought in contact with water, from a mutual reaction between it and the emulsin, generates an essential oil, called

Amygdale Amaræ, Oleum.—Essence (Volatile oil) of bitter almonds.

As usually met with it is of a golden yellow color, but when obtained from almonds which have been blanched it is colorless when first drawn. It is transparent, with an agreeable *ratiffa* odor, and an acrid, warm, bitter taste. It is heavier than water, its specific gravity being 1.083.

Oil of bitter almonds, as prepared by distillation, consists of from 8.5 to 14.33 per cent. of pure hydrocyanic acid, mixed with *benzoic acid*, *benzoin*, *benzimid*e, and *hydruret of benzoil*. Its poisonous and medicinal properties depend on the hydrocyanic acid, which may be completely removed from it by repeated distillation from a solution of caustic potash. The oil is very soluble in alcohol and ether; by agitation with water, a portion of the hydrocyanic acid is dissolved out, and the water acquires the peculiar odor and taste of the acid.

As the medicinal properties of the oil depend on the hydrocyanic acid it contains, its effects and uses are of course similar to those of that acid, for which it has been proposed as a substitute; but, as its strength is very variable, it should not be employed for internal use. It should be borne in mind that the oil of bitter almonds is at least four times the strength of officinal prussic acid.

The fixed oil, *Oleum Amygdalarum*, is an article of the *Materia Medica* by bruising fresh almonds in a mortar, and

expressing without heat. For this purpose, either sweet or bitter almonds may be employed; the latter, as being cheaper, are generally used; 1 cwt. of almonds yields from 48 to 52 lbs. of oil. It is a bland, pale yellow, inodorous, very liquid oil; lighter than water, its density being about .920; it consists of 76 per cent. of *oleine*, and 24 of *margarine*; it requires six parts of boiling, or 25 of cold alcohol for its solution; but is very soluble in ether.

Sweet almonds are nutritive and emollient; they should be *blanched*, deprived of the husk or pellicle, before being used, as, from its acridity, it has been known to produce nausea and irritation of the stomach and bowels, in some instances followed by an eruption on the skin. In medicine, the preparations of the sweet almond are used as emollients, chiefly in inflammation of the genito-urinary mucous membrane, to lessen the acrimony of the urine, and with the same intention in calculous affections. The oil is seldom given internally; according to some, it possesses mildly laxative properties; externally it is used for frictions, and as an ingredient in some soaps.

BUTTER OF ALMONDS.—Blanched almonds, ten drams, white sugar, twelve drams, orange-flower water, two drams. Triturate till reduced to a homogeneous paste.

A spoonful, stirred in a tumbler of water, forms an extemporaneous syrup of orgeat, which latter preparation is difficult to preserve.

ALMOND PASTE.—Blanched almonds, rice flower, each, eight ounces, bean flower, sixteen ounces, myrrh, two ounces, camphor, one ounce and a-half, white soap, twenty ounces. Form a paste. Used as a cosmetic.

ALMOND EMULSIONS.—1. Blanched

almonds, one ounce. Pound in a marble mortar, and gradually add water sixteen ounces. Strain.

2. Blanched almonds, two ounces, white sugar, half an ounce. Pound in a marble mortar, and add boiling water, twelve ounces. Strain, and add orange-flower water, two drams.

COMPOUND ALMOND LOTION.—Sweet almonds, one ounce, bitter almonds, four drams. Form an emulsion with cherry brandy, ten ounces; add corrosive sublimate, six grains, tincture of benzoin, six drams, lemon juice, four drams. Mix. As a lotion for pustular eruptions on the face. The mixture should be shaken before it is used.

SYRUP OF ORGEAT.—Sweet almonds, one pound, bitter almonds, five ounces, white sugar, six pounds, orange-flower water, eight ounces, water, three pints. Blanch the almonds, beat them into a paste with some of the water and the sugar, mix this paste with the rest of the water, press, and strain; dissolve the remainder of the sugar, in the emulsion by means of a water bath, add the orange-flower water, and strain.

ARTIFICIAL MILK.—Blanched almonds. Make an emulsion with boiling water, four ounces, cow's milk, six ounces, white sugar, one dram. Strain. As a substitute for breast milk for infants.

ANODYNE MILK.—Blanched almonds, four ounces; melon seeds, squash seed, each, one ounce, lettuce seeds, poppy seeds, each, one dram. Triturate well, adding gradually barley water, sufficient. Strain and express, to be taken in glassful doses, to which are to be added two drams of sugar.

GOULARD'S LOTION.—Emulsion of bitter almonds, two hundred parts, corrosive sublimate, sal ammonia, each, one part.

To be Continued.

The People's Medical Journal.

JULY 1, 1854.

OUR SECOND VOLUME.

With this No. we commence the Second Volume of "THE PEOPLE'S MEDICAL JOURNAL," and on such an occasion the public must please excuse a little confidential *gossip* with our readers.

We are happy to say that the Journal commences its second year with a large increase of patronage, and with flattering commendations, both from old friends and new. It is not yet known, however, nearly so extensively as we trust it will be, by and by, owing to circumstances peculiar to itself. A Journal of this kind, published as this is, cannot be circulated and make its way, like any of the mere literary papers, or like the Professional Medical Journals. Its *price* leaves no margin for retail profit, so that agents do not care to exert themselves to extend its circulation, except those who take a personal interest in it, which we are happy to say some do. Medical men of course—with a few honorable exceptions—discountenance everything of the kind, and we can therefore expect but little aid from that quarter.

It must also be borne in mind that the number of people *who think for themselves*, on these topics, and who desire all the information they can get, is somewhat limited though daily increasing. It is also difficult to reach all these at first, owing to the want of some recognised medium of communication, by which the true nature of our enterprise can be exhibited. People are naturally distrustful of such attempts at first, because none heretofore made, have answered their expect-

tations or fulfilled what they promised.

The so called Medical Journals for the People, which have been published here before, have all had some individual purpose to serve. They have either labored to uphold some particular *system of practice*, or to advertise some particular *practitioner*, and to pull down all others. In a word, they have been *party organs*, advocating particular medical hobbies.

Our Journal is not intended for any such purpose, but simply to *give information*, or to show how it may be obtained, so that those who read it may be able to judge somewhat of the different systems themselves, or perhaps often to do without resorting to any of them. We shall expose all humbug, mystery, and pretension, in all systems, and give all the *facts* we can.

Such a journal, therefore, can be expected to become known only by *the efforts of its friends!* Similar minds and dispositions, of course find each other out, and associate together, and if, when doing so, their mutual discoveries in the field of utility are communicated, all that is of general importance will gradually become known. Our friends, therefore, who approve of the Journal, and who wish to see its circulation extended, may materially aid in accomplishing this by showing it to all their *thinking* friends, who in turn will show it to others, and thus it will gradually reach *all* that class. By far the larger portion of our sales are to subscribers at a distance, often in the most out of the way places, in the back-woods, and the gold diggings, as well as in the towns and villages. Many of these subscribers remark—"having seen a No. of your Medical Journal, by favor of Mr. —, I have determined at once to send for it, &c."

Wherever it is *seen* it is *wanted*; the only difficulty being to get it universally seen, which, however, we are fast doing.

Our friends must please bear in mind, that owing to most of the No's. having to go by *Post*, there is a great chance of *loss*, and *irregularity* in *delivery*. In fact the Nos. we lose in this way, is a serious addition to our expenses, as we always endeavor to make up for all we can. In every case of non-receipt of a No. our friends may rest well assured that the fault is not ours, for every one is despatched punctually to each subscriber.

The present volume will, in some respects, differ from the previous one, because much *explanatory* matter had to be given in that, which it is not necessary to repeat—such as the explanation of the *Druggists' Latin* and *Symbols*, &c. This having been gone over we can now occupy ourselves with other matter.

At the present time the Editor is also engaged with several curious cases, and in conducting a variety of experiments and investigations, referring to the *peculiar* subjects of his practice, which, when complete, will be duly recorded in the Journal. He hopes to make the People's Medical Journal, in due time, the medium by which *the public* will become acquainted with *some of the most remarkable and important discoveries in Physiology ever yet made!*

ALE AND BEER.

Ale and Beer contain more or less saccharine matter, alcohol, and bitter principle of the hop; they also contain, especially when old and hard, a proportion of lactic acid. As an ordinary beverage for most people, good table

beer is particularly well adapted: it contains just enough spirit to afford gentle, almost inappreciable stimulation, and its bitter undoubtedly assists to maintain the tone of the stomach, so apt to fail in the hard-working, anxious-minded citizen. Ale is too strong for ordinary every day use for the robust, but in the delicate, and in convalescence from illness, when it agrees, it is often admirably adapted to support the powers of the constitution. The India bitter beer agrees well with some persons, and the great amount of bitter it contains, acts as a powerful tonic to weak stomachs, but for this very reason its use ought not to be persevered in long at a time. The amount of spirit it contains is not large, but the narcotic properties of the hop, are apt to affect the head. It is lighter, than the more saccharine ales. Malt liquors never agree with those who are liable to gout or gravel, and if their use be continued, they are almost certain to induce a paroxysm of either of the diseases; the slightest degree of acidity or hardness aggravates their bad effects tenfold. A single glass of hard ale is sufficient to induce an attack of gravel in the predisposed. Those who suffer from plethora, and consequent head symptoms, from chronic cough, or oppression of breathing, from gout, gravel, or habitual acidity of the stomach, should never touch either ale or beer. Hard or acid malt liquor is always injurious; some persons on this account habitually add a small portion of carbonate of soda to their malt liquor—the practice is most hurtful, and rapidly debilitates the stomach and deteriorates the blood.

SALT OF TARTAR.—A purified sub-carbonate of potash.

APOPLEXY.

Apoplexy is an affection of the brain during the continuance of which, sense and voluntary motion are wholly or partially extinguished; the patient lies unconscious, as if in deep sleep, and cannot be roused by any ordinary means. More generally the face is flushed, and the vessels of the head and temples appear over filled; there is snoring, or stertor, as it is called; the upper lip margin, partially or entirely, is blown forward at each expiration, and the skin is covered with profuse perspiration; if the eyes are examined, they appear bloodshot and glassy-looking. In some cases, while the symptoms of insensibility, perspiration, &c., are present, the face pale, and the appearance is one of general depression; the weak pulse contrasting with its full hard condition in the former case. If a person be found in a state of apoplexy, as he can give no account of himself, it is important for others to ascertain whether there is any assignable cause for the circumstance. The head should be examined for signs of violence; the breath for the odor of alcoholic drink; any circumstances likely to give occasion to poisoning searched out; but whatever the condition, no time should be lost in procuring medical advice; in the meanwhile, much is to be done by well-directed attentions. Few attacks of apoplexy come on without previous warning; the patient, if of full habit, has suffered from headache or giddiness, especially on stooping, or has slept much and heavily; the mental faculties have been sluggish, the memory affected, or vision impaired; there may have been numbness or pricking in a limb, or in a finger only; to others the face and eyes have looked full and

red;—if of spare habit, there may also have been headache, giddiness, impaired vision, and confusion; but there has been, also, marked debility of the mental powers, memory affected, the power of following a consecutive train of thought impaired, articulation indistinct, while with these the face has been pale, the pulse weak, the whole manner inanimate, rather than oppressed. Individuals of sanguine temperament, with short necks and large heads, particularly if they live well, are the subjects of the first set of symptoms; those of spare habit, and weak, leuco-phlegmatic constitution of the second. When in an individual, at any time of life, but more especially after the age of fifty, such symptoms show themselves, they should not be neglected for a day. It is evident, however, that depending on two very opposite conditions of body, the treatment for each must be very different. The extent and graduation of this treatment ought to be entrusted to the medical attendant; in the meantime, if interval must elapse before that can be none, the man of full habit should at once reduce his diet, cut off entirely, or nearly so, his stimulants and spices, and animal food, eschew supper, take exercise moderately, and rise early. He should purge the bowels freely by a couple of calomel and colocynth pills taken nightly for a few times, and by salines, such as Seidlitz powders or Epsom salts, a couple of tea-spoonfuls of the latter in half-pint of water, every morning. Mental excitement must be avoided, the head kept well raised in bed, anything, either handkerchief or shirt, round the neck, worn perfectly easy. The man of spare habit must follow a more negative plan. Rest and quiet of body and mind are for

him essential; anything likely to tax the nervous power, particularly of a sexual character, must be avoided; over fatigue is dangerous; while the bowels are kept regular they must not be purged; the diet easy of digestion, ought to be nourishing; and stimulants, if habitually taken, must not—unless found directly to cause uneasiness in the head—be discontinued, without medical sanction; spices, however, should be avoided. The temperature of the skin generally, and of the extremities, should be sufficiently preserved. When an individual is seized with symptoms denoting apoplexy, it being ascertained that they neither proceed from violence to the head, from intoxication nor narcotic poison, during the longer or shorter interval which may elapse before the medical man can arrive, much is to be done. The patient should be laid on the back, the head and shoulders well raised, the neck bared, and a free current of air permitted to the head. If there is much redness and congestion of the face and head, with full hard pulse, in a person of full habit, if, as may happen, medical aid is far distant in point of time, and if there is any one present competent to bleed from the arm, it may be done to the extent of from sixteen to twenty-four ounces; it may not do good, but in such a case it can scarcely do harm. If leeches are to be had in the case now supposed, from one to two dozen of them may be applied over the head, temples, and behind the ears, either as an adjunct to, or substitute for bleeding from the arm. The amount of blood taken in this way, *must* be left to the discretion of an intelligent lay adviser. In addition, free purging should be resorted to. As the power of swallowing is lost or im-

paired, medical men usually effect this by means of a drop of croton oil placed on the tongue, and repeated if requisite; but in the circumstances now supposed, this can scarcely be obtainable, and instead of it, a clyster containing salt or soap-water, Epsom salts, turpentine, castor-oil, or whatever purgative is most readily available, must be given; the warmth of the feet must be preserved, but not excited, by hot water, mustard, &c. All attempts at giving nourishment must be suspended for many hours. In the event of the attack presenting the opposite symptoms, those of depression, all attempts at depletion are to be avoided, indeed, it may be requisite in an extreme case, to get a few spoonfuls of wine swallowed; purging must be let alone, but the extremities should be kept well warmed, and mustard poultices may be freely applied to the legs, thighs, or between the shoulders; liquid nourishment, such as meat broth, must be got down in tea-spoonfuls at a time. To the medical attendant must be left all beside. An attack of apoplexy may either disappear or be removed, and leave the patient apparently in perfect health, or it may leave him paralyzed in body, and weakened in mind, the man but not the same man,—changed; strength has been exchanged for weakness in every way, for weakness which increases as time goes on, loss of memory, irritability, childish desires, and childish weeping, till in all probability one or more attacks of the disease close the scene. Lastly, apoplexy may pass on to deeper and deeper insensibility, no sign of consciousness is ever given, the breathing becomes more labored, the natural offices are performed involuntarily, the sweat becomes the cold one of death, which takes

place with or without convulsions. Apoplexy may come on suddenly; the person is struck as if by a blow, but this form is less to be dreaded than that which creeps on more insiduously. An individual becomes giddy and faint for a few minutes, perhaps vomits, but seems to recover; shortly after, however, he becomes dull, the eyes heavy, and insensibility gradually comes over him. The first form is most probably owing to sudden congestion in the head, or to rapid effusion of blood; the latter to slower effusion; in this case, the first shock is felt at the instant the vessel gives way, but it requires the further gradual effusion to complete the attack. An individual who has once suffered an attack of apoplexy, and recovered, cannot too carefully avoid every possible exciting cause. A momentary imprudence the stooping to tie a shoe, looking at objects much above the level of sight, &c., a warm bath, may be sufficient to induce serious symptoms. Especially must the bowels be kept so easy that straining at stool is never required. The system of diet and regimen should be strictly laid down by the medical attendant, and as strictly adhered to by the patient; the mind carefully kept from excitement. In no disease, with exception, perhaps, of that of the heart, does the man who possesses habitual self-control, in body and mind, possess more advantage, than in apoplectic tendency, over the slave of passion or of temper.

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Affections of Children arising from Constitutional causes in one of the Parents.

In our first volume some cases of this kind were given, and we cannot too often repeat that no one should become a parent while the *slightest trace* of Syphilis remains in their systems.

In this instance it caused miscarriage, premature birth, idiocy, and constitutional disease. (See the treatise on Venereal Diseases.)

A. D—, aged two years, came under care Nov. 21, 1853, with severe diarrhœa, which was speedily cured by the nitro-sulphuric acid. It then appeared that the child had been suffering for some time with excoriations about the anus, and an examination found a deep spreading ulceration, extending a good quarter of an inch into the cellular tissue around the orifice. In the first instance, it was thought this arose from repeated attacks of diarrhœa, which was the only cause assigned, and, consequently, attention was paid to the general health, at the same time using only local applications; nothing, however, succeeded; at times the ulceration was stationary, at others it extended deeply into the cellular tissue, was attended with distressing pain, and really had a most fearful appearance. At length, after some trouble, on the 24th of February, the following history was elicited from the mother:—A. D— was a seven months' child, and two months after birth became covered with copper-colored blotches, interspersed with a peculiar eruption; this gradually passed off, but the child was always ailing, and, in July last, a few pustules appeared round the anus; these increased in number, coalesced, and were eventually succeeded by the ulceration above mentioned. The child born before this one was affected with a similar eruption, and died at eleven months old; and, previously to this, the mother had been twice prematurely delivered of a dead fœtus at the sixth month; in addition to this, her eldest girl, aged twelve, is idiotic and deformed; the

father, moreover, is reported to have suffered frequently from cutaneous eruptions. There was now very little doubt that the ulcerated anus arose from secondary syphilis, and accordingly small doses of the solution of bichloride of mercury were given with an ointment composed of equal parts of citrine ointment and lard as a local application. In less than a week the part was healed, and the child is now rapidly improving in health, without any sign of a relapse.

Value of Chloroform.

The experience of every day furnishes us with additional illustrations of the remedial powers of chloroform when administered internally in the treatment of various diseases. I have myself seen the most marked benefit arise from chloroform thus employed in cases of acute facial neuralgia, of tetanus, of colic, and of delirium tremens. As a sedative in cardiac (heart) affections, I have likewise, under certain circumstances, found it beneficial and of its occasional utility as an anodyne in fever we have an illustration in the communication of Dr. Gadon, contained in the first number of this journal. Three cases of delirium tremens, lately under my observation, are being briefly noticed, in which the power of chloroform in controlling the disease, is strikingly illustrated. . . . In one case two, and in another three, drams of this agent, administered in half-dram doses at short intervals, were sufficient to subdue the functional excitement of the nervous system, and to induce sleep. In the third case, three drams were given in dram doses at intervals of an hour.—*Dr. M'Dowell in the Dublin Hospital Gazette.*

An Extraordinary case of Pin Swallowing.

In September last, a girl, at Vienna, who labored under an aberration of intellect, attempted to destroy her life by swallowing a quantity of pins. The first dose consisted of seventy, which she took one after the other, each pin being enveloped in a wafer; but in consequence of their smallness they passed away without doing any mischief. Subsequently she again took to swallowing pins, of a larger size, some of them two inches long. She was then seized with such severe illness, that she was taken to the hospital of the town, when it was instantly detected what she was suffering from, and she was placed under a course of treatment, which had the effect of dislodging the whole of the pins in succession from the bowels. There were no less than 242 pins passed, all of them of a black color. The girl is now in a fair way of recovery.

John Greiner, a lad ten years old, in Pittsburgh, swallowed a fish-hook, and Dr. Walters removed it from his throat very ingeniously by means of a pistol bullet placed upon the line of the fish-hook, and allowed to slip down to the hook. The weight of the bullet, assisted by a gentle pressure downwards with a pair of curved forceps, removed the hook from its situation. Thus liberated, the point of the hook sticking into the lead, and being protected by it, it was safely removed.

Of course a hole was made in the center of the bullet, and it was threaded on the string, like a *bead*. The plan is very ingenious.

Swine Pock.

SWINE-POCK—or Swine-Pox—is a variety of chicken-pox, characterised by the conical form of its vesicles.

SALIVATION.

Salivation is the excessive secretion of saliva from any cause. The term is best known in connection with mercurial salivation. Salivation may, however, arise from other causes, a course of iodine medicines may occasion it, and nitric acid has the same effect, it also arises from constitutional causes. Salivation, that is, simple increase of the flow of saliva, is not an unfrequent concomitant of the first stages of pregnancy.

NOTICE.

Commencement of the Second Volume of the People's Medical Journal.

We must remind our friends that *the present number* commences the Second Volume of our Journal. Those who wish to continue subscribers will please send in their subscriptions as early as possible, as it will enable us to judge better how many to print.

Those sending a subscription will also please to say distinctly whether it is for Volume one, (complete.) or for the present Volume, commencing with July, 1854.

The price of the first volume, bound, with title page and printed cover, postage paid, will be 50 cts. to any part of the United States, except to California, Oregon, or other places over three thousand miles, which require six cents more. To Canada, the price is also 50 cts. but the subscriber will have to pay the Canadian postage on receipt of the Book.

For the present volume, the subscription will be as before, *Twenty-five cents*, or to Canada, *Thirty-seven and a half cents*. The amount can be sent in *Postage Stamps*, if requisite, but we shall be obliged, if all who can, will remit *Cash*, as we have such a

number of *stamps* from a large list of subscribers. (*Canadian postage stamps* are useless to us.)

In the present volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say however, that it has met with a most enthusiastic welcome and bids fair to have a circulation far greater than any other similar periodical has ever attained to.

N. B.—Subscribers in New York City, will in future be charged thirty-seven and a half cents a year, and will have their Nos. sent to their address, *Free*. We find it impossible to keep the run of numerous subscribers calling at the office, as they cannot be remembered, and it makes constant confusion and loss of Nos. Those who do not wish the Nos. sent to their address, can call for each separately, the first week in each month.

ANSWERS TO CORRESPONDENTS.

A. C. SAVAGE.—*A good Galvanic Battery will cost Twelve Dollars. It shall be sent if you wish it—if you direct how it can reach you.*

“NEUROPATHY” is now out of Print, but the substance of it, with additions, will be published in the Journal soon.

S. H. BLOOM.—*The price of the Book of Liquors and Distillation, by Lacour, is \$2 75 cts. Send the money, with twelve cents more for Postage, and it shall be sent you. Very much obliged to you for your flattering mention of the Journal.*

W. McDIARMID.—*Thank you for your notice in the “Times.” We are doing very well.*

DR. HOLLICK'S OFFICE.

Dr. Hollick may be consulted, for the present, at 498 Broadway, New York, from 10 to 3 daily, except Sundays.

THE PEOPLE'S MEDICAL JOURNAL.

NOTICES.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau St., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, New York.

* * All letters to Dr. Hollick, must be addressed to "Dr. F. Hollick, New York City, N. Y."

Dr. Hollick's office, in New York, is 498 Broadway. Hours from 10 till 3 daily, except Sunday.

Persons wishing for information, or opinion, on any medical subject, can address a letter to the editor as above, enclosing *One Dollar*, and they will receive a written answer.

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OF
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MEDICAL JOURNAL AND HOME DOCTOR,**

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,

Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. II.

AUGUST, 1854.

Vol. II.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



PLATE VIII.—BARBERRY.

NEW YORK:
PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
98 NASSAU STREET.

Entered according to Act of Congress in the Clerk's office in the Southern District of New York

MEDICAL BOTANY OF THE UNITED STATES.

Plate 7.—LEONTICE.

Common names, *Blue Cohosh*, *Papoose Root*, *Squaw Root*.

This plant is pretty extensively diffused over the U. S. and is found principally in hilly, or dry open woods. It flowers in May and June, and ripens its seeds in Autumn. These are often roasted for coffee, and are said to be very good. The fruit is rather sweetish, but dry and insipid.

in Dropsy, Rheumatism, Nervous disorders, and in female irregularities. Rafinesque tells us that the Indian women drink a tea of it, for some time before their confinement, from an idea that it makes labor and delivery more easy.

It may be used either as a tea, or as a tincture, and in such strength and quantity, as the stomach will bear. The fact is, there is but little really



PLATE VII.—BLUE COHOSH.

The root is the part used in medicine. It tastes sweetish, and is rather sharp and aromatic. When soaked in water it forms a yellow die.

This is another of the roots said to have been much used by the Indians, and is now in great repute with many botanical physicians. It is employed

known about the power of this plant. It is used, as many others are, merely from tradition, and may be of little value, or it may be the contrary.

(We would here ask how it is that the Indians were supposed to have so much experimental knowledge of medical plants, seeing that they were gen-

erally supposed when in a *state of nature*, to be almost entirely free from disease? If they really found out all that is attributed to them, they must have been tolerably well afflicted and for a long time too.

The fact is these *Indian Remedies* are, for the most part, gross humbugs, and were never known till the white men compounded them.)

Plate 8.—BERBERIS.

Common name, *Barberry*.

The Barberry is a native of Europe, and has become perfectly naturalised, and extensively diffused over a large part of the U. S. There is a species of the same family native here, but it differs in many particulars from the true Barberry, and has not the same qualities.

This plant is well known, and has been somewhat extensively used, in some parts, as a domestic remedy, but its real powers are but imperfectly understood. The flowers have quite a nauseous smell, but are very pretty, and present an interesting study to the Botanist, on account of the tendency which the stamens have to spring to the pistil, when touched.

Many people suppose that the pollen, or dust of the flowers, will cause *rust* in wheat, but the most careful experiments have proved this notion to be entirely without foundation.

In Europe the berries are used to make acid drinks, like tamarinds, and also for preserves, as they are in this country. The bark of the root has also been used in sore mouth, and in jaundice, and fever. It is bitter and astringent, and has therefore some power in weakness of the bowels, and in mild forms of dyspepsia. Its power depends on a peculiar principle, which

can be extracted from it, called *Berberine*, which acts almost precisely like Rhubarb.

Like many other plants, the Barberry is well deserving of more attention than it has yet received.

To be Continued.

HYDROPHOBIA—Force of Imagination.

A young lad, son of Mr. William Booth, a resident of Covington, was bitten in the leg about eight weeks since by a dog. The wound was but slight, and nothing more was thought of it until after the recent melancholy case of hydrophobia in that city. The circumstances connected with that event, made so great an impression upon the mind of the young boy, that he finally fancied himself infected with the horrid malady, and so on Wednesday last he became impressed with the belief that he was suffering from its effects. Perfectly reasonable, his friends endeavored to convince him of his delusion; but in vain. Medical assistance was called in, and a quantity of blood taken from him, after which opiates were administered, and he slept for nearly ten hours. When he awoke he called for water, of which he drank profusely, apparently forgetful of the nightmare which had previously haunted him. The consequence was that he became satisfied that he had been laboring under an hallucination. The water broke the spell, and he is now perfectly recovered. Who can tell how many fatal results have attended similar distorted imaginings.

(It would be well, in all cases of dog bites, especially in children, never to make an allusion to Hydrophobia, but to try and have it forgotten by the patient, as *fear* will certainly help to bring it on.)

A COMPLETE DICTIONARY OF NAMES AND TERMS

USED IN MEDICINE, SURGERY AND PHYSIOLOGY.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

BY FREDRICK HOLLICK, M. D.

CITHARSUS.—The breast is sometimes so named from its shape.

CLINICAL.—Anything concerning a bed; thus clinical lectures, notes, a clinical physician, &c.; which mean lectures given at the bedside, observations taken from patients when in bed, a physician who visits his patients in their bed, &c.

CLITORIS.—A small glandiform body like a penis in miniature, and, like it, covered with a prepuce, or fore-skin. It is situated above the nymphæ, and before the opening of the urinary passage of women.

CLITORISMUS.—An enlargement of the clitoris.

CLONODES.—A strong unequal pulse.

CLUNESIA.—An inflammation of the buttocks.

CLYDON.—A fluctuation and flatulency in the stomach.

CLYSMUS.—A glyster.

COAGULATION.—The separation of the coagulable particles, contained in any fluid, from the more thin and not coagulable particles; thus, when milk curdles, the coagulable particles form the curd; and when acids are thrown into any fluid containing coagulable particles, they form what is called a *coagulum*.

COAGULUM.—A term applied frequently to blood and other fluids, when they assume a jelly-like consistency.

COCCUS CACTI.—The systematic name of the cochineal animal or insect.

COCYGEUS.—A muscle of the os coccygis, situated within the pelvis.

COCYGIS.—This bone is a small appendage to the point of the sacrum, terminating this inverted column with an acute point.

COCHLEA.—A cavity of the internal ear, resembling the shell of a snail.

COCHLEARE.—From cochlea, a cockle, the shell of which its bowl represents. A spoon.

CÆLIAC.—Appertaining to the belly.

COHESION.—That power by which the particles of bodies are held together.

COLIMA.—A sudden swelling of the belly from wind.

COITUS.—The conjunction of the male and female in the act of procreation.

COLA.—The joints.

COLATORIUM.—A strainer of any kind.

COLICA.—(From colon, the name of one of the intestines.) The colic. The appellation of colic is commonly given to all pains in the abdomen.

COLLIQUATIVE.—(From *colliqueo*, to melt.) Any excessive evacuation is so called which melts down, as it were, the strength of the body; hence colliquative perspiration, colliquative diarrhoea, &c.

COLLOBOMA.—1. The growing together of the eyelids.

2. The want of any member of the body.

COLLUTORIUM.—A gargarism, or wash for the mouth.

In our last Number, *Rirsos* and *Rissa* should have been *Cirsos* and *Cissa*.

COLLYRIUM.—A medicine was formerly so called which was applied to check any discharge. The term is now only given to fluid applications for the eyes, or eye-waters.

COLON.—The greater portion of the large intestine is so called.

COLOSTRUM.—1. The first milk in the breasts after delivery.

2. An emulsion made by the solution of turpentine with the yolk of an egg.

COMA.—In pathology, a propensity to sleep. This word anciently meant any total suppression of the powers of sense; but now it means a lethargic drowsiness.

COMA VIGIL.—A disease where the patients are continually inclined to sleep, but cannot.

COMATOSE.—Having a strong propensity to sleep.

COMBUSTIBLE.—Having the property of burning.

COMBUSTION.—Burning.

COMMANDUCATIO.—The act of mastication, or chewing.

COMMISSURA.—A suture, juncture, or joint. A term applied in anatomy to the corners of the lips, where they meet together; and also to certain parts of the brain which go across and join one hemisphere to the other.

COMPARATIVE.—That which illustrates by comparing with the human body; applied to anatomy and physiology.

COMPRESSOR.—A name applied to those muscles which press together the parts on which they act.

CONCEPTION.—The impregnation of the ovulum in the female ovarium, by the subtle prolific aura of the semen virile.

CONCOCTION.—Concoction; digestion.

CONCUSSION.—(From *concutio*, to shake together.) Concussion of the brain.

CONDENSATION.—A thickening of any fluid.

CONDIMENTUM.—A condiment, preserve, or sweatmeat.

CONDYLE.—A round eminence of a bone in any of the joints.

CONDYLOMA.—A soft, wart-like excrescence, that appears about the anus and pudendum of both sexes.

CONFECION.—A confection. In general, it means anything made up with sugar.

CONFLUENT.—Running together. Applied to eruptions.

CONGENER.—Of the same kind; concurring in the same action. It is usually said of the muscles.

CONGESTION.—A collection of blood or other fluid; thus we say a congestion of blood in the vessels, when they are over distended, and the motion is slow.

CONIS.—Dust; fine powder; a nit in the hair; scurf from the head; and sometimes it signifies lime.

CONJUNCTIVA.—*Membrana conjunctiva*. The conjunctive membrane of the eye.

CONSTIPATION.—Costiveness. A person is said to be costive when the alvine excrements are not expelled daily, and when the fæces are so hardened as not to receive their form from the impression of the rectum upon them.

CONSTITUTION.—The general condition of the body, as evinced by the peculiarities in the performance of its functions.

CONSUMPTION.—From *consumo*, to waste away.

CONTORSIO.—A contortion, or twisting.

CONTUSION.—A bruise, or wound.

To be Continued.

A COMPLETE DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

BY FREDERICK HOLLICK, M. D.

Amylum.—*Fecula.* Starch; *Wheat-*
en Starch.

The fecula, or starch, forms nearly 70 per cent. of wheaten flour. It is procured by steeping the flour in water for one or two weeks until it becomes sour, drawing off the supernatant liquor, washing the residuum with repeated portions of water on sieves, allowing the liquor which passes through to deposite the starch in large vats; and, finally, draining the deposited starch, and drying it in a stove.

Starch usually occurs in the form of small, irregular, hexagonal prisms; it is white, pulverulent, unalterable in the air, crackling under the fingers when lightly pressed, inodorous and insipid. Viewed under the microscope, it is found to consist of various-sized transparent particles, rounded or angular, uneven on the surface.

Starch is insoluble in cold water, but may be suspended in it by trituration; it is also insoluble in alcohol and ether. In water near the boiling point it dissolves almost completely, and if sufficiently concentrated, forms with it an opaque jelly, which becomes more consistent as it cools. By roasting starch, it is rendered somewhat analogous to gum, and is then soluble in cold water.

ADULTERATIONS.—Starch is often adulterated with sulphate of lime; it may be detected by incineration, the starch burning away and leaving the fixed sulphate. Its weight is often in-

creased by the presence of a superabundant moisture, which may be discovered by drying starch in a vapor bath, and ascertaining the loss of weight, which should not be more than ten or twelve per cent.

Wheaten starch is employed in medicine, chiefly in the form of decoction, as an emollient enema in dysentery, diarrhœa, or other inflammatory affections of the abdominal viscera; it is also used as a vehicle for more active remedies, and for suspending drugs which are administered in the state of powder. Externally, starch in fine powder is applied to excoriated parts, and for preventing the formation of bed sores.

MUCILAGE OF STARCH.—Starch, three drams, water, one pint. Triturate the starch with the water gradually added, then boil for a few minutes. Mainly employed as a demulcent injection in irritation of the rectum, &c., and forms a good vehicle for laudanum, and other active remedies when given in enemata.

COMPOUND POWDER OF STARCH.—Liquorice root, one ounce, starch, gum arabic, tragacanth, quince seeds, poppy seeds, each, two ounces, blanched almonds, four ounces, sugar candy, twelve ounces. Triturate well. Has been advised in spitting of blood, catarrh, and diarrhœa, in doses of half a dram to a dram.

STARCH LOZENGES.—1. Starch, half an ounce, orris root, half an ounce, extract of liquorice, one ounce, saffron,

half an ounce, white sugar, one pound. Mix, and form into lozenges.

2. Starch, one ounce, gum arabic, two ounces, white sugar, one pound, benzoic acid, half a dram, rose water, sufficient to form a paste. To be divided into lozenges. These lozenges are somewhat stimulating, and are best suited to chronic catarrhs.

MIXTURE OF STARCH AND SUET.—Cow's milk, six pounds, mutton suet, two ounces. Boil by a gentle heat; constantly stirring, and add starch, a spoonful. Boil a short time, and add white sugar, a sufficiency. Recommended in wine-glassfuls in dysentery.

Angelica.—*Angelica, Archangelica, Semina.*

This root is imported from Hamburgh; it consists of numerous branches, of the thickness of the little finger, proceeding from a short spindle-shaped root-stalk, greyish-brown externally, whitish within. The odor is aromatic and agreeable; the taste warm, aromatic, and pungent. The fruit, commonly called *angelica seed*, is oval, of a yellowish-brown color, flat, longitudinally striated on one side, convex on the other; it has the odor and taste of the root. The medicinal properties of both root and fruit depend on a volatile oil, which may be obtained by distillation. The root also contains bitter extractive, and a bitter resin.

It is an aromatic stimulant and carminative, not much used. Dose of the powdered root, gr. x. to ʒss.; of the bruised fruit. ʒss. to ʒi.

COMPOUND TINCTURE OF ANGELICA.—Aniseed, angelica seeds, each, half a pound, proof spirit, one gallon, water, sufficient to prevent empyreuma. Macerate for twenty-four hours, and distill a gallon. A stimulant, used as a stom-

achic and carminative. Dose, half a dram to four drams.

Cusparia.—ANGUSTURIA. *Cusparia, or Angustura Bark.*

Cusparia bark occurs in pieces from 3 to 10 inches in length, some nearly flat, others incompletely quilled, covered externally with a greyish-yellow, soft epidermis, removed from one edge apparently with a sharp knife; internally, it is of a dark yellowish-brown color, somewhat fibrous. It breaks with a short resinous fracture; has a peculiar, rather unpleasant odor, and a warm, bitter, somewhat acrid taste.

According to the analysis of Fischer, this bark consists of 3·7 per cent. of a peculiar bitter principle which has been named *Cusparin* by Saladin, who obtained it in a crystalline state. The active properties of the bark are extracted by water and alcohol; it is probable that they depend principally on the neutral principle *Cusparin*.

Angustura bark is an excellent tonic, devoid of all astringency. It bears much resemblance to chincona bark, instead of which it has been frequently employed successfully in South America as a febrifuge. It has never come in general use, in consequence of its being often adulterated; nevertheless it will be found very serviceable in atonic dyspepsia, and in the advanced stages of diarrhoea and dysentery.

Dose, in powder, gr. x. to ʒss.

INFUSION OF ANGUSTURA.—Bruised angustura bark, half an ounce, boiling water, one pint. Macerate for two hours in covered vessel, and strain.

TINCTURE OF ANGUSTURA.—Powdered angustura bark, two ounces, proof spirit, two pints. Macerate for fourteen days and then filter.

To be Continued.

The People's Medical Journal.

AUGUST 1, 1854.

COMMON SENSE ON COSTUME.

It has been a complaint against mankind, by Philosophers, from the earliest periods, that they were always prone to *dress* themselves in a ridiculous manner, or to wear such things on their bodies as tended directly to injure them. Civilization has done something towards remedying these evils, it is true, but still they prevail to a great extent, and in many instances are unnoticed. Custom has so sanctioned some absurdities, and supposed necessity so firmly established others, that they pass unnoticed, and thus escape the condemnation they deserve.

A more general dissemination of Physiological knowledge has, in a great measure, done away with *waist screwing* and its deformities, and with the rolling up of little infants in twenty yards of bandage, like mummies, to make them *grow straight*, as our worthy grandmothers said, but there are other evils, scarcely less, that our present means of enlightenment have not yet reached. Among them, the present hot weather, and the military trainings now so general, bring forcibly to our mind the absurdities, annoyances, and serious evils connected with a *Soldier's Dress!* In this matter, as in many others, our republican soldiers have adopted the tawdry display, and useless, harassing encumbrances of despotic countries, where armies are kept *in livery*, to show that they are above the common herd, and to *mark them* as the *bond slaves* of their masters. Thus we have tight fitting dresses, like straight-waistcoats, in which the man

cannot bend himself, nor scarcely move his limbs, but looks like a *Post* dressed up. Then round his neck there is a deep stiff *stock*, like a piece of stove pipe, sticking his chin up in the air, and squeezing his windpipe till he is almost strangled, while on his head there is a brass *stew pan*, called a *helmet*, or a ladies fur *muff*, called a *shako* in which his brains simmer and boil till he cannot tell which end he stands on.

Any one who has ever noticed our companies training, will have seen all this, and much more, and there are few but have wondered how the poor soldiers could *bear it*. On the last Fourth of July, the Editor noticed in Broadway, opposite his office, an exhibition of this kind. There was a company dressed in *very tight* broad cloth jackets and pants, with bear skin caps a yard high on their heads, and leather stocks near upon a foot deep round their necks. The thermometer stood at 98 in the shade, and there stood these poor fellows, with all their accoutrements, broiling in the sun, scarcely able to move a limb, streaming with perspiration, and in danger of Apoplexy from their stocks, or Congestion of the Brain from their caps every moment. In fact, several did suffer from these causes, and do so constantly on all such occasions.

Now it is well known that one half these things stuck about the men are utterly useless gew-gaws, or mere encumbrances, only causing discomfort, preventing freedom of motion, and making the soldier himself look like a mountebank. It is time the system was changed, and I am sure many of our military leaders only require to have their attention called to the matter to try and bring the change about.

In England, at the present time, there is a great change taking place in this respect. The press is everywhere ridiculing and declaiming against all these absurdities, and many of them have been already corrected. Pipe clay is abolished, or nearly so—many regiments are allowed to leave off their stocks—others have light colored thin caps to wear in the sun, instead of heavy hats—and light loose jackets, instead of thick and tight ones. A large number of their ridiculous jingling *ornaments* are also left off, which it formerly took the men half their time to *polish*, and their belts and knapsacks are so arranged as not to oppress the chest, or limbs, or to serve as marks to the enemy, as they formerly did. The *color* is also taken into consideration, both as regards *convenience* and safety. Thus it is found that some colors can be *hit* much oftener than others, because they afford a better mark, and in such colors of course a soldier should *never* be dressed. (See an article on this very subject, in our *first volume*.) Other colors are unsuitable from the nature of a soldier's duties. Thus *white*, for instance, is only fit for the parade room. Let a company, dressed in *white pants*, parade for half an hour, either in wet or dry weather, and they look anything but *nice*;—how they must look on a *field of battle* may be conjectured.

Now all these things require to be taken into consideration, in arranging the details of a soldier's outfit. His dress should be serviceable, comfortable, and suited to the duties he has to perform. It should in no way *inconvenience* him, nor prevent the most perfect freedom in his movements, and its color should be such as to ensure neatness, and cleanliness without unneces-

sary and useless labor. Then if his accoutrements, and all other fixings, are arranged on the same common sense plan, and if all trumpery rattle-traps are abolished, the soldier will be able to train, or fight, much better, and with half the danger and discomfort he now does.

Now Gentleman Officers, Amateurs and Regulars, who will be the first to immortalise his name, and earn the grateful thanks of all soldiers hereafter, by boldly commencing this reform? When shall we see the first company of *American Soldiers* dressed and equipped in a truly *serviceable*, *comfortable*, and *healthful* manner, like *men*, and not like *masqueraders*? If our republicans do not be quick, the old world, *worn out* as it is, will be before them in this matter, and will laugh at them. Remember this is a matter that concerns both *efficiency* and *health*!

BUNION.

Bunion is the result of chronic inflammation of a small bursa which is situated over the joint—at the ball—of the great toe, and is generally occasioned by the pressure of tight shoes. It is a most inconvenient and unsightly affection, and the more it enlarges, the more does it become exposed to those sources of irritation which originated it. A bunion ought to be attended to at first, and one or two leeches, warm fomentation and poultice used to allay irritation, the offending shoe being at once discarded. Mal-position of the bones at the joint, is a frequent attendant, and, perhaps, an antecedent cause of bunion.

When the disease is fully formed, the best plan is to avoid, by the make of the shoe, &c., &c., every source of irritant pressure.

DR. HOLLICK'S PRACTICE.

Nervous and Generative Debility and Decay.

Many persons who have accidentally heard of Dr. H., wish to know the particular subjects to which he attends, professionally.

To those acquainted with his well known Books, or Lectures, the peculiar nature of his practice will be known, but to others a few words of explanation are required.

It is well known that a large number of men, and women also, are sufferers from Nervous or Sexual derangements, natural or acquired, such as never come within the scope of ordinary professional treatment—which, in fact, *medical men generally know nothing about!* These very derangements however, are perhaps the most distressing that can be experienced, leading, as they do, to the most hopeless misery of feeling, mental imbecility, and incurable organic disease, at the same time that those who suffer from them can receive neither sympathy nor aid. From their *peculiar character*, and from a sad conviction that no one knows their nature, or attends to them, they become *sacred griefs*, which the victims endure in silence as best they can, till death, or insanity comes to their relief.

How many men suffer secretly the most acute mental agony from some peculiar and carefully *concealed* cause of this kind! Some have an IMPERFECT DEVELOPMENT, others find themselves IMPOTENT, or becoming so, and others again experience that general lassitude and FAILING ENERGY, both of body and mind, which results from early imprudence or excess. How many females also endure secretly the most constant unhappiness and suffering from *Uterine or Nervous Affections*, about which they

never speak, even with those to whom they are most intimate. How many also, of both sexes, pass their days *solitary* and CHILDLESS, half-conscious that they could be *blest with off-spring*, and longing to find some one with whom they could speak *confidentially* on these matters, but feeling that there is *no one to whom they can apply!*

DR. HOLLICK'S PRACTICE EMBRACES ALL SUCH CASES, *and none others!* He has made them the *special objects* of his study and attention for many years, and is *the only person* in this country who has done so. His Books and Lectures on these subjects were the first of the kind ever given to the public; in fact, they stand alone to this day.

It is well known to hundreds of people that Dr. H. has been the means of relieving numbers, of even the *most hopeless cases of Impotence, Sterility, Imperfect development, Nervous Irritation, and Mental Decay!* For particulars of such cases, with description of treatment, see his Books. Particular reference may also here be made to that *unseen and unsuspected form of loss of the vital fluid*, in which it passes away constantly *in the urine!* Dr. H. was the first to explain this, and to show how it can be detected by means of the microscope, as it is daily at Dr. H.'s office. The reason why many men never become parents, though apparently perfect, is also made evident in the same way, and also the analagous peculiarities in females.

This is especially an important matter, to all men, though so little is known about it. The following cuts will make it more plain, and we commend them to the careful attention of every one.

No. 1. Represents the appearance of the Semen when perfectly healthy, as seen under the microscope. It was a portion lost in consequence of straining at stool, from constipation, as is *very often* the case.



The *Seminal Animalcules*, those minute *living beings*, always found in that fluid, and without which it is *imperfect*, will be seen perfect in their form, and active in their motions. While this state of the vital fluid exists, a man will retain his powers, but if it continues to be *lost* to an undue extent—and especially if it passes *in the urine*, a change occurs—the animalcules become less abundant, imperfect in form, and with very feeble powers of motion. This is shown in No. 2.

No. 2. This was a portion of Semen contained in the *urine* of a person who had debilitated himself by masturbation, in early life. There are a few animalcules, but they are imperfect and very feeble. This individual had but faint inactive desires, and but little power. It is possible that a man so circumstanced may be capable of *association*, to a limited extent, and may even become a *parent*, but his *children*,

if he have any, are sure to be either *deformed*, *still born*, or *constitutionally weak!* Most usually, however, there is no impregnation, or if there be, *miscarriage* takes place.

The reason for this is obvious enough, to those who know the part which the Animalcule performs in originating the new being, and it is fully explained in "*The Marriage Guide.*"

No. 3. This was also taken from the urine of a man who had long suffered from Urinary Seminal loss, and who had become nearly *impotent*, with great decay of his mental powers, gloomy feelings, general debility, and all those distressing symptoms of *constitutional decay*, which invariably follow this disease if it is not checked.

In this case the Animalcules are all *dead*, and the parts of the body detached from each other. Impregnation from this semen could *never take place*, though the person might still, at times, retain slight powers of association. Many men are circumstanced in this way—especially those long addicted to excesses of any kind, and also business men, exhausted by too much anxiety and mental labor.

No. 4. This view was taken from a man wholly and hopelessly *impotent*, and in the last stages of decay, bodily and mental. Of course, at this stage, there is neither power nor desire. The Semen is utterly destitute of animalcules, and almost substance. It passes almost constantly in the urine, and is merely like gum water. During the *second* and *third* stages, a man may recover, with proper assistance, but in the last stage there is *no hope*. There are many married people without chil-

dren, owing to these imperfections in the male, though it is generally thought that it *must* be from the female. Some men are even *naturally* imperfect in this way, and never can be parents, though, *apparently*, like other men. The true reason for weakly and deformed children, and also for frequent miscarriage, is also often in the male, though not suspected.

Dr. H. is daily making *microscopical examinations* of this kind, both for those who call upon him, and for others.

Persons at a distance, who cannot possibly pay a personal visit to Dr. H. need not give up all hopes of receiving proper treatment in any of the above affections, Dr. H. can suggest a means by which the necessary examinations can be made perfectly, without their coming, so that he can advise by regular correspondence, as he does constantly with hundreds. All the peculiar medicines which he uses are so prepared as to go by *post*, without fear of injury or detection.

In short, Dr. H. attends to all those derangements which are connected in any way with the *parental system*, in both sexes, and those peculiar nervous affections which arise from them. His practice is, therefore, different from that of any other medical man of the day, and he does not interfere, except incidentally, with those diseases that ordinarily engage professional attention.

The success that has attended his efforts, and the public confidence and patronage that has been so extensively awarded him for many years past, and which is daily increasing, make it utterly unnecessary for him to adopt any means for extending his practice; nor is this statement published for any such purpose. It has merely been issued at

the request of many former patients, to let those persons know, who are suffering from these peculiar causes, that there is now one upon whom they can rely, who devotes special attention to such derangements, and thus rescue them from the despairing and hopeless condition into which they are too apt, naturally enough, to fall.

It is scarcely necessary to add that the strictest *confidence* and *secresy*, is observed in all communications, personal or otherwise, and that the most careful attention is bestowed upon every case. Dr. H. has numerous testimonials from those who were formerly impotent, debilitated, or childless, but who were fully restored to health, happiness, and parental enjoyment.

Those wishing to write to Dr. H. can address "*Dr. F. Hollick, New York City*," and if asking advice must enclose the usual fee of *Five Dollars*.

Persons visiting New York can always ascertain where Dr. H. then is, by calling at T. W. Strong's, 98 Nassau street.

At present, Dr. H.'s office is 498 *Broadway, New York*, opposite the St. Nicholas Hotel. Hours from 10 till 3, daily, except Sunday.

PEACH.

This well known fruit, is, when ripe, sufficiently digestible if eaten in moderation. The peach tribe derive their chief interest in a medical point of view, from the hydrocyanic, or prussic acid, which is obtained from various parts of the plants by distillation. Peach kernels yield it largely, also the blossoms and the young leaves; preparations, from these, therefore, must be employed with great caution. An infusion of the dried leaves of the peach has been used in cases of worms.

WHY ARE WE RIGHT-HANDED ?

Sir Charles Bell on this subject observes :—That for the conveniences of life, and to make us prompt and dexterous, it is evident that there ought to be no hesitation which hand is to be used, or which foot is to be put forward; and that there is indeed no such decision. Is it taught us? Or, is it from nature?

There is a distinction, he says, in the right side of the body; and the left side is weaker both as to its muscular power and its constitutional properties. The development of the organs of motion and action, he adds, is the greatest on the right side, as may be proved by measurement, or the opinion of the tailor or shoemaker. This superiority may be said to result from the more frequent use of the right hand. But whence the origin of this use or practice? It has been said children are taught by parents or nurses to use their right hand; but not always, and not generally, it is believed. Besides, this peculiarity is constitutional; diseases attack the left side and members more frequently than the right. In walking behind a person, we seldom see an equalized motion of the body; and we may observe the step with the right foot, that the toe is not so much turned out as the left; and that a great push is made with it. From the form of females, and the elasticity of their step resulting more from the ankles than the hip, the defect of the left foot is still more apparent. We do not see children hop on their left foot. May it not be concluded then, that everything in the convenience of life being adapted to the right hand, is not arbitrary, but is owing to a natural endowment of the

body, that the right hand is more strong and better fitted for action? We conclude, therefore, that the preference for using the right hand, rather than the left, is not the effect of habit merely, nor adventitious, but is a provision of nature. The theory is not, indeed, universally received. The skillful anatomist alone can decide. If there are peculiar properties or mechanicism to justify the opinion, it affords a new proof in the wise and benevolent design in the "form of our bodies," and of our being "wonderfully made." (See the Marriage Guide.)

MORTALITY IN BROOKLYN.

Dr. Wendell, the Health Physician, has submitted his annual report of the mortality of 1853 to the Common Council. It appears from his statement, that three thousand five hundred deaths occurred during the year, of which four hundred and thirty were from causes other than diseases, viz: Burned, ten, drowned, forty-six, killed, two, premature birth, fifty-five, suicide, six, casualty, thirty-one, exposure, one, malformed, eighteen, still-born, two hundred and thirteen, sunstroke, forty-eight.

The report says that the greatest mortality, as usual, was by consumption, a disease which destroys at least one-sixth of the human family, such being the average, based on the reliable data. The number of adults by this disease, were 371, of which 175 were males, and 196 females; 226 were of foreign birth, and 145 native born. Estimating the population of Brooklyn at 125,000, gives the ratio of one death in 42. Of the entire number of deaths nine hundred and sixty-nine, or about one-fourth, were of foreign birth, the residue natives of the United States.

CREAM.

Cream is that bland oily portion of the milk which separates and floats on the top; its composition is very nearly that of fat. It is a constituent of the milk of all animals. As the amount of cream, contained in cows' milk especially, varies considerably, the proportion may be ascertained by allowing the milk to repose in tall cylindrical glasses. Zinc pans have been recommended for use in dairies, as exerting some chemical action upon the milk, and causing the more abundant separation of cream. If there is chemical action, there must be danger of impregnation from the metal, and though it may be slight, it is better avoided. Cream is nourishing, but not suited for weak stomachs, except in *small quantity*, mixed with other articles of diet, such as arrow-root mucilage, when it may sometimes be advantageously substituted for a larger proportion of milk.

 WHITE PIN WORMS.—(Ascarides.)

The best remedy for these is an *injection*, composed of one dram of camphor dissolved in two ounces of olive oil. Use it at night, and take in the morning after, fasting, a good dose of aromatic tincture of rhubarb. This may be repeated every four days, for three or four times.

 NOTICE.

Commencement of the Second Volume of the People's Medical Journal.

We must remind our friends that we have now entered upon the Second Volume of our Journal.

Those sending a subscription, therefore, will please to say distinctly whether it is for Volume one, (complete,) or for the present Volume, commencing with July, 1854.

The price of the first volume, bound with title page and printed cover, *postage paid*, will be 50 cents to any part of the United States, except to *California, Oregon*, or other places over *three thousand miles*, which require *six cents* more. To Canada, the price is also 50 cts. but the subscriber will have to pay the *Canadian postage on receipt of the Book*.

For the present volume, the subscription will be as before, *Twenty-five cents*, or to *Canada, Thirty-seven and a half cents*. The amount can be sent in *Postage Stamps*, if requisite, but we shall be obliged, if all who can, will remit *Cash*, as we have such a number of *stamps* from a large list of subscribers. (*Canadian postage stamps are useless to us.*)

In the present volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say, however, that it has met with a most enthusiastic welcome and bids fair to have a circulation far greater than any other similar periodical has ever attained to.

N. B.—Subscribers in New York City will in future be charged thirty-seven and a half cents a year, and will have their Nos. sent to their address *Free*. We find it impossible to keep the run of numerous subscribers calling at the office, as they cannot be remembered, and it makes constant confusion and loss of Nos. Those who do not wish the Nos. sent to their address, can call for each separately, the first week in each month.

 DR. HOLLICK'S OFFICE.

Dr. Hollick may be consulted, for the present, at 498 Broadway, New York, from 10 to 3 daily, except Sundays.

NOTICES.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau st., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, New York.

* * All letters to Dr. Hollick, must be addressed to "Dr. F. Hollick, New York City, N. Y."

Dr. Hollick's office, in New York, is 498 Broadway. Hours from 10 till 3, daily, except Sunday.

Persons wishing for information, or opinion, on any medical subject, can address a letter to the editor as above, enclosing *One Dollar*, and they will receive a written answer.

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PHYSIOLOGY AND MEDICINE,**

By Dr. F. Hollick.

Forming the most complete Library for Private and Family Use ever composed.

**THE MARRIAGE GUIDE,
Or, Natural History of Generation.**

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known, respecting the prevention and production of offspring, the cause of the difference in sex,—Parental influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

No married person, of either sex, should be without this book. It is utterly unlike any other ever published. It contains numerous Engravings, and colored Plates, designed especially for this work.

THE

MALE GENERATIVE ORGANS,

In Health and Disease, from Infancy to Old Age.

A complete practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable. Adapted for every man's own private use!

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All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without even suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates.

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If all females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

No Female should be without it, especially if Married.

THE MATRONS

MANUAL OF MIDWIFERY,

And the Diseases of Women during Pregnancy and Child Birth.

A complete practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

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PROSPECTUS

OF

THE PEOPLE'S MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,
Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

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In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

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The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

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EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



PLATE IX.—MANDRAKE.

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MEDICAL BOTANY OF THE UNITED STATES.

PLATE IX.—MANDRAKE.

This is an American plant, found in almost all parts of the United States, in damp and shady woods principally, Its white flowers appear in May and June, and in September, when the leaves fall off, appears the fruit, lemon colored berries, the size of a hickory nut. These are rather acid, and quite pleasant tasted to most people, though some find them quite repugnant. They are slightly laxative to the bowels, and may be eaten in large quantities without any ill effects. The Indians are very fond of them, and esteem them a luxury.

The leaves are said to be quite

poisonous, and narcotic, but the fact has never been ascertained by carefully conducted experiment.

It appears, from the testimony of early settlers, that the root of this plant was in regular use by the Indians as a purgative, and in fact as a kind of universal remedy. It was also considered an emetic, but it acts in this way only when taken very fresh, and even then not generally.

Mandrake Root is undoubtedly an excellent purgative, resembling jalap in its action, but being even more drastic, and causing still more watery stools. Some persons employ it for worms, but it has no special powers as



PLATE X.—MOUNTAIN MANDRAKE.

an Anthelminthic, and only carries the worms off like other purgatives.

The dose of the powdered root is from ten to twenty grains, either alone or with equal quantities of cream of tartar. The Druggists all keep an extract of it, according to the Pharmacopeia of the U. S., the dose of which is from five to fifteen grains. This is better than the powder.

The root may be found in most herb shops, in pieces about as thick as a quill, of a dark brown color, with a rather unpleasant smell, and a sweetish bitter taste.

The power of this plant depends on a peculiar resinous substance contained in it, and on a principle like quinine, which crystalises. These may be separated, but it takes considerable trouble. They are in very small quantities.

Like many other plants this has had many virtues ascribed to it which it does not possess. It seems to be simply a good purgative.

In some parts of the Middle States there is a variety found, which looks different from the ordinary one, but has the same virtues. It is figured in Plate 10.

This plant might probably well repay *cultivation*, like the Tomatoe.

To be Continued.

ABRASION.

An Abrasion, by which the outer or scarf skin, or cuticle, is forcibly removed, and the sensitive surface of the under true skin or cutis exposed, is a trifling, but sometimes painful accident and it may be, where the hands are necessarily subjected to the action of poisonous or irritating fluid, a danger-

ous one. The protecting cuticle is quickly restored. in the meantime it is necessary to provide a substitute. It must be an unirritating one. Persons often err by putting the common diachylon-plaster, on abrasions, and frequently much irritation and pain, and sometimes ulceration is produced by it. Court-plaster does not irritate but is not useful for a large surface, in which case, gold-beater's leaf is quite the best application, if not exposed to moisture. Collodion has been used of late; it is not soon acted upon by water, but it causes severe smarting when first put on; this may be prevented by putting gold-beater's leaf next the sore, and collodion over. In the absence of the above, a little strong gum mucilage with a piece of tissue paper over, is a good substitute. Isinglass plaster is used; those who are not in the habit of applying it, find a difficulty in making it adhere. The principle in treating an abrasion, is to protect the sensitive true skin by some light perfectly unirritating, dry application till nature restores the natural covering.

BUTTERMILK.

Buttermilk, the thin acid fluid left after the separation of the butter, is a most wholesome and refreshing article of diet, either in health or in sickness, and one too much neglected. In diseases attended with fever it may be given largely with benefit. It can be made artificially, by shaking a quantity of milk in a bottle capable of containing four times the quantity. until the butter—which must be strained off is separated. The cork of the bottle being removed occasionally during the process, to permit of the renewal of the air.

A COMPLETE DICTIONARY OF NAMES AND TERMS

USED IN MEDICINE, SURGERY AND PHYSIOLOGY.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

BY FREDRICK HOLLICK, M. D.

CONTAGION.—This word properly imports the application of any poisonous matter to the body through the medium of touch. It is applied to those very subtle particles arising from putrid substances, or from persons laboring under certain diseases, which communicate the disease to others; as the contagion of putrid fever, the effluvia of dead animal or vegetable substances, the miasm of hogs and fens, the virus of small pox, lues venerea, &c., &c.

CONTINUED.—A term applied in pathology to diseases which go on with a regular tenor of symptoms, but mostly to fevers, the symptoms of which continue, without intermission, until the disease terminates; hence continued fevers in distinction to intermittent fevers.

CONTRITIO.—The act of grinding, or reducing to powder.

CONVALESCENCE.—The recovery of health after the cure of a disease. The period of convalescence is that space from the departure of a disease, to the recovery of the strength lost by it.

CONVALESCENT.—Recovering or returning to a state of health after the cure of disease.

CONVULSION.—Clonic spasm. A diseased action of muscular fibres, known by alternate relaxations, with violent and involuntary contractions of the muscular parts.

COPHOS.—Deaf or dumb. Also a dulness in any of the senses.

COPHOSIS.—A difficulty of hearing. It is often symptomatic of some disease.

COPRIEMESIS.—A vomiting of fæces.

COPROS.—The fæces or excrements from the bowels.

COPROSTASIA.—Costiveness, or a constriction of the belly.

COPTÉ.—The form of a medicine used by the ancients.

COR.—1. The heart.

2. Gold.

3. An intense fire.

CORACOID.—Some processes of the bones are so named which were supposed to resemble the beak of a crow.

CORCHORON.—The herb pimpernel, or chickweed.

CORBULUM.—An essential part of a germinating seed, called also the *embryo*, or germ.

CORDIAL.—Medicines are generally so termed, which possess warm and stimulating properties, and that are given to raise the spirits.

CORE.—The pupil of the eye.

CORIACEUS.—Applied to leaves and pods that are thick and tough without being pulpy, or succulent.

CORN.—A hardened portion of cuticle, produced by a pressure; so called because a piece can be picked out like a corn of barley.

CORNEA.—The sclerotic membrane of the eye is so called, because it is of a horny consistence.

CORPUS.—The body.

To be Continued.

ANGINA PECTORIS.

Angina Pectoris or spasm of the heart, is one of the most formidable and painful of the affections which terminate human life; it occurs more generally after middle age, and is more frequent in men than women. The attack is characterised by the sudden onset of agonizing pain, referred to the centre of the chest, or a little to the left side of it, passing through to the spine, up to the left shoulder, and down the arm of the same side even to the extremities of the fingers. Sometimes both arms are affected. Along with the pain, which is always said to be agony beyond description, there is a sensation as of instant impending death. The paroxysm ceases as suddenly as it comes on. Angina pectoris may be preceded by warning symptoms, palpitation, shortness of breathing, indigestion, or it may come on unheralded by any of these, generally during some slight exertion, as walking up hill, or during strong mental emotion, but not unfrequently in the night, after the first sleep. An attack of angina pectoris is an emergency affecting life, to which there are few equal; full, instant, stimulation is demanded, and the first agent of the kind at hand must be used, till other remedies and proper assistance can be procured. A glass of spirits and water as hot and strong as it can be swallowed, and with it, if procurable instantly, sixty drops of laudanum must at once be given. A strong mustard poultice is at once to be applied to the front of the chest, and the same between the shoulders—hot applications to the feet. If the paroxysm be not subdued in a quarter of an hour, the stimulant is to be repeated with half the quantity of laudanum, and this

again, after the same interval, if requisite. Spirits have been mentioned as being the most readily procurable, but when ether and sal volatile, either one or other, or both, are at hand, they are preferable, and must be given in just so much water as will permit of their being swallowed; a tea-spoonful of each with sixty drops of laudanum. A person who has once suffered an attack of angina should never be without these three requisites, laudanum, or better, Battley's sedative solution—ether—sal volatile. It is needless perhaps to say, that all these measures of an emergency in which not a moment is to be lost, are, whilst waiting the arrival of the medical attendant, and that to him must be entrusted the direction of that regulated mode of life, which must ever be adopted after an attack of this disease. The treatment of the emergency it may be highly important for an unprofessional person to be acquainted with, that of the interval which may extend to months, or even years, with care, must be left in the hands of educated skill alone.

MOUTH.

The cavity which contains the tongue and teeth, in which is performed the important process of mastication, and by means of which articulate sound is formed, is inclosed by the lips and cheeks, by the upper and lower jaws, by the soft palate and tonsils, by the "fauces" generally, and by the mucous membrane, stretching from the tongue to the lower jaw; it is further surrounded by the salivary glands, which supply its moisture, and which open by the ducts into various parts of its cavity. The portions of the mouth are liable to different diseases. These will be detailed in individual articles.

A COMPLETE DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

BY FREDERICK HOLLICK, M. D.

Anisum.—PIMPINELLA ANISUM, SEMINA.

Anise.

A native of Egypt and the Levant, extensively cultivated in various parts of Europe; it belongs to the natural family *Umbelliferae*, and to the Linnæan class and order *Pentandria Digynia*.

The fruit, commonly called *aniseed*, is ovoid, composed of two pericarps, with five primary ridges, slightly hairy, of a yellowish brown color; it has a peculiar, sweet, aromatic odor, and a warm, sweetish taste. Its properties depend on the volatile oil, of which it contains 3 per cent.; this oil is transparent and nearly colorless, having a slight greenish-yellow tinge; it congeals at 50° F., and does not become fluid again under 62. It has the odor and taste of the fruit.

The fruit of the hemlock has been confounded with aniseed, and, in consequence, fatal accidents have occurred; they may be distinguished by the odor, and by the elevated ridges of anise fruit being smooth at the margin, not crenulate.

Anise is an aromatic stimulant and carminative, and as such is employed in flatulent colic, and in the diarrhœa of infants and children. It is said to promote the secretion of milk in nurses. It is much used on the Continent to flavor liquors.

Dose, of the bruised fruit, gr. x. to ʒss.—*Oleum Anisi*. (Prepared according to the general directions for dis-

tilling volatile oils.) This oil is generally imported from Germany and the East Indies. Dose, min. ij. to min. viij., rubbed up with sugar.

SPIRIT OF ANISEED.—Anise, bruised, ten ounces, proof spirit, one gallon, water, two pints. Mix, and distill a gallon by a gentle fire.

ANISE LOZENGES.—White sugar, anise water, each, two ounces. Evaporate to the consistency of honey, and add white sugar, four ounces, oil of anise, half a dram. Pour on a cold marble slab.

MIXTURE OF ANISEED.—Powdered anise, powdered fennel, extract of liquorice, each, one ounce, syrup of mallows, twelve ounces. Mix.

Said to be an excellent carminative, especially for children, in doses of about a tea-spoonful.

OIL OF ANISE MIXTURE.—Oil of anise, twelve minims, sugar, one dram, tincture of sugar, two drams, peppermint water, six ounces. Mix. Dose, two or three tea-spoonfuls, as a carminative.

Anthemis.—ANTHEMIS NOBILIS FLORES.

Chamomile. The flowers of *Anthemis nobilis*, belonging to the natural family *Compositæ*, and to the Linnæan class and order *Syngenesia Superflua*.

Chamomile flowers have a strong, peculiar, rather agreeable odor, and an aromatic, bitter taste. Their properties depend on bitter extractive and

volatile oil. The latter, *Oleum Anthemidis*, is obtained by the usual process of distillation. It is of a greenish blue color, and has the peculiar odor and the aromatic taste of the flowers. One cwt. of flowers yield from ℥iss. to ℥ij. of the oil.

Chamomile flowers yield their active properties to both water and alcohol. The single variety of the chamomile flowers should be preferred for medical purposes.

Chamomile is an aromatic and bitter tonic. It was formerly in high esteem as a remedy for intermittent fever, but its employment as an internal remedy is at present restricted to those forms of dyspepsia which depend on debility or want of tone of the digestive organs, in which cases it is exceedingly useful. A strong infusion produces vomiting, and, consequently, was at one time much used to aid the action of emetics. Chamomile flowers are commonly employed for preparing warm fomentations. A cold strong infusion is an excellent application, applied two or three times a day, in simple weakness of the eyes, and in the milder forms of hemorrhoidal discharges.

The infusion must not be used with the mineral acids, sesqui-salts of iron, sulphate of copper, nitrate of silver, and acetate of lead.

INFUSION OF CHAMOMILE.—Chamomile, half an ounce, boiling water, one pint. Macerate for ten minutes in a covered vessel and strain.

When cold, it is tonic in doses of one or two ounces, several times a day. As an aid to the operation of emetics, it should be given in a tepid state, and largely.

COMPOUND DECOCTION OF CHAMOMILE.—Chamomile, half an ounce, fen-

nel seeds, two drams, water, one pint. Boil for a short time and strain.

EXTRACT OF CHAMOMILE.—Chamomile, one pound, water, one gallon. Boil down to four pints, filter whilst hot, and evaporate on a water bath to proper consistence.

A mild, bitter tonic, in doses of ten to twenty grains.

MIXTURE OF CHAMOMILE.—Infusion of chamomile, four ounces, syrup of orange flowers, one ounce, ethereal tincture of valerian, one dram. Mix.

This has proved useful in hysteria, and other nervous disorders, especially where the stomach is disordered. Dose, a dessert-spoonful.

2. Extract of chamomile, gum arabic, each, two drams, chamomile water, five ounces, tamarind pulp, syrup of chamomile, each, one ounce. Mix.

Said to be useful in diarrhoea, in table-spoonful doses.

SYRUP OF CHAMOMILE.—Water of chamomile, two pounds, syrup of mallows, half a pound, extract of liquorice, one ounce.

Has been recommended in chronic cough, and affection of the lungs, in one or two ounces, to be taken during the day.

COMPOUND CHAMOMILE PILLS.—As-safœtida, one scruple and a half, extract of chamomile, one dram, powdered rhubarb, one scruple. Make mass, and divide into thirty pills. Three, twice a-day in flatulent dyspepsia.

To be Continued.

EMOLLIENTS.

Emollients are remedies which possess the power of softening and relaxing parts to which they are applied. Heat and moisture, and oil or fatty matters, are the chief and best emollient remedies.

The People's Medical Journal.

SEPTEMBER 1, 1854.

BLIND FAITH IN MEDICINE.

The mass of mankind are the same in regard to Medicine, as they are in regard to many other things—they have *blind faith* in whatever is asserted by their medical advisers. Very few ever think for themselves, or dare to question whatever is told them. Their own experience and observation goes for nothing, the doctrine being literally—"shut your eyes and open your mouth, and take whatever I send you!" No matter though one man is ordered one thing, and his neighbor the very opposite, for the very same disease, each must obey his medical Priest, and believe in his infallibility.

That such a state of things is injurious must be obvious, both to the progress of the healing art and the immediate welfare of the sick. While medical professors have all the knowledge to themselves, and know that their patients can neither criticise their practice nor escape from it even if they would, there is a strong temptation to positive neglect, or improper experiment. One man, to save trouble perhaps, adopts *a system*, and under all circumstances *sticks to it*, so that he is never troubled about what he shall *do*, but simply follows *the rule*, and patiently awaits the result. Another, who is more enterprising, and fond of experiments, tries everything he can think of, and watches the effect with the same interest that a chemist looks for the results of his new compounds. The patient, all the time, is looked upon either as a subject or a victim, but is never regarded as an intelligent being,

who ought to know something about what is being done to him.

There are of course, honorable exceptions to this, but no one can deny that it is the general rule.

Now, what is the remedy for such an evil? Simply the instruction of the people themselves. Not to make all *practitioners*, but to enable every one to know enough about such things to prevent gross imposition, and to compel his medical attendant to treat him, and talk with him, as if he were a rational being, with reason and comprehension. If this were the case, there could not be the imposition that there is on the part of Medical practitioners, nor the counteracting and perverse conduct we often see on the part of patients.

The amount of knowledge required for this purpose, is not so very great, nor so difficult to acquire, as many people suppose. In fact, it would be by no means a hard matter to make the generality of intelligent people as competent as a large portion of their medical advisers. This is well known to many of the profession, and is the reason why they object to any popular instruction on such matters at all.

One great evil of the present system is that it makes people inattentive to the preservation of their health, and to the prevention of disease. Believing in the power of medicine to *cure*, and having blind faith in their advisers, they live in such a way as to make themselves sick, while they might have remained well. If the fact was honestly stated to them that the medical art is remarkably *uncertain*, and *imperfect*, and that the *cure* of disease can scarcely ever be made *sure*, or even *probable*, they would be more careful to remain well, and would soon acquire

that knowledge which would enable them to do so.

It should also be remembered that the observation and experience of every intelligent person, in regard to himself, will often be more valuable as a guide to health, in his own case, than any directions from another person, no matter how learned he may be. This is particularly the case in regard to *Regimen* and *Diet*. Medical men may lay down general rules, but every man requires those rules to be modified, or even totally changed, in his particular case, and no one can tell so well as himself how and why they require modifying.

Away then with blind faith, and unquestioning obedience, and let every one be taught something useful about himself, so that he may know what he should or should not do, and the reason for what others advise him.

AMAUROSIS.

Amaurosis, the gutta serena of Milton, is total or partial blindness, depending upon disease of some portion of the nervous connexions of the eye. The retina, the brain, the connecting nerve, may any of them be the seat of the disease. The appearance of the eye is unaltered beyond the dilatation of the pupil, which gives it a peculiar dark, deep look, but the expression is unmeaning. Persons who exercise the eyes much on minute objects, or who are much exposed to the glare of intense light, are liable to become amaurotic, but in such cases the disease is mostly the result of some amount of inflammation going on within the eye itself, and if taken in time is remediable. A person threatened with amaurosis, first observes in the day time, dark motes or specks floating, as it

were, before the sight, at first distinct from one another, but gradually becoming connected, and forming, as it were, a thicker and thicker veil as the sight becomes obscured. In the dark, the motes or specks frequently appear luminous. Sudden flashes of light appearing, is a symptom not unfrequent; there is usually pain in the eye and head. It must not be supposed, however, that every one who sees motes or specks is becoming amaurotic, some persons have this peculiarity of vision, either habitually, or whenever the stomach is disordered. In addition to the causes above stated, amaurotic blindness, may be the result either of overfulness of blood, or of the contrary condition, of disease of the brain, of indigestion, sexual excess, hysteria-gout, overnursing, &c. In such a disease, requiring the nicest discrimination of the medical practitioner, as to cause, before he can adopt appropriate treatment, no unprofessional person is qualified to interfere. An individual threatened with amaurosis, cannot too soon submit himself to skilled advice, and should let no consideration stand in the way of his doing so as quickly as possible. Should distance, or any unavoidable cause, occasion delay, all exercise of the eye should at once be stopped, and the general health, and condition of the bowels, attended to. Amaurosis, or blindness without obvious cause, coming on suddenly in a person of *full habit* of body, is always a grave symptom, and, as in such a case, every minute may be valuable, if medical aid cannot at once be got, six or eight leeches may safely be applied to the temples, an active purgative of twenty grains of jalap, and four or five of calomel is to be given at once, and after the leeches, cold applied to the head.

TOBACCO.

(BY PROFESSOR JOHNSTON.)

Tobacco is believed to be a native of tropical America; at all events, it was cultivated and used by the native inhabitants of various parts of that continent long before its discovery by Europeans. In 1492, Columbus found the chiefs of Cuba smoking cigars, and Cortez met with it afterwards, when he penetrated to Mexico. From America it was introduced into Spain by the Spaniards, it is not certain in what year. In 1560 it was brought to France by Nicot, and in 1586 to England by Sir Francis Drake, and the colonists of Sir Walter Raleigh. Into Turkey and Arabia, according to Mr. Lane, it was introduced about the beginning of the seventeenth century, and in 1601 it is known to have been carried to Java. Since that time both the cultivation and the use of the plant have spread over a large portion of the habitable globe.

Thus the different parts of America in which it is now grown, include Canada, New Brunswick, the United States, Mexico, the western coast as far as 40° south latitude, Brazil, Cuba, Trinidad, and the other West Indian islands. In Africa it is cultivated on the Red Sea and the Mediterranean, in Egypt, Algeria, the Canaries, along the western coast, at the Cape of Good Hope, and at numerous places in the interior of the continent. In Europe, it has been raised with success in almost every country, and it forms at present an important agricultural product in Hungary, Germany, Flanders, and France. In Asia, it has spread over Turkey, Persia, India, Thibet, China, Japan, the Philippine Islands, Java, Ceylon, Australia, and New Zealand. Among narcotic plants, indeed, it oc-

cupies a similar place to that of the potato among food plants. It is the most extensively cultivated, the most hardy, and the most tolerant of changes in temperature, altitude, and general climate. From the equator to the fiftieth degree of latitude it may be raised without difficulty, though it grows best within thirty-five degrees of latitude on either side of the equator. The finest qualities are raised between the fifteenth degree of north latitude, that of the Philippines, and the thirty-fifth degree, that of Latakia in Syria.

EXTENSIVE USE OF TOBACCO.—And the use of the plant has become not less universal than its cultivation. Next to salt, it is supposed by some to be the article most extensively consumed by man. Tea alone can compete with it; for although it may not be in use over so large an area, tea is probably consumed by as great a number of the human race. In America, tobacco is met with everywhere, and the consumption is enormous. To its use in some parts of the United States, at the present moment, King James's description, in the opinion of many, applies more justly than to the practice in any other part of the world—“A custom loathsome to the eyes, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fume thereof nearest resembling the horrible Stygian smoke of the pit that is bottomless.”

In Europe, from the plains of sunny Castile to the frozen Archangel, and from the Ural to Iceland, the pipe, the cigar, and the snuff-box, are a common solace, among all ranks and conditions of men. In vain, when it first came among us, King James opposed it by his *Counterblast to Tobacco*; in vain

Pope Urban the Eight thundered out his bull against it; in vain was the use of it prohibited in Russia, and the knout threatened for the first offence, and death for the second. Opposition and persecution only excited more general attention to the plant, awakened curiosity regarding it, and tempted people to try its effects.

So, in the East, the priests and sultans of Turkey and Persia declared smoking a sin against their holy religion; yet the Turks and Persians have become the greatest smokers in the world. In Turkey the pipe is perpetually in the mouth. In India, all classes and both sexes smoke. The Siamese chew moderately, but smoke perpetually. The Burmese of all ranks of both sexes and of all ages, down even to infants of three years old, smoke cigars---(*Crawford*). In China the practice is so universal that every female, from the age of eight or nine, wears, as an appendage to her dress, a small silken pocket to hold tobacco and a pipe.

In 1662, the quantity raised in Virginia, then the chief producer of tobacco on the American shores of the Atlantic, was only 60,000 lb., and the quantity exported from that colony in 1689 only 120,000 lb. During the 160 years which have since elapsed, the produce of this coast has risen to nearly twice as many millions of pounds!

The enormous extent to which its use has increased in England, may be judged of from the fact, that while in the above mentioned year (1689) the total importation was only 120,000 lb. of Virginian tobacco, part of which was re-exported, the consumption of Great Britain is at present about

30,000,000 lb.! Thus the quantity entered for home consumption in---

1851	.	.	was	28,062,841 lb.
1852	.	.	"	28,558,733 "
1853	.	.	"	29,737,561 "

And to this must be added the large quantity of contraband tobacco, which the heavy duty of 3s. a lb. tempts the smuggler to introduce.

That the consumption is still rapidly on the increase, appears from the above numbers; but it is more clearly shown by the following table, which exhibits the quantities consumed at each of the last four decennial periods :---

Years.	Tot'l consumpt'n.	Population.	Consumption per head.
1821	15,598,152 lb	21,282,960	11.71 oz.
1831	19,533,841 "	24,410,439	12.80 "
1841	22,309,360 "	27,019,672	13.21 "
1851	28,062,841 "	27,452,692	16.86 "

These numbers show that, during the last of these periods of ten years, the consumption of the United Kingdom increased one-fourth, or from 13 1-2 to 17 ounces per head. But these last numbers do not truly represent the consumption in either of our two islands. Great Britain, as in the case of tea and ardent spirits, consumes a much larger proportional quantity than Ireland does. Thus, in 1853, the home consumption in the two countries was---

	Great Britain.	Ireland.
Total consumption,	24,940,555 lb.	4,641,141 lb.
Consumption per head,	19 ounces	12 ounces.

being one-half greater in Britain than in Ireland.

The duty on tobacco is 3s. a lb., and its produce in the United Kingdom was, in

	Total duty.	Duty per head.
1852.....	£4,560,742.....	3s. 2d.
1853.....	4,751,760.....	3s. 4d.

In Europe generally, the consumption is restricted by the heavy duties imposed upon it; yet the consumption of the United Kingdom is said to be

less than that of most of the other European nations. In France it is about 18 1-2 ounces—three-eighths of this quantity being used in the form of snuff. In Denmark, it amounted in 1848 to about 70 ounces, or 4 1-2 per head. These quantities are probably to some extent beyond the European average. But in some of the States of North America the proportion greatly exceeds these quantities; while among Eastern nations, where no duty is imposed upon tobacco, it is believed to be greater still. Mr. Crawford therefore estimates the average consumption of tobacco by the whole human race of 1000 millions at 70 ounces a-head, and the total produce and consumption of this favorite narcotic at two millions of tons, or 4,480 millions of pounds! At 800 lb. an acre, this would require upwards of 5 1-2 millions of acres of rich land to be kept constantly under tobacco cultivation. The comparative magnitude of this quantity will probably strike the reader more forcibly when it is stated that the whole of the wheat consumed by the inhabitants of Great Britain—estimating it at a quarter a-head, or in round numbers at 20 millions of quarters—weighs only 4 1-3 millions of tons. The tobacco yearly raised, therefore, for the gratification of this one form of the narcotic appetite, weighs as much as the wheat consumed by ten millions of Englishmen. And reckoning it at only double the market value of wheat, or twopence and a fraction per pound, it is worth in money as much as all the wheat eaten in Great Britain!

The largest growers of tobacco at present are the United States of America. Their annual production, at the last two decennial periods of

their census returns, was estimated in

1840	:	:	at 219,163,319 lb.
1850	:	:	" 199,752,646 "

Being about one-twentieth part of the whole supposed produce of the globe.

To be Continued.

BUTTER.

Butter, the oily constituent of milk, separated by the process of churning, is one of the commonest, and when properly used, most wholesome articles of food. When fresh, that is, free from rancidity, it forms a nutritious, it might almost be said instinctive, addition to a farinaceous diet. Much has been said, in writings upon diet, respecting the unwholesomeness of butter, and, undoubtedly, in certain states of the system and of the digestive organs, it is so, but for healthy individuals it is the reverse. Butter in some persons, and if immoderately used in all, gives rise to biliary derangement, partly, doubtless, from its furnishing an excess of biliary material, but also from its presence in the stomach, as observed by Dr. Beaumont, causing a flow, or regurgitation of bile into that organ. The above remarks apply to simple butter unspoiled by cookery. When butter is exposed to gentle heat it melts; and under this condition, has obtained a reputation for indigestibility which is due rather to the quantity consumed than to its being merely put in that state which it assumes when it is exposed to the heat of the stomach. The case is very different, however, when butter has been exposed, whether alone, or combined with farinaceous articles, to a high temperature, such as that of an oven; it now becomes altered in character—empyreumatised—and is rendered very indigestible and irritating to the weak stomach.

Poisoning of an Infant by one-twentieth of a Grain of Opium.

Dr. E. Smith related a case of the poisoning of the child of an Italian lady whom he had attended in her accouchement on Monday, March 27. The child was well developed, and in good health. During the succeeding nights the infant cried much, and to relieve this he was requested to prescribe a composing remedy; he declined to do so, but directed them to give an occasional dose of castor oil. On the Saturday following, that is, on the fifth day of its birth, the French nurse requested a French pharmacien with whom she was acquainted to give her medicine to prevent the cries, stating at the same time the age of the infant. He gave her some syrup, and directed her to give half a tea-spoonful every two or three hours; he put no label upon the bottle. The nurse gave half a tea-spoonful at half-past ten P. M. whilst the infant was crying. In half an hour the cries ceased, the respiration was interrupted, the jaw fell, and coma was established. This continued with some intermissions during the whole night, and at half-past nine the following morning he (Dr. Smith) saw the little patient. He found it perfectly comatose; insensible to pinching or tickling; the conjunctiva insensible to the touch, and the pupil contracted and insensible to the influence of light. The mouth was open; the eyelids closed; the face pale; and the features undisturbed. When the eyelids were raised by the finger, they remained so; but on one or two occasions the infant raised them herself, as if from convulsive action. The muscles of the limbs were relaxed, but occasionally there was slight spasmodic movements. There were one or

two slight and ineffectual attempts to cry. The function of deglutition was almost if not entirely lost. The breathing was very irregular, alternating between periods of rapid and suspended respiration—the former were not catching, and were accompanied by a shrill, stridular noise—the latter were prolonged during two or more minutes, when the pulsation of the heart ceased and the child appeared to be dead.

The suspension was terminated by a deep sigh or gasp, which, on being renewed, excited the action of the heart, so that the vessels were seen heavily pulsating at the base of the neck. The respiration again failed, and the heart's action gradually declined. This state of things was continued until five P. M. that is, eighteen hours after having taken the poison, when she died. The syrup was of a light straw color, and as tested by the taste and smell, evidently contained opium. At the inquest the pharmacien stated that the syrup was the ordinary French syrup of opium—containing five centigrams of opium to the ounce; so that, assuming that the infant had taken half a dram, or half a tea-spoonful as stated, the dose was about one-twentieth part of a grain of opium, or the quantity contained in one drop of laudanum.

Proximate Cause.

Proximate cause, in medicine, is the most immediately traceable cause of the symptoms of a disease; thus, in British cholera, the proximate cause of the vomiting and purging is the irruption of acrid bile in undue quantity into the stomach and bowels; the remote cause is that which gives origin to the superabundance and acidity of the bile, probably excess of carbonaceous compounds in the blood.

CATARACT.

Cataract is an affection of the eye which produces opacity of the crystalline lens, and more or less obstructs vision according to the extent of the disease. The affection is most common in persons advanced in life, but may occur at any age. An individual who is becoming the subject of cataract, complains of seeing objects, as it were covered by a mist or veil; vision is sometimes better in an obscure light, when the pupil becomes dilated. When the disease is a little advanced, anything placed a little to one side is better distinguished than if it is directly in front, the first opaque spot of cataract occupies the centre of the lens, of the axis or vision, in which situation, it can be detected by examination. When cataract is in its incipient stage, its progress may perhaps be arrested by judicious treatment, and for this reason the case should, as quickly as possible, be placed under medical care; in the interim, the bowels must be attended to, stimulants avoided, and a blister applied to the nape of the neck. When cataract occupies the whole circle of vision, and produces blindness, it may be removed by operation. An oculist or surgeon should always be consulted on the case.

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NOTICE.
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Commencement of the Second Volume of the People's Medical Journal.

We must remind our friends that we have now entered upon the Second Volume of our Journal.

Those sending a subscription, therefore, will please to say distinctly whether it is for Volume one, (complete,) or for the present Volume, commencing with July, 1854.

The price of the first volume, bound with title page and printed cover, *postage paid*, will be 50 cents to any part of the United States, except to *California, Oregon*, or other places over *three thousand miles*, which require *six cents* more. To Canada, the price is also 50 cts. but the subscriber will have to pay the *Canadian postage on receipt of the Book*.

For the present volume, the subscription will be as before, *Twenty-five cents*, or to *Canada, Thirty-seven and a half cents*. The amount can be sent in *Postage Stamps*, if requisite, but we shall be obliged, if all who can, will remit *Cash*, as we have such a number of *stamps* from a large list of subscribers. (*Canadian postage stamps are useless to us.*)

In the present volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say, however, that it has met with a most enthusiastic welcome and bids fair to have a circulation far greater than any other similar periodical has ever attained to.

N. B.—Subscribers in New York City will in future be charged thirty-seven and a half cents a year, and will have their Nos. sent to their address *Free*. We find it impossible to keep the run of numerous subscribers calling at the office, as they cannot be remembered, and it makes constant confusion and loss of Nos. Those who do not wish the Nos. sent to their address, can call for each separately, the first week in each month.

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Dr. Hollick's office, in New York, is 498 Broadway. Hours from 10 till 3, daily, except Sunday.

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Lecturer on Physiology, and Author of the *Marriage Guide, Origin of Life, &c.*

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MEDICAL BOTANY OF THE UNITED STATES.



PLATE XI.—PAPAVER.

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MEDICAL BOTANY OF THE UNITED STATES.

PLATE XI.—PAPAYER.

Common names, *Poppy*, *Garden Poppy*.

THERE are several varieties of Poppy, some with black flowers and seeds, and some with white ones; they have all, however, the same properties. The plant is a native of Persia, where it grows to a great size. It is, however, quite naturalized in the U. S., though it does not grow to so large a size.

The Poppy is cultivated for the sake of the Oil, contained in the seeds, and also for the Opium, which is a gum extruded from the green seed pods when they are cut.

In Persia it is cultivated only for the Opium, but in France, and other parts of Europe, for the Oil as well. In the U. S. it has not yet been cultivated at all, except as an ornamental flower, though it would undoubtedly be extremely profitable, both for the Opium and for the Oil, as it grows to a large size in some of the States.

The dried seed pods, called *Poppy Heads*, are used for making fomentations and infusions.

In the Article on *Opium*, in the *Dictionary of Drugs*, we shall give a full account of all its various preparations and their effects.

LIFTING CHILDREN

is a subject on which a few words are highly requisite. It is really surprising to see in what a cruel and dangerous manner children are often lifted about, not only by their nurses, but by their mothers; and the evil results are very commonly brought before medical men, in the shape of sprains, separation of "epiphyses"—dislocation, and even fractures. When a heavy child is perhaps seized by the hand or arm, and swung over a gutter, or the like, the wonder is, not when injury results, but that it does not always result from the practice. Among boys, and even by those who are old enough to know better, there is a trick of lifting children or boys, by the hands placed under the chin and at the back of the head: this is most dangerous—dislocation of the neck, and instant death has been the result.

HEPATIC.—Belonging to the *Liver*.

HECTIC, OR HECTIC FEVER, is an intermittent form of fever which occurs in the later stages of consumption, and also other diseases of a slow wasting character. The paroxysm of hectic, usually comes on towards six o'clock in the evening, the person becomes heated, perhaps thirsty, the eyes are brighter than usual, the cheeks reddened—sometimes beautifully colored—and display the circumscribed "hectic flush," at the same time, an almost morbid elevation of spirits is not uncommon. Towards midnight, the stage of fever is succeeded by that of perspiration, which increases as morning approaches, till towards four or five o'clock the patient is completely soaked in moisture and is left in a state of painful exhaustion.

ENCEPHALON.—A medical term employed to designate the parts generally contained within the skull.

HEMATEMESIS.—Bleeding, or vomiting of blood from the stomach.

A COMPLETE DICTIONARY OF NAMES AND TERMS

USED IN MEDICINE, SURGERY AND PHYSIOLOGY.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

BY FREDERICK HOLLICK, M. D.

CORPUS LUTEUM.—A yellow spot found in that part of the ovarium of females, from whence an ovum has proceeded.

CORRE.—The temples, or that part of the jaws where the beard grows, and which it is usual to shave.

CORROBORANT.—Whatever gives strength to the body; as bark, wine, beef, cold-bath, &c.

CORROSIVE.—To eat away.

CORRUGATOR.—The name of muscles, the office of which is to wrinkle or corrugate the parts they act on.

CORTEX.—This term is generally, though improperly, given to the Peruvian bark. It applies to any rind, or bark.

CORTICAL.—1. Belonging to the bark of a plant or tree.

2. Embracing or surrounding any part like the bark of a tree; as the cortical substance of the brain, kidney, &c.

CORYZA.—An increased discharge of mucus from the nose.

COSMETIC.—A term applied to remedies against blotches and freckles.

COSTA.—A rib. 1. The rib of an animal.

2. The thick middle nerve-like cord of a leaf, which proceeds from its base to the apex.

COSTALIS.—Belonging to a rib: applied to muscles, arteries, nerves, &c.

COUCHING.—A surgical operation that consists in removing the opaque lens out of the axis of vision, by means of a needle constructed for the purpose.

COUGH.—A sonorous consussion of the thorax, produced by the sudden expulsion of the air from the chest through the fauces.

COUNTER-OPENING.—An opening made in any part of an abscess opposite to one already in it. This is often done in order to afford a readier egress to the collected pus.

COWPER'S GLANDS.—Named from Cowper, who first described them. Three large muciparous glands of the male, two of which are situated before the prostate gland under the accelerator muscles of the urine, and the third more forward, before the bulb of the urethra. They excrete a fluid, similar to that of the prostate gland, during the venereal orgasm.

COXA.—The ischium is sometimes so called, and sometimes the os coccygis.

COXENDIX.—The ischium; the hip-joint.

CRANIUM.—The skull or superior part of the head.

CRAPULA.—A surfeit; drunkenness.

CRISIS.—Mixture. A term applied to the humors of the body, when there is such an admixture of their principles as to constitute a healthy state: hence, in dropsies, scurvy, &c. the crisis, or healthy mixture of the principles of the blood, is said to be destroyed.

CREMASTER.—A muscle of the testicle, by which it is suspended, and drawn up and compressed, in the act of coition.

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Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

BY FREDERICK HOLLICK, M. D.

**Antimonii Sulphuretum Aur-
eum.**—SULPHUR ANTIMONIATUM FUS-
CUM. ANTIMONII OXYSULPHURETUM.
*Golden Sulphuret of Antimony; Oxy-
sulphuret of Antimony.*

A light powder of a bright orange color, odorless and tasteless when pure.

The golden sulphuret of antimony possesses diaphoretic properties, in large doses producing nausea and vomiting; it is seldom employed alone, but, in the following preparation, is in very general use as a diaphoretic and alterative:

PILULÆ-CALOMELANOS COMP.—Calomel and golden sulphuret of antimony, of each, one part; guaiacum resin, in fine powder, two parts; make a pill mass with a sufficiency of treacle; to be divided into six-grain pills.

PIL. HYDRARGYRI CHLORIDI COMP.—Chloride of mercury, oxysulphuret of antimony, of each, ʒij.; guaiacum resin, powdered, ʒss.; treacle, ʒij.; rub the chloride of mercury with the oxysulphuret of antimony, afterward with the guaiacum resin and the treacle, until incorporated. This compound is commonly known as *Plummer's Pill*; it is an excellent diaphoretic and alterative, well adapted for cutaneous eruptions, especially those of a syphilitic origin. Dose, gr. v. to gr. x. or gr. xv.

PILLS OF SULPHURET OF ANTIMONY.—Sulphuret of antimony, one ounce, Guaiacum, two drams, extract of fumitory, a sufficient quantity. Mix, and make pills of two grains each.

Much employed in Germany, as an alterative in diseases of the skin.

Sulphuret of antimony, half a dram, extract of opium, five to eight grains, guaiac, two drams. Make fifty pills.

Advised in gouty affections, nine pills being given three times a-day.

LOZENGES OF SULPHURET OF ANTIMONY.—White sugar, one hundred and ninety-two parts, sulphuret of antimony, eight parts, mucilage of gum arabic, one part. Mix, and make lozenges of twelve grains, each containing half a grain of the sulphuret.

Much employed in Europe, as an alterative in diseases of the skin, in rheumatism, gout, &c.

OINTMENT OF SULPHURET OF ANTIMONY.—White wax, four ounces, olive oil, twelve ounces. Melt together and add, powdered charcoal, two ounces, precipitated sulphur, sulphuret of antimony, each, one ounce. Stir well until cold.

Used as an application in tinea capitis (scald head).

KERMES MINERAL.—Crystalized carbonate of soda, one hundred and twenty-eight parts, water, one thousand two hundred and eighty parts, sulphuret of antimony, six parts. Boil the antimony for an hour in the solution of soda, filter the hot liquor into warm earthen pans, cool very slowly, wash the precipitate with cold water, dry at a moderate temperature, and keep in well-closed bottles.

To be continued.

FATUITY.—Mental imbecility.

TOBACCO.—*Continued.*

CHEMICAL CONSTITUENTS OF TOBACCO.

—The active substances or chemical ingredients of tobacco or of tobacco smoke, those by which all its varied effects are produced, are three in number: a volatile oil, and a volatile alkali, which exist in the natural leaf—and an empyreumatic oil, which is produced during the burning of the tobacco in the pipe.

The volatile oil.—When the leaves of tobacco are mixed with water and submitted to distillation, a volatile oil or fat comes over in small quantity. This fatty substance congeals or becomes solid, and floats on the surface of the water which distils over along with it. It has the odour of tobacco, and possesses a bitter taste. On the mouth and throat it produces a sensation similar to that caused by tobacco smoke. When applied to the nose, it occasions sneezing; and when taken internally, it gives rise to giddiness, nausea, and an inclination to vomit. It is evidently one of the ingredients, therefore, to which the usual effects of tobacco are owing; and yet is remarkable, that from a pound of leaves only two grains of this fatty body are obtained by distillation. Upon such minute quantities of chemical ingredients do the peculiar action and sensible properties of some of our most powerful medicinal agents depend!

The volatile alkali.—When tobacco leaves are infused in water made slightly sour by sulphuric acid, and the infusion is subsequently distilled with quick lime, there comes over mixed with the water a small quantity of a volatile, oily, colourless, alkaline liquid, which is heavier than water, and to which the name of *nicotin* has been given. It has the odour of tobacco, an acrid, burning, long-continuing tobacco taste, and possesses narcotic and very poisonous

qualities. In this latter respect it is scarcely inferior to prussic acid, a single drop is sufficient to kill a dog. Its vapour is so irritating, that it is difficult to breathe in a room in which a single drop has been evaporated. The proportion of this substance contained in the dry leaf of tobacco varies from 2 to 8 per cent. So far as experiments have been made, the tobaccos of Havana and Maryland contain 2 per cent. that of Kentucky 6, that of Virginia nearly 7, and that of France from 6 to 8 per cent. It is rare, however, that a hundred pounds of the dry leaf yield more than seven pounds of nicotin. In smoking a hundred grains of tobacco, therefore—say a quarter of an ounce—there *may* be drawn into the mouth two grains or more of one of the most subtle of all known poisons. For as it boils at 482° F., and rises into a vapor at a temperature considerably below that of burning tobacco, this poisonous substance is constantly present in the smoke. From the smoke of a hundred grains of slowly-burning Virginia tobacco, Melsens extracted as much as three-quarters of a grain of nicotin; and the proportion will vary with the variety of tobacco, the rapidity of the burning, the form and length of the pipe, the material of which it is made, and with many other circumstances.

The empyreumatic oil.—But besides the two volatile substances which exist ready formed in the tobacco leaf, another substance of an oily nature is produced when tobacco is distilled alone in a retort, or is burned as we do it in a tobacco pipe. This oil resembles one which is obtained in a similar way from the leaf of the poisonous fox-glove (*Digitalis purpurea*). It is acrid and disagreeable to the taste, narcotic and poisonous. One drop applied to the tongue of a cat brought on convul-

sions, and in two minutes occasioned death. The Hottenotts are said to kill snakes by putting a drop of it on their tongues. Under its influence the reptiles die as instantaneously as if killed by an electric shock. It appears to act nearly in the same way as prussic acid.

The oil thus obtained consists of at least two substances. If it be washed with acetic acid (vinegar), it loses its poisonous quality. It contains, therefore, a harmless oil, and a poisonous alkaline substance which the acetic acid combines with and removes. The nature and chemical properties of this alkaline poison have not as yet been investigated. The crude oil is supposed to be "the juice of cursed hebenon," described by Shakespeare as a distilment.

Thus three active chemical substances unite their influences to produce the sensible effects which are experienced during the smoking of tobacco. All three are contained in variable proportions in the smoke of burning tobacco. The form and construction of the pipe, among other circumstances, influence, as I have said, the proportion of these ingredients which the smoke contains. Thus the Turkish and the Indian pipes, in which the leaf burns slowly, and the smoke is made to pass gently bubbling through water, arrest a large proportion of the poisonous vapours, and convey the smoky air in a much milder form to the mouth. The reservoir of the German pipe retains the grosser portions of the oily and other products of the burning tobacco; and the long stem of the small Russian pipe has a similar effect. The Dutch and English clay pipes retain less; the metal (bronze or iron) pipes of Thibet, by becoming warm, bring still more of the consti-

tuents of the mild Chinese tobacco to the mouth of the smoker; while the cigar, especially if smoked to the end, discharges directly into the mouth of the smoker everything that is produced by the burning. Thus, the more rapidly the leaf burns and the smoke is inhaled, the greater the proportion of the poisonous substances which is drawn into the mouth. And finally, when the saliva is retained, the fullest effect of all the three narcotic ingredients of the smoke will be produced upon the nervous system of the smoker. It is not surprising, therefore, that those who have been accustomed to smoke cigars, especially of strong tobacco, should find any other pipe both tame and tasteless except the short black *cubby*, which has lately come into favor again among inveterate smokers. Such persons live in an almost constant state of narcotism or narcotic drunkenness, which must ultimately affect the health, even of the strongest. The chewer of tobacco, it will be understood from the above description, does not experience the effects of the poisonous oil which is produced during the burning of the leaf. The natural volatile oil and the nicotin are the substances which act upon him. These, from the quantity of them which he involuntarily swallows or absorbs, impair his appetite, and gradually weaken his powers of digestion.

The same remarks apply to the taker of snuff. But his drug is still milder than that of the chewer. During the first fermentation which the leaf undergoes in preparing it for the manufacture of snuff, and again during the second fermentation, after it is ground, a large proportion of the nicotin escapes or is decomposed. The ammonia produced during these fermentations is partly the

result of this decomposition. Further, the artificial drying or roasting to which tobacco is exposed in fitting it for the dry snuffs, expels a portion of the natural volatile oil, as well as an additional portion of the natural volatile alkali or nicotin. Manufactured snuff, therefore, as it is drawn up into the nose, and especially dried snuff, is much less rich in active ingredients than the natural leaf. Even the rappees, though generally made from the strongest Virginian and European tobaccos, containing 5 or 6 per cent nicotin, retain only 2 per cent when fully manufactured.

I have already stated that in all the sensible properties by which the unadulterated leaf of the tobacco plant is characterised, the produce of different countries and districts exhibits important economical differences. All such diversities in quality and flavour, in strength, mildness, odour, &c, the chemist explains by the presence of the above-named active ingredients, sometimes in greater, and sometimes in smaller proportion; and it is interesting to find science in his hands first rendering satisfactory reasons for the long-established decision of taste. Thus he has shown that the natural volatile oil does not exist in the green leaf, but is formed during the drying; hence the reason why the mode of drying and curing affects the strength and quality of the dried leaf. He has also shown that the proportion of the poisonous nicotin is smallest in the best Havanna, and largest in the Virginian and French tobaccos. Hence a natural and sound reason for the preference given to the former by the smokers of cigars, who receive directly into their mouths all the substances which escape from the burning leaf. And, lastly, by showing that both of the poisonous ingredients

of tobacco are volatile, and tend to escape slowly into the air, he has explained why the preserved leaf, or the manufactured cigar, improves by keeping, and, like good wine, increases in value by increase of age.

MUSHROOMS.

MUSHROOMS.—The fungus tribe to which mushrooms belong, contains a large proportion of poisonous members, and even those which are usually considered edible are not always above suspicion in this country. In France, Russia, &c; many species of fungus are used, commonly, and largely, as food, and are very nourishing, as they approach in some degree animal matter in constitution. Those who gather mushrooms for food should be very certain that they know what *are* mushrooms, and this will be best learned from those who are practically acquainted with the matter; it may be added, that even real mushrooms, which grow under trees are generally considered unwholesome, and also those in which the process of decay has commenced. Dr Christison says "The poisonous fungus has an astringent styptic taste, and perhaps also a disagreeable one, but certainly a pungent odour." After poisonous fungi have been eaten, there is generally giddiness, dimness of sight, and debility, if the symptoms appear quickly, but if they are delayed they are more generally those of irritation, vomiting, purging and pain. In a case of poisoning by fungus, treatment similar to that recommended for "Belladonna" will be the best, in the absence, or during the delay in the arrival of a medical man.

APERIENT.—Whatever opens the bowels gently—a laxative, in contradistinction to purgatives, and cathartics, which act strongly.

The People's Medical Journal.

OCTOBER 1, 1854.

SOMETHING WHICH SHOULD BE GENERALLY TAUGHT.

WHATEVER may be thought as to the utility of teaching *medicine*, as a branch of general education, there can be no question, it seems to us, as to the utility of certain other kindred subjects being taught. Such, for instance, as the structure of the *skeleton*, and the uses and forms of its different parts, with the manner in which they are united and work together. What, in short, is usually called the science of *Osteology*.

The human skeleton is not very complicated, nor difficult to study. Though composed of some two hundred and forty bones, yet the greater part of them are small, and but seldom require attention. All the main parts can be readily studied, by any ordinary mind, so that the principal accidents to which they are liable, with the mode of repairing them, can be understood. The simplest machines in common use, and also many of the articles which artisans daily construct, are fully as complicated as the human skeleton, and often more so. There is no reason, therefore, why the skeleton, as a piece of *mechanism* at least, should not be studied and comprehended as well as them.

The skeleton itself, or a copy of it in wood, or other material, which can be obtained cheaply enough, should be in every school, so that the children might be as familiar with it as with any of the ordinary things around them. They would then learn, without any great or special effort, the uses and forms of all the bones, and how they are jointed one to another. It would

then be a very easy matter to show how they become dislocated, or unjointed, and how they may be again put into joint. It could also be shown how to place and bandage them when broken, or fractured, so that any injury of the kind could be attended to at once.

All this is perfectly easy to most people, and surely there are not many things more important. How often is it the case, especially in this country, that fractures and dislocations occur, and the most serious consequences ensue, before medical aid can be obtained? Hundreds of limbs, or even lives, would be annually saved, to say nothing of suffering, if such knowledge was as general as it ought to be. Children are taught the structure of the steam engine, and of various machines, much more complicated than the human skeleton, and in which they are not nearly so much interested. Let them then be taught something about their own *framework*, so that in case of accident they may be something better than mere useless spectators, or mourners.

How often do we see first rate *bone-setters*, who become so without any special advantage or instruction, till they are far superior to most medical men? Let the human skeleton be studied in all our schools, as it ought to be, and there would be natural *bone-setters* everywhere, ready and able to give relief in any emergency, either to themselves or to others. The old idea that such knowledge is *exceedingly difficult* to obtain is not true,—give the right instruction and it is easy. Remember, the *knowledge* would always be at hand when wanted; while the medical man is *not* always there, nor always competent when he is.

FRACTURES.

FRACTURES form a most important branch of surgery; and every member of the community ought to know, every patient and friend should be also warned, that it is in some complicated cases impossible to prevent deformity or loss of use in the limb; that under the very best treatment such unfavourable symptoms may set in as to demand amputation; and, finally, that death may ensue.

As an example of the reparative power of the living body, there is nothing so remarkable as the provision made for the reunion of broken bones. In ordinary cases a bone is broken quite through, either straight across or in an oblique direction. If the opposite broken surfaces are placed in apposition, and retained there by proper means, union finally takes place. The substance by which the broken ends are cemented together is termed *callus* by surgeons, and much discussion has arisen as to the mode of its production, and the various modifications which it undergoes. Many writers call the *callus* which forms first "provisional;" that which is destined to last, "definitive."

During the first ten days blood is poured forth around the ends of the fracture, between those ends, and even into its central cavity. The periosteum, or skin of the bone, grows red, swollen, and softened, and the reddish fluid is poured out between it and the bone, the ends of which no longer exhibit a fibrous appearance. The tube in the centre of the bone is gradually obliterated by the inflammation and swelling of the membrane lining it (the medullary membrane); the medulla itself (the marrow) acquires a great consistence, and the portion of it in the one fragment becomes united with the portion

of it in the other. Before this period has elapsed, the coagulated blood between the ends of the bone is replaced by a gelatinous fluid, and a reddish, fleecy substance often covers the fractured ends.

In the second stage, from the tenth to the twenty-fifth day, the swelling of the parts becomes firmer, adhering more and more intimately to the substance between the ends of the bones, the muscles regain their former appearance, and the swelling seems to recede towards the centre of the limb. The central cavity of the bone is now entirely filled up by a fibro-cartilaginous texture, into which its membrane has been transformed, forming a species of peg between the two ends.

After the twenty-fifth day, the swelling around the fracture—"the tumour of the callus"—by degrees passes into cartilage, and then into bone, forming a solid ferule or clasp, in close contact with the bone. This is covered, like the original bone with a skin, so that the outside being entirely invested by the same membrane, no marks remains of the breach of continuity. The surrounding cellular tissue is still stiff and hardened. The central peg rapidly assumes a greater consistence, and soon forms a solid osseous cylinder. There is now a tolerable firm union between the broken bones; and this stage of the process corresponds pretty nearly with the time when the surgeon discontinues the apparatus for keeping the ends of the bone in union.

Between the third and sixth months the tumour of the callus becomes gradually more compact, and the central peg undergoes a similar change. The substance between the fragments has all the consistence of bone, but it has still to be changed into bone, and become definitive callus.

The peg also suffers a transformation ; it becomes of a lighter texture ; cells are produced within it ; and after a time it disappears, leaving the central canal as free as before, while the medullary membrane again assumes its former character. Lastly, the external portion of the provisional callus disappears.

The process, however, just described is drawn from observations on quadrupeds after fracture of their bones, and does not occur in the human body except under particular circumstances. That it does so in the lower animals is owing to the union being constantly disturbed in order to observe accurately the process of repair. In man, however, union of a fractured rib takes place in the same way, owing to the fracture being perpetually disturbed by breathing.

During the first ten days after fracture in the human body, little or no change seems to take place beyond the effusion of coagulable lymph (a clear, fluid-like, dilute jelly) and serum (the watery part of the blood seen after a clot has formed when any person is bled), which trickle out from the pores and wounded ends of the vessels.

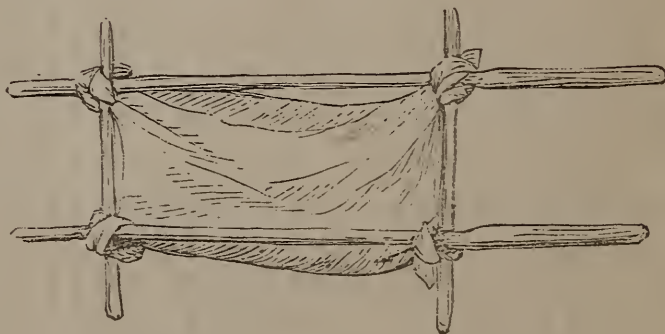
A little later, coagulable lymph is poured out between the ends of the broken bone, and this by degrees becomes converted into bone. In some cases fibres and cells form first of all ; in some parts it is converted into cartilage. When the broken ends can be nicely adjusted, the new material is simply deposited between them. Under other circumstances it fills up angular spaces, and forms a hard lump of callus.

No person should be ignorant of the fact, that though this provisional callus may be so hard as to serve for gen-

tle ordinary movements of the limb yet that so long a period as eight or nine months may elapse before the process of repair is complete ; and hence that, during this time, any one who has had the misfortune to fracture a bone should be extremely careful to avoid exposing it to any kind of violence.

The great division of fractures is into simple and compound ; a fracture being compound when the broken bone protrudes through a wound of the skin.

The symptoms of fracture are,—1. Bending, shortening, or twisting of the limb. 2. Great looseness ; one end of the bone moving independently of the other ; or when pressed upon one part giving way. 3. Crepitation ; that is, a grating noise is heard when the broken ends are rubbed against one another. If the broken parts are much displaced, they must be drawn straight before this sound can be heard. The treatment, which applies alike to the leg and arm, is to place the ends of the bone in the natural position, so that its outline corresponds with that of the bone in the sound limb, and to maintain them there.



When a man has broken his leg or thigh in the street, he should, with all gentleness, be placed on a litter or stretcher ; if these cannot be procured, a board or shutter may be used. If these are not at hand, a sort of a cot (as in the figure above) may be had by tying a blanket, or a piece of canvass

on two stout pieces of wood. Two shorter cross-pieces will give additional firmness and steadiness to the apparatus. He should be lifted with the utmost gentleness; care being taken that the broken end of the limb does not hang down, as otherwise the end of the bone may be forced through the skin, or a large vessel or nerve injured. The legs should be tied together, and the bearers carefully instructed to carry the patient quite level, as persons have rolled off shutters sustaining terrible injuries in consequence of neglecting this precaution.

So soon as the patient is put to bed, his trowsers should be ripped off and withdrawn; the limb is then to be set. One person holds the upper part of the limb, and then the surgeon draws the lower part downwards till the limb is of the same length as its fellow. This is a dreadfully painful part of the process; but it must be carried out with firmness, though with gentleness, or both limb and life may be lost. Chloroform is often given to spare the patient this suffering; but it is better, if he can bear the pain, to avoid it, as it often causes spasmodic movements of the limb before insensibility is produced.

The limb is then placed in splints, which may be formed of pasteboard, or gutta percha soaked in hot water and carefully adapted to the shape of the part; one being placed on either side, and both together not being quite so wide and round as the limb. Sometimes wooden splints made expressly for each part by surgical instrument makers are employed, and for most kinds of fracture they are the best. Sometimes a roll of sheeting or a sand-bag

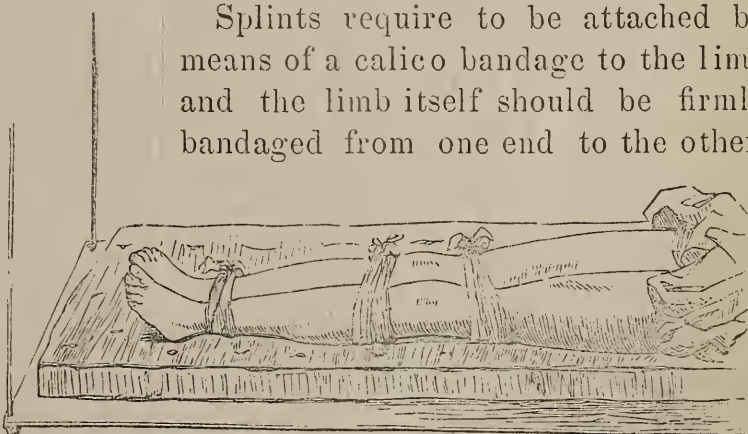
on either side, held in position by means of strong tapes passing completely round, may be substituted. Greater steadiness may be obtained by folding thin pieces of deal about three inches wide in each end of the sheet, or a small bundle of straw tied together lengthways.



FRACTURED LEG SET IN SPLINTS, AND LAID ON A FOLDED PILLOW.

When the thigh is fractured, a long splint reaching from below the arm-pit to beyond the toes, or a double inclined plane, is requisite. Where these cannot be procured, and no surgical aid is at hand, the patient should be laid on a very firm mattress, placed on a strong framework of board. Two large pads of folded linen are placed between the knees and ankles; and the limb being drawn straight, both legs are firmly tied together, above the knee, below the knee, and at the ankle, as below.

Splints require to be attached by means of a calico bandage to the limb and the limb itself should be firmly bandaged from one end to the other,



not only to prevent any swelling, but also any cramps in the part, which, would not fail to displace the broken bones.

FRACTURES OF THE SKULL require no apparatus, but are of the most serious

consequence when any part of the bone is driven in upon the brain, or a blood-vessel injured; complete recovery, however, may follow simple fracture. Salines, rest, calomel, and cold lotions, are necessary.

THE LOWER JAW is sometimes fractured. The accident is at once detected; but the bones, though easily replaced, are difficult to keep *in situ*. The best plan is to form a model of the jaw and chin in gutta percha, or wet pasteboard, and upon which the fractured parts may be supported by bandages until they unite.

FRACTURES OF THE RIBS are usually treated by passing a bandage round the chest; but this presses on the sound as much as it does on the injured side, and a far better plan is to fix the fracture with adhesive platter. Six or eight strips are used, a foot long and an inch broad. They should extend an equal distance before and behind the fracture, and be firmly drawn over the skin; the edge of each strip should overlap a little that which preceded it.

FRACTURE OF THE COLLAR BONE.—The most common but least dangerous fracture is that of the collar bone; a long and rather slender bone, which crosses the top part of the chest, in front of the upper ribs, and reaches from the shoulder to the upper part of the breast bone. It falls upon the shoulder, the whole force tells upon the collar bone; and as it is almost impossible to dislocate it by any violence, it generally gives away about the middle. It may also be broken at other places by violence directly applied to it, as when struck by a hammer or in a kick from a horse. Although this bone lies close under the skin, if broken straight through little difference may be noticed in its shape; at other times one

part rises over the other. The other symptoms are that the arm falls and cannot be raised by the patient.

A pad is to be made by rolling up a towel to the size of the fist, or a pair of thick stockings may be used. This is put into the arm-pit, kept in its place by a small handkerchief passing under



it, and then tied over the shoulder, as in the cut. The arm is then bandaged to the side, one turn being made round the arm. Then the elbow must be supported firmly in a sling, which passes over the shoulder of the opposite side, and is drawn so tight as to raise the sunken shoulder to its proper height. When the bandages are removed or tightened, great care must be taken to disturb the part as little as possible.

If swelling come on, the bandages and splints must be removed, and a cooling lotion, containing sugar of lead or a little ether and purified vinegar, should be applied. So soon as these means have again reduced it, the bandages may be re-applied. When there is a wound it is highly desirable that the matter should not be confined in any way by the dressings; they should therefore be made to pass on either side of it. If abscesses form they will re-

the matter should not be confined in any way by the dressings ; they should therefore be made to pass on either side of it. If abscesses form they will require to be opened and the matter let out.

Now and then fractures altogether fail to unite. Sometimes all that is necessary is a more careful adjustment and fixing of the parts; but there are cases in which it arises solely from some peculiarity in the patient's constitution. Here the surgeon has sometimes to cut down on the end of the bones and saw them off, the limb being then bandaged up again ; or a seton has to be passed right through the fracture, limb and all, or other means adopted to excite inflammation. Occasionally all means have failed.

In certain cases of compound fracture—that is, when a bone is pushed through the skin—no skill can replace it, till the surgeon has either enlarged the wound or sawn off part of the bone. If, however, in addition, the bone be very much crushed, or if from the coldness and swelling of the part there is reason to think any of the great blood-vessels are torn through, it may be necessary to amputate the limb. Although some excellent general rules have been laid down on this subject, yet so many varieties of accident occur, so many causes complicate fracture, that each case must in some measure be judged by its own merits. While it has really occurred that a limb condemned by the surgeon has been completely saved solely by the patient's refusal to have it amputated, it has still more frequently happened that the patient has not consented to amputation till death was inevitable. Very often a limb, which the surgeon has saved from the most laudable motives, or out of compliance with the pa-

tient's wishes, proves ultimately such a burden that its removal is urgently demanded. These serious results, however, are much more apt to occur in the leg than in the arm, which, unless severely crushed by machinery, railroad accidents, &c., rarely requires amputation.

FARINACEOUS FOOD.

FARINACEOUS FOOD is an article of diet prepared from one or other of the grains, professedly, in such a manner as to make it easy of digestion. The varieties of preparation are very numerous ; most of them consist of wheat flour baked, with or without the addition of sugar ; others contain rice flour, potato-flour, &c. Semolina and semola belong to the class of farinaceous foods, and contain more of the gluten, of the grain, in consequence of the greater or less removal of the starchy components, they are more powerfully nutritious than those articles which have the full proportion of starch. Unquestionably, baking the flour must make it a more wholesome article of diet for the infant; but there is no reason why persons should not do this for themselves, and thus avoid the chance of getting an article mixed with other things. Moreover, the sugar is not in all cases a desirable addition.

FARINA.

FARINA derived from "Far" corn—means literally the meal or flour formed from grain, when ground, and consists therefore, of starch, gluten, &c. ; the word, however, is sometimes applied to the farinaceous matter contained in other vegetable products, such as the potato, when it consists almost entirely of starch or fecula ; also in beans, peas, &c. The farinaceous matters, or particles, are contained in a network of cells.

MUMPS.

MUMPS.—A contagious epidemic disease, which consists of inflammation of the salivary "parotid" glands, situated on either side of the lower jaw. It commences with more or less fever; shortly, swelling at the angle of the jaw appears, and spreads gradually to the face and neck in the vicinity of the gland, causing much difficulty and pain when the jaws are attempted to be opened: on the fourth or fifth day the swelling begins to subside. Little treatment is required, beyond confinement to the house, and the administration of some simple purgative. The patient is compelled to live on slop diet, from the impossibility of mastication; but if the person be delicate, good broth may be allowed. Hot fomentation and bran poultice to the swelling will give some relief, and if the pain and swelling are very severe, a couple or three leeches may be applied to each side. Mumps is a disease quite devoid of danger, unless, as has occasionally happened though rarely, the inflammation becomes suddenly transferred to the brain or testicle.

MARMALADE.—The well-known preserve, made from the Seville orange, is by some regarded as a stomachic.

NOTICE

Commencement of the Second Volume of the People's Medical Journal.

We must remind our friends that we have now entered upon the Second Volume of our Journal.

Those sending a subscription, therefore, will please to say distinctly whether it is for Volume one, (complete.) or for the present Volume, commencing with July, 1854.

The price of the first volume, bound with title page and printed cover, *postage paid*, will be 50 cents to any part of the United States, except to *California, Oregon*, or other places over *three thousand miles*, which require *six cents* more. To Canada, the price is also 50 cts. but the subscriber will have to pay the *Canadian postage on receipt of the Book*.

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In the present volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say, however, that it has met with a most enthusiastic welcome and bids fair to have a circulation far greater than any other similar periodical has ever attained to.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

No. V.

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Vol. II.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



PLATE XII.—BLOODROOT.

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Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

MEDICAL BOTANY OF THE UNITED STATES.

PLATE XII.—SANGUINARIA CANADENSIS.

Common name, *Bloodroot*, or puccoon.

It is a small, herbaceous perennial, flowering at the very commencement of the spring, at which time the leaf is small, but attains a large size during the summer.

Sex. Syst. Polyand. monog. *Nat. Syst.*
Papaveraceæ.

“THE root is horizontal, abrupt, often contorted, of a reddish brown color, externally, and of a bright orange red within. When dried it is somewhat flattened, much wrinkled and twisted, of a reddish brown color externally, and of a bright orange within, becoming brown by exposure. The powder is brownish red. It has a faint narcotic odor, and a bitterish, acrid taste, which is very persistent. It is an

acrid emetic, with narcotic and stimulant properties. Dose, as an emetic, from ten to twenty grains; for other purposes, from one to five grains.”—(*Griffith's Med. Formulary.*)

PILLS OF BLOODROOT.—Powdered bloodroot, one dram, conserve of roses, sufficient. Mix, and made thirty pills. One to two as alterative, &c., five to ten as an emetic.

INFUSION OF BLOODROOT.—Bloodroot, half an ounce, boiling water, one pint. Infuse for two hours. Dose, half to one ounce.

TINCTURE OF BLOODROOT.—Bloodroot, bruised, four ounces, diluted alcohol, two pints. Macerate for fourteen days, express, and filter.

As emetic, three or four drams; as expectorant, alterative, &c., thirty to sixty drops.

CONSUMPTION AND INSANITY.

It is my impression that there is often an interchangeable relation between insanity and phthisis. I have known early symptoms of consumption subside, the friends of the patient disregarding medical admonition, and imagining the physician to have made an incorrect diagnosis. Some eccentricity of mind has appeared. As the chest seemed to recover, the brain became obviously affected, and the patient has become an inmate of a lunatic asylum.

I am convinced that there are many individuals of the consumptive diathesis in whom external circumstances alone determine which organ shall be most involved in the morbid condition. A person thus constituted, under the

influence of a depressing life and confined air, will become consumptive: impelled by the stimulus of inordinate ambition, overworked in any one direction of intellectual exertion, he will become insane. Under favorable circumstances of prosperous, well-regulated activity, he may obtain the consolidation of mature life, and escape either catastrophe.—*Dr. Thomson.*

DISORDERED FUNCTION.—A term very frequently used in medical language, means departure from the usual healthy action of any portion of the body, either unaccompanied with perceptible change of structure, or as a consequence of altered structure of the part.

A COMPLETE DICTIONARY OF NAMES AND TERMS

USED IN MEDICINE, SURGERY AND PHYSIOLOGY.

Giving their meaning in plain Language, and, when possible also, those English words which have the same meaning.

BY FREDERICK HOLLICK, M. D.

CREPITUS.—A puff or little noise. The word is generally employed to express the pathognomonic symptoms of air being collected in the cellular membrane of the body; for when the air is in these cavities, and the part is pressed, a little cracking noise, or crepitus, is heard.

CRETA.—Chalk. An impure carbonate of lime.

CRETINISMUS.—Cretinism; a disease affecting chiefly the head and neck; countenance vacant and stupid; mental faculties feeble, or idiotic; sensibility obtuse, mostly with enlargement of the thyroid gland.

CRICOID.—A round ring-like cartilage of the larynx is called the cricoid.

CRINIS.—The hair.

CRISIS.—The change of symptoms in acute diseases, from which the recovery or death is prognosticated or judged of.

CRISTA.—Any thing which has the appearance of a crest, or the comb upon the head of a cock. In anatomy it is thus applied to a process of the ethmoid bone, *christa galli*, and to a part of the *nymphæ*;—*crista clitoridis*.

CROCIDIXIS.—Floccilation. A fatal symptom in some diseases, where the patient gathers up the bed-clothes, and seems to pick up substances from them.

CROCUS METALLORUM.—A sulphuretted oxide of antimony.

CROTCHET.—A curved instrument with a sharp hook to extract the fœtus.

CRUCIAL.—1. Cross-like. Some parts of the body are so called when

they cross one another, as the crucial ligaments of the thigh.

2. A name of the mugweed or crosswort.

CRUDITAS.—It is applied to undigested substances in the stomach, and formerly to humors in the body unprepared for concoction.

CRUOR.—The red part of the blood.

CRURA.—The plural of *crus*.

CRURÆUS.—*Cruralis*; a muscle of the leg, situated on the forepart of the thigh.

CRURAL.—Belonging to the *crus*, leg, or lower extremity.

CRUS.—1. The leg.

2. The root or origin of some parts of the body, from their resemblance to a leg or root: as *Crura cerebri*, *Crura cerebelli*, *Crura* of the diaphragm, &c.

CRUSTA LACTEA.—A disease that mostly attacks some part of the face of infants at the breast. It is known by an eruption of broad pustules, full of a glutinous liquor, which form white scabs when they are ruptured. It is cured by mineral alteratives.

CRYPBORCHIS.—A term applied to a man whose testicles are hid in the belly, or have not descended into the scrotum.

CRYSTALLINE LENS. A lentiform pellucid part of the eye, enclosed in a membranous capsule, called the capsule of the crystalline lens, and situated in a peculiar depression in the anterior part of the vitreous humor. Its use is to transmit and refract the rays of light

A COMPLETE DICTIONARY OF DRUGS AND MEDICINES

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

BY FREDERICK HOLLICK, M. D.

Antimonii et Potassæ Tartaras
—**Tartarum Emeticum.**—

ANTIMONII POTASSIO-TARTARAS. ANTIMONIUM TARTARIZATUM. *Tartrate of Antimony and Potash; Tartar Emetic.*

TARTAR EMETIC is met with in the shops either in the form of a white powder, or in transparent, colorless crystals, which are octahedrons with a rhombic base. It is inodorous, but has a styptic, nauseous taste.

It is composed of one eq. of tartrate of potash, one eq. of tartrate of antimony, and two eq. of water.

In properly-regulated doses, tartar emetic produces diaphoresis (sweating) more uniformly and more certainly than any other of the antimonial preparations; nausea sometimes accompanies its diaphoretic action, but this is attended with the advantage of placing the system in a condition in which sweating is more freely produced. In all the varieties of febrile diseases, especially when a determination of blood to the head forbids the use of the more stimulating diaphoretics, tartar emetic is employed with great benefit. It has always been used with much advantage in obstinate cutaneous diseases, administered in decoction of sarsaparilla, or in decoction of elm bark, if much debility be present. The employment of the antimonial preparations generally is contra-indicated in diseases where gartric (stomach) irritation is present.

D. & M. OF ADM.— $\frac{1}{12}$ to $\frac{1}{6}$ of a grain, frequently repeated; it is seldom given

in substance, and is best administered dissolved in a large quantity of distilled water without any flavoring adjunct; thus, gr. ij. may be dissolved in Oj. of water, and fʒi. of this taken every hour until sweating is produced.

Must not be used with the acids; the alkalies, and their carbonates; lime-water; chloride of calcium; the earths; some of the metallic oxydes; hydrosulphurets; the acetates of lead; corrosive sublimate; decoctions and infusions of most of the bitter and astringent vegetables, as those of cinchona, rhubarb, galls, catechu, &c. The solution in water spoils by keeping.

PILLS OF TARTAR EMETIC AND CAMPHOR.—Tartar emetic, two grains, powdered opium, six grains, camphor, thirty-six grains, alcohol, three drops, conserve of roses, sufficient. Powder the camphor with the alcohol, add the other powders, mix and incorporate with the conserve, and divide into eleven pills. One every fourth hour as a diaphoretic.

PILLS OF TARTAR EMETIC AND OPIUM.—Tartar emetic, opium, each, one grain and a half, powdered tragacanth, conserve of roses, each, sufficient. Mix, and make twenty-five pills. Two, night and morning, in chronic pulmonary catarrh.

Tartar emetic, twelve grains, opium, ten grains, crumb of bread, gum arabic, each, sufficient. Mix, and make pills of half a grain. Dose, one, increased to three, in chronic rheumatism.

LOTION OF TARTAR EMETIC AND CAMPHOR.—Tartar emetic, one dram, boiling water, one pint, tincture of camphor, half an ounce. Mix. As a counter-irritant on the chest, in pulmonary complaints.

OINTMENT OF TARTAR EMETIC.—Tartar emetic, one dram, lard, one ounce. Mix. When applied to the skin occasions a pustular eruption.

Tartar emetic, two drams, sugar, one dram, cinnabar, five grains, spermaceti ointment, nine drams. Mix.

COMPOUND TARTAR EMETIC OINTMENT.—Tartar emetic, half a dram, sal ammoniac, one dram, camphor, twenty-five grains, musk, ten grains, lard, one ounce. Mix. As a counter-irritant, in chronic diseases of the liver.

PLASTER WITH TARTAR EMETIC.—Tartar emetic, one part, burgundy pitch, seven parts. Mix, and spread. Or, it may be made by sprinkling tartar emetic on a pitch, or adhesive plaster.

It takes some time for it to produce its effect, and the eruption that ensues is very irritating and painful.

Resin plaster, one ounce, resin, four drams, venice turpentine, three drams. Melt together by a gentle heat, and when nearly cold, add

Powdered tartar emetic, one dram. To be applied to the nape of the neck in scarlatina in children, also in rheumatism.

ANTIMONIAL WINE.—Tartar emetic, one scruple, wine, ten ounces. Dissolve.

Dose, as emetic for children, from thirty drops to a dram, every fifteen minutes, till it operates.

MIXTURE OF ANTIMONIAL WINE AND AMMONIAC.—Gum ammoniac, one scruple, oxymel of squill, half ounce, antimonial wine, one dram, syrup of liquorice, one ounce and a half. Mix. A teaspoonful every two hours, as expetorant.

MIXTURE OF ANTIMONIAL WINE AND LAUDANUM.—Antimonial wine, three drams, laudanum, one dram. Mix. Fifteen drops, every half hour or hour in rheumatic diarrhœa.

SYRUP OF ANTIMONIAL WINE.—Antimonial wine, sal ammoniac, gum ammoniac, each, two drams, oxymel of squill, one ounce, syrup of mallow, half a pound. Mix. In pectoral affections, to facilitate expectoration and to keep the bowels open. A spoonful every hour.

ANTIMONIAL POWDER.—Sulphuret of antimony, powdered, horn shavings, equal parts. Mix, and put them in a red-hot iron pot, and stir constantly till they acquire an ash-grey color, and no vapor arises. Pulverize the product, put in a crucible with a perforated cover, and expose this to a heat gradually increased to whiteness, which is to be kept up for two hours. When cold, reduce the product to a fine powder.

Emetic and diaphoretic; in doses of three to eight grains, diaphoretic; in larger, emetic and purgative, but very uncertain in its operation.

JAMES' FEVER POWDER.—Tartar emetic, one scruple, prepared burnt hartshorn, oxide of antimony, each, five scruples. Mix, and divide into twenty-one grain powders. Said to be the formula by which the original powder was prepared by Dr. James.

To be continued.

BARRENNESS.—Sterility of the female, may be the result of the defect of structure in some portion of the generative organs, or the functional disorder resulting from local or constitutional causes. Such cases always require the care and consideration of a medical attendant.

ASTHMA.

ASTHMA is an affection of the chest, characterized by distressing inability of the person suffering from it to inspire sufficient air to fill the lungs. The term, although applied by medical men to a defined disease, is used popularly to denote any difficulty of breathing, from whatever cause occurring, whether from disease of the heart, or any of the varied affections of the lungs. Asthma, although a nervous or spasmodic affection, is very frequently connected with actual changes in the lungs themselves. Asthmatic fits, or paroxysms, come on at irregular intervals; for several days or rather nights, successively, the patient is attacked, and a considerable time may then elapse before he again suffers; not that a regular asthmatic is in the interval entirely free from uneasiness, for there is generally some slight oppression of the breathing, liable to be aggravated by slight causes; changes in the weather, peculiarity of situation, errors in diet, anxiety, fatigue, mental excitement, may any of them induce a paroxysm of asthma in the predisposed. The attack itself is premised by feelings of indigestion and flatulence, frontal headache, chilliness, languor, and drowsiness; after having experienced these sensations during the day, the asthmatic individual is probably awakened from his first sleep by a distressing sensation of constriction of the chest, he is forced to sit up in bed, laboring for breath, or it may be to seek an open window; the distressed state of the breathing, if not relieved by remedies, continues for some hours, and at last gradually subsides; the characteristic wheezing becomes less, the cough, almost impossible before, is now brought out, and sleep, never

more welcome, comes on. The latter stage of the paroxysm of asthma is generally accompanied with expectoration of mucus, sometimes it is not, and upon this a distinction into dry and humid asthma is founded. Confirmed asthmatics have a distressed cast of countenance, and acquire a peculiar rounding or elevation of the shoulders, perfectly characteristic. Asthma may occur at any period of life, but is more general about the middle; and men are more commonly the subjects of it than women. The disease in itself, though most distressing, is not dangerous, further than as it tends to lay the foundation of other affections of the lungs or of the heart.

No one can witness a paroxysm of asthma without distressing anxiety to relieve the suffering individual, and not without alarm, if it is the first time of seeing the attack. The patient seems as if he must die for want of air in the lungs, but death rarely if ever occurs. In a disease of so long standing, and of so peculiar a character, as asthma, those who are the subjects of it generally have their own remedy, to which they habitually have recourse. The remedies are very various, and indeed happily so, for what gives immediate and full relief to one person totally fails in another. The practice of smoking the leaves and stems of stramonium or thorn-apple, is now extensively and popularly resorted to; with some it succeeds admirably, to others it seems to be hurtful,—it may be tried. Anti-spasmodics and stimulants, as might be expected, are frequently beneficial. *Æther* and laudanum is a favorite combination; half a teaspoonful of the former, along with twenty drops of the latter, in a wine-glassful of water. A teaspoonful of sal volatile

may be substituted for the æther, but is scarcely so efficacious. Twenty grains of ipecacuanha powder given in a wine-glassful of water, to act as an emetic, may be of service, particularly if the attack has come on after a full meal, or if there is any suspicion of the stomach being loaded. Some experience relief from strong coffee, drank without milk or sugar. The inhalation of chloroform, a few drops sprinkled on a pocket handkerchief, has lately been found to afford relief; but this remedy, in the first instance, must not be tried without medical sanction. Dr. Watson recommends the fumes of burning nitre (saltpetre) diffused through the air of the apartment, by means of pieces of blotting-paper, dipped in a saturated solution of the salt, and dried. One of these, about the size of the hand, ignited, and placed upon a plate or tile in the room, quickly diffuses its fumes throughout the apartment. When there is great dryness and expectoration, steam, inhaled either simply, or with a few drops of sulphuric æther is worth a trial. If there is much acidity of stomach, ten or fifteen grains of carbonate of soda with a teaspoonful of sal volatile in a little water should be given. Indeed, when an attack of asthma is threatened or has come on, care must be always taken, as far as possible to remove any existing disordered action. A basin of warm tea, and retirement to a warm bed will remove the chill sensation. Constipated bowels ought to be relieved by a gentle dose of castor oil, or of rhubarb and magnesia; flatulence or acidity corrected. Flatulence particularly must be obviated, and all sources of it avoided. Effervescing draughts, soda-water, and such-like, are almost

always hurtful. The effects of situation and of atmospheric peculiarity upon asthmatics are most varied; some can breathe freely in clear dry air, which drives others into a damp cellar for temporary relief; a close warm room which suits one, will be unbearable to another. Individuals who are never free from asthma in some situations, lose their attacks as soon as they remove. These are peculiarities of which all should be aware. Certain odors produce asthmatic breathing in the predisposed; the powder of ipecacuanha is notorious for this effect; and the smell of new-made hay, so pleasant to most, produces hay-asthma in a few unfortunates.

The habitual asthmatic soon becomes aware how much his freedom from paroxysms of the disease depends on the state of the general health, particularly of the digestive organs. He may not be altogether able to command situation, he cannot avoid atmospherical vicissitudes; but he can by temperate living, exercise, attention to the bowels and to the functions of the skin in particular, pass long intervals without an attack. Sponging the chest and shoulders every morning with cold or salt water, friction being afterwards made with a towel or hair-glove, is a practice to be recommended, provided no other predisposition forbids. Asthma is one of those diseases long continued, marked in character, and not immediately affecting life, for which much may be done by well-timed and well-directed domestic management, whilst the frequent recurrence of the attacks renders the attendance of a medical man a serious consideration in the case of limited income. Nevertheless, an asthmatic patient ought from time to time to be examined professionally.

The People's Medical Journal.

NOVEMBER 1, 1854.

CHANGE IN THE JOURNAL.

THE EDITOR finds himself compelled, from mere lack of time, to make a change in the manner of his future periodical communications with his friends. His practice requires such a constant and arduous attention that he finds it utterly impossible, once a month, to prepare the matter for a No. of the Journal. Incessantly occupied all day, and often writing to patients at a distance most of the night, he cannot bestow that attention upon his task which it requires, and assistance of the right kind cannot be procured.

On this account he has therefore come to the determination to suspend the monthly Journal with the December No., and to make other arrangements for the future. All subscribers will therefore receive the Nos. up to December, or half a year, and will have one half of their subscription money returned to them, by post, immediately after, so that none will in any way lose by this change.

In future it is the intention of the Editor to prepare a quarterly or half-yearly Review, which will occupy the same field, but which can be prepared and published more conveniently to himself, in regard to time, as it will not require attention for so many separate issues.

As soon as the plans are matured, a Circular will be sent to every one of our present subscribers, so that they may decide as to continuing with us under the new arrangements.

In addition to the above reason, we

also find that a monthly issue is liable to many irregularities. Our subscribers are scattered in all parts of the U. S., and mostly receive their Nos. by post, or rather *should do so*. They are regularly dispatched from our Office, but a large portion of them never reach their destination, and have to be sent again, sometimes two or three times over. The trouble and loss which is thus experienced is incalculable, and only becomes greater as our subscribers increase.

The generality of our friends will, we have reason to know, be pleased with a change of this kind, which will have many advantages to them as well as to ourselves. In the mean time the Editor begs to return his most sincere thanks to those who have, so far, appreciated and sustained his efforts, and he hopes in future to resume his connection with them in a manner more convenient and advantageous to both.

The Journal, so far as issued, *which is eighteen months*, is all stereotyped, so that subscribers or others can complete their sets, or obtain the whole work, which will be issued complete, as per advertisement.

In the next No. the Editor will have some parting words to say to his friends, numbers of whom have exhibited a devotion and interest in behalf of the Journal that merits the warmest gratitude.

BASILICON OINTMENT, OR RESIN OINTMENT, is made with three-parts of resin, three of wax, and four of olive-oil. The resin and wax are melted together, the oil added, and the whole squeezed through linen. It is a stimulant ointment not as much used at the present day as formerly.

BRIGHT'S DISEASE.

BRIGHT'S DISEASE, is an affection of the kidneys, first described by Dr. Bright. Its most peculiar symptom is the presence of the serum of the blood in the urine, so that when the latter fluid is heated to near boiling, the albumen becomes coagulated like the white of an egg, causing a cloudiness merely if in small proportion, but sometimes existing in such quantity as to form a nearly solid mass. This condition of the urine is always to be looked upon seriously. It sometimes comes on slowly, more particularly in those addicted to the use of ardent spirits; or it may be the immediate consequence of severe cold and repressed perspiration; it is not an unfrequent sequel to scarlet fever. The sudden development of this condition of urine is accompanied with feverish symptoms, and dropsical swelling of the face, with stiffness of the eyelids, swelling of the extremities, and if it proceed far, of the trunk of the body also. It ought at once to be submitted to the treatment of a medical man. In the absence of this assistance, should sudden swelling, as above described, come on, and with it symptoms of general fever, a portion of the urine may be heated in a metal spoon to boiling; if it becomes thick or cloudy, and if it is not cleared by the addition of a few drops of vinegar, it may safely be concluded that the kidneys are suffering. From six to ten ounces of blood, according to habit, may be taken from the loins by cupping, the patient confined to bed, and a bath of the temperature of 90° taken for half an hour, once in twenty four hours. A diaphoretic mixture—such as that of acetate of ammonia—is to be given, and the bowels purged

with calomel and compound powder of jalap, or some other brisk purgative.—The diet must be kept low as long as fever continues. The case ought not to be trusted to domestic treatment further than is unavoidable.]

BREATH AND BREATHING.

BREATH AND BREATHING.—Breath is the mixture of gas and watery vapor exhaled from the lungs at each expiration. Its indications are often valuable guides in the treatment of sickness. In febrile diseases the blood becomes quickened, and when the lungs are affected, more especially so. In affections of the head or of the nervous system, it is often slow and very gentle, sometimes irregular, or it may be laboured—"stertorous." The position which a person suffering from disease, particularly of the chest, instinctively assumes, as that in which he can most easily breathe, is always to be observed.

The odor of the breath is a good index of the state of the body. When tainted, it is so, not uncommonly, from decayed teeth, or from a morbid secretion of the tonsils; but more frequently, in children especially, it is indicative of a disordered stomach, and of loaded bowels. The cause of the symptom should always be inquired into, and as far as possible remedied. A brisk purgative may be all that is required. Disease of the lungs is sometimes accompanied with intolerably fetid breath.

GUM-BOILS.

GUM-BOILS are small abscesses formed in consequence of inflammation of the gum, generally the result of decayed teeth or their stumps. The abscess generally discharges between the gum and the lip.

DISLOCATIONS.

DISLOCATIONS are known to have occurred by the altered shape and total loss of movement of the part, while there is not that looseness we see in fractures. When we handle a broken limb we can easily see that if we suddenly let go our hold of the far end of the limb, it would drop like a flail; but in a dislocation all moves in one mass.

I must here impress upon the reader a fact important to remember, namely, that the limbs of the aged are much more liable to be broken than dislocated, owing to a peculiar alteration, which at this period of life takes place in the more solid constituents of the bones, by which they are rendered more brittle. In addition to this, one very important part, that of the neck of the thigh bone, undergoes a complete change of form, passing gradually from an acute to a right angle, rendering it still more liable to fracture from the slightest cause. Whenever, therefore, an elderly person has slipped off the curb-stone or door-step, and complains of intense pain and inability to use the limb, we may always suspect that this bone is broken however slight the fall or slip may have been.

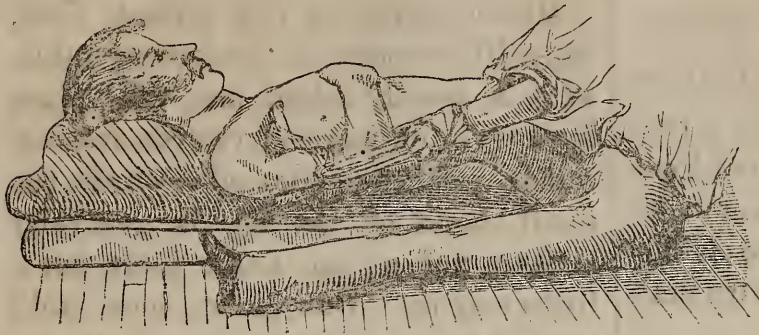
THE LOWER JAW is sometimes dislocated by gaping or yawning widely, or even by a very hearty laugh. The mouth is suddenly fixed, and wide open; the person cannot speak, and makes the strangest grimaces while endeavoring to do so. It is for the most part easy to reduce. The thumbs, well guarded by linen being wrapt around them, should be placed on the back part of the lower jaw, one thumb on each side. Firm pressure downwards is now to be made, while the chin is forced upwards with the fingers or by an assistant. When it is felt that the bone is on the

point of yielding, the thumbs should be slipped to the outside of the jaw so as to guide against every chance of their being bitten. When no one will risk his fingers, the pressure may be made with the handle of a fork or a piece of wood.

THE SHOULDER.—When the shoulder is dislocated the arm cannot be brought from the side, or there may be difficulty in raising it upwards. The form of the joint is clearly altered, but very differently in some persons to what it is in others, for the head of the bone may be driven downwards towards the arm-pit or outwards on to the blade-bone, or forwards under the collar-bone. A round hard mass, as large as an egg, is felt in one of the these places; it is the head of the bone. There is great pain, especially when the head of the bone is driven into the arm-pit, as it then presses on the great nerves of the arm; and sometimes the arm cannot be moved from the side, except to a very limited extent, and every attempt to do so causes great suffering.

Like every other dislocation it must be reduced as soon as possible and it is not difficult to replace the bone when the attempt is made soon after the accident. The sufferer lying on his back, the surgeon throws off his boot and sits down, face to face with his patient; he then, as in the figure, page 71, places his heel in the arm-pit, and grasping the arm, draws towards him; as soon as it is fully extended the muscles around the head of the joint pull it into the cavity or socket with such irresistible violence, that even when it has been drawn out and kept on the stretch by powerful pulleys, it returns with an audible snap. After reduction a sling should be worn for two or three weeks, and great care

taken that the limb be not exposed to any violence.



Any dislocation, however, if neglected or unrecognised, if complicated with fracture of the socket or head of the bone, or if any entanglement of a projecting point of bone among tendons has taken place, may prove in practice very difficult to reduce. Emetics occasionally succeed in making the patient so weak and listless, that the muscles no longer oppose the same resistance to the surgeon's attempts; chloroform is used for the same purpose, complete relaxation taking place so soon as the patient is rendered insensible. In dislocation of the smaller joints the patient's attention should be directed from the subject. But it sometimes happens that the best directed skill fails, even when aided by mechanical appliances, such as powerful pulleys; every exertion, however, should be made to avoid such an unfortunate result; and so long as the bandage on which the traction is made is smooth and evenly applied, and the traction itself is properly and steadily made, no danger need be feared from anything human strength could do. When Damians was condemned to be torn in pieces by wild horses, after the animals had been urged to the most frantic efforts for a full hour, he looked up at his tormentors and smiled! It was not till the ligaments had been divided by the executioner that the barbarous edict could be fulfilled.

THE ELBOW.—This joint is much more rarely dislocated than the shoulder; the displacement is reduced by bending the arm across the knee. Here, instead of one bone being dislocated from another, as happens in the shoulder, two are dislocated from the third; and as either one or the two bones of the forearm may be displaced, it follows that there are several varieties. Some of them are difficult to recognise, especially when rapid swelling comes on; some are difficult to reduce; and some when reduced rapidly slip back again. After the reduction a bandage and sling should be worn for two or three weeks; and if a surgeon's aid can be procured, it would be advisable in many cases to have the arm properly strapped, and constitutional treatment continued till the ligaments have again firmly united.

THE WRIST, FINGERS, &c.—When the wrist is dislocated the surgeon must grasp the hand, and the arm being fixed, the hand is then drawn away from the arm, and turned either backwards or forwards, according to the direction of the dislocation; the displaced bones then glide back to their natural position. Dislocations of the thumb and fingers are reduced by bending them upon the dislocation; that is, towards the opposite side to that on which dislocation had taken place. The thumb can seldom be restored by pulling like the arm and shoulder.

THE THIGH is dislocated in so many various directions, that it would be impossible to give even a condensed account of all. The distortion of the limb is quite of a different kind in some cases to what it is in others. In one form the toes are turned inwards, in

another outwards; in extreme cases they lie across the instep of the opposite foot, and the limb is generally shortened. When any of these signs are present, and there is a loss of power and motion, with a fixed look about the limb; when it cannot be turned round; and when there is no crepitation, we may be pretty sure that dislocation has taken place.

No dislocation requires the exercise of so much strength as this. The patient must lie on his back, and the surgeon, sitting before him, passes his leg between those of the patient, and fixes the hip by pressing with his foot against the fork; he then grasps the foot and ankle, and pulls steadily downward with his whole force. Should he not succeed the hip may be fixed by a folded sheet passed between the legs, and tied to some fixed spot near the patient's head; another sheet is fastened by the "close hitch" just above the knee, and at this, or at a cord fastened to it, several persons may pull, or the rope may be passed through a pulley, and managed by one person. When the limb is drawn out to its full length, the surgeon seizes the thigh and lifts it towards its natural position; the head of the bone will fly back into the socket with a loud snap.

THE KNEE CAP AND KNEE.—Dislocation of the knee cap may be reduced by bending the knee up towards the patient's head and flexing the leg forcibly back upon the thigh; the knee cap or pan is then easily pushed back into its proper position. But if the knee itself be dislocated, the best plan to reduce it is for one person to hold the thigh and pull it upwards as hard as he can, while another grasps the leg and draws it downwards until the dis-

located bones slip back into their proper place.

DISLOCATIONS OF THE ANKLE, TOES, &c.—Dislocation of the foot or ankle, as it is usually called, may take place inwards or outwards, forwards or backwards. When dislocated inwards, the small bone of the leg is generally broken, not at the ankle joint, but a little way up. One person must hold the leg firmly, while the other pulls the foot away from the leg in a line with it, as if he would lengthen the limb: when he has once got it into a line with the leg, he can generally push the foot back into its proper place. Fracture must be looked for after reducing a dislocation inwards; there may be no displacement, but the bone will be found, on pressure, to be broken, about three inches above the ankle. When any of the small bones of the foot are thrust out of place, it is not always possible to reduce them, and they may require to be removed. Dislocations of the toes are reduced like those of the fingers, or by simple extension.

If dislocation of the knee or ankle be compound; that is, if the bones be pushed through the skin, it will often require amputation. It is rarely that such an accident occurs, and only extreme violence can produce it.

CHOLERA.

(Different modes of Treatment.)

MIDDLESEX HOSPITAL.

THE usual treatment here of cholera in its malignant form is, first to administer a very full dose of calomel, (from ten grains to a scruple), which is laid upon the tongue with little reference to the quantity, except a discretionary administration relative to the age of the patient, who is as soon as possible afterwards placed in a warm

bath, where he remains from twenty to twenty-five minutes, or until some degree of reaction is restored. After this, two grains of calomel are administered every two hours, and alternately with this dose, Steven's saline mixture,—consisting of chlorate of potassa, six grains; chloride of sodium, a scruple; sesquicarbonate of soda, half a drachm; water, an ounce and a half,—is given. The latter mixture is also injected per anum, and during this part of the treatment, clothes wrung out of hot water, and sprinkled with turpentine, are laid over the region of the bowels. For the advent of the disease—the stage of diarrhœa—the treatment pursued has been to administer about forty minims of dilute sulphuric acid every half hour for the first six doses, and afterwards once every six hours, in conjunction with strong peppermint-water, and the results of this treatment have been, as we learn, in the highest degree satisfactory. The number of patients treated in this way for diarrhœa has been considerable; but as they are mostly out-patients, no record has been kept of their cases. Whenever the diarrhœa has merged into the stage of collapse, they have promptly been received into the hospital, and subjected to the mode of treatment first-mentioned above. On Wednesday, three patients treated with the dilute sulphuric acid, after being in a state of collapse, were reported in a fair way for recovery.

WESTMINSTER GENERAL DISPENSARY.

MR. ROBERT WADE, in cases of simple diarrhœa, is in the habit, when the motions indicate sluggishness of the liver, of giving a mild dose of blue-pill, and the following mixture:—Sesquicarbonate of ammonia, powder of

rhubarb, of each, half a drachm; sesquicarbonate of soda, a drachm; oil of peppermint, six drops; white sugar, one drachm; compound tincture of camphor, and compound spirits of lavender, of each three drachms; distilled water, eight ounces; of this three table-spoonfuls are given every four hours.

When the cases are more severe, and the motions watery, the following is administered:—Dilute sulphuric acid, three drachms; syrup of ginger, half an ounce; peppermint water, eight ounces. Three table-spoonfuls after each motion.

In addition to this, a one grain opium pill is given at bed-time, and strong mustard plasters applied over the entire abdomen, and kept on as long as the patient can bear them.

WESTERN GENERAL DISPENSARY.

The ordinary treatment adopted here, for diarrhœa, in children under seven or eight years of age, consists of a mixture of the following composition:—Prepared chalk, powdered gum acacia, aromatic confection, of each an ounce; caraway water six to eight ounces; of which two drachms are given every four hours.

For adults the same mixture is ordered, with the addition of half a drachm of tincture of opium to the eight ounces. Or else:—Dilute sulphuric acid, two drachms; compound tincture of cardamoms, half an ounce; water, seven ounces and a half. Mix. An ounce to be taken every four hours.

About 1000 cases of diarrhœa have been treated during the last month.

INFIRMARY OF ST. GILES AND ST. GEORGE.

MR. BENNETT, the senior surgeon, states, that in mild cases of diarrhœa,

the ordinary prescription has been a mixture of aromatic confection, compound spirit of ammonia, (or of sulphuric ether,) chalk mixture, peppermint water, and tincture of opium; the doses graduated according to age. When there has been irritability of the stomach, and vomiting, a pill of calomel and opium has been given, and no drink suffered until an hour after taking the pill.

Dilute sulphuric acid has not been used, as the preceding remedies have been found successful.

When cramps have occurred, frictions, mustard plaster, and hot wet cloths, sprinkled with turpentine, have been employed; the latter applied according to circumstances, over the limbs of the abdomen. In severe cases, two grains of calomel, with a quarter of a grain of opium, are given every two hours, and brandy freely.

CARAWAY SEEDS.

CARAWAY SEEDS are the fruit of an umbelliferous plant, and are too familiarly known to require description. They are a good carminative, may be given whole, in tea-spoonful doses, or in the form of distilled water, a wine-glassful at a time, or may be added to other medicines, such as senna.

NOTICE.

Commencement of the Second Volume of the People's Medical Journal.

We must remind our friends that we have now entered upon the Second Volume of our Journal.

Those sending a subscription, therefore, will please to say distinctly whether it is for Volume one, (complete,) or for the present Volume, commencing with July, 1854.

The price of the first volume, bound with title page and printed cover, *postage paid*, will be 50 cents to any part of the United States, except to *California, Oregon*, or other places over *three thousand miles*, which require *six cents* more. To Canada, the price is also 50 cts. but the subscriber will have to pay the *Canadian postage on receipt of the Book*.

For the present volume, the subscription will be *Twelve and a-half cents*, because it will only be for six months, or to *Canada, Twenty-five cents*. The amount can be sent in *Postage Stamps*, if requisite, but we shall be obliged, if all who can, will remit *Cash*, as we have such a number of *stamps* from a large list of subscribers. (*Canadian postage stamps are useless to us.*)

In the present volume, the Journal shall be made, if possible, still more deserving of support than before. We are happy to say, however, that it has met with a most enthusiastic welcome and bids fair to have a circulation far greater than any other similar periodical has ever attained to.

N. B.—Subscribers in New York City will in future be charged thirty-seven and a half cents a year, and will have their Nos. sent to their address *Free*. We find it impossible to keep the run of numerous subscribers calling at the office, as they cannot be remembered, and it makes constant confusion and loss of Nos. Those who do not wish the Nos. sent to their address, can call for each separately, the first week in each month.

NOTICE.

Every subscriber who has paid *Twenty-five cents* for this year will have *Twelve-and-a-half cents* returned to him with the 6th Number.

NOTICES.

All business communications for the Publisher must be addressed to T. W. STRONG, 98 Nassau St., N. Y., and all communications for the Editor, to Dr. F. HOLLICK, New York.

* * * All letters to Dr. Hollick must be addressed to "Dr. F. Hollick, New York City, N. Y."

Dr. Hollick's office, in New York, is 498 Broadway. Hours from 10 to 3 daily, except Sunday.

Persons wishing for information, or opinion, on any medical subject, can address a letter to the editor as above, enclosing *One Dollar*, and they will receive a written answer.

BOOKS ON

PHYSIOLOGY AND MEDICINE,

By Dr. F. Hollick.

Forming the most complete Library for Private and Family Use ever composed.

THE MARRIAGE GUIDE,

Or, Natural History of Generation.

A private instructor for Married People, and those about to marry, both male and female, in everything relating to the Anatomy and Physiology of the Genitive system in both sexes, and the process of Reproduction. Including a full description of everything that is now known respecting the prevention and production of offspring, the cause of the difference in sex,—Parental influence,—Natural adaptation,—Philosophy of Marriage, &c., &c

This is beyond all comparison the most extraordinary work in Physiology ever published. There is nothing, whatever, that married people can either require or wish to know, but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no allusion even can be found in any other work in our language. All the new discoveries, many of them never before made public, are given in full, especially those relating to conception and sterility.

No married person, of either sex, should be without this book. It is utterly unlike any other ever published. It contains numerous Engravings, and colored Plates, designed especially for this work.

THE

MALE GENERATIVE ORGANS,

In Health and Disease, from Infancy to Old Age.

A complete, practical treatise on the Anatomy and Physiology of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable. Adapted for every man's own private use!

This is not a treatise on Venereal Diseases, nor does it even refer to them, but to those derangements and difficulties, of all kinds to which every man is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved to extreme old age! More especially is explained that unseen, and unknown form of decay from which thousands become diseased, insane, and die without even suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man could understand for himself. All the recipes are given in English, and the treatment is made so plain that all can practise it.

This work is also fully illustrated, both with Engravings and with colored Plates.

THE

DISEASES OF WOMAN.

Their causes and cure familiarly explained, with practical hints for their prevention, and for the preservation of Female Health, intended for every Female's own private use! Illustrated with colored Plates and with numerous Engravings.

If all females possessed this book in time, there would be inculcably less suffering and disease amongst them than is now seen. Everything relating to female health is treated upon, from infancy to old age, and the most valuable recipes are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that all can understand.

Dr. Hollick has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

No Female should be without it, especially if Married.

THE MATRONS

MANUAL OF MIDWIFERY,

And the Diseases of Women during Pregnancy and Child Birth.

A complete practical treatise upon the Art of Delivery, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various Positions and Presentations is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full, and the use of Ether and Chloroform during delivery is discussed.

This work contains over sixty engravings, besides colored plates, showing the various periods and how to ascertain them. It is beyond question the best Manual of Midwifery every published. No married Female should be without it. (Medical Students will also find it the best text book they can use.)

A POPULAR TREATISE

ON VENEREAL DISEASES,

IN ALL THEIR FORMS,

Giving a full account of their history and probable origin, their immediate and constitutional effects, and their hereditary influence, with full directions for their treatment, and hints for their prevention, adapted for every man's own private use! Illustrated by splendid colored plates, and with all the Recipes in Plain English.

This is one of the most curious and interesting Books ever published, even to the general reader. Few people are aware what an extraordinary influence these Diseases have had, and have now, on the progress of the human race.

The recent French discoveries, with the new modes of treatment—the experiments in inoculation—and the curious investigations as to the diseases, by which many eminent men, in former days, have died, are deeply interesting and will astonish all.

The above books comprise all that Dr. Hollick has published on these subjects, and the information they contain is always to the latest moment. They are all the same price, **One Dollar each**, well bound, and contain nearly 500 pages each, with Engravings and Colored Plates appropriate to the topics explained.

They are the only complete popular works of the kind ever published, and contain information of the most interesting and important kind, especially to the married, or those intending to marry, which can be found no where else in the English Language. They are strictly moral and scientific, and are well calculated to supercede the immoral and trashy books of the kind, with which the public are so much deceived and imposed upon.

No books have ever been more recommended, both by the press and by individuals. Each will be sent anywhere by Post, Free, on remitting one dollar and the address to T. W. Strong, 98 Nassau St., N. Y. Thousands of them are sold weekly.

The attention of Agents, and of the trade generally, is called to these works, the demand for them is constantly increasing, and the trade allowance is most liberal.

Also, Just Published.

PRIMARY LESSONS IN

ANATOMY AND PHYSIOLOGY,

For the use of Schools, and for Home teaching, with hints on health and disease arranged in Questions and Answers, Illustrated by 47 engravings.

Price, only Twenty-Five Cents.

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And their application to the preservation of Health; for the use of children in schools and at home, or for the self-instruction of teachers and adults generally. Arranged in Questions and Answers, and illustrated by 90 engravings, with practical directions for easily preparing objects for illustrations, and for forming Anatomical Museums without cost. Now ready,

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Either will be sent anywhere by Post, free of other expense, on sending the money and address to T. W. STRONG, 98 Nassau Street, N. Y., or they may be obtained from most Booksellers.

PROSPECTUS

OF

THE PEOPLE'S MEDICAL JOURNAL AND HOME DOCTOR,

Devoted to the popular explanation of Anatomy and Physiology,
Medicine, and the Laws of Health.

EDITED BY DR. F. HOLLICK,
Lecturer on Physiology, and Author of the Marriage Guide, Origin of Life, &c.

Price only 25 cents a Year, 3 cents a Number.

The People's Medical Journal is intended to supply a want long felt and acknowledged that of a true popular, and scientific Medical Instructor and Recorder, adapted for the people, the same as the strictly technical Medical Journals are for Physicians. It belongs to no Medical Sect, exclusively, nor is it the advertisement of any particular practitioner; on the contrary, it will give whatever is useful, or interesting, from all sources, and will expose the mysteries and mere pretensions of every mode of practice; whether Homopathic or Allopathic, Chemical or Botanic.

In short, the great object of this Journal will be to make all the Sciences, on which the healing art is founded, so plain, and to lay down so clearly the principles of every medical system, that people can judge of their relative value themselves, and, better than all, can learn to do without any of them.

A monthly review will be given, by the Editor, of all the Home and Foreign Medical Journals, especially the French and German, and a record will be kept with appropriate explanations, of all the most curious and interesting cases, such as have never before been given, except in the most rare and expensive Medical Journals.

Regular chapters will be given in each number, on Physiology, Pathology, Anatomy, Medical Botany, and the treatment and prevention of Disease, so written that all can understand them. Also others on the origin, action and mode of compounding all known Drugs, with their common and scientific names, and how and when to prescribe them. A full translation will be given of the Doctor's Dog Latin, and mysterious marks, so that any one can know how to read a prescription, and tell what it is made of! This has never been done before, and few persons can imagine what a mass of absurdity and imposition this mystery and secrecy covers. The People's Medical Journal, however, will make it all plain, and thus commence what has been so long needed, A TRUE MEDICAL REFORM, which can never be expected while the people themselves remain ignorant.

All the principal Patent Medicines and popular remedies will be analyzed, and their composition stated. Numerous valuable Recipes will also be constantly given, suitable for all diseases, and remarks made on their use.

The People's Medical Journal belongs, therefore, to the party of "YOUNG PHYSIC," whose motto is, "Progress, Reform, Popular Instruction, AND NO MYSTERY!" It will be sure to create a sensation both among the people and the Profession, and will command an immense circulation, being the first and only journal of the kind. The old conservative advocates of monopoly and mystery will of course oppose it, but their support is not counted upon, nor is their opposition feared. All true friends of human progress, will sustain The People's Medical Journal.

The majority of Physicians, even, will find this Journal precisely what they have been wanting, especially those in the country. Want of time and opportunity, or inability to read Foreign languages, prevents thousands of them from becoming acquainted with the most interesting new discoveries, and cases, till years after they have become old to their more fortunate brethren. Here, however, they will find them all recorded, or translated, immediately they are announced, in a condensed form, and at a mere nominal price.

The terms of the People's Medical Journal are unusually low. The object being to put it in the reach of all. Each monthly number will only cost **Three Cents**, and will contain sixteen pages of the most interesting and valuable information, both to families and individuals, besides several valuable and beautiful Engravings, to illustrate original articles by Dr. Hollick himself, or some remarkable case. The paper and printing will be of the best quality, and the form and size most convenient, so that a year's numbers of this Journal will make one of the most interesting and useful volumes ever bound together. Every one should preserve them carefully. Each one will be stereotyped, so that back numbers can always be obtained, and every one will also be copyrighted, to prevent piracy.

The yearly subscription, only *Twenty-Five Cents*, may be sent in Postage Stamps, or otherwise. One Three Cent Stamp will pay for one number and postage. The postage for each number is **ONE CENT**, anywhere in the United States.

Published by T. W. STRONG, 98 Nassau Street, N. Y., to whom all orders may be addressed. To be had, also, of Booksellers and News Dealers everywhere.

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THE PEOPLE'S MEDICAL JOURNAL & HOME DOCTOR

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Vol. II.

EDITED BY DR. F. HOLLICK, POPULAR LECTURER AND AUTHOR.

MEDICAL BOTANY OF THE UNITED STATES.



PLATE XIII.—BONESET.

NEW YORK: PUBLISHED BY T. W. STRONG, ENGRAVER AND PRINTER,
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Entered according to Act of Congress in the Clerk's office in the Southern District of New York.

MEDICAL BOTANY OF THE UNITED STATES.

EUPATORIUM.

Common name. *Boneset*. This, the *E. perfoliatum*, is a native plant, found in abundance in most parts of the United States, in moist situations. Several other native species are almost identical in their properties, as *E. tucrifolium*, *E. Purpureum*, &c.

Sex. Syst. Syngen. æqual. *Nat. Syst.* Asteraceæ.

The parts used are the leaves and flowers. These have a faint odor, and a peculiar, bitter taste. It is tonic and diaphoretic, and, in large doses, emetic and laxative. Dose, in substance, as a tonic, is twenty to thirty grains.

INFUSION OF BONESET.—Boneset, one ounce, boiling water, one pint. Infuse for two hours, in a covered vessel, and strain.

As a diaphoretic, to be taken freely, warm; as a tonic, one ounce, cold.

DECOCTION OF BONESET.—Boneset, one ounce, water one pint and a-half. Boil down to a pint.

Dose, a wine-glassful, or more, as an emetic and cathartic.

COMPOUND INFUSION OF BONESET.—Boncset, Sage, each, half an ounce, Cascarella, one drachm, boiling water, one pint and a-half. Infuse till cold, and strain. A wine-glassful, every three or four hours. In hectic fever.

EUPHORBIA HYPERICIFOLIA.

BLACK PURSLANE.—A small, procumbent, native plant, with leaves often marked with a purple spot.

The whole plant is used, and is said to be astringent and narcotic. It is inodorous but has a sweetish, somewhat austere taste. It has been recommended in diarrhœa, fluor albus, &c.

INFUSION OF BLACK PURSLANE.—Dried black purslane, half an ounce.

boiling water, one pint. Infuse for half an hour, and strain. Dose, in dysentery and diarrhœa, a tablespoonful, every hour, till the morbid symptoms yield, then less frequently; in menorrhagia and leucorrhœa, a wine-glassful, three times a-day.

EUPHORBIA COROLLATA.

BOWMAN'S ROOT.—A native plant; with numerous white flowers, found in many parts of the United States, in dry, sandy soil.

Sex. Syst. Dodecand. trigyn. *Nat. Syst.* Euphorbiaceæ.

The root, which is the part used, is large, white, inodorous, and almost tasteless. It is a safe and certain emetic in doses of fifteen or twenty grains, and diaphoretic in that of three or four.

EUPHORBIA IPECACUANHA.

WILD IPECACUANHA.—Also a native plant, with numerous procumbent stems, and variously shaped leaves.

The root, the part used, is large, white, almost inodorous, and a somewhat sweet taste. It is an energetic emetic, but, like the last species, apt to act on the bowels. Dose, ten to fifteen grains.

COMPOUND POWDER OF WILD IPECACUANHA.—Powdered wild ipecacuanha, opium, each, six grains, sulphate of potassa forty-eight grains, triturate well, and divide into six powders. As a substitute for Dover's powder, to which it is equal, if not superior.

MOLE PLANT.

A tall species, native of Europe, but often cultivated in this country.

The seeds, which are the officinal portion, afford a purgative oil, which is tasteless, and almost inodorous. It acts on the bowels, in doses of from four to twelve drops, but is apt to cause nausea and vomiting.

EXERCISE.

Spontaneous Muscular Movement.

The stimulus imparted to the system generally, and to every one of the vital processes particularly, by the excitant power of muscular movement which every healthy man is compelled or ought to undergo, is a fact generally recognized; it is one of those ordinary excitements, the agency of which is linked with our happiness and health, and it may almost be said with our existence. A man engaged in active bodily exercise is undergoing a regular course of excitement; his will is stimulating the nervous system to rouse the muscles to action, and in this process both the rouser and the roused are using up their own substance; the acting muscles are sending the blood more quickly through the capillaries and large vessels, and the heart must move more actively to keep pace with them, and transmit the quickly returned blood, loaded with effete matter to be purified, in the lungs; to preserve the balance, the respirations are increased, and the stomach is stimulated to crave for nourishing food and unstimulating drink, fitted to keep in repair the ever-wearing structures of man's body, and to supply the fluid waste. Baron Liebig has done much to give us clear views respecting the changes which take place within the body under the influence of muscular movements; and from him we learn, that in the expenditure of this force, the substance of the muscles is used—burnt up by the oxygen of the arterial blood, and that this burning up is requisite that the force may be produced.

Exercise, therefore, is in the first place requisite as an ordinary excitant, to be brought into daily operation, that the vigour of all the functions of the

body, whether of digestion, or of secretion or excretion, may be preserved; it is the merciful provision by which the decree, that man should earn his bread by the "sweat of his brow," has been converted into a blessing; it is the great compensating balance which gives the labourer sound sleep and healthy appetite and vigour, instead of the wealth which too often seduces to indolence, and palls every enjoyment of life.

Exercise, again, is requisite as an agent with reference to the food consumed. Food is taken to supply the waste of the body, which must go on more or less as long as man lives; more if actual exercise is taken, and *vice versa*. Man ought not, therefore, to expect, if neglecting muscular exercise, that is to use up the substance of his body in exertion, to have the same appetite for and enjoyment of food as if he did; but man does expect this in many instances; he indulges in indolence, and then excites the appetite and stomach by artificial means and tempting food.

HAIR DYE.—In answer to numerous inquiries respecting Hair Dye, we can confidently recommend O. M. Ballard's, as a safe and reliable article.

It received the Premium at the World's Fair, when it was examined by John Torrey, Esq., Professor of Chemistry, and other scientific gentlemen, by whom it was pronounced the best. It is put up in neat packages, price \$1, double the usual size, and may be sent to any part of the country, by addressing O. M. Ballard, No. 333 Broadway, New York.

[This I have made a matter of *special investigation*, for the benefit of the readers of the Journal.—*The Editor.*]

A COMPLETE DICTIONARY OF DRUGS AND MEDICINES,

Including their Natural History, various Uses, Doses and Combinations, with a list of all the names by which they are known, both common and professional.

BY FREDERICK HOLLICK, M. D.

Argentum, SILVER.—A solid, white, brilliant, very ductile metal. It is wholly soluble in nitric acid. The only officinal preparation in our pharmacopœia is the nitrate; but several others are employed in Europe.

Argenti Chloridum, CHLORIDE OF SILVER.—Solution of nitrate of silver at will. Add gradually a solution of common salt, wash well the resulting precipitate, and dry by a gentle heat in the shade.

POWDER OF CHLORIDE OF SILVER.—Chloride of silver, one grain, powdered orris root, two grains, triturate well, and divide into ten parts.

Argenti Cyanidum, CYANIDE OF SILVER.—Nitrate of silver, fifteen drachms, distilled water, one pint, add to the solution, diluted hydrocyanic acid, one pint, wash the precipitate well with distilled water, and dry by a gentle heat.

Used in syphilis, in doses of one-twelfth to one-tenth of a grain.

OINTMENT OF CYANIDE OF SILVER.—Cyanide of silver, ten grains, lard, one ounce. Mix.

Employed as an application to ulcerations of the cornea, irritable ulcers, &c.

Argenti Iodidum, IODIDE OF SILVER.—Solution of nitrate of silver. Add gradually a solution of iodide of potassium. Wash the precipitate, and dry by a gentle heat.

OINTMENT OF IODIDE OF SILVER.—Iodide of silver, ten grains, lard, one ounce. Mix.

Used in the same cases as the ointment of the cyanide.

Argenti Oxidum, OXIDE OF SILVER.

—Crystalized nitrate of silver, one ounce, caustic potash, seven ounces, water eighteen ounces. Dissolve the nitrate in two or three ounces of the water, and the potash in the remainder, mix the solutions, stir and collect the precipitate, wash it carefully, and dry.

Used as a substitute for the nitrate, in doses of about half a grain twice a day, in diseases of the stomach, of undue secretion, &c.

OINTMENT OF OXIDE OF SILVER.—Oxide of silver, twenty grains, lard one ounce. Rub well together.

Used as an application to irritate ulcers, &c.

Argenti Nitras, NITRATE OF SILVER.

—Silver, in small pieces, one ounce, nitric acid, five drachms, distilled water, two ounces. Mix the acid with the water, and dissolve the silver in the mixture, on a sand-bath, then gradually increase the heat, so as to dry the salt. Melt this in a crucible, and continue the heat till ebullition ceases, then immediately cast into moulds.

Used as a tonic and antispasmodic, in doses of a fourth of a grain, gradually increased.

SOLUTION OF NITRATE OF SILVER.—Nitrate of silver, one drachm, distilled water, one fl. ounce. Dissolve, and strain. Keep in the dark.

PILLS OF NITRATE OF SILVER.—Crystalized nitrate of silver, one grain, Crumb of bread, one drachm. Make sixteen pills,

Each pill contains a sixteenth of a grain of the nitrate.

Nitrate of silver, ten grains, opium, four grains, extract of gentian, liquorice, each, a drachm and a-half. Make pills of a grain each, these each contain a twentieth of the nitrate.

Nitrate of silver, two grains, crumb of bread sufficient. Mix well, and divide into four pills. One to be taken every six hours.

Advised in chronic epilepsy and other spasmodic disorders. To prevent the blue tinge of the skin, so often produced by a continued use of the salt of silver, eight drops of diluted nitric acid in a fl. ounce of water, should be taken after each pill.

MACKENZIE'S SOLUTION.—Nitrate of silver, one scruple, distilled water, one ounce, dissolve.

Used to wash the throat and fauces, in affections of those parts.

NITRATE OF SILVER COLLYRIUM.—Nitrate of silver, ten grains, laudanum, half a drachm, distilled water, one ounce. Mix.

Employed as a wash in purulent ophthalmia.

ANTI-EPILEPTIC MIXTURE.—Nitrate of silver, twelve grains, laudanum, twenty drops, mucilage of gum arabic, one ounce. Mix.

Given in epilepsy, in doses of twenty drops, twice a day.

HAIR DYE.—Silver, two drachms, steel filings, half an ounce, nitric acid, one ounce, rain water, eight ounces. Dissolve, and strain. To be applied by means of a close brush.

INDELIBLE INK.—Carbonate of soda, half an ounce, distilled water, four ounces. Mix, and make mordant. Nitrate of silver, five scruples, gum arabic, two drachms, sap green, one

scruple, distilled water, one fl. ounce. Mix, and make ink.

INDELIBLE INK WITHOUT MORDANT.—Nitrate of silver, one ounce, crystalized carbonate of soda, one ounce and a-half, tartaric acid, eight scruples, strong solution of ammonia, two ounces, archil, half ounce, white sugar, four drachms, powdered gum arabic, twelve drachms, distilled water sufficient. Dissolve the nitrate and carbonate in separate portions of the water, mix the solutions, collect and wash the precipitate on a filter, rub it while still moist in a porcelain mortar with the tartaric acid, till effervescence has ceased, add the ammonia to dissolve the tartrate of silver, then mix the archil, sugar, and gum, adding as much as will make six ounces.

OINTMENT OF NITRATE OF SILVER.—Nitrate of silver, two grains, lard, two drachms. Mix well. As an application in acute ophthalmia.

Nitrate of silver, four parts, lard, thirty parts, or, eight parts of the salt to same proportion of lard, or, twelve parts to thirty. Used as an application to white-swelling.

Nitrate of silver, one part, lard, seven and a-half parts. Mix, to smear bougies, in cure of gonorrhœa.

COMPOUND OINTMENT OF NITRATE OF SILVER.—Nitrate of silver ten to twenty grains, zinc ointment, half an ounce, balsam of peru, one drachm, triturate thoroughly together. To heal venereal ulcers, and to promote cicatrization.

Nitrate of silver, three grains, solution of subacetate of lead, five drops, lard, one drachm. Mix well. In chronic ophthalmia.

TINCTURE OF ARNICA.—Flowers of arnica, one part, alcohol, sixteen parts, digest, express, and filter.

SIXTH ANNUAL REPORT,

OF THE

Massachusetts School for Idiotic and Feeble-minded Youth.

“Epilepsy and kindred disorders destroy many while yet in tender years. Others, that survive awhile, are so weakened by fits by gluttony, by self-abuse, and by unwise treatment of various kinds, especially by the use of drugs, (which are so generally and profusely administered.) that their systems cannot resist diseases which are not ordinarily fatal, and they, too, die young. Comparatively few reach maturity, and far fewer still survive to old age; so that the census is but an imperfect indication of the extent of the evil. It tells, indeed, a sad tale of human degradation and wretchedness, but it does not tell the whole truth. Some men may rejoice that it does not. They may be glad to be spared part of a painful sight, from the whole of which they would fain turn their eyes, if they could. But alas! God will not let us look away with impunity. He will continue to scourge society until it becomes conscious of its sin, repents and amends. Men have been worrying themselves about their souls, and the souls of their neighbors, in utter disregard of the fact, that the character and condition of the soul, as evinced in its manifestations here below, are indissolubly connected with the character and condition of the body. It is high time to consider that much may be done toward the cure of souls, by care of bodies.

It was stated in a Report made in 1847-8, by the undersigned, as chairman of the Massachusetts Commission for investigating the condition of idiots, that minute personal inquiries had been made concerning the parents and

immediate progenitors of three hundred and fifty-nine congenital idiots. It was found that almost all these came of very poor and feeble stock; stock such as, in animals, farmers would never breed from. It was found in every case except four, that is in three hundred and fifty-five, out of the three hundred and fifty-nine cases, that the parents were closely related by blood,—or that one or the other of them had a decided hereditary tendency to mental derangement,—or was of a marked scrofulous habit of body,—or was impaired in health by disease, or by intemperance, or by sensual excesses,—so that the idiocy of the child was clearly explicable upon physiological principles. * * * * *

A regular series of questions, framed with a view to ascertaining all the important facts of the case,—the antecedents if not the causes of the idiocy,—generally brings out one or more of the following circumstances:—

That the family of one or both the parents is peculiarly scrofulous;

That one (if not both) of the parents inherits this scrofulous temperament;

That the family of one (if not of both) of the parents is peculiarly subject to some form of insanity;

That one (if not both) of the parents (or one of their immediate progenitors) had been greatly impaired in health by disease, intemperance, or sensuality; or,

That the parents were nearly related by blood.

In this matter of intermarriage of relatives, my experience with various classes of infirm children, goes to show that nature protests against it, and sometimes with terrible vehemence. Where both parties are of sound constitutions, and without marked tenden

cy to any particular form of disease, the liability to infirmity among the *immediate* offspring is small. Where one party is of unsound constitution, the liability is greater. Where both are unsound, it is very great.

Where one party has a constitutional tendency to a particular form of disease, and the other either has no such tendency, or a tendency to some other form of disease, the diverging tendencies seem to correct each other, so that the liability is not great; but where both have the same constitutional tendency, then the danger is so great that some kind of infirmity is almost sure to appear in some of the offspring.

DREAMING.

Dreaming is the wakeful and sentient condition of some of the faculties of the mind, whilst the others are asleep. The whole subject of dreaming is highly interesting in a psychological point of view; but it is only in its connection with the body that we have here to do with it. Some persons naturally dream more than others; but there is no question, that the occurrence, and more particularly the nature of dreams, are both much influenced by the condition of the body. Few are so fortunate as to have escaped an attack of incubus or nightmare, arising from disordered digestion; and all who have been much with children, know well how liable they are to suffer from disturbing dreams, whenever the stomach and bowels are disordered. It may be safely asserted, that a large proportion of uncomfortable dreams are connected with disorder of the digestive functions—generally overloading, but sometimes the reverse. Some people always dream if they do not take some slight refreshment just be-

fore retiring to rest. Mental excitement during the previous day is of course a frequent cause of dreaming. Organic diseases, which give rise to oppression within the chest, such as diseases of the heart, are peculiarly liable to occasion uncomfortable dreams and nightmare. Uneasy and powerful sensations excited upon any portion of the body, occasion what are called suggestive dreams; that is, the sensation seems to start some thought in relation to itself from which a train of incongruities, such as occurs in dreams, appears to arise; a blister is the foundation for some dream of torture; or a loud sound for one of tumult.

Although made the subject of much credulity, dreaming, not only in its general character, but as regards the nature of the dreams, is not to be altogether disregarded with respect to the indications it affords of the bodily condition. When natural sleep is thus disturbed, particularly by dreams which cause alarm, and uncomfortable sensations, or which occasion children to start and scream, the cause should be investigated; some error, simply as regards diet, either as to time, quantity, or quality, may be the reason; or disease may be forming. One or two smart purges will frequently remove the symptom. Whether in child or adult, should much mental exertion be going on, and sleep become unusually disturbed by dreaming, mental relaxation, and a greater amount of physical exercise should be combined with attention to all the functions.

The shower bath, either generally, or as a local application to the head alone, will be useful in such cases.

The People's Medical Journal.

DECEMBER 1, 1854.

SUSPENSION OF THE JOURNAL.

Our readers will be already aware, from the announcement in our last No. that with this month the Journal will be terminated. The reason there given for this step will, we think, be admitted to be sufficient, and we trust our friends will excuse us accordingly. The Editor has now become so completely identified with his peculiar practice, and is so generally regarded as the only one in that line, that all naturally come or send to him, who suffer from the difficulties which that practice refers to. This increases his occupation daily, till he finds it utterly impracticable to attend to other matters. He has however derived so much pleasure from his Editorial intercourse, and has received so many assurances that his labors have been beneficial, that he cannot make up his mind to sever his connection with the public altogether, and has therefore determined to resume it, at an early day, upon a new plan. The precise manner in which this will be effected is not yet decided upon, but as soon as it is each subscriber will be individually notified, and the public generally will be duly informed.

It is now some years since Dr. Hollick published his first Book. "*The Origin of Life*," (now superseded by the *Marriage Guide*;) and ever since then he has been constantly importuned to follow it up by others, on kindred subjects. In this way he has been induced to write, and publish, in his leisure hours, "*The Diseases of Woman*," "*The Matron's Manual*," "*Marriage Guide*," "*Male Organs, &c.*" All of which have become popular beyond precedent. Being the first strictly

Scientific Books of this kind, truly adapted for *the people*, they become at once the standards, and have gained for the author an extent of practice far beyond what he had ever anticipated, and established him, in the public mind, as the authority to be referred to concerning the peculiar matters on which those Books treat. The *general* instruction, therefore, which he was desirous of conveying, in the "*Journal*," is compelled to give way to that peculiar *speciality* which is not attended to by any one else, but in which the public feels such an absorbing interest.

In a short time Dr. H. will publish a new Book, containing Notes, and descriptions, of all the most curious and instructive cases that have come under his care, such as have never before been made public. This Book will be invaluable as a companion to the others, and also as a reference for all those who suffer in any unusual manner, different from what is ordinarily seen or described. Numbers of the most remarkable of these cases are quite different from any that medical men in general are ever consulted about, and the results will surprise every one. The Book will probably be ready by the ensuing Spring, and will be publicly announced. It will be truly a *Mirror of Sexual peculiarities, difficulties and probabilities*, with all the new discoveries.

It is scarcely necessary to say that every case will be so described that no one can recognize it, except the individual himself.—not even those most familiar with him.

For the present, therefore, as a *Monthly Visitor*, the Editor must bid his friends farewell, with many thanks for the kind commendation and assistance he has met with, and hoping yet to have much pleasing communication with them in some other way.

DRAINAGE.

Drainage is the important process by which superfluous moisture is removed from the soil, through the soil itself, or by means of channels made in or through the earth. It may be either natural or artificial; to carry off the simple excess of fluid resulting from atmospheric moisture, such as rain, or to remove the impure and deteriorated fluids, which more or less result where man and the domestic animals are congregated.

The salubrity of a district is always closely connected with its natural drainage; whenever moisture accumulates, either from position, that is, want of inclination or slope to run it off, or from the nature of the soil, disease is apt to prevail. Professor Ansted remarks, "There can be no doubt that the district where sand and gravel allow the water to drain off at once beneath the surface, and that where hard and impermeable rock permits the rain to escape readily into the nearest running stream, will be on the whole the most healthy; while, on the other hand, that in which the tough clays retain the water in ponds on the surface will be exposed to marsh fevers and various disorders affecting the throat and lungs. These remarks apply chiefly to temperate climates, but when the conditions of vegetation are taken into account, they are no less true than important for warm countries, where the rankness of the vegetation must no doubt be connected with the nature of the sub-soil over which it grows."

These considerations are important for all, and especially for the emigrant and settler in new districts, who ought always to fix, if possible, upon a site for his dwelling, where the water has or may be made to have an efficient

drainage in every direction and way, and to exercise caution also, that the dwelling of himself and family is not so placed that any generally prevailing wind can blow upon it from a marshy or badly drained tract of country. The effect of draining the soil, in rendering a country more salubrious, and in removing disease, is well exemplified in the disappearance of ague from many parts of Britain in which it formerly prevailed, a circumstance which can only be accounted for by the increased attention to the drainage of those districts. As might be expected, low situations are not likely to be so well drained as those situated on elevated ground; the latter does not, alone, however, suffice in all cases if the drainage is improperly managed, and some of the worst local forms of typhus have been known to prevail in such places.

The drainage of houses or collections of houses, where day by day there must be removed the excretions, both solid and fluid, of man and animals, is one of the most important points connected with the preservation of health, it might almost be added, and one of the most neglected ones. Both in town and country, the necessity for sufficient drainage, whether of the natural moisture of the soil, of the results of animal life, or of domestic habits, has been, if not entirely overlooked, most insufficiently provided for. It might shame the boasted civilization of our era, to learn that in Mr. Layard's researches in Nineveh, he found the buildings—of an age estimated at 1200 years before Christ—provided with a complete system of sewerage. Each room had a drain connected with a main sewer.

It is generally thought, that in the country less necessity exists for perfect

drainage than there does in large towns, and to some extent the idea may be correct, in so far, as the less number of individuals collected in a given spot, and the freer circulation of air, must tend to preserve greater purity of atmosphere; but the idea, by lulling suspicion, has proved a dangerous one, and the single homestead, or small isolated hamlet, has been desolated by the scourge of fever, which a little precaution might have prevented. One most striking instance has been recorded by Dr. Christison, which occurred in and close round a farm-house occupied by an extensive farmer, in a thinly-peopled rural district in Peebleshire. With respect to situation, Dr. Christison, after describing it, concludes with, "a healthier locality could not well be chosen;" and yet, in and close to this healthily-situated house, and in no other in the district, fifteen cases of a severe and peculiar form of fever occurred within the space of a few weeks, and three proved fatal. Such a well-marked visitation could not well escape searching investigation, which brought to light the fact, that the house was completely surrounded by drains, which had, in the course of time, become filled up with the drainage of the farm-yard, of the necessaries, &c., &c. Such cases are by no means uncommon, even in country situations which would be at a first glance esteemed most salubrious, and indeed would be, but for the shameful neglect of the inhabitants. The author cannot recollect during ten years' practice in a rural district, any invasion of fever going through a house or collection of houses, which has not been traceable to deficient drainage, and neglect of sanitary measures generally. It is not fever, however, as generally so called,

which alone occurs in consequence of deficient drainage, but bad health generally; and whatever case of disease or accident may remain within the tainted locality, acquires a certain unfavorable tendency and type; *even recovery from child-bed is affected by it, and perhaps more cases of child-bed fever and death than would be imagined, might be traced to the unhealthy influences originated by habitations situated in a badly-drained locality.* Surely this last consideration, if no other, might rouse men to act: the point touches the wealthy citizen as well as the poor one.

Inflammation of the eye, or rather of its covering membrane, the "conjunctiva," has been found occurring commonly in particular localities, no cause being assignable beyond that of stagnant and putrefying ditches or unwholesome drains. The contamination of wells which supply water used for drinking and cooking, by badly-arranged or imperfect drainage, is a very fertile source of disease; many of the worst invasions of fever, and cholera also, have been traced to this disgusting source.

Whatever has been said respecting drainage in country places, applies with increased force to the provision in towns, with their dense populations. On this head, Mr. Grainger, in his pamphlet published by the "Health of Towns Association," remarks, "The most prolific source of disease in towns is, certainly, defective drainage and sewerage. Where large numbers of human beings are collected together, it is apparent that there must result a vast amount of refuse matter of every description, to which must be added, the solid and fluid excretions of the body, the former of which alone, amount, in a town like Liverpool, to

nearly six thousand tons annually." The first essentials for proper drainage are, well constructed sewers, that is such as will not promote the deposition of solid matter in their interior. That the majority of the old sewers and drains do this has been proved before the Health of Towns Commission. It was shown, that "by their unnecessary size and defective form, most of the old sewers being flat at the bottom, they cause a retardation in the flow of their muddy contents, and thus, of necessity, produce a lodgment of putrefying animal and vegetable matter. Another source of deposit is the improper direction of these conduits, the sharp angles and curves of which, especially where the smaller sewers enter the main trunks, lead to the obstruction, and to these must be added the various irregularities of surface connected with the masonry." Again, drains are frequently placed too near the surface, and leave the under-ground premises either undrained, or, what is worse, receptacles for their leakages should they get out of order; then the most superficial drains of all, the gutters, are full of holes and crevices; the entire system, including the gratings over the under-ground drains, being calculated rather to foster disease than to remove the causes of it. In addition, however, to construction, a full supply of water is requisite, one that can thoroughly and periodically, at not too distant intervals, be sent in full volume—"flushed"—through the passages so as to sweep everything before it.

Effluvia are very apt to escape from drains "by the improper position of the gully gratings, and from these not being trapped. By improper position is meant the top of an eminence, where no surface water can properly accumu-

late." Gratings and gullies are therefore injurious in such situations; and, indeed, should only be placed where absolutely necessary to carry off surface water, which will clear them out; and they should be trapped. The inmates of houses close to gully holes have been known to be attacked with fever which could in no way be accounted for, except by the emanations proceeding from the sewers through the gratings.

Lastly, all those parts of a house which are connected with sewers and drains, such as water-closets, sinks, &c., ought to be so constructed that they do not allow effluvia to escape. This may be simply and cheaply done by means of earthenware soil-pans, with syphon-pipes, in which the stratum of water which always must remain in the lowest part of the pan, acts as a valve against all effluvia from the pipe. Where a sink is not attainable, a simple funnel-like pipe, with a cover, may be fitted into the floor, and made to lead into the drain. The subject of drainage generally, is so important, and its connection with health is so intimate, that it might be extended to a much greater length than the limits of this work will admit of. Enough, it is trusted, has been said to direct attention to it, and those in whom a spirit of enquiry has been excited, and who desire more extended information, cannot do better than seek it in the valuable and cheap publications of the Health of Towns Association.

COUCHING is an operation performed upon the eye, by which the lens, when it has become opaque from disease, is shifted or depressed to another part of the interior of the eye-ball, and thus removed from the axis of vision, which it obstructs.

CHOLERA.*(Different modes of Treatment.)***PUBLIC DISPENSARY.**

From fifty to sixty new cases of diarrhœa have been attended here during the present month. One plan of treatment adopted has been, at the outset the administration of two grains of calomel with eight of rhubarb, followed by a mixture, of which ammonia and tincture of opium are the chief ingredients. At other times, the two following formulæ have been made use of:—Chalk mixture, decoction of log-wood, equal parts, with five minims of tincture of opium, every four hours; or chalk mixture, with five minims of tincture of opium, four grains of carbonate of ammonia, and a drachm of tincture of catechu, for a dose.

In certain cases two grains of calomel, with a third of a grain of opium, were followed by an ounce of castor-oil.

ST. MARTIN'S-IN-THE-FIELDS WORKHOUSE.

In a communication received from Dr. Rainbridge, medical officer at St. Martin's-in-the-Fields, he says:—

"I have to state, that up to the present time we have not had more than the usual amount of diarrhœa at this season of the year, and not, as yet, one case of Asiatic cholera.

"My usual treatment in these cases of diarrhœa, where there have been frequent dejections, with violent griping pains and sometimes sickness, has been to administer one or two grains of solid opium, followed up by chalk mixture, five ounces and a half; tincture of opium, a drachm; tincture of catechu, half an ounce; aromatic confection, a drachm and a half. Two table-spoonfuls to be taken every hour.

This has generally acted like a charm. In this stage the disease is completely under control.

KING'S COLLEGE HOSPITAL.

Dr. George Johnson, who has the charge of the cholera wards, considers that the purging in cholera is mainly an effort of the organism to throw off the violent principle which is at the root of the disease; he therefore in his treatment does his best to aid this eliminating process by gentle means, and gives ounce doses of castor oil every half-hour. Some of the patients thus treated were admitted either with severe purging and vomiting, or in the cold and blue stage. A mustard poultice was usually placed on the pit of the stomach, and the castor-oil given every half-hour until the action of the bowels was well established. Ammonia was tried with the oil, but it increased the sickness, which symptom was more effectually allayed by the oil alone. In every case considerable relief was obtained upon the bowels being freely moved, and the congestive fever, which sometimes carries off patients who have struggled through the original choleraic attack, was noticed, in Dr. Johnson's patients, to be very slight. External heat, by means of warm bottles, frictions, &c. &c., was also used, but we did not perceive that either brandy or opium was employed.

All the cases had presented the premonitory diarrhœa, and the more the epidemic is studied the more conspicuous it is becoming that diarrhœa always precedes an attack of cholera; hence the care that should be taken of preventing such attacks by arresting looseness of the bowels.

CHARING-CROSS HOSPITAL.

If the cases of cholera have been almost absent from this hospital, diarrhoea has, on the other hand, been extremely common, the applicants to the dispensary having been very numerous. The looseness of bowels was mostly treated by nitro-muriatic acid, in doses of one drachm and a half of the acid to two ounces and a half of water: a tea-spoonful to be taken according to the symptoms. Sulphuric acid and opium have also been successful in checking diarrhoea.

WESTMINSTER HOSPITAL.

This hospital has received, from the 1st of August to the 17th, a rather large number of cholera patients, there having been about thirty-two altogether. Of these, about twelve have died, and Mr. Wilson, the physician's assistant, stated to us that the cases admitted were mostly *bona fide* cases of Asiatic cholera.

Here again we find that the patients attacked by the epidemic have been placed in separate wards. On August 17th, there were seven cholera patients in the house, all in a very precarious condition, and who probably have since succumbed to the attack. The cases have been very severe, and many patients were brought in a hopeless condition. In examining the patients in the house, on August 17th, we could not help remarking the ever-constant type of this fearful disease; the sunk-en feature, the half-closed eye, the shrivelled and cold extremities, the icy breath, the peculiar listlessness so characteristic of cholera, cannot indeed for a moment be mistaken.

The line of treatment followed in

this institution consists of drachm doses of dilute sulphuric acid, and also calomel and opium, in doses of five grains of the first, and one of the second. Restorative means are restored to at the same time, but brandy is not so largely given as in some other hospitals.

The cases of diarrhoea amongst the out-patients have been extremely numerous, and the treatment by dilute sulphuric acid particularly successful. Mr. Wilson mentioned to us that on Sunday, August 13th, he had to prescribe for almost one hundred cases of diarrhoea, Sunday being, besides, an unusual day for out-patients presenting themselves.

PRACTICAL OBSERVATIONS ON CHOLERA.

It is a serious question for the medical profession to determine whether the premonitory diarrhoea of cholera should be indiscriminately arrested; and it becomes no less an important public inquiry, seeing the universal administration of what are called "astringents," from the comfortable *ad libitum* brandy and water to the most popular quack specifics. In the belief that the vomiting and purging, so characteristic of cholera, do not constitute the *disease*, but are simply an effort of nature to throw off the poison, I should as soon think of trying to arrest these indiscriminately by astringents as to suppress the skin eruption in measles, small pox, &c. In all cases of bowel irritation, during the prevalence or apprehension of cholera, I prescribe castor oil, combined with any of the preparations of ammonia. In every stage of real cholera, from the first onset of diarrhoea to the very verge of collapse, I give either castor oil and oil of turpentine, or the latter with

yeast. I never saw an instance where immediate relief to the symptoms did not follow, and scarcely one where the stage of collapse supervened—nay, even the last fatal prostration has in some remarkable instances during the present epidemic been changed into reaction and recovery by the turpentine and yeast. But from a knowledge of the potent effects of yeast in the malignant typhus, small-pox, &c., I was first induced to try it in cholera, combined with the turpentine; and certainly, if fresh brewer's yeast could always be obtained, I should use no other remedy than the following combination:—Yeast, a tablespoonful; oil of turpentine, a teaspoonful; cold water or barley-water, two tablespoonfuls: the dose to be repeated every second, third, or fourth hour, according to circumstances.

Pressing engagements render these observations desultory and imperfect; but under more favourable circumstances I may, ere long, be enabled to bring further evidence in support of the above plan of treatment.

GUM-BOILS.

Gum-Boils are small abscesses formed in consequence of inflammation of the gum, generally the result of decayed teeth or their stumps. The abscess generally discharges between the gum and the lip.

NOTICE.

Commencement of the Second Volume of the People's Medical Journal.

We must remind our friends that we have now entered upon the Second Volume of our Journal.

Those sending a subscription, therefore, will please to say distinctly

whether it is for Volume one, (complete.) or for the present Volume, commencing with July, 1854.

The price of the first volume, bound with title page and printed cover, *postage paid*, will be 25 cents to any part of the United States, except to California, Oregon, or other places over *three thousand miles*, which require *six cents* more. To Canada, the price is also 25 cts., but the subscriber will have to pay the *Canadian postage on receipt of the Book*.

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* * * All letters to Dr. Hollick, must be addressed to "Dr. F. Hollick, New York City, N. Y."

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