

**CASES OF SCROFULA, NEURALGIA,  
RHEUMATISM, OBSTINATE &  
HABITUAL CONSTIPATION, &C.  
SUCCESSFULLY TREATED BY THE  
SWEDISH MODE OF PRACTICE**

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Cases of scrofula, neuralgia, rheumatism, obstinate & habitual constipation, &c. successfully treated by the Swedish mode of practice by John W. F. Blundell

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**JOHN W. F. BLUNDELL**

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BY  
JOHN W. F. BLUNDELL, M. D.,  
AUTHOR OF "MEDICINA MECHANICA," &c.

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*NUNQUAM ALIUD NATURA.*

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## C A S E S, & c.

As the efficacy of any new medical treatment can be best tested by a faithful report of cases in which it has succeeded, I beg to lay before the medical public a selection of such cases from my "Case Book." These, it is hoped, may be sufficient to teach by analogy the use and probable extension of this valuable aid to medical science in general.

Since the publication of my larger work\* in 1851, I have had abundant opportunity of testing the merits of exercises and manipulations not only in chronic cases of long duration and obstinate character, but also in a wide range of constitutional diseases. The system, I am glad to find, continues its steady progress on the Continent, and is rising gradually yet surely in the estimation of the public here. It is my fervent hope, therefore, that this success will tend to establish it permanently as a valuable and indispensable branch of the healing

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\* "Medicina Mechanica," Churchill, New Burlington Street.

art,—rescue it entirely from the domains of empiricism, and prevent, by its legitimate use, that danger which ever must result from the indiscriminate or universal application of any one form of treatment to all diseases. It is, however, for the public to protect itself against the latter; and it will best effect this by comprehending rightly what a *cure* of both constitutional and chronic diseases really *is*, and the impossibility of effecting it solely by palliative measures. The public would thus have better health, and medical science more honor. It has ever been by a blind faith in the secret existence of some universal medical appliance, that “panaceas,” the most fertile of all sources of chronic disease, have, in the present day, arrived at such high pretensions.

Now there can be no healthy improvement, either in chronic or constitutional disorders, save by gradual and progressive steps; and he that would presume to promise a sudden termination of such ailments to this, on any other treatment, would inflict a heavy blow against its obvious usefulness. Its power alone consists in those methods, regulated by careful experience, which restore harmony to a debilitated or inert frame. In the early stage of



diseased action, the appliances of the medical practitioner enable him readily to arrest the progress of its morbid tendency, and to attend to the laws of recovery, that nature may gradually resume its healthy functions. But in the presence of constitutional or chronic maladies the same remedies may be inert, and a perseverance in them too frequently leads to an aggrivation of the disorder. Yet the patient often demands their administration, or flies to some advertised specific! Mentally persuaded that a "panacea" somewhere exists by means of which he shall be rapidly restored, the sufferer wanders from physician to physician, from place to place, whether at home or abroad, gives each form of treatment a short trial, and of course abandons each in disgust, runs the broad circle of "neuro-tonics" and "nervo-arterial essences," and lastly settles down the happy possessor of some specific that, yielding him a little relief, secretly consumes the capital of his vital powers; or he calmly resigns himself to that system of "domestic medicine" wherein he is the willing slave of the aural or written testimonies of good natured and sympathising friends; taking this potion or that posset, or swallowing undismayed each friendly

pill that may arrive to him under the "strongest recommendations."

The reason, therefore, why chronic diseases are so seldom *cured* is, that, when a palliative treatment has given present immunity to the sufferer, such palliative treatment is considered to have cured; whereas the results, near or distant, prove it to have been the most serious or even fatal of deceptions. Perhaps too this latter fact is one of the chief sources of that distrust of, disappointment at, and hard sayings against the science of medicine. Rapid cures suit many people, who like a little dash in medicine as in other matters; but they are not equally prepared to take the risks. If we hear of a fatal termination, sometime after a cure of this sort, and express our fears of the vaunted means applied, we are told "Oh, he did not die of *that*,"—"it was quite another disease," and so on. The enemy, dislodged from a minor or more superficial resting place, had doubtless taken refuge in another of a far more secret and dangerous character. It would be indeed a grand discovery if we could find anything in nature or art, that would avert the inevitable laws of chronic diseases; laws which determine that in proportion to the slowness of

their approach, and the duration of their visits to the frame, will be their gradual relaxation and final expulsion.

I have been unwillingly drawn into these remarks because of the nature of the treatment I advocate, the progress and success of which is solely and entirely controlled by these natural laws. It is presumed a man would rather have *Gout* in his toe than in his stomach, that the glands of the neck should be the seats even of unsightly disease than that the *lungs*, *liver*, or *mesentery* should be affected; and yet mere local or palliative treatment will be about as useless to effect a *permanent* cure in the one case as in the other. Still it is a fact that with all the difficulty to be overcome, the mechanical treatment has effected cures within as short a space of time as may have been allotted to the trial of many a favored nostrum. A consistent use of such medicines as the symptoms demand, aided by this treatment, seems to me, in chronic and constitutional cases, as near the perfection of art as the other course is contrary to it.

I trust, therefore, the following cases, and the few comments appended, will confirm the truth of the foregoing remarks. I shall be happy also to