

## MEDICAL

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## Medical Journal

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PROCEEDINGS OF WORLD'S  
CONGRESS OF MEDICAL  
CLIMATOLOGY.Held At Chicago May 29th To  
June 3rd.

The third morning's session of the Congress of Medico-Climatology was held in Hall 111. Dr. T. C. Duncan presided.

The first address was by Dr. I. N. Danforth of Chicago. It was in relation to Bright's disease and the conditions of climate that conducted to or most seriously affected it. In Dr. Danforth's paper there was reason for poor people to congratulate themselves on their inability to indulge in high living. He said that the old style of English gout was becoming quite a fashionable disease among some of the Chicago people. He knew men who, many years ago, had been poor and hard working. They lived on plain food and considered themselves lucky enough then to have plenty of it. They had to work hard, but they enjoyed excellent health and slept the sleep of the just. But since then their circumstances have altered. They have grown wealthy and have five or six-course dinners, and travel around from place to place in luxuriously appointed vehicles. Instead of increasing in health as in wealth it has been the very reverse for them. By their high living they have brought on themselves gout and various forms of disease. He said his experience in sending patients to the warmer climates, to the south of France, Algiers, Italy and Texas had been satisfactory. This he attributed to the fact that the air is usually free from malarial poisoning; that the exhumation by the skin is at its maximum, giving the kidneys rest, and because nutrition can be maintained without much unusual diet. Dr. Charles H. McKahn, of Akin, S. C., in discussing the paper defended the southern states in certain localities as favorable to the treatment of Bright's disease. Dr. W. R. Huggard, of Davos Platz, of Switzerland, said acute cases of the disease were aggravated by the high altitudes of Switzerland. He did not believe the disease originated there, but was convinced the climate was too dry to be of benefit to the patient afflicted with Bright's disease or those having the varied forms of heart troubles.

Dr. E. M. Hale, Chicago, read a paper on "Geography of Heart Disease." He believed it impossible to define the geographical limits of all heart diseases. He preferred to ascertain the geographical limits of those diseases which cause heart disease, such as rheumatism, Bright's disease and occasionally la grippe, scarlet

fever and diabetes. The same climatic conditions produce them all. Bright's disease was most common in the following states, the percentage being highest in the order named: New Jersey, New York, Connecticut, Massachusetts, New Hampshire, Maryland, Vermont, Maine, California, Michigan, Minnesota, Ohio, Pennsylvania, Wisconsin, Illinois, and West Virginia. Attention was called to the fact that all these states were north of Mason and Dixon's line. Bright's disease is less frequent in Arkansas, Georgia, Indiana, Iowa, Kansas, Kentucky, Mississippi, Missouri, Nebraska, North Carolina, South Carolina, Tennessee, Texas, and Virginia. He was not informed as to Florida, but believed the percentage less than in any of the other gulf states. The contrast between West Virginia and old Virginia is striking, the former being mountains, very damp and cold, and the latter warmer, lower and less humid. The percentage is greater in the former. The statistics of rheumatism conforms with that of Bright's disease in the southern states. Different parts of each state are not equally causative of rheumatism or Bright's disease, as shown in the difference between Virginia and West Virginia. In the higher altitudes heart disease will be more frequent than on lower ground. There are some exceptions to this rule, as when the highlands are dry, as in the mountains of North Carolina, Georgia, New Mexico Arizona.

Dr. Charles E. Davis, Eureka Springs, Ark., read a paper on "Relative Influence of Variable and Equitable Climates on the Development and Conservation of Physioal or Vital Force." The paper was discussed by Dr. Wilson A. Smith of Morgan Park. Each believed in pure water and that the equitable climates most conducive to health were in western Georgia and North Carolina. Regarding pure water Dr. Davis said:

Your committee also requested me to give my observations on the inhibition of pure spring water as distinguished from "mineral" waters as an alternative and reconstructive in chronic and acute diseases. In the limits of a paper like this I can best serve you by calling your attention categorically to the following facts in this connection, on the nature and extent of its use as a solvent and eliminant in the physioal economy. First, "pure water" is the greatest solvent in nature.

Second, pure water in sufficient quantity is the hardest thing to find in nature.

Third, water is the largest single factor in healthy digestion, assimilation and excretion.

Fourth, most diseases arise from and depend upon defective solution, distribution and elimination of matter soluble in pure water, from which it follows that

most diseases not characterized by secondary pathological conditions should be cured by the proper exhibition of pure water.

Fifth, "mineral water" is water "spoiled," except for an exceedingly small number of special uses.

The same may be said of medicinal waters of all kinds, especially so far as their solvent power is concerned. A given solution whether formed in the laboratory of the earth or of the chemist, is good only for special and very limited cases, whereas pure water dissolves out both pabulum and waste from the same substance, carrying the one to the proper organs for elaborating into tissue and thought and the other into the systemic sewers.

The great importance of pure water as a solvent and eliminant in the latter function in maintaining health in the physical economy as compared to all other, general or special foods or fluids is best shown by a consideration of the fact that while general or special sustenance or stimulation always whatever it is taken into the body, its waste, together with all other waste tissue or material which is constantly forming is a result of vital processes is dissolved out and carried off by its special action, and so universal and important is this function that it may be stated as a general fact that all fluxes, congestion, indeed most diseases to which we are heir, owe their origin to impairment of systemic sewerage.

You are already familiar with its power in surgical diseases controlling inflammations, cooling and washing out the blood promoting the absorption of inflammation exudates, disposing of acrid secretions, promoting healthy granulations, etc. Filtering, boiling and sterilizing are simple attempts to remove the grosser impurities and but partially restore its solvent power. But enough has been said, I think, to impress upon you the infinite value of pure water for general use over that whose solvent power has been in any way impaired aside from the possible evil resulting from the foreign substances in solution, except "when done to order" for special purposes.

Dr. Eliza Roots of Chicago, read the next paper, "Observations on European Climates." She said too much care could not be exercised in sending invalids to untried resorts at the risk of exposing them to undesirable influences. No one, she said, ought to think of sending a person to the Desert of Sahara for sunshine and dry air, although lots of both could no doubt be had in that arid waste. She described the climates and peculiarities of some of the most fashionable health resorts of England and on the European continent.

Dr. Marshall read a paper on "The Climatology of Southwest Texas," written by Dr. J. F. Weatherhead of Boerne.

Papers were read on Africa, the oceans, Arkansas, California, Carolina, Idaho, Minnesota, South Dakota and Texas.

## Pure Water.

Under the head Waukesha in August number of *American Climates and Resorts*, we find the following which applies so much better to the waters of these Springs that we could not resist the temptation to place it before our readers:

It is an almost universal fallacy to assume that hydrotherapy concerns itself only with the application of water to the cutaneous surfaces in the treatment of disease. The etymology of the word indicates that healing by water is its object, hence the application of pure water in any manner, external or internal, comes under its meaning. Thus while we find that in many "watering places" almost universal attention is paid to baths or its external application, at others drinking "the waters" occupies a large portion of the time and attention of the "devotees."

Water drinking is not a proper prescription, and the famous English physician, Dr. Gregory, realized this fact when he said that "he had made twenty patients by wine where he had one by water." But unpopular as water is with a large class of patients, yet the fact remains that the part which pure water plays in the preparation of the food for absorption from the alimentary canal, and its necessity in the processes by which all the potential energy of the food is made active, is a most important one. Of late the idea has obtained a strong hold of the medical mind that for the purposes above named, as near absolute purity as was obtainable was the great desideratum and owing to the wonderful purity of the waters at Waukesha, Wisconsin, they have become world-wide famous. The waters of Waukesha are mostly classed among the *earthy waters*, or waters containing sulphate and carbonates of the alkaline earth, lime and magnesia, with occasional traces of soda, potash and iron. But the quantities of these earth substances are so small as to render them more properly termed *pure waters* than medicinal. One notable exception to the general classification is the Waukesha Litha, which shows quite a preceptible quantity of that valuable and exceedingly rare property, litha, and the product of this spring is rapidly taking a prominent place in the estimation of profession and patrons. There are many circumstances which enter into the choice of drinking cures for different patients with the same morbid derangements, and it is often as much a question of environment as it is the analysis of the waters which must determine the choice.

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## Alpha and Omega.

Once upon a time, so Darwin tells us, the greatest man and the greatest ape were very neighborly. A flea could hop from one to the other and find his neighbor upon either. This greatest man did everything himself; from stone and bone he shaped the tools with which he digged the earth to raise the food himself; from wood and thong he made his bough with which to kill beasts and bird himself; from pelt and hide he made his clothes himself; from bark and bow he made his canoes himself; from warp and woof he wove his cloth himself; from the grain he made his bread himself, and when he was sick he brewed the wort of worth himself that which he could not leave undone. But as time rolled on and man's wants grew apace with man, he who could do better than another shape in metal the implements and tools, came to do nothing else, and so we have the smith any his craft. He who could do better than another dig the earth and raise the grain for food could do nothing else, and hence the husbandman, the farmer and their craft. He who could do better than another tan the hide and cure the pelt soon could do nothing else, and thus rose the tanner, the furrier and their craft. He who could do better than another weave from warp and woof better cloth than his neighbor soon had all he could do, and thus arose the weaver and his craft. He who could do better than another from wheat and corn make better flour and meal than another soon could not be spared from his mill, and so arose the miller and his craft. Thus on down through the long line of swarthy men do we find that he who could do better than another brew the wort of worth and heal the sick soon could find time to do naught else, and so arose the doctor and his craft—leech craft, as it was called in good old Anglo-Saxon. From the old-fashioned doctor who did everything himself, from pulling Johnnie's tooth to sawing off a leg or physicking the old mare, we have advanced to the time when he who can do better than another treat and cure the eye and ear and do nothing else and thus we have the oculist and aurist and their craft. He who can do better than another hear and interpret the fine sounds of lung and heart and comprehend their warning does naught else but treat these organs, and thus we have the specialist in chest diseases. He who can better than another read the signs of a diseased liver or kidney and apply the remedy, soon comes to have an officeful, and thus we have the urinary pathologist and specialist and their craft. He who can better than another understand the many dark secrets of a ruptured cervix and so we have the gynecologist

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and their craft. Of late the official surgeon finds a cause for all ills in pockets, papillæ, and rectal frills, and he who can do better than another perform the "American" with precision, has but little need of anything else unless it be circumcision.

After the oculist has remedied the astigmatism, the aurist has fitted a new tympanum, the specialist in chest diseases has given a course of "Koch," the urinary pathologist a course of "spas," the gynæcologist "restored" everything and the officialist removed all "frills," then turn your patient over to the climatologist to tell him where to go to get well.—*American Climates and Resorts.*

#### The Old Country Doctor.

"Our country physicians" says a writer in the *Christian Herald*, "has so many hardships, so many interruptions, so many annoyances, I am glad they have so many encouragements. All doors open to them. They are welcome to mansion and to cot. Little children shout when they see them coming down the road, and the aged, recognizing the step, look up and say, 'Doctor, is that you?' They stand between our families and the grave, fighting back the troops of disorder that come up from their encampment by the cold river. No one hears such thanks as the doctor hears. They are eyes to the blind, they are feet to the lame, their path is strewn with the benedictions of those whom they have befriended. One day there was a dreadful foreboding in our house. All hope was gone. The doctor came about four times that day. The children put away their toys and all walked on tiptoe, and at the least sound said 'Hush!' How loudly the clock did tick, and how the banister creaked though we tried to keep it still! That night the doctor staid all night. He concentrated all his skill upon the sufferer. At last the restlessness of the sufferer subsided in a calm, sweet slumber, and the doctor looked up and smiled and said, 'The crisis is passed.' When propped up with pillows, in the easy chair, she sat, and the south wind tried to blow a rose-leaf into the faded cheek, and the children brought flowers—the one a red clover top, the other a violet from the lawn—to the lap of the convalescent, and Bertha stood on a high chair with a brush smoothing her mother's hair, and we were told in a day or two she might ride out, and joy came back to our house.

"And as we helped the old country doctor into his gig, we noticed that the step was broken, or the horse stiff in the knees, and we all realized for the first time in our life what doctors were worth. Encourage them. They deserve every kindness at our hands."

#### Negative Information.

The value of negative information was well stated by the famous French savant, who was once asked by a certain lady an apparent simple question in science. He replied, "Madame, I do not know." "Well, what is the use of all your scientific education if you can not tell that?" said she. "Madame, to be able to say I do not know," he replied.

#### Sufferers From Consumption.

While no remedy for consumption has ever been discovered, physicians are aware that in certain parts of this country and of the republic of Mexico tubercles never form upon the lungs, and if the sufferer is in the early stages of consumption, the progress of the disease may be arrested or the patient find complete recovery.

The climate cure for consumption is the only one to which the physician can point his patient to any degree of encouragement, and this he can do only before the development of the tuberculosis has rendered all hope in vain.

This climate cure cannot be prescribed to advantage except in certain cases; nor would all cases which are capable of cure or suspension receive benefit from being sent to the same place. The judgment of physicians is necessary, therefore, to determine how this possible cure should be used.

Every physician of large practice often has upon his hands one or more cases of consumption which might be cured if the patient could go to such a climate; but a long and costly journey is usually involved, and the patient may have neither the money to take him there, nor funds to maintain him if he were there.

It is said, on medical authority, that one hundred thousand die of pulmonary consumption every year in the United States, fifteen thousand of them in New England.

A very large portion of these lives might be saved if the sufferers could be sent in time to our southwestern sanitariums. In view of these facts, a national society, called the American Invalid Aid Society, has been formed in Boston. Its object is to assist undoubted sufferers from consumption to reach the sanitariums designated by the medical officers of the society. This it proposes to do by means of loans, to be repaid, in money or work, when the recipients are able to do so.

#### Iritis.

The most important of any treatment in iritis is the use of a solution of atropia. The great fault of most physicians is to use it with too much caution. The object of its use is to dilate the pupil, and thus prevent the formation of posterior synechiae.

A solution (four grains to one ounce) should be used with such frequency as will effect the purpose. An additional application is warm or hot water, which may be applied as hot as can be borne. This will almost always stop the pain, but in some cases the administration of an opiate may be necessary.

Constitutional treatment is indispensable in some cases. Those cases rising from syphilis, of course, call for the administration of mercurials and the iodides.

#### Opium Poisoning.

Dr. Taylor, in *Medical Summary*, says: The treatment I use is to inject from one-half to one ounce of the tincture of capsicum into the rectum. The results are almost instantaneous, and the patient awakens from his stupor, and is as wakeful as possible. I have never yet found any ill effect from its use.

#### Cramp.

Cramp is a nervous disease, due to some trouble of the nerve centers. If it is a general cramp of the whole limb, it is due to a disease of the spine, and should be analyzed by a physician. A cramp is best relieved by seizing the cramping muscle and compressing it with the hands. It may seem that the remedy is worse than the disease, but it will stop the cramping. A leather strap worn around the limb is a convenient remedy. When the cramping begins, buckle the strap as tightly as possible and there will be no further trouble.

#### Rust Stains.

Rust stains on surgical instruments may be removed; it is claimed, by painting them with a mixture of one part of potassium cyanide; one part of soft soap, two parts of prepared chalk, and enough water to make a paste, and then wiping the instruments and coating them with oil.

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THE TIME 1881. THE ECHO, 1885.

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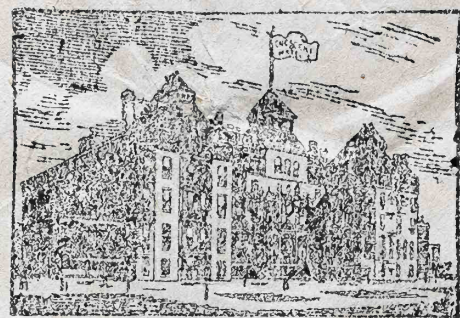
West Bound Trains.

Stations & Ads.	Freight	No. 1. No. 3. L.A.M.	No. 2. No. 4. L.A.M.	No. 5. No. 6. L.P.M.
Eureka Springs	11 40	7 50	4 50	0
Gaskins	11 58	7 57	4 57	3
Narrows	12 12	8 04	5 04	5 3/4
Seligman	1 10	8 35	5 35	18 1/2

East Bound Trains.

Stations and Sidings	No. 2. No. 4. A.R.A.M.	No. 1. No. 3. Mixed. A.B.P.M.	Freight. No. 5. A.F.M.
Eureka Springs	10 20	9 05	3 30
Gaskins	10 13	9 01	3 10
The Narrows	10 03	8 53	3 09
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