

# MEDICAL COMMON-SENSE

ON THE NEW TREATMENT,

BY

## Medicated Inhalations

OF

## CONSUMPTION, ASTHMA,

BRONCHITIS, NASAL CATARRH, HAY FEVER, LOSS OF VOICE,  
SORE THROAT, ETC.

BY

N. B. WOLFE, M. D.,

PHYSICIAN FOR DISEASES OF THE NOSE, THROAT, AND LUNGS.

Truth bows at no human shrine.

*CINCINNATI:*

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1872.

# INTRODUCING

THE AUTHOR TO THE READER.

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MAKE no apology for presenting you with this little book. Its mission is to teach an *idea*, that will modify the present faulty system of medical practice, in the treatment of diseases of the organs of respiration.

I present it to the people because they have most interest in the reform it aims to accomplish. Your lives are at stake in the issues made: how do you pronounce your verdict?

I do not *beg* your favor in its behalf. If you do not appreciate its worth, give it no recognition. Speak of it fairly and fearlessly; criticism is the test of merit; it is valuable when just.

Truth seeks neither place or applause! She only asks a hearing.

Will you condemn before you read? Will you reproach before you understand?

# MEDICATED INHALATIONS.

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A BRIEF HISTORY OF MEDICATED INHALATIONS IN TREATING CONSUMPTION, ASTHMA, BRONCHITIS, NASAL CATARRH, AND OTHER DISEASES OF THE NOSE, THROAT, AND LUNGS.

THE public favor which the successful employment of Medicated Inhalations, in treating diseases of the Nose, Throat, and Lungs, has of late years attained in this country, has begotten a public desire to know more of its origin and history than is generally understood. It is right and proper that a work of this character should furnish such information; I, therefore, address myself to this task the more cheerfully, but with no expectation that I will be able to do more than *hint* at the importance of my subject in a work necessarily so brief as this. I may be able to show, however, that some of the most advanced minds that have appeared in the annals of Medicine, have given their best energies toward the establishment of this system of Medical Practice; and by so doing vindicate its fair name from unmerited reproach, and rescue its fair fame from the polluting touch of quackery and the uneducated empiric.

Reason, says a contemporary writer, is a principle belonging to man alone. The office of the mind is to investigate, search, and explore the principles of nature, and the only hope for the amelioration of the world is free thought and unrestricted inquiry. The subject which we now propose to investigate is of no less importance than one including the welfare and happi-

ness of the human family. Let us approach it without prejudice, with a sincere desire to "investigate, search, and explore" for the hidden truths which may be found therein.

The origin of inhaling medicated air for Diseases of the Nose, Throat, and Lungs, does not belong to modern times, nor can any man lay exclusive claim to such practice. However, tracing its genealogy back through an illustrious ancestry, gives to it no intrinsic claim to public favor in this age of the world, for we have but little respect for the crude opinions which governed mankind when the human family was in its babyhood, and the arts of printing and criticism were unknown. In referring to the early history of our subject, therefore, we are only seeking to find the germ of the great truth which subsequent ages unfolded. Who but an ignorant slave would ask for authority to believe the *Truth*, which is God's voice, speaking to human consciousness; or, who would ask permission of any man, pagan or Christian, to express his convictions thereof? Truth wears no mask, bows at no human shrine, seeks neither place nor applause—she only asks a hearing.

Far back in the first age of medical literature we find the name of HIPPOCRATES prominent as a medical author—one who exercised a controlling

influence over his fellow-men by his great powers of mind in grasping truths hidden to the ordinary understanding of the world. Indeed, when this great mind dawned upon the world, the facts constituting *Medical Science* were few, vague, and chaotic, and without much value to the human family. Upon this formless mass of crude facts, the mind of the great Greek shone with resplendent glory. Having no guide or authority but nature, he taught her everlasting principles, and men almost deified him. So great was his power when armed with simple truths, that men still turn to gaze in admiration upon his wondrous mind over the chasm of two thousand years. It is gratifying to know that this great teacher was a friend to Medicated Inhalations, and recommended their employment in treating all diseases of the respiratory organs. His methods for administering medicated vapors, to be sure, were crude; but they serve to show, by contrast with the present, what progress has been made; and, also, that he approved of inhaling remedies for the diseases of the air-passages rather than pouring medicine into the stomach. Thus he recommends the burning of various herbs and the heating of various minerals, that "the fumes may be inhaled by those laboring under diseases of the lungs."

He states nothing, however, of so practical a nature, or definite in itself, as would be of any advantage in constructing a system upon his teaching. The nearest approach to specific instructions, perhaps, is to be found in his recommendations to "drink hellebore, either alone or mixed with a decoction of lentils, and inject the lungs with *fumigations*." He also favors "fumigations of hyssop of cilicia, sulphur, and asphalt, to be *inhaled* through the nose to bring away phlegm in catarrh."

The many theories which have obtained from time to time, and even the Rational School which now sheds so much luster on the science of medicine, there can be no question, owe a large portion of their excellence to the doctrines and example of the old Grecian instructor. They were, in his own day, what the inductive philosophy of Bacon, as applied to medicine, now is; and his pupils soon launched forth, by the impetus received from his positive mind, into a sea of theoretical speculation, which resulted in the establishment of various Schools of Medicines, from which are transmitted the imperishable names of ARISTOTLE and PLATO.

In the writings of these illuminated minds is found much matter for thought and investigation appertaining to our subject. Among the Problems of Aristotle, the question of the communicability of consumption is introduced in the following manner: "Is it because," he says, "consumption makes the breath corrupt and offensive, that those who approach the diseased persons, and breathe the air, acquire the same malady as if their system had become vitiated by their own respiration?" In this suggestive problem, attention is directed to the communicability of consumption by *inhaling* vitiated air; and our observations but too strongly confirm the affirmative of this hypothesis, for we have seen those, who, while waiting with tenderness upon the expiring brother or sister, inhaled their impure exhalations, that when the angel came to guide the departing one through the shadowy valley, he bade the bereaved prepare for him next, and painted a blush upon their face that he might know them when he came.

Among the followers of these distinguished leaders, and nearly four centuries after the age of Hippocrates, one

of the most illustrious scholars in the school of *empirics* was DIASCORIDES, celebrated as a botanist and pharmacist. He lived in the first century of the Christian era, and acquired great distinction for his learning and skill in curing disease. In his *Materia Medica* he recommends "for coughs of long standing, *fumigations* of colts-foot leaves, of native sulphur, of sweet calamus with turpentine-resin, of dry squills, of water-cresses, of oil of cedar, of century-root, and of fennel seeds, to be carried into the mouth through a hollow reed inserted in the bottom of a small vessel, smeared over with arsenic and triturated sandarach, moistened with water."

From the age of DIASCORIDES, down to the present time, every writer of distinction who has written on the treatment of consumption, alludes more or less to Medicated Inhalation. Thus CIELIUS AURELIANUS, a pupil of the famous ASCLEPIADES, writes very correctly of consumption under the name of *Phthisis* or *Phthoe*; and makes the following observation respecting its treatment: "Some, in the case of patients suffering from difficulty in the upper parts of the diaphragm, have exhibited, besides other remedies, *fumigations* arising from the burning of hyssop, thyme, or origanum, or sulphur; some sandarach, aloes, or styrax, having been placed on the fire, have ordered the patient to open the mouth, and by an effort at swallowing to devour the vapor; and if the disease begins to increase so that *Aphonia*, or loss of voice, comes on, then the patient must feed on slops, using at the same time gargles of warm sweet oil, of water sweetened with honey, or a decoction of grapes, of pine nuts, of fat figs, or of licorice leaves, as well as from wheat or from barley-water, in order that he should *breathe the vapors*

*rising from their evaporation or exhalation.*"

ARITIOUS, a disciple of THOMISON, the founder of the Pneumatic School of Medicine, though he ascribes the origin of the disease to errors in the "spirit," writes floridly on the subject of consumption and kindred diseases; and though he makes no specific mention of the employment of vapors in their treatment, he strongly recommends sea voyages for the cure of consumption, averring "that the *saline particles inhaled in the sea air, appear to dry up the ulcers in the lungs.*"

AVICENNA, a member of the Eclectic School and follower of *Galen*, recommends for the cure of Asthma, a preparation of myrrh, spikenard, cassia, and saffron, and patwort, and storax, to be rubbed up and prepared with cow's-fat, and boluses made of them of the size of a nut, one drachm of them to be used in *fumigation*, three times a day for ten days. He also gives various prescriptions for *cura ulcereim pectoris et cura Phthisis*, and remarks that "*fumigations* are administered in this disease, and certain desiccative and cleansing substances with which a *fumigation* is made, by means of a tube or siphon."

Both CELSUS and PLINY occupy a prominent place in the literature of medicine, though it is questionable whether either of these savans devoted much more time to the science of medicine than was necessary to give them a knowledge of disease, merely as an adjunct to their general education. *Celsus* speaks, however, of *Phthisis*—consumption—as beginning in the head and descending to the lungs; and describes the stage of ulceration as being attended with fever, cough, and expectoration of purulent and bloody matter, and says: "When ulceration takes place in the anterior part of the fauces, physicians apply cataplasms and moist

fomentations externally, and *hot vapors into the mouth.*" *Pliny*, while enumerating a number of specifics for the cure of consumption, speaks particularly of the pectoral qualities of gum ammoniac, and praises all the woods which give an abundance of *resinous odor* while burning, the vapors arising from which, he says, "are more beneficial to the consumptive than a voyage to Egypt, or a course of milk in the mountains."

Among all the writers in medical science, whose names have been transmitted from ancient to modern times, there has been none around which so many intellectual splendors cluster, as that of the immortal *GALEN*; who, by the force of his genius, acquired an influence over the minds of men, which has outlived the mutations of time and all the revolutions of opinions which have dawned and died in the empire of mind for centuries.

In an early French translation of his works is found a remarkable passage reasoning on the *inutility* of administering medicines through the stomach for the cure of pulmonary disease. "Consider," says he, "how many parts or members the medication has to pass through before it reaches the lungs. First, it enters the mouth, passes down the *æso*phagus and into the stomach, then into the intestines, and from thence penetrates as far as the veins which are contained in the mesentery, which veins carry it to the concave portion of the liver, and from thence to the convex; thence it is carried to the vena cava, and from it to the heart. We can not deny that medicines, thus administered, will mingle in each of the parts above mentioned with humor, and undergo some transformation or alteration dependent on the nature of the viscera through which they pass; thus, what remains of the virtue of the medicament is weaker, so that it can not

effect any relief to the wounded part; because, too, the remedies suitable to them can not touch the place where the disease exists." We find him, nevertheless, recommending the *smoking* of arsenic, orpiment, with pepper and other vegetable substances, as well as burnt sponge, in treating ulcers of the trachea.

With the exception of *RHAZES*, a follower and commentator of *Galen*, who recommended, as a *fumigation*, a mixture of arsenic, aristolochia, myrrh, styrax, and galbanum, to be inhaled for consumption, we have no traces of any improvement being made in this method of treatment till the beginning of the present century; though all along the annals of medical literature, Inhalation crops out in the writings of *Nicoli Piso*, *Boerhaave*, *Schenck*, *Poterius*, *Spigelius*, *Harvey*, *Sydenham*, and others. *Dr. BEDDOES* began to treat disease of the lungs, by the employment of various gases which he prescribed to be *inhaled from a bladder*, in the beginning of the present century.

Up to this later period, physicians looked with a chilling distrust upon every effort which claimed to be successful in the treatment of consumption or any other disease of the lungs or air passages. Inhalation, however, was freely discussed as a method, but the remedy to be thus administered, and which should possess the virtue of a specific, was what was most desired and sought after. It was this selfish and unphilosophical spirit which met and thwarted the benevolent efforts of *Dr. Beddoes* at the very threshold of his labors. His "bladder" arrangement excited the jeers of all the scientific *blatherskites*, that could not think above a bauble decoration or a child's capacity. The discomfiture of *Dr. Beddoes*, however, did no positive injury to the cause of Truth, which

soon found another advocate, though this time not a professional gentleman. This was Citizen BALLARD, the proprietor of extensive chlorine works in the environs of Paris. Citizen Ballard observed that, among the several hundred persons employed about his works, consumption and other diseases of the lungs were entirely unknown, and that persons laboring under pulmonary disease, when entering the establishment, soon recovered their wonted health and strength. These practical observations of a business man were embodied in a business way in a communication, and addressed to the College of Surgeons and Physicians of Paris through the public press. Important as the information was, the only attention it received was rebuke to its author for meddling with a subject upon which so little was known by the custodians of public health. Thus the savior Truth has ever been reviled and crucified by the world which it has come to save.

Citizen Ballard, however, was too strongly fortified with the *facts* to be discomfited by the hosts of idle dreamers and airy visionists who now assailed him. He wisely concluded that the facts he pointed out were to be ascribed to the *Inhalation of Chlorine Gas*, with which his workshops were constantly charged. Believing this, he sought to find some method by which this gas could be introduced into sick-chambers, for the benefit of pulmonary invalids; and, also, that it might be generated in the localities where employed. With this benevolent object in view, he exhausted his resources in vain, constructing instruments to meet the ends proposed. In this direction, the highest exhibition of his skill was but little in advance of the "Hippocratican Pot," and from which no satisfactory results could be obtained. Justice, however, will forever record to

the credit of Citizen Ballard the merit of giving much publicity to the subject of Inhaling remedies for pulmonary disease; and, among other good results growing out of this fact, was the enlistment of the sympathies and support of the renowned Dr. MUDGE, of London, who at once engaged the whole power of his professional fame in support of this system of treatment.

After an able advocacy of the topical treatment of pulmonary disease by Inhaling Medicated Air, Dr. Mudge saw the great importance, as had Citizen Ballard, of constructing an Inhaling instrument that could be used in the sick-chamber. He accordingly invented several ingenious contrivances for this purpose; but, in the main, they lacked the quality of adaptation, and the principal desideratum remained unsupplied. Most of them were too cumbersome; this was especially true of those constructed of metals; besides, the chemicals employed in generating vapors acted corrosively upon the metals of which his Inhalers were constructed, thereby changing the character of the vapors and curative powers in correcting morbid conditions of the pulmonary structure.



MUDGE'S INHALER.

Among his later experiments, he constructed an "Inhaling Flask," made of glass, represented in the above engraving, which is still known as Mudge's Inhaler.

The flexible tube shown on preceding page is a modern adjunct to the Inhaler, adding, however, nothing to its value. A representation of this Inhaler was published by Dr. Mudge, in a monograph written by him "On the Treatment of Lung Diseases by Medical Vapors," but which he subsequently discarded as inefficient and worthless. While still engaged in constructing an improved and more suitable Inhaler to meet the needs of the sick-chamber, but before he could embody his ideas in "form and expression," fell himself a victim to the disease he had labored so hard to control—a noble sacrifice at the shrine of duty. In the death of Dr. Mudge, Inhalation lost a valued friend and able defender; but, though men are but creatures of a day, principles survive all time and enrich all ages of the world.

About the year 1831, PROF. FAUQUIER, a teacher of Clinical Medicine in the University of Paris, commenced a series of experiments in the Charity Hospital of the French metropolis with Medicated Inhalation, his attention having been more directly drawn to the subject by reading the writings of the lamented Mudge. These experiments were conducted on a very extensive scale, and were witnessed by my late colleague, Prof. S. C. SEWELL, who was at that time visiting the wards in the hospital. The limited number of medicinal agents, and the imperfect knowledge of the properties of such medicines when reduced to a condition of vapor, together with other unfavorable causes which I will hereafter notice, operated against a favorable result. In fact, the experiments, so far as success was aimed at for practical purposes, resulted in blank disappointment.

When we reflect how little was known, even at so late a day, respecting the true pathology of consumption,

and what erroneous opinions and pernicious practices obtained among the Faculty in relation thereto, we cease our astonishment at the failure of these experiments, and almost become incredulous that ever any hope of success was entertained. Consumption was viewed as an inflammatory disease, and as such patients were confined to ill-ventilated wards and extreme poverty of diet, running down the patient to an extreme condition of debility. This view and treatment of consumption gave it a fatal character, so universal, indeed, that many even now shake their heads with incredulity when you speak of its curability. It was ascertained that, when Prof. Fauquier was engaged with his experiments at the Charity Hospital, the air was so very impure that the mortality, after severe surgical operations, *was three times as great as in the London Hospital, and that the patients were being literally poisoned with mephitic exhalations at the time these experiments were being conducted.* The sanitary condition of this institution presented a striking contrast to the chlorine works of Citizen Ballard, already spoken of. But it is not our object to interpose a special pleader between Inhalation and its apparent failures. If it is not true it will go down, for in the "irrepressible conflict" which is now going on between Truth and Error, the first must triumph, because it is immortal and belongs to *God*; the latter must fail, because it is *mortal* and belongs to *Man*.

Development is that process by which ideas are transmuted into tangible being. Modern arts and popular sciences are but the fulfillment of ideals born from the womb of past experiences, in which view the treatment by Medicated Inhalations may be considered heretofore as struggling into birth.

An occasional article in the London



Lancet, and other Medical Journals, both in Europe and America, on the subject of Inhaling remedies for treating consumption, gave assurance to its friends that the idea still lived. Hopefully they waited for the "good time coming," till the night of sorrowing had passed for the lamented Mudge, when his mantle fell gracefully upon the shoulders of that able and gallant Medical Reformer, DR. ELLIOTSON, who, in 1845, was elevated to the headship of the Brompton Hospital of England for the cure of consumption, establishing a memorable epoch in the history of progressive medicine.

The treatment of consumption up to this period, as already intimated, had been involved in much uncertainty and doubt. Among all classes of society, and with but few exceptions among the profession, it had been regarded as *incurable*. No power of medicine, it was thought, could drive out or destroy this enemy of human life when once it had gained possession of the lungs. Thenceforward it was left to revel unrestrained among the delicate air-cells—to ravage, at will, the fine membranous surface of these exquisite organs of health; to choke with tubercles or corrode with ulcers this inlet and gatherer of life. In vain the young, the gifted, and the beautiful turned their appealing eyes to the physician, as to "a priest of the holy flame of life," to catch a gleam of hope. Daily he saw them sinking, unhindered by his remedies and unaided by his art. Surrounded by the pale, skeleton forms of this dreadful disease, and amid the incessant sound of hacking, gurgling, strangling cough, as a moral hero, Dr. Elliotson fearlessly entered upon his responsible duties. Passing from ward to ward, breathing an atmosphere laden with the poisoned breath issuing from decayed lungs, a thorough and vigor-

ous reform in every department of the Institution was at once begun. One by one the old landmarks of practice were destroyed and new ones substituted. Air, exercise, and food were the trinity before which his genius bowed and offered up its homage. Under his patronage Medicated Inhalations became the favorite treatment in pulmonary disease, and, by the success it attained, has ever since maintained its position as being the most rational, scientific, and successful practice ever introduced into a public hospital. For the *first* time after introducing this practice, a statistical report of the hospital shows a very large proportion of the cases of consumption in the *first and second stage cured*, and a significant per centage of even the *third* stage fairly arrested. These reports contain the first reliable information ever given to the public, of the successful results of any systematized mode of practice for treating consumption, and to them I would respectfully refer my medical readers for much valuable information respecting the working results and the superior merits of Medicated Inhalations.

To Dr. Elliotson belongs the honor of having first demonstrated the curability of consumption, by means of Medicated Inhalations, as will be found in the reports above alluded to. Prior to this time, much was said about the *curability of consumption*; and notwithstanding the greatest physician that had appeared in Europe since the time of the Arabians—SYDENHAM—affirmed that he had cured Phthisis, still it was not an admitted fact by the profession, and the declaration was considered apocryphal. Consumption, thank God! no longer appalls the physician with an incurable character. Brave men have struggled with their might to conquer this scourge of humanity;

and, unawed by the dicta of schools, and the jeers of their less laborious or less intelligent brethren, have broken through the trammels of routine and dared to follow the new path of science leading to success. Sir CHARLES SCUDAMORE, a physician of great eminence and deserved reputation, published a work in 1848, in which he earnestly calls upon the medical profession to adopt Medicated Inhalations for administering remedies in diseases of the chest. Many liberal minds responded to the call, and enrolled themselves in favor of this method for administering remedies. Among these were Dr. Marshall Hall, Dr. Cotten, (successor to Dr. Elliotson,) Dr. Maddocks, Dr. Piorry, and Dr. Corriveau, in Europe; while in America, Dr. Rush gave it an unequivocal indorsement, and Dr. Coxe, in his work on pulmonary consumption, writes quite as emphatically in its praise.

Having now traced, though imperfectly, the history of this mode of treating diseases of the lungs for twenty-two centuries—from Hippocrates to Elliotson—the conclusion of my task is brief and somewhat personal. *My attention was directed to this subject through physical suffering.* For many years I was distressingly afflicted with asthma—indeed, life became almost insupportable while laboring under this terrible disease. I left no means untried which the skill of the most eminent physicians could supply to gain my health, but in vain. Night and day my sufferings continued, and I felt that the great physician Death, alone, could relieve me of my misery.

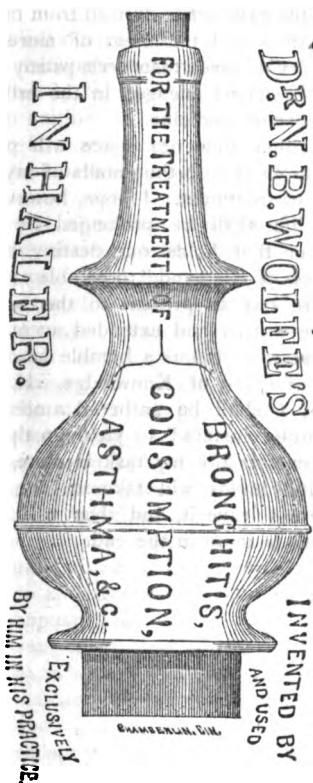
While thus despairing, my attention was called to the reports of Dr. Elliotson in reference to the treatment of pulmonary disease in the Brompton Hospital by Medical Inhalations. As a sinking man will grasp at a straw, so

I again became inspired with hope, and read with interest every thing pertaining to its history and merits. With some modifications of Dr. Elliotson's practice, I succeeded in curing my asthma, and was thus enabled to pursue my investigation comfortably thereafter.

The intelligent reader will have observed that all the authorities quoted indorse the principle of Inhaling remedies for diseases of the lungs in preference to swallowing them into the stomach. The great error into which most have fallen was the manner of reducing crude medicines into a condition of vapor for inhaling purposes. Heat, at first, was the universal solvent, and with its fiery brand kept "watch and ward" over this "cradle in the manger." In vain were remedies in this *torrid* condition marshaled to assail diseases in the lungs! Roasting the lungs was bad enough; but, of late, as if absurdity had run mad, men have got to boiling them with hot-water vapors, which are inhaled from all kinds of silly contrivances, from a tea-pot to a caldron. Heat and moisture have thus been fairly tried, and found not only inefficient of good, but absolutely injurious to all lungs, whether healthy or diseased. To command success, these unphilosophical methods of treatment must be radically changed. Elliotson and Ballard both prescribed medicated vapors *to be used at the temperature of the air we breathe*; to do this, such medicines only were employed as were volatile in the common atmosphere.

An Inhaler constructed to meet this demand, and a pharmacy of medical agents possessing the requisite power to control disease, which could be reduced to vapor without the appliances of heat or moisture, seemed to be the concluding and triumphant chapter in

the history of this system of treatment. To the accomplishment of this task I devoted my best energies without reserve. Years of laborious study and patient research may be said, I trust without the imputation of vanity, to have produced something worthy of the labor bestowed. I think I have succeeded to an extent hitherto unattained by any of my predecessors in supplying the desideratum. Besides,



my Inhaler is inexpensive, may be used and handled by the most inexperienced; it is not liable to get out of order or broken, and may be carried about the person and used at any time, in any place, either at home or abroad—sitting or standing, in bed or out—in-

doors, or in the open fields, without inconvenience or discomfort to the most feeble invalid.

I have, with this admirable instrument and a large class of most valuable remedies, succeeded in curing many pulmonary invalids and asthmatics whose conditions were thought to be past hopes of human relief. Both observation and reflection have convinced me that *experience* is the only safe authority in this practice at present—that nothing but *special attention* to its administration can ever enable the physician to succeed in it, and develop its vast importance—that a knowledge of the varieties of pulmonary and throat diseases, and the proper medicines to be inhaled applicable to such varieties, is essential to the practitioner. Many suppose that inhalation means the use of a single remedy, which may be employed by any man acquainted with its name and character. I need hardly say that whoever takes this view of the matter stultifies the whole subject, and brings the practice of the specialist within the purview of the basest charlatanism. Am I required to say, in defense, that a form of consumption, bronchitis, or asthma, benefited by one remedy would be injured by another remedy? Think of the irrationality of condemning the entire use of medicines when administered in the ordinary manner through the stomach, because a particular medicine is found to disagree in a particular case! You will then see how absurd is the same objection if ever based on facts when brought against the treatment by inhalation. For example, quinine, piperine, and strong stimulants taken into the stomach are most beneficial in some forms of fever, but in others absolutely injurious. In acute inflammations they would only hasten and insure the fatal issue, while in the last stage they are often instru-

mental in saving life. The physician must know, not only what medicines to employ, but also at what stage of the disease to administer them. In the practice of using inhaled remedies, this discrimination can only be made after ample experience.

I speak of this more particularly now because much misunderstanding prevails respecting this system of treatment, and that, too, among men who should be better informed. Scarcely a day passes that I do not receive letters from professional gentlemen asking it as a favor that I furnish them with the "receipt for preparing and using medicated inhalations." It will readily be seen how ridiculous such a request must seem to me, especially coupled with another wish that I do not make the details long or tedious. There are thousands in want of such information, and a professional book prepared with care and deliberation will at some future day, no doubt, be published to meet this demand. I would say, however, in reply to such reasonable (?) inquiries, that I have no patent nostrums, no fixed formula, no infallible compounds, and till it can be demonstrated that disease is a *fixity*, and the constitution, the sympathies, and sensations of mankind

a *unity*, and all idiosyncrasies a *myth*, we can not but regard such unreasoning physicians, who suppose it possible to reduce the principles of inhalation and the rules governing its practice to "ten or twenty lines," as hopelessly ignorant of the simplest principles of medicine. What I claim over the *educated* members of the profession is the knowledge which many years of special devotion to one object of inquiry alone can give, and the experience derived from the observation and treatment of more pulmonary diseases than perhaps any score of physicians engaged in the ordinary practice of medicine.

Neither time nor space will permit me to enter into the details of my system of treatment. I hope, however, if my life shall be prolonged by "the Power that holds our destiny in the hollow of His hand," to be able at some future day to present to the world a more worthy and extended account of my stewardship as a humble laborer in the vineyard of Knowledge. If, however, I shall be gathered among the "purple clusters" to yield up the life-currents before my task is done, more skillful hands will take up the work where I leave it, and thus will God's Truth triumph in the end.

COMMON-SENSE

## LETTERS TO THE PEOPLE

ON DISEASES OF THE

# NOSE, THROAT, AND LUNGS,

AND THEIR TREATMENT BY

## MEDICATED INHALATIONS.

### LETTER I.

*Introductory Remarks—Anatomy and Physiology of the Organs of Respiration.*

IN this age, when men and women assert and claim their "right to reason," and investigate all things pertaining to their wellbeing, their moral, mental, and physical welfare, all efforts to enlighten the public mind should meet with general approbation. It does not follow, however, that these efforts must be *approved* only as they become the incitements to mental activity in others, whereby truth and error—good and evil—may be distinguished as they pass through the fiery ordeal of criticism.

The revelations of modern science have given an impetus to the public mind, unexampled in the past, in carrying on its investigations, by sifting Truth from Error. Every department of life has been acted upon—commerce, travel, social intercourse, international law, popular education, have all been carried forward toward a more complete development. The arts of living have been simplified, the luxuries of all classes multiplied, and the facilities afforded in every way for increasing

popular knowledge augmented in an untold ratio. The principles of criticism have narrowed down from the time of *Blair*, to one simple question—*cui bono?*—to what purpose? Men and women ask, "Of what use are theories, schools, or doxies, if they fail in practice?" Life is a practical matter, not a theoretical speculation; it is personal, with active duties, no part of which can be delegated to others without loss—individuality accepts responsibility! If men and women would grow in wisdom, they must *think*, else the flowery plains of existence become as arid wastes.

*Health* is unquestionably a matter of the first importance to every one. It is as practical and personal as life. It may be called the *art* of living—or you may dignify it further as the *science* of life. If life is valuable, therefore—if its objects are desirable—if its preservation is a thing of consequence, can there be a more important matter brought under public notice than the principles of health? Why should the popular mind be neglected on facts relating to health, and yet crammed with matters of infinitely less consequence to their wellbeing and happiness.

The medical field presents at this

moment an arena for imposition which no where else exists. When imposition is merely a matter that can be counted in dollars, its consequences at least may be estimated. But when it involves the health, the hopes, the lives of its victims, who shall tell us how to estimate its results? The people have hitherto been virtually shut out from participation in a knowledge of their own structure, the causes of disease, and principles of health. Physicians have thought it utterly beneath them to write to the people on matters of disease, although often the first to enter the lists in newspaper politics, or on questions of *belles-lettres* literature. The vast medium of ideas between man and man—the newspaper press—has hitherto been insulted by our *learned* profession—handed over bodily to the most disgusting and mischievous form of advertising, and made the medium of the lowest and most degrading forms of quackery. The people, uninformed as to the nature, causes, and cure of disease, have been easily caught by vulgar assertion and names without explanation, and quackery flourishes apace, till the professional name has become almost a by-word and a reproach. Now, why is this? Let every medical man ask himself. What is the *office* of the physician? Is he not the curator of the people's health? Is he merely to theorize, to quote authorities, to write long prescriptions from books, to utter mandates in an unknown tongue, to hand over his patient to the tender mercies of the apothecaries, and then fold his arms and stand in dignified "self-respect?" We think not. There is for him a higher and nobler duty. It is his province not only to *prescribe* for, but to *instruct* his patients, and by this means alone will he guard them against the thousand deceptions by which they are

surrounded. If this be true in individual cases, it is equally so when applied to the community generally.

Entertaining these views, and with full confidence that the public will properly appreciate every effort to impart to them information on so important a branch of science as physical health, we will proceed to a description of the anatomy and physiology of the Organs of Respiration, including the Nose, Throat, Air Passages, and Cellular Structure of the Lungs, together with the diseases to which they are liable, and what we conceive to be the best method of treating them.

The lungs consist of two porous bodies, conical in shape, of a dark purple hue, composed of an infinite number of air cells, and situated within the walls of the chest, which they completely fill. Physiologists have computed each lung to contain nearly two millions of air cells, so that if their walls were exposed upon a common plane, they would cover a space of twenty thousand square feet. This extensive surface is fanned gently by every inspiration of air we breathe, and as the constitution of the air may vary, so will its influence be felt upon the system. Charge it with a noxious gas, and we become oppressed; inspire it with a salutary balm, and our spirits are elated; soothe it with a narcotic odor, and we yield at once to its drowsy influence; inhale the fragrance of flowers, their love, and pleasure runs riot through our veins.

The cells into which the air passes at each inspiration, and from which it is expelled at each expiration we make, may be compared in form to a cluster of grapes—the bronchia or air tubes representing the (*see engraving*) stems on which the grapes hang. The bronchia form at the lower part of the wind-pipe two grand divisions, one entering

the right, the other the left lung. These again subdivide, the right into *three*, and the left into *two* tubes, corresponding with the number of lobes in each lung, which they severally supply. These again divide and ramify into an almost infinite number of smaller branches to every part of the lungs, terminating each in a small grape-like cluster of cells. The interstices of these cells form cavities for the transmission of blood from and to the heart; and the coats of these vessels are so extremely delicate that the air we breathe passes through them and mingles with the blood of the whole body every four minutes.

quently mischievous action of medicine taken into the stomach, from which it is blindly sent on a mission of mischief through the intricate channels of humanity's noble temple?

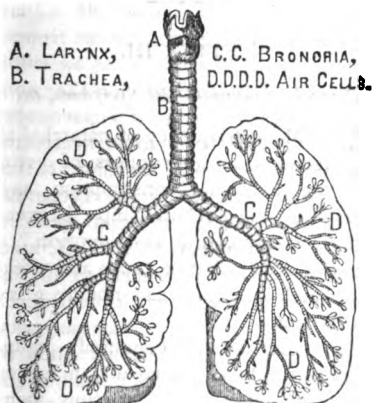
## LETTER II.

*Cold in the Head—Nasal Catarrh, Consumption, etc.*

**D**ISEASES of the organs of respiration are so common in this country that almost every person of adult age has had more or less experience with some of them. I propose to indicate, in as brief a manner as possible, the symptoms and treatment of the most common of this class of maladies, and to point the imminent danger involved in their issue if neglected.

The Organs of Respiration consist of the Nose, Throat, and Lungs, or rather the air passages is continuous from the nose to the lungs, there being no break or interruption in the membrane lining the intervening parts. Disease, in a large majority of cases, has its origin in the membrane lining the cavities of the nose. When this part of the membrane becomes inflamed, as it is very liable to be from many causes, but chiefly from atmospheric vicissitudes, it is called NASAL CATARRH; and, from its continuity of the membrane lining the throat, larynx, windpipe, and bronchial tubes, becomes the forerunner, if neglected, of *pulmonary consumption*. This declaration is not made to startle or alarm people laboring under catarrh, but simply to point out the fact that catarrh is the great feeder of consumption, and that it is a fatal mistake to disregard its presence when it is known.

Alas! how many who are now strug-



The heart throbs, and every vessel is filled with blood; we breathe, and every air-cell is filled with air; and thus by a beautiful law of reciprocity—"give and take"—the fires of animal life are sustained. Since, in the same manner we breathe common air we can inhale or breathe a medicated vapor, what can be more natural, more simple and efficacious, than the treatment of diseases of the lungs and air passages by this method, by which remedies are conveyed directly to the seat of the disease, without resorting to the uncertain, and, alas! too fre-

gling in the iron grasp of consumption but know too sensibly their disease commenced in the nose as a "common cold," which, by neglect, insidiously crept toward the lungs, where it is now doing its fatal work!

Consumption has several stages. It has a first or "forming" stage; a middle or "confirmed" stage; and a last or "ulcerated" stage. The lungs do not become immediately stuffed with tubercles or corroded by foul ulcers. It is only after months and after years of irritation of slow, insidious progress—from the slight "catarrh" to the seated "bronchitis;" from "bronchitis" to the first deposition of a little speck of "tubercular matter" in a single lobule; from the first deposition of tubercle to the filling up of a whole lobe or a whole lung with this matter, and its festering and burrowing among the delicate air-cells, till the whole of the lung diseased becomes reduced to a mass of hopeless disorganization—that this dreaded malady reaches the last and final stage. The error is too wide-spread among the people, and too general even among physicians, to regard consumption as a disease, marked not only by "cough," but by the expectoration of "pus," by "hectic fever," "night-sweats," and wasting of flesh and strength—in other words, to apply the name consumption *only to the last stage of the disease*. Were this otherwise, we should not have to listen, with feelings of sorrow, to such expressions as, "it is only a catarrh;" "the disease is all in the throat;" or, "it is only a slight bronchial affection." Alas! there are few who suffer from these affections, trifling and unimportant as they may seem, that do not sooner or later fill a consumptive's grave. We should not, therefore, lose sight of the disastrous consequences to which catarrh gives rise. We know that it exists, in

a greater or less degree, in all forms of pulmonary disease; that it usually exists before any symptoms of disease in the lungs have been manifested, and that it is 'the direct consequence of those "colds in the head," which become practically known to most of us two or three times every year. We regard CATARRH as the great feeder of pulmonary irritation, and do not believe we can by any other means so effectually guard the lungs from disease as by cutting off the catarrhal affections.

In my next letter I will present the symptoms of catarrh, such at least as are most prominently presented.

### LETTER III.

*Catarrh, Continued—Its Symptoms, etc.*

FROM the frequency of catarrhal affections as forerunners of genuine tubercular consumption, says Melville, the relationship between "colds, coughs, and consumption," is unquestionably that of cause and effect. Too much attention can not be given to this fact.

By "CATARRH," commonly called "cold in the head," is meant an inflammatory affection of the mucous membrane that lines the cavity of the nose. This membrane, as before intimated, extends downward, lining also the throat, larynx, windpipe, and bronchial tubes. We breathe through the nose; hence, that part of the mucous membrane which lines the nasal passages, first receives injury from sudden changes of temperature in the air, or from any irritating matter it may contain. There are two kinds of catarrh, distinguished as "acute" and "chronic."

The symptoms of "acute catarrh" are, first, a sense of heat and difficulty in breathing through the nose. The



passages seem to be stuffed or obstructed, and yet at the beginning there is no secretion to cause this feeling. If you now examine the lining of the nostrils you will find the membrane dry, red, swollen, increased in thickness, and very irritable. Try to inhale the cold air through them and the attempt excites "sneezing."

The irritation may extend from the lining of the nose to the frontal sinus, producing pain over the forehead. It may also extend through the lachrymal canals, which convey the tears from the eyes, closing them up as it has done the nose, in which event the lids become red and swollen, and the eyes weep. The skin is hot, the pulse increased in frequency, and a feeling of chilliness is felt over the whole body. After a time the nose begins to run "clear water," and the discharge is so profuse as to keep the handkerchief in almost constant demand. Gradually this acrid water becomes thicker and less irritating, changing its color to yellow. As this change takes place the nostrils become free, and the secretion diminishes till the health of the patient is seemingly restored. This is the usual course and termination of a "cold in the head" or "catarrh," when confined to the nose. But it may possibly extend to the THROAT, involving the *fauces*, *tonsils*, and *uvula*, and when it does this the disease is called "QUINSY." A simple cold in the head may also proceed along the eustachian tubes of the ear; when it does this it causes DEAFNESS, either partial or absolute; but the most common course of catarrh is to creep insidiously down to the lungs, when it is properly known as a "COLD IN THE CHEST," and professionally by the name of "BRONCHITIS."

"CHRONIC CATARRH" follows the "acute" form, and is generally the consequence of leaving "a simple cold"

*to cure itself.* It is met with in several forms. In the "first" we have merely a discharge of straw-colored mucus, which accumulates in the posterior nares, or above and behind the soft palate, and is "hawked" and cleared out from time to time during the day. In the "second," there are small sores formed on the inside of the nose, and the secretions become dry and hard, requiring a good deal of attention to keep the passages free from the scabs or hardened mucus that form at such time. In the "third," the secretions have a purulent character, and drip down "from the head" into the throat, and may be seen hanging down in festoons from the posterior nares. In this latter form the sense of smell becomes impaired and sometimes entirely destroyed; and when the ulceration eats through the membrane to the bone, *the smell of the breath becomes exceedingly offensive* and unpleasant both to the patient and friends. Sometimes this discharge will induce retching and vomiting before the offending matter can be removed, especially in the morning when the effort is made to remove the offending secretions which accumulate during the night, and which sensibly obstruct respiration.

Generally, during the Summer months, the active symptoms of chronic catarrh become mild, but return regularly in an aggravated form as Winter approaches.

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#### LETTER IV.

##### *Nasal Catarrh—Its Treatment.*

HERE is, perhaps, no part of the practice of medicine about which the mass of even educated physicians know so little, or entertain such vague and erroneous impressions as they do in regard to the action and

properties of medicated vapors when inhaled. This, however, is not strange, when we reflect how little has been written upon the subject, and that, too, of so vague and unreliable a character.

The basis upon which this mode of treatment mainly rests may be explained in a few words. The air we breathe is more immediately concerned in the production of disease than any other influence to which we are exposed; and as it is subject to change in its temperature, its density, its electrical condition, and its purity, so are our feelings and our health affected by every such change, being impressed locally upon the internal surface of the entire respiratory passage. In this way we unquestionably contract fever, cholera, small-pox, and no doubt all the so-called "idiopathic diseases." If we can thus by inhaling influences induce disease, why can we not antidote them in the same way, if the proper remedies are employed?

Chronic catarrh, like asthma and consumption, has hitherto had no remedy. This fact remains a stain and reproach upon the page of medicine. Nor has failure resulted from the want of *means* of relief within our reach, or from the *seat* of the disease, or the *malignity* of its nature, for we can reach the diseased parts by all the forces of the *Materia Medica*—solids, fluids, and gases—and the disease itself is only a *simple inflammation*. Physicians have failed because they have not adopted a more rational treatment. "Common-sense" will teach us that remedies administered through the stomach can not reach the seat of this disease. If they have attempted any local treatment, they have generally been satisfied with *squirting a little warm water* up the nose, and in prescribing an "alterative" by the stomach, which, of course, *does no good*.

Catarrh is rarely found as a disease of the nose alone, but is generally accompanied by more or less hoarseness, showing that the membranes lining the throat, larynx, and windpipe are also involved in the inflammation with the nasal cavities. We can not, therefore, hope to remove it by applications to the nose alone. The course we have pursued, with almost invariable success, is as follows: A mild astringent vapor is directed to be inhaled, two or three times a day, the patient being instructed to exhale through the nostrils. By this means the diseased membrane is acted upon in every part. In addition to the use of inhalations I prescribe a medicated wash, to be drawn freely through the nostrils into the throat, adapted to the condition of the membrane. There is neither pain nor inconvenience in this mode of treatment, by which I have been able to break up the most inveterate chronic catarrh in from four to ten weeks, and so generally successful has it been, that we doubt if it will fail one time in a hundred, if properly and faithfully employed. A "*cold*" of recent occurrence can be broken up effectually by the use of the inhaler, in a week; a *catarrh* of only a few months' standing, in four or five weeks; but a "*chronic*" or seated catarrh of a year or more, will require a much longer time to subdue it. But every case is curable when treated in this manner. *Colds* contracted in the *Fall*, become seated *catarrh* in the *Spring*. A year later they have extended over the throat, and assumed the form of *chronic bronchitis*, and from this the step is short, and the progress sure to consumption. Who would not expend a few dollars in getting rid of a troublesome *cold* rather than tamper with its fearful consequences for months with "*cough sirups*" and quackish compounds, such as is offered by every

apothecary's clerk? Let it be borne in mind that there is no affliction that so feeds and nurtures consumption as "*catarrh*" or "*cold in the head*;" and that no treatment will uproot catarrh so speedily and effectually as the use of the "*inhaler*," and the proper employment of *medicated washes*.

In my next I will speak of the effects of catarrh upon the palate and tonsil glands.

### LETTER V.

#### *Catarrh of the Nose, Palate, and Tonsils.*

**I** WILL consider the effects of catarrh upon the palate and tonsils, as it makes its first advance from the nose toward the lungs.

After inflammation of the lining membrane of the cavities of the nose has existed a certain length of time and become chronic in its character, the tractile power of the palate becomes impaired or lost, and it prolapses so as to touch or lie upon the base of the tongue. This occurs most frequently in persons of anæmic or scorbutic habits; still, the most robust can not claim exemption from this condition if the disease has existed long enough to demoralize the vital powers of the parts involved. When the palate has thus "*fallen*," it creates an irritation in the throat, and an almost constant desire to clear the fauces of an offending presence. Harsh, scraping coughs, or chest efforts to "*clear away*" obstructions in the air-passages, become frequent and tiresome, to obviate which the person so afflicted will often make involuntary efforts, by closing the lips, to swallow something that sticks in the throat.

Now, it is plainly understood that the cause of this elongated palate is the catarrh pre-existing in the back part of

the nasal cavities. Knowing this, how absurd would it be to cut off the palate with the expectation of curing or reaching the real cause of the prolapse! And yet this is the practice we see daily employed by many who have no confidence in any other system of treatment. Even upstart specialists join the cutting crew and stand, with scissors and spoon, ready to cut wherever a palate is drooping. Shame and derision should confound and forever banish this cruel and irrational practice. Look at it! Cut off the palate and what have you done toward curing the disease? Does not the inflammation of the posterior nares continue to exist? and will it not extend itself to the tonsils, the fauces, and finally reach the lungs? What have you done but to silence the voice of the sentinel forever whose office was to apprise you of danger?

Immediately behind and at the base of the arch of the uvula are found the TONSILS, which in turn, after the palate, become inflamed and enlarged by the dripping of the acrid secretions from the posterior nares. Sometimes these glands become so large as almost to entirely obstruct the air from passing to the lungs, and food from entering the œsophagus. When this inflammation is acute, it is called *Quinsy*; when sub-acute and diffused, *Diphtheria*; and when chronic, it is called *Tonsillitis*, and sometimes *Sore Throat*. By whatever name, however, it may be known, it is nevertheless the same old catarrh, journeying from the nose to the lungs, and gathering new and increased strength with every new territory it invades. If we look into the throat now, we will see two red, fleshy balls, with rough and uneven surfaces, protruding into and partially filling the faucal cavities. At this stage of catarrh, there is always more or less disturbance in the forces of the system, such as chills and fever

alternating, with some headache, ear-ache, or facial neuralgia.

As the tonsils have become inflamed and enlarged by the same cause that relaxed the palate, it follows, as a logical sequence, that the treatment should be common to both; namely, to cure the catarrh, as *the cause*, when, of necessity, these *symptoms* will cease as *effects*. But what do we find as the recognized mode of treating enlarged or indurated tonsils? Precisely the same as for shortening the palate—**THE KNIFE**. *Cut them off*, say our professional Alexanders! And if you do, you will do a great wrong to your patient, from which recovery of good health will be impossible. By subduing the inflammation, which you can only do by curing the catarrh, the tonsils will subside to their natural size in due time, and health be restored. There is too much, and I fear a growing disposition, on the part of medical men to attain notoriety in this way. By some strange infatuation of the unthinking portion of the public, a high and false estimate of professional worth is attached to the use of the knife, no matter what mischievous capers it may *cut*, or how unskillfully it may be employed. I do not say one word against the legitimate practice of surgery when it is right and proper to employ it; but when men, glaringly incompetent, seek notoriety by doing such injustice and wrong to the sick and uninformed, it is time to put the public on their guard.

When the tonsils obstruct the pure air from freely entering the windpipe, and establish a morbid condition in the parts leading to the lungs, they become a powerful ally to consumption, and will certainly assist in its development. It will be thus seen that uvulitis and tonsillitis are but links in the great chain of morbid pathology extending from the nose to the lungs.

## LETTER VI.

*Catarrh in the Throat and Larynx.*

AS the nasal passages open directly into the throat, that portion of the pituitary membrane which lines it soon becomes inflamed, as the acrid secretions from the posterior nares continue to ooze and drop upon it. A soreness and a sensation of heat and fullness is usually experienced in that portion of the throat adjoining the nasal outlets, and an annoying and offensive discharge of muco-purulent matter passes over the fauces, requiring frequent hawking efforts to remove it.

The membrane lining the fauces in health is of a pale rose color, and is lubricated with a bland transparent secretion, which oozes from the tiny mouths of the follicles cropped over all its surface. The passage of the morbid secretions, from the nose over this membrane, by their irritating character soon affect its condition and destroy its health. Its function becomes impaired, and CATARRH becomes formidably seated in a new throne of power, from which it hurls its forces upon the citadel of life. The inflammation does not confine itself long to the upper part of the throat, but soon invades the deep faucal cavity, seen only when the mouth is open, and the tongue depressed. Here it gives rise to a feeling of heat, tickling, or dryness, a constant desire to swallow, and more or less liability to cough and hack, when persons so afflicted visit assemblies where the air is close or impure. Look into the throat now, and the membrane will be found of a dark-red color, somewhat swollen, and covered with granulating papilla, produced by enlargement of the mucous follicles. The granulations are sometimes uniformly distributed over the soft palate and pharynx, or they may be in clusters, giving the membrane a

streaked appearance. The voice at length begins to be affected; becomes thick, and loses its pleasant musical quality and power. This condition of the throat creates a tendency to take cold from the most trivial cause; and it also warns you that the CATARRH is preparing to advance upon the "LARYNX," to work out its mission of mischief, to which point we must now follow it and faithfully record its action upon that organ.

The LARYNX may be called the head of the windpipe, and is the last fortress which CATARRH has to storm and carry before it enters the trachea and bronchial tubes. It has now become a formidable disease, and no time must be lost in divesting it of the power it has acquired. The *Larynx* is situate behind and at the base of the tongue. In shape it is like an inverted cone, and is composed of four cartilages, held firmly together by ligaments and muscles. It varies in length from one to two inches, beginning at the base of the tongue and extending to the prominence on the neck, (*Pomum Adami*), known as Adam's apple, and has two openings; the upper one is called the *Glottis*. This aperture is covered by a valve called the "*Epiglottis*," which serves as a sensitive sentinel to shut down upon the entrance to the lungs on the approach of food or drink, and thus guides them to the stomach through the *œsophagus*. *Infinitesimal wisdom* is displayed in this little arrangement to secure man's comfort and happiness, for if the least particle of food or drink should obtain access to the windpipe, great distress and continuous coughing would be excited till the offending matter was ejected.

About half way down the larynx we have the second aperture or *slit*, called the "*Rhimo Glottidis*," the sides of which are formed by ligaments known as "*Chordæ Vocales*," or Vocal Cords,

inclosed in a fold of mucous membrane. The office of this little arrangement is to produce sound, creating that infinity of tone by which the indwelling spirit is capable of making known its varied wants or expressing its multitudinous desires.

When CATARRH assails this temple of wisdom suddenly, the struggle is of short duration, frequently terminating in a few hours. Our dearly beloved WASHINGTON surrendered his life before the power of this terrible conqueror. The symptoms characterizing this form of disease are easily distinguished; the victim complains of sore throat, preceded by a well-defined chill, and accompanied with an indescribable restlessness and anxiety of countenance. The breathing becomes hurried, labored, and stertorous, and swallowing almost impossible. The voice is at first husky, gradually becoming more indistinct, till it settles into a low, almost inarticulate whisper. The horrors of strangulation then commence; the breathing becomes still more difficult, the face assumes a livid hue, the eyes stare and start, an indescribable sense of suffocation is felt, the throat is grasped convulsively as if to tear the obstruction from it, motion is made for air—fresh air—but, alas! alas! the death-damps already bead the brow, the eye becomes motionless, and the last trial of earth is ended.

Diseases like this make us deplore the impuissance of our art! for rarely, indeed, can any treatment be employed before death terminates the struggle. A milder form of this disease, however, is known as Chronic Laryngitis or Clergyman's Sore Throat, a disease very common among public speakers, especially clergymen, lecturers, and singers, which is amenable to successful treatment, and which will form the subject of my next letter.

## LETTER VII.

*Chronic Laryngitis, commonly called "Clergyman's Sore Throat."*

THIS is, by far, the most important form of laryngeal disease, since it springs from slight causes, and is a very common and most distressing malady. It always ends in more or less injury to the voice, and too frequently in *consumption*. The symptoms are generally very mild in the commencement, and liable to mislead the patient into the idea that there is no danger. Sometimes a little *pain* is felt in the larynx, but more commonly only a *tickling* sensation, which provokes coughing. Many persons complain of a sense of *something tickling* there, and to get rid of it they are constantly *rasping* and clearing the windpipe. Usually, we find a striking change in the *breathing* in the *voice*. The breathing becomes loud and prolonged, as the obstruction increases, and when it has become considerable, we have a peculiar stridulous sound. The voice is almost always changed. At first it is hoarse, and then gradually becomes more and more feeble, as the disease progresses, till it is scarcely audible. If ulceration of the vocal cords takes place, we have a total loss of voice.

These symptoms are only present in the severer forms of Chronic Laryngitis; in the majority of cases only a feeling of obstruction is experienced, and the effort to clear this away occupies a considerable part of every conversation with a friend. One of the first effects produced in the mucous membrane, by Chronic Laryngitis, is a thickening. Its surface becomes hard, rough, and irregular, which, extending to the vocal cords, destroys their freedom of action.

Chronic Laryngitis very frequently occurs from excessive use of the voice.

This form of disease is very common in clergymen, lawyers, and all public speakers. The vocal organs, by straining and over use, become exhausted and lose their tone. There are various phases of this disease, from the slight huskiness and failure of voice, from which many clergymen painfully suffer every Sabbath, to those destructive ulcerations of cartilages, marked by the total loss of voice, severe and almost constant cough, and expectorations of frothy mucus, mingled with pus. The most intimate connection exists between affections of the throat and those of the larynx. The reason is easily understood. Every breath you draw passes directly from the inflamed throat into the larynx. They form but different parts of the same tube, and are lined by a common membrane—one over which irritations spread rapidly. Again, the parts are in immediate contact, and the mucus secreted in the throat becomes entangled about the epiglottis and entrance into the larynx, and is often drawn in by one inspiration and forced out by the next expiration. Chronic Laryngitis often occurs in advanced stages of consumption, from the irritation produced by the pus discharged by the lungs. It is one of the most distressing complications of consumption, and adds doubly to the patient's distress. In this form there is always more or less *ULCERATION* about the vocal cords, beginning on the lower side, and gradually extending upward. These ulcers often penetrate through the mucous and cellular membranes, involving the muscular tissues, and not unfrequently attack the ligaments and cartilages themselves.

THE TREATMENT OF CHRONIC LARYNGITIS depends much on the cause of the particular form of the disease. When it is secondary to *Affection of the Throat* or to *Catarrh*—or is caused

by excessive use of the voice in public speaking—as also those cases which spring from breathing an atmosphere charged with dust and other irritating matters—it is a simple disease, and generally curable within a period of a few months. But it is folly to look for the cure of a purely local disease by medicines applied externally or taken into the stomach. There is but one sensible course for the patient to pursue, and that consists in the direct application of remedies to the internal surface of the larynx itself; and even this, to promise entire success, should be commenced with a determination to faithfully persevere in it many months.

The treatment consists in the use of inhalations, soothing, astringent, or alterative as the particular case may require, from the inhaling instrument, and, in some cases, in the occasional use of medicated washes.

I now come to speak of Acute Bronchitis, or Catarrh in the bronchial tubes. This will form the subject of my next letter.

### LETTER VIII.

*Acute Bronchitis, or Catarrh in the Bronchia.*

I HAVE already called attention to the parts involved in that fearful disease, Laryngitis. Next in order, as we pass toward the lungs, we have the trachea, or throat division of the windpipe, by which, bifurcating at its lower part, the grand division of the bronchial tubes are formed. One enters the right lung and the other the left, and each subdivides again into innumerable smaller tubes, till they resemble the branches of a tree in their ramifications, which are as intricate and minute as the fabled mazes of Mythos.

The bronchial tubes, commencing at the lower part of the trachea, are en-

tirely within the lungs; and hence an inflammation of the membrane lining these tubes is, *per se*, a disease of the lungs and not of the throat, as is generally supposed. This membrane—a delicate, transparent covering of the muscular fiber of the air tubes—is liable to disease from a variety of causes, among which are sudden changes of weather, impure air, the dust of workshops, inhaling noxious gases, etc. When it becomes involved in inflammation its action is deranged, the character of its secretions are altered, and a train of morbid symptoms of a more or less grave character, both local and constitutional, are set up. If the inflammation is acute, we have a hard, dry, hoarse cough, commencing like a common catarrh, attended with a sensation of heat, dryness of the throat, and nasal passages, with alternations of chills and fever. As it progresses, respiration becomes difficult, the lips and cheeks become purple, changing to a livid paleness, the countenance grows anxious, the eyes stare wildly, a cold sweat breaks out upon the face and hands, delirium comes on, and the patient relapses into the stupor of death, which result frequently ensues in forty-eight hours after the attack first comes on.

Generally, however, acute bronchitis is a mild disease, and subsides entirely at the end of a week or ten days, or having only the cough and expectoration after the fever has disappeared, constituting what is termed chronic bronchitis, or what was known to the faculty formerly as "*tussis*," "*catarrhus senilis*," "*bastard peripneumony*," and the "*peripneumony notha*" of Sydenham. Its decadence is marked by the expectoration of a thin, saltish, irritating water, scanty at first, but gradually growing copious, whitish, more thick, and finally yellow. When the sense of chilliness subsides, the pulse loses its

frequency, the oppression in the chest passes off, and the patient rapidly convalesces, or the disease settles into chronic bronchitis.

In treating this disease I have seen the most happy and beneficial effects of Inhalation, after a judicious anti-phlogistic treatment had been employed. Emollient inhalations of marsh mallow, conium ipecacuanha, will, if properly used, afford in an almost incredibly short space of time the greatest relief. By inhaling these simple remedies, the difficulty of breathing and the oppression of the chest has been rapidly removed, the heat and parched condition of the skin become moist, the cough quiet, and the expectoration easy. Who, that has witnessed the soothing effects of warm fomentations applied to the external surface of the body, can doubt the value and superior efficacy of soothing vapors, properly medicated, when inhaled and transmitted along the inflamed membrane of the bronchia?

### LETTER IX.

*Chronic Bronchitis, or Catarrh in the Bronchia.*

**W**HEN the lining membrane of this bronchial tube is inflamed, it is called "*bronchitis*," of which there are *two* kinds, distinguished as "*acute*" and "*chronic bronchitis*." In my last letter I directed your attention to the symptoms by which acute bronchitis is distinguished, and will present now some of the characteristics of chronic bronchitis.

By the inexperienced and unskilled, the disease is often mistaken for consumption; for the mucous membrane, sooner or later, becomes altered in structure, and pours forth a matter which has all the qualities of pus, when the usual hectic fever supervenes, and

the disease tends as certainly to a *fatal* termination as consumption. Of the chronic form of *bronchitis* there are several varieties, one of which we meet as a *Winter cough*, making its appearance regularly as the Winter season approaches, and partially subsiding on the return of Spring. This form of bronchitis is incurable by any other means than Medicated Inhalations; and, if neglected, will as certainly break down the structure of the lungs as consumption.

Another form of bronchitis is distinguished by an excessive humoral discharge from the lungs, resembling gum-water, ranging from one to several pints during the twenty-four hours. Usually there are two fits of coughing in the day—one in the morning, and the other in the evening. There is considerable difficulty in breathing while the coughing paroxysm lasts, but as soon as the viscid secretion has been ejected it subsides. This disease enfeebles the patient very much; but he may, however, live for years, and be able to attend to light duties; but gradually the countenance assumes a pale, bluish tint, the body wastes, the blood becomes thin, and death ensues apparently from the constant drain upon the lungs.

There is still another form of this disease, called *dry bronchitis*, produced by a thickening of the mucous membrane of the air tubes, by which they are very much diminished in size. There is a scanty secretion of a dense, glutinous kind of matter, variously tinted, sometimes greenish, again blue or white, and not unfrequently, after a rasping cough, striated with blood or russety. This affection is so common in this climate that a careful examination of the chest would doubtless reveal its existence in many who are nursing the fatal delusion of entire exemption.

The symptoms by which dry bronchitis is known are not marked by much



severity, till it has advanced to its later stages, when a little exertion will produce much shortness of breath, arising from the obstructed bronchial capacity. When a large portion of the lung is involved, a sense of oppression is felt after meals on making slight exertion, which is frequently referred to as the result of a full stomach, or some other than the true cause. After a time, however, there is felt a tightness in the chest, with a rasping cough, several times through the day, which enables the patient to expectorate a tough, jelly-like substance to clear the throat. If you ask such whether they have a cough, they will answer "no," and yet almost in the same breath, they will *hack* and raise the very substance I have described. If the stomach is deranged, it is fashionable to ascribe this cough to the stomach, or the result of nervous derangement, or liver disease—when these are but the signals of the inroads being made upon the system by this very condition of the lungs. But there is something so gratifying in being assured that there is *no danger of consumption*, that the physician, giving this interpretation to the anxious inquiry, yields to the persuasive look, and cries "Peace, peace, when there is no peace!" Thus human life is tampered with, till the fearful details of death are written indelibly in the hectic flush, the wasting frame, and the enfeebled step—till the silver cords are loosed, and the golden bowl is broken at the fountain. This is no fancy picture, for we see daily around us men and women sinking gradually under such influences into premature graves.

But we find still another form of bronchitis, of a very grave character, mostly in old people, analogous to a type already enumerated as "humoral." From its attacks being most frequent upon those who have passed the meridian of

life, it is called "*catarrhus senilis*" and *old man's cough*. The symptoms are marked by profuse expectoration, and a feeble and languid pulse; there is also a strong inclination to sleep, frequent complaining of extreme weakness, and a peculiar sense of languor pervading the entire system. Women who nurse their children too long are subjects of this disease. It is distinguished from consumption by the face assuming a pallid and livid appearance, and the lips a purple hue; while in consumption the lips are of a bright-red color, and the cheeks more constantly flushed. The respiration is also very different and well marked.

We could still enumerate other forms of bronchitis, but being rare in their occurrence, do not demand the important consideration given to the foregoing. Among these there is a form characterized by a kind of false membrane forming on the inside of the tubes; another form is the very opposite, and consists in dilatation of the bronchia, which may occur in one lobe, or a whole lung may be enlarged uniformly, or swollen out at the extremity in a globular form, or there may be alternate contractions and dilatations along the same tube.

In the treatment of this class of diseases by the profession, there has been nothing but a fruitless round of experiments from the beginning to the present; and till the introduction of Medicated Inhalations, treatment only served to hurry on the fatal issue.

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## LETTER X.

### *Treatment of Bronchitis.*

THE reader who has closely followed me in the progress of these letters, need not be told how inadequate all treatment must be, which

does not penetrate the lungs where the disease itself exists; and how utterly inefficient—nay, mischievous, all applications to the throat must be, while the fountain of evil lies beneath untouched.

The application of nitrate of silver to the fauces, as a remedy in treating bronchitis, has doubtless had its origin in the erroneous idea that bronchitis was a disease of the throat. This opinion is as untruthful as the practice is unphilosophical and injurious. As its name implies, bronchitis is simply a disease of the bronchial tubes; which, every body should know, are not in the throat, but in the lungs. Hence, when they become diseased, the lungs must also be more or less affected.

The pathological condition of the bronchial tubes, when inflamed, is frequently found to consist in an alteration of the structure, by a thickening of the mucous membrane lining them, till a part or a whole of the smaller air tubes become completely closed or blocked up. This prevents the transmission of air to the parenchymical structure of the lungs, and as a sequence disease sets in. The veriest tyro in physiology understands that if sufficient fresh air is not received into the lungs to arterialize or oxygenate the blood, that the circulation will contain an excess of carbon, than which nothing can be more fruitful of disease and death. Upon this principle Dr. Cullon founds his carbon theory of the formation of the tubercles in the lungs. This condition of the blood frequently exists without giving any other than the usual bronchitic symptoms, of the fearful change which is taking place in the system, till the details of consumption are made painfully manifest.

I have said that the treatment of bronchitis hitherto has been profitless of good, and often fraught with mischief. The difficulty has been in get-

ting remedies to act upon the parts affected by a direct and local application. Now, how can you get into the lungs with remedies? Certainly not by swallowing medicines into the stomach, for these never, only in a qualified form, reach the lungs, and are more frequently productive of evil than good. Let us look to nature in this dilemma, as we must in other cases, for a solution of the difficulty, and the method is at once indicated. It is to *inhale*, or to draw in the medicine with the air we breathe, into the lungs.

Inhalation simply means the act of inspiring or drawing a breath, but when applied to a mode of administering medicines it means to *breathe them*. Thus I say "*I inhale a medicine*," instead of "*I take a medicine*," the only difference being that one is inhaled into the lungs, and the other is swallowed into the stomach. With this explanation, it is made plain that remedies must vary when administered by inhalations as much as if they were swallowed. I will illustrate this proposition still further. It is well known that in spasmodic asthma, inhaling the smoke of "jimson weed," (*datura stramonium*), will relax the spasm and relieve the patient; but this remedy will not check the discharge in humoral asthma, nor make any impression whatever upon systems having constitutional peculiarities. Now, what has been said of asthma is equally true of bronchitis and consumption, and I only make this explanation because, that many who write to me respecting treatment have got the erroneous idea that inhalation, instead of being a mode of practice, is some *specific* nostrum for the cure of consumption. To make it such is to degrade it to the level of quackery, or stamp it with the pernicious character of the routinist.

The Vice-President of the United

States, Wm. R. King, undoubtedly had his death expedited by the ignorance and imprudence of his medical advisers, who advised him to use the "sugar-house cure," by inhaling the vapor of sugar. At the time this advice was given, the Vice-President had extensive cavities in his lungs, which were secreting a copious and enfeebling expectoration. By inhaling the sugar vapors, this secretion was increased, and after spending a Winter in a sugar-house on the Isle of Cuba, he returned to Alabama, barely in time to meet his friends before he died. Now, sugar vapors are highly useful in treating some forms of consumption, but it is equally injurious in others. When tubercles are to be resolved, irritation to be allayed, or the depressed secretions of an indolent ulcer to be changed, the use of sugar vapors is always serviceable. Had the medical advisers of Mr. King known how to distinguish the various forms of consumption, and prescribe accordingly, it is only fair to say that the pineries of Carolina or the balsam groves of Canada would have been selected as recruiting grounds for the Vice-President, if it was at all necessary to go so far, to breathe balsam or gum exhalations.

In treating bronchitis, the first object is to cleanse the air tubes of the lungs, by the use of expectorant inhalants, after which the irritation must be allayed upon which the secretion depended, by soothing and healing the inflamed surface. When I come to speak of the treatment of consumption, I will write more in detail upon this subject.

Having now considered, briefly, some of the more prominent diseases of the throat and air passages, and pointed out that Medicated Inhalation is the only efficient mode of treating them, I will next proceed, in like manner, to consider the more serious maladies of the lungs, direct.

## LETTER XL

### *Curability of Consumption by Medicated Inhalations.*

WHILE a large majority of the medical profession entertain the opinion that consumption can not be cured, we can not affect much astonishment that the mass of mankind should echo such a pernicious sentiment. To combat this opinion, before I enter immediately upon a description of the symptoms of consumption, I will adduce from indubitable authority, as well as my own knowledge and experience, evidence to show that consumption is perfectly curable, if properly treated.

*Sydenham*, perhaps the greatest physician that has appeared in Europe since the time of the Arabians, affirms that he had repeatedly cured *phthisis*, (consumption,) not only in its incipient stage, but after night-sweats and diarrhea had taken place. The great Doctor *Laennec*, the discoverer of the stethoscope, and physician to the largest hospital in Paris, examined thousands of bodies after death, and he gave to the world, as the result of his researches, that he had met many cases, in some of which, large portions of lung *had been destroyed by consumption, but the parts, nevertheless, had entirely healed*. Sir *James Clark*, physician to the Queen of England, in his great work on "Climate and Consumption," admits fully the curability of the disease.

Professor Graves, of Dublin—than whom, while living, none stood higher as a stethoscopist—pointed out one form of consumption in which the tubercle could be entirely dispersed by a gentle salivation, which statement is corroborated by Prof. Stokes, Bellingham, and others, in the *Lancet*. Dr. Piorry, physician to one of the largest hospitals in Paris, is renowned in France for his success in curing con-

sumption by friction and inhalation. Dr. Maddocks is at present celebrated for his success in curing consumption, and has done much to advance the science of inhalation, which is his principal mode of treatment. Both he and Sir Charles Scudimore have written out very acceptable books, in which many cases of consumption are cited, that have been perfectly cured by Medicated Inhalations, which treatment they unequivocally recommend to the profession as being the very best. The reports of the Brompton Hospital, under Dr. Elliotson, show more favorable results from this practice than was ever attained before; while Professors Sweet and Periora pronounce Medicated Inhalations the most scientific as well as the *most successful* practice ever employed in treating consumption. Similar opinions to the foregoing could be quoted from many others, eminent in the profession, all attesting the curability of consumption; but I must omit them, to make room for a few expressions in favor of Medicated Inhalations.

Our own great physician, Dr. Rush, says, in reference to "Inhalations," that "too much can not be said in favor of this simple system of conveying remedies to the lungs. *I have frequently seen patients snatched from the jaws of death by it*; and whether all the beneficial results that may be justly considered possible to result from the inhaler will be realized, must be determined by future observation; but it is hoped that the *general want of success* which attends the present mode of treating consumption will induce medical men to give Inhalation a fair trial as a remedial measure." Dr. Coxe, of New York, in his work on "Pulmonary Disease," says: "I now consider the curative power of Medicated Inhalation established; and those who labor under consumption have certainly a right to demand of

their medical advisers a fair trial of its powers before they are urged to leave their homes for changes of climate, or the uncertain consequences of a sea voyage." Dr. Carrigan, of Dublin, says: "There can be no doubt that Medicated Inhalation exerts a most powerful influence over diseased actions, and that, as it is only in this form that we can administer remedies to act locally upon diseased tissue of the lungs, it merits our most respectful attention."

Dr. Melville, of New York, grasps with his comprehensive mind the whole subject of Inhalation, and reduces it to this simple proposition: "If we would cure consumption, we must treat the disease, not the symptoms; and if we would treat the disease, we must *inhale*; for there is no other means of reaching its seat—the lungs. *No treatment by the stomach can be more than palliative*; while by the lungs it is always *radical*—it gets at the very root of the disease."

Having cited briefly a few opinions of distinguished men recognizing the curability of consumption, and the claims of Medicated Inhalations in the scientific attainment of that result, I would now suggest to those who are still professional Sadducees, that if they can not present the record of a practice equally successful, to *get out of the way of Inhalation*, and let it work. We know that by the old practice thousands, hundreds of thousands, die annually, and will continue to die till the treatment is changed. But as the new practice becomes better understood, and Medicated Inhalation has enlarged and improved its pharmacy, then this appalling fact will cease to be.

Already some master minds, unawed by the dicta of schools, or the sneers of their less laborious or less intellectual brethren, have broken through the trammels of routine, grappled with gigantic

strength this fearful disease, and dared to follow the new path of Inhalation, which, though still only in the adolescence of its usefulness, has achieved results in the cure of consumption hitherto deemed unattainable. Give it, then, a fair trial; and in the hands of the scientific practitioner it will be found a source of blessing to the invalid, though when employed and degraded by the charlatan, whether he be a priest or layman in the profession, the result must always be equivocal. One consideration, however, can not be too strongly impressed upon the minds of persons afflicted with consumption who propose to use Medicated Inhalations, and that is, that the certainty of cure is greater the earlier the case comes under treatment, and that success grows proportionately less the longer treatment is deferred and the disease approaches its fatal termination.

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## LETTER XII.

### *Symptoms of Consumption.*

IT gives a startling importance to the subject upon which I write, when we reflect that of the crowd of men, women, and children we daily see thronging our streets, *one-fifth* will fall victims to the fell destroyer, *consumption*, unless rescued by appropriate treatment. In my former letter I have presented incontestable proof that consumption may be cured by Medicated Inhalations, and now let us in candor ask what promise have we to lessen this frightful mortality by the old system of treatment? Take up any practice of medicine—*Watson, Wood, or Eberle; Hahneman or Thompson*—or any standard works in our medical schools, and they all alike candidly avow that no treatment of consumption

to them known has been more than palliative. Watch the practice of two physicians of equal eminence, and see how opposite their mode of proceeding; but each lands alike his patient in death.

So sure are they of the fatal result, that they invariably deceive their patients at the beginning by saying it is "only a mere cold," or "slight bronchitis;" and if the patient spits blood, "it comes from the throat," and thus *the precious opportunity when the disease is most easily controlled, is allowed to slip by, never to be redeemed.* The very treatment, while it soothes the most distressing symptoms, masks the disease, and in many instances hurries on the catastrophe. When the disease has so far advanced that the patient almost despairs himself, he is then advised to go to Minnesota or take a sea voyage, in most cases deprived of the Oriental benediction of "dying among his kindred." Why patients trust themselves to physicians who openly proclaim in their books, and in their conversation, that they can do nothing for consumption, is an incomprehensible infatuation. If the physician has no faith in his ability to cure consumption, it is the height of folly for the patient to trust him, and every dose of medicine he swallows should be accompanied by a profound meditation upon death.

In my last letter I cited a number of names, eminent in the profession, favorable to Medicated Inhalations in treating consumption. I will now consider a few of the more prominent symptoms which herald consumption, and by making them perfectly understood, will apprise the patient of danger in time to avert it.

The earliest symptom that commonly attracts attention is a slight, dry cough, occurring in the morning, and, perhaps, repeated two or three times a day. This gradually increases in a few weeks

or months in frequency, and a ropy, saliva-looking mucus is spit up, most abundant in the morning, and usually supposed to come only from the throat; but it is secreted from the air tubes, which are irritated by the neighborhood of the tubercles. Gradually yellowish specks appear in the expectoration, which ultimately becomes entirely yellow or green. The expectoration is not always a criterion of the amount of disease in the lungs, though it generally is. But I have seen persons die from the blocking up of the lungs by tubercle, who neither coughed nor spit the whole time.

It is of the utmost consequence that coughs should be attended to early, for although every cough is not the premonition of consumption, most are! and it is a golden rule that the earlier it is attended to the greater the probability of cure. Spitting blood, or bleeding from the lungs, is sometimes an early symptom, but always a serious one in consumption. This symptom possesses a fearful interest, from the melancholy truth that it rarely happens, *except as a consequence of serious disease within the chest.* The loss of blood is an indication of the presence of tubercle within the lungs, and from these tubercles will arise, sooner or later, all those changes and symptoms which constitute consumption. On this point there is much error. It is by no means unfrequent for physicians to cheer their patients by the assurance that "*the blood has only come from the throat.*" Let me warn you against being deceived. The throat rarely bleeds! *In nine hundred and ninety-nine cases out of a thousand, when you cough up blood, however small the quantity, that blood comes from the lungs, and speaks a terrible warning.* Bleeding, however, does not always accompany consumption, but when you have it, if you value health, if you prize life,

if you have any object that renders existence desirable, *begin at once* to earnestly resist the progress of this fearful malady, the seeds of which are sown in the most vital part of the body.

*Shortness of breath* is an early symptom, and is felt most on exertion, on ascending heights, going up hill, or up stairs. It is a mark of such importance that when it exists an immediate examination of the lungs should be had *by a competent and truthful person.* If, along with shortness of breath, there is a wasting of the body and quickness of the pulse, *it amounts to a certainty that there is disease going on in the lungs.* When the pulse ranges above a hundred beats in a minute, the case is very grave. Some few cases are seen in which the pulse is preternaturally slow, and yet end fatally. The natural pulse is from seventy to seventy-five in the minute, the respiration fifteen to eighteen. Above this announces disease. Wasting is always to be looked on with suspicion when there is no evident cause for it. Shooting pains through the collar-bones and shoulders, or dull, burning pain in the chest, are fearfully significant. If the disease has advanced, hectic fever comes on toward evening, and goes off toward morning in a perspiration called "night-sweats," which is often enormous in amount, occasioning great distress to the patient, and accelerating the catastrophe from the rapid wasting of the tissues, and the exhausting debility it produces. Hectic fever is gradual in its approach; at first a little creeping chill, felt for a few moments in the morning, followed by a slight pink of the cheek and slight sweat at night, but as the disease advances, these symptoms are aggravated and intensified. I have known it to be mistaken for ague, when the chill was decided.

In persons over twenty-five it some-

times occurs that the first deposit of tubercle is accompanied, not with a cough, but with dyspeptic symptoms, such as uneasiness in the stomach after eating, or heartburn, and indigestion. The end approaches when the physician mistakes the disease, and purges his patient for biliousness.

In females, the *suppression* of the *periodic excretions* often occurs in an early period of consumption, and the younger the patient, the more rapid the fatal termination. When suppression occurs either in the young, the middle-aged, or the *change of life*, attended with a cough, sore throat, palpitation of the heart, on walking briskly up stairs, with a flattening of the chest under the collar-bones, and a tendency to stoop, then, indeed, disease of the lungs becomes too manifest to tolerate a doubt for one moment the existence of tubercle. And if, in addition to this, we observe the white of the eye become pearl-gray, with a slight spasmodic twitching of the upper lip and nose when speaking, it is only to add confirmation to conviction, that the seeds of death are there.

If, under such circumstances, drastic emmenagogues are resorted to, to restore the impaired function, we only too surely hasten death by producing a rapid failure of the vital power.

### LETTER XIII.

#### *Symptoms of Consumption—Spitting Blood.*

IN my last letter I called attention to some of the most prominent symptoms which herald the approach or indicate the presence of consumption. As I then stated, I did this to apprise persons of danger in time, that they might address the proper remedies to avert its fatal consequences. Among the early symptoms of consump-

tion noticed, I mentioned a hacking cough, with a ropy-like saliva, in the morning, and more or less frequently through the day. In the early stage of consumption, we also have "short breath" in walking up hill, or ascending stairs—palpitation of the heart when using a little extra exertion—shooting pains through the breast and sides—night-sweats and *spitting blood*. To this last symptom I wish to call your attention more particularly; especially so, as it is one of great importance.

Many persons spit blood for years before any symptoms of consumption are noticed, and when by general observation they would be pronounced healthy. To agree with this opinion, such persons when they approach the auscultator, thump themselves on the breast, and say, "There is nothing the matter here, doctor," and expect a good-natured acquiescence. In others, the first attack of hemorrhage dates the commencement of the disease, and the cough, the short breathing, and the expectoration, are all referred and ascribed to the bleeding. Some again do not raise blood till late, and in a few instances, consumption runs its entire course without even a tinge of blood in the expectoration. But, as a general thing, whenever blood is spit, whether it is only a few streaks in the expectoration, or mouthfuls, remember that it rarely happens except as a *serious disease within the chest*, though the patient may be unconscious of it. Spitting blood is almost a sure indication of tubercles within the lung, and from these tubercles will arise, sooner or later, all those changes and symptoms which constitute consumption.

Henry Melville says: "It can not be too widely known that spitting blood is a thing of fearful interest, as pointing out the silent, treacherous progress of a deadly disease within the lungs. The

loss of blood is an indication of the presence of *tubercles*, from which arises consumption. Physicians frequently cheer their patients by the assurance that the blood has *only come from the throat*. Let me warn you not to be deceived. In nine hundred and ninety-nine cases out of a thousand, when you cough up blood, however small the quantity, *that blood comes from the lungs*, and speaks a terrible warning; and if you value health—if you prize life—if you have any object that renders existence desirable, begin at once to resist the progress of this fearful malady."

Professor Walsh, in his work on Diseases of the Lungs, says: "In those cases of bronchitis where blood is present in the expectoration *tubercles may always be expected in the lungs*."

The celebrated Dr. Sweet, in his work on Diseases of the Chest, says: "Though bleeding from the lungs does not always occur in consumption, yet whenever it does occur, it almost certainly indicates the disease."

Professor Latham, in his Lectures on Clinical Medicine, in St. Bartholomew, thus speaks of Hemorrhage of the Lungs: "Spitting blood always gives fearful intimation of the presence of tubercles, which are only the eggs of consumption."

*In twelve hundred cases of bleeding from the lungs, Dr. Louis did not meet a single instance where it was not preceded or followed by consumption.* And thus it is that "spitting blood" is considered so sure a precursor of consumption, that life insurance companies refuse to grant policies upon any man's life who has been so affected.

Hemorrhage from the lungs seldom proves fatal in its immediate consequences. Years sometimes elapse before its fatal effects are produced. Indeed, we frequently hear persons who

have had bleeding at the lungs, remark *that they feel decidedly better, and seemingly do improve*, but this is only a temporary relief, and it is a fatal mistake to regard it as the removal of the difficulty; for the same causes that produced the bleeding still remain, and if not arrested or removed, will end in death.

#### LETTER XIV.

##### *Chronic Consumption.*

**I**N my last letter I pointed out that spitting of blood is, with few exceptions, the precursor or companion of consumption, and that the smallest quantity mixed with the expectoration, is as significant as though there were pints coughed up; and therefore, on the appearance of this symptom, immediate recourse should be had to measures calculated to eradicate its deadly companion, Phthisis.

Consumption is divided into CHRONIC, LATENT, INFANTILE, SUB-ACUTE, and ACUTE, which I propose to describe *seriatim*: Chronic consumption runs its course in a period varying from a few months to several years; the average time being about twenty months. At first a slight, hacking cough comes on, which is most frequent in the morning when rising. It is dry at first, but after a variable interval, a little thick, saliva-looking mucus is spit up, which, as it becomes more abundant, often deposits a grayish sediment resembling barley-water, which is only seen in consumption. The cause of this cough, which at first is only a hack, is the irritation occasioned by the existence of tubercles in the lungs, too often not suspected till too late. Sometimes the first symptom observed is the spitting of blood, often in very small quantities. In other cases a sore throat, or catarrh,



comes on from a slight exposure to cold, which, on subsiding, leaves the dry hack just spoken of.

Sometimes consumption is ushered in by a succession of chills and fever, that come on with the regularity of ague, for which it is often mistaken. Others, again, first betray the fatal taint by a sense of heat in the hands and feet, and a slight flush on the cheek, most marked in the evening. A wasting of the body is often an early and always a serious symptom. Perspiration is increased at night, till at length the bed is fairly saturated in the latter stages. The wasting and debility keep pace with the amount of night-sweat. As a general rule, the appetite remains good, but in the second stage the food is frequently vomited after coughing. In women, the monthly sickness is generally suppressed; and the mistake is often made of attributing the lung disease to this, *instead of referring to consumption as the true cause of suppression*. Pain is often present, but not always. *As the disease progresses* the spits become streaked with yellow, changing into yellowish or grayish green, consisting of pure matter, mixed with specks of tubercle. When thrown into water they assume a round, flattened shape, covered with a ragged, woolly surface, and sink in the water. When cavities are developed in the lungs, they lose their rounded shape and are expectorated in large, shapeless masses.

In this form of consumption, the patient does not always run a uniform course, but in some the patient appears to improve every now and then; he may be apparently well even for weeks or months, and then be again prostrated totally, and this for several successive intervals. But this improvement is deceptive; how, I will proceed to explain.

A crop of tubercles are deposited upon the lungs; they soften and are

expectorated, during which the patient is prostrated, after which he rallies till a new crop is sown or softened, which goes through the same routine, and this is repeated till the patient is exhausted. At every successive softening of a batch of tubercles, a portion of lung is broken down and expectorated, and the patient spits pus—has hectic fever, night-sweats, loss of flesh and strength, and often of appetite, and coughs very much at night. Then the symptoms improve, the cough disappears, and he regains flesh and strength. Now his friends think he is well, and he flatters himself that he is quite restored, but in a short time all the bad symptoms return. It is the occurrence of these intervals of temporary health that has given an ill-deserved reputation to Cod Liver Oil, and a thousand villainous nostrums for the cure of consumption, and upon which, also, the reputation of testimonial publishers depend; health being established for the time by Nature herself, which they refer to the last drug taken, or to the last quack employed.

The most eminent physicians content themselves with telling their consumptive patients to *live well, take out-door exercise, be prudent, and take very little medicine*. This is all very good advice. It is better than helping on the fatal result of the disease by preparations of morphine to soothe the cough at the expense of indigestion, making a sore on the outside of the chest to help the ulcer inside to finish the patient, purging to aid the disease to exhaust the sufferer, and the other fashionable modes of slaughter. This plan of leaving the case to nature is the better of the two evils, as the patient has a chance of a longer lease of life, although death is the almost invariable result.

It was my intention to here speak of treatment; but apropos of what I have just written: In attempting to cure

consumption it can only be done by absorption of the tubercles, and their removal, without breaking down the structure of the lungs. This is the mode by which dropsies, enlarged scrofulous glands, tumors, etc., are removed; and this is what we assert is effected by Medicated Inhalations, when resorted to in time. The tuberculous matter thus absorbed into the blood is thrown off from the system by the skin, kidneys, bowels, and other emunctories.

### LETTER XV.

#### *Latent Consumption.*

**I**N my last letter I described chronic consumption, and shall now take up the *latent* form.

Latent consumption is characterized by an absence of cough, expectoration, pain, and spitting of blood, although the lungs be loaded with tubercles. These symptoms, in not a few cases, are absent even till death results; but in the majority, after a long period of ailing health, spitting of blood, cough, or pain set in suddenly, and the disease runs a rapid course. The tubercles existing in the lungs often work out their ill influences by secondary changes in the blood, and other diseases are set up which destroy the patient, and from the absence of the prominent symptoms of lung disease, the physician and patient are both led astray, and attention is directed toward removing the disease, which are the effects, instead of attacking the cause. Or, if the physician knows the cause, he conceals it for the patient's sake, because he knows no remedy. In such cases, the patient goes about with less alacrity than when in health; business is an exertion; he complains of various dyspeptic symptoms, heart-burn, pain in the stomach,

water-brash, uneasiness during digestion, pains in the liver or right shoulder, costiveness alternating with diarrhea, disturbed rest, and emaciation more or less. The urine will even present the chemical and microscopic changes observed in functional or organic affections of the stomach and liver. Fistula in ano occurs almost exclusively in such cases, and appears to keep the tuberculous disease in check, as does also chronic inflammation of the peritoneum—investing membrane of the intestines—which often masks latent consumption, and is most frequently in females, while fistula is more common to men. Besides these, various other symptoms are complained of, indicating a diseased state of the body, and often puzzle the medical attendant.

The observant physician will generally see marks in the countenance of the patient that will make him suspect the existence of tubercles, such as the delicate appearance, the pearly hue of the white of the eye, varying in tint from the yellowish white in the fair, to deep, bluish gray in the dark complexioned, and a very slight spasmodic twitch of the corners of the mouth and nose in speaking, which increases to a shiver over the cheek as the deposit in the lungs augments.

On examining the chest, depression will be found above or below the collar-bones, or both. When the deposit is great, these bones stick out, so to speak. On tapping in the immediate neighborhood of the collar-bones, sounds are produced, establishing that tubercles exist in various stages of development—nay, even cavities, although there has been no cough. These cases are generally pronounced bilious or dyspeptic, or any thing but what they really are, and the treatment, of course, can not be appropriate. I would particularly impress the fact that active purging and

the use of mercurial preparations are peculiarly apt to rouse the tubercles into activity, and to develop rapid consumption. At present, the orthodox practice for bilious and dyspeptic complaints is calomel or blue pill, which are rank poisons in the forms of disease under consideration. The obvious practical inference is, that in all cases at all resembling what I have described, it is absolutely necessary to have the chest examined by a competent and truthful physician before undergoing treatment, and if tubercles are present, Inhalation presents the only known means for their removal.

## LETTER XVI.

### *Infantile Consumption.*

IN my last letter I described that insidious form of disease, latent consumption, and pointed out how constantly it is confounded with liver and other chronic complaints, to the great danger of the sufferer. I now enter on the subject of *Infantile Consumption*. It is commonly thought that this disorder is very rare under fifteen years of age, but the researches of Boudet, Papvoine, and Trousseau prove that more than one-half of the children of the poor, and of those in the infant hospitals of Paris die of consumptive disease, and this is approximately true of all large cities, so that from three years to fifteen, consumption is more prevalent and fatal than at any other.

The causes of consumption among children are usually the circumstances in which they are placed, and not to inheritance, as is vulgarly supposed. Among the *poor*, impure air from living in narrow lanes, with yards reeking with filth and garbage; *dark, noisome rooms*, whose windows are rarely opened; *personal and domestic uncleanness* further

contaminating the air; *bad food*, whereby healthy development is checked, and scanty clothing, exposing them to colds and inflammations, are the *four great causes* ever in operation to develop consumption.

Strange as it may appear, the same causes are active among the rich. Cooped up for at least twenty hours out of the twenty-four in hot, ill-ventilated nurseries, instead of spending half their time in exercising in the open air, they are fretted by a tedious operation of dressing, and then sent out for stately walks along the sidewalks with Bridget. Being so finely dressed, they must not play: it is—Master Charles, do n't rub your gloves along the wall; Master Henry, do n't walk in the dirt—and this to do them for air and exercise. The food, though not deficient, is, nevertheless, equally pernicious in quality. Instead of being kept to plain, nutritious food, they are too often indulged in all the varieties of the table, and their indigestion impaired by candies, sweetmeats, and cakes. The clothing, although expensive, is too often deficient; the bare arms and legs, which imperious fashion exacts, are direct causes of almost all the croups, colds, and inflammations children are attacked with. Consumption does not usually manifest itself in children by active symptoms; wasting is the most constantly present. When we find conjoined with this eruptions behind the ears, swelling of the glands of the neck, soreness or running of the nose, eruptions about the face, with puffy, chapped lips, pustules about the edges of the eyelids, or sore eyes with the greatest dread of the light, causing the child to bury its face even in the pillow, we may suspect the existence of tubercles in the lungs, as these all point to a diseased state of the general system, with deep-seated complications.

Although the causes just enumerated will develop consumption in any child long enough exposed to them, yet there is a wide difference in the susceptibility of different children to contract it. Very intellectual children, with ardent affections and loving dispositions, are remarkably prone to it, and the expression constantly used with regard to them is, that "they are too wise or too good to live." A pale, pasty complexion, or a large head with a narrow chest, indicates the same predisposition.

The symptoms in the consumption of children are very mild; there is no spitting of blood, the paroxysms of coughing are not urgent or distressing, and the matter coughed up from the lungs is invariably swallowed, and excites no alarm. Night-sweats exist only about the neck and brow. The hectic fever is slight, and generally attributed to worms, or derangement of the stomach. Diarrhea is a usual attendant, and the child, when asleep, is observed to breathe natural. With all this, *gradual wasting of the body and strength* is constantly present. Change of air or diet may arrest the wasting for a few weeks, but the improvement is only temporary. Soon the fearful symptoms return with more violence; the face becomes pallid and care-worn, the little body is racked with pain, and *diarrhea* or *fever* terminates the suffering.

Children under five years can not be made to use the inhaler, and, therefore, the air of the nursery must be medicated, thus compelling the child to breathe only a medicated air, which acts most powerfully on the diseased surface of the lungs. Above the age of five, children usually regard the use of the inhaler as high fun, and take to it readily. The changes in the system of the child are so rapid, and the vitality so great, that amendment is far more speedy than in grown people.

## LETTER XVII.

### *Sub-Acute Phthisis.*

**M**Y last letter contained a description of infantile consumption, and next in order comes sub-acute phthisis. This form of the complaint runs its course in from six to fifteen weeks from the first observance of the symptoms, which usually resemble those of chronic consumption already detailed, but are much more rapid in succession. It is unnecessary to recapitulate them here. A very large portion of the lungs is rapidly infiltrated with tubercle and rendered useless; there are softenings and cavities, but these are small in extent, owing to the short duration of the complaint. It would appear that death takes place more from the system not having time to accommodate itself to the speedy diminishing capacity of the lungs, than from the exhaustion of the prolonged discharge of matter, thus differing from chronic phthisis. Sub-acute consumption is known by the name of "galloping," from its early termination, and is often confounded with acute bronchitis, but an experienced stethoscopist would never make the mistake. Even this form is amenable to treatment. I have several cases reported in my book where the disease has been permanently arrested, and the parties are now in good health. It comprises but a small portion of the cases of consumption. Acute phthisis is of very rare occurrence. I have seen only four cases of it running its course to a fatal termination in three or four weeks. The lungs become completely blocked up in that short time, chiefly with tubercles.

The symptoms resemble those of low typhoid fever, with wandering or delirium at night. The cough is either dry, or accompanied by expectoration of a clear, sometimes yellowish mucus.

This, with the continually increasing frequency and difficulty of breathing, should draw attention to the condition of the lungs, which the stethoscope will soon reveal. This form does not appear to be at all controlled by ordinary treatment. In my next letter I shall explain how tubercles produce cavities and ulcerations in the lungs.

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## LETTER XVIII.

### *Pathology of Tuberculous Consumption.*

**I**N my preceding letters I have pointed out the various forms of consumption, and the symptoms peculiar to each, and also the symptoms of nasal catarrh, sore throat, chronic laryngitis, and bronchitis, demonstrating the important facts that the tendency of these complaints is to lay the foundation of consumption. The mode in which it would appear this is produced, is by the gradual extension of the inflammation along the air tubes, till reaching the minute branches and the air-cells, these are blocked up with mucus, thus preventing the air from reaching the blood circulating through the air-cells, so that the change from venous to arterial blood does not take place. The consequence of this impediment is, that tuberculous matter is deposited in the air-cells and the smaller branches of the air tubes. At first the tubercles are very small, resembling millet seeds; hence, called "miliary." They are gray and translucent, and scattered more or less profusely over the upper part of one or both lungs. It is a tradition in the profession that the left lung is much oftener the seat of disease, first or solely, than the right. But this is the result of imperfect observation, promulgated by a high authority, and implicitly received by the flock. My experience, which

has not been small in this disease, has fully satisfied me that there is little, if any difference, in the liability of either lung to the deposit of tubercle. Again, it is a disputed question as to whether the tubercles are deposited in the air-cells, or in the surrounding tissue. Examination with the microscope has convinced me that in miliary tubercle, the deposit takes place into the air-cells and finer air tubes, and that tuberculous matter is never found in the substance of the lungs, except in the form of infiltrated tubercle, the result of what is now called "chronic pneumonia," or chronic inflammation of the lungs, rather a misnomer. The miliary tubercle, after a time, undergoes a change in size and appearance, becoming larger, and of a yellow, cheesy appearance. The pressure of these little masses causes absorption of the walls of the air-cells, and a coalescing of the tubercles into maps of various sizes. In this state they may remain quiet for weeks or months, sometimes, though rarely, even for years, but liable at any moment to be roused into active disease by apparently inadequate, and often unknown, causes; so that a person carrying about with him a crop of tubercles in his lungs, is at any moment in danger of commencing the downward course that ends in the grave.

At first, these yellow tubercles are of the consistence of cheese; they then soften—become infiltrated with matter, and finding their way into the lower air tubes, are expectorated, and a small cavity is thus left, secreting matter. In the chronic form of consumption, patients often rally for a time after this occurs, the cavities are healed, or become livid with a kind of mucous membrane, the fever and night-sweats disappear, and the cough is either absent for a time or subsides into a *hack*, and the body acquires fat. But this is only

temporary; another series of cavities are formed, and the same routine is gone over and over, till the patient sinks exhausted. When several small cavities are contiguous, they gradually enlarge, and, opening into each other, form a large cavity. I have seen them large enough to hold a pint.

When tubercles are in the gray or yellow stage, inhalation is of the utmost service, by promoting their absorption without destroying the substance of the lungs; and hence the wisdom of applying early for treatment, when there is the slightest suspicion of such a state of things, while there is the most probability that the disease may be overcome. When cavities are formed, the disease is then said to be in the third stage; and here astringent inhalents act upon the surface, secreting matter by constricting the vessels, arrest it, and thus promote the adhesion of the sides and the formation of a membrane, to secrete mucus instead of matter. Such are the ways in which Inhalations arrest the progress of this formidable malady.

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### LETTER XIX.

#### *Complications with Consumption.*

IT is impossible to conceal from ourselves the appalling frequency and fatality of diseases of the chest in the United States, and I consider that I am fulfilling a public duty in contributing my mite toward making their symptoms and treatment familiar to the mass of the people, so that, early apprised of danger, they may address themselves in time for relief.

My last letter contained an explanation of the mode in which tubercles are deposited in the air-cells and finer air tubes, namely: That any impediment to the free circulation of blood in the

air-cells, by preventing the due conversion of venous blood to arterial, is the immediate cause. Such changes in the structure of a vital organ can not occur without the system at large sympathizing, and various others become deranged, often to such a degree as to draw off the physician's attention from the real point of danger. Under the head of Latent Consumption, it has been stated that the complaint may proceed to the utmost disorganization of the lungs without cough or expectoration being present. In such cases the prominent symptoms are derangements of some of the abdominal organs. Dyspepsia is the most common, and, in ignorance of the true state of things, the efforts of the physician are too often directed to removing the effect instead of the cause of deranged health.

Many cases are treated for liver disease when large cavities in the lungs actually exist, and hectic and night-sweats are excessive. It is only three weeks ago since we were called to a patient who stated that he had been treated, up to the time of our visit, for liver disease. The appearance of the patient, his emaciation, his cough, excessive expectoration and sweating, indicated too surely phthisis as the enemy. On removing his clothing we were horrified to see the unhealed sores of tartar emetic ointment, and scarifications of cupping, still recent over the region of the liver, showing that a frightful and inexcusable mistake had been made as to the nature of the disease. As it was important to him to know his true state, we were obliged to tell him the melancholy truth, that he was in the last stage of consumption, and that his life could not be prolonged beyond a few weeks. Diarrhea often masks consumption; this is found among adults, but it is still more common among children. The investing

membrane of the lungs, called pleura, is often the seat of chronic inflammation, and water or matter is infused into the cavity, constituting hydrothorax, or empyema. The lung is sometimes perforated, so as to admit air into the pleura, when a chronic inflammation is set up with the same result as the preceding; this is called pneumothorax. The larynx is often the seat of ulceration, and completely masks the disease in the lungs to a superficial observer. Such are some of the complications of phthisis, and are the result of the blood imperfectly aerated in the diseased lungs, circulating throughout the body, and by its impurity provoking disease in the different organs; this is often described by the term *sympathy*. It will not seem superfluous caution to warn the reader of the importance of paying watchful attention, and not to rest content with a superficial or hastily formed opinion. Few medical men possess any but the most superficial knowledge of the use of the stethoscope, and still fewer are competent to give an opinion worth a rush in the earliest stages of consumption. For an opinion to be of any value, it can be so only after a careful and thorough examination. As usually conducted, it is but an idle form, and would be farce but for the important stake at hazard.

I have witnessed the exploration made through a creaking starched shirt, or muslin collar, several folds of clothing, even through solid, old-fashioned corsets. Then to see the pomposity and parade of learning that this is done with, is enough to provoke a laugh or a tear. There is one consolation, that these gentlemen could not discriminate any more if they did not examine *en cuerpó*. The knowledge of the stethoscope requires a study apart, a special devotion to it, and much experience in a hospital. I am informed the practiced stethoscop-

ist distinguishes all the sounds of the lungs, healthy or diseased, as readily as a tuner appreciates the condition of the notes of a piano. A man who practices as physician, surgeon, and accoucheur, and honestly and laboriously tries to master all the branches of his profession, can never acquire a tithe of the proficiency in the use of the stethoscope that he will attain who devotes himself specially to its use.

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## LETTER XX.

### *Time to Treat Consumption.*

IN discussing the question of treatment, upon the period of the complaint at which a case of consumption presents itself for treatment, will very much depend the probability of a cure. I have pointed out that the earlier a case is taken in hand, the greater the certainty of a cure; and that the chances of this favorable result diminish in an almost arithmetical proportion, the more the disorganization of the lungs is allowed to progress before applying for treatment. Unfortunately, the largest proportion of these cases, which have hitherto come under my care, have been in the last stage of confirmed consumption—cases in which part of one or both lungs was not only broken down into ulcerous cavities, but the strength of the constitution exhausted by the progress of the disease, and by the different kinds of treatment to which they had been subjected. I need hardly say, that such cases are no proper test of the efficacy of any system of treatment. Humanity, with the desire to relieve, is the only influence that can induce the physician to receive such as patients at all—since many seek for treatment in an utterly hopeless state, and can but be made comfortable by

the highest skill within the power of man.

I have been obliged to refuse several applicants who were so far gone that even the poor comfort of temporary relief seemed unavailable. Yet, notwithstanding all these disadvantages and discouragements, a larger proportion of recoveries have taken place among this class, through the instrumentality of Inhalation, than has ever hitherto been possible to attain from any and every other means of treatment. I have cases now under treatment, where there are cavities in one or both lungs, which, humanly speaking, I feel confident of restoring to health.

This, then, should be firmly impressed on the mind, that the earlier the presence of pulmonary disease can be detected, and the sooner the patient comes under treatment, the better chance for deriving benefit and stronger probability of ultimate *cure*; but to insure this, the treatment must be persevered in as long as the least vestige of disease remains, for it would act as an irritating nucleus for the reproduction of the complaint.

It will be recollected that the commencement of consumption is the deposit of gray tubercles in the lungs, and that this is commonly synchronous with the little hack and short-windedness on exertion that are usually the first symptoms remarked by the patients or their friends. In the second stage, these tubercles undergo a change of structure, and become yellow and cheesy. Now the hack becomes a decided cough, and a sticky, clear, or grayish mucus is expectorated chiefly in the morning. The third stage consists in the yellow tubercles becoming infiltrated with matter, softening down, breaking into the bronchial tubes, being expectorated, and leaving cavities secreting matter. In this stage we have hec-

tic fever, exhausting sweats, and diarrhea, with the other concomitants that rapidly wear out the patient.

The specific manner in which Inhalation acts upon these several phases of disease, will form the subject of my next letter.

## LETTER XXL

### *Treatment of Consumption—First Stage.*

IT has been a desideratum with the medical profession, since the days of Hippocrates, to discover some effectual mode of applying remedies directly to the diseased surfaces of the lungs, for it has always been received as an accepted fact, that, where attainable, local applications should always be employed along with the constitutional remedies, which latter are often rendered unnecessary when the former can be used. Accordingly, we find in the writings of Hippocrates, and the chain of medical writers from his time down to the present, traces of efforts to apply this method to the diseases of the lungs, but all of the crudest kind, resolving themselves into inhaling fumigations arising from burning gums, resins, and herbs, the fumes of heated cinnabar, realgar, and other substances volatilizable by heat. These were received into the throat by holding the nose and mouth over the ascending vapors, and drawing them into the lungs in inspiration. Any one curious in such matters will find a description of this method in Boerhaave's Commentaries, article, "Consumption." This was the condition of the therapeutics of inhalation for two thousand, five hundred years. I think that Dr. Mudge, of London, is justly entitled to the merit of having taken the first practical step toward the modern mode of inhalation; although he was not aware of the full extent of



the reformation in treatment of the lungs that he had initiated. The philosophy of the treatment of the chest diseases is apparent, when we consider that the lungs and air passages are the parts affected, and that if we introduce air impregnated with medicated vapors, we thereby bring the remedial agent as directly in contact with the diseased surfaces as a wash to a sore on the leg. But it may be objected that we have no proof that medicines can act thus certainly on the lungs or on the system through the lungs. To developing this portion of the subject, I shall devote my letter to-day. Inhalation of chlorine will produce a temporary arrest of the secretion of the bronchial tubes, or, in other words, a dryness of the surface. The use of expectorant and emollient vapors will produce the directly opposite effect, and in the first stage of acute bronchitis, when the tubes are dry and tumid, no remedy by the stomach will produce the resolution of this state, with any thing approaching the speed with which such inhalants act. Is the patient sitting up, at two in the morning, choking in all the agonies of the worst fit of asthma? an anti-spasmodic inhalant will procure perfect relief for the night in three or four minutes. Is the case one of chronic bronchitis, where the secretion is profuse and semi-purulent? the use of balsamic and astringent inhalants will soon diminish the quantity and improve the quality of the expectoration. These are facts patent to the observation of every medical man, who will take the trouble to make the trial. But it will serve to make the power of inhaled remedies over the general system more evident, if a few examples be given. The power of chlorine and iodine over consumption is proved by the exemption of workmen from this disease who work in factories where the vapors are float-

ing about in the air, and by cures being effected upon the tuberculized by resorting to such establishments for work.

Piorry gained his fame by curing consumption, by pouring in iodine in every way, by inhalation and otherwise. But he often left his patients, as Dr. Kingston said, the victims of *iodism*, a scarcely less deplorable state than the victims of mercurialism. This unhappy result is avoided by combining the use of various vegetable discutients, that aid the effects of iodine, and procure salutary effects of their own. A dram of chloroform will produce little or no effect, when taken into the stomach, but the same quantity inhaled into the lungs will cause profound intoxication, with total loss of sense and emotion, and even death. A grain of arsenuretted hydrogen swallowed has little effect, but the hundredth part of a grain inhaled into the lungs will cause death, with all the symptoms of arsenical poisoning. The late professor of Chemistry in Calcutta College was exhibiting Marsh's test to his class, and an accidental draught blew the fumes toward him, and he inhaled perhaps not the thousandth of a grain, certainly not the five hundredth; he was seized with violent arsenical poisoning, and his life was despaired of for some time. General Gates, who introduced the use of stramonium leaves when smoked for the relief of asthma, fell a victim to an overdose, and yet the quantity of empyreumatic oil introduced into the lungs must have been very minute. The preceding remarks have been thrown together to prove that medicines inhaled into the lungs produce not only direct local effects, but are capable of acting on the system at large, as alteratives, narcotics, discutients, etc., and these in *very much smaller* doses than by the stomach. They are adduced as specimens of the proofs upon which the practitioners of Inhalation rely

for the maintenance of their assertions, and these proofs might be accumulated *ad infinitum*. With this preamble my readers will be able to understand the rationale of the process by which a cure is effected in consumption through Inhalation, which will form the subject of my next letter.

## LETTER XXII.

### *Treatment Continued—Second Stage.*

**I**N my last letter I explained the principles upon which the cure of consumption, in the first stage, or that of gray tuberculization, is founded, and that this result is certain in the greater number of cases, by means of Medicated Inhalations. I propose to discuss the mode in which the cure of the second stage, or yellow tuberculization, is accomplished. The tubercles, from being gray and glistening, become converted into a yellow, cheesy matter; they may exist isolated, or they may coalesce and form masses of various sizes. When they soften, it is from the outside to the center, which accounts for the appearances noted in the expectoration in the second and third stages. During the first period it is sticky, and varies in appearance, from transparency to a dark, bluish gray. When the yellow tubercles soften, this expectoration becomes streaked with yellow, and, at last, altogether yellow, and small specks of cheesy matter are found interspersed; these are the centers of yellow tubercles which have escaped softening. The chemical composition is changed from that of the gray tubercle, as they are found to contain a considerable quantity of carbonate and phosphate of lime. It is upon the existence of these insoluble salts that the choice of inhalants is made. If we can introduce into

the lungs vapors which possess the property of attacking these insoluble salts of lime, and converting them into soluble ones, this will produce liquefaction of the tubercles, and their consequent absorption or expectoration. Those familiar with chemistry will easily recall to their memories several vapors certain to effect this chemical change. Valuable papers on this subject were written fifteen years ago by Mr. Murray, M. R. C. S. L., and Dr. Boudet, of Paris, but seem most unaccountably to have been overlooked by the profession. The local disease being thus removed by Inhalation, let it be the physician's care to pay strict attention to the removal of any local causes that may have induced the complaint, and to adopt judicious, constitutional treatment to remedy the depraved state of the blood that favors the deposit of tubercles. A very few years ago, bleeding, depletion, and low diet, were universally resorted to for the cure (?) of consumption, with the effect of removing every chance of a spontaneous healing, and accelerating death. The folly of this course has at last been recognized by the profession, and the opposite plan is now pursued. It is by combining a local and a general treatment that Medicated Inhalation is so successful; it operates directly on the seat of the disease, and removes the local affection, while the general treatment puts the system at large in such a state that the blood is so improved as no longer to deposit fresh tubercle. In this stage, the proportion of recoveries is not so great as in the first; but still a very great number recover by means of Inhalation; and, of course, the earlier it is resorted to the better the prospect of cure. Those who expectorate most on rising in the morning, and perceive yellow streaks in the spit, have reached the second stage; and when this becomes decidedly yellow, the third stage

is nigh at hand, if not already begun, when the chances of successful treatment are very much lessened.

The next letter will contain an exposition of the mode of cure in the third stage of Phthisis.

### LETTER XXIII

#### *Consumption—Treatment Continued—Third Stage.*

**I**N my last letters I have pointed out the mode in which inhalants act, in curing the first and second stages of consumption; and to close this part of the subject, I shall do the same in regard to the third stage. In this case, masses of yellow tubercle soften and are expectorated, carrying with them the lung tissue, so leaving caverns lined with a membrane, secreting matter abundantly, and accompanied by severe constitutional disturbance, indicated by hectic fever, drenching night-sweats, etc.

In this state of things, we employ vapors that are capable of stimulating the ulcerated surface to set up a new action, and also of diminishing, and finally arresting the secretion of matter. The sides of the cavity either become glued together, or it is lined with a pseudo-mucous membrane. This is the true explanation of the way that Inhalation performs a cure in consumption, and is so simple and reasonable as to convince every unbiased mind at first sight. Till this mode of treatment was introduced, consumption in every stage was invariably fatal; and it does seem the very acme of infatuation for a consumptive to put himself in the hands of a physician who confesses that he is powerless to do any thing to avert the fatal termination of consumption. It seems more in accordance with common-sense that

the patient should shun such a Jack Ketch of a practitioner, and put himself in the hands of one who follows a treatment that has been proved to be capable of effecting what it professes, namely: *to cure consumption*; and the only way yet discovered, seeing that the old mode of practice confessedly holds out death as the inevitable result of its treatment. It passes comprehension that any one afflicted with consumption can be found so foolish as to go near such; they should be carefully avoided. Inhalation is daily working its cures, and raising patients from their beds, who, under the old treatment, would soon have been tenants of the cold and silent tomb. It is sad to see the young, the lovely, the gifted, and the loved, marshaled to the grave in the grasp of the foul ogre—consumption—when so many might be saved by a timely resort to treatment by Inhalation. The statistics of death by consumption showed such a marked diminution in the city of New York, when Inhalation was extensively introduced there, by Drs. Melville, Thomas, Robinson, etc., that the newspapers noticed the fact with enthusiasm, and were unanimous in attributing it to the success of the new mode of practice.

The constitutional medical treatment of consumption resolves itself into subduing certain derangements of the functions, which, if not controlled, would exhaust the patient before the local treatment by Inhalation could affect the healing of the lungs. The most prominent of these are night-sweats, and colliquative diarrhea. Defective composition of the blood, dyspepsia, and costiveness, may also demand treatment. These include nearly all the circumstances calling for general remedies. It must be borne in mind that consumption is a disease of debility, and all means that tend to depress the vital

powers must be avoided, such as active purging, calomel, and other mercurials, tartar emetic, and bleeding. Opium and its preparations act injuriously by impairing the digestion, lessening the appetite for food, deranging the liver, causing costiveness, and producing that very condition of the body that increases the depravity of the blood. It is unfortunate that all advertised nostrums for the cure of consumption, and the ordinary run of orthodox prescriptions, have opium or salt of morphia as their basis. Temporary abatement of the cough is produced, and the expectoration seems less in quantity, because opium diminishes the amount of water (not of matter) secreted in the lungs, thus thickening the spits without really lessening the quantity of matter, although the spittoon may take longer to fill; while under this apparent improvement, it is rapidly sapping the constitution, as may easily be inferred from the bad effects just pointed out.

In my next letter I shall review the different modes of treatment that have been in vogue for the last two hundred years, and show that they were, and are, not only useless, but positively mischievous; and that no mode, except that of Medicated Inhalations, has ever been discovered capable of benefiting consumption in the slightest degree.

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#### LETTER XXIV.

##### *Popular Modes of Treating Consumption.*

**I**T is proposed to show in this letter that the usual modes of treatment, other than Inhalations, are utterly incompetent to effect any good in consumption, and to review the various plans advocated. Seeing that the regular practice, homeopathy, hydropathy, all fail, it is no wonder that the public

have a deep-rooted belief in the incurability of consumption.

Blood-letting was recommended in this disease, some two hundred years ago, by a Dr. Morton, on this ground, that "consumption, being the result of inflammation of the lung-structure, bleeding, frequently repeated, was the proper remedy." Upon this erroneous supposition, from that time to this, crowds of victims have been hurried to the grave, *secundum artem*, by bleeding, leeching, and cupping, and that practice has been recommended by such high authorities as Dr. Mead, Sir John Pringle, Dr. Hossack, etc., and it was in full blast as late as eighteen or twenty years ago, but it is now totally abandoned, except by some of the less talented or informed of the profession, who, however, only venture to resort to blood-letting in the early stage, yet to the great injury of the patient. Consumption being essentially a disease of debility, and being preceded always by a depression of the powers of life, it requires very little reasoning ability to perceive that so far from lowering the system by abstracting the arch principle of vitality, the blood, we should build up the strength of the body by all the means in our power.

What shall I say of the cruel and ridiculous practice of giving repeated emetics, even every morning, to cure consumption, and this supported by the authority of men holding professors' chairs in America, Britain, France, and Italy? Like Cod Liver Oil, it excited a furor some twelve or fifteen years ago, and, although not so prevalent, is still persisted in by many orthodox practitioners of respectable reputation in this and other cities. One gives white vitriol, another gives blue, a third prefers squills. Tartar emetic and ipecac each have their friends. Amidst this crowd, which is most orthodox or regular, it is hard to tell. I have known

many cases where white or blue vitriol has been administered a few hours before death. What cruelty! This mode of treatment is only calculated to exhaust the strength of patients, and destroy the tone of the stomach, while it exercises no curative power over the disease of the lungs, and is fast becoming obsolete—happily for the sufferers.

Having extended this letter to a sufficient length, I shall continue the subject in my next, when I think I shall succeed in showing very conclusively that every mode adopted by the regulars hitherto for the treatment of consumption, have been only decorous methods of ushering patients surely and swiftly to the portals of the tomb

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## LETTER XXV.

### *Popular Modes of Treating Consumption—Concluded.*

**I**N my last letter I pointed out the injurious results from blood-letting, or courses of emetics, in consumption, and shall pass in review some of the other fashionable treatments.

**MERCURIAL TREATMENT.**—Some two hundred years ago, this mode was greatly in fashion, but gradually dropped into oblivion, not only because it did no good, but positive harm; and, in the opinion of many, brought on consumption in those who would never have been attacked if mercury had never been given to them for other complaints. Unhappily for mankind, Dr. Wilson Phillips brought out a work, twenty years ago, "*On the Influence of Small Doses of Mercury*," and it became fashionable to treat consumption with it. Happily the conviction has become impressed, on the minds of the profession that it is *injurious*, and few

physicians now use it, except stealthily, and they do it in order to be *doing something*, not from any faith in its efficacy. After killing its thousands, let us hope it is buried never to be resuscitated.

**TONICS.**—In opposition to those who look upon consumption as an inflammatory disease, and employ bleeding, we have physicians who regard it as a disease of debility, and rely on tonics. Now, each of these is *regular orthodox practice*, and which is right? It is an axiom in practice, that tonics are useless in organic diseases, and often aggravate the disease. *Tonics* have no power to cause absorption or removal of tubercles in the lungs, and consequently the tonic doctors have not been able to sustain their position any better than the advocates for the modes of treatment already discussed.

**DIGITALIS AND IODINE** have had their days, and very flourishing days they were, but now, alas! they are consigned with ignominy to the tomb of all the Capulets, by the most learned of the profession.

**COUNTER-IRRITATION** means establishing a running sore on the surface of the body, in the neighborhood of an inflamed, internal surface, with a view of removing the natural, by an artificial disease. With this view poor consumptives have had—and still, unfortunately, too often have—their chests seared with hot irons, covered with pustules from tartar emetic ointment, tortured with perpetual blisters, or other modes of effecting the coveted object. The most learned now allow that counter-irritation has no effect in causing the absorption or removal of tubercles, *therefore, it does no good*. But it does positive harm; we know that the cause of hectic and night sweat, is to be found where there are surfaces secreting matter. Now, if the ulcers in the lungs cause the irritative fever it is only adding to the cause, by

establishing a large, running sore on the outside of the chest, to keep those in the inside company. Counter-irritation is only of use to relieve pleuritic pains; and this can be best effected by a mild rubefacient anodyne liniment, or dry cupping. This cruel and unphilosophical treatment is abandoned by the leaders of the profession; but, alas! is too common among their humble followers.

**COD LIVER OIL.**—This great quack medicine, this panacea, this god-send to the stupid physicians, who had no trouble in prescribing while it was in the fashion. "Doctor, I have a bad cough." "O, your lungs are weak; take Cod Liver Oil." Alas for the tribe that this physic made easy has gone out of fashion! Who does not recollect the buckets full that were swallowed a few years ago, and now how little? It is of no use unless there is wasting of the body. It is not medicine, but food; and like osmazome, alcohol, coffee, tea, etc., possesses, in a high degree, the property of preventing the wasting of the tissues. Instead of being looked upon as a remedy for every consumptive, cases are selected that are suited for its employment, just as with other curatives; and with the heads of the profession it is dying out.

**CHANGE OF CLIMATE.**—That *cheval de bataille*—that convenient way of getting rid of dying patients, has received its *coup de grace* from the recent writers on the subject, and now no longer commands the faith of educated medical men, although many still keep up the cruel farce of sending moribunds in search of that health which they will never recover on this side of the grave. The subject of climate is too extensive to enlarge further in this letter.

I might cite Stokes, Billings, Louis, and many others, to prove that, as yet, no mode of treatment they employed was of the *slightest use* in curing con-

sumption; but they had not tried Inhalation. I shall not detain you by going over again the names of men of the highest standing in the profession who tried Inhalation, and have given it their unqualified approval. The practice is still in its infancy, and confined to few, but its success is already such that in a few years it will supersede every other mode of treatment. This it will not accomplish till the great mass of the profession shall see the chest practice in the hands exclusively of those who follow the very rational treatment by Inhalation.

## LETTER XXVI.

### *Asthma—Its Symptoms, Pathology, and Treatment.*

A CONTEMPORARY writer observes: It is a popular error to regard every disease attended with difficult breathing as asthma. Consumptive patients, and those suffering from disease of the heart, constantly ascribe the oppression and shortness of breath they experience to this cause. Now, although we never have asthma *without* shortness of breath, it is very common to have great shortness of breath where the disease is essentially different from asthma; I wish I could add less distressing or fatal.

By asthma I mean a spasmodic disease of the lungs, which manifests itself in successive *fits*, *paroxysms*, or *attacks*, coming on suddenly, attended by great difficulty of breathing, lasting for a few hours, and then passing off with free expectoration, leaving the breath but little obstructed, and the patient as comfortable as before the attack. Although this is the usual course of asthma, it will be seen, as we proceed, that there are many and grave deviations from this rule.

The *approach* of asthma is known, by those who have once had an attack, by a feeling of *languor* and indisposition to exercise, *yawning* and *oppression*, a feeling of *fullness* and *windiness* about the stomach, with a sense of *tightness* and constriction around the lower part of the chest. In some there is *headache*, and dryness of the nostrils toward evening, while others have a greatly increased flow of saliva, or a sense of chilliness and general discomfort.

The *attack* may come on at any time, but it usually manifests itself toward evening, or at night. Some suffer as soon as they lie down, but the majority are suddenly awakened out of sleep in the middle of the night, or toward morning, by a difficulty of breathing—a sense of weight and constriction in the chest. The chest feels as though it were bound. They sit up in bed, pant, and gasp for breath, call for the windows to be raised, and the doors to be thrown open. The house seems “*too small to breathe in.*” If the fit is severe, *perspiration* starts out and stands in large drops over the forehead, the face is *haggard*, the lips *pale*, the extremities *cold*, the heart *palpitating* violently. It is no unusual thing for the asthmatic to rush to the open window, and lean out over the sill for hours in the coldest weather of Winter, the body being rendered by the disease insensible to every influence and every feeling, except the desire for *air*. The distress experienced during a fit of asthma can only be likened to particular strangulation protracted through a period of several hours. If you have ever run up a long hill with rapidity beyond your strength, as you stood at the top, with your hand pressed over the heart, panting and gasping for breath, you can have a faint idea of the agony which for hours, and often for days, the poor asthmatic suffers.

Happily for the victims of this disease, the suffering of the present is ever lightened by the conviction that nature will soon come to their relief—hope and confidence never flag for an instant. After a longer or shorter period—generally a few hours—the *tightness* at the bottom of the chest *relaxes*, the *breathing* becomes more *easy*, the patient can *speak* and *cough* without difficulty, and now begins to *expectorate freely*. The *anxiety* of the face disappears, the *lips* lose their lividity, and, exhausted by the violent efforts, and worn out by the distress, the poor sufferer falls asleep: the attack is at an end.

The *cause* of all the distress, and the reason why asthma comes on so *suddenly*, and passes off so mysteriously, are very simple. The air tubes have a muscular coat, that gives them the power of contracting or expanding. Any thing which irritates the nerves that supply the muscular coat, may cause a spasmodic contraction to take place on the instant, and when it does take place the tubes are so much diminished in size that it is impossible to force air enough through them to purify the blood. The distress is caused, not by the spasm, but by the want of air which it occasions. Any obstruction in the windpipe, sufficiently great to limit in the same degree the quantity of air that can be drawn into the lungs, would produce the same distress, even though no spasm existed. The spasmodic contraction occurs, like cramp, instantaneously, and like cramp may continue for several hours, and then pass off in an instant. From this you will understand that whatever *irritates* the nerves of the lungs may cause asthma, and whatever *soothes* that irritation *relaxes* the spasm, and relieves the patient.

When we come to speak of the kinds of asthma, you will observe that all forms of this disease arise from causes

which act directly and primarily upon the lungs, thus showing that, however theorists may contend for the hereditary taint and constitutional character of *consumption*, they must all admit the purely local nature of asthma.

## LETTER XXVII.

*Asthma Continued—Nervous Asthma, Hay Asthma, Dry Asthma, etc.*

AS the object of this paper is chiefly to illustrate the success of the treatment of Asthma, I shall pass over with a very brief notice the changes which take place in the lungs, and the varieties and forms of this disease, reserving for some future period a more complete history of the many phases and complications which it manifests.

I. *Nervous Asthma*—Comes on suddenly, without the usual premonitory symptoms, and passes off with very slight and often no expectoration. It occurs in persons who are said to be *nervous*—those whose nervous systems are extremely susceptible to every influence. It is most common in hysterical females, but also occurs in males, and at all ages. It may be produced by any thing which quickens the circulation, as the receipt of good or bad news, fear, etc. *Ipecacuanha* is a very common cause. Many persons begin to wheeze the moment a bottle of powered *Ipecacuanha* is brought into the room. I know two medical men who are wholly unable to make up powders which contain this drug. It is sometimes produced by *cheese* when merely placed on the table; and has even been known to arise from so ridiculous a cause as the presence of a cat in the room. Laennec notices two singular examples which occurred under his own observation. One was invariably seized with Asthma on at-

tempting to travel in a certain direction, and immediately relieved on turning his back. The other was sure to be seized with Asthma if his lamp went out during the night, although he was asleep at the time.

II. *Hay Asthma—Hay Fever—Rose Cold*.—These different names are applied to a kind of Asthma very common during the Summer months. It occurs as a common cold in the head or catarrh, and then rapidly runs into Asthma. First, we have irritation of the nose, eyes, and the whole of the air passages, attended by *itching*, or *burning*, or *tingling* in the same parts. An acrid water runs from the nose and eyes, and is attended by much *sneezing*, occurring in paroxysms. These symptoms are speedily followed by a prickly sensation in the throat, more or less *cough*, difficulty in breathing, and *whewring* in the chest. The disease began as a *catarrh*, it has now reached the lungs, and the oppression and want of breath which it occasions are so great as to deserve the name of *Asthma*. Hay Asthma is most common during the months of June and July, and is caused by inhaling the aroma or the pollen of some kinds of flowers or grass which are in maturity at this season\* of the year. It is often produced long after the hay season is over, by simply going into a barn where hay is stored, or by having hay brought to a stable near the house.

III. *Dry Asthma* is the most common form of this disease, the most serious in its inroads on the health, and the most difficult to cure. It begins as follows: A person to all appearance in perfect health, perceives that his breath is shorter than other people's on exertion, and that every morning, or after meals, he raises, with a good deal of "*rasping*," a small particle of pearl-gray, or bluish-colored mucus. This



continues for a longer or shorter period, the quantity expectorated gradually becoming increased and attended by more frequent efforts to "*clear the throat*," and by a greater sense of oppression in the chest. In some the expectoration is very slight, but still the rasping and clearing the throat are always present in some degree. This condition of things may go on for years, but sooner or later, generally from taking *fresh cold*, though frequently without apparent cause, spasmodic contraction of the tubes takes place, and we have at once a violent attack of asthma, which every fresh cold, every exposure to irritating gases or vapors may renew, till in a short time it becomes habitual. There is no greater mistake than to suppose asthma a simple disease. If this form be not arrested by treatment, it soon disorganizes the part of the lung in which it is seated, and steadily progresses till it has involved the whole of one lung and rendered life a deplorable burden.

### LETTER XXVIII.

*Asthma Continued—Emphysematous Asthma, Humoral Asthma, etc.*

**E**MPHYSEMA is asthma, which has ended in enlargement, in rupture, or in destruction of the air-cells of the part in which it is situated. Fortunately the part of the lung affected is usually small, though sometimes the whole of one lung is in a greater or less degree disorganized, and we rarely find one lung seriously diseased without the other being slightly affected. The symptoms of Emphysema are the same as of common asthma, in addition to which we have always more or less *shortness of breath* in the interim between the attacks; some *cough* and *palpitation* of the heart, and when it has

continued for a length of time, *swelling of the ankles*. Persons suffering from Emphysema can not lie down with the same ease as other persons, because in this disease the breathing is almost wholly *abdominal*, and in the recumbent position the stomach, spleen, and liver press against the diaphragm or floor of the chest, and restrain the freedom of its movements. And, for the same reason, fullness of the stomach, as from a hearty *meal* or from *wind*, always adds greatly to the difficulty of breathing. The expectoration is frothy, and when collected in a cup looks like gum-water or slippery-elm tea covered with foam. The most common *cause* of Emphysema is dry bronchitis. The viscid mucus secreted in that disease is often found adhering to the sides of the air tubes in such a manner as to form a kind of accidental valve, which offers less resistance to the *entrance* of the air than its *expulsion*. The air rushes in and finds its way to the air-cells with but little obstruction, but when it returns the obstruction is so great that we are compelled to make a labored and forced effort to expel it. This labored expiration would of itself gradually bring about the dilatation of the air-cells, but it is probable that this effect is greatly hastened by part of the air remaining imprisoned at each expiration, till the air-cells are blown up and ruptured, or the resistance has become sufficient to force the plug of viscid mucus out of the tube and relieve the part. That you may understand this, suppose we have six little India-rubber bags attached by short tubular stems to a larger tube, and that six cubic inches of air will just fill them. Now, when these are filled they bear some relation to a cluster of air-cells in the lungs. If we force *six* cubic inches of air into them and then expel *five*, and continue to do this, in a short time they will have swelled up to

two or three times their former size, and in the end will burst and be destroyed. This is a mechanical illustration, but not a bit more mechanical than takes place in the lungs in most cases of Emphysema. This form of asthma often ends in consumption, in which case we are generally warned of what is taking place by two very significant symptoms, *spitting of blood and gradual wasting of flesh*. We do not always have the spitting of blood, but invariably sensible emaciation.

*Humoral Asthma* is another form of this disease, arising from the very opposite condition to that I have described under the head of Dry Asthma. Instead of the discharge being small in quantity, thick, and sticky, it is thin and watery, and flows in large quantities. The attacks come on as a common cold, with stuffing in the nose, followed by oppression, great want of breath, and wheezing in the chest; and they pass off with copious expectorations, amounting often to one or two pints of a thin, watery secretion, looking precisely like the *white of raw eggs and water covered with froth*. Humoral Asthma bears the same relation to *Humid Bronchitis* that *Dry Asthma* does to *Dry Bronchitis*. Both forms of asthma are caused by the corresponding varieties of bronchitis. Humoral Asthma is most common in those who have passed the age of forty-five, and in old people; but it occurs also in young persons, and is found at every age of life. In the intervals between the attacks there is usually some cough and expectoration, with a strong liability to become *wheezy* from every slight exertion and exposure.

In addition to these forms of asthma there are several others, as *Acute Asthma*, *Congestive Asthma*, etc., which we had intended to describe, but find that our observations have already greatly exceeded the limits contemplated.

## LETTER XXIX.

### *Asthma Continued—Its Treatment.*

HERE are a few facts in the course of this erratic disease which we have overlooked in the preceding descriptions, to which we will briefly refer before proceeding to speak of treatment. The recurrences of the fits of asthma are extremely various. In some we have a single fit, and, when this is over, the disease ceases altogether, and the patient returns to his former health. More commonly, we have two or three fits occurring night after night, and then passing off. In some they recur with great regularity, once every few weeks or months. Others have an attack, lasting for several days or a week, regularly once a year. Sometimes, after asthma has harassed a person by frequent attacks, it leaves him altogether, and does not return for several years. There are three conditions of the air which constantly induce asthma: 1. The electrical state of the atmosphere. 2. The foreign matters in the atmosphere. 3. All causes which produce catarrh and bronchitis. The immediate cause of this disease in those subject to it is the great delicacy and morbid sensibility of the pulmonary nerves, and the mucous membrane lining the air tubes and air-cells. There is a great deal of difference in the influence produced upon different persons by the same cause. Hence, it is that some asthmatics breathe best in the smoky atmosphere of the city, while others can not pass a single night in it without the unwelcome companionship of a paroxysm. Some are comfortable on the low, moist grounds surrounding a marsh, while many can only sleep in the pure air, on the top of some mountain range. These are radical distinctions, and can easily be accounted for; but we find that many persons will sleep in one

street of the same town and can not in any other, and on one side of a street, but not on the opposite, and even in the back room of a house, but can not in the front. The reason for these differences can not always be traced satisfactorily. The cause is too subtle for discovery without a protracted and minute investigation of all the influences, both beneficial and injurious, in operation in the opposing localities. But, whatever the cause may be, there can be no doubt that it is produced by inhaling the impurities with which the air is impregnated in one position and not in the other.

**TREATMENT.**—The hitherto abortive efforts to cure asthma have produced a profound public conviction that this malady, when treated by any and every *usual* form of medication, is beyond the skill of our art. Physicians, too, almost universally regard it as *incurable*, while *patients* have long since ceased to expect more than palliation of their sufferings. This state of the popular, the professional, and the invalid mind, is, in itself, the strongest testimony that can be offered against the truth of those principles of practice which have hitherto directed the administrations of the physician. If any good is really to be effected by medicines, it must be in some radical change, either in the medicines used, or in the *manner* of their use. The treatment pursued for ages has been one continuous round of experiments through the same channel. There is scarce any article in the *Materia Medica* which has not at one time or another been tried as a remedy for asthma, and yet from each and all failure and disappointment have been the only returns.

Why is this? We can find no sufficient reason in either the *cause*, the *pathology*, or the *progress* of asthma. A disease *may* spring from so deeply

rooted a vice in the system, or depend on such extensive disorganization, or be so rapid in its progress as to place at defiance the most efficient remedies. But we have here a disease most simple in its origin, and in the changes to which it gives rise, and remarkable for the slowness of its progress. What is asthma? An affection of the air tubes of the lungs, arising either from a morbid sensibility of the mucous membrane, or of the pulmonary nerves. It comes from a local cause, and is maintained by a local condition. If we seek to investigate its nature more closely, pathological anatomy only confirms this opinion, unless, after a long continuance or in cases of very aggravated character, every organ in the body, except the lungs, is found healthy. In the lungs we find in one case morbid *sensibility* or *irritability*; in a second, *thickening* of the mucous membrane; in a third, *ulceration* of this membrane; in a fourth, the *expansion* of the air tubes here and there into *bags*, *pouches*, or *cavities*; while in a *fifth*, the air-cells of the part in which the disease is seated, are *ruptured*, and more or less completely destroyed. But there is nothing malignant in the character of asthma. It comes from such causes as produce our simplest colds, or severest inflammations. It progresses slowly, and for a long time the general health continues tolerably good—far better, in fact, than is usual in other serious local affections. Reasoning, *a priori*, therefore, we should expect to find asthma one of the most curable diseases; yet, strange to say, nothing has hitherto been done to prove it such. To account for this result, there must be some great fallacy in the treatment, which we conceive to be in the practice of swallowing medicine into the stomach instead of addressing the remedy to the lungs direct by inhaling medicated air.

## LETTER XXX.

*Asthma—Treatment—Continued.*

IN assuming the fallacy of the usual treatment, and the entire curability of asthma by inhalations, it is not our intention to claim any wonderful knowledge or miraculous skill, but merely to explain the grounds and results upon which we base this opinion. Experience has abundantly proved that we accomplish no good by sending *local* remedies on a blind mission through the stomach and general system. Where a fact has become so indubitably established by the trials and testimony of ages, it is unwise and unprofitable to dispute it. And this fact is clearly established, not only with reference to asthma, but applies with equal force to every *chronic* local disease that can be reached by local medication. We say *chronic*, because *acute* inflammations form a partial exception to this rule. Chronic affections of the *eye*, of the *throat*, of the *organs of generation*, of the *skin*, the *bowels*, the *stomach*, etc., all are treated with great success by the direct application of medicines—as washes, ointments, injections, mixtures, etc. Now, analogy is clearly in favor of applying the same principle to the treatment of all chronic diseases of the lungs, and especially so to the treatment of asthma, an affection we have shown to be so purely local, both in its cause and effects. If we had no *facts*, we might reason from the nature of this disease alone, with great force in favor of a local treatment. But is not the analogy placed beyond all question by well-known facts regarding the beneficial action of medicines in this disease? Has not the little relief which the poor asthmatic has hitherto obtained been procured by *inhaling*? The old custom of burning "*saltpeter paper*," of "*smoking stramonium*," and the more

recent employment of "*ether*" and "*chloroform*" during the fit, are illustrations of the action of inhaled remedies. And though these can only be regarded as *partial* in their application, and limited in their usefulness to affording relief during the fit, the relief they have thus afforded overbalances the benefits obtained from all others a thousand-fold. And if this be true of the inhalation of these simple palliatives, you can readily understand how prompt and radical must prove a thorough and judicious treatment by inhalation under the care of a physician, practically acquainted with the action of inhaled remedies, and who directs his efforts not merely to relax the spasm and afford relief during the fit, but to subdue the morbid irritability and sensibility of the mucous membrane, and break up the Chronic Bronchitis on which the asthmatic attacks depend.

It has become the practice of medical men to meet all alleged cures of consumption from inhaling, by contending that such cures "could only be of cases of chronic bronchitis simulating consumption." Though such a view is wholly erroneous, as assuming the incurability of Phthisis—let us accept it in this instance, to save argument. What is asthma, in the great majority of cases, but mere Bronchitis attended by spasm of the muscular coat of the air tubes? The same condition exists in nine cases out of ten, without fits or paroxysms, and we call it *chronic bronchitis*—dry or humid, as the case may be—in the tenth, with labored, irregular, and interrupted breathing, and we call it *asthma*. If *inhalation* is sufficient to cure bronchitis when so *inveterate* as to resemble consumption, it must surely be sufficient to cure asthma in all cases depending on *simple* bronchitis—and of such are eight cases out of every ten. Again, in asthma arising from morbid


sensibility, soothing and tonic inhalations soon overcome the susceptibility of the air tubes, and restore their lost tone. Of purely spasmodic or nervous asthma, therefore, there are very few cases that do not admit of radical cure. This narrows the incurable cases down to those old and inveterate *emphysemas* which depend on structural changes. These cases are beyond *repair*; but the ulceration of the mucous membrane can be healed and the secretions corrected, and the lungs can be so strengthened and invigorated as to render them but little susceptible to those influences which bring on the fit, thereby saving the patient from the suffering of repeated attacks, and rendering his life comparatively comfortable.

The length of time necessary to break up the diseased condition of the mucous membrane of the lungs, on which asthma depends, is necessarily much greater than for the cure of the same condition when unaccompanied by asthmatic fits. The reason of this difference is the extreme sensitiveness of the lungs in this disease, and the almost impossibility of preventing many drawbacks from relapse during the progress of the cure. Certain mild forms of asthma are often radically recovered in the brief space of a few months. But after asthma has endured for many years, and has become established and inveterate by age, progress can only be made slowly. The diseased condition of the lining membrane of the air tubes has become habitual—a kind of "*second nature*"—and stoutly resists a return to health. Many of these cases occupy a year of close attention to treatment to overcome them. As a rule, the asthmatic invalid should make up his mind at the outset to persevere in the use of the Inhaler for several months after every symptom has disappeared, and should be as faithful in all the details

of their treatment as though in hourly apprehension of the return of the disease. Many patients defeat their own cure by abandoning treatment almost as soon as they have obtained relief.

## LETTER XXXI.

### *Asthma Treatment—Concluded.*

 F all the chronic diseases to which the lungs are subjected, there is, perhaps, not one which is more certainly curable, or which manifests more speedily the beneficial influence of direct treatment than Spasmodic Asthma. Except in those aggravated forms of this disease in which the air-cells and bronchial tubes of the diseased part are already disorganized and destroyed, cure is almost certain to follow a steady and proper use of remedies by Inhalation. A successful issue in cases of very long standing—as fifteen, twenty, and even thirty years—is only a question of time. There are no incurable organic changes. Asthma is almost wholly a functional disease. The chief organic difficulty to be overcome is the *thickened*, and, as it were, *indurated* state of the mucous membrane, induced, in old cases, by the long continuance of the chronic bronchitis on which asthma depends.

But while asthma is so certainly curable, and so promptly responds to a proper treatment, encouraging us almost from the outset by relief and improvement, there is not, in the whole catalogue of ills to which poor humanity is liable, one which requires a more determined and persevering employment of the means to attain the desired end. Nor is there one which, when partially cured, so readily *relapses* into the old condition, undoing in a few days all that it has acquired months to attain. To

radically uproot an inveterate functional disease like asthma, in a constitution morbidly susceptible to every injurious influence—for of such are all asthmatic people—requires necessarily a great length of time. As a rule, one year should be set apart by all old asthmatics for their treatment, while mild and recent cases require usually six months to effectually break them up. We have seldom met with a relapse from the recovery of asthma, when the patient could be induced to continue treatment for several months after the last symptoms had disappeared. We are the more particular in enforcing this to save those suffering from asthma from being over sanguine of rapid cure, and to dissuade them from the suicidal folly of regarding themselves as *cured* almost as soon as they are *relieved*. We would

not have them begin treatment with hopes, which the very nature and past history of the disease ought to teach them, can not be realized.

In the past, the physician, in attendance upon consumption and asthmatic cases, has done little more than silently contemplate miseries, which it was his province, but not in his power, to relieve. Let us hope a life of greater activity will be opened up to him by the success which has attended a more rational application of the principles of medicine to the cure of pulmonary diseases. Once *practically* acquainted with Inhalation, he will discover how very possible it is for the healing art to be retarded in its progress, and limited in its usefulness, by an inveterate devotion and immoderate zeal for the usages of the past.

# Remarkable Cures of Hopeless Cases.

TESTIMONY FRESH FROM THE PEOPLE IN FAVOR OF COOL MEDICATED INHALATIONS, IN THE TREATMENT OF DISEASES OF THE

## NOSE, THROAT, AND LUNGS.

THE OLD PRACTICE CONDEMNED!      THE NEW SYSTEM SUSTAINED!

**M**EN are but the creatures of a day, but principles are eternal. Every page that History writes with the golden pen of Time, records the decay of Error and the triumph of Truth. When Truth and Error are fairly brought to an issue, the latter dies, while Truth lives on—"the eternal years of God are hers!" Mankind will never be at peace while Error lives. The human spirit, impelled by a divine law, as the magnet to the pole, will never rest until the harmony of universal truth is felt and understood. Until this blessed consummation, *agitation* must go on! the world must be redeemed from Error! Right must be established, and Justice maintained! To this end the world is peopled, and a divine mission established for all men! All are workers in the divine economy.

Almost a quarter of a century has elapsed since I began my service in the channel of thought which has found expression in the "Common-Sense Letters to the People." Measured by human life, a circle of existence has transpired, and in the interval has dawned and died a generation of mortals upon the theater of the world. But measured by the eternal cycles of Time, one second has scarcely been told—and yet

what *change* has been effected, what growth evolved in so short a space! Valuable as the lesson may be, we have no time for retrospection. The future is only important to the world.

The mission of every department of Science is to discover Truth, and apply it to purposes of human need. That part which we call "medical science," has for its object the amelioration of the physical suffering of our fellow-mortals. All discoveries in this direction should be welcomed by mankind! but such is not the experience of the advanced thinker. A *fact* as clear to the understanding of one as the crystal is to the eye, may not be so to another. Until both understand alike, there will be no end to antagonism.

So, when I began to advocate the merits of local treatment for diseases of the pulmonary structure, I was met upon the threshold of my career with a storm of derision and a bitterness of prejudice which almost drove me from my purpose. My offense was, that I dared to doubt the plenary inspiration and traditions of dead and rotten authors, whose errors were to be held as sacred as the living truths of Deity. War was declared! and the decree of social ostracism and defamatory rebuke was to silence

or exterminate the audacious innovator. The principle, however, remained impregnable, and behind this I felt myself secure and fortified against the assaults of "a world in arms."

Time sets all things right. The law of progress compels men to change their views, if in error. An unreasoning man; however loud his declamation, has no permanent power to control the actions of his more advanced fellows. Even the presumption of wealth must, when coupled with ignorance, stand back, to make room for the more unpretending thinker of great thoughts. The man that *can not* reason has no power to deter men from embracing the truth. The man who *will not* reason, must take the consequences of his folly; and the man that *dare not* reason, *is not a man!* An individual member of the second class of bipeds, who held and still holds a first-rate social position (?) oracularly delivered himself of so degrading a sentiment as the following, in a circle of friends who were discussing the merits of localized treatment for the lungs. Said he: "*I would rather die by the old practice of the Fathers, than embrace the new system of treatment, if I was even assured of a cure!*" Of course this is the language of a *bigot*, and exhibits a most deplorable infatuation of mind! indeed, a condition almost as deplorable as that which belongs to the driveling idiot. It is a nice question to decide, whether to pity such imbecility, or to condemn the *nastiness* of the sentiment most! I said infatuation of *mind*, but there is no evidence of mind displayed in this sentiment—rather an entire absence of it. Why, mind is the crowning dignity of true manhood. All that constitutes the nobility of the race finds its expression in ratiocination. Here only is man distinguished from this craven, crawling, dirt-eating, well-dressed animal! How true it is, as Mr. Emerson has said, that "men jostle each other's elbows in a social way, that live a thousand years apart in the development of the soul!" Once for all I wish to say, that this book has not been written for either fools or bigots, or moral cowards. If you fear the truth, read no more; if you would rather die than live,

then *die!* "the world will be the better for it!" Such imbeciles are an affliction to the world, and the best service they can render humanity is to get out of the way and be forgotten.

In writing my "Letters to the People," the object has been pre-eminently shown, that the old method of treating diseases of the pulmonary structure, through the stomach, is irrational and unscientific. It is not my intention in this division of my work to enlarge upon the argument, but to present an array of facts that will compel conviction, that the new system of treating diseases of the Nose, Throat, and Lungs, by medicated vapors, merits both public respect and private confidence.

When PROF. ELLIOTSON presented to the British public a tabulated statement of the success achieved by medicated inhalations over pulmonary disease, in the *Hospital at Brompton*, he did a great service to the world at large. It was the first official announcement recognizing the curability of Pulmonary Consumption and its co-related diseases by the new system of treatment. It was as a great light dawning upon the dark field of medical research; and real men took courage, and with new zeal and devotion to the cause of science explored this hitherto neglected channel of thought—with what results the intelligent reader is well informed. The opprobrium that "*consumption is incurable*" no longer rests upon the medical profession as represented by its advanced minds. The camp followers still shake their empty heads in doubt, and lag behind.

I have been employing medicated inhalations in my practice for a full quarter of a century. For the most part of that time I have made the treatment of diseases of the Nose, Throat, and Lungs a specialty; and for the last ~~ten~~ years the number of patients treated by medicated inhalations has averaged fifteen hundred a year. In ten years I have treated FIFTEEN THOUSAND PATIENTS for every form of pulmonary disease, every one of which I have recorded in my Case Books, with symptoms and treatment noted. From this data I compile the following tabular statement for two years,



which will show that pulmonary disease is as amenable to successful treatment as any other class of human maladies.

TABULAR STATEMENT,

*Showing the Results of Treatment by Medicated Inhalations, for Diseases of the Nose, Throat, and Lungs, from July 1, 1868, to July 1, 1870:*

NAME OF DISEASE.	No. Treated.	No. Cured...	No. Partially Relieved...	No. Died...
Consumption .....	1,152	513	474	165
Bronchitis .....	636	329	260	47
Asthma .....	329	216	86	18
Catarrh .....	436	367	47	22
Loss of Voice .....	109	91	12	6
Enlarged Tonsils .....	157	93	47	17
Elongated Uvula .....	78	64	14	...
Putrid Discharge from the Ears .....	29	19	9	1
Partial Deafness .....	63	43	21	...
Deafness .....	1	1	...	...

In the above statement it will be observed, that the Fell Destroyer, Consumption, has marshaled the greatest number of victims. In most cases, where the disease proved intractable, it was so far advanced before resorting to treatment that no success could reasonably be expected. Indeed, it is not an uncommon occurrence to order treatment a few days before the termination of the disease, when the system may be said to be in a state of dissolution. I have received telegrams not to send the treatment to persons ordering, who died a few hours after sending the statement of their condition in the circular. One person, *living in the city*, applied by circular for treatment. A close examination of the symptoms unmistakably indicated the early approach of death. I declined treatment. When the brother returned home, *within the hour*, the beautiful spirit of his sister had passed the bounds of earth. Another instance of a young man of fine social position and good education, whom I visited by the urgent solicitation of his mother. I found him sitting in an easy chair in the hall, looking out upon a beautiful landscape, in a Summer evening. I received his salutation at the door. It was a startling announcement to make to that anxious mother, that the seal of death was on the brow of her expiring son. Before morning the decaying body alone was left to the

gaze of weeping eyes, and the spirit was born into new life.

The experience I've had proves to my mind that Consumption can, if treated judiciously, be cured in the earlier stages of the disease, in a large majority of the cases. The fatal mistake is in procrastination. Men will neglect a cough, as if it gave no admonition of pulmonary irritation. Catarrh and Bronchitis are accounted of no importance, and are strangely neglected; or if the physician is consulted, he satisfies his patient by dosing his stomach, and assuring him there is no danger—no cause to be apprehensive. O, how many persons have been thus deceived, and how bitterly they regret the success of the dissimulation let the following letters testify:

MRS. MARGARET HARRIS writes from Poplar Grove, Putnam county, Ohio, April 25, 1864:

DR. N. B. WOLFE—*Dear Sir*,—We received your medicine, but too late to effect any good results. My husband only used it one day, when a tubercle broke in his left lung, and he had not strength enough to throw off the matter thus suddenly discharged. *The day he died he told me he had a great deal of faith in your system of treatment and medicine, and told me to write and let you know how it was.*

It is pitiful indeed to read letters like the following, which records the regrets of the writers for wasted time. While we concede the justice of the reproach to those who mislead their patients, we can not discover its value, unless it be to deter others from yielding implicit confidence in the judgments of men that are warped by interest and blinded by prejudice:

OSTRANDER, Delaware county, O., }  
October 12, 1867. }

DR. N. B. WOLFE—*Dear Sir*,—It is my duty to inform you that your patient, my beloved daughter Jennie, has departed this life. She died on the 9th inst. She found great relief from your treatment, and used it as long as she was able, but she felt, and so did we all, that we had applied for it too late to save her life. We wish to thank you for your prompt efforts to save our daughter to us, and to assure you *that our faith in your mode of treatment, as we have seen it tried, is more firmly fixed now than it was before.* We feel that precious time was lost before we applied to you, and that she should have been using medicated air instead of using cough syrups, powders, and other medicines which were never de-

signed to *cure*. If doctors would only say at once that they could do nothing to arrest the decay of the lungs, would it not be better than to persist in drugging the patient to disguise the fatal symptoms of the disease? They tell their patients that they will get along after a while, but, alas! 't is toward the portal of the tomb. After time has been wasted—when the disease has grown formidable—and when death is inevitable, they give their consent to the trial of medicated inhalation; of course, predicting what is apparent to all—that it will fail. If they had been equally candid in predicting the failure of their own treatment at the beginning, it would have given us opportunity to apply elsewhere for relief, where we had more reason to think it could be obtained. It is a poor comfort, indeed, to be told "the doctor did the best he could." . . .

Thanking you for your kindness and devotion to our darling in her hour of deepest trial, I remain, your friend and well-wisher,  
S. D. DEAM.

MR. WM. MAXWELL writes from Cookstown, Fayette county, Penn., May 23, 1864 :

DR. N. B. WOLFE—*Dear Sir*,—My symptoms do not denote any improvement of late. I am compelled to lie down a good deal from weakness, while my cough increases, and my expectoration becomes more copious. I am gradually falling away, and have prostrating night-sweats. I fully realize that the disease had a too powerful grasp upon my vitals before I applied to you for aid. But, Doctor, *if I die, I shall uphold your treatment on my dying bed, in my dying hour. I feel sure that, if I had commenced sooner, I would now be a well, instead of a dying man.* Good-by, Doctor. I remain your sincere friend,  
WILLIAM MAXWELL.

MR. A. J. LANE writes from Adamsville, Muskingum county, Ohio, January 12, 1864 :

DR. N. B. WOLFE—*Dear Sir*,—Mrs. Lane died on the 3d of the present month. She appeared to improve under your treatment for about three weeks, when she began to sink. . . . *Had I put her under your treatment earlier, I think she might be living now; but I feel I did the best I could for her.* Doctor, I have lost all confidence in those quacks who ignorantly or purposely deceived me about the true condition of my wife. *Had they not told me my wife would get along, I would have put her under your treatment at least a month or six weeks sooner than I did.*

MR. EDWARD NEWHOUSE writes from Argos, Ind., August 22, 1862 :

N. B. WOLFE, M. D.—*Dear Sir*,—I write to you this morning with a sad heart, for our beloved son, James Newhouse, who was under your charge as a patient, has passed away.

Having witnessed the effects of your treatment upon my son, and had some opportunity of judging of your skill as a physician, I am free to say that I do think

that if my son had been put under your care two months sooner he would have been restored to health. I have the utmost confidence that such would have been the result, and I would confidently recommend any person that has weak lungs to try your treatment before the lungs become broken down into ulcers, for *I believe if my son had applied to you before his lungs became broken down, he would have been cured.*

In conclusion, I would say to you, sir, though we are strangers to each other, please receive my most grateful thanks for your kind admonitions and professional courtesies while treating my son, and allow me to subscribe myself your true well-wisher.

EDWARD NEWHOUSE.

I will close these extracts and letters, which have a sad interest in them, by the following, written by EDWARD PIERCE, a very intelligent gentleman of Xenia, Ill., May 13, 1864 :

DR. WOLFE—*Dear Sir*,—Doubtless you have been expecting to hear the sad intelligence of the death of our beloved son, William A. Pierce, lately your patient. He left us for that clime where there is no sickness or sorrow, April 26th, after a week's severe suffering. He followed your directions faithfully in the first and second months of your treatment, and thought himself improving, but he was unable to use any of the third month's treatment. He wished us to write to you, expressing his thanks for your kind attention while under your charge. He thought, had he applied to you for treatment at an earlier date, he might have regained his health. *As it was, we were all well aware his condition was a hopeless one, when your treatment was brought in.* Still, we must say we have the greatest confidence in your treatment, and shall ever feel grateful for your kind attention.

Most truly, yours,

EDWARD PIERCE.

It has been frequently asked why I undertake to cure such hopeless cases as the foregoing. We fully comprehend the purpose of this question, and will answer it frankly.

It is the duty of the physician to receive every case, for it is not in the power of man to determine which is past the possibility of recovery. We have now the pleasure of seeing in comfortable health, and with the promise of many years of life, not a few whose death was looked for from day to day; in several of these we did not dare to hope for recovery, such was the desperate extremity to which they were reduced; but we regarded it as our duty to persist in the employment of every possible means, and

these have been crowned with success. Had we denied them our assistance, our inhumanity would not have been less real because the knowledge of it was buried in their graves. We know not how low a patient may sink, and yet be rescued by proper treatment. Nature will sometimes rally almost from the grave itself. If we have not withheld our assistance from those who have appealed to us in the last extremity, it has been because we could not look with an un pitying eye upon sufferings which we had the power to relieve. When the mind of the invalid, despairing of any benefit from the prescriptions of his physician, kindles a hope that *we* may yet be able to save him, and in this spirit seeks our advice, it is not for us to refuse the responsibility through personal considerations. It may be that we feel it as a severe and unjust test of the merits of our treatment, and we may also anticipate the carping of those whose interest it is to hide their own ignorance and neglect; but these are not reasons to weigh against the obligations of *humanity*. Happily, we are not without an ample justification and reward in the results of experience. If we could point to only *one* case in a thousand rescued from death under such circumstances, it would still be sufficient to encourage us to proceed; but instead of one in a thousand, we can point to *many* in a hundred!

The physician should take a higher and nobler view of his duties in prescribing for the sick than to stay and ask himself what may be the effect upon his professional reputation. To us it seems as much his mission to mitigate, by every means within his knowledge, the pains and tortures of disease after it has become *incurable*, as it is to strive for the recovery of a patient before it is so. Many a death-bed has been made easy, and the lamp of life permitted to go quietly out, through timely ministration of medicines, which would have been racked with agony had these been withheld. Medicine should be to the *body what religion is to the spirit*—the staff of reliance in health, and the solace and comfort in death. We plead guilty to the crime of having prescribed for many, very many, who were re-

duced to the last condition of hopeless misery, and for this humanity have only one regret to offer, that we have found so few physicians to bear us fellowship. One consolation, too, we have, and it is one which will not easily be taken from us—none can say, in truth, that we have ever withheld from a patient a knowledge of the real peril of his situation; or, in one instance, have been guilty of the cruel mockery—too common in our profession—of encouraging hopes which were not likely to be realized.

Let none, then, in future think to reproach us by the charge of prescribing for the hopelessly incurable. This, which they think a dishonor, we esteem as the highest commendation, and pray that the day may never come when sick ones, in despair, will apply for succor at our hands without receiving the utmost in our power to bestow.

By the old system of treatment—by pouring poisonous compounds of drugs into the stomach—every case of pulmonary disease may truthfully be pronounced “hopelessly incurable.” I have no hesitancy in declaring my belief, that eighty per cent. of the patients I have treated successfully, for pulmonary disease, would, without qualification, be pronounced by stomach-dosing physicians as *hopeless* cases. It will now be my duty to place such testimony before the reader as will establish, beyond controversy, the verity of my statement.

From among the “*hopeless*” cases that *did not die*, under the use of medicated inhalations, I will introduce the testimony of ROBERT H. REED, ESQ., the well-known and highly-esteemed merchant, of Kenton, Ky. The evidence is so clearly stated, and so direct in its application, that it is scarcely necessary to add a word to engage the reader’s attention. It will be noticed that medicated inhalations were resorted to as “a forlorn hope,” and that the recovery of the patient was as unexpected as it was gratifying to his friends.

**A Hopeless Case of Tubercular Consumption Cured!**

KENTON, Kenton county, Ky., }  
May 23, 1870. }

DR. N. B. WOLFE, Cincinnati, O.—*Dear Friend*,—  
In regard to your friendly inquiry after my health,

I am happy to assure you that it never was better, and for that health, and even life itself, under a kind Providence, am indebted to your skill and experience.

I believe now, that had I never called to consult you about my case I would ere this have been numbered with the dead. You commenced treating me for follicular disease of the throat and bronchia, and for tubercular obstruction of right lung, on the 14th of October, '1868, and after three months' treatment was attended with the most gratifying result; at the time I commenced taking your medicine I was greatly reduced; for months I had passed sleepless nights, coughing almost incessantly. My condition was most wretched and pitiable indeed: how I suffered none can tell, except those who have passed through the same bitter experience. I had tried various physicians and various remedies for relief, but in vain; the disease marched steadily and resistlessly on, carrying me, as I believed, to my grave. When I first called to consult you about my case, I must confess that it was with a good deal of that sort of faith that drowning men are said to see deliverance in, clutching at straws. My friends all looked upon the experiment as a sort of forlorn hope—a probable prolonging of a life past medical skill to restore. You know not with what anxiety and solicitude they watched the progress of the case; but, thanks to your skill and experience, I am in the enjoyment of better health than ever before, and with a constitution reinvigorated. I have not had occasion to take a single dose of medicine for more than eighteen months. My weight exceeds by thirty pounds any weight ever attained by me before, even in my former healthiest condition. I do not and have not hesitated to recommend your mode of treating all diseases of the nose, throat, and lungs as the safest and speediest, and the most satisfactory, and I do believe cures effected in this way are permanent.

Please accept my sincere thanks for the friendly interest you manifest in my health, and all else that concerns my welfare. May you live long to confer the same blessings upon suffering humanity that you have upon me; the subscriber will ever hold your services to him in grateful remembrance.

Very sincerely, your friend,

ROBERT H. REED.

The recovery of one such "hopeless case" in a hundred, as that of Mr. Reed's, would justify the physician in relaxing no effort to prolong life, while the vital spark was not entirely extinguished. Of a like nature and "extremity of ill" was the case of MRS. MARY CORNELL, whose letter will be next placed before the reader. This lady is the wife of E. J. Cornell, Esq., the Assistant Postmaster at Columbus, O. It will be noticed, that she was thought by her physician to be in a *dying condition* when the new treatment was commenced. Her husband was informed that SHE COULD NOT LIVE TWO

HOURS! and yet, hopeless as this case was, her health was most happily restored:

#### Asthmatic Consumption Cured!

WORTHINGTON, Franklin county, O., }  
October 20, 1871. }

DR. N. B. WOLFE—*Dear Sir*.—The season for visiting has passed, and yet we have not had the pleasure of seeing you in our village, as you partly promised we should, if you could arrange your business to leave it for only two days. I know how it is, so I have no complaint to make, however much I may feel disappointed.

I had so much to say to you, which I could not write, and my family were so anxious to see the man who had saved me from so much suffering, and, as we all believe, death, that really you have escaped an ovation by remaining at your post of duty. At the last anniversary of our wedding, dear husband and I really did wish you to be present to share our enjoyments and receive our thanks.

We all feel that you have been a true and good friend to us in time of need, and you must allow me to express my gratitude in this way, if you will not receive it in person. When you undertook to restore my health, you scarcely understood the magnitude of your enterprise. It is necessary now to inform you what you have really accomplished.

For twenty years I had been subject to sore throat and cough, and for the past five years a confirmed invalid. My disease baffled the skill of the most celebrated physicians of this and other States. I can not tell you how many were employed, but none gave me the slightest relief of a permanent character. My symptoms were peculiarly distressing. For hours I would struggle for breath, during which time the flame of life could only be kept alive by fanning, and the kind offices of loved ones. Frequently my breathing seemed to stop, or recurred with such gasping intervals that every breath drawn would appear to my afflicted friends to be my last. I was entirely willing that the silver cord should be loosened, for such suffering could no longer be endured. I felt that I was choking—smothering—dying! O, such distress, and such helplessness! What agony to endure, and yet no hope of relief! I could not raise my hand to my head, and could only make my wants known by the mute language of the eye. My attending physician retired from my room with my dear husband to say, he had no hopes of me living two hours! Anticipating this opinion, we had ordered your treatment two days previous, and were now free to inform the doctor of what we did. He shook his head, and remarked, "Your wife will be a corpse before you receive Dr. Wolfe's medicines." I am happy to say he was mistaken, though all were of his opinion at the time. Under such circumstances your medicines and Inhaler were received, and their use commenced. It was a severe test for your new treatment, and we all expected it to fail. I had tried the old Thompson practice of Lobelia and high belia, Allopathy, Homeopathy, Electropathy, and Hydropathy,

but grew gradually worse in my condition. Your Inhaler was held to my mouth, for I could not raise my hand to perform so trifling an office. As I drew, for the first time, medicated air into my lungs, I felt my hopes revive. Thank God! I mentally ejaculated, I still live and hope. My distressing paroxysm gradually gave way, and I was soon relieved, so much as to be comparatively comfortable by continuing the medicated inhalations. I was reduced to a mere skeleton, and could not take as much nourishment as an infant. Some of my physicians pronounced my disease Laryngitis—some Pharyngitis—others Bronchitis—some Croup (of five years' standing)—and again, it was called Liver Complaint; but they would not call it as you did, Asthmatic Consumption! My cough and terrible paroxysms of choking gradually began to subside from the first time I began to use your medicated vapors. For more than two years now, neither have returned.

Do you remember, Doctor, when you wrote, "Mrs. Cornell, you will never have another savage choking?" That promise did me ever so much good! Thank God for that! I exclaimed. I believe Dr. Wolfe, he has never deceived me. Since then, O, what a change! I wish you could see me now—restored completely! and happy in my new-found health. I was an object of pity, but am now an object of envy. The girls would like my rosy cheeks, and—well, it won't do to say plump form, that don't exactly express it—conceive of something better, then you have it.

Perhaps you would like to know how I put in my time. Well, I'm preaching the new gospel of health far and wide, at home and abroad, with voice and pen. I sound it from the housetops, and through the streets of Worthington. I visit the invalid, and whisper hope to the despairing ear, and encourage the sinking heart to be firm! How many converts have I sent you? a dozen at least; . . . but I have written too long a letter. Come up when you can. You'll be no stranger here. . . .

I remain your sincere and grateful friend,  
MRS. E. J. CORNELL.

P. S. Place me among the witnesses to testify to the value of medicated inhalations in the next edition of "Common-Sense." Mrs. E. J. C.

The foregoing case was one in which Asthma had terminated in Consumption, and both diseases maintained their most distressing characteristics up to the time of treatment. A copious expectoration from wasting cellular structure, and at the same time those suffocating spasms of contraction of the smaller branches of the bronchia, were the leading symptoms which commanded most attention. No routine treatment through the stomach could have reached this case; but as soon as the lungs were filled with medicated air, a sense of relief was at once experienced, which ulti-

mated in an entire restoration of health. The reason is, the application of the remedies was *direct*, and hence effective.

We recently addressed a note to MR. DAVID BAKER, the fashionable hatter of this city, in regard to the present condition of his health. Two years ago he was suffering with a malignant disease of the throat, which threatened to terminate in the destruction of the pulmonary structure. He had received the best professional attention the city could afford, but his condition was hastening to a fatal catastrophe; and so thought himself and friends. In this condition he consulted with me in regard to his health, and placed himself under treatment, the final result of which may be learned from the following characteristically polite and friendly letter:

No. 102 West Fourth St., Cincinnati, O., }  
November 1, 1871. }

DR. N. B. WOLFE—Dear Sir,—Your note bearing even date with this is to hand. Accept my sincere thanks for your kind wishes, and believe me, with reciprocal regards, yours truly.

In regard to my health, it is every thing that could be desired. My throat and lungs have given me no trouble since you pronounced them well. I have no cough or pain in any part of my chest. I have taken cold once or twice by exposure, but no ill effects were left to remind me of the old infirmity. The good health I now possess enables me to enjoy life with comfort, and to attend to business with pleasure and satisfaction.

I can not permit this opportunity to pass unimproved without thanking you most sincerely for the great service you have rendered me as a physician. Whatever is valuable in life I feel I am indebted to you for its enjoyment. Hence I remember you in pleasant places.

May you be abundantly rewarded for your efforts to save from death the dying—to revive the drooping spirits of the desponding—and to restore to health the sickly children of the race! is the sincere wish of your grateful friend,  
DAVID BAKER.

Much has been said about the *permanency* of the cures effected by medicated inhalations, and in this way interested enemies to the new system of treatment have attempted to poison the public mind in its legitimate achievements and merits to public favor. Such questions as, "Will medicated inhalations cure consumption *permanently*? Won't asthma *return* again? Do n't you afford only *temporary* relief?" etc., are pre-

ferred by a large class of "anxious inquirers," almost every hour in the day. Something germane to these questions may as well be recorded here, to set this anxiety at rest.

Good health is not a permanent condition with any man or woman. It is a blessing conferred upon those only who live exactly right, and in conformity to the spiritual and physical laws through which we live, move, and have our being. Ignorance of these laws leads to their violation, and that means disease. Knowledge of these laws teaches us to respect them, and as we live in harmony with them we have good health.

The business of the physician is to *instruct* the invalid in what way he has sinned against the laws of health, and thus teach his mind how to avoid such errors in the future. Having acquitted himself of this duty, he is no longer responsible for the good conduct of his patient. With the return of good health, the word of admonition may be forgotten or disregarded, and the reckless, ignorant, intemperate votary of sensualism will, like the dog, return to his vomit, and the washed sow to her wallow in the mire. Of course, such fools must suffer for their folly.

But to be more particular, I will illustrate the argument by selecting the disease known as Asthma, for comment.

The suffering from asthma is peculiar, as may be learned from the letters in the preceding part of this book. Whatever may be said of asthma, it is not primarily an organic disease, but only a secondary expression of a remote cause, whose influence is functionally reflected over the superior portion of the pulmonary structure.

When treating asthma, a part of my duty is to point out the improprieties in living, that my patient may return from the "errors of his way," and "live a better life." Suppose after doing this, and having congratulated yourself, like good dame Van Winkle, on the completeness of the reformation of her drunken husband, he lapses into his *old grooves*, and will go to the devil, despite all counter influences, shall I be held responsible for this *crime*? As well hold the Atonement responsible for every rascal

that falls from grace. I caution my patient against the use of alcoholic stimulants, and point out the certain effects of tobacco to be to aggravate the savage choking he will undergo by using it, still he does it. When I do this, I think I have done my duty. But if the *stupid* ignores the good intent of his physician, who is to blame if he suffers bodily pain, or *financial gripes* for such gross folly? A box on the ear, or a good shaking, might enlighten the understanding, and cure the perversity of such people; but give them no reasons, if you have them "plenty as blackberries," for it would seem that they have no brains. Of course they must suffer, and in their suffering they will squeak and croak about being *humbugged*. O, the knaves—it never dawns upon their *stupid* noddles, that the man is most *humbugged* who humbugs himself!

Once for all, it should be distinctly understood, that *ignorance* of this law is no valid plea in the High Chancery of Health. We *must* understand the relation of the spiritual to the physical organization of our being, else we will commit many errors, and endure much suffering. It is our duty to put ourselves in harmony with Truth, that we may testify that all her ways are pleasant, and all her paths are peaceful. But apropos of the permanency of the cures effected by medicated inhalations. I'll present two letters, written by MR. GEO. C. GLASS, with ten years interval between the writing of the letters. *Mr. Glass* is the well-known banker of this city, who maintains the confidence and esteem of his fellow-citizens. These letters do not establish the fact that asthma has been permanently cured; but if they do not, can any other system of treatment show a record which will approach so near that fact? Strictly speaking, there is no permanent condition in man's physical, mental, or spiritual organization. Change is written in his triune constitution, and with these changes come error and disease. But to the letters:

BANKING-HOUSE OF GEO. C. GLASS & Co.,  
No. 30 West Third-Street,  
Cincinnati, January 12, 1860 }

HENRY WATSON, ESQ.,—Your favor of the 10th inst., inquiring to what extent I have been benefited

by Dr. Wolfe's treatment; and whether I would recommend it to others suffering from *asthma*, is received. In reply I would say I have received much benefit from using Dr. Wolfe's remedies; and what he has done for me I doubt not he can do for others.

I have been troubled for the past *fifteen years with asthma*, which *invariably* made its appearance in the Fall of the year, and continued through the Winter and Spring. Last Fall it came on with more than usual violence in all its symptoms. I called on Dr. Wolfe, and put myself under his treatment by Medicated Inhalations, and received relief immediately, and in one week my breathing was entirely free. I continued his treatment, however, six weeks, under his advice, when I discontinued it, not feeling the slightest necessity for using it longer. It is now more than five months since I used his treatment, and have passed through the season during which I usually suffered most, but without any symptoms of my old complaint returning. *I think I may now consider myself cured.*

I have no hesitation whatever in recommending Dr. Wolfe's treatment to persons suffering from *asthma*, or any other form of throat or lung complaint, and feel satisfied that any one using it will soon be of the same opinion as,

Very respectfully, yours, GEO. C. GLASS.

Now comes Mr. Glass's second letter. It will be seen he has had two or three pretty severe attacks of *asthma* in ten years, but then only in the Fall of the year. But even these attacks he thinks might perhaps not have occurred *had he followed my directions more closely!* Exactly, that's it!

WALNUT-ST. BANK, G. H. BURSING & Co., }  
Cincinnati, November 1, 1871. }

DR. N. B. WOLFE.—*Dear Sir*,—Your note of inquiry in regard to my health is before me, and am pleased to give you an early reply.

In a letter written Mr. Watson, more than ten years ago, I stated that, after suffering for fifteen years with *asthma*, I thought I had been permanently cured, after going through a course of your treatment, lasting about six weeks. I wrote Mr. Watson, five or six months after receiving your treatment; and as for the previous fifteen years I had been troubled with *asthma* at every change of the weather, I supposed from the long lapse without having any attack, that I was permanently cured.

I have, however, since that time, had two or three pretty severe attacks of the *old enemy*; but I never have them now except in the Fall of the year: whereas, previous to receiving your treatment, I was liable to an attack at any time. Although I have many doubts as to whether or not a confirmed *asthmatic* can be cured, I know his sufferings can be greatly alleviated. I can conscientiously recommend any one suffering with that *terrible disease* to call on you; I know you will give them relief, if you do not permanently cure them. *Perhaps if I had followed your*

*directions more closely than I did, I might have been permanently cured.* You ask the privilege of making my reply public through the pages of your very good little work, "Common-Sense." In answer I will only say, if my reply to your letter could be the means of relieving any one suffering with *asthma*, you are privileged to make it as public as you please.

In conclusion, if this letter is to be published, I would wish to say to those who read it, in all social and business relations with Dr. Wolfe, you will find him a *gentleman*. He expresses himself with frankness and candor, and, though he may be mistaken in his opinions, he is never ambiguous, but clearly understood. He will *honestly* tell you what he thinks when asked for a professional opinion, and will either make you glad or sad. He never makes promises which he can not fulfill.

In conclusion, dear Doctor, I will only say that such a man as yourself will have many warm friends, and perhaps some bitter enemies. Among the former I hope ever to remain,

Very truly, yours, GEO. C. GLASS.

#### Interesting Correspondence

*Between two well-known and distinguished citizens of Cincinnati, on the subject of*

#### Hay Asthma.

We are permitted by MAJOR GANO to give publicity to this interesting correspondence to show that the subject of curing "Hay Fever," or *Catarrhal Asthma*, is taking hold of the attention of thoughtful men; and that Mr. Beecher's statement, or its equivalent, that nothing but a *funeral* will cure it, does not meet with uniform acceptability.

The interlocutor in this correspondence is, in age, several years senior to General Price, who, it will be observed, has "passed his seventy-fifth birthday" in a "fresh and healthy state of preservation." Both of these venerable men assisted in subduing the physical wilderness upon which our beautiful "Queen City" stands. It is pleasant to know they have not outlived their days of usefulness, "but are again, with enlarged experiences and matured judgments, pioneering the advent of new thought in the wilderness of mind," and assisting to crown civilization with the higher achievements of science. Hail! all hail! to those representatives of our worthy pioneers!

OFFICE 13 WEST THIRD STREET, }  
Cincinnati, August 18, 1870. }

GEN'L REES E. PRICE.—*My Reverend Friend*,—I have noticed a statement which has obtained an extensive circulation through the public press of the

country, to the effect that Henry Ward Beecher was well satisfied, in his mind, that Hay Fever, Rose Asthma, or Rose Cold—as called—was an incurable disease, and that he had suffered with it for many years, and was still a victim to its annual torment.

Having some friends who are troubled with this affliction, I hope it is possible that Mr. Beecher is mistaken, and I am encouraged to think he is, from hearing that a member of your family, who had suffered a long time with the Hay Asthma, has been successfully treated by a resident physician of this city. It would be a matter of public interest to hear from you on this subject, as any statement you might make would be received with entire respect and confidence by your large circle of friends and acquaintances, and be of public utility.

After so many years of friendly intimacy, I may be allowed to congratulate you on passing your seventy-fifth birthday in such a fresh, and healthy state of preservation.

May you and your venerable lady have many happy returns of it!

May you and yours be blessed with all earth affords or Heaven can send!

Long life, good health, much pleasure, and very many friends!

Mrs. Gano joins in kindest regards to your good lady.

In best of bonds, yours, DANIEL GANO.

To which GENERAL PRICE makes the following reply:

TWENTY-FIRST WARD, Cincinnati, }  
August 22, 1870. }

MAJOR DANIEL GANO—*Respected Friend*.—In response to thy kind inquiring letter of the 18th instant, I state as follows:

My eldest grandson, a member of my family, August, 1860, in the seventh year of his age, suffering from cold in the head, which proved to be "Hay Fever," was unsuccessfully treated, and no relief obtained until 1867 and 1868, and this by a change of locality, for the Hay Fever season, to the cool climate of Lake Chataqua, New York.

In the car, homeward bound, September 30, 1868, the "Hay Fever," or "Rose Asthma," was apparent, and continued, after reaching home, four or five days, very severe. At this time he was placed under the treatment of Dr. N. B. Wolfe, of this city, which treatment has been continued, irregularly, to the present time.

In 1869, encouraged by the *successful treatment* of Dr. Wolfe, for *Nasal Catarrh*, change of climate was omitted; and, although severely tried by dust and heat, at the Boone County Fair, near Florence, Ky., August, 1869, escaped the dread malady said to be incurable. Since, up to this time, my grandson has escaped the torment, causing me to believe the "Hay Fever," or Rose Asthma, curable.

Accept my sincere thanks for your kind congratulations and friendly expressions of regard for myself and companion; and believe me, with reciprocal esteem, including your good lady,

Yours, very truly,

REES E. PRICE.

Since the writing of the foregoing letter, another "Hay Fever" season has passed, and the *grandson* alluded to has had no return of the unwelcome visitor. So this case of Hay Fever, or Rose Asthma, has been cured.

Letter from F. Van Dearsen, Esq.

This letter requires no comment, as it speaks for itself; its author requires no introduction, as few persons are so well and favorably known in the Valley of the Ohio. The age of the writer—sixty-five years—and his long illness conspired against a rapid recovery of health; still, he has been enabled, for more than a year past, to attend to the onerous and responsible duties of his office without the loss of a single day. For one who expected "to be laid in his grave," this recovery of good health is noteworthy, and we take pleasure in placing this testimony, in favor of Medicated Inhalation, permanently on record:

OHIO & MISSISSIPPI RAILWAY CO., }  
Auditor's Office, }  
Cincinnati, August 27, 1870. }

DR. N. B. WOLFE, Cincinnati, O.—*My Dear Sir*.—You are aware that the general sentiment is that testimonial letters are very easily obtained, and not unfrequently manufactured for effect; but I am too well known in this city to excite, in the minds of my friends and acquaintances, any idea of an attempt at sensation in the statement of my case.

When you took my case in hand I said to you that I had become desperate, having been a sufferer from the diseased condition of my nose, throat, and lungs—all being involved—for more than ten years; so long, indeed, had I suffered that the diseased condition of these vital organs had become chronic, and, to ordinary medical treatment, considered incurable.

My constant liability to severe hemorrhages, and the frequent recurrence of bleeding, sometimes to the extent of a pint or more of blood, followed by great prostration and loss of flesh, nausea, and loathing of food, and other attendant afflictions in such cases, led me to try the skill and advice of the best and most eminent of the profession in medicine; and in my anxiety for relief from one or all of these unnatural conditions of the system, I used many of the published remedies, declaring a *sure cure*, in the *vain* hope that by medicating the general system through the stomach, relief might be secured through some of these means; temporary relief was sometimes obtained, but the disease was only laid asleep for a brief period to renew its attacks with greater violence, until in January, 1869, I became convinced that no permanent relief could be found by the ordinary means em-



played in such cases, and I determined, by the advice of friends, to apply to you.

I put myself under your care the 22d of February, 1869, and after three months' faithful use of your mode of treatment, I am happy to say that my condition was greatly improved, and I feel to-day, after eighteen months' trial—though I have only used your remedies occasionally, since the first treatment—that my condition is far better than I could have expected, and am enjoying a good measure of health. For the past year I have not lost a day from my business on this account; I eat heartily of every kind of food that I am fond of, with a good appetite, and enjoy it with a good digestion; sleep quietly; have had no bleeding for a year or more, and I flatter myself shall escape it entirely for the future. My general health has greatly improved, and my lungs are free from the distressing sense of suffocation, which formerly so oppressed me; my nose and throat are free from irritation, and indeed I may say cured.

I attribute my present comfortable condition, under God, to your skillful treatment of my case, though you did not flatter me with the promise of a perfect cure, as my case had been of so long standing, and believe but for the use of your remedies I should long ago been laid in my grave. Up to the period of committing myself to your care and skill in treating my case, I had been treated by all the usual internal remedies for relief, and the topical applications of mustard-plasters, blisters, cupping the chest with dry and wet cups, tartar emetic ointment, etc., but only with the usual results of temporary relief.

I repeat, that I take great pleasure in testifying to the fact, as I firmly believe that your mode of treatment, by Medicated Inhalation and the other remedies employed by you, is the only sure source of relief and ultimate, permanent cure of cases of diseased lungs, throat, and nose.

Very sincerely, your friend,

P. VAN DEUSEN,  
Auditor O. & M. R. W. Co.

When the *Western Christian Advocate* was edited by the REV. J. M. REID, D. D., and the REV. DOCTORS POE & HITCHCOCK were the Agents, the following article appeared in its editorial column, written by its conscientious editor. The "venerated minister" alluded to was the REV. JOHN F. WRIGHT; and "his son," the HON. JOHN R. WRIGHT, it was who was saved by this treatment. Both these gentlemen continue to be warm advocates of medicated inhalation, and never fail to speak approvingly of it to their friends. We have not asked permission to make a more special allusion to Mr. Wright's case, and hence will rest with the stated fact, that the word "saved" implies that "lost" would have been the

substituted verb, had not treatment been resorted to:

From the *Western Christian Advocate*.

An honored friend and venerated minister has presented us with a copy of this work, with an earnest request that we should recommend Dr. Wolfe and his remedies. Our brother assures us that the life of his son has been saved by the treatment, and refers us to other well-known friends likewise benefited. . . . Dr Wolfe has long been an advertiser in our columns, and our Book Agents have had considerable financial business with him. All his dealings with the Concern have been prompt and reliable. Of his system of treatment we know nothing personally, and can not therefore speak of its merits. Some of our best friends, however, repose great confidence in Dr. Wolfe's remedies, or system of treatment, and have urged us to give them favorable notice. *We have all confidence in Dr. Wolfe's integrity.*

The following gossip letter is pleasant reading, and no doubt is a happy reflex of its author's feelings. It is a type of many letters we receive, and it would be sheer affectation in me not to say these letters do me good. They encourage and sustain me under trying circumstances, for the life of a physician is not purely of sunshine. His duties require him to step to the front to meet danger and death. If he falters, the King of Terrors triumphs:

COVINGTON, Tioga county, Penn., }  
September 24, 1871. }

DR. N. B. WOLFE, Cincinnati, O.—*Dear Sir*,—I have received *that package* at last, and again resumed your treatment. I am happy to state that I am *steadily improving*; I can almost see that I gain from day to day. I get out-of-doors most of the time; walk, drive, and ride horseback at my pleasure. I have no business to confine me, and I make the *most* of my time in a *pleasurable sort of a way*. I am fully satisfied that before I commenced your treatment I was a candidate for the grave; but from the first date of your treatment I began to improve. I declare I am getting quite discouraged trying to be sick any longer: people say to me, "What are you taking that so improves your health, you look so well?" I tell them the plain facts of the case are these—I entirely stopped taking medicine, and began to inhale it. They ask me a world of questions about you, and I am loud in your praise before them. I shall do every thing I can to advertise you *favorably* among my friends, especially those that are suffering from lung difficulty. Our family physician called in, and I brought forward your case of medicine; he looked it over carefully, and finally said, "It will not hurt you, keep on with it." But I must stop. I presume you are *both-ered to death* with letters; but if they all (or the ma-

jority of them) speak as favorably of your treatment as I do, it must at least be gratifying to you to know that years of study and hard work have not been in vain. With my best wishes, I am,  
Truly, yours,  
F. C. BARBER.

In all cases we seek to give correct information to our readers, and to call upon the witness-stand persons of unquestionable credibility when testifying to the value of medicated inhalations. Among those we most highly prize are the most truthful. I desire no man or woman to bear false testimony in my favor. Let us know the truth, and bide the consequences. There is no salvation in a lie. It is no favor to be misled, and I would not mislead others. If I knew of a better system of treatment than the one I have espoused—one that could effect more good to the sick and suffering, I would embrace it with all the rapture of my soul! give to it my untiring energies, and zealously guard its reputation from the reproach of the empiric and rascal. But in the absence of any thing better, let us cling to the best, and while it yields such fruits as the following, from our good *Shaker sister*, let us not despair:

**Letter of Confidence, from a Shaker Sister in Kentucky.**

SOUTH UNION, Logan county, Ky., }  
November 22, 1870.

DR. N. B. WOLFE—*Respected Friend*.—Your letter of the 9th ult. was duly received. The box containing the medicine came by express the next evening in good order. The day after we sent for the medicine it was thought I was at the point of death. I thought so, and was perfectly resigned, feeling I had suffered enough. However, the crisis came, and I shuffled off the fever, paroxysms, cough, and expectoration. I was very weak and feeble; I did not feel able to go through with the medicine according to your directions. I postponed taking it two weeks. I have been taking the medicine for three weeks past according to your directions, and have gained strength every day. I rode out eight miles the 9th instant, enjoyed myself first-rate. In viewing the scenery, I almost forgot I had been sick. I feel in hopes by the time I get through with your treatment I will be perfectly cured. If I should have a return of the asthma, we will certainly send for another box. We have a great deal of confidence in Medicated Inhalations. I sleep on a hair mattress and pillow, with woolen blankets and cotton sheets. I have discarded tea and coffee; don't use any stimulus but your treatment.

It is our sincere prayer that you may long live to do good to poor suffering humanity. We are thankful

there are a few in the midst of this perverse generation who will dare to do right.

We subscribe ourselves your true friends,  
MARIA E. PRICE.

#### Asthma.

It will be seen by the following letter that the writer had not entirely recovered from Asthma when he wrote it; but as he intended to apply for treatment again, in the event of his disease returning, and has not done so, I infer he has continued in good health, now more than a year. This will justify the reference I make to his case, as one of severe asthma, yielding to the influence of medicated inhalation:

WARRENSBURG, Mo., }  
October 12, 1870. }

DR. N. B. WOLFE—*Dear Sir*.—The last supply of medicine you sent me came to hand in due time and in good order. I continued the No. 8 Balm, which run over the month as usual, and after that was used up I used the remnant of No. 7, which was on hand; so that by using the remnants on hand I did not commence on my last lot till this morning. My health continues to improve steadily, notwithstanding the weather has been very damp, and I have had several colds. I have not had a spasm in my lungs for near two months, and, thank God, I feel better than I have at any time in the last five years. I sleep fine, go to bed at nine, and seldom wake till four. I have some cough when I wake, but soon raise the phlegm and feel comfortable. I think by the time I use this month's treatment I will be about well, and as I am in such indigent condition, I will try to suspend the treatment for a while, but if I find I am not well, and the disease threatens to return, I will try to find some way to raise the means to renew treatment.

There is no use for me to try to express my thankfulness for the interest you have taken in my behalf, and the blessing of God that has been bestowed on me. If I improve this month as I have done the month past, I will be able to take a situation at some light employment, and be of some use to my family. Again thanking you for your kindness, I now bid farewell. *God bless you!*  
J. G. MORROW.

#### An intelligent Letter

*From an old and respected Indiana Physician, on the new departure in Medical Practice.*

We publish the following letter by permission of its author. We are glad to put on record the testimony of a physician of so much respectability in his profession as Dr. Ritchey, in favor of cool medicated inhalations. His views are clearly expressed, and to the point. He avows his disbelief in the

curability of consumption by the old system of treatment, and therefore is willing to try the new. Read this interesting letter :

RENSSELLAER, Indiana, }  
October 24, 1870.

DR. N. B. WOLFE.—*Dear Sir*,—A week or two since I received, through the Post-Office, your pamphlet on the diseases of the Nose, Throat, and Lungs, and the Cure of Consumption, etc. I have no idea of who sent it to me, or why it was sent. But no difference, I received it, and read it with considerable interest.

I may say here, that I have practiced medicine for forty years. For thirty-five I depended entirely on my profession and success for support. And for the last five I have been on a farm, and have done but little business as a physician.

As a physician I have long been convinced of the utter folly of attempting to cure consumption by any method heretofore recommended. When called upon by persons afflicted with it, I always managed to get clear of the case as soon as possible, and let some more ardent believer in the usual and popular remedies try his skill, and see the failure of his treatment. I have believed for a long time that the disease was incurable, unless some plan could be devised for the direct application of remedies to the diseased parts, and I knew of no plan by which this could be done, which could afford me a rational hope of success. I have had friends who tried the inhalation of medicine by steam and vapor, but their cases had the usual termination. Their remedies either could not be so concentrated as to promote healing, or else they had not the proper remedial agents or suitable appliances for their introduction.

I know not what remedies you use; but from your confident assertion that you can cure the disease, often in its advanced stages, and the declaration of those who have tried your remedies, I am led to believe it is an advance and an improvement upon the former treatment by inhalation and the use of more effective remedies.

After reading the work and your vouchers, I felt if there was any cure for consumption it must be on your plan of treatment, and I felt a desire to see it tried. Accordingly I had a near neighbor, a lady, who it was said was going down with this fell destroyer. She was not a patient of mine, but as a neighbor I put the pamphlet in her hands. The physicians who had administered to her had told her husband they could do nothing to cure her. I would have no desire to treat her case, but I would like to see the effect of your treatment.

I think they will make application to you, and I should be glad to see you succeed in curing her. She was not so sunken as I expected to see her, and I think has no worse symptoms than many of those who ascribe their restoration to health and their escape from death to the efficacy of your treatment.

I have another case in view to whom I will extend the same opportunity; I hope with the same result—

a desire to try. This, too, is a lady, and I hope within reach of your remedies.

Without intruding further upon your time or patience, I subscribe myself,  
Very respectfully,

JAMES RITCHIEY.

Mr. Joshua Tucker.

We have for several years been publishing a letter from this gentleman, in our Common-Sense Book, in which he gives an unequivocal indorsement to the treatment he received by medicated inhalations under my administration! Mr. Tucker's health was so much broken that his hope had deserted him, and his friends thought he could not get well again. He had bled profusely from the lungs, expectorated copiously, could not at times speak above a whisper, and was reduced to an extreme degree of emaciation. In this extremity of ill, his attention was directed to my practice, and a correspondence opened, which resulted in his using the new treatment. His recovery was most prompt and satisfactory, and his health remains good to the present time. Mr. Tucker is a faithful worker, and an intelligent correspondent, and has, on all occasions, so represented the new treatment for pulmonary disease as to induce many to make use of it. I append his old letter, and value it as an old friend :

INDIANAPOLIS, Indiana, }  
October 23, 1864. }

DR. N. B. WOLFE, Cincinnati, O.—*Dear Sir*,—Your letter inquiring to what extent I had been benefited from your treatment has been received. I will just say that I have been troubled for the last five years with disease of the throat and lungs. Early last Spring I had considerable bleeding from the lungs; my voice failed, and at times I could not speak above my breath. My friends told me that I could not live long. I had about despaired of ever again having my health. I made up my mind to try your remedies, I must say without much faith, as every thing else failed to render me any relief. I have only used two months of your treatment, and I think *I am about well*. I can do as hard a day's work as ever. My general health is good.

I have no hesitation in recommending your remedies to the suffering, as I feel satisfied that any one using them will soon be of the same opinion.

Any one wishing any further information from me can have it by writing to me.

Yours respectfully,

JOSHUA TUCKER.

As already stated, the publication of this letter has induced many friends of the writer

to address him by letter on this subject. So frequent have those missives been received that Mr. Tucker has quite recently facetiously written me: "I think I will be compelled to open an intelligence office for answering letters of inquiry about my case, and in reference to your treatment. Fame has sounded your name up and down the land, and you are becoming an object of interest, *my boy!*"

The following will show the *animus* of Mr. Tucker's correspondence with those seeking information. The letter was sent me by the gentleman addressed:

INDIANAPOLIS, Indiana, }  
November 16, 1868. }

MR. A. CUNNINGHAM—Dear Sir,—Your letter of the 13th is received; contents noted. In answer would say that all that is contained in the certificate to Dr. Wolfe is *true*, and I would advise any one afflicted with lung or throat diseases to consult him at once. I had bleeding from the lungs, and a very sore throat; at times could not speak above my breath, and only weighed 117 pounds. My voice is good, and I feel nothing of the old disease, and my weight is 173 pounds—all of which I attribute to the skill of Dr. Wolfe. I would advise any one afflicted in the same way to try him at once. I speak for myself. *I know he cured me.*

Hoping that you will receive a like benefit,

I am, yours, truly, JOSHUA TUCKER.

#### A Navy Officer's Testimony.

The next witness who testifies to the value of inhaling remedies is a well-known gentleman in the part of the State from which he writes. Formerly a United States Naval officer, he was compelled to leave the service on account of broken health. In a letter recently received from Mr. Brooks, he assures me his health continues good, and that he still favors medicated inhalations is evidenced from the fact that he sends for treatment for a personal friend, who was suffering with pulmonary disease:

ISABELLA CITY, Mich., }  
May 4, 1864. }

DR. N. B. WOLFE, Cincinnati, O.—Dear Sir,—In 1844 I had a severe attack of lung fever, from which, through the mercies of my Heavenly Father, I partially recovered, after a painful illness of many weeks. Since that time I have suffered constantly with my lungs and throat with what I apprehend to be bronchitis and catarrh. Of late these had become very troublesome, and my general health very much im-

paired. I have tried the best skill and the most approved remedies, but the more medicine I swallowed into the stomach, the worse my condition became.

I saw your advertisement in the *North-Western Christian Advocate*, proposing to cure these diseases by inhaling medicated air. The plan looked reasonable, and I became inspired with hope. I have, for many years past, been an unbeliever in taking medicine into the stomach for the cure of diseased lungs. I sent for your treatment, and have now used it one month fairly, and am happy to inform you of its success in reaching and removing my disease from the nose, throat, and lungs, and doing me more general good than all the medicines I have ever taken into my stomach heretofore. My general health is as good as could be expected or hoped for at my age, and my relief has been so great that I think it needless to send for another month's treatment. I am well.

I sincerely recommend your treatment to the afflicted every-where, who are laboring under any form of disease of the nose, throat, and lungs. I am, with sincere regard, yours, truly, HORATIO BROOKS.

#### Distinguished Testimony.

We can not afford to neglect testimony like the following, even though the letter was written ten years ago. Time only gives additional value to the truth, and strips it of its dross. DR. WOOD's declaration that, excepting the treatment by medicated inhalations, "*all other modes of treating consumption are but histories of so many failures,*" finds a response in every intelligent physician the world over.

Would it not be becoming in young men, at least, who have made the science of medicine a study, and chosen the profession for the good they may be able to do in it, to *hesitate* before they begin to denounce a practice which older and wiser heads have pronounced favorably upon? It has got to be well known that knowledge is tolerant, and ignorance is mostly proscriptive.

PHILADELPHIA, December 29, 1861.

DR. N. B. WOLFE—Dear Sir,—I have just read your work on the treatment of "Pulmonary Diseases by Medicated Inhalations," and can not but coincide with you that it is the only rational treatment ever yet proposed for those diseases, inasmuch as the medicated vapor reaches the seat of the disease directly, just as a topical application would an external sore. In a practice of many years, I have never yet been able to discuss or resolve a tubercle in the lungs by the introduction of medicines into the stomach, although I have almost exhausted our *Materia Medica* to discover such a remedy. Furthermore, medicines in the stomach, after having been subjected to chymir-

fication, become so diffused and attenuated when taken up by the chyle, as to be almost, if not entirely, impotent for good or evil in reaching the lungs; and our long list of **EXPECTORANTS** and **DISCUTIENTS** are but the synonyms of our failures. The phosphatic deposit of tuberculosis is unquestionably made while the patient is in a negative state—with an enfeebled, vascular action in the lungs—but once made, there is no medicine that can be introduced into the stomach strong enough to resolve them, that would not destroy that organ itself, and the only possible means of reaching tubercles is by the gaseous, topical application, or medicated vapor—as all other modes of treating consumption are but histories of so many failures. The plain, practical sense embraced in your treatise merits, and doubtless will commend itself to the attention of the medical profession, as well as the public. You are on the right track. Persevere.

Respectfully, etc.,

GEO. C. WOOD.

#### A Dangerous Catarrh Cured,

An obdurate and aggressive catarrh, involving the nose, throat, and trachea, and threatening the integrity of the membrane lining the bronchial tubes, which had resisted all the *remedies* that had been *swallowed* into the stomach for years, yielded at last to the *inhaled* remedies, which brought the medicines in direct contact with the diseased parts. The recovery was complete; and after waiting *two years* to test the permanency of the cure, I received the following letter, which I published in the former edition of my book. The writer is a lady of rare intelligence and good position in society, and past the middle age of life:

LE ROY, Genesee county, N. Y., }  
August 11, 1867. }

DR. N. B. WOLFE—*Dear Friend*,—Such you have been to me—I would embrace the present opportunity to again thank you for the services you rendered me in my hour of need. I have no pleasure, no enjoyment, arising from good health, for which I am not indebted, through Providence, to your wise counsels and timely aid. At present my health is better than it has been for many years, and I can see no reason why it should not continue. I am frequently recurring to your words of admonition and advice: "Remember, my dear friend, that the laws of health are founded in eternal principles of justice, not mercy, which it is your duty to understand and obey; that treatment, even though entirely successful in restoring your health, does not *iron-clad* your constitution so as to prevent its failing again when you transgress these divinely established laws of your being." These words of wisdom have created a lasting impression upon my mind, and serve as a safeguard not to permit me to transgress the laws that regulate human life. I

thank you for them, especially as they were brave, good words, spoken in season by a kind, judicious friend and counselor.

Your medicine had a wonderfully good effect on my disease: my throat and head are *entirely well*, and I ascribe the cure wholly to your treatment. I feel under great and renewed obligations to you for the interest you have manifested in my welfare—your prompt attention, tender Christian-like spirit, and untiring patience. May Heaven's richest blessings ever attend you in all your acts of kindness and charity to suffering humanity! We have the fullest confidence in you and your treatment, and will ever recommend it to all. Many in our neighborhood are now convinced that yours is the only proper way of treating disease of the lungs and throat.

With much respect,

MRS. C. NEAR.

For several years I have been publishing the case of MR. HENRY BROWN, who was very promptly restored to health by the use of medicated inhalations. Mr. Brown, at the time he received treatment, was a farmer in Iowa, but since then has moved to Benzonia, Leelenaw county, Michigan, where he at present resides. I had not heard from him for several years, and it was quite recent only that I obtained any knowledge of him from his son Albert, who now lives in New York. This son writes me as follows:

ELDRIDGE, Onondago county, N. Y., }  
March 13, 1870. }

DR. N. B. WOLFE—*Dear Sir*,—Please send me a copy of your work on the treatment of consumption, as I wish to present it to a sick friend. I am the son of Henry Brown, whom you treated six years ago in Elkador, Clinton county, Iowa. My father moved from that place four years ago, to Benzonia, Leelenaw county, Michigan, where he now resides. His health has continued good ever since you doctored him, until within a few months; he has been complaining some again, but I think it is from hard work. He is very ambitious, and works too much.

When Mr. Brown made application for treatment, he wrote:

ELKADOR, Clayton county, Iowa, }  
June 1, 1864. }

DR. N. B. WOLFE—*Dear Sir*,—I wish to consult you respecting my health, which is very poor indeed. I have a very bad cough, and raise large quantities of rotten matter, mixed with blood, from my lungs, a great deal of pain and soreness in my chest, and suffer also with my bowels and stomach. I have at different times thrown up a teacupful of rotten and offensive matter, and two or three mouthfuls of clear blood, in two or three minutes' time. I am very much reduced in flesh, and so weak that I can scarcely stand upon my feet. My appetite is gone, and I feel that

life is drawing in its curtains to envelop me in shades of endless night. . . . Can you do any thing for me?

Yours, truly,

HENRY BROWN.

Short as that statement is, yet it contains enough information to the intelligent physician to enable him to pronounce the case a hopeless one. The last stage of the dreadful disease had been attained, and it is not strange that the poor expiring brother felt "that life was drawing in its curtains to unfold him in shades of endless night." The danger was imminent, and there was no time for hesitation. The enemy had assaulted and carried the citadel of life, and the capitulation was at hand. The old treatment had surrendered and could do no more. In this extremity, medicated inhalations were employed with an unflinching hope. Steam conveyed the remedies with express speed almost a thousand miles. The dying man in his distant home revived. Day by day his eye grew brighter—his hopes returned, and the old play of health began to warm his cold extremities again. At the end of a month he was alive! thank God, and saved! He wrote briefly:

My lungs are growing strong and free from pain. I do not expectorate so much, and I have seen very little blood since I commenced inhaling your Balm.

Another month's treatment was ordered, and the effect continued good. When ordering the third month's treatment, Mr. BROWN wrote:

I am still improving. My general health is as good as it has been for several years. I have discharged a piece of my lungs half an inch square, but do not spit one fourth as much as I did when I commenced using your medicine. I feel that my lungs are healing, and new life is streaming through them day by day. I don't cough much now; the rotten matter and blood that I formerly discharged in such profuse quantities has almost entirely subsided and disappeared; my appetite has again returned, and I have gained over ten pounds in weight in one month, though I do not usually gain flesh in Summer time. For the last three weeks I have been hard at work, and can do a pretty good day's work, too. I feel well, but send me another month's treatment, etc.

One year after the above was written, Mr. BROWN again wrote me to this effect:

My cough has entirely gone, and I have ceased to spit anything of a bad character. I will not forget my obligations to you for this great service. . . .

#### Just in Time.

The following letter from the *Rev. Wm. C. Mullen*, just received, makes allusion to Mr. Brown's case. These gentlemen were intimate friends. Mr. Mullen says the cure was *wonderful*. But here is the letter:

WASHINGTON, 1017 4½ St., D. C., }  
September 19, 1891.

DEAR DR. WOLFE,—The last time I wrote to you was at Winchester. I still keep in remembrance the wonderful cure you wrought on my friend Brown in Iowa, and believe firmly that if every consumptive would try your practice, they would be benefited by it.

I have two friends I feel a deep interest in, both in Baltimore city, who are suffering much. I have recommended your practice to them. Will you please send them each a pamphlet and circular, and one to me, and much oblige

Yours, truly,

WM. C. MULLEN.

#### "Old Testimonials!"

There are those who have not brains enough to think beyond the capacity of the nursery, who snivel and sneer at every thing they can not comprehend. It is in vain you try to impress their understanding with any thing else than that which the meaneast capacity can absorb. You speak of something to drink, to eat, or to wear, they will be all attention, but, for pity's sake, do not confound them with an intangible idea, as that implies the use of brains, which they have not.

Among this interesting class may be found those who object to some of our testimonials because they are several years old. I have heard of these chaps, but am almost led to doubt the existence of such leaden-headed incapacity. They pretend to scruple at "belief of a letter dated ten years back." Well, that length of time must seem an eternity to an idiot. Old! why nothing is valuable without age to develop its worth. A thousand flaming announcements are made to-day, to startle the ear, and captivate the heart, which to-morrow subside into still-born nothingness. No, we love our old testimonials. They have been submitted to the crucial test of Time, and are not found wanting. A bramble may triumph over a fallen pine, but the hour is brief! the majesty of form will remain to the fallen monarch, when the upstart weed shall wither in the wintry wind and rot to earth again.

We have worked hard and waited patiently to be able to announce well-authenticated cures of maladies that have hitherto been pronounced incurable. The good time has come at last, and we are in no frame of mind to allow every scavenger who finds it congenial to throw dirt in our face to pass unrebuked. Unregenerated man that I am, I exact an eye for an eye, or a tooth for a tooth.

Eight years ago, Mr. Milligan of Somerset, Iowa, applied for treatment by letter. I was fearful of the result. From the amount of matter expectorated by this patient in twenty-four hours, some estimate of the bad condition of the lungs may be had. Extensive cavities were formed, and into these the wasting tissue poured. No wonder the appalled physician said "he could not live two weeks." Neither could he, had he continued the folly of drugging the stomach as he was then doing. It is a safe rule of conduct, in the practice of medicine, to do no harm if you can do no good to your patient. It were better, I believe, to do nothing than to be drugging the system in such cases, for Nature will sometimes be able to repair damages if not obstructed by professional tinkers, who stand ever ready with their deadly pill, powder, or draught to assist the disease to do its fatal work. But hear the testimony of the case:

#### Consumption Cured.

SOMERSET, Warren county, Iowa, }  
June 6, 1863.

DR. N. B. WOLFE—*Dear Sir*,—I have waited to see the effects of your treatment fairly before writing you the results. I have used but half of the second month's treatment, and find myself so much improved in health that I will not, I think, require any more.

I am fully convinced, from my own experience in your system of treatment in lung diseases, that Medicated Inhalations will do what has never been accomplished by dosing through the stomach; namely, cure consumption.

Seven months ago my health failed me, and I grew so feeble that my physician said it was utterly impossible that I could ever recover it again—an opinion in which my friends also shared. I had had several copious hemorrhages from the lungs, and expectorated from a pint to three half pints of bloody, rusty-colored matter per day. My physician said I could not live two weeks. Under such circumstances I commenced your treatment, which, with the providence of God

assisting, has restored me again to comparative good health.

I am canvassing the neighborhood, and distributing your books among those who seem to have lung disease. I owe this service to you in part, but principally to those who suffer, that they may know how to be made whole again.

Very truly, yours, THOS. G. MILLIGAN.

#### Catarrhal Bronchitis.

MR. A. W. SEYMOUR, a well-known gentleman residing in Bainbridge, Ross county, Ohio, had been troubled with sore throat and a severe cough for a long time, till it was thought his lungs were seriously involved. He used Medicated Inhalations and got well in two months. Two years afterward he wrote, June 4, 1865:

DR. N. B. WOLFE—*Dear Sir*,—Please find inclosed your fee for one month's treatment for Mrs. —, to whom I have recommended Medicated Inhalations. The condition of her health you will find reported on the circular. I sincerely hope and believe your treatment will benefit her.

My own health continues first-rate. My throat gives me no trouble whatever, and my cough has entirely subsided. I am again able to breathe with freedom, and can inflate my lungs fully without any discomfort. . . . I never had much confidence in swallowing medicines into the stomach for disease in the lungs, and now that I have found the value of inhaling Medicated Air, I have no confidence whatever in dosing the stomach.

#### A Hopeless Case Cured.

It is now four years since the following letter was written. In the neighborhood of the writer, its statements have attracted a great deal of local interest, as Mrs. Metcalf is well known and highly esteemed. Many persons have visited her, to satisfy themselves of the verity of her statements, and then have made application for treatment. It is only a few days since (October 16, 1871) that an application for treatment was filed by a party who had personal knowledge of Mrs. Metcalf's happy restoration to good health, and on the merits of this case ordered the remedies:

NILES, Michigan, }  
November, 1867.

DR. N. B. WOLFE, Cincinnati, O.—*Dear Sir*,—It has been some six weeks since my last month's treatment run out, and I thought I would see how I could get along without medicine before writing to you again, and, therefore, have delayed writing till

now. At present *I feel almost as well as I ever did*, and think if I keep well during the Winter, that I shall be restored to perfect health.

When I think of the state of my health when I commenced with your remedies, and see now how I am, it seems almost impossible. No wonder my friends are surprised; they seem to think it will not be lasting. I tell them they do not know how well I feel. Last Fall at this time *my friends expected to have laid me in my grave*. Then the doctors said it was a *confirmed case of quick consumption*, and that I could not be helped, but here I am to-day nearly as well as I ever was, and thanks to you, my dear sir, for the good your treatment has done me, and I hope that many more will be brought to see that by *medicated inhalations the lungs can be reached*.

Dr. Wolfe, you made a great mistake about my weight; you said I had lost flesh while using the treatment. I gained ten pounds the first month, and kept gaining through the whole three months. When I commenced your treatment, I only weighed a little over one hundred; now I weigh one hundred and forty.

Well, Doctor, the people are coming to me from all directions for books and circulars of questions, and to learn all about you, and to see if I am really the woman that had the consumption. They have got all my books, envelopes, and circulars, and every thing, *only myself*. I tell my friends I stand as a good witness. When *they see me* they need no further evidence of the virtue of your medicine.

A few days ago there was an old gentleman came to see me, and said, "Are you the woman that had the consumption, and have been using Dr. Wolfe's medicine?" I told him I was. He said his daughter was said to be in the first stage of consumption, and he came from a place called Brownsville, about twenty-five miles from here, to see if it was really true that I had received ~~so much benefit~~ from your remedies. I showed him my inhaler, and told him I was that same woman he had heard so much about, and said, I do believe if you would send immediately to Dr. Wolfe he would help your daughter. I gave him an envelope and a circular of questions that I had yet left. The man's name is Northrop; he has perhaps sent before this time.

One of the books was sent to a lady in Ohio by one of my neighbors, to an aunt, who was said to have consumption, and another was sent to the eastern part of this State. If my lungs ever trouble me again I shall send to you.

E. METCALF.

#### A Fifteen Years' Cough cured by Medicated Inhalations.

The writer of the following letters is an intelligent and highly esteemed citizen of Andrew county, Mo., who was restored to health from an almost hopeless condition. His cough had continued fifteen years, and so enfeebled his system that he was barely able to walk, or attend to the most ordinary

duties of his calling. His recovery was prompt and satisfactory under the influence of the new treatment. Testimony like this must have its influence on the public mind, and so we place it on record:

WHITESVILLE, Andrew county, Mo.,  
June 18, 1865.

DR. N. B. WOLFE—*Dear Sir*,—I deem it my duty to inform you—and I could heartily wish all persons afflicted as I have been were aware of the fact—that I have received *very great benefit* from your medicines and prescriptions. Indeed, your first month's medicine so far restored me that I believed I was permanently cured; I think so yet, but my wife, knowing what had been my alarming condition, insists that I shall apply to you for another month's treatment, fearing a relapse. I yield to her kind solicitations, and make that application for her sake. Please forward the medicine to Savannah, Andrew county, Missouri.

For about fifteen years I have had, *more or less*, a most distressing cough, and became so enfeebled that I could scarcely walk to my barn-lot and return. I frequently threw up my food; my stomach and bowels were frequently out of order; I became enfeebled, despondent, and almost hopeless. I cough but little now; I eat heartily; my food digests well and properly; I am gaining flesh and strength rapidly; my spirits are hopeful and buoyant, and I am filled with thanks and gratitude to God and to you. I have gained from ten to twelve pounds in weight during your one month's treatment. I can walk, run, or work as well as ever, allowing for my age, say fifty-three.

With the highest respect and regard, I am your obedient servant,  
HENRY MUSK.

I wrote to obtain MR. MUSK's permission to publish the foregoing letter, and on August 8, 1865, he made the following reply:

DR. N. B. WOLFE—*Dear Sir*,—I am at this time in very good health, and have during the Summer been doing tolerably good work without much fatigue.

If my letter of June 18th will do you, or my suffering fellow-men, any good, you are at perfect liberty to use it in any form you may wish.

As regards the veracity of my statements, no one need remain in doubt, since it is an easy matter for me to give reference to many of my neighbors and acquaintances. Perhaps the best indorsement to my words is the fact that you have recently had several patients from this place, who, seeing what you had done for me, were thus induced to seek in your treatment what I had found—a cure. Accept the thanks and good wishes of your much obliged friend,

HENRY MUSK.

Do your Best, Doctor.

The following letter is the last received from the writer, who, when commencing



treatment, wrote, "I want you to do your bulkiest, Doctor, and put me in marching trim again." He was a "bummer," and accompanied Sherman in his march to the sea, and a good soldier, "you bet." He can speak for himself; hear him:

SANDUSKY CITY, Erie county, O., }  
June 21, 1866. }

DR. N. B. WOLFE—Dear Sir,—My health continues to improve. I don't know what I will come to if I continue to gain. I am getting as fat as a pig since my cough left, and I now weigh one hundred and twenty-two pounds. *I have gained just twenty-two pounds in the last month.* I am free from pain, and can walk several miles right off, at my ease. I sleep sweetly and eat splendidly. Send me another month's treatment—I'm bound to put it through; and also some books, to hand around. I have distributed those you sent me, and Mr. Walker will send for treatment for his case in a day or two. I gave him one of the books. I was out picking strawberries yesterday, and eat about a bushel. *Do you like strawberries and cream?* I would send you some, but I'm afraid they would make you sick. I think I'll get my picture taken, for I am getting to be quite a good-looking young man again. Well, Doctor, I will close, by signing myself your grateful patient,

THOS. A. MORROW.

It has been the fashion to impugn the motives of all persons who attempt to confer benefits upon the world by the exposure of error and the advancement of truth. Indeed, such a one is almost esteemed a criminal, for men part with their conceits with as much reluctance as they do with their purses. *Compel* a man to change his mind, and you may as well *compel* him to surrender his purse, for brains and brass are frequently carried in the same pocket-book. This accounts for a great part of the opposition to new ideas and the admission of facts that have a tendency to change the existing order of things. Men are deterred from espousing the truth because of the expense attending it. On this point they are keenly alive. Money must not be placed in jeopardy. Health may be neglected, sickness may be endured, suffering may rob you of rest, and even Death may enter our dwellings, without let or hinderance, but do not touch my dollars.

I wish to say a few plain words on this subject. If the reader thinks I am publishing all this testimony for the single purpose

of building up a private practice, which will enable me to realize wealth, he is very much mistaken. I know the value of wealth; I have tasted of its enjoyments; I know its power! Its possession will transform an ass into a reputably-looking man. Virtue wilts before it, and men and women bow in devout homage before the golden calf. Justice opens her eyes, when her ears are tickled with the sound of tinkling silver. Without it, men go down under the "slings and arrows of outrageous fortune." I hope I have a proper appreciation of wealth; and, having supped poverty to its very dregs, it may be said, I have kissed the cheek of both.

And yet I do not write for money alone! Business has its financial laws, and these must be observed. Neglect them, and you part company with your usefulness. Still I do not write for money alone! It is a *lie* to say that only the *evil* men do live after them. Evil is the offspring of Ignorance, and both die young. Truth lives forever, and she teaches Peace. I am placing on record the testimony of truthful men and women, whose influence will continue to be felt for good, when their forms shall be no longer seen on earth. I am not an enthusiast, in a culpable sense, and yet I believe that the *one million* of common-sense books I have gratuitously distributed throughout the entire country, from Portland in Maine, to Portland in Oregon, have done much to educate the public mind out of the error of slushing the stomach with slops and slums of drugs, in the vain hope of restoring that nice harmony in the pulmonary structure, which we call Health in the lungs. Men and women have become more intelligent by reading these books, and they will not drug as they formerly did. Their children will drug less, and their grandchildren *may not drug at all*. It may be discovered that the profession of medicine is a "Big Lie," and can be dispensed with, so much of it at least as appertains to the administration of pills, powders, and draughts, for curing ills that have their origin in ignorance of physiological laws. Chemistry and Surgery will survive, but even they will not be able to save their "blighted brother," *Drug*, from the condemnation of Time's kingly scorn. And

the world will be the better for it. But we must continue our testimony.

In the following case, pulmonary phthisis, of an aggravated character, was unmistakably indicated. The patient had bled from the lungs, and the cough and expectorations were such as to cause serious apprehension for his safety. He commenced treatment on the 25th of August, 1868. On renewing treatment one month later, he reports having gained in weight six pounds, as the following extract from his letter will show :

REPUBLIC, Seneca county, Ohio, }  
September 30, 1868. }

DR. N. B. WOLFE.—*Dear Sir*,—I inclose you the price of another month's treatment, which you will please forward to me as before; I have only enough of the *pain* left for about five days.

I received your letter of the 24th on Saturday evening; was gratified to hear from you. Mr. Ogden received his box on the same evening.

I have still continued to improve under your treatment, not only in strength, but *now* in flesh. On the 1st ult. I weighed one hundred and twenty-seven; to-day I weigh one hundred and thirty-three, which shows a gain of six pounds during the past month.

I feel *well*, so much so that I have accepted a position as teacher in our *union school*, which was offered me, and commenced my labors *last Monday*—this week. I have not as yet experienced any ill effect from it, and am in hopes not to, as I keep the school-room *thoroughly ventilated* all of the time. I must do *something*; idleness would *kill* me sooner than *work*, and teaching seems to be the only thing which presents itself to me at present.

My wife joins me in sending our kindest regards to you. Hoping soon to hear from you, both through the *post* and *express* offices,

I remain truly yours, W. V. BROMLEY.

MR. BROMLEY found it necessary to order another month's treatment on the first of June, 1869. The following letter reports the effect, since which time we have heard from him once, re-affirming its statement :

REPUBLIC, Seneca county, Ohio, }  
June 25, 1869. }

DR. N. B. WOLFE.—*Dear Sir*,—I received the box of medicines which you sent me, and commenced using them three weeks ago to-day. I have followed your directions as faithfully as possible, and have derived considerable benefit from so doing. That feeling of oppression which I have felt at times heretofore, has entirely left me, even in the most damp and cloudy weather, and I feel stronger than before. I do not think I shall need any more medicines at present, but if I feel that I do I shall send for another month's treatment.

I have the utmost confidence in your system of treatment, and feel that it has done for me what nothing else could have done. A year ago my sufferings were intense, both from *want of breath* and *acute pains* through my chest; now I am entirely free from pain, and can breathe freely; then I was not able to work scarcely any, *now* I can pursue my usual avocations without inconvenience. All this I owe to "Medicated Inhalation," and to prove my gratitude, will always give it my warmest support by recommending those similarly afflicted to its potent influence. Hoping to have the pleasure of hearing from you—if convenient—and with my kindest regards to you, in which my wife joins, I remain,

Your sincere well-wisher,

W. V. BROMLEY.

#### Preacher's Sore Throat.

PREACHER'S SORE THROAT is a most distressing disease, and if not arrested in time will as sure result in consumption of the lungs as effect follows cause. In the following letter it will be seen how far the disease had advanced before application for treatment was made. I feel warranted in saying that no other system of treatment than that of cool medicated air could have prevented a fatal termination of this case. The writer is a well-known clergyman in Southern Illinois, who would not misstate his condition to mislead the public. Read his letter :

RICHVIEW, Illinois, }  
February 22, 1866. }

DR. N. B. WOLFE, M. D.—*Dear Sir*,—I received the box of medicines you sent me January 8th, and commenced the use of them immediately, and, in all due candor, I must say that I never had any treatment to do me as much good in the same length of time. When I received your treatment of Medicated Inhalations, I had an incessant cough, was throwing up small tubercles, from the size of a pin-head to that of a pea, which would sink in water immediately, when thrown into it; also, I was expectorating a heavy, yellowish pus in such quantities that it would almost strangle me. I was suffering from pain in my chest all the time; I could not talk in a loud tone more than thirty minutes. I have used your treatment one month, and I feel like a new man. I weigh ten pounds more than I did when I commenced the use of your medicines. I have had no cough for the past three weeks. My appetite is good, respiration good, pulse regular; in fact, I feel better than I have for the past four years. I have been preaching day and night for the past twenty-six days, and feel better now than I did when I commenced. And let me say I feel that this is all attributable to your treatment, and I would recommend all persons who have diseased lungs to try Dr. Wolfe's treatment by Medicated Inhalations.

You can have this published if you desire. I do feel that I am a well man again.

Yours, truly,  
JAMES P. DEW.  
Pastor of Richview Station, South. Ill. Con.

The writer of the following letter is also a clergyman, who had suffered from the same condition of the throat that *Mr. Dew* had. *Mr. Bradshaw's* happy recovery has been the means of inducing a number of persons to employ medicated inhalations:

DECATUR, Macon county, Ill.,  
October 31, 1866. }

DR. N. B. WOLFE—*Dear Sir*,—Having a moment's leisure, I thought I would drop you a line to inform you that since I have been using the second month's treatment I feel I am almost well. Every part of your treatment has had the desired effect, and comes fully up to my most sanguine expectations. My wife wishes to consult with you. . . . I am fully satisfied that your treatment for nose, throat, and lung complaints, if fairly tried, will give entire satisfaction. I got my old friend Dr. Roberts to examine my throat yesterday, and he said he never saw it look so well. My voice is almost as clear as ever it was, although I do not preach very often, as I do not wish to provoke a relapse by any indiscretion. "A burnt child," etc. I remain, your friend and brother,

A. BRADSHAW.

There is a ring of real manhood in the following letter, which shows the writer to be able to *practice* as well as preach the lessons of life. With such *will power* many persons could be saved who die for want of it. Labor, sunshine, and fresh air, with "a heart in the right place," are invaluable assistants in promoting the development of good health; while calomel, lobelia, opium, and tartarized antimony, will do as much to ruin it. Mr. Scott, when receiving treatment from me, was located at Mineral Ridge, Trumbull county, Ohio, where he has many friends who continue to feel an interest in his welfare. He testifies his belief that *the treatment saved him from the grave!*

WINDHAM, Ohio, }  
August 5, 1865. }

DR. N. B. WOLFE—*Dear Sir*,—I have often thought that I ought to write to you, to let you know the sequel of my case. After I ceased taking your medicine, I followed your directions, and spent the most of my time out of doors and in labor. In November I took my ax and went into the woods. In December I engaged in Government employ as Quarter-Master clerk, and in that capacity went with

the army to Mobile, and thence to Texas. I am now at home a few days on leave of absence. My lungs seem sound, with some indication of adhesion to the right side. My weight and my strength have slowly and permanently increased.

Let me say, in conclusion, what I really believe, that to you, under God, I owe my life. Your treatment saved me at that time from the grave. My life was ebbing fast, and had not my wife, with faith in the system, pursued your directions with energy and efficiency, I had even then sunk, for I had no strength of myself to do any thing, and even begged her to let me alone.

I have recommended your system to my friends, and should I again fall under the power of lung disease, I should resort at once to your skill.

Yours, truly,  
J. H. SCOTT.

And now while we have the preachers on the witness stand testifying to the "saving power" of the new treatment, in the *Plan* of redeeming us from the penalty of our *sins*—physical—we will cite a few more of their opinions before the bar of public opinion. The first will be the REV. C. P. FRENCH, who received treatment more than eight years ago. He writes quite recently, that his health continues good:

BUCHANAN, Upshur county, West Va.,  
March 4, 1865. }

DR. N. B. WOLFE—*Dear Sir*,—You will recognize me as a Presbyterian minister who received a month's treatment from you during the Fall of 1863. When I saw you I was living near Cincinnati, but soon afterward removed to Wheeling, West Virginia. At that time I was suffering from an affection of the lungs, and from catarrh of the throat and nose. One month's use of your treatment so far restored my health that I was able to resume my duties as a minister. I have for about a year performed the duties of pastor of the Church at this place and at French Creek, which is ten miles distant.

During the Winter now closing I caught a heavy cold, which has, to some extent, brought back my former troubles, etc.

In the court of "Common Sense," no man's testimony is more credible, than the writer of the following letter:

SPRINGDALE, Hamilton county, O.,  
March 26, 1863. }

DR. N. B. WOLFE, Cincinnati, O.—*Dear Sir*,—I have just returned from the army before Vicksburg, and find on my table your letter of inquiry. . . . Allow me now to assure you of my esteem for you, both as a gentleman and physician, and say that I feel indebted to you for the recovery of my health.

From the time I commenced your treatment till now, I read aloud, sing, and preach with perfect ease,

When I put myself under your treatment I could not sing at all, and could not speak without pain. I have frequently commended you to my associates in the ministry and others, and can cordially commend you to all.

I wish you the highest success in your humane and noble profession.

I am, with sincere regard, yours, very truly,

T. E. HUGHES.

#### Successful treatment of Clergyman's Sore Throat and Catarrh.

The following letter was published in the former edition of our little book. Since then, we have been advised that the health of the writer remains in good condition, and there have been no symptoms of a return of his former disorders to this time. We esteem this a **valuable cure**, as the patient is a gentleman of fine education and gives great promise of usefulness to the world:

SOUTH CHARLESTON, Clark county, O.,  
May 18, 1890. }

DR. N. B. WOLFE—*Dear Friend*,—As a thankful patient, I am always ready to express my confidence in your method of treating those diseases to which you have given so many years of attention. And surely I am entitled to that confidence.

For several years I suffered with catarrh in posterior nares, extending into the bronchial tubes. During the Summer and Fall of 1868, I suffered so extremely with it that it became evident I must either obtain immediate relief or abandon the ministry. I was provisionally directed to you by a friend, who, when I saw him last, was considered beyond the reach of human help, but who has been restored to perfect health by the treatment you prescribed for him.

I am now able to preach with comfort and ease, and to your successful treatment I am indebted.

In October, 1868, I first took treatment, and very soon I began to feel the benefit of a *direct application*. At the end of the month bloody and nauseous discharges from the nose ceased. I became stronger, and before midwinter *weighed more than ever I did in my life*. And all this *without a particle or drop of medicine in my stomach*. Most assuredly I am persuaded that *local treatment* is the only rational method. As the respiratory organs become affected by a vicious atmosphere, it is reasonable to suppose that when once affected, their convalescence may be secured by a "medicated inhalation"—if not, a change of climate is never necessary nor beneficial.

But I have nothing to do with argument. At the end of a month I was in good health. To make assurance doubly sure, however, I took the second month's treatment. I used about half of this through the Winter, to break up occasional colds, which in every case acted like a charm.

This past Winter I conducted a series of meetings alone, without help from abroad. They began on

Christmas day, and continued to about the middle of March, and, with the exception of two evenings, I was engaged in *public speaking over an hour every night*. My only object in stating this is to show that your treatment of my case was successful.

Now I am in good health, and as I look back to those days when I suffered so much from that *Loathsome disease*, and find myself at present so well, I can not but feel grateful to you for that deliverance.

I have recommended many patients to your care—many have placed themselves under your treatment. Some say they are well, and all say they have received positive benefit.

Wishing you a long life of usefulness, ever your grateful friend,

L. M. SCHOFIELD,

Pastor Presb'n Church, S. Charleston.

The distinguished author of the following letter has never been a patient, but has had some personal knowledge of the good effects of medicated inhalations in the treatment of pulmonary disease. He was formerly a clergyman in this city, but is now representing the country abroad in the capacity of Minister to Denmark. He is a brother-in-law to President Grant. His views of the system of treatment are quite clear. He writes to a gentleman in this city:

DR. N. B. WOLFE, we learn, is a gentleman of great scientific attainments in the medical profession, and has invented a new, and, doubtless, an effectual method of curing the diseases of the *Throat and Lungs*. In the treatment of these diseases he seldom gives medicine to be taken into the stomach, but prepares it in such a way as to be directly inhaled into the lungs. This method of treatment strikes us at once both as scientific and rational; for the medicated air is received into the air cells in the lungs, which seems to strike at once at the root of the disease, and as the blood flows through the blood-vessels, which are spread out over the surface of these cells, the inhaled medicated air will pass from the air cells into the blood, and thus purify the very fountain of life. We would, therefore, cheerfully recommend all consumptive persons to adopt Dr. Wolfe's system of treatment, by applying to him personally, or by letter, at his PULMONARY INSTITUTE, 146 Smith-street, Cincinnati, Ohio.

M. J. CRAMER.

We could fill our book with letters from clergymen, all testifying to the value of medicated inhalations in treating diseases of the vocal organizations, but we have exhausted our limit.

We will now give a few letters from asthmatic patients. This class of sufferers are

largely represented in every part of the country, and many of them have abandoned all hope of ever regaining their health. There have been so many empirics in the field of treatment, promising so much and accomplishing so little, that many have accepted the situation of suffering, and become apathetic or indifferent to further effort to obtain relief.

Being an old asthmatic myself, and knowing personally whereof I testify, to all such I would say, *do not despair*. I know asthma can be cured by medicated inhalations, and that hundreds are to-day rejoicing in good health, who had suffered for years with this terrible malady. I have already cited Mr. Glass's and Mrs. Cornell's cases to exhibit the efficacy of the treatment, and will call the reader's attention to a few more cases that have been cured, and the cure tested by time. We have not the space to comment upon these letters separately, but the good sense of the reader will be able to distinguish their merits without any additional words.

#### Asthma Cured.

MR. TRUMAN D. OLIVER was afflicted with asthma for fourteen years. When he applied for treatment he wrote:

MEMPHIS, St. Clair county, Mich., }  
February 26, 1863. }

DR. N. B. WOLFE—*Dear Sir*,—Herewith I inclose you the circular containing answers to your questions, and your fee for one month's treatment, which you will please forward without delay. I would say that I take cold very easy, and every time I take cold I have very bad attacks of the asthma. I have had it over fourteen years, and scarcely know what it is to be ever free from it. My lungs seem to swell at such times, and it is impossible for me to lie down at nights, except a couple of hours in the morning. Frequently, for three or four nights at a time, I am obliged to sit up all the time without any sleep, only as I gasp it in "snatches," as I lean forward with my elbows on my knees, resting my head in my hands. You can not tell, sir, how much I suffer with this dreadful disease. Yours, in hope,

T. D. OLIVER.

MR. OLIVER wrote again on the 13th of March:

The night I received your treatment I was suffering very much for want of breath; I commenced using it at once according to your directions, and, thank God! was instantly relieved.

MR. OLIVER again wrote on the 27th of May following:

DR. N. B. WOLFE—*Dear Sir*,—To day my neighbor, Mr. Francis Howe, called upon me to inquire what effect your treatment had upon my asthma when I used it last March. He was satisfied, from seeing me and hearing me talk, that I was cured, and will shortly send you a statement of his condition for treatment.

I suppose, my good Doctor, you thought strange that I did not write to you again after my first month's treatment was out; but as I believe you have effected a perfect cure, as far as I can judge, in my case, I did not think it worth while to do so.

I am gaining in flesh, my appetite is first rate, and I can do as much work on the farm now as any man in this country, and do not lose breath as I used to.

Yours, truly, T. D. OLIVER.

#### Letter from an Asthmatic.

DELTA, Fulton county, Ohio, }  
October 2, 1863. }

DR. N. B. WOLFE—*Dear Sir*,—When I suffered so severely with bloating, and wheezing, and hard breathing last March, your treatment in a few days gave me entire relief, and I have had no return of it since, till I wrote you again for more treatment, a few days ago. Since I received it I have been using it according to directions, and with the same happy result. Your treatment seems to answer my case better than any I have ever tried. Before using it, I could not lie down at nights, nor was I able to do any thing, from shortness of breath. I am now entirely free from all these symptoms, can sleep soundly without being disturbed, and am at work every day.

Shall I keep on with the medicine, or shall I only use it when I feel the symptoms of the disease?

Yours, very truly, JOHN HARRISON.

#### Asthma Cured

Two letters from the patient:

CALAMUS POST-OFFICE, Clinton co., Iowa, }  
January 12, 1868. }

DR. N. B. WOLFE—*Dear Sir*,—This is the twentieth day of my treatment, and I am glad to tell you that my health is improving very much. I feel better than I have for years. I have gained five pounds in weight since I commenced your treatment, and I think I am getting pretty fat. I am well satisfied with the treatment, and I will recommend it to some of my neighbors who are now drinking medicine without doing them any good.

I am getting along so well that I think I will not need to get any more medicine.

Yours, truly, FREDERICK PETERSON.

CALAMUS POST-OFFICE, Clinton co., Iowa, }  
March 26, 1868. }

DR. N. B. WOLFE—*Dear Sir*,—As my health is yet good, I deem it my duty to let you know it. I

have had no return of my old complaint, asthma, and I hope I never will; but if I ever do, I will be sure to call on you again. I can now do as much work as I ever did, and I am a great deal stronger than I ever was, and I am sure if it had not been for your treatment I would have been in bed and sick at this time.

I am, with great respect, yours truly,

FREDERICK PETERSON.

Mr. Peterson's recovery has been complete. He writes on the 4th of February, 1869, from Florence, Iowa: "The medicine acted like a charm. I gained in flesh, and my folks say I am getting stronger than I ever was before. I wish you had seen me a year ago, before I received your treatment, and then see me now; you would hardly think me the same person."

#### Asthma of Twenty-five Years' Standing Cured.

It is necessary to make some explanation before introducing the following letter. When Mr. W. made application for treatment his long existing asthma had well-nigh destroyed the integrity of his lungs. There already existed emphysema or permanent dilatation of portions of the vesicular structure, and indeed rupture of the air cells in the upper part of the left lung. With such conditions, the case could not but be esteemed a hopeless one by any system of treatment, for the fatal diseases had assailed the very citadel of life, and to all human seeming would accomplish their fell work despite all human effort to the contrary. It happened otherwise. We fought the enemy in detail: first the asthma, and routed it completely. The lung then commenced wasting, attended with all the usual symptoms of advanced pulmonary phthisis.

By a change in remedies, the effort to arrest further decay in the lungs *was successful*. His recovery was as complete as possible to be. All symptoms of pulmonary irritation had been overcome, and in comparative good health Mr. W. resumed business again.

Quite recently (1871) Mr. W. made application for treatment for another member of his family, at which time he assured me his health was excellent, and he has had no symptoms of a return of his old disorder:

WHITE WILLOW, Kendall county, Ill., }  
June 17, 1867. }

Dr. N. B. Wolfe.—Dear Sir,—I have troubled you with but few letters, considering the length of

time I have been under your care, and I think I can now crave the right of trespassing on your time with a more lengthy letter than I have ever written to you. Along in April I felt well and stout. Help being scarce, I took hold and plowed hard for seven or eight days. I probably must have overheated myself, and there was a most deadly pain settled in my left breast, right below my collar-bone. I had the most awful night-sweats, and daily I spit up probably a pint of yellow, sickening matter. I pitched into your last box of medicine, and was frequently bathed with salt and water. The night-sweats have left me, and the pain in my left breast. I do not spit up half as much matter as I did. There is no blood mixed with it now. I cough none through the night, and very little through the day. *I have had no symptoms of the asthma.* The doctors here have made light of the way of your treatment, but I have as much faith in your way of treating the lungs as I have that the sun shines. *Any way, you cured me of the asthma after it stuck to me twenty-five long years, and I will bet any doctor one hundred dollars that he can not cure a case of asthma of twenty-five years' standing by taking drugs into the stomach.*

Doctor, all eyes in this neighborhood are now upon me; they know that I am bad off; they know that I am very weak. *Many know that you cured me of the asthma, and if you can heal up my lungs and give me strength, your treatment will be established in this country beyond a doubt.* If I live I will stick to your treatment till every sore on my lungs is healed, if it takes ten years, and I believe that you will cure me as much as I believe that I am now writing to you.

I will write you a letter to publish in your forthcoming book, and I will show up the evils of taking medicines into the stomach to cure the asthma, for I did so for twenty-five years, and it never did me one bit of good.

Your friend,

JOSEPH C. WIDNEY.

#### Here is another case of Asthma Cured.

If any one suffering with asthma doubts the authenticity of the following letter, let such a one address a note to MR. KOHL, and ask him in reference to the truthfulness of its statement:

FIRST NATIONAL BANK OF CENTRALIA, }  
United States Depository, }  
Centralia, Ill., December 27, 1869. }

Dr. N. B. Wolfe, Cincinnati, O.—Dear Sir,—Having suffered with asthma for a period of twelve years, mostly in the Fall and Winter, I feel it my duty to return you my sincere thanks for your treatment, by which I was cured, after two and a half months' trial.

I should have sent you this letter of gratitude sooner, but I wished to satisfy myself first whether or not my cure would be permanent.

Being free from attacks of asthma the third Winter now, I feel safe in stating that *you have cured me.*

Very truly, yours,

F. KOHL.

**Asthma again.**

In the appended letter it will be seen the treatment was successful, as a matter of course. For further information, address the writer :

UNIONTOWN, Union county, Ky., }  
July 29, 1869. }

DR. N. B. WOLFE—*Dear Sir*,—Some two and a half years ago my mother was under your treatment for the asthma, from which she has entirely recovered, and since your treatment has restored and given new life and vigor to her to whom I owe my greatest obligation on earth, I feel no delicacy, nor spare no pains, in proclaiming the glad news to the suffering. And now I write to you again in behalf of a friend of mine, who is here at my house on a visit, but lives in Crittenden county, Kentucky. So, Doctor, please send him one of your circulars or pamphlets, such as you sent us; those I had I sent to Arkansas to an aunt.

Please send him a book with the questions, so he can state his case, and send for the medicine. Please find inclosed his address on back of envelope, which you will forward as directed. Hoping all will be well, I remain, respectfully,

C. W. DELANY.

FAIRHAVEN, Preble county, O., }  
November 15, 1869. }

DR. N. B. WOLFE—*Dear Sir*,—I am happy to inform you that I have again recovered my health under your treatment, for which I return you my sincere thanks. I weigh one hundred and fifty-four pounds; that is more than I have weighed for five years. I have the fullest confidence in you and your treatment, and will ever recommend it to all.

Yours, truly,

ALEXANDER P. ORR.

**An Extract.**

MRS. AMANDA ALEXANDER writes, August 30, 1868, from Oakland, Spencer county, Ind.: "Four of my acquaintances in this neighborhood have used your treatment with entire success; one is my father and another is my brother. I am to place myself under your care."

**Asthma.**

The letter appended was written by a very intelligent lady, whose little boy had suffered terribly with asthma for five years; during which time he had received every medical aid that wealth, love, and education could procure. His recovery under the use of cool medicated inhalations, was prompt and satisfactory:

RACINE, May 13, 1867.

DR. N. B. WOLFE—*Dear Sir*,—I trust you have not thought me neglectful or ungrateful that I have

not reported the progress of our patient, but I believe you concluded "all was well," and I was only waiting till the order for a renewal of treatment was necessary. I am happy to assure you that these were the facts.

My son is daily improving in flesh, and, to all appearances, he is *perfectly well and strong*—can scarcely need any other improvement. My husband is at last convinced that your treatment has entirely changed the condition of our little son, and no one can be more interested in testifying to your skill.

Could you see the little boy now, you would feel repaid for your toil in your profession. To be able to relieve one such sufferer must make a sympathizing, heart happy. All of our friends are astonished at the cure; and allow me to say, Doctor, I am sensible that I am *eloquent* in your praise.

The treatment has been systematically persevered in, except for the past week the inhaling oil has been exhausted. My son is so in the habit of using the inhaler, that he is very anxious for me to write for more oil.

My son's appetite is excellent, preferring meats, game, etc., to any dainties. Should you come North the coming Summer, we should be happy to receive a visit from you.

Inclosed in this letter you will find a draft for renewal of treatment. You will much oblige me by sending it by express as soon as convenient. We all send our grateful regards, and will do all we can to inform the afflicted of your success with our son.

Very respectfully, your friend,

M. A. M'CLURG.

**Latent Consumption.**

This is an old letter, but age has not impaired its value, as we have quite recently heard from Mr. Barber, whose health continues good. His was a case of latent consumption, which yielded to treatment very promptly. The writer also attests to the recovery of his kinsman, William Barber, who "had been given up to die."

WASHINGTON, Daviess county, Ind., }  
April 13, 1864. }

DR. N. B. WOLFE, Cincinnati, O.—*Dear Sir*,—I am happy to inform you that my kinsman, Mr. William Barber, has again recovered his health under your treatment, for which he desires me to return you the sincere thanks of himself and friends. His condition was such that all had given him up to die; and now, that we see him again pursuing his daily calling on the farm, in the enjoyment of good health, and all the blessings of life, it seems indeed more like a miracle than the result of human agency.

My own health is quite satisfactory. I continue to follow your advice, as contained in your little book on Hygiene, and find it an invaluable counselor. My cough has subsided and my throat is quite well. Indeed, my health gives me no concern, except to remind me that to you, under the blessings of Providence, I am indebted for its restoration. I feel it my

duty to speak of your treatment to all in terms of high-est praise. I have not only been benefited by it myself, but those to whom I have introduced it all speak warmly of its value to them. I am thinking of devoting one day in the week to spreading your publications among the infirm in this neighborhood. I am sure the more your treatment is used and its principles understood, the more benefit to humanity will accrue, and the less confidence will all have in swallowing poisonous drugs into the stomach.

Your friend, NELSON BARBER.

#### A Presiding Elder on the Situation.

It will be seen by the following correspondence, that presiding elder White gives unequivocal testimony in favor of medicated inhalations. Mr. Miller's letter will explain the origin of the correspondence:

BRUCKVILLE, Knox county, O., }  
February 24, 1869.

Mrs. H. S. WHITE.—We received a pamphlet from Dr. N. B. Wolfe, of Cincinnati, O., entitled "Common-Sense Book," in which I noticed a letter purporting to come from you, with your signature to it, dated June 24, 1866, in which letter it is stated you have received great benefit from Dr. Wolfe's treatment for throat disease. I wish you, if you please, to tell me if it is true that you have been cured of bronchitis by Dr. N. B. Wolfe, of Cincinnati, O.; if so, are you still in good health? Is his manner of treatment very hard to bear? etc. Have you known of any other person that has been treated by him?

I am troubled with the same disease is the excuse I offer for troubling you with this inquiry.

Yours, truly, JOHN MILLER.

#### Reply.

MILWAUKEE, Wis., }  
March 10, 1869.

MR. JOHN MILLER.—Dear Sir,—Yours to Mrs. White received. Dr. Wolfe's medicines are valuable and greatly benefited my wife, and, in fact, I think saved her life. She is quite well, yet, at times, tender in the throat. We have unlimited confidence in Dr. Wolfe. If any one can help, we think he can.

Yours, etc., H. S. WHITE,  
Pastor Summerfield M. E. Church.

P. S.—The medicines of Dr. Wolfe are entirely pleasant. H. S. WHITE.

"I owe my life, through the blessing of God, to you!"

This patient commenced treatment on the 19th of March, 1869, and continued it two months. He had had several hemorrhages, and was spitting well-nigh a pint of heavy, putrid matter in twenty-four hours. From the first he commenced improving. I have

not heard from him since the date of the following letter:

CLAIR SPRINGS, Cedar county, Mo., }  
June 9, 1869.

DR. N. B. WOLFE.—Dear Sir,—I have used on your second month's treatment two weeks to-morrow. I am getting stouter every day; I can work almost all day now; I am doing all of my work; my friends beg me to not work so much, but I do enjoy myself so well, to be at work once more, without so much pain. I weigh about ten pounds more than I did when I first applied to you for treatment. My lungs are stouter than they have been for two years; I don't think I will need any treatment after this month is out. I am still expectorating considerable heavy, yellowish pus. I do n't cough much: my appetite is good, respiration good, pulse regular.

If I should fall again under the power of lung disease, I shall resort to your treatment forthwith. I have endeavored to inform you how much you have benefited me by your treatment, and that *I owe my life, through the blessing of God, to you!* You will ever be remembered with gratitude by

JAMES W. SWANK.

#### A Go-ahead Woman's Letter Written in Health.

It will be seen the writer of the following letter was not very much indisposed when she wrote it:

MARENGO, Iowa county, Iowa, }  
July 8, 1867.

DR. N. B. WOLFE.—Dear Sir,—I am most happy to write you that I am improving in health, and feel decidedly better in every respect. Your "Manual" has been my companion, and I find its useful lessons congenial to health, happiness, and buoyancy of spirits. My friends all remark how well I am looking, and inquire what I have been doing to myself. I reply I have been using the Elixir of Life, or, in other words, using Medicated Inhalations, by Dr. Wolfe, of Cincinnati. If they are interested, I go on to explain further, and lend your circular, and keep it going from one to another.

I can now walk a mile, attend to my Canary-birds and fourteen jars of beautiful house-plants before breakfast, (we breakfast at six o'clock,) after which I make my bed, sweep my bedroom and sitting-room adjoining, and front hall and walk. I then leave the dust to settle, and use my medicines according to directions; visit my-kitchen, see that every thing is progressing in apple-pie order, and give directions for dinner; return and dust, and get my little boy ready for school.

Since I wrote you I have been having a house full of company from abroad. They bade us good-by on the evening of the 4th. I enjoyed the visit much, and again enjoy the change, feeling I shall have time to draw many *full, long breaths*. I did not rest well nights while they were here. I suppose I was on my feet too much, consequently my sleep was not so refreshing as it should have been.



I take far better care of those I love than of myself. I know of no other way than to hereafter look upon you as my family physician, and have you prescribe laws by which I must abide. I would far rather pay you for good advice any time than for as much medicine. With sincere thanks, I remain, your well-wisher and true friend,  
 MRS. B. F. CRENSHAW.

MR. SMITH has a brusque way of putting things, but sometimes the object is attained more effectually by the short-cuts of speech than by using circumlocution. He believes that one of his children was "hurried to the grave" by dosing, so is unwilling to repeat the experiment on other members of his family:

MONTZUMA, Powshiek county, Iowa, }  
 December 30, 1867. }

DR. N. B. WOLFE—*Dear Sir*,—We received your medicine in due time, and used it with great benefit. We thought that our boy was entirely well, so much so that we did not send for any more medicine. We could not see any symptoms of the disease only in his speech. When he reads it seems as though his nose stops up so as to injure the sound, and the past week he showed some signs of an attack of the sore throat, but it was very light, and the only one in five months. He gained in flesh, and looks well, to all appearances, but we are not quite satisfied, and thought we would send for another month's treatment.

I am greatly pleased with the benefit already received, but I fear we have stopped short of a perfect cure. I have perfect faith in a sure cure if continued long enough; and the boy almost worships your picture, calls it his Doctor, and shows the book to every one that comes in. He refuses all other medicine—says if yours do not cure him it is no use to take any other; and that is my opinion, for I have had one child treated by the most skillful doctors both in Ohio and Iowa, and I ever shall believe he was hurried to the grave. If I had known of your medicine, he might have been cured and living to-day. I want you to tell me whether it is best to send him to school. It seems it do not agree with him to confine him.

Yours, respectfully, RICHARD SMITH.

#### Catarrh Cured!

A patient suffering from catarrh in the nose and head, after two months treatment, commencing 9th of January, writes the following satisfactory letter:

SARANAC, Michigan, }  
 April 8, 1869. }

DR. N. B. WOLFE, Cincinnati, O.—*Dear Sir*,—Unavoidably, both myself and my wife have been prevented from writing to you every ten days, as we fully expected and intended to do. I rejoice very much to say, too, that Mrs. Perine's health is now very good, and that she is *cured* of her catarrh in the head.

True to your prediction about that acute pain in her head, it has entirely disappeared, and she now laughs heartily or sings aloud without experiencing any symptoms of that pain—a privilege she had not enjoyed for two years before. We unite in our heart-felt thanks to you for your *advice and medicines*, which, with the blessings of an all-wise Providence, has produced so speedy and wonderful a cure. Of course, should any symptoms of catarrh appear again, we will apply to you at once for advice and medicines.

Very truly, yours, JOHN V. PERINE.

The following letter is from an old patient, treated several years ago for asthma and catarrh. It will speak for itself:

OTSEGO, Allegan county, Mich., }  
 July 21, 1866. }

DR. N. B. WOLFE—*Dear Sir*,—Your advertisement in the "North-Western" has recently come under my notice, from which I am gratified to learn you are still pursuing your noble calling in Cincinnati. I have for a long time been thinking of writing to you, but did not wish to obtrude upon your valuable time. Now I can resist the temptation no longer, if it is but to tell you "I still live," and have enjoyed uninterrupted good health since I was discharged as your patient. I feel, however, a deep and heart-felt gratitude to my Heavenly Father for the benefit you have done me; and I believe thousands join with me in commending your valuable life to his special keeping. I do not think there is any thing in the world that could have benefited me as your treatment has done. When I commenced using it, I only expected relief for a season, as I had been so long diseased, and my age such that I thought it would be unreasonable to expect more. In this how happily have I been disappointed! I have had no return of my old "torment," and do not expect it. . . . Believe me, with sincere respect and gratitude,

Yours, truly, MRS. CLARISSA ALLEN

#### Catarrh Cured.

LAFAYETTE, Madison county, Ohio.

DR. N. B. WOLFE—*Dear Sir*,—Your treatment for nasal catarrh has worked like a charm in my case. I was troubled with it for *twelve years*, apparently increasing all the time in severity; but now, after using by inhalation your medicated air for two months, I have not the slightest symptom of it, and hope I never will. For the present, I do not think it necessary to continue treatment longer. Should the catarrh return, I will again consult you. I am very grateful for what you have done for me, which almost seems providential, for it was by mere accident that I learned of your success in treating catarrh by Medicated Inhalations.

MRS. E. M'COY.

#### Restored!

The writer of the following letter having lost two brothers by consumption, found his

health failing him in the same way applied for treatment April 12, 1869. After using the remedies two months, he writes as follows:

CEDAR RAPIDS, Linn county, Iowa, }  
November 10, 1869. }

DR. N. B. WOLFE—*Dear Sir*,—Perhaps you think I'm dead because I did not answer your last, but, thank God! through him and your skill, I am far from it, and I think *if it had not been for your Medicated Inhalation I should have been dead long ago*. I rode the reaper last harvest to cut 110 acres of wheat, and now I am Fall plowing—all the time plowing two and a half acres per day, and feel pretty good at night. Should I get worse, I shall call for your assistance again, and I have no doubt that you would instantly relieve me. I intend to sow thirty acres of wheat and tend forty acres of corn next year myself. Doctor, you will please excuse this poor writing, for my pen is very poor.

From your patient, A. J. COUNTRYMAN.

#### An Old Patient Testifying.

The following letter we deem worthy of preservation. It is from a clergyman, whom we treated several years ago:

UTICA, Ind., }  
Nov. 2, 1870. }

DR. WOLFE—*Sir*,—Your having treated me for disease of the lungs during the Winter and Spring of 1867, and given me relief, and, indeed, I may say, restoring my health, I have taken pleasure in recommending your treatment of lung and throat disease to all my friends. To-day I received a letter from a friend in New Harmony, Ind., making inquiry in regard to your manner of treatment, etc. I wish you to send them one of your Common Sense books.

Direct to EUGENE OWEN,  
New Harmony, Ind.

#### Cured.

We place the following letter from an intelligent gentleman on file for safe-keeping:

ATTICA, Fountain county, Ind., }  
November 19, 1870. }

DR. N. B. WOLFE—*Dear Sir*,—To-day closes the third month's treatment, and I am very much gratified to inform you of my improvement. I think my lungs are entirely well. All that troubles me is some shortness of breath, which I feel is leaving me daily. I think I can safely say that I am cured—and you, Doctor, have the credit of doing it. This being the case, I ask one more thing of you; that is for you to give me the real facts of my condition at the time you examined me, and even before as near as you can judge. By asking this I do not wish to attach any blame particularly to any of my revivous physicians, but anxiety leads me to know some things. Please, in your reply, give me a full statement as to my real condition,

which I know was sufficiently critical when commencing your treatment. Having full confidence in your mode of treatment, I close by again thanking you for kind attention toward me.

Very respectfully yours,

SAMUEL COOKEY.

We will conclude our letters from the people, with the following from an intelligent lady living in Winona, Minn. After using two months' treatment, she wrote:

WINONA, June 21, 1871.

DR. N. B. WOLFE—*Dear Sir*,—I have now used your treatment two months, and with the most gratifying results. I am now feeling better than I have for years, and I really believe my health has been permanently restored by your treatment and advice.

My family physician called a few days since to look at the inhaler and remedies. He pronounced them good. He said, "Judging from what they had done for you (me) they must be excellent." He expressed great gratification at the fact, that a successful system for treating diseases of the lungs had been discovered; and that he would recommend your treatment to his patients. He is an Allopathic physician!

I have induced another sick person to try your treatment—a neighbor whom I am in hopes may be cured, but I fear it is too late. I tried two years ago to persuade her to send for your remedies, but could not convince her of their value, until she saw their influence upon me. There are others who are considering the matter of applying for treatment, and I hope they will decide before it is too late.

And now, Doctor, with many thanks for your kind advice and excellent remedies, I remain

Yours respectfully,

MRS. S. W. ARROSMITH.

Such testimony as the foregoing could be continued to an extent that would enlarge the size of this book much beyond the limit prescribed for its completion, but without enhancing its value or usefulness. There remains before me a pile of manuscript letters untouched, similar in character to those we have printed, which we can scarcely find room enough to index in our remaining pages, much less print in extenso. Nor does it seem necessary to our purpose to multiply witnesses to prove facts already sufficiently well established, without there is reason to doubt the credibility of those who have testified. But I believe there is no impeachment of this kind made; it therefore has been proven by fifty well-authenticated testimonies that pulmonary catarrhs, known as CONSUMPTION, ASTHMA, BRONCHITIS,

NASAL CATARRH, LOSS OF VOICE, SORE THROAT, and kindred maladies of the organs of respiration have been cured by the judicious use of cool medicated inhalations.

I am aware that this testimony may be doubted, and a reflection upon the integrity of the statements given cast, but such equivocal is most likely to be either a *pretense*, or an effort to conceal the ignorance of the skeptic and his lack of capacity to think out a truth and give it a manly recognition.

It seems hardly necessary to say, that the letters I have printed are but *representative* in their character of many hundreds in my possession, all attesting to the merits of medicated inhalations in curing diseases of the *nose, throat, and lungs*. If these FIFTY witnesses will not be believed, human testimony is vain to establish any fact that comes within the purview of the senses. We invite sharp criticism, but we have no patience with silly doubters.

To serve as points of reference, however, we will here insert a few names of persons who have knowledge or experience in attestation of the value of medicated inhalations in the treatment of pulmonary disease. Among these are many prominent persons, known to the country at large, as well as the localities in which they live. We have physicians, lawyers, clergymen, farmers, professors in colleges, mechanics, artists, teachers, all attesting to the same fact in reference to the value of medicated inhalations in curing pulmonary maladies, and as distinguishing the pre-eminence of this system of treatment over that of dosing with drugs the human stomach. It would be bad policy in me to refer to these persons of learning, enterprise, and thrift, unless the facts gave me sufficient warrant to do so. We will now append the names of some of our patients and friends, who have spoken and written in favor of this "new departure" in medical practice :

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The limits of this little work will not permit of further enlargement of this personal record. We have only sufficient space to add a few concluding words :

For twenty-five years I have been treating-diseases of the Nose, Throat, and Lungs, fifteen of which I have been located in Cincinnati. During this time I have treated twenty-five thousand pulmonary moribunds, and have a record of more than fifteen thousand cases reported on my case books. *With such an experience* I have acquired some knowledge that may yet be of some value to the world. I will briefly state my reasons in this connection for preferring the treatment for all pulmonary disease by medicated inhalations, to the old system of drugging the stomach with crude medicines. When medicine is administered by inhalation, it reaches the part *direct* ; it is *prompt* ; it is *powerful* ; and the process is *elegant* and *delicate*. But to be more specific.

1. It is *direct* ; it conveys the remedies to *cure* to the very seat of the disease to be cured, and does not subject them to the liability of undergoing change, which is always the case with medicine given by the stomach. The importance of this advantage has never been sufficiently weighed by physicians. No truism is better established than that medicines employed for the cure of diseases act with far greater certainty when they have a *specific* tendency to the organ affected, or are applied directly to it ; and no fact is better known than that the contents of the stomach often entirely change the medicines given, rendering them inert in one instance, and doubly active in another. Chemical union between acid and alkaline substances takes place as readily in the stomach as in the mortar of the chemist.

2. Inhalation is *prompt*. Medicines given by the stomach, when intended to act upon the lungs, have to make the circuit of the system. When given by the lungs, on the contrary, they are brought instantly to the part which requires their aid. Medicines in the gaseous state act with far greater promptness than as solids or fluids, because in the former condition they are subject to no further change, while in the latter they must undergo a process of decomposition. A vapor

acts with the rapidity of touch. A solid, on the contrary, may lie in the stomach for hours before any effects are manifest. In this manner deadly poisons are often washed out by the stomach-pump a considerable time after they were swallowed, without the least injury having resulted.

3. Inhalation is, more than any other, *powerful* treatment, because remedies in the gaseous state act with a tenfold greater power than when the same medicines are given as solids or fluids. Medicines act with promptness and power, just in proportion to the minuteness of their divisibility. A fluid is more powerful than a solid, and for the same reason a gas or vapor is more potent than either. It is most astonishing, says Professor Carpenter, to witness the extraordinary increase in potency which many substances exhibit when brought in relation with the blood in the gaseous form. This is easily understood, when you consider that medicated vapors are medicine in their most delicate and attenuated form—the essence, as it were, separated from all crudity, and subject to no further changes. As they are received into the lungs, so do they pass into the system ; we can detect them twenty minutes afterward in every secretion. There is no action which it is desirable to produce on the lungs themselves, or on the condition of the blood, which we can not produce with tenfold greater certainty by inhalation than by any other possible form of administration.

4. Inhalation is not only direct in its application, and prompt and powerful in its action, but it is in itself an *elegant* and *delicate* process, free from every objection. There is no patient so *weak* that he may not employ it without fatigue, nor any so sensitive to the unpleasantness of swallowing "*pills*," or "*powders*," or "*mixtures*," as to experience the least discomfort from inhaling. No man or woman, however strong-minded, takes nauseous drugs without a strong effort of the will. It is a revolting necessity. Now, inhalation at once overcomes all these objections, and in all affections of the respiratory organs—throat, air-passages, or lungs—enables us to produce the most direct, speedy, and powerful effects,

without causing the patient the slightest discomfort.

If success be the test of truth in medicine, or demonstration the proof of science in the treatment of disease, we have no fear in the fair comparison of the two methods of treatment in consumption through the stomach and through the lungs, and of their respective claims to public confidence. We, therefore, insist that whenever the physician is successful in arresting and curing by such means a malady which would otherwise have proved fatal, it is a proof that not only the principles upon which his remedies were applied or administered were correct, but that the medicines themselves were so also. So it is on the other hand, where he is not successful, a proof that his principles are false, or his remedies wrong. The result is the only test of the truth of what assumes to be science. To this simple rule there are many apparent exceptions; but they are exceptions only in appearance, not in reality. For instance, it is no proof that if a simple "cold," or the "measles," or a "fit of indigestion" is recovered from, under the prescriptions of a physician, that such prescriptions were the cause of cure, and consequently correct. These diseases are rarely mortal in themselves, and would die out, of their own accord, in nine cases out of ten, were no medicines whatever prescribed for their removal. We see them vanish alike under prescriptions of the most opposite character—Allopathic, Homeopathic, and Water-Cure—some *soothing*, others *stimulating*—some *tonic*, others *debilitating*. Now, it is not possible that these can all be correct, and yet we daily see patients triumphing over attacks of disease under each of them, and, indeed, under every possible absurdity of treatment. These furnish seeming exceptions to our rule, *that the test of the truth of a practice is the success of its application*. But look at them more closely and you see that they are not really so. These are trifling maladies, not fatal in themselves. Nature, or, more correctly, the vital power of the system, is sufficient in most instances to expel them. Medicines rightly administered may aid in the work of expulsion, in one case, and injudiciously and wrongly pre-

scribed, may retard it in another, and yet the patient ultimately recovers in both cases. The result is the same, though it may not be gained with equal speed or equal suffering. Now, it would be folly for us to say, in such cases, that because the patient gets well, he is cured by the medicine given; since, as we said before, he might really have got well much sooner had no medicines whatever been prescribed.

But with regard to mortal disease, like consumption, typhus fever, etc., in which nature almost always sinks, unless aided by proper medical treatment, the success of that treatment is justly the test of its truth and fitness. When all known methods alike fail, it is a certain evidence that the correct method is not yet discovered.

To what purpose, then, is this argument? It is intended to show that the usual treatment for consumption can not be a correct or proper one, and for the very reason that it always fails to accomplish the object for which it is employed. Every patient suffering from this disease that trusts in it, is doomed to death—not *killed* by it, for physicians, as a rule, do not prescribe very powerful medicines in this complaint, but *permitted to die* for want of the proper means being employed to save them. Now, it is idle for any physician or patient to deny this, for it is the experience of the world. We do not proclaim it in asperity, but with deep regret. It is our duty to do so, if we would be honest advisers of those who wish to learn the truth.

Again, for the very reason that all the old methods of medication in consumption are false, Inhalation, or the new method of treatment, must be correct. They *fail*, and it *succeeds*. The disease progresses under them, and is arrested under this. The patient grows weaker and more emaciated day by day, notwithstanding all the "*tonics*," and "*stimulating*," and "*nourishing*" things which he takes by the stomach, but begins to gain strength, and ceases to lose flesh, almost as soon as he is under the influence of medicines inhaled into the lungs. Irritation, cough, fever, and night-sweats, all vanish under the inhalation practice, but defy medication by the stomach. Then, too,

look at the final result! Fully two out of every three persons who resort to inhalation finally get well, while it is rare, indeed, that one escapes the consumptive's tomb under any other plan of treatment.

Simply inhaling remedies will not insure the results desired. The whole question turns upon the skill, the observation, and experience of the physician, in adapting proper remedies in the gaseous state, to control diseased conditions of the lungs and air passages. Experience has demonstrated that the practice of inhaling medicine through *hot water* is attended with injurious results, in all cases where there is much constitutional debility or expectoration from the lungs. The remedies found to be most effective in arresting and curing pulmonary disease consist of balsams, gums, resins, oils, and volatile chemicals. These can not be reduced to a vaporous condition by hot water, and, therefore, can not be used in the hot-water flask of Dr. Mudge, which is still found in the service of itinerant inhalists, who travel through the country, imposing their pretensions upon the sick and uninformed.



DR. MUDGE'S HOT-WATER FLASK.

Advanced specialists have long since repudiated this sucking-bottle of Dr. Mudge; still there are those who hawk it about the country, and take special pains to explain the *silly process* by which a pulmonary invalid may parboil his lungs.

Indeed, if it were possible to employ this class of remedies in this way, the heat and moisture of the menstruum would not only neutralize their influence, but also induce a fatal debility in the patient. Hot-water inhalents are, therefore, very unreliable, and

in a large majority of cases, *dangerous*, and not to be preferred at any time to the practice of pouring medicines into the stomach. This mode of treatment is confined to itinerants, who, gypsy-like, travel over the country, plying their vocation in search of patients, and extorting enormous fees for their pretended skill.

It may be safely inferred that an educated physician and a gentleman will not be found doing this thing. There are those, however, mendacious enough to represent themselves as my students, and others, who claim the higher honor of being my preceptor, engaged in this nefarious business. It is hardly necessary to say how utterly false these assumptions are. I have no students, and my preceptor never assisted me in pioneering this new practice into public favor. It may be accepted as a fact, however, that men who are base enough to utter such falsehoods are rascals enough to

Cheat the widow, rob the dead,  
And steal the orphan's crust of bread!

Having no merit of their own, they seek by misrepresentation to appropriate the merit of others to subserve their own selfish ends. Let the public be on their guard, alike, against the hot-water steaming process and the wandering "lung doctor;" for as the first has been proven worthless, so, as a general rule, it may be safely inferred that the physician who can cure consumption, asthma, bronchitis, or other diseases of the nose, throat, and lungs, need not wander over the country hunting patients, and render themselves liable to prosecution by *obtaining money under false pretenses*. If a man can do what these men pretend to do, patients will seek him, will spread his fame, and reward him amply for the good he accomplishes.

It is proper to say, in concluding these remarks, that I never employ *hot-water* vapors in any stage of pulmonary disease, believing, as I do, that such practice often hastens dissolution. On the contrary, my remedies, all being volatilized at the temperature of the air we breathe, are necessarily *cool* and *dry*—not hot and humid—to which cause, in part, I ascribe the success of my practice.

## BUSINESS CIRCULAR.

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**M**ANY persons suffering with diseases of the Nose, Throat, and Lungs, into whose hands this book may fall, may desire to use Medicated Inhalations for the cure of their malady; but either from infirmity of health, or scantiness of means, are unable to visit me in person for that purpose. To overcome these disabilities I have prepared a number of leading questions, and printed them in a circular, such as would be asked and answered in a personal interview, which will enable the sick person to send me a statement of the condition of their health for treatment if they desire. This can be done by simply writing answers to the questions, one by one, as propounded. Every body knows that it is by no means an uncommon practice for physicians to submit written statements of cases under their care to their more experienced brethren at a distance, and thus obtain an opinion upon their nature and the best course of treatment to pursue. This is often done by the physician without the knowledge of the patient, and frequently with the happiest effects.

When we receive the statement and find the questions answered, what is to prevent us from prescribing intelligently, after a careful examination of the reported symptoms? We are daily treating patients we have never seen, in this way, with the most satisfactory results. In connection with the circular statement, the patient, or a friend, should write such other general information regarding their present condition and state of health as their own intelligence will suggest. Thus presented, the condition of the patient may be as well understood as if present in person, and the treatment quite as effectively employed at home as in this city. When a patient can come to the city without injurious fatigue or much discomfort, a personal

interview is always desirable; but it is folly—nay, it is more than folly—a *waste of time*, because this can not be done at once, to put off the treatment for weeks and months. A month later, and the malady may be in another stage; weeks, even days are precious in the treatment of all forms of consumptive diseases, *which never waits on the convenience* of their victims.

I print in this book, on pages 95 and 96, the questions which the circular contains. They will be found regularly numbered. In reporting a case for treatment it is only necessary to write the number of the question to indicate the application of your answer. *All the questions should be answered*, as, frequently, what seems irrelevant to the case qualifies other symptoms, and assists in forming a correct estimate of the disease.

When I receive this statement of the case and order for treatment, I give it a careful examination. If there are discrepancies in the statement, I write to have them reconciled, and ask for such other information as may be desired. When the case is thus clearly presented to my mind, I prepare such medicines as my judgment shall approve for the case under consideration, and write out full instructions for using them. These and the inhaling instrument I pack safely in a box with saw-dust to insure their safety, and forward by express at my risk to the address of the patient, or the town nearest to him, wherein an express office is located. In this way I have sent Medicated Inhalations to all parts of the United States and Canadas.

In most cases of pulmonary disease there is more or less constitutional disturbance, which requires the mediation of other medicines besides medicated inhalations. In all such cases I forward with the treatment such medicines as I may deem necessary to sub-

due the complication without any additional charge to the regular fee for the extra service or medicine. I prefer sending my own medicines to my patients at my own expense, rather than have my treatment interfered with by physicians who have no experience with medicated inhalations, and who may, therefore, with good intentions, do much injury; or, what is still worse, submit my prescriptions to the risks, and incur the mistakes of irresponsible and uneducated drug-clerks.

#### FEES FOR TREATMENT.

For first month's treatment, ordered by circular, . . . . . \$ 22 00  
For each subsequent month's treatment, ordered by circular, . . . \$ 20 00

To the above respective amounts, one dollar must be added to pay for packing, box, postage, etc. These fees include all expense for medicine, inhaler, correspondence, and every other service rendered during the month. *They must be sent to me free of expense.* In no case do I make any reduction in my charges; neither do I send treatment for a less period than one month. The money must, in all cases, accompany the order for treatment, or it will not be attended to.

It is impossible to lose money when transmitted in a bank draft, in a post-office order, or by any of the different express companies.

Money has never been lost when sent in one of my printed envelopes, or when inclosed in a plainly directed envelope. Particular attention should be given to my address. "My post-office box is 399;" my residence and office are at 146 Smith-street, between Fourth and Fifth. I own this property. The Fourth-street city cars pass by the post-office and my door every five minutes in the day.

When persons send money and order treatment, they should wait a *reasonable length of time* to receive an acknowledgment from me. If it does not come, write again, and ask for information. *My business rule is to fill the order at once, and send it by express, and to return a receipt for the money by the next mail.* I also notify the patient to what express office the package is consigned, and the date of sending it from my office. *The patient must pay the expense of the expressage on the package.*

Address all letters plainly,

DR. N. B. WOLFE,  
146 Smith St.,  
CINCINNATI, OHIO.

## PATIENT'S CIRCULAR,

*Containing Questions to be answered by those who, living at a distance, wish to employ Medicated Inhalations at home, but who can not visit the city for personal consultation.*

Write the figure prefixed to the Question to which your reply is directed.

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Write your name.</li> <li>2. The name of your Post-Office.</li> <li>3. The name of your County.</li> <li>4. What State.</li> <li>5. Where is your nearest Express Office?</li> <li>6. What is your age?</li> <li>7. What is your height?</li> <li>8. What is your weight now?</li> <li>9. What has been your weight in health?</li> </ol> | <ol style="list-style-type: none"> <li>10. Are you married or single? Widow or widower?</li> <li>11. What is your occupation?</li> <li>12. Does it seem to agree with you?</li> <li>13. What name do you know your disease by?</li> <li>14. Are you confined to bed or house?</li> <li>15. Have you lost any blood-relatives by consumption?</li> </ol> |
|---|---|

16. If so, state who they were?
  17. Is your breast full or sunken under the collar-bones?
  18. Is one side of your breast more full than the other?
  19. Do you stand erect or stooping?
  20. Can you strike your breast without exciting cough?
  21. Can you hold your weight by your hands?
  22. How far can you walk at a moderate gait without fatigue?
  23. Are you subject to short breath or palpitation of the heart?
  24. If you have bled from the lungs, state when and how much?
  25. Have you a cough?
  26. When is it most troublesome?
  27. Can you lie on either side without coughing?
  28. Does the matter you raise sink or swim in water?
  29. Is its color yellow, white, or greenish?
  30. Is it ever streaked or mixed with blood?
  31. What quantity do you raise in a day?
  32. Do you have chills or fever at any time?
  33. Do you have night-sweats?
  34. Do you have Diarrhea?
  35. How is your appetite?
  36. Does your food seem to strengthen you?
  37. Are you regular in your bowels?
  38. Are you troubled with the Piles or Fistula?
  39. When you take cold does it generally affect your head?
  40. Do you ordinarily breathe through the nose?
  41. Do you take cold easily?
  42. Is your voice strong and clear?
  43. How long can you read aloud before your voice is cracked?
  44. Have you an unpleasant breath?
  45. Are you subject to sore throat?
  46. Do you "hem and hawk" much to cleanse your throat?
  47. Are you subject to ASTHMA?
  48. What most generally brings it on?
  49. Is it accompanied with itching about the eyes or sneezing?
  50. At which season of the year is it worst?
  51. Does it most frequently occur in the night or day time?
  52. How long does a regular attack last?
  53. Are you subject to cold hands and feet?
  54. Have you any running sores on you, or salt rheum, or any other disease of the skin?
  55. To what cause do you ascribe the loss of your health?
  56. Have you ever been salivated?
  57. Do you chew or smoke tobacco?
  58. Do you "rub" or "pinch" snuff?
  59. Do you use spirituous liquors habitually?
  60. How often does your pulse beat in a minute?
  61. Are you naturally of a joyous disposition?
- FOR LADIES ONLY.**
62. Are you troubled with pain in your side, or a weak back?
  63. Are you regular in your "changes"?
  64. Are they scanty, profuse, or suppressed?
  65. At such times have you nervous or sick-headache?
  66. Are you troubled with "whites" or painful menstruation?
  67. Have you given birth to any children?
  68. How many? How old is the eldest?
  69. How old is the youngest?
  70. Have you had any miscarriages?
  71. If so, what was the cause?
  72. Have you recovered well after confinements?
  73. Are you nursing a child now?
  74. Are you now *enclente*?



## COMPLIMENTARY.

From the Columbia (Lancaster County, Penn.) Spy.

**COMPLIMENT TO A COLUMBIAN.**—We learn from the City Press that the Eclectic Medical College of Pennsylvania, at their annual commencement, on Friday last, in Musical Fund Hall, Philadelphia, conferred the Honorary Degree of Doctor of Medicine upon our fellow-townsmen, Doctor N. B. WOLFE.

This compliment is well deserved, and is an acknowledgment of the appreciation in which is held the Doctor's contributions to Medical Science, in his new method of treating diseases of the lungs and throat by Medicated Inhalations—a department of medical practice to which the Doctor has given special attention for many years, and upon which he has written two very acceptable little books. We take pleasure in recording this compliment to Dr. WOLFE, and hope the Faculty may always be as discriminating in conferring their honors upon real merit and worth, as they have been in this instance.

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Rev. T. P. Bucher, Editor of the Christian World, Cincinnati, O., February 7th,  
says in his paper:

We are personally acquainted with Dr. WOLFE, and know his family to be one of respectability, in Columbia, Lancaster county, Pennsylvania, his native place, and where he resided in the earlier years of his practice. The Doctor is one of the most accomplished physicians in the West, and in the special department of medical science, to which he has devoted himself for many years, has achieved a success, it is thought by his many admiring friends, unattained by any modern physician. He is well known throughout the country as the author of a popular work on the treatment of diseases of the Nose, Throat, and Lungs, by Medicated Inhalations, and an able writer on reform in medical practice.

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From the Boston Journal.

**COMMISSIONER TO INDIA.**—We learn with pleasure the selection of Dr. N. B. WOLFE, by the Chief of the Agricultural Bureau of the Patent Office, at Washington, as *Commissioner to India*. The object of the Commission is to gather information respecting the timber trees of India—its choice fruits and materials for fabrication and various applications in the arts; and also to give special attention to the rare vegetable products in use in the *Eastern Materia Medica*, with a view to their introduction into the *Materia Medica* of the United States. For fourteen years Dr. WOLFE has made a Specialty of treating the diseases of the lungs and throat, and perhaps to-day he is the most accomplished and successful Specialist, in this department of Medical Science, to be found in this country. In this city he has been eminently successful in curing Consumption in its most advanced stages, by a method practiced only by himself, but which he is preparing to make public for the good of the world.



**N. R. Wolfe, M. D.,**

**PHYSICIAN,**

**For Diseases of the Nose, Throat, and Lungs,**

**146 SMITH STREET,**

***CINCINNATI, O.***

See Business Circular in this Book—page 94.