

**GAILLARD'S SOUTHERN
MEDICINE, WHEN YOU
PRESCRIBE PAPAYANS BELL FOR
INDIGESTION, VOL. LXXXVII,
NO.3, SEP., 1907, PP.71-106**

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EDITORIAL



GAILLARD

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"Nullus addictus jurare in verba magistri."

Light Therapy.

The therapeutics of light is just now occupying a vast share of our professional thought and research. As yet we know comparatively little of its real worth. It is only in its infancy as regards accurate knowledge and definite results. Recent developments point to a much wider use of light, and of various forms of artificial light, in the treatment of local, nutritional and constitutional disorders.

While the treatment of disease is important, its prevention is even more so, and the measures that assist recovery will, if applied properly in time, best strengthen the organism to resist morbid influences. Modern science goes further, and having discovered the exciting causes of many special diseases and disorders, as well as the manner of their transmission and propagation, enables us to attempt the prevention of such diseases by the destruction or prevention of the agents of infection.

Light therapy seems to be sadly ignored in America, yet from eastern Europe come reports of such brilliant successes that in comparison we appear to be actually neglecting our patients. Dr. Minin was one of the

pioneers with a lamp which emitted short rays—those from the blue end of the spectrum. They proved to be very destructive to living protoplasm, though they were more harmful to parasitic invaders than to the normal cells, but even the latter were killed if the light was excessive. The anesthetic effect was pronounced if smaller doses were used, and remarkable cures have resulted in quite a number of painful affections. The uvial lamp, which emits ultra-violet rays, has been so successful in Austria that it now promises to be a permanent addition to our therapeutic resources. Unfortunately it kills the skin cells easily also, and serious ulcers result if it is not used with extreme care, and the burns resemble those of Roentgen ray or radium.

Electrical Heating Devices for Surgical and Hospital Use.

The relation of electricity to human life is far from being perfectly understood, and while it has taken a very active part in assisting the medical profession in research and scientific study, it has but lately proven a valuable assistant in hospital work.

In surgery electrical devices have been in use in a small way for years. The Roentgen rays, the magnetic device for removing metal splinters from the eye, the electric battery and the electric massage were wonderful discoveries and have added much to the comfort and longevity of the human race. The most recent achievement along these lines was the development and perfection of the electric heating devices and sterilizers for the use of doctors, surgeons, dentists and hospital work. The method of developing heat by electricity is ideal because it requires no fuel and there is no fire, flame, odor or disagreeable product of combustion. The heat is ready in an instant and can be easily and quickly regulated to keep any desired temperature for an indefinite period.

The electrical sterilizers are designed specially for surgical and dental use. The vessels are made of cast aluminum, nicely finished inside and out, and provided with trays and suitable supports for instruments when immersed. The heating element furnishes three temperatures, controlled by an indicating switch.

Marriage of Consumptives.

What should we, as medical educators, say in reference to the relation that marriage sustains to the propagation of consumption? Too long has the scientific world viewed this ground as too sacred for decisive invasion. The medical practitioner has avoided the duties which his knowledge commands he should exercise. We have earnestly labored to educate the people regarding the grave danger arising from the tubercular infection from all other sources, but the unavoidable danger in the marriage of consumptives has been either timidly considered, or, if at all, but slightly discussed as it should be. Science is justified in attempting to regulate the ground work of human constitutions, so as to pro-

duce the best physical, mental and moral health. Scientific teachings are lax in exerting the force of their knowledge toward influencing the prevention of consumption as it occurs through the family relations. We appreciate that in the study of this problem we are confronted at the start with complicated and grave conditions to manage. The soul and moral forces of man and woman, with respect to marriage, are hard to educate. Marriages, as a rule, are universally entered into without proper reflection or regard of physical, mental or moral defects. The close union and intimacy of married life brings the infectious principles into each other's lives. The home often become a foci of tuberculous pollution. It therefore follows that the healthy person marrying a consumptive is very seriously exposed, in a way, liable to contract the disease. When this occurs you at once have two parties suffering from the disease instead of one. Children born of consumptives, whether their constitutions are weak or not, are predisposed to the development of the disease, because their surroundings are continually infectious; and those thus feebly constituted have necessarily a favorable soil for the growth of the germs of tuberculosis in their system. What means should we establish to prevent such marriages? As physicians we should assiduously discourage them and educate our patients to properly guard themselves against tuberculosis; again, public lectures should be given as a means of general education on this subject.

"Hay Fever."

Hay fever, or hay asthma, is an extremely distressing disease. It is also a very prevalent one. Unfortunately the treatment is very unsatisfactory, so much so that Watson Williams, reviewing it says: "The prevalence of this troublesome complaint demands full trial of any method which is likely to be successful." I believe this failure in treatment is to be explained on the ground that the disease is looked upon too exclusively as a disease of the nose and upper respiratory passages, whilst the affection of the conjunctiva is overlooked. Yet I believe the eye affection is at the root of the disease and precedes by several hours the irritation in the nares. Before mentioning the treatment which I have found most satisfactory I shall briefly enumerate the symptoms in the order in which they occur.

On the first bright, warm June day the disease manifests itself by a feeeling of itchiness at each inner canthus. On examining the eye a slight hyperæmia of the bulbar conjunctiva is noticed. This gradually increases and causes photophobia and sneezing when the eyes are turned towards a bright light. There is no secretion from the conjunctiva, although there is a copious flow of tears. The hyperæmia assumes a distinctly conical shape, with the apex touching the cornea, the base being towards the nose. The intense irritation in the eyes forms one of the most distressing features of the disease. As the eye affection grows worse the frequency of sneezing increases until scarcely an hour of the day passes without violent paroxysms. A feeling of intense irritation in

the mucous membrane of both anterior and posterior nares occurs and a watery secretion runs from the nose. The sneezing causes intense occipital headache. The disease is now at its worst. Great depression and malaise ensue. The general health is so impaired that the skin breaks out into profuse perspiration after each fit of sneezing. The disease lasts for about three weeks.

The points which I wish to emphasise are these: 1. That the disease begins as a hyperæmia of the conjunctiva and that the other symptoms are mostly reflex. 2. That the eye affection, known as pterygium, is merely an exaggerated condition of the same affection of the eye made permanent in hot climates "where the air is filled with fine sand or other minute particles."* 3. That sufferers from pterygium are invariably great sufferers from hay fever.

The eye being the chief seat of the disease one is not surprised that the profession, led by such popular works as Osler's "Principles and Practice of Medicine" or Whitt's "Dictionary of Treatment," which describe the disease as entirely an affection of the nasal mucous membrane, has gone astray on the question of treatment. The disease lies quite as much within the province of the ophthalmic surgeon. On consulting Swanzy's "Diseases of the Eye" (second edition, p. 83) I find that he recommends dark glasses for protection from the light, weak astringent collyria, &c. The fact is, the eye wants protection, not from the light, but from the dust. Intolerance of light is only secondary to the irritation caused by the dust. This protection is afforded quite as well by colorless glasses as by tinted ones, and they are not so unsightly. The colorless glasses should be fitted into frames of the pince-nez variety, for the reason that they best protect the inner canthi, and also for the physiological reason that pinching the root of the nose often stops a sneeze. Protecting the eyes does not cure the disease, but all the symptoms are so effectually relieved that hay fever becomes a comparatively trivial affection which scarcely interferes with the routine of life.

Novel Use of Old Ferry Boats in Treating Consumptives.

BY THE COMMITTEE ON THE PREVENTION OF TUBERCULOSIS OF THE CHARITY ORGANIZATION SOCIETY OF THE CITY OF NEW YORK.

The old Staten Isladd ferry boat "Southfield" has been cleaned up and moored at the dock at the foot of West 16th street on the North River, where it is now being used as a day camp for consumptives. With a trained nurse in charge, a regular visiting staff of physicians, an abundance of milk and eggs and steamer chairs and hammocks in which to sit out of doors and watch the passing river craft, fifty men and women are keeping cool and getting back their health and strength.

The boat was put at the disposal of the Committee on the Prevention of Tuberculosis of the Charity Organization Society of New York, by Commissioner John A. Bensel, of the Department of Docks and Fer-

* Exeter.

ries. Since the departmet has been operating its new boats on the Staten Island ferry the "Southfield" has not been running and the commissioner, therefore, was able to give his hearty support to the plan that was put before him to permit the boat to be used as a day camp under the strict medical supervision of the tuberculosis committee and at the committee's expense. The boat was thoroughly cleaned, water closets, a stove and an ice chest were put in, several dozen steamer chairs and a few cots were bought, a trained nurse was engaged and then the camp was ready for patients.

These patients are sent to the boat after being examined and passed by the physicians in charge of the Associated Tuberculosis Dispensaries, to which anyone desiring this treatment may go for this purpose. After examination, if the applicant proves to be able to be up and around and is not running a temperature, a card of admission to the boat is given, and thereafter each day the patient goes through the regular routine, beginning with the taking of temperatures and weighing at 9 o'clock in the morning and ending at 5 o'clock in the afternoon, when all go to their homes except a few men patients who stay all night. Fresh milk and eggs are given in abundance, each patient taking from three to eight eggs and from three to eight glasses of milk daily, other food, except bread and butter, hot tea or coffee and a cooked egg, which are given out at noon, being brought by the patients themselves. Once a week the committee in charge meets on the boat, the medical members of this committee serving each two weeks in turn as visiting physicians. In speaking about the boat a member of the committee said: "A good many people realize now that fresh air and medical oversight are needed to cure tuberculosis, but in a long, narrow congested place like the island of Manhattan how is this fresh air to be had? There are not parks enough to go around and daily trips to the great open spaces in the Bronx are out of the question for the ordinary sick consumptive who can't take the time or the money to do this.

"We looked into this matter carefully some time ago, several good sites having been very generously offered to us, but we considered them too far from our base of supply—the crowded tenements—where tuberculosis is bred. Then some old buildings that the city had condemned were about to be put at our disposal, but we could not get any assurance but that we might be put out right after putting in improvements extensive enough to be expensive to us with our limited resources and so we had to give up that idea. We then thought of the water front and found a mighty helpful ally in Commissioner Bensen and it was due to his interest and broad view of things that we now have our camp in full swing aboard the good boat "Southfield." It was something of a job to clean her up and fix things as we needed them, but it was well worth while. If anyone doubts it let him go down and see for himself. The patients are putting on pounds and the color is coming back in whitened cheeks in a most wonderful manner. Now and then a good friend sends us some fruit, magazines or flowers, and with these and the extra diet and good, fresh air our patients are getting along famously. There's an idea in all this, too, that's worth giving a good deal of thought to. With all

our talk about the impossibility of getting fresh air in our tenement districts, and there is no doubt but what that is all too true, have we not the means ready at hand in our large water front or on our bay to provide resting places where our 40,000 consumptives and our thousands of others needing fresh air can get this absolute essential to cure?"

Scarcity of Naval Surgeons.

The medical corps of the navy has not been able to get enough surgeons to meet the needs of the service. Surgeon-General Rixey has undertaken to give temporary appointments as "acting assistant surgeons" to the young men who will pass a satisfactory preliminary examination and come to Washington for instruction. They will receive six months' special training at the Naval Medical School and Hospital, or at the Mare Island Naval Hospital. At the end of that course they will receive appointments as assistant surgeons with an annual salary of \$1,760, supplemented by an allowance of \$432 and mileage. The shortage of doctors in the navy has become really serious. There are 64 vacancies in a corps that at its maximum should number only 350.

"Licensed Practitioner of Medicine or Surgery."

"Licensed practitioner of medicine or surgery" may yet become the coveted honor and title of all physicians and surgeons, if Dr. Reed's suggestion is accepted. If it could be made the only legal title to put upon one's office sign or stationery it would also help to wipe out distinction of sects, dogmas and "schools." The great English surgeons are plain "Mister" and resent being called "Doctor"—a title which is meaningless with us also. Why should American physicians and surgeons be so set upon being called "Doctor" when the universities give the title with lavish hand to ironmongers and politicians? A state license is evidence of education in medicine and proof that the possessor is not an uneducated osteopath. By all means let therapeutics be omitted from examinations if the candidate knows all the rest.—*Am. Medicine.*

EDITORIAL NOTELETS.

Sunshine and Shade.

Comment has been made heretofore in these columns on the theory of Dr. Charles E. Woodruff, of the U. S. Army, that the failure of the white races to colonize the tropics is not due to the heat of those regions, but to the excess light that prevails. Dr. Woodruff insists that cloudy regions are better suited for white people, and that much neurasthenia is due to the light which is attributed to other causes. Following this line

of argument, there are those who claim that the colonization of Western Canada, which is now going on, is doomed to failure, because of the absence of cloudy weather in that region. True, it is cold enough during the winter months, but even then the days are bright, when the temperature is many degrees below zero. The Western Canada Medical Journal, in a recent issue contains an article by Rev. C. E. Heustis, in which it is stated that the inhabitants of Manitoba and the adjacent territories are unduly neurasthenic, and adopting Woodruff's theory, attributes this condition to an excess of sunshine. In a later issue of the same journal a medical man comes to the rescue, and asserts that sunshine is a blessing; that it is destructive of protoplasm, and claims that the neurasthenia from which the northern Canadians suffer in no way is due to the excessive sunshine, except as this may have an indirect effect by reason of its tonic properties which lead to the undue expenditure of energy. Later on we shall see who is right—whether Dr. Woodruff, or those who take the other view of the matter. The suggestion is made that if the present settlers in that region can stand the climate, and do not fall by the way-side, Dr. Woodruff will be called on to explain how excessive cold acts as an antidote for excessive sunshine.—*Medical Sentinel*.

A Popular Seaside Resort.

Ocean City, New Jersey, is one of the newer resorts along the famous Jersey coast, but it is growing in popularity each year. The magnificent beach, splendid drives, beautiful bay, in which small craft of all kinds may sail in perfect safety, good hotels and summer cottages, all combine to make this an ideal spot in which to spend the season with one's family. Being only 65 miles from Philadelphia, and connected with Atlantic City by an excellent trolley line, giving fifteen-minute service, Ocean City is in close touch with the world.

Ocean City boasts of a large number of good hotels, the most popular and largest being the Cumberland, under the management of Mr. Edward K. Cake, who is making a reputation for his house. Many improvements have been added this season, and the Cumberland is now up-to-date in every respect, and filled with an excellent class of guests. The semi-weekly hops in the ball-room are largely attended, and much enjoyed by the younger set that is summering here.

In a few days automobile service will be established between Ocean City and Cape May, for the benefit of guests of the Cumberland and of the Stockton hotel, at Cape May, which is managed by Mr. H. S. Cake, and is one of the finest hostelrys in that famous resort. By this arrangement the guest of these two hotels may become acquainted with one another, and spend many pleasant days exchanging visits. The automobile road is an ideal one, through pretty stretches of woodland, and thriving little villages, the run being made in one hour and a half.—*Dr. Fassett*.