

**THE HANDY POCKET-
GUIDE TO
HEALTH & HEALTH-
RESTORING PLACES**

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The handy pocket-guide to health & health-restoring places by Charles Rooke

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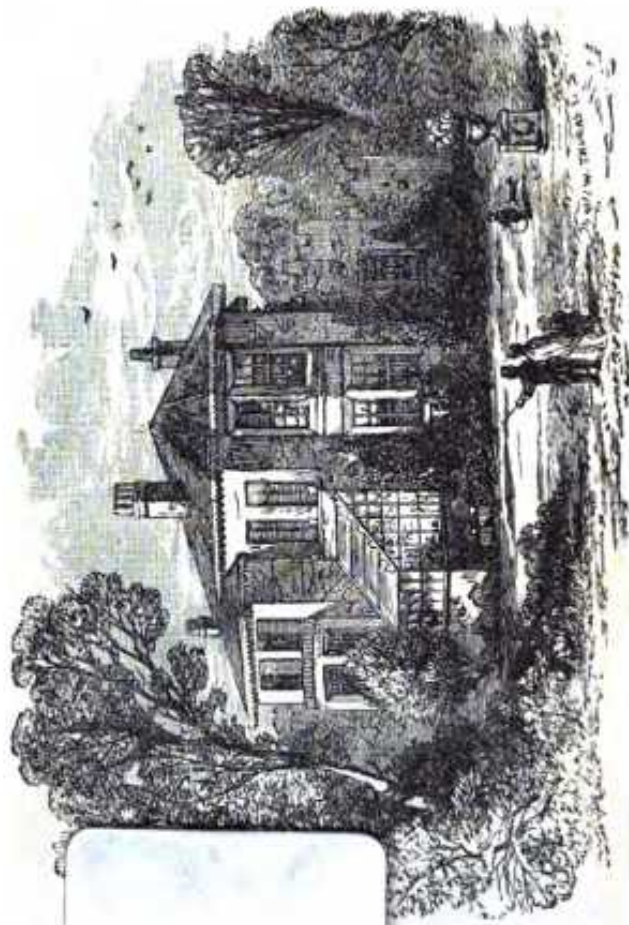
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CHARLES ROOKE

**THE HANDY POCKET-
GUIDE TO
HEALTH & HEALTH-
RESTORING PLACES**



BELLE VUE COTTAGE, SCARBOROUGH,
The Residence of Dr. Rooke.

THE
Handy Pocket-Guide
TO
Health & Health-Restoring Places

BY
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Anti-Lancet," "Medical Philosophy," "Legends of
the Lake of Geneva," &c. &c.*

"SOL ICH UMSONST DIE AUGEN OFFEN HABEN."—*Goethe.*

250th THOUSAND.

PUBLISHED IN THE YEAR 1884,
By C. ROOKE, M.D., SCARBOROUGH.

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INTRODUCTION.

THIS little *brochure* is intended for invalids who want to know what places are best suited to their particular complaints; what to do as to general treatment both at home and abroad; and how to get these at the least possible expense both of time and money. Many who can afford to do so, go to Italy for the winter, others simply to Devonshire, or the South Coast of England. This simple little Handy Guide is intended to meet the wants of *all*, and to be, as its name implies, not merely a handy guide to health, but a friend to the pocket; thus supplying a need long felt, but never before put into practical shape. Should this object be attained, the Author will be amply repaid for the time and thought he has given to its compilation.

CONCERNING
DOCTORS AND MEDICINE.



ROCKS NEAR TORQUAY.

CONCERNING medicinal treatment, it must be admitted that there is still in certain quarters a considerable amount of scepticism. Curiously enough, this want of faith is met with not so much in those who take medicine as in those who prescribe it. The greatest sceptics are generally the consulting physicians. Your family practitioner would laugh you to scorn if you were to say you did

not believe in medicine; and you would deserve his ridicule. What, then, is the explanation of this scepticism among hospital physicians? Fortunately, it is not far to seek. You must remember that the majority of people do not care to consult a physician unless they have something serious the matter with them. If they have only some trivial affection they go to the general practitioner, and regard a consultation as a *dernier ressort*. The result is that the bulk of the hospital physician's patients are what are technically called "bad cases," and, as from their very nature they are unlikely to improve under treatment, he gradually becomes sceptical as to the action of medicines. The general practitioner, on the other hand, gets all kinds of cases, trivial and severe, and is

much more likely to be able to form a correct estimate of the value of his remedies. At the same time, we are happy to say, this scepticism on the part of the London physicians is far from being universal. One of our most accomplished and successful physicians, a man at the head of the profession, recently made the following "confession of faith." He said: "Now, for myself, I desire to repudiate, absolutely, scepticism in regard to medicine. I believe as confidently in the power of physicians to treat disease successfully as I did when clinical clerk to one of the first practical physicians of my youth. Extended knowledge and accumulated experience have only increased my confidence in the remedial powers of our art." We would add that a man who disbelieved in the curative powers of medicine must be blind to the evidence of his own senses.

A Hole in a Ladder.

The man who could not perceive the beneficial action of quinine in ague would not see a hole in a ladder. You sometimes hear a man say he "doesn't believe in medicine." He might as well say that he does not believe in bread-and-butter. There are, of course, many diseases that are still beyond the power of our art, but this number is decreasing day by day. Every year serves to introduce new remedies and fresh preparations of old ones, and the number of diseases amenable to treatment is steadily, but surely, increasing. "How wonderful," says the physician whom we have just quoted, "is the influence of bromide of potassium over diseases for the treatment of which we were but a few years ago almost impotent. A dull, heavy-looking lad suffered for seven years from epileptic attacks, which steadily increased from the first in severity and frequency, till many occurred in twenty-four hours. For a year he was treated by a physician on general principles with little benefit. The case was in all particulars most unpromising;

yet from the time the boy took the first dose of bromide of potassium to the present—nearly three years—he has not had a single fit.” This is by no means an unusual case. We have seen many like it, and so must every one who has paid the slightest attention to the action of drugs.

Other illustrations of the strides made in treatment are afforded by the influence of cod-liver oil* and the hypophosphites in consumption, of iron in anæmia, of digitalis in heart disease, of ipecacuanha in the cure of dysentery and some kinds of vomiting, of sulphide of calcium in boils and abscesses, and of electricity in many diseases of the nervous system. With reference to the power of our art to alleviate suffering, the difference between the medicine of to-day and that of five-and-twenty years ago is very great. No one who has suffered from a painful local affection can think of the immediate relief which followed the subcutaneous injection of a dose of morphia without feelings of overpowering gratitude.

The Knife of the Surgeon.

There is no one who has had to submit to the knife of the surgeon whose heart does not overflow with thankfulness to those who introduced anæsthetics, and there is no one who has done more to discountenance blood-letting than Dr. Rooke, Belle Vue Cottage, Scarborough, who for the last quarter of a century has steadily condemned

* To obtain cod-liver oil in a pure, concentrated, and perfect state—combining in itself *nutritive, chemical, prophylactic* and *restorative* properties—has been Dr. Rooke's object, in which, after many years of trials and experiments, he has succeeded beyond expectation, and can now offer it of an unequalled excellence, palatable, free from all impurities, and thrice the strength of the ordinary oils sold in this country, pale or brown. It is prepared *specially* for him at St. John's, Newfoundland, and there carefully tested before shipment to England. It can be obtained from all Chemists and Patent Medicine Vendors, or direct from himself.

the practice alike in the palaces of the great and in the cottage homes of the artisan. (See the *Anti-Lancet*, of which three million eight hundred thousand copies have been circulated and read.) The electric telegraph, the second greatest marvel of our time, was a thing which, in a rough way, scientific men had long thought possible; but to be cut for stone and know nothing of the agony; to have a leg removed, and smilingly ask, when the operation is over, "When are you going to begin?" to have a nail torn away and look on and laugh while that most painful operation is proceeding, these are marvels of which no one dreamed. No extravagance of fiction equals the actual reality. The discovery of the value of local anaesthesia by freezing with ice or ether spray, and of general anaesthesia by ether, chloroform, or laughing-gas (as well as that of the Oriental Pills and Solar Elixir, after the most protracted research and hard study by Dr. Rooke, of Belle Vue Cottage, Scarborough, the efficacy of which in restoring the digestive organs to healthy action has been abundantly proved in every quarter of the civilised globe), may rank amongst the proudest triumphs of this or any other age.

The SOLAR ELIXIR is a rich cordial, and forms a most powerful tonic or restorative medicine and anti-spasmodic, of an EXQUISITE AROMA and very DELICATE FLAVOUR. Its action in curing disease is as follows:—After it is received into the stomach it is immediately absorbed into the system, and RESTORES NERVOUS POWER throughout the whole body, which is quickly apparent by the energy communicated to the mind and digestive organs, by which the healthy qualities of the chyle are restored, and the chill watery blood becomes rich and balsamic; whilst the ORIENTAL PILLS cleanse and purify the body from all morbid humours.