ability is capable of on account of having their energy and life force sapped out, through this too frequent intercourse? If men and women were enlightened on this subject, they would not go to excesses, and so injure themselves and each other, they would lead healthful lives, and not constantly goad the sexual passion into abnormal intensity, by means of gross and stimulating food.

While eminent physiologists and scientists concede the wonderful and almost unlimited extent of prenatal influence, the masses of the people are entirely ignorant of it. If people, who are at all healthy, well mated and well disposed, by taking advantage of prenatal influence, can have children, who will be free from all taint of inherited disease and vice, who will only have the seeds of virtue sown, and still further, can have children who will naturally attain to the very highest in whatever calling they are adapted for; then, is it not of the most vital importance that they should be enlightened on this subject? If this were known to all, the parents, who were fit to have children, would have only those who were well born, free from all contamination, capable of almost unlimited attainment; and if those not fit to have children, whether from disease, vice or imperfection, were informed as to how to prevent conception in a proper, hygienic way, then all classes of unfortunates would soon be no more.

At the present time there is just as much disease and suffering, and consequently crime, as ever. All good influences, whether physical, intellectual or moral are entirely inadequate. For one sufferer relieved, one reform made there are countless downfalls. The effect, not the cause, is being dealt with, and while this continues, no material good can result. Every second of the hour, a human soul is born into the world and of these, the majority go to take the ranks of the unfortunates, whether of the imperfect, the vicious, or the diseased. To remedy this, is not in every case to prevent these unfortunates from coming into the world, but to take such measures that they will be born healthy in body and mind. To accomplish this end, physicians are largely responsible; for it is in their hands that the welfare of the public, to a large extent, lies. They are the fountain source of knowledge as to health; and on them must depend, not only the cure, but the prevention of disease. For if it is a high and noble thing to cure disease, it is far more so to prevent it; and as all true physicians have only the permanent welfare of the people at heart they will leave no stone unturned to accomplish this end.

THE FATTY AND FIBROID DEGENERATIONS.

BY EPHRAIM CUTTER, M.D., LL.D., AND JOHN ASH-BURTON CUTTER, M.D.,
OF NEW YORK.

ALCOHOL A CAUSE OF FATTY DEGENERATION.

The use of alcohol is so common that this subject would not be well treated were not an allusion made to the effect of alcohol in producing fatty degeneration. Systemic writers so put it, and there is good reason, for alcohol is C_2H_5O while fat is CHO in varied proportion. Both are hydrocarbons and convertible with very little change in proportion. Alcohol acutely produces what fatty and fibrous degeneration produce chronically.

Drunkenness may well sometimes be called acute locomotor ataxy, and insanity, acute softening of the brain, acute paralysis and want of coördination. The mental vagaries of a drunken man are like those of people paralyzed more or less, so much so that people paralyzed from fatty brain degeneration have been mistaken and locked up as drunkards.

Some years ago a Mayor of a New Hampshire city was found in the Boston and Lowell railroad station in Boston helpless and unable to explain himself. The station officials turned him over to the police, and they locked him up as a drunkard. His family hunted him up and on being told that he never used liquor, the police authorities found that he suffered from paralysis caused by a cerebral hæmorrhage.

A late writer says "a too free use of oils and fatty foods and of alcoholic beverages, produces red, blotched face and swollen carbunculated nose, oily surface, erythematous swelling, and redness of the skin generally."

But not only in symptoms does alcoholism resemble fatty nerve degeneration, but the autopsies have shown fatty degeneration of liver and other organs, it may be by causing the circulation to be languid or partially impeded, as well as by kinship in chemical elements.

This effect of alcohol should induce great care in its use in diseases of fatty degeneration, as the true way to treat such cases, is to avoid the use in food and drinks of any substance which can be converted into fat, wax, lard or soap, which is a prominent feature of late food expositions. Evidence against desired.

FATTY DEGENERATION OF THE EYES.

In view of Dr. B. W. Richardson and S. Weir Mitchell's animal experiments, showing the sudden production of cataract in the eyes from the subcutaneous injection of sugar, and in view of the prevalence of eye diseases which come from degradation of ocular tissues into the various forms of fatty degeneration, in the cornea, arcus senilis; in the crystalline lens, cataract, in the aqueous humour, in the retina, in the optic nerve and flatness of the eyeball from want of proper tensile and textile strength, this subject becomes of absorbing interest to all concerned.

Food is here an agent of tremendous power for good or ill.

Once a clergyman 76 years of age, said to me that he had been forbidden by his oculists to preach or use his eyes, on account of amaurosis, which meant blindness. "Now," said he, "can you suggest anything for me?" I said I could as I deemed amaurosis one phase of fatty degeneration. He went on to the diet I told him of, which excluded carbo-hydrates—the results were that until the age of 84, he preached to the spirits in prison (so he said the last time I saw him, a few weeks before his death), in Concord, Mass., State prison, and his sight grew no worse, in place of the complete blindness predicted and which would have happened probably had he lived on ordinary diet. Fat is all right *outside* the eyeball as a cushion, but when it replaces the substance of ocular tissues it is a mischief breeder. The writer is convinced that these things should be better understood by the Blind Asylum authorities, and those who bring up children, and that they should regulate their diet, so as not to have an excess of carbo-hydrates and a loss of normal mineral salts.

Of course, cataract may come from violence, as a blow, etc., but here the circulation is impeded by the severance and dislocation of blood vessels—producing languid movements of the blood and then fatty degeneration.

I have no doubt if people were properly fed, there would be much less defects of organs of vision than now exist.

FATTY HEART.

The awful prevalence of death by heart failure makes this part of our subject a serious and impressive object of thought. We read, for example, of falling dead from his horse, a young man, and not a sign of premonition; of Secretary Windom's death at a great banquet, etc.

Now, the fatty degeneration of muscular fibrillæ along with deposits of calcareous salts and fatty degeneration in the coronary arteries will explain these deaths by showing the loss of muscular power in the organ. Although the heart can beat so hard as to rupture its own muscles, and to shake not only the person of its owner, but the bed where the owner lies, still we must look to non-traumatic causes, as the heart is protected by the chest, to explain the fatty degeneration. The greatest cause is the ingestion of bad food in my opinion; food which ferments in the alimentary canal producing carbonic acid, sulphydric acid, carburetted and sulphuretted hydrogen, which are absorbed by stomach walls and pericardium, and directly paralyze the heart (veterinarians and farmers know how soon a horse will die of colic from the paralysis of these gases just named and produced by wrong feeding), by food which lays down fat in excess and does not strengthen the cardiac muscles, to name no more.

The way to treat heart disease is to give food that makes the blood normal and hence easily circulating, produces no gases to paralyze, and lays down healthy tissues in the place of fatty ones. This can be and is done, as I have repeatedly seen. Nature will remove the fatty deposit, renew the healthy structure once more and restore normality, if she is only given the right materials with which to work.

ANGINA PECTORIS.

Angere, to choke; *pectoris*, the breast. Angina pectoris is a peculiar nervous, painful affection of the heart which is set down as a cause of death, and which needs special emphasis as coming under the head we are considering. The best time to treat is between the paroxysms, by altering the nutrition so as to take up the calcareous and other deposits in the coronary arteries, and thus give a better circulation. As I grow older, I cannot but regard the heart as an autonomy governed mostly by the cardiac plexuses of nerves (which cover its whole surface and are large as the cerebral nerve centers); that while they do not cerebrate they cardiate; that is, they regulate the beat, the action and feeling of the heart with an autonomy that leaves the brain out of the question, and cares for the heart's needs as an independent nerve center. What we call angina pectoris may come from cutting off the supply of blood, and the efforts of the nerve centers to do their vital work on this insufficient power. Be this as it may, I have seen angina pectoris cured by attention to the principle of feeding which prevents and removes fatty and calcareous degeneration. I wish this was more generally understood and acted on.

II. FIBROID DEGENERATIONS

occur very close to and along with fatty degeneration. Fibroids are tissues of the connective variety which are deposited sometimes alone, and often with muscular tissues in a partially paralyzed condition of languid and interrupted circulatory states.

When the fibrous tissues are laid down in those states they thicken, increase in size and form large, massive globar and oval tumors, as is often seen in gynecology, which resemble at times a monstrous amœba solidified. When the fibrous tissues of sheaths of nerves grow thicker, they compress the space occupied by the nerves, and paralyze as if by pinching; thus we have sclerosis in the spinal cord. Of course in the state of compression the circulation is languid and interfered with, and fatty degeneration follows as a matter of course. From the kinship of fatty degeneration and fibroid degeneration one would naturally conclude a kinship in primal cause, to wit: bad feeding. This conclusion is correct. Cases of fibroid degeneration treated by food excluding carbohydrates have done well and been cured. The frequency of fibroids in women may be due to their habit of tight lacing in addition to bad food. Certainly the corsets of women do impede circulation and make it languid. I saw one such case the other day. I stood amazed at her hazardous trifling with life and health, simply to gratify an acquiescence with a fashionable standard of æsthetics; *i. e.*, a wasp-like waist! From tight lacing and carbohydrates in excess as food women die. It is a wonder, not that so many of these angels on earth die from disease of fatty and fibroid degeneration, but that so many survive! Give us a set of mothers with non-languid and unimpeded circulation, and you will see a better race of human beings on the earth.

DEGENERATIONS ARE SUBJECT TO THE LAW OF NUTRITION.

It has been generally understood or tacitly acknowledged that there is one law of nutrition for fatty and fibroid degenerations, and another for healthy tissues. That is, if healthy tissues change, so that it requires seven years to get a new body (this is far from the truth; nails and the hair grow at the rate of at least half an inch a month; a broken bone unites in from four to six weeks; the teeth are constantly changing—we think that seven months is nearer the truth); then the fatty and fibroid degenerations will take more than seven years to be replaced. This we do not believe, *but think that the same law of rapidity of elemental changes applies to diseased and healthy tissues.*

I have seen a uterine fibroid three inches in diameter totally subside in two months' time, and I have seen fatty hearts change the pronunciation of their sounds in less than one month by food treatment alone; I have seen cases when the fatty heart has come to normality of size in less than six months. Valvular lesions take longer time.

The three factors of Bright's disease have been removed from the urine permanently and cases are now living after a lapse of from six to sixteen years.

Patients with fibrinal degeneration of liver, stomach, bowels and spinal cord, are now living in enjoyment of a normal existence. If space would permit, cases occurring in practice of the last fifteen years (to cover no more) could be given with also

specific lines of treatment. The general principles of treatment have been:

1. The acceptance of the principle that the body tissues are constantly undergoing metamorphosis.

2. To get the blood into a normal condition and keep it there.

3. To get and keep the urine at a specific gravity of 1015-1020; free from bile and deposit.

4. Nos. 2 and 3, to be obtained and held by food, medicines, massage and all therapeutical agents known to medical men.

5. To keep the patient under constant observation and not to be discharged till cured or well along on the road to health.

The Ariston, 1730 Broadway, N. Y.

DOMESTIC CORRESPONDENCE.

PHILADELPHIA LETTER.

To the Editor of the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION:

The trustees of the Medico-Chirurgical College met on the 3rd inst., and elected Dr. W. Frank Haehnlen, Professor of Obstetrics; Dr. Wm. Easterly Ashton, Professor of Gynecology and Dr. Charles M. Seltzer, Professor of Hygiene. Dr. Benjamin T. Shimwell, was appointed Adjunct Professor of Operative Surgery; and Dr. H. H. Boone, Adjunct Professor of Chemistry. The vacant chairs in the faculty attracted a number of candidates whose claims were so good and whose endorsements were so numerous and so strong, that the trustees were embarrassed in making a selection. It is hoped that some of the gentlemen who were unsuccessful on this occasion, may yet receive appointments that will secure their valuable services to this young and vigorous school.

The announcement was made in a former letter of certain additions to the faculty of Jefferson, and also of the proposed removal of Jefferson College and Hospital to South Broad street, the trustees having acquired title to an excellent location opposite the Rush library. The plans are now nearly completed, and as soon as they are adopted, work will be begun at once, as it is intended to be ready for occupancy when term of 1893-4 opens.

At the stated meeting of the College of Physicians held on June 1, the honor of Associate Fellowship, by recommendation of the Council, was conferred upon Dr. Thomas Addis Emmet, of New York, and Dr. Reginald H. Fitz, of Boston. At the preceding meeting, held May 4, Drs. Oliver Wendell Holmes, of Boston, and Wm. H. Welch of Baltimore, were elected to Associate Fellowship.

Among the evidences of the arrival of summer, we observe the opening of the city bath houses, at which, according to the daily papers, a million and a half baths were taken last year; and also the opening of the Red Bank Sanitarium for sick children some miles below the city, on the Delaware river. Of this noble charity, now in its sixteenth year of usefulness, we might say a few appreciative words. At the opening yesterday, seventeen hundred children and parents were present enjoying the scenery, and the well shaded grounds of the Association. Within the enclosure are little hammocks and swings under the trees, and games for the larger children. There is a building for preparing soup, milk, sandwiches, and other food for free distribution among the visitors, and also an administration building, which contains a hospital ward for children, who may be too sick to return to the city, and for accident and emergency cases. The little ones are accompanied by their mothers or caretakers, and admission is by tickets which can be obtained by any physician, or are given upon the statement that the

children are free from infectious disease. The plan is similar to the country week, in that it is intended to give poor dwellers in city courts and allie the benefit of fresh air and sunshine, and thus keep them from falling sick. The association, through the generosity of one of the managers, owns two fine steamboats which make hourly trips between the city and the Sanitarium. The effect upon the health of the thousands of children who are transported from the hot streets of the city to breathe the fresh air in this well appointed Sanitarium is incalculable. One of the most attractive features of this noble charity being its accessibility without restriction, ethnological, sociological, or theological, to all who need its ministrations, tickets being placed in the hands of physicians to distribute among their poor patients.

A similar institution on a large scale, is the Children's Sea Shore House at Atlantic City; where mothers may be sent with sick infants to spend a fortnight at the sea side, a little cottage with two rooms being awarded to each mother and infant. Older children are accommodated in wards in a fairly large administration building, where resident physicians and nurses care for them, and everything is provided for their comfort and pleasure. There is also a play house or amusement hall near the beach, where the convalescent ones may romp without disturbing the sick. Admission to this institution is also under the direction of Philadelphia physicians, patients being admitted in order of application, the capacity of the House being fully tested during the height of summer. A small rate of board is charged where patients or their friends are able to meet the charge.

While on the subject of parks, it might be said that our many small parks in different parts of the city are utilized as therapeutic agents or sanitary resorts to a great extent, by children and older persons, and probably exert a powerful influence in keeping the mortality rate of Philadelphia at such a low point as it is as compared with other large cities. There is also a charity which hunts out little children, and gives them a day's outing in Fairmont Park, on selected dates during the heated term. Music is provided by the city authorities, every afternoon in summer, in five different localities in this immense park of nearly 4,000 acres, which serves as a great sanitarium for those who are unable to leave the city, and probably exercises an important influence upon the climate and healthfulness of the northwestern portion of the city.

It is of interest to students, especially of botany, to know that the city has just purchased John Bartram's famous garden upon the river Schuylkill, opposite the southern portion of the city. This was the first botanic garden to be established in the United States, and still contains many rare trees planted by Bartram's hand, among which is a giant cypress, which was brought from Florida in his saddlebags, and in which he always took great pride. The house of the farmer-botanist, whom Linnæus pronounced "the greatest natural botanist in the world,"—is still standing. Above the door, this inscription cut in stone can be read:

"It is God alone, Almighty Lord,
The Holy One by me Adored.

—JOHN BARTRAM, 1770."

The house is in a good state of preservation, and with the barn, was built by Bartram's own hands. The grounds comprise about a dozen acres, but it is proposed to add a few more acres extending along the edge of the river, which will make it a very attractive spot.

The State Board of Charities has just presented to the Governor its report upon the State Hospital for the Insane, at Danville. An investigation was ordered on account of some published charges of mismanagement, which the Board has just declared to be not well founded. The Board is also