

**ON THE VALUE OF PHOSPHORUS: AS A  
REMEDY FOR LOSS OF NERVE POWER AND  
FUNCTIONAL DISORDERS OF THE NERVOUS  
SYSTEM, INDUCED BY OVER-WORK AND THE  
EXIGENCIES OF MODERN LIFE. WITH  
FORMULÆ AND DIRECTIONS FOR TREATMENT**

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**EDMUND A. KIRBY**

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With Formuls and Directions for Treatment.

BY  
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*Late Physician to the City Dispensary.*

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## PREFACE TO FIRST EDITION.

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It is almost needless to remark that this pamphlet is written for professional eyes only. Lay readers cannot be too often reminded that medicines powerful for good are also powerful for evil if misapplied. It is an indubitable fact that the most intelligent efforts of the inexperienced and uninitiated in the mysteries of medical science are, compared with those of persons whose whole lives have been devoted to the study of the subject, feeble, and often injurious. A variety of circumstances govern the selection of remedies, which can only be duly appreciated by a qualified practitioner; and it is by a careful discrimination alone of the many peculiarities of a case, and a judicious combination of remedial measures, that a successful issue can be attained. To the non-professional reader, therefore, expediency as well as prudence suggests the propriety of obtaining medical sanction and direction before using so important an agent as Phosphorus.

E. A. K.





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## INTRODUCTION.

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Long neglect of Phosphorus in medicine explained.—Its toxic properties developed only when improperly administered.—Its chemical characters, and the difficulties besetting its pharmacy.

PHOSPHORUS has long been known to the physician and therapist as a powerful remedial agent. It has been largely employed as a nervine tonic and renovator of nerve tissue both in America and on the Continent. Its employment in this country was, however, wholly neglected till 1871.

At that time my attention was directed to the subject, and I published in the first edition of this work some remarks on its value in medicine, and explained the means by which it could be safely administered. Up to that time the pharmacy of Phosphorus and its administration was very imperfectly understood; its value consequently had not been practically tested, even in those diseases in which theoretically it was indicated, and commonly reputed to possess remarkable remedial power. It was some years before English practitioners could be induced to regard it as other than a dangerous medicine, and they employed it only as a *dernier ressort* in exceptionally desperate, or in almost hopeless cases, that had resisted every other remedy. The results obtained in these cases were, notwithstanding its administration was often defective, very far from discouraging. It would indeed appear that the neglect of this remarkable agent was attributable to the absence of official or reliable formulæ, and the means of administering it safely and effectively,