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PART + V.

Senile Diseases

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Fellows, J.I.

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SOME CONDITIONS
OF

ADVANCED LIFE

IN WHICH

THE SYRUP OF HYPOPHOSPHITES
(FELLOWS')

IS BENEFICIAL.

[FOR THE MEDICAL PROFESSION.]

PART V.



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JAS. I. FELLOWS, 67, HOLBORN VIADUCT, E.C.

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YASSEL J. J. J.

To the Medical Gentlemen who have honoured me with the Reports and Testimonials which so greatly enhance the value of my publications, and to whom the works are respectfully dedicated, I tender the most cordial thanks, with the assurance that the contributions shall be used in such manner only, as is consistent with the ethics of the Profession.

JAMES I. FELLOWS.

LONDON, July, 1885.

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PREFACE.

MR. FELLOWS avails himself once more of the opportunity of thanking the Profession for their liberal recognition of the value of his Syrup of the Hypophosphites.

He feels it desirable again to point out the fraudulent practices of some dispensing chemists, who substitute fictitious articles for the Syrup, when prescribed. The consequences are :—

1.—The medical man is disappointed, in not getting the desired results,—Why? because the Strychnia is precipitated, and so the patient does not get the expected benefit.

2.—The precipitated Strychnia is taken altogether in the last dose, which may thus be positively poisonous.

Many of such imitative preparations have been examined by Mr. Fellows, but not one

has been found to possess the distinctive characters of his Syrup, viz:—freedom from acid reaction, stability in vacuo, or, indeed, the same composition, those blended elements which render it so potent a remedy in disease.

He ventures to think that in their own interests, as well as in the interests of their patients, it is well for the Medical Profession to employ an agent of known composition and properties, which is further guaranteed by distinguishing marks, in order to avoid disappointment; while as to the patient, the importance of having the genuine article is obvious.

He hopes to retain both the confidence of the medical man and the patient, by maintaining the composition of his Syrup unimpaired. He should further like to point out how well adapted this Syrup is for use by itself, as an habitual tonic, or where a tonic is required for some considerable time.

(See Letters CLXI., CLXV., CLXXVIII., CLXXIX., CCVIII.)

SOME CONDITIONS
OF
ADVANCED LIFE
IN WHICH
FELLOWS' SYRUP OF THE HYPOPHOSPHITES
IS BENEFICIAL.

THE success of his fourth pamphlet on the utility of this Syrup in the maladies incident to childhood, encourages Mr. Fellows to essay a fifth. In it the maladies of advanced life will be considered ; especially as to their therapeutic aspect, and the advantage of giving his Syrup of the Hypophosphites in many instances—for the relief of which it seems to possess special properties in good combination.

The oncome of age has a benumbing effect upon the whole organism, not only the motor and intellectual processes, but also the activity of the viscera and the energy of the organic life. It has, indeed, widespread effects,

which have thus been summarised : “ Not only is the locomotion affected and the features altered, but the working of every part of the organism becomes modified and less efficient. The eye becomes gradually worn out, especially at the distances most commonly used, necessitating the aid of glasses or lenses ; and the skilful limber hand grows stiff and loses its cunning. The ear no longer possesses its acuteness of hearing, and receives but imperfectly the air vibrations which it converts into sound. The internal organs perform their functions but sluggishly, and often inefficiently ; the breathing becomes laborious, and the heart is less equal to the demands upon it ; the bowels are less active, and the stomach enfeebled ; the kidneys no longer preserve their integrity, and great variations become manifest in their secretion ; the skin is no longer soft, pliable, and capable of free secreting action, but is dry, wrinkled, and inactive. The nervous system loses its grasp, and the once enterprising brain becomes essentially conservative and indisposed to change ; the once tenacious memory becomes treacherous and untrustworthy ; and the reasoning powers, once clear and judicial, become enfeebled, and petulance and obstinacy obtain where breadth of thought and tolerance were once supreme.” (The Maintenance of Health). Such, then, is a brief summary of what is given at greater length and in the fulness of detail by Dr. Maclachlan in

his "Treatise on the Diseases and Infirmities of Advanced Life." Dr. Maclachlan was the physician to the Chelsea Hospital, and thus enjoyed special opportunities for observing the maladies on which he wrote. He says: "Failing strength and activity, weakening of the nutritive, organic, and reproductive functions, and shortness of breath on moderate exertion, are among the earliest indications of physical decline even in the most healthy." It is this growing enfeeblement of the frame in each of its parts which is the great fact to be borne in mind in dealing with the maladies of advanced life. There is no longer the tendency to the acute inflammatory morbid activities which obtains in earlier years. Disease assumes an asthenic type, and tends to spread from tissue-atony. Inflammation of the lungs, for instance, no longer requires lowering measures but active tonic treatment. Mucous membranes are prone to rheums, or in other words, instead of full-grown complete epithelium being formed over their surfaces imperfect mucous corpuscles, with a considerable amount of fluid are thrown off: telling of impairment of formative power. The muscles lose their plumpness and waste; the articulations stiffen; and locomotion is limited, by which visceral congestion is favoured. The machine, indeed, wears out generally; some part giving way more than others in many instances, but still there is impairment through-

out the body structure: which must never be forgotten.

Diseases of the Assimilative Organs.—The assimilative organs suffer in the general decay and lose functional activity while presenting anatomical evidences of their decadence. “Participating in the general wasting of the organs and tissues, the stomach and intestines lose bulk and become thinner in old age. The glandular apparatus is atrophied. Many glands seem to have entirely disappeared.” The secretory tubules of the stomach share in the general impairment, alike with the absorbent glands of the intestine. Thence follow imperfect digestion of the food, and lessened absorption from the soluble contents of the alimentary canal. In consequence thereof the food of the aged has to be specially digestible as well as nutritive, so as to give the maximum of digested products with the smallest tax on the assimilative processes. To maintain the efficiency of the digestive system a tonic combining strychnia with phosphorus seems specially indicated.

The first is a tonic to the muscular walls of the stomach, which become more or less inert; while phosphorus, in the form of the readily assimilable hypophosphites, feeds the nervous centres of the viscera. The syrup thus gives tone to the waning energies of the digestive canal.

And here a few words may be said as to the special utility of the syrup in conditions of enfeebled assimilation. The value of wine as a stimulant, in addition to good food in the enfeebled digestion of the aged, has ever been recognised from the earliest time. Ulysses urges upon his aged father a regimen well suited to his waning energies.

“ Warm baths, good food, soft sleep and generous wine,
These are the rights of age and should be thine,”

And Jutus von Liebig pronounced wine to be “ as milk for the aged.” The stimulant effect of generous wine in the debilitated assimilation of elderly persons has been largely valued in the past. At the present time the growing objection to alcoholic stimulants and the spread of the temperance, or even the total abstinence movement, has limited the resort to wine, and this in turn has led to the selection of substitutes of non-alcoholic character. For those who decline to accept the aid of wine, as did Timothy, who had to be told to “ Drink no longer water but a little wine for thy stomach's sake and thine often infirmities” and who need something of a stimulant character in order to rouse the flagging powers of digestion, this syrup offers special advantages; and one or two teaspoonfuls in a tumbler of water, form a bitter tonic, sharpening the

appetite, and giving tone to the digestive organs, taken before or with meals.

Then the intestines share in the waxing sluggishness — the numbness which is pervading the whole system,— and the bowels are apt to become chronically loaded in age. For the relief of such a state the syrup is admirably adapted, the strychnine exercising its well-known effect of increasing the tone of the muscular fibre of the intestine. To so give tone to the bowels is preferable to the too common resort to purgatives, which open the bowels for the time and then leave them to become loaded again. Piles and other rectal and anal troubles are the common outcome of habitually loaded bowels in advanced life. A laxative dose of medicine, now and then, however, is not objectionable ; and is to be preferred to straining at stool, which is fraught with danger when the arteries are growing brittle—as they are apt to become in advancing years.

Diseases of the liver are also more prevalent as life reaches its termination ; not acute diseases, but those of a more chronic character especially atonic congestion. The torpor of the portal system is furthered by the increasing inability to take exercise, and thus, as Cullen pointed out, the liver is rendered liable to congestions which “generally escape detection, or are only suspected in the living.” So far as possible then, tonics, with

attention to the dietary and the state of the bowels, should be used to prevent such congestions of the liver; and by stimulating that important viscus, as well as by increasing the general vigour, to ward off structural change in it.

The ordinary symptoms of disorder in the abdominal viscera are either dyspeptic and belonging to the stomach, with distension after eating, and less frequently pain; or there is the persisting sense of fullness of loaded bowels; or weight and pain over the liver when that viscus is affected. When these symptoms are manifested, either few or many, then a general tonic is indicated, of which this syrup is the best for practical purposes.

Diseases of the Circulatory Organs.—That age makes itself felt upon the different portions of the circulatory apparatus is a matter which has long been known to pathologists in the post-mortem room, as well as to practising physicians.

As life advances the arteries become hard, as Hunter pointed out, and this atheroma (as this condition is termed) in time undergoes either a calcareous degeneration (by the infiltration of lime salts into the altered coats), or a fatty degeneration by which the hardened portions are softened and so all the more readily torn. In arterial degeneration there is a great tendency for the wall to yield at certain points and thus to the forma-

tion of an aneurism, or the weakened coat may be torn through, and thus the patient bleeds to death inwardly. Or effort (raising the internal pressure) at one time may develop an aneurism, the sac of which, a future effort may rupture. All these consequences are the sequelæ of that hardening of the arteries spoken of as atheroma; and therefore the avoidance of this initial condition is a matter of primary importance. If it can be staved off its sequelæ are avoided. By a regulated dietary and the avoidance of excess of animal food, this morbid change may be kept off; but as the loss of the stimulant animal food is often keenly felt, it is well to add the syrup to the new dietary, by which all sense of depression or "feeling too low" can be avoided without entailing undesirable results. A more material matter still is the change which takes place in the heart itself as age progresses—as time wears on with sure, if leaden foot. Recent observations have told us that there is a certain increase in bulk in the muscular wall of the heart as maturity moves on to age, which is found along with the above-mentioned hardening of the arteries. The hardened arteries are not so readily distended by the cardiac systole as of yore, and to overcome this resistance to the onward flow of the blood on the ventricular contraction, a compensatory hypertrophy is set up. By this growth a new balance is established which goes on for some time, the

individual still feeling well and vigorous. But as the aorta becomes less and less elastic its recoil is impaired, and this recoil of the elastic aorta is the force which drives the blood into the smaller arteries—indeed is the cause of the pulse, though not the direct cause. The elastic arterial system is always (in health) more or less full of blood. When the heart contracts—the ventricular systole—so much more blood is thrown into the elastic arterial system. In this respect the circulatory system resembles the spray-apparatus. The heart corresponds to the pump held in the hand, which contracts rhythmically; the elastic arteries are the india-rubber globe, or elastic reservoir (always more or less full) which, always distended, converts the rhythmic flow into the steady current of the out-going pipe. When the elastic wall in either case loses its elasticity its function is impaired. Consequently the flow of blood into the coronary arteries on the aortic rebound is impaired by the lessened elasticity in the arterial wall, while the hardening process is often markedly developed in these nutrient vessels of the heart. Further, this atheromatous change thickens the inner coat of the affected arteries, including those of the coronary arteries, and so lessens their lumen, or calibre, or bore. The result of these two combined actions is the reduction of the blood-current passing through the heart-walls,

which leads in turn to their imperfect nutrition. Impaired nutrition cuts down the energies of the heart and then failure of its action follows: at first partial failure, finally cessation of action in diastole. When the heart's energy is lowered then a general tonic is good, and the strychnia of the syrup especially indicates its use in such conditions; all the more from the presence of the other constituents, which constitute the combination one peculiarly adapted to such senile changes,

But partial failure of the heart's action is not by any means always the result of the grave morbid change here described,—in other words, “fatty degeneration”; nor indeed, when it is, does there attach to the early stages of the necrobiotic change the grave prognostic aspect which belongs to temporary failure in the later and more advanced stages. In the early stages the line of treatment, medicinal and dietetic, is that of an adynamic condition, viz., suitable food and agents which, acting through the nervous mechanism of the heart, will increase the energy of the ventricular contractions. Very commonly, however, heart failure is the result of malnutrition of the heart not dependent upon arterial degeneration, but due to other causes. When the general nutrition is impaired, the heart, in unceasing action, is insufficiently nourished: and, as a consequence, falters in its work. Here improvement of the assimilation, and

better general nutrition lead to a fuller supply of pabulum to the heart-walls, with the result of more energetic action in them. The symptoms of a "badly-fed" heart are identical with those of a "fatty" heart in its early stages; and their treatment also is identical. In both cases improvement can be set up by appropriate measures; though, of course, when the heart is the seat of fatty degeneration the improvement is not, and cannot be, in the nature of things, permanent. Failure of the heart's action in persons advanced in years is not always the result of the arterial degeneration described above (which is a brief abstract of what is stated in Dr. Milner Fothergill's Treatise "The Heart and its Diseases"); but is more commonly due to a condition which can be relieved by remedial agents, viz., impaired general nutrition. It is by no means unusual for this remediable condition of heart-failure to be mistaken for the graver condition of fatty degeneration; a mistake which too frequently entails an attitude of hopelessness, which in turn interferes with the adoption of remedial measures.

Yet remedial measures, wisely selected, will, in some cases of heart failure, do permanent good; while in the early stages of fatty degeneration they will do temporary good; and even when an advanced condition of mural decay is obviously established they are not entirely devoid of a temporary value.

In cases of neurosal disturbance of the heart's action, as irregularity, or intermittency, or lowered energy—otherwise partial syncope,—all conditions commonly seen in persons advanced in years, a tonic compounded of various agents like the syrup of the hypophosphites is clearly indicated. Indeed, in all cases of perverted action of the heart, the syrup is well worth a trial. Curable cases will yield to it; cases where structural decay may be suspected will often be found to improve under its use, especially if the fatty degeneration be neither widespread nor far advanced.

There are, however, other cardiac conditions than those just described where the syrup can be taken with advantage. More extended observation has done much to correct the impression that disease of the valves of the heart is always a morbid process advancing comparatively rapidly from bad to worse. Many persons with a certain amount of injury to their cardiac valves attain to a very advanced age. The injury is done, and the mutilated valve remains as unchanging as a scar; there is no tendency to further valve-change. Here the individual is crippled to a certain extent, and a comparatively quiet life is necessary to length of days; but that is all. Of course, where such an injury exists, any failure or impairment of the general health is apt to make it felt; and any mal-nutrition of the

heart-wall reveals the hidden hurt. Under these circumstances a suitable remedial agent is of great service ; not, however, in any way undoing the valve-mutilation, but in restoring tone to the failing muscular walls. At other times and in other cases there is a condition of dilatation existing in the cardiac chamber—sometimes in the left ventricle, at other times only in the right—limiting the patient's powers for locomotion or other exertion, commonly spoken of as a “weak heart.” Such a permanent condition is very liable to be felt pronouncedly when the general health is impaired, as by intercurrent indigestion, diarrhœa, or other exhausting malady. But in these temporary conditions of heart-failure much can be done to restore the vigour of the heart by suitable food and appropriate remedial agents. Of course, rest—limiting the demand upon the heart—is essential to the recovery of its tone ; and by all these various measures combined a very great deal can be done for cases too commonly regarded with a feeling of despair.

Diseases of the Respiratory Organs.—Even still more constant are the changes wrought in the respiratory organs by age. The cartilages of the ribs become ossified ; a matter which limits the mobility of the thorax ; the trachial rings from like change become rigid, while the lungs themselves waste in advanced life, and the

bronchial tubes become the seat of the rheum. From these circumstances combined, the breath is short, and any exertion entails serious respiratory efforts. The thoracic case, or box, becomes immovable, and is lifted up bodily by the respiratory muscles of the neck, while the diaphragm descends at each inspiratory effort. Consequently flatulent distension of the abdomen—pressing on the heart and also opposing the descent of the diaphragm—produces much distress in the breath in these cases of thoracic trouble. There are, indeed, many morbid forces at work to embarrass the respiration in elderly persons. Rokitanski, the great pathologist, writes :—

“The impaired state of the respiratory muscles renders the act of inspiration difficult and imperfect; the deficient contractility of the pulmonary tissues, together with the above-named muscular weakness, opposes similar obstacles to the act of inspiration, while the surface of the lungs present to the atmospheric air so obliterated a capillary net-work, that only a small quantity of blood can be submitted to the vivifying process of arterialisation.” No wonder then the breath is short in age!

What remedial agent will most efficiently relieve the patient suffering from such respiratory embarrassment? One which will act directly upon the respiratory centre in the medulla by which the inspiratory act is brought about, is the answer which physiological teaching prompts.

The respiratory centre is located in the medulla, and what says one of the best as well as most recent authorities on *Materia Medica and Therapeutics*? "The medulla is stimulated by strychnia in all its important centres. The respiratory centre is increased in activity, and transmits powerful impulses downwards to the already excited cord, thus causing increased frequency and depth of the movements of the chest."—(*Dr. Mitchell Bruce.*) An agent which will thus stimulate the respiratory centre and enable it to send out powerful efferent currents, throwing not only the ordinary but also the accessory muscles of respiration into energetic action, relieves the patient, who is suffering under respiratory embarrassment, even from direct voluntary effort. By its means the breathing becomes once more automatic, and fairly independent of voluntary effort. Relieved from the necessity for voluntary effort to keep up the respiration, the patient can sleep without the need for an opiate. Such, then, is what modern therapeutic investigation tells us as to the treatment of dyspnoea. Rested by sleep, able to breathe without the necessity for conscious effort, the patient can once more get about without discomfort, and with obvious good effect upon his general health. Improved breathing carries with it more perfect oxygenation of the blood, and the waste matters with which the blood is commonly laden in age are thus got rid

of; being burnt up and consumed. What is needed in all respiratory embarrassment is more perfect respiratory movements, and these can be excited by the strychnia, which forms a marked constituent of this syrup: the other factors contributing to the good effects.

This is a very important therapeutic matter, as Dr. Maclachlan writes;—"The diseases of the respiratory organs are at all periods of life the most common to which man is liable. As age advances, some of these increase in frequency and fatality, while others progressively disappear. Among the former, bronchitis and its common associate, asthma, are peculiarly prevalent. These two diseases carry off immense numbers of old people, and certain varieties of them almost exclusively appertain to old age."

All demands upon the respiration are badly borne by elderly people, and even slight bronchial attacks in those whose respiratory organs are already seriously impaired, are fraught with an element of danger. A teaspoonful of the syrup every three or four hours will successfully tide many aged persons over a bronchial seizure to which, without it, they would probably succumb. With the lungs already the seat of senile marasmus, and the other concomitant morbid conditions alluded to above, a slight addition to the respiratory difficulty becomes a grave matter in age.

In all cases of respiratory embarrassment, whether due to pulmonic congestion taking its origin in a lesion in the mitral valve, or to permanent lung or bronchial trouble, by which the right side of the heart is distended and embarrassed, an agent which will so improve the breathing as to render it once more automatic and independent of voluntary effort to maintain the respiration is of incalculable value; and such an agent is to be found in the Syrup of Hypophosphites. Not only is there present in it an agent acting directly upon the nerve centres, which preside over the circulation and respiration; but it contains a considerable quantity of phosphorus, in a form readily broken up by the digestive act, and so furnishing free phosphorus for the nutrition and repair of these over-taxed discharging nervous centres.

Diseases of the Nervous System.—"Next to diseases of the respiratory organs, the diseases of the nervous centres constitute the largest number of admissions of an important nature into hospitals allotted to the old," writes Dr. Maclachlan. By this, of course, is meant grave maladies threatening life. But outside and beyond such serious diseases, there are a host of minor troubles, and even some grave morbid changes for which admission to hospitals is not usually sought; nor would it be of much avail if accorded. "Once a man and twice

a child," is a proverb which tells in the briefest speech of the gradual evolution or "unfolding" of the brain which goes on while the infant develops slowly into the man—conscious of the fulness of his powers; and also of that involution or "infolding," which follows upon maturity in time; and which, when well-pronounced, is spoken of as "dotage." Some old persons retain their faculties to the end. But this is the exception not the rule! In the bulk of cases mental impairment becomes manifest when the allotted span is reached. There are seen petulance, querulousness, garrulity, caprice, likes and dislikes, which tell that the judgment is impaired, even when the intellect still seems fairly good. The higher centres which rule the rest are the last to come and the first to go. Consequently the tendency is for the impulses once more to escape from the control of the will, or, in other words, the character becomes modified—and not for the better.

There are, too, physical changes of like character and corresponding thereto. The ear becomes dull, the sight fails, the lissom hand begins to lose its cunning; the step is no longer springy, the carriage is less erect. Locomotion is impaired; the breath is comparatively short; the heart is feeble, or its rhythm is affected; the bowels are sluggish; and the viscera lose tone; while the bladder centres grow irritable. Indeed, the sympathetic or organic nervous system, like the cerebro-spinal,

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is feeling the effects of coming decay. Nor will we be surprised at these results when we reflect upon what the scalpel reveals.

“The nervous centres waste, harden, and lose weight, and the nerves participate in these changes,” writes Dr. Maclachlan pithily. The nerves participate in these changes, and Lobstein has observed that the change is marked in branches of the sympathetic nerve; while Engel found the ganglia to have shrunk, by wasting of the ganglion-cells; the development of pigment not compensating (in bulk, let alone functional activity) for the cell-decay. Such, then, are the anatomical substrata of the alterations which may be observed while the person is living. At the same time the blood-vessels, and especially those of the brain proper, undergo their own changes. Their arterial walls become inelastic, and are either calcareous or fatty according to circumstances; in either case the blood-current flows less freely through the brain, while the artery is liable to be easily ruptured by any straining. Consequently, apoplexy is more common as life wears on to its finish.

The diseases of the nervous system in age are due in some instances to changes in the blood-vessels rather than in the nerve-tissues themselves; while in other cases there is a growth of connective-tissue, or the neuroglia, that curtails the true nerve-tissues, as in dis-

seminated sclerosis, otherwise but erroneously spoken of as "softening of the brain," when general and wide-spread; or there is a local growth of such tissue as a tumour. In wide-spread sclerosis there is premature loss of muscular power and intellectual decay combined; while in ordinary dotage there is merely a withering or wasting of the brain; just as there is senile marasmus in the lungs.

Such, then, are the changes wrought in the nervous system by the oncome of age. There is a physical change going on which manifests itself in lowered function; there are alike anatomical changes and physiological modifications of function; all, however, in the direction of loss—of diminished capacity and structural degradation. There is, indeed, in the language of Hughlings Jackson a general involution, a sort of obsolescence creeping over the nervous system in all its parts.

To what therapeutic measures do these morbid states point? Clearly to a combination which contains at once nervine tonics, as quinine and strychnine, with an hæmatic, as iron, and a form of phosphorus which is unstable and so readily broken up; and this last is found in the hypophosphorous acid. When there is impaired nervous energy, whether the morbid change is one of wasting, or there is pressure upon the encephalic mass as by an effusion of blood, forming a clot, the proper nutrition of the nervous system is the cardinal matter to be

ever kept in view. Not only is the cerebro-spinal nervous system affected, but, as we have seen, the ganglia and nerves of organic life are implicated in this structural decay of age, and so the different viscera are enfeebled.

General Rules for the Aged.—The union of a nerve-food (phosphorus) with nervine tonics (quinine and strychnine) is what is to be desired for such a widespread change; no matter whether some more special or local morbid change be also present, or not. By the use of easily assimilable food, attention to the general health, including such exercise as is suitable, and the steady use of this syrup, many elderly people will and can prevent or retard the advance of senility. And this it is which Cicero advocated in his work on Old Age. “We must make a stand against old age, and its faults must be atoned for by activity; we must fight, as it were, against disease, and in like manner against old age. Regard must be paid to health; moderate exercise must be adopted; so much of meat and drink must be taken, that the strength may be recruited, not oppressed. Nor, indeed, must the body alone be supported, but the mind and the soul much more; for these also, unless you drop oil on them as on a lamp, are extinguished by old age.” Shrewd, sensible remarks, these! We cannot arrest completely the oncome of age, but we can retard its advances; and certainly should not invite

its advent. And what says Hufeland on the matter in his work on "The Art of Prolonging Life?" "It needs not be objected that great age is the unnatural state, or an exception from the rule, and that a short life is perhaps the natural condition. Almost all those kinds of death which take place before the hundredth year are brought on artificially—that is to say, by disease or accident; and it is certain that by far the greater number die an unnatural death."

If then the aged could be protected against cold,—the generation of body-heat being impaired by age; if they could be fed on nutritive and easily digestible food; if they could be secured against accident: in other words, if they could be placed under the ideally most favourable circumstances, greater length of days is feasible in the bulk of cases. Granting that all this can be managed, there still remains—what can be done for them by modern knowledge? The nervous system decays and needs its own pabulum. Phosphorus is essential to the formation of lecithin—the phosphorized fat which is the food of the nervous system par excellence—and this, in a desirable form, is furnished by the syrup of the hypophosphites; while, beyond the phosphorus it contains nervine tonics and hæmatics. It is not claimed,—it is not essayed here to attempt to claim, for the syrup supernatural powers; but merely to put forward dis-

tinctly and clearly its claims to be regarded as a combination peculiarly adapted to the requirements of advanced life. The reasons for thinking it adapted to the peculiar wants of the old have been given, and will be found sufficient to warrant the opinion put forward.

To attempt to classify the nervous maladies of old age and to give the management of each would only unduly swell the size of this pamphlet without adding to its value. The great matter to be grasped is essentially the treatment indicated by what we observe in life, and what is revealed in the dead-house as to the changes wrought by age. It stands out clearly before us. We must get these people to husband their powers, and yet not to lead too sedentary a life by which the already imperfect oxidation and removal of waste products is favoured. Also by a suitable dietary to avoid the accumulation of waste products in the blood. Then to administer remedial agents which will feed the nervous tissue so as to keep at bay that widespread deterioration of it which age brings with it. These principles apply to all cases; and that hebetude which creeps slowly over the old is to be borne in mind—no matter what the special ailment complained of, or the symptoms for which relief is sought. Senile degeneration is the main fact to bear in mind in dealing with aged persons. The tissues are comparatively easily injured,

while repair is tardy and often imperfect. The great matter then is to take such measures and precautions as shall ward off any positive malady, and, so far as lies in our power, to prevent what we cannot cure. The whole viscera are structurally impaired by the wasting of their proper elements, and the growth of their connective-tissue; in other words a general visceral cirrhosis is developed, by which their functional activity is impaired and consequently the demand upon them must be reduced to their capacities. They are not in a condition to bear strain, or tolerate injury or demand upon them. It becomes most desirable to maintain the health and vigour so far as this may be done, and no medicinal combination yet devised will be found to serve this desirable end so well and so effectually as the syrup of the hypophosphites offered to the world by Mr. Fellows. At least this is his sincere belief, and in corroboration of what is written here he begs to offer to his readers the following letters, as a few of the large number which have been addressed to him on the subject.

Before proceeding to do so, however, he must draw attention to one particular subject, and that is that not unfrequently he receives complaints that certain skin-troubles seem to be increased by the use of the syrup, such as eczema scroti for instance. There is no doubt that at times such is the case; but if there is an increase of local

irritation it is more than compensated for by the improvement of the general health. MacLachlan states that where cutaneous discharges have existed for some time and then dried up amongst his aged patients at the Chelsea Hospital, applications have frequently been made to him to reinstitute them as being useful. In speaking of eczema he writes: "That the eruption is occasionally and not unfrequently salutary there can be no doubt, and the cure of chronic eczema is sometimes succeeded, as in other chronic cutaneous symptoms, by severe pectoral ailments, and still more alarming cephalic symptoms, vertigo and apoplexy itself." There are then some matters which are "best out," and there certainly are some cutaneous matters which apparently are aggravated by the use of the syrup, of which this is true. Probably however these very eruptions exercise a beneficial effect upon the general health.

From experience covering many years in the use of his Hypophosphites, Mr. Fellows begs to remind the profession of its higher utility when united with Cod Liver Oil in an emulsion, as directed on p. 72. Not only are the nutritive and tonic properties very much increased thereby, but the oil is converted into a *palatable* food. In this form a surprisingly beneficial effect is produced upon the general health of the aged. This is particularly apparent in cases of bronchial difficulty.

CLX.

FROM S. A. KELLEY, Esq., M.D.

RILEYVILLE, PA., U.S.A.,

DEAR SIR,

Dec. 19, 1880.

I prescribed your Hypophosphites to Mrs. —, æt. 52, wife of a wealthy farmer. She had previously two severe attacks of "pleuro-pneumonia," last April typhoid fever and œdema of the lungs, since which she has never seemed *compos mentis*. Constantly troubled by some Phantasm or Hallucination, and at the same time fretful, without energy, and a desire for self-destruction, as life was to her a terrible burden. Happily, all these troubles have disappeared since she began the use of the Hypophosphites, and she appears to be fully restored to health.

S. A. KELLEY, M.D

To MR. FELLOWS.

CLXI.

FROM JOHN LAKE, Esq., M.D.

REHOBETH, S.C., U.S.A.

DEAR SIR,

4 July, 1881.

Some time ago I began using your Hypophosphites, and with the most happy results. My whole

system was prostrated by "Chronic Diarrhoea," to which I had been a victim since the late war, and was running down very rapidly when I began its use; it has fulfilled every promise made in your circular. My bowels are in a better condition than for many years, the muscular and nervous tissues built up and strengthened far beyond my hopes. I believe your Syrup of Hypophosphites will soon become a standard prescription in Nervous and General Debility. Great precautions, however, should be taken to prevent its being counterfeited. Thanking you for the great benefit I have derived,

I am, Sir,

Yours truly,

JOHN LAKE, M.D.

CLXII.

From R. D. PUREFOY, Esq., M.B.T.C.D., F.R.C.S.I.,
Obs. Surg. Adelaide Hosp., Lec. on Mat. Med. Led.
Sch. Med.

13, MERRION Sq., DUBLIN,

19, *Sept.*, 1884.

I have frequently had recourse to the use of Fellows' Hypophosphites in cases of debility, especially when

attendant on chronic uterine diseases, and believe it fully deserves the encomiums so widely bestowed on it.

R. D. PUREFOY.

CLXIII.

Translation of a letter from Dr. BRUNO BAYONA.

ABLITAS, NAVARRA, SPAIN,

7 June, 1884.

DEAR SIR,

With great satisfaction, I have used your Syrup of Hypophosphites in a case of bronchial asthma; indeed, I have seen verified all that you promised us, and have great pleasure in telling you that your Syrup replaces with great advantages all remedies which we have used in cases of this kind. It stopped the paroxysms and brought about tranquility of sleep, sleeplessness troubling my patient most before she took the Syrup.

Yours truly,

BRUNO BAYONA, M.D.

Mr. JAS. I. FELLOWS, London.

CLXIV.

From Dr. D. J. KING.

RIO DE JANEIRO, BRAZIL,

12 Aug., 1884.

DEAR SIR,

When the vital powers are lowered by long residence in this country, I have prescribed (and continue to do so) your Syrup of Hypophosphites with marked benefit. I find it a good tonic for European children also.

Yours very truly,

D. J. KING, M.D.

Mr. JAS. I. FELLOWS, London.

CLXV.

From Wm. R. GOODFELLOW, M.R.C.S., L.S.A.

ROCHE, CORNWALL, ENGLAND,

28 Aug., 1884.

Mr. JAMES I. FELLOWS.

DEAR SIR,

Your Syrup has been used for some time in my practice, and I am pleased to say with extremely satisfactory results; indeed, I have succeeded (whilst prescribing it) in cases when the administration of the

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various ingredients of your Syrup in uncombined form have signally failed, and now I invariably use your formula and believe that it assimilates better.

It has proved with me to be most efficacious in all cerebral and general affections of the nervous system.

My rule is to abstain from giving testimonials, this being the only exception, but I consider that the subject merits this.

Yours truly,
WM. R. GOODFELLOW.

CLXVI.

FROM CHARLES FAIRFAX NURSEY, ESQ., L.R.C.P.Ed.,
L.M., L.F.P.S.Glas.
1, CAMBRIDGE TERRACE,
TALHAM STREET,
SUNDERLAND, ENGLAND.

DEAR SIR,

I have used your preparation with much success, particularly in the case of my own son, a boy about nine years of age, who for some time has suffered from anæmia, general weakness and lassitude, due to threatened spinal curvature. I gave him frequent doses of your Syrup, which in a short time

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restored his strength. I should prescribe your remedy oftener than I do, if the price would allow my patients to purchase it, yet I order it because it is a valuable compound, far better than anything of the kind in the Pharmacopeia.

I am, yours very truly,
CHARLES FAIRFAX NURSEY.

CLXVII.

From A. E. ABRAMS, Esq., M.D.

164, HIGH STREET,
HARTFORD, CONNECTICUT, U.S.A.,

Oct. 8, 1884.

JAMES I. FELLOWS, Esq.

DEAR SIR,

The Syrup Hypophos Co. (Fellows) has proved of great benefit to my wife. It strongly confirms my experience of its value during the past two years.

Yours truly,

A. E. ABRAMS.

CLXVIII.

From E. JAY FISK, Esq., M.D.

75, THIRD STREET,
TROY, NEW YORK,
Oct. 6, 1884.

JAMES I. FELLOWS, Esq.

DEAR SIR,

I dispense your Syrup Hypophos. Comp. and now use no other, as I claim and prove your Syrup to have no equal.

Yours truly,

E. JAY FISK.

CLXIX.

From G. A. BJOERKMAN, Esq., M.D.

61, CAMDEN STREET,
BOSTON, MASS., U.S.A.,
December 25, 1884.

JAMES I. FELLOWS, Esq.

DEAR SIR,

I am exceedingly pleased with the effect of your Syrup, and would find it difficult, now I have learnt its merits, to do without it. It is not equalled by any preparation of its kind.

I have two interesting cases to report. First case, Hans Mortensen, a Swede, age 24, fell from a height of 40 feet, breaking his fall by striking against a balcony. He suffered from concussion of the brain, and probably of the spine, as the result of the fall; also three scalp wounds and a sprained wrist. The external wounds healed rapidly under appropriate treatment, but he grew weaker day by day, lost weight, and suffered from constipation. I tried various courses of treatment—Iron, Quinine, Bark, &c., but he got steadily weaker, and three months after the accident could do little but lie about on a lounge. I then tried a course of electricity with strychnine internally, but to no purpose. It at last occurred to me to try your Syrup, and I commenced with one teaspoonful three times a day with his meals. I used no other treatment, and very soon there was marked improvement, the appetite returning and vitality increasing. After two weeks' treatment he began to increase in weight at the rate of about 1 lb. a week. At the end of three months he declared himself to be stronger and healthier than he had ever been. He now weighs 158 lbs., his highest weight at any time previous to the accident not having exceeded 146 lbs.

I can truly say that I owe not only the recovery but the life of this man to the valuable properties of your

Syrup, which has also been of incalculable service to me in the treatment of many cases of anæmia and pulmonary disease.

It is an excellent prophylactic to take in districts where there is bad drainage.

As an instance, I quote a family who lived in such a district, and who one and all suffered from constant sore throats and gastric irritation. Since they have taken your Syrup they have been entirely free from the above troubles and have grown much stronger.

I remain, dear Sir,

Yours very truly,

G. A. BJOERKMAN.

CLXX.

From J. W. JORDAN, Esq., M.D.

BLACK HAWK, MISSOURI,

January 9, 1885.

JAMES I FELLOWS, Esq.

DEAR SIR,

I have used your Syrup Hypophos. Co. for two years with the happiest results. I have found it to be especially beneficial in the incipient stage of Phthisis Pulmonalis, in Bronchitis, and in all cases of nervous

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debility. I consider it highly beneficial in chronic wasting diseases.

Yours truly,

J. W. JORDAN.

CLXXI.

From J. HARMISON, Esq., M.D.

CUBA, *Dec.* 15, 1884.

JAMES I. FELLOWS, Esq.,

DEAR SIR,

About a fortnight ago I received and read your valuable treatise, part 4. I have used your Syrup Hypop. Co. for about three years in incipient Phthisis, and other forms of lung mischief. For instance, my own mother, who was suffering from Fibroid Phthisis, and whose case was adjudged hopeless, all the ordinary remedies having proved futile, recovered under treatment by your Syrup. Another case of severe lung disease following measles was treated similarly, with favourable results. I might multiply cases, but it is useless. I think your remedy the most valuable for the purposes claimed for it that can be obtained.

Yours truly,

J. HARMISON.

CLXXII.

(Translated).

From SIG. V. GUZMAN, M.D.

GRANADA, SPAIN,

Feb. 7, 1885.

JAMES I. FELLOWS, Esq.

DEAR SIR,

I have pleasure in stating that I have used your Syrup several times in cases of Insomnia, due to an irritable condition of the brain, and always obtained good results. I consider the Syrup a valuable nervous and alimentary tonic.

Yours truly,

V. GUZMAN.

CLXXIII.

From J. A. EXTON, Esq., M.D.

Secretary of the Hudson Medical Society, New Jersey.

BEECH STREET, CORNER OAKWOOD AVENUE,

ARLINGTON, NEW JERSEY, U.S.A.

JAMES I. FELLOWS, Esq.

MY DEAR SIR,

I have been intending to write to you for some time, to add my mite in praise of your valuable

preparation, (Syrup Hypophos. Co.) I have used it in tubercular infiltration of the lung many times, with the most satisfactory results ; also in abscess of the lung. It is a valuable adjutant to cough mixtures.

As a remedy in the treatment of mental and nervous diseases it is all that is claimed for it.

In the convalescent stage of Pneumonia, in fact during the whole course of the disease, its use is by me never omitted.

Very truly,
J. A. EXTON,

CLXXIV.

FROM JOSIAH PAULL, ESQ., M.R.C.S., L.S.A.
CAMBORNE, CORNWALL,

April 11, 1884.

MR. JAS. I. FELLOWS.

DEAR SIR,

I have wished to write you respecting your Syrup Hypophos. Co. for some time, which I have found particularly beneficial in several cases of lung disease.

In one case especially the benefit derived was extraordinary. I firmly believe this patient would have

succumbed long ere this from exhaustion but for the Hypophosphites, because his nervous system was completely shattered and his digestion sadly impaired.

I have myself taken it with benefit.

I am, yours very truly,

JOSIAH PAULL.

CLXXV.

Translation of letter from DR. CESARE CAPRENA,

CAMPO BASSO, CIVITA CAMPO MARINO, ITALY.

20th May, 1885.

MR. JAMES I. FELLOWS.

SIR,

I have pleasure in informing you that having employed your Syrup of Hypophosphites for about three years, I have had ample opportunities of observing its effects, and declare it to be a grand preparation furnished to humanity by chemical science.

I will state briefly that your Syrup of Hypophosphites has been of positive benefit in Chronic Bronchitis, in the first and second stages of Phthisis, Anæmia, and nervous exhaustion of the brain.

FELLOWS' SYRUP OF THE HYPOPHOSPHITES 21

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For those diseases of children for which it is recommended, there is no remedy equal to it.

I can say truly that in my professional experience of half a century I have not found so satisfactory a remedy. In fact, your preparation is beyond praise.

I am, Sir,

Yours very truly,

CESARE CAPPELLO.

CLXXVI

From THOMAS HILL, Esq., L.R.S.P., &c. &c.

176, OXFORD ROAD

ASTORIA, OREGON

LETTER NO. 1000000

DEAR SIR,

Your valuable Syrup of the Hypophosphites is to me an inestimable treasure in a large number of cases; my sheet-anchor in nervous debility.

May I request you to send me your treatise.

I am, dear Sir,

Yours faithfully,

THOMAS HILL.

CLXXVII.

Letter from SAMUEL MAUGHAN, ESQ., M.R.C.S.

BOGNOR, SUSSEX, ENGLAND.

20th January, 1884.

Mr. JAS. I. FELLOWS.

SYRUP HYPOPHOS. (FELLOWS).

SIR,

The first case in which I had an opportunity of prescribing the above was in one of Infantile Paralysis of the lower extremities in a boy of about three years of age. The treatment adopted was galvanism and the internal administration of the Syrup. The general health rapidly improved, and in due time nutrition and power were restored. From time to time I discontinued the Syrup, continuing the galvanism; in a few days I discovered a diminution of tone.

The second case was in that of an elderly lady convalescing from Bronchial Pneumonia, mainly as a nutrient. The benefit was very marked; her general healthy condition speedily improved, and her lung mischief cleared up. I continued its use for some months, as I found my patient had an unreduced dislocation at the shoulder joint of long standing. Her nervous and muscular tone increased considerably, and with proper exercises she acquired fair use of her arm.

The third case was in that of a strumous girl of about

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13 years of age, with enlarged glands of the neck and general cachectic conditions, whose family were always under my care. She built up marvellously under treatment, the enlarged glands gradually disappeared, and she lost her cough from which she had previously suffered. I subsequently treated an infant in the same family suffering from Marasmus with most satisfactory results; in fact, I might add that since that date I have prescribed it largely in my practice in similar cases to the above, in many uterine and in nearly all cases of deficient nervous tone.

I am, Sir, yours faithfully,

SAMUEL MAUGER.

CLXXVIII.

Letter from A. E. PERRY, *Consulting Surgeon,*
Darjiling, and *Himalayan Regions,*
COLINTON SANATORIUM, *Darjiling, India,*
July 20, 1884.

JAMES I. FELLOWS, *Esq.,*

SIR,

In reply to your communication, I have prescribed the Syr. Hypophos. Co. Fellows, for many years, both in the East and West Indies, and experience has

convinced me that it is Pharmacologically superior to any other preparation of the Hypophosphites.

The neutral reaction of the Syrup, and the stability of the solution of Strychnine (so that it is never precipitated) are characteristics, the importance of which cannot be over-estimated. The danger of giving unscientifically prepared or prescribed combinations of drugs containing a powerful poison has been, unfortunately, too often demonstrated, and the acid reaction of the usual Syrups of the Hypophosphites has been a bar to their use in those cases where acids are contra-indicated.

You ask me in what class of cases I have used the Syrup? I have not time to enter into details, but will state briefly that the cases in which I have prescribed your Syrup with the most beneficial results are in those of an adynamic or cachetic type, due either to disease or environments, or habits tending to lower the vital powers. As a counteractant of the depressing and debilitating effects of a tropical climate, it stands *per se*.

It is a valuable prophylactic and tonic in malarial districts, and of marked utility as a tonic in tropical hill stations, in that it increases the powers of assimilating oxygen, deficient in the air at these altitudes.

Its composition indicates, and its effects prove it

to be, a restorative of brain and nerve tissue, which is, in the hurry and anxiety of modern life so prodigally wasted.

Yours truly,
A. E. PROCTER.

CLXXIX.

Letter from PERCIVAL H. WATSON, Esq., L.R.C.P.,
Lond., M.R.C.S., Eng.
64, JESMOND STREET,
NEWCASTLE-ON-TYNE,
ENGLAND, *June 24, 1885.*

Mr. J. I. FELLOWS.

DEAR SIR,

I have much pleasure in stating that I have formed a very high opinion of your Syrup of the Hypophosphites.

I have used it extensively in a great variety of diseases, and have always been pleased with the results. It agrees with the most delicate stomach, and can be taken for long periods by patients who cannot take even half-grain doses of quinine without producing unpleasant symptoms. This I have repeatedly proved.

I have tried several imitations of your syrup, but

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they are neither so palatable nor so efficacious as yours, and most of them throw down a suspicious deposit on standing, so that I was afraid to use the last three or four ounces left in the bottles.

In a case of Epileptic Neuralgia in a lady, aged sixty-three, I was much pleased with its effect, as the patient greatly improved whilst taking it.

Yours truly,
PERCIVAL H. WATSON.

CLXXX.

(Translated from the French)

From Mons. le Docteur Mca. BOURDERA, a Vic-Fezensac,
dep Gers, France.

5 March, 1885.

SIR,

Mr. Fellows has invented, without perhaps himself suspecting it, the best tonic known up to the present time. The Hypophosphites of —— have not maintained their reputation, owing to some defect in the composition or preparation, which did not assure long continued relief. I am happy to tell you that I consider Mr. Fellows' preparation as the greatest benefit obtained

by modern therapeutic science. My personal experience of its use has indubitably confirmed me in this opinion. The effects are speedy and lasting, as it acts upon the great sympathetic gastric nerves, in promoting digestion and facilitating the action of the lungs.

It has no special influence upon the kidneys and bladder.

I am, Sir, &c.,

Mca. BOURDERA.

To Mons. B————

Paris, France.

CLXXXI.

(Translated from the French).

From Monsieur le Docteur PRUD'HOMME.

14, BOULEVARD POISSONNIERE,

PARIS, *April 3, 1885.*

SIR,

I have experimented with your Syrup of Hypophosphites, and can testify to the excellent results obtained.

I am, Sir, &c.,

DR. PRUD'HOMME.

MONS. JAMES I. FELLOWS,

London.

D

CLXXXII.

(Translated from the French).

From Monsieur le DOCTEUR MORA, Doctor of Medicine
of the faculty of Paris, Medical Inspector of Children.
Laureated by several learned Societies.

À BRUNCHAMEL, DEP. AISNE,

May 2, 1885.

SIR,

(SYRUP HYPOPHOSPHITES FELLOWS.)

The use of this preparation has been followed by excellent results in many cases of pulmonary phthisis ; patients take it readily—an immense advantage over most other medicines—and its use can be continued for a considerable length of time.

Under its influence the cough becomes less trying, and the expectoration easier and more abundant. The composition of Fellows' Syrup is based upon positive physiological data, and will, I am convinced, meet with a most favourable reception from the medical profession. In my opinion, it is the best remedy that can be prescribed in cases of tubercular consumption, general debility, anæmia and scrofula. Of this résumé of my recent experiences, you are at liberty to make any use you please.

I am, Sir, &c.,

DR. MORA.

MONS. JAMES I. FELLOWS, London.

.....

CLXXXIII.

(Translated from the French).

From Mons. le Docteur RITEROLLES, of the Faculty of
Paris, formerly House-Surgeon at the Hospital of
Clermont—Ferrand.

LA BOURBOULE, FRANCE,
4 June, 1885.

SIR,

As medical men should contribute towards the adoption of anything tending to the relief and comfort of the sick, permit me to add my tribute to that of my medical brethren who have prescribed your Hypophosphites.

Having made a number of observations in your favour, I am quite ready to communicate them.

These observations relate to diseases which have been treated at La Bourboule by arsenical preparations simultaneously with your Syrup of Hypophosphites. I can confidently say that in nearly every case the results have been marvellous, and much superior to those obtained by arsenical remedies alone. My opinion on this point is very decided.

The employment of your preparation of the Hypophosphites with the arsenical remedies appears to me to be the only efficacious treatment in Chlorotic

Anemia, Scrofula in all its forms, and organic affections of the lungs. The two remedies employed at different times have not proved so effectual in my hands.

I am, &c.,

Dr. RITEROLLES.

MONS. JAMES I. FELLOWS,
London.

EXTRACTS FROM PHYSICIANS' LETTERS
REFERRING TO FELLOWS' HYPO-
PHOSPHITES.

—♦—
CLXXXIV. Acted charmingly with a lady patient suffering from Pulmonary Tuberculosis.

IRVINE W. GILKESON, M.D.

21 *Sept.*, 1881.

Mintsprings, Augusta Co.,
Va., U.S.A.

CLXXXV. Using it in three cases, an old man, eighty years, with Neuralgia, and two young ladies, all improving.

A. NEELY, M.D.,
4 Aug., 1881. Smithtown, W. Va., U.S.A.

CLXXXVI. Your Hypophosphites is working admirably.

B. G. COOKE, M.D.,
24 Oct., 1880. 117, E. 91 Street, New York City.

CLXXXVII. Superior to anything of the kind that I have ever seen.

W. L. KELSEY, M.D.,
24 Aug., 1881. Willington, Connecticut,
U.S.A.

CLXXXVIII. I believe it a good preparation.

J. G. A. DICK, M.D.,
10 Mar., 1881. Red Banks, N. C., U.S.A.

CLXXXIX. I think it an excellent preparation.

23 *June*, 1881.

S. W. EATON, M.D.,
Rowan Mills,
N. C., U.S.A.

CXC. I like it very much.

2 *Feb.*, 1881.

J. R. SLINGERLAND, M.D.,
Mt. Lebanon,
N. Y., U.S.A.

CXCI. Have tried it and am much pleased with the results obtained.

18 *May*, 1881.

H. C. REIET, M.D.,
New Baltimore,
Pa., U.S.A.

CXCII. I cordially recommend it to the medical profession.

3 *Sept.*, 1881.

E. KENDRICK, M.D.
Chief Health Officer,
Corinth, Miss.

CXCIII. The best remedy I have found.

A. B. POPE, M.D.
11 Aug., 1881. Stewart, Honston Co.
Tenn., U.S.A.

CXCIV. Used with satisfactory results.

N. B. SCOTT, M.D.
8 July, 1881. Hagerstown, Mo.

CXCV. Proved efficacious in a number of cases.

W. W. WILSON, M.D.
17 May, 1881. Williamston, S.C.

CXCVI. Administered it to a lady patient with good effect, breathing much improved.

G. W. STOREY, M.D.
5 April, 1881. Santa, Jackson, Co., Ala.

CXCVII. Am using it with best results.

J. J. BARCLAY, M.D.,
6 April, 1881. Wheeler, Ala.

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CCII. Physician's Armamentarium incomplete without it.

4 Oct., 1881. R. W. SMITH, M.D.,
Yorkville, Gibson Co., Tenn.

CCIII. Always reliable in cases of tuberculosis, nervous debility and mental derangement.

2 Mar., 1882. M. CZARTORYSKI, M.D.,
Stockton, Cal., U.S.A.

CCIV. Perfect satisfaction in diseases of the throat and lungs.

18 Mar., 1882. L. C. DAVIS, M.D.,
Vassar, Michigan.

CCV. Have never seen anything excel this as a tonic.

22 Mar., 1882. B. M. WALKER, M.D.,
Danville, Virg., U.S.A.

CCVI. One of the most valuable therapeutical agents we now possess in the treatment of Pulmonary Diseases.

E. MACFARLAIN, M.D.,
7 Aug., 1882. 18, East 128th Street, New York.

CCVII. Acted well in cases named; one patient entirely cured of nervousness, the others benefited.

S. R. CHISHOLM, M.D.,
23 Nov., 1882. Honeapath, S. C.

CCVIII. I certainly obtain better results from Fellows' Hypophosphites than are observed from the use of other manufactures.

A. LWEZEY, M.D.,
18 Dec., 1882. Yardleyville, Pa.

CCIX. Ordering your preparation almost daily. It is elegant, effective, and answers fully your recommendations.

WALTER B. REYNOLDS, M.D.
3 Jan., 1883. 10, Fifth Street, N.E.,
Washington, D. C.

CCX. As indispensable in practice as quinine, use it where a constructive alterative and general tonic is indicated, always with gratifying results. I believe Syr. Hypo. Co. Fellows has done more to establish my reputation than all remedies in the *Materia Medica* combined. So extraordinary and un hoped for were the results of one case treated by it that I fear to relate it except to friends who know me.

25 *Janv.*, 1883.

F. E. DANIEL, M.D.,
Fort Worth, Texas.

CCXI. Has worked splendidly! With continued satisfaction! A splendid preparation! In all cases of debility, in the first stages of consumption, and the debility of old age, its effects are most satisfactory. Patients increase in flesh, and improve in appetite under its use.

9 *June*, 1883.

H. W. COBB, M.D.,
Perry, Michigan.

CCXII. In all cases of Pulmonary Diseases, Scrofula, Anæmia, Marasmus, find good results.

7 *June*, 1883.

A. W. COTTEN, M.D.
Baltimore, Maryland.

CCXIII. Am pleased with Fellows' Hypophosphites
in cases of female nervousness and incipient phthisis.

S. R. VOORKEES, M.D.

14 *June*, 1883.

Macon, Ohio.

CCXIV. In all respects fully up to the measure
you claim for it.

R. W. SMITH, M.D.,

4 *June*, 1883.

Yorkville, Tenn.

CCXV. A very useful tonic in nervous exhaustion,
for which it seems especially indicated.

HENRY HERMAN, M.D.

May 31, 1883.

New York City.

CCXVI. Am always delighted with the result
obtained from your Hypophosphites. Scarcely a day
passes that I do not prescribe it. A valuable preparation.

B. M. WALKER, M.D.

2 *June*, 1883.

Danville, Va., U.S.A.

CCXVII. Only needs a trial to prove its superiority in cases of nervous or general debility, whether from pulmonary or other causes.

J. R. REEVE, M.D.,
15 *June*, 1883. Martinsburg, Texas.

CCXVIII. Still using it with excellent results. Is accomplishing much good.

H. B. POPE, M.D.,
2 *June*, 1883. Stewart, Tenn.

CCXIX. Your preparation gives excellent satisfaction.

JNO. W. HOPPER, M.D.,
1 *June*, 1883. Hackensack, N.J.

CCXX. Prescribe it almost daily in nervous debility as well as pulmonary affections. In some cases superior to all other remedies.

J. A. JENKINS, M.D.,
2 *June*, 1883. Brooklyn, E.D., L.I.

CCXXI. Fellows' Syrup of Hypophosphites in Bronchial affections and the Marasmus of children has proved most useful.

LEONARD NORTH,
Earl Street, Dublin.

CCXXII. Je m'en trouve très bien.

DR. J. GERARD,
14, Rue d'Amsterdam,
Paris, France.

May 27, 1885.

CCXXIII.

From the "NEW YORK MEDICAL DIGEST," 15th June,
1883.

FELLOWS' HYPOPHOSPHITES.—This preparation for the cases in which it is indicated, in our judgment, has few equals. It has become one of the essentials almost in practice. We have used many bottles with great satisfaction to ourselves and patients.

CCXXIV.

From the "KANSAS MEDICAL INDEX."

FELLOWS' HYPOPHOSPHITES needs no word of commendation from us, as it is generally prescribed by the Profession.

CCXXV.

From the "ATLANTA ECLECTIC JOURNAL," *March*, 1883.

FELLOWS' HYPOPHOSPHITES.—This compound has attained a popularity seldom equalled, and which would be impossible without merit to sustain it.

CCXXVI.

From the "MISSISSIPPI VALLEY MEDICAL MONTHLY."

FELLOWS' HYPOPHOSPHITES contains all the ingredients necessary for the formation of a superior stimulant and tonic. We have had the most satisfactory results from its use in the various forms of debility, associated with or dependent upon defective assimilation.

It is especially a desirable remedy in chronic pulmonary diseases, including tuberculosis, for which it is one of our most common and satisfactory prescriptions.

CCXXVII.

From the "HARTFORD JOURNAL OF INEBRIETY," Hartford,
Conn., U.S.A., *October, 1883.*

FELLOWS' HYPOPHOSPHITES is a remedy, *par excellence*,
in the varied anæmic and neurasthenic conditions
following the abuse of alcohol and opium.

CCXXVIII.

From the "SOUTHERN CLINIC," Richmond, Va., U.S.A.,
December, 1883.

FELLOWS' HYPOPHOSPHITES.—The testimony of the
Profession is so universal as to the value of the Hypo-
phosphites in all wasting diseases, consumption, and
cancer, that we have only to say that the preparation
of Mr. Fellows is pure, pleasant, and reliable.

CCXXIX.

From "HANDBUCH DER SPECIELLEN INTERNEN THERAPIE."
Von Dr. MAX SALOMON, Berlin, 1885.

Phthisis pulmonum.

In all stages of Phthisis, Fellows' Compound Syrup
of Hypophosphites has proved very useful as a tonic

to many eminent English clinicians, and also to me in repeated trials.

Catarrhus Gastricus.

Use Fellows' Compound Syrup of Hypophosphites.

Cirrhosis hepatitis.

Use Fellows' Compound Syrup of Hypophosphites thrice daily, a teaspoonful in a wine-glass of cold water at meals.

This remedy is composed of the Hypophosphites of Chinin, Strychnin, Iron, Calcium, Potash and Manganese. I have used it repeatedly with good result as a tonic for stimulating the appetite and removing nervous sleeplessness.

Tabes dorsalis.

Try Fellows' Compound Syrup of Hypophosphites.

Anæsthetica.

Fellows' Compound Syrup of Hypophosphites is especially recommended in cases of Anæmia and Neurasthenia. A teaspoonful at each meal in a glass of cold water.

Paralysis—Paresis.

Fellows' Compound Syrup of Hypophosphites, containing the Hypophosphites of Chinin, Strychnin, Iron, Calcium, Potash, and Manganese, I have found useful in cases of wearisome Paresis of the lower extremities after infectious diseases. One teaspoonful at each meal in a glass of cold water.

CCXXX.

Extract from an editorial in "THE ANNALS OF HYGIENE,
Philadelphia, Pens., U.S.A., *October, 1884.*

The special food of the brain is phosphorus, and particularly is this article requisite for a brain exhausted by mental worry. But we may not always derive the desired results from the use of the crude drug, hence various preparations have at times been offered by which the efficacy of the drug has been greatly enhanced. Of these numerous formulæ we have used many, and have had most satisfactory results (in the "mental worry" caused by things going wrong) from the use of the Syrup of the Hypophosphites, as prepared by James I. Fellows.

Let us remember that we must nip mental worry in

the bud, or it may become unmanageable. Do not let it pass on into mental exhaustion. We know that Dr. S. Weir Mitchell treats nervous exhaustion with rest and food; let us combat mental worry with the same weapons—with rest and with suitable food—and this preparation of phosphorus is in reality a most invaluable brain food.

CCXXXI.

Translated from an article in the "JOURNAL MEDICINE" de Paris, May 10, 1885, entitled "A New Treatment of Pulmonary Phthisis by Hypophosphites."

The therapeutics of pulmonary phthisis have made important progress during the last few years, and satisfactory results in its treatment have been obtained, more especially since efforts have been made to ascertain the exact limits of the lesions and the reflex results which they can have on the whole organ. It has been, in fact, proved, that when the lesions are limited to the surface or when they have destroyed a part only of the pulmonary parenchyma, the doctor can, by the methodical use of reconstituents, obtain for his patient, if not a

complete cure, at all events a relatively satisfactory state of health.

The basis of the rational treatment of pulmonary phthisis is, therefore, an efficient reconstituent remedy (or medium). A great number of preparations of this kind have been suggested: some with a basis of iron, others of phosphorus, bark, &c., the aim of all being to increase the vital energy and resist the decay of the organ.

A preparation much in use in England and America, called by the name of its inventor, Mr. James I. Fellows, consists of a clever combination of Hypophosphites, whose therapeutic properties in the treatment of pulmonary phthisis are well known.

The bases of Fellows' Hypophosphites are potash, lime, iron, manganese, phosphorus, and various tonic alkaloids, such as quinine and strychnine. It is easy to see that **such a combination** of remedies used in proper proportions would have a beneficial effect in pulmonary lesions. The potash and lime restore the muscular and osseous system; the iron and manganese enrich the blood; and the phosphorus increases the vital energy; while quinine and strychnine act more especially as nerve tonics.

Numerous practical experiments in England and America, confirmed more recently in the clinical practice

of a great number of hospitals in Paris and the provinces, have proved that the Hypophosphites as prepared by Mr. Fellows act in phthisis and other chronic maladies by stimulating the appetite and aiding digestion and assimilation by strengthening the nerves and assisting the constant repair of the body in wasting diseases.

The action of Hypophosphites is most rapid and beneficial in cases of fibroid phthisis, in acute or sub-acute phthisis, accompanied by fever and an increase of temperature; the Syrup, combined with good food and rational treatment, sometimes gives relief when all other medicines have failed.

The night sweats of phthisical patients are rapidly diminished by the use of Fellows' Syrup, and those cases in which hemoptysis is a marked feature are greatly benefited.

We shall no longer dwell in this article on the restorative properties of this Hypophosphites. We refer those of our readers who wish for more ample information to the numerous works which have been published on this interesting question.* We have simply aimed at

* Some observations on Fellows' Hypophosphites, Part I.; Pulmonary Diseases, Part II.; Nervous Diseases, Part III.; Children's Diseases, Part IV. By James I. Fellows: London, 67, Holborn Viaduct.

calling the attention of medical men to a preparation of which one trial will be sufficient to convince them of its great therapeutic value.

CCXXXII.

Extract from an article on "The use of Permanganate of Potash in Amenorrhœa," published in the *Gynecological Journal*, July, 1885, page 223, by FANCOURT BARNES, Esq., M.D., M.B. & C.M. M.R.C.P., London, Fellow Obs. & Med. Soc., London, Obs. Phys., Great North Cent. Hospital, Phys., Chelsea Hosp. for Women, British Lying-in Hospital, and Royal Maternal Hospital, London. Author of various works on Women's Diseases.

LONDON, ENGLAND.

I have found the establishment of the menstrual **function** secured in several cases lately under my care, **by the administration** of Fellows' Hypophosphites. In **badly nourished** anæmic girls, with small, ill-developed **uteri**, the Hypophosphites will be found to give better **results than** the Permanganate of Potash. Occasionally **the alternate administration** of the drugs is useful.

FANCOURT BARNES, M.D.

SAFEGUARDS AGAINST SUBSTITUTION.

The Fellows' Hypophosphites is dispensed in bottles containing 8 oz. and 15 oz. by measure—the address, Fellows & Co., St. John, N.B., blown on—the name, J. I. Fellows, St. John, N.B., in watermark upon the yellow wrapper; it is hermetically corked and sealed with crimson gelatine; is heavy, slightly alkaline, has a pleasantly bitter taste, and deposits a flocculent brown precipitate of Hypophosphite of Manganese when left undisturbed for forty-eight hours.

Note.—Though this precipitate mars the appearance, its presence has been found imperative to its full remedial effect.

By ordering f ʒ viii, the Syrup can be dispensed in the original bottle containing that quantity, when the trade label may be removed and prescription-directions substituted as desired.

In dispensing, the Hypophosphites should only be diluted with pure Syrup or Glycerine.

PRICES.

GREAT BRITAIN, Stamp included, 7s. large; 4s. small.

IRELAND and COLONIES, without Stamp, 6s. large; 3s. 6d. small.

UNITED STATES AND CANADA, \$1.50 per Bottle.

Six bottles purchased at one time may always be had for the regular price of five, in any Country.

Since the Syrup is supplied to Agents, at a given uniform cost in every part of the world, the price should never exceed the above figures.

PRESCRIPTIONS.

Cod Liver Oil and Hypophosphites.—

℞ Olei Jecoris Aselli, ℥ viij.

Ovi Vitelli unius.

Syr : Hypophos. Fellows, ℥ viij, ℥.

Beat the yolk of egg with two teaspoonfuls of cold water; add the Syrup, and shake together. Lastly add the Cod Liver Oil, and shake until the mixture becomes milk white.

Dose for an adult—two teaspoonfuls three times daily.

Soda and Rhubarb Powder.—

℞ Pulv. Rhei. Ind : Opt.

P. Sodæ Bi Carb. aa ℥ ss.

P. Zingiber Opt. gr. xl. ℥.

Dose for an adult—one teaspoonful in a wine-glass full of cold water. For children—one quarter, half, or one-third, according to age.

Stimulating Liniment.—A useful application to the chest in bronchitis, asthma, and other pulmonary difficulties.

℞ Ol. Cajuput, ℥ss.

Ol. Terebinth.

Acid. Acet. Fort. aa ℥ j.

Ovi Vitelli unius.

Aqua q.s., ℥.

Beat the yolk of one fresh egg with 4 oz. of water; add the oils of cajuput and turpentine, shake well in a bottle; add the acetic acid, and lastly sufficient water, to make in all 10 ozs. Shake well.

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