I need not offer any comments on this case. It comes within the group described by Boissarie, as occurring at the time when diphtheria was prevalent, but in persons who did not have the disease, only suffering from some associated poison. My own opinion is that this boy had a genuine attack of the disease. Diseases do not breed true in all their clinical features. It is in this way that we can explain those cases of Boissarie where the paralysis came on first, and the sore throat later in the illness. The poison acted most promptly and intensely on the nervous system, causing paralysis at once, and as the only symptom in some cases; and sore throat later on in addition, in other cases.

My thirteenth case has some features about it that demand very careful consideration. A house in which I had four cases of diphtheria, namely: husband, wife, adopted daughter and wife's sister, was regarded as in an extremely unsanitary condition. The cellar was damp and musty, and contained a good deal of old earth and organic matter. The above persons moved away. This was in June. In the end of August another family moved into the house. No sanitary improvements had been made. On September 13 I was asked to visit the house, when I found the patient, female aged 11 years, suffering from symptoms of paralysis. The legs mainly were implicated. The knee-jerk was reduced. There were sensory as well as motor symptoms. No history whatever of sore throat or previous exposure to diphtheria. The child developed the paralysis rapidly on entering the premises where diphtheria had been known to exist. The explanation of this case might be the bad condition of the house, or that the diphtheria contagion still infected the place. They were ordered to leave the house at once. The patient gradually got well, but never exhibited any further symptoms of diphtheria. There was a small amount of albumin in the urine.

From the above cases I would conclude as follows:

1. That paralysis following acute contagious diseases is not due to some associated poison, as held by Boissarie.

2. That some of the cases of paralysis are due to the direct action of the specific poison of the disease.

3. That some cases of paralysis come on at a date when we can no longer believe that the specific poison of the disease is in activity. These cases may be due to: *a*, some poison or impurity left in the system; or to, *b*, some weakened and unstable state of the nervous tissue, caused by the disease, and which cold, wet or fatigue readily overthrows. In this way a paralysis results, as might have been the case, after such exposure, even though there had been no previous illness: but with greater readiness in those recently recovered from some acute attack, as typhoid fever or diphtheria.

THE second annual session of the Association of Military Surgeons of the National Guard of the United States will be held at St. Louis, April 19, 20, and 21, 1892. An interesting programme of addresses by prominent surgeons of the National Guard and the United States Army has been arranged, and a goodly number of scientific papers on Military and Accidental Surgery will be read and discussed, and all matters pertaining to the health, usefulness and welfare of the civilian soldiers will receive attention.

THE USE OF THE TURKISH BATH IN INEBRIETY.

Read before the American Association for the Study and Cure of Inebriety, New York, April 15, 1890.

BY CHAS. H. SHEPARD, M.D.,
OF BROOKLYN, N. Y.

The etiology and philosophy of inebriety have been presented very thoroughly in previous papers read before this Association, and I am now accorded the privilege of bringing to your notice a new method of treatment for that condition.

It is with pleasure that we note many of the former theories held on this subject giving place to more modern ideas. Common opinion considered inebriety a vice, needing only moral treatment, while to-day it is demonstrated to be a disease, and the world is waiting to honor him who first discovers its microbe.

It was not until such ever-to-be-honored men as Dr. Turner, Dr. Parrish, Dr. Mason, and a few others, made plain to the community the true standing of the inebriate, and showed that this disease was one to be treated on the same general principles as other diseases, that a right appreciation of such cases was obtained. These men have passed on, but their work remains, and future generations will call them blessed.

Dr. J. Edward Turner's name heads the list of consecrated workers in this field, as he built the first inebriate asylum in this or any other country. The corner stone, after an unparalleled amount of work on his part, was laid in 1858, at Binghamton, N. Y., and the institution, which was opened for patients in 1863, was carried on under his administration for three years with great success. Many who were his patients then have since been useful and honored members of society. The history of that institution after he left it, shows how the most beneficent enterprise may be wrecked by bad management.

A prominent feature in Dr. Turner's plan of treatment made it necessary to isolate the patient from the possibility of obtaining alcohol in any form, and to continue this exclusion long enough to make a complete cure, the time varying in different cases according to the condition of the patient. It has been demonstrated over and over again, that unless entire exclusion can be obtained, the work of reform requires repetition. There are many reasons why an institution is essential for the care of inebriety as well as of disease in general. The appliances for treatment are more complete than can be possible in the individual home, the supervision of the physician is direct and constant, and therefore the attention is more prompt, the surroundings of the patient as to sanitation, diet, etc., can be better regulated, and the uniformity of life, as well as treatment, all conduce to a speedy recovery. When we have attained exclusion, the first step toward a radical cure is taken. Without this any institution purporting to treat such conditions is incompetent in many cases.

Next in order comes the restoration of the functions of the body to their normal working condition. It is understood that the action of alcohol, as well as the narcotics, retards the waste of tissue, and some have imagined this to be an advantage, but on the contrary the system, by the free use of these agents, is often loaded, as it were, to the brim, and then is ready to be discharged like a cannon at the touch of a match, and for this very reason they are more dan-

gerous. Notice how many of those who make a free use of them are suddenly stricken down, while apparently in what should be the vigor of life.

The action of the so-called stimulants, as well as narcotics, is in reality, a toxic effect, mistakenly supposed to be stimulation, and, like other poisons,—the system refuses them, as they are non-assimilable, and therefore the easiest method, by what may be called vital reaction, is taken to get rid of them. When from excess or weakness this result cannot be accomplished, what may be called a benumbing effect is produced. The longer alcohol remain in the system, the more this effect will be perceived, and this being in the nature of paralysis, must naturally act in a progressive ratio, till the impairment of the functions of the organs is succeeded by an inability to work at all. How would it be possible to go on day after day bathing the internal organs with dilute alcohol without its inducing some kind of disease? The elimination from the body of this substance, with its irritating compounds, necessarily falls largely upon the kidneys and skin, and when these are overworked, disturbance quickly follows. Whenever elimination is suspended, inasmuch as one or more of the organs engorged. This is particularly disastrous so far as the brain is concerned, for then proper coördination is interfered with and we see the gradual approach toward insanity or idiocy, the trembling nerves, and finally utter incompetency. By no means should the sufferer from such a disease be left to exercise his own judgment.

The more frequent practice is to introduce a drug into the stomach, in hopes that its action will be such as to correct the dominating morbid condition. Necessarily this drug or potion must be absorbed, pass into the circulation, and then produce its effect. Can an agent be found that will not cut both ways, like a two edged sword?

Of late much has been said and written about the chloride of gold treatment, and its wonderful success in the west. If an antidote has been found all will rejoice. But the laws of life and health must be strictly obeyed in spite of any so-called remedy, and we may rest assured that these laws are as inflexible to-day as is the law of gravitation. The time will never come when we may ignore any one of them without paying the penalty. It will ever be found necessary to pay strict attention to all the laws of sanitation, nor can we reach the highest standard of health till they are fully understood and obeyed. To go on in the way of transgression and then expect to be bailed out by some new remedy is likely to prove as futile in the future as it has been in the past.

Permit me to mention one agency that accomplishes many of the results that different drugs are given to produce, and this without the reactive effect of the drugs; an agency that never fails in time of need; that requires not to be administered by the stomach or in any unpleasant way; that is always ready, and always agreeable to the patient, and more than that, is always delightful, soothing, and quieting to the irritated nerves. That agency is,—the hot air or Turkish bath.

The moment the bather enters the heated chamber of this bath he is called upon in the gentlest manner to discharge through the skin the refuse of his system. The process of unloading goes on constantly, and the longer he remains in the heat, the more foul material is thrown out. The skin is made active, the

blood is perfected in its circulation; at the same time the elements of disease are discarded. Thus when there is alcohol in the system, it can be distinctly noticed in the perspiration. It is apparent to the sense of smell when alcohol is used even in a limited degree, and much more so when it is freely used. As the blood is brought to the surface and purified, it goes back to every organ to do better work and perfect every function, by carrying new elements of repair and nutrition, by which all the activities of life are renewed, so that, unless the work of destruction has been carried on too long, repair is set up and a better condition of things organized. For instance, if the kidneys have been inflamed, the inflammatory and obstructive particles are withdrawn, the former irritation is quieted, there is less determination of blood and nervous energy to that part, through the general equalization, so that a normal action follows, and this vivifying process goes on, not alone with the kidneys, but with every organ of the body to which the vital fluid reaches. Then again, the manipulation which accompanies this treatment, renders more perfect every process, and in a large measure takes the place of exercise. Nothing could be more simple and perfect in its action. The effect is constitutional or general, and thus quickly overcomes all local obstructions, and the process needs only to be repeated and continued long enough to reach the most depraved cases.

By no means will this process restore a lost arm or a wasted lung, but many an arm that has been unfitted for service by inflammation, has been quickly restored to its full activity, and many a lung that was not doing half work, has been cleaned and restored to its normal action, and the brain that before was cloudy, has been cleared and restored to almost its pristine activity.

When we realize that the lesions of alcohol are more marked by functional diseases than by any anatomical change, it is quickly seen how important is an agency that appeals so directly to these conditions. With health restored, the craving appetite for strong drink ceases, and a relish is felt for a purer and many times more agreeable exhilaration.

With so powerful an agency as this constantly at hand, we need little else. With simple, wholesome food, moderately indulged in, and with pleasant surroundings, all the health of which a person is capable is assured.

Cleanliness and politeness are among the necessary refinements of civilized society. The practice of the Turkish bath increases both. We can have no free intercourse among the people unless these characteristics belong to them, but with these secured we have the delights of social life, especially if with them we complete the trio, by adding sobriety.

Modern science has proven alcohol to be a poison, and holds it accountable for a large part of the disease and even insanity that curse our land. Look for one moment at the immense amount of time and treasure that is expended for stimulants alone; it is said to be sixty million pounds a year in Great Britain. Count Tolstoi makes the remarkable statement, that one-eighth of the entire population of that country devote their lives to the manufacture of stupefying stimulants. Deliverance from this terrible custom that dominates so large a part of the world, will mark an epoch in the life of the race. Admitting that present relief is furnished to pain and anxiety by the

use of stimulants, this at best is transient, and the price paid is too great. The coming physician will take higher ground, correct the patients' habits, read the signs of the nervous and mental constitution, as well as the heredity, and teach how to keep well, rather than to relieve mere temporary ills. Pain is one of our best friends, and may be compared to the watchman on the tower, warning us of the approach of the enemy. It would be the height of absurdity to shoot the watchman instead of heeding his warning.

The rush and push of the age, and the struggle for existence, are accountable for much of the use of stimulants, and for the failures in life and health that are continually before us. When one falls by the way, he thinks to recover himself by stimulation, rather than by rest and recreation, which would take time. He little realizes that the use of stimulants is only to draw on whatever vitality he may have left, that they never increase this force. Even medical men are sometimes deluded by the idea that they can tone up the patient and thus tide him over an emergency, losing sight of the fact that when the emergency is passed there is so much less vitality with which to react. Weakness can hardly be called a malady, though it may often be a symptom of a grave disease. The popularity of tonics and the importunity of patients will doubtless often tempt the practitioner, but he who regards the highest welfare of his patient will not thus be carried away, but rather inquire into the cause of the weakness, and show that by correcting the habits of the individual, the most fruitful source of weakness may be avoided.

There can be no immunity for the transgression of the laws of health. To study and obey them is incumbent on all alike. If the effect of transgressing these laws could easily be nullified by a tonic or stimulant, there would soon be no law.

A real tonic is food that can be appropriated to the purposes of the system, not that which is taken in excess, a burden to the organism, and therefore to be disposed of in the easiest manner possible. Another tonic is pure air, which furnishes oxygen to the skin and lungs, and thus vitalizes the circulation by burning up the *débris* and preparing the used up tissue to be cast off in the shape of watery vapor, carbonic acid gas, and salines.

The popular practice of using tonic drinks, as remedies to increase the appetite, is misleading, for it is not the amount of food that goes through the first stage of digestion that builds up the system, but rather that which is taken up and appropriated to the various uses of the body, an office that neither tonics, stimulants, nor narcotics are able in any manner to fill. Many a time has the health been utterly ruined by the false idea that in taking tonics the system was being nourished, perchance increasing in weight, while the disease itself was slowly but surely gaining ground. In all this use of stimulants, tonics and narcotics, it is the effect on the nervous system that is sought. There is too much willingness to live in the sensational and emotional, rather than to be subject to the will and common sense. The use of artificial tonic drinks is but little removed from that of alcoholic tipples.

Some time since, a course of experiments was entered upon to determine the value of various preparations of pepsin. These experiments included the addition of different drugs and mixtures of drugs under strict test conditions, and prove conclusively,

that in every instance of such additions, the digestive process was retarded, and the delay was in proportion to the amount of the drug added. Those drugs which had the greatest tonic reputation, and of which iron was a component, produced the greatest delay of the digestive process.

It is only by nutrition that real vital force can be secured, and this must come through absorption into the circulating fluid of such portions of the food as are properly prepared for it. Motion calls for expenditure of vital energy in disposing of such products. Their use and disposal are the one grand necessity, and any thing that promotes this end is a real tonic.

Artificial heat is shown to fulfil this condition with less expenditure of vitality than any other agent. By inviting the circulation to the surface, it quickly disposes of all refuse and makes room for a new supply.

This effect is peculiarly happy in all cases of weakness, whether local or general, inasmuch as it is undergone in a passive state, and therefore calls for the minimum expenditure of vitality. This is why one feels so refreshed and rejuvenated after the Turkish bath. It is well known that whatever tends to build up and strengthen the muscular system, or invigorate the body generally, has at the same time a renewing and strengthening effect upon the whole nervous system, of which the brain is the head centre, and naturally receives the larger share of the benefit. This has been well shown in many cases of insanity, where the Turkish bath has wrought wonderful instances of relief.

Cases of acute inflammation and pain, attended with extreme debility, have enjoyed the bath twice daily for varying periods of between three and six months with the result of quickly relieving both pain and inflammation, and with a gradual improvement in health, strength and weight; some cases increasing between ten and twenty pounds while under the treatment.

When the inebriate can be kindly taken from society, of which he is unable to fulfil the duties, and be cared for till he is again fitted for its privileges; when the younger generation are taught the disastrous effects of the use of stimulants or narcotics in any form; and when the Turkish bath forms a necessary adjunct to every habitable institution, and is made generally accessible to the people, a brighter day for mankind will dawn upon the world.

A REPORT OF TWO CASES OF NEPHRECTOMY, SARCOMA AND PYONEPHROSIS.

Read before the Kings County Medical Association, December 8, 1891.

BY J. D. SULLIVAN, M.D.,
OF BROOKLYN, N. Y.

The two cases herein reported present many points of special interest, and it is hoped that their consideration will afford some additional knowledge relating to surgical diseases of the kidney.

Case 1.—Miss K. D., aged 17 years, nativity New York, called at my office on April 7, 1890, to seek relief from pain in her back and right lumbar region, and a variety of symptoms pertaining to her nervous system. On careful inquiry, I elicited the following history: Father, brothers and sisters are in the enjoyment of good health. Mother died recently from