

**A GUIDE TO THE  
TREATMENT OF  
DISEASE WITHOUT  
ALCOHOLIC LIQUORS**

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A Guide to the Treatment of Disease without Alcoholic Liquors by Henry Mudge

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A GUIDE .  
TO THE  
TREATMENT OF DISEASE

WITHOUT ALCOHOLIC LIQUORS:

BY  
HENRY MUDGE, M.R.C.S. LOND: &c.

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*"By me [WISDOM] thy days shall be multiplied, and the years  
of thy life shall be increased."*

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LONDON:  
JARROLD AND SONS, 12, PATERNOSTER ROW; TWEEDIE, STRAND;  
*Or free by post direct from the Author, Bodmin.*

1883.

157. O. 22.

## INTRODUCTION.

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I HAVE been looked to and solicited, for some time past, to publish directions how to treat various ailments without having recourse to alcoholic liquors. The thought has been ever in my mind that sundry manuals for guidance in the ills which flesh is heir to, are already in existence, and I have shrunk from adding another to the list.

Of late, however, I have been looking afresh through some of the most popular and professional, and I confess that in this review I have been struck, as I never was before, with the unnecessary, flippant, and mischievous frequency, with which their respective authors (without an exception worthy of note,) recommend the use of alcoholic drinks.

When this impression made by books is added to impressions derived from travel and personal observation, the result is a strong conviction that the general public are injured and teetotalers victimized by the hundred, and that therefore some further assistance is certainly required to deliver the sufferers from the injuries inflicted by the unholy alliance at present existing between alcohol and physic.

I proffer my aid towards this necessary, but possibly ungracious, and certainly difficult work.

The pioneers of a new and distasteful doctrine always labor under the disadvantage of the enemy having possession of the field. *Experience* is the pole star in the art and science of medicine, and experience is hard to be got, when, for various reasons, practitioners refuse to try.

I may be permitted to recite, in few words, how the case has been with myself.

I became deeply impressed (through some cases that happened in the early part of my professional life,) with the awful character and extent of drunkenness, and desired the diminution, and, if possible, the extinction of that horrible and deadly sin. I saw scores and hundreds arrested by abstinence in their downward course, but of these not a few were set moving

again, towards the abyss, by medical advice. I thought I would do with as little as possible of alcoholic stimulants in the form of drink, and was thus led to try cautiously to do without them in cases in which before they had been administered.

The result of the trials was very decidedly in favor of abstinence; and consequently alcoholic drinks have legitimately disappeared from my list of medicines.

Inquiry has naturally come from those, who, like myself, felt interested in the suppression of intemperance, as to how accidents and diseases have been successfully treated since the discontinuance of these drinks. To this inquiry the following pages are my answer.

The medical profession, beset with special as well as common hindrances in attempts to banish alcoholics, will be slow to be won. The greatest difficulty is their refusal to *try* to do without the usual stimulant. Yet, as a revolution in regard to some other drugs has taken place, we must not despair of seeing the administration of alcohol successfully resisted. Mercury affords an illustration: the great John Hunter held it to be *indispensable* in certain cases (described by him); and lamentable were the effects of the consequent loathsome salivations. We know better now, and such salivations are rare indeed. A like revolution in regard to blood-letting has past over the profession in the last quarter of a century.

Through long use, through adaptation to temperament, or through a variety of associations (etiquette, conviviality, &c.), spirituous drinks are become the eye, hand, and foot of, alas! too many. *Of course* it is painful to cut them off, and seems unnecessary to cast them away. Yet the good work progresses, and multitudes of all ages and both sexes are entering into life this way.

A bad habit acquired is a wrong road gone over. To get into the right road, the steps must be retraced, and this is tedious. Or to drop metaphor, no one can alter a confirmed habit without suffering inconvenience. But this suffering is merely in the *feelings*, and it is mercifully ordered that it shall grow less as time passes. The end of it therefore may be fairly calculated on, and the penalty should be paid cheerfully, seeing it to be the price of liberty and good regained.

To break off the habit of alcohol-drinking requires fortitude; and it makes against the drinker that fortitude is most easily



overcome by the drug itself. There is no difference in the drug's power whether taken with or without medical advice.

The majority of medical practitioners seem to be of opinion that there is in every man an ability to take so much alcohol and no more. Herein they err, forgetting that one of the most powerful and peculiar properties of the drug is to bring the drinker to "seek it yet again."

I advise all my readers to regard alcohol as the seed of drunkenness and disease, and to confide in the truth of the words, "Whatsoever a man soweth, that shall [must] he also reap. Whoso soweth to the flesh shall [must] of the flesh reap corruption."

On this principle the failure of all merely *regulating* measures can be fairly accounted for; whether they are the laws of a whole country, or the disciplinary regulations of an army or a navy, or the rules and arrangements of private life. Sow the alcoholic seed in the stomach, blood, and brains of men, and a crop of drunkards and other diseased ones is sure to follow. The omnipotent Ruler has inseparably linked the two; and history proclaims all efforts of the creature to disconnect them to be vain.

It will be necessary that the friends of temperance (true temperance always includes teetotalism) have confidence in themselves and in the abstinent plan. They will meet with no small prejudice amongst medical practitioners, as the following will show.

When the Cholera was raging at Mevagissey, I visited the town; and at the close of a day of mournful mortality met the three gentlemen who were there visiting the patients. I urged, as matters were so bad and as the brandy treatment was in the ascendant, that a different treatment should be *tried*. Abandon the spirits and administer salines, as recommended by Dr. Stevens. I was not yielded to for a moment, and one of the surgeons went so far as to declare, that if he suffered a patient to die in collapse without giving him brandy, he should think he had murdered him! This, Mr. Higginbottom informs me, was the feeling about his treating Typhus without port wine. If a patient had died, he and his son would have had the credit of killing him!

Last year, (1862) low fever, principally Typhoid, was epidemic at Rotherham, in Yorkshire. Newspapers containing an account of the outbreak and progress of the disease were

sent to me. I wrote, and the editor published, some hints for a non-alcoholic treatment. How were they received? A leading practitioner there laughed at them, and declared brandy to be his sheet-anchor, and went so low as to attempt a vulgar pun about my name, and that too over a heap of a hundred and twenty-six dead bodies!

It must not be forgotten that the hospitals where students receive their education, are very unlikely schools at which to learn lessons favorable to teetotalism. Doctors, nurses, and patients all drink; so much the worse for them, and for the general public too; whom, through the students, they are destined to inoculate.

A valued friend wishes me to direct attention here, most emphatically, to the extremely erroneous and over-done estimate of the value of alcohol as a medicine, entertained both by the public and the faculty; and the extremely loose manner in which it is recommended. Given under circumstances the most directly opposite—and neither the quantity, the quality, the frequency, nor the duration prescribed with precision, but all left to the patient and his friends; who first of all obtain the article at some tavern or gin shop, the doctor not knowing but that his patient may be taking a vile mixture of logwood, alum, and sugar of lead, or of grains of paradise, cocculus indicus, tobacco, or strychnine. Then too the quantity—"a little wine"—"a little bitter beer or porter;" or in some cases, more reckless still, the order is, Drink as much ale, or wine, or gin, as you can comfortably carry; a doctor's licence for the grossest intemperance, leading to such cases as the one which a widow lady related of her own husband. He was in the last stage of consumption—a doctor of great renown was consulted, who gave him an *ad libitum* order to drink gin. The result was that the man was drinking gin all day, would get out of bed to help himself, drank a pint a day, besides other liquors, for six weeks, and became raving mad.

Then as to duration. Having once commenced by the doctor's order, many people drink the fascinating medicine for the remainder of their lives, thus keeping up chronic irritation and debility, becoming confirmed invalids, attributing to the disease the mischievous effects of the supposed remedy, and vainly fancying that they owe the protraction of their lives, and the measure of health they do enjoy, to the very thing that stands in the way of their complete recovery; and whose

continued use, in doses far short of even incipient *drunkenness*, predisposes for sundry forms of disease, aggravates existing diseases, and actually occasions specific diseases of several organs of the body, which are not known to be produced by any other means whatever.

A few words as to the plan of the following work may not be out of place here.

As I have followed the *alphabetical* order, when a subject is wanted it must be turned to as in a dictionary.

Prescriptions are written in plain English, and the technical names of some of the diseases are given between brackets [ ].

It is recommended to get the medicines at a *respectable* druggist's, as many of the drugs and preparations are liable to be adulterated, or of inferior quality.

The book, it seems almost superfluous to say, is not intended for those who repudiate altogether the treatment of disease by drugs. This is not the place to pass an opinion on the merits of conflicting systems. My aim simply is to instruct and assist those who exorcise the evil spirit of wine, that their efforts may be the sooner and easier crowned with success.

As the evil contended against is wide-spread, let me bespeak of friends their kind co-operation in making known the remedy through the circulation of

### THIS BOOK.

\*.\* It must be perfectly understood that the quantities spoken of as table-spoonful, tea-spoonful, drops, &c., are to be measured by a graduated glass measure, which can be procured of any druggist for a few pence.