Medical Thesis
Subject: Gastro-Enteritic Diseases, its Causes, Symptoms and Treatment.

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Gastric Disorders: Its Causes, Symptoms, and Treatment

Symptoms of disorders referable to the stomach come so frequently under the notice of every practising physician that they have been for many lengths of time in general practice as to render the subject one of more than ordinary importance to all and this more particularly so to the practitioners if he himself has been as in the present case from his youth upward to the victim at times of gastric disorder.

The stomach is in sympathetic relation with every other organ of the body and disease or disorder of the latter must in all cases affect the functions of the stomach and interfere with the process of digestion. In this paper it is intended to deal shortly with the causes, symptoms, and treatment of common gastric disorders.
and treatment of the disturbances of digestion not only as concerns primarily the normal state of the stomach itself but in reference to the sympathetic relations above alluded to of the stomach to organs up a distance.

General Causes of Gastric Disorder

As respects the causes of gastric disorder, irregularity of meals time is well known to have a pronounced place amongst those who live in the country. Days in have now and again to sit down to dinner twice or four hours past the usual time or as occasionally happens to be obliged to do without it altogether. Even a single hour beyond the usual time of taking food has in many cases the effect of abolishing appetite and what little unthirsted is taken in these occasions the digestive system seems too interfered with to assimilate and much arranged and reduced and may continue for some time.
In eating or eating too frequently often results in a chronic state of gastric disorders. The digested stomach being unable to perform its functions, and not only to act in a state of general lethargy, depression and a sense of weakness which on more than one occasion I have remedied by simply limiting the amount of food digested.

Hasty eating with insufficient mastication is a very frequent cause of digestive disorders, and I have often found it a matter of some difficulty to impress the fact upon patients and wear them from the mouth. They appear to interest upon believing matters as to forget that they are eating at all. The prevalence of dyspeptic complaints amongst the Americans noted for "volting" their food shows how largely this figure as a cause of gastric disorders. Certain articles of which are a common source of dyspepsic troubles but not equally so in every case as many suffer severely from indulging.
in what other can eat and digest with impunity. This has been ascribed by some to the mode of cooking and it may be to in some cases but in very many instances have observed the difference mentioned under the same cooking arrangements.

The injurious effects incident upon by none of drinking largely of fluids during meals where by the gastric juice is unduly diluted I think somewhat over-rated as I know of many who drink water freely at meals and seem to be quite unaffected with any indication of gastric disorder. I have taken too hot or too strong I frequently observe particularly amongst women to be the cause of chronic complaint and the habitual use of stimulant pills to relieve constipation amongst the working classes it has often struck me as being due to the effects of tea and this opinion has been borne out by the results of restricting in these cases the use of tea for some time.
Coffee is also liable to cause nausea and indigestion, but not to the same extent as tea. Excess in the use of alcoholic liquors is well known to be a fertile source of indigestion. At the same time the temperate use of these has doubtless the opposite effect in many cases. An instance illustrative of this occurred in this neighborhood not long ago. A man of large local prominence was in and has been for many years a rigid total abstainer embittered in regard to an "offensive sense of heaviness" about the stomach after food. He remarked that he had often been advised by friends to try the effects of a glass of sherry or a half-glass of whisky and water immediately after he had finished eating but he had told them that he did not believe alcohol in any degree or form to have any single valuable property and if nothing better could be suggested he would be content to suffer. I said 'You should..."
have come to me at first and not
listen to people who are very ready to
recommend remedies which they know
little about for diseases about which
they know still less. I told him to
come to my house in the evening,
and I would make him up a recip-
ture which would be pretty certain
to do him good. The receipt was
prescribed for him consisted of liq
of whiskey, oil of cassin forty-eight
minims each, Dr. G. forty minims
each, and water up to twelve ounces.
If this he was to take two tablespoon
spoonfuls after food. I saw him after
his contents of this bottle were finished
he wanted another: it was doing him good.
After finishing the second bottle he
was highly pleased: he was sure that
what he had said about the worthless
of alcohol could not be applied
to this and he could recommend it to
dany one. I then told what were the
real constituents of the bottle but in de-
ference to his congratulations, remarks regarding
Aleshol I would prescribe something else. I then gave him a prescription for dig. pepticum and advised him to take more exercise for his employment is a sedentary one. Aleshol is, however, frequently taken professionals for the purpose of assisting digestion, where it is entirely unnecessary. In his work on 'Stomach and its Difficulties' at page 21, Dr James Tyce would appear to be of opinion that aleshol is of use as a preventive of over-eating. He says: 

"Drunkenness a sin, and gluttony not? Is it not a sin to make but one meal a day, namely, to eat all day long? Those who refrain entirely from wine and spirits (in perfect opposition to ancient and modern practice and Scriptural authority), generally eat twice as much as other persons, live well alone fails to satisfy the sine qua non of the stomach."

Overeating as a cause of gastric disorder is much commoner than is generally suspected as the victim of that habit can
often keep it secret at least to a great extent and on more than one occasion I have felt at a loss to account for the legitimate cause of "Nomacon Complainy I have been called upon to treat for they will notwithstanding that they must be aware of the injurious effects of the "Lambanie" they take care to the Doctor and ask for something that will rectify their deranged stomachs and yet continue in their course of opiate indulgence. For evidences of opium are liable to induce symptoms of stomach derangement. In acquiescence of opium has for this reason to refrain altogether from taking opium, bane, and other purgatives for the relief of constipation. Take too frequently or in large doses may cause gastric disorder and not infrequently the patient is persuaded in by his patient to the view of removing unpleasant gastric symptoms with prescribing hydrochloric acid in his effort to cure it. Those who are in the habit of allowing their
bowels to get into a constipated state can
nearly expect otherwise than to ex-
perience long or latent more or more of
the symptoms of a diseased stomach.
I have had repeatedly to treat young
women for stomach ailments arising
directly from that cause; they had for
some time previously from a state of
delicate disordered St. Bells of Nature
as regards their bowels and St. Bells
consequently had got into a torpid state.
The cure of the constipation and the sub-
sequent amelioration of the symptoms
referred to the stomach proved that St.
Bells had been induced by St. Bells.
Stomach in females is a common cause of
 dyspeptic symptoms and even in mod-
ernation there is reason to believe that
in some cases it has injurious effects
upon the functions of the stomach.
Smoking is also allowed by some to
be a cause of stomach disorders and
this can be understood if St. Bells
be supposed to escape through the
posterior nares and downwards to the
At times, but I cannot recollect any case where I have attributed gastric disturbance to the use of beef. Amongst the commonest causes of gastric disturbance are sedentary habits, but it is to be regretted that many employments render it not an easy matter for those engaged to take an due amount of exercise. Exercise mental or bodily too closely preceding or following a meal is very liable to interfere with the functions of the stomach. The application to study, work in some instances brings the stomach but I have often noticed that the want of bodily exercise might in these cases contribute as much, if not more to the gastric disturbances as the excessive study. Emotional excitement we frequently observe to have a powerful influence on the stomach: news either of a joyous or grievous nature communicated to a person during meal time is almost certain to disturb the appetite. Hence, however intense previously
infallibly leaves and if eating is continued it is more likely to be for the sake of appearance and this I think more likely to be the case judging from observation. When the comminution is mild such as the announcement of the death of a near relative or the sudden failure of a bank. The effect upon the stomach of organs affected we have often been in the morgue when it is announced that some pleasure party or trip may be looked forward to be the very following or even thereafter. Mental anxiety and depression influence the stomach to a great extent and relation fail to disorder its functions. In such cases there would appear to be a state of action and re-action between stomach and brain. The mental state aggravating the mental gastric disorder and the latter in turn. Keeping up or increasing the state of mental depression. I had a case under treatment of this kind a little over a year ago. A highly respected man consulted me
In regard to unpleasant symptoms which he felt in the region of his stomach, but he principally complained of pain. The medicines of which he got a variety only gave him temporary relief. He began to get visibly factually depressed and consulted medical men in various quarters. Subsequently to thus his wife called several times upon me and said that it was miserable to live in the home with him and the woman suicidal results. She then informed me that he had here began to complain of his stomach until he got notice that another person was to succeed him at the ending term. This had caused him great mental anguish. Inasmuch as up to that time he had vacated his post for twenty-seven years and had all along given entire satisfaction. Then, having consented to my knowledge of this I had sent him first to Professor Green Jr. Stebbins and gave to the Clin. a letter to the Professor in which I stated that I could only
Determine some heuristic element in this case. In a letter to me which he wrote with the patient Professor Stevenson expressed confidence in my opinion and suggested a line of treatment which was finally carried out for a length of time under which he thought himself at first improved but in course of time he lapsed into his old condition. Nothing would do him any good he thought and nothing did do him any good until some influential parties used their influence with his mistress in his behalf and succeeded in getting his privileges continued. The gastric troubles after this began to decrease and hawking ceased entirely disappeared.

Organic diseases of the stomach itself, such as cancer and ulcera, must obviously be looked upon as factors in the production of gastric disorders that the whole requires no more than the simple mention of it in this place. Diseases or functional disturbances of the organs of the body originate
Disorders of the Stomach through their sympathetic relationship with other organs. A debilitated state of the constitution generally is causative of stomach alterations. As likewise disorders of the blood and of the nervous system.

General Symptoms of Gastric Disorders

The general symptoms of gastric disorders have now to be considered and among these Anorexia or loss of appetite occupies a prominent place. There are few ailments affecting the stomach itself, directly or indirectly through the sympathetic system which do not impair the appetite for food and this is often the first indication which the patient has that he is not in good bodily arrangement which requires to be attended to. In some cases there may not only be loss of appetite but an actual loathing or disquiet at food and I have often observed this to be the case in regard to those articles of diet which in the normal state...
of health were most relished. It is
not at all uncommon in suggesting
various kinds of food in succession
to a patient, that affected to hear him
exclaim, "Oh! don't mention it!" when his
favorite dish is named and an
immediately thereafter to see him make
oral ineffectual attempts to reach
in that form of gastric disorder termed
Bulimia an opposite state of mental
effects here the patient would eat con-
stantly. This morbid appetite is some-
times observed in the morning fol-
lowing a night's abstinence: the sense
of load and nausea after the apparent
hunger has been appeased plainly
indicating that the appetite has been
previously overfed. A sense of full-
ness and uneasiness about the
Anchels after a meal with a
feeling of weight and distension
in the same region is one of the com-
nonest symptoms of imperfect digestion.
This is frequently accompanied with
gaseous eruptions.
Nausea after eating is sometimes experienced where the digestive process is interfered with and in some cases actual vomiting may take place one hour or two hours after the meal is finished. Vomiting or nausea is a prominent symptom of gastric disorders, induced reflexly by disease or functional disturbance of various organs of the body. Pain is occasionally a symptom of functional gastric disorders and may be felt when the stomach is empty and at no other time. In some instances pain begins immediately after a meal, in others after several hours after food is taken. Or it may be at irregular times, independently of the ingestion of food. It is chiefly, however, in organic disease of the stomach that pain is experienced in its severe forms. Pain extending up the chest and throat to the back between the Scapulae is a pretty common symptom in deranged phenomena. In some cases there are nerves
pains felt in various parts throughout the body. Pyrosis or heartburn consisting in the regurgitation of a thin watery fluid is one of the symptoms that may direct attention to gastric disorders. It is usually accompanied with a sensation of heat in the region of the stomach and generally occurs when that organ is empty. This fluid may have a bile or acid taste or it may be perfectly colorless. It is more frequently found affecting women than men though some of the most troublesome cases that I have had to treat have occurred amongst the latter. Frequent women seem more peculiarly liable to it and in not a few cases of that class under my care have I found the symptom very unremissible. Farina consisting of which have a tendency to induce pyrosis and in several instances patients complaining of it have upon my advice, found relief only by giving up taking porridge for breakfast.
Cardialgia or heartburn is a symptom of common occurrence in animals, although not necessarily derived primarily or symptomatically from other causes. An irritable disagreeable sense of heat is first felt in the stomach and then ascending the esophageal leaves a burning sensation in the pharynx; this is often followed by the discharge upwards of a fluid, excessively ten to the taste. Full oil, cheese, pastry, and wine-like drinks are peculiarly liable to originate heartburn. It is a peculiar fact that we often observe certain articles can be this symptom of faulty digestion which from their digestible nature we would least expect to do.

Constipation of the bowels may be regarded as a symptom in gastric disease though only in a corroborative sense. In the other hand in some cases there may be diarrhoea. Whilst in this again we may have constipation.
and diarrhoea alternating.
An offensive odor of the breath
is a frequent symptom. If gastric
disorder is the case, however, pul-
monary disease must be excluded
as also carious teeth and irritation
in the tonsils, mouth, nose and throat.

2. Abnormality of the color of the
appearance of the tongue is of much
importance. It varies according to the
amount of gastric disturbances present.

The first caused by its increased epi-
thelial and often present in dyspe-
psia complaints may in some cases cover
the surface of the tongue entirely.
In others it may leave the sides or tip
uncovered or both uncovered. In inflam-
atory or hyperacemic states of the mucus
membrane of the stomatch the papillae
of the tongue become congested and en-
larged and are visible as small points
over the surface of the tongue in addition
inflammatory conditions of the stomatch.
The tongue may be red over its whole
surface. The tongue may feel very
In regard to its site and shape, in irritable Ophthalmia it is small and often pointed at the tip to which in acute Ophthalmia with general weakness it is likely to be large, flabby and indented at the edges by the teeth. Headache is a symptom often look with in gastric disorder and accompanied by nausea or in some cases actual vomiting. The pain in Ophthalmia or 'ache headache' is usually confined to more or less of one side of the head: very often fitting itself over one or both eyes but it may become diffused over the whole head. With this form of headache we frequently find dimness of vision more or less decreased, vertigo, confusion of thought, and impairment of memory. The patient finds it difficult to concentrate his attention even upon some topic of conversation. To attempt study under these circumstances or to read an article in a newspaper would result in utter failure. Severaldo
are thus afflicted as they have told us that from the commencement of and during these attacks they feel "very sleepy" whilst in this attacks the sleepiness is not experienced until the symptoms are nearly past. The explanation of this seems to be difficult.

Lassitude of spirits is a symptom of digestive derangement. It is almost always met with and in many cases it is accompanied with extreme irritability of temper. In its more pronounced form it becomes what has been called hypochondriasis. Everything is regarded as going wrong in these cases. There is a constant apprehension in the part of the patient of some evil impending. Whether it be in regard to business and the matters of the state of his own health.

Patients of this class are ever on the look out for this elusiveness bodily degeneration which they completely in consistency with health and no matter how trite the infirm that degeneration may be.
They immediately get alarmed and faintly themselves if not fatally, at least dangerously ill. They become languid and listless and contract a strong aversion to work either bodily or mental. Irregular action of the heart or palpitation is a frequent symptom of gastric disorder and is often a source of great uneasiness to the patient who fancies it to be a direct indication of disease of the heart. Delirium or sleeplessness is a frequent accompaniment of stomach derangement and what little sleep the patient may get is often probably disturbed by fearful dreams such as of falling over a precipice or being pursued by wild or infuriated animals. Some speak of "emesis enqua" as characterizing certain kinds of gastric disorders but I have not yet met with any case where enqua co-existing with enlargement of the stomach would satisfy myself that the source of irritation could be referred to that organ.
Treatment of Gastric Disorders

With respect to the treatment of Gastric disorders, i.e., its various forms, every practitioner would appear to have something peculiar to his own mediocrity. In what has been called Atropia Dyspepsia I usually commence treating the case with powders composed of hydrocarb. &c., soda bicarb., rhena of spearminta. This seems to me to allow the subsequent tonics to act more efficiently. The dose of each of these ingredients is of course varied according to circumstances, but my prescription is usually as follows:


Slices of Almonds in Pur. m. 1

Sip. One or two tins & try a day.

As regards the bitter tonic succeeding its effect, one has most confidence in Sip. Forn. Phosph. of iun. to Jeffrey's.
If headaches after eating I find the Fig. Peptizer TV very well
in the cases I have used
and found successful. Half an ounce
of vinegar or lactic acid and
in a recent case I have used
considerably of great value as a di-

gestic agent though in the presence of
acidity enhanced by combination
with hydrochloric acid. In cases
of urgent headache I often give
a small tablespoon of hot water
dressed with
powdered pepper
mixed with

For headache after food
as also cases of TrenchonJeizin

I find 20 grains of

in an ounce or an ounce and a half.
I found in Calum... before food pretty reliable and the same combination with in some cases two
bouillons of Acid: Hydrocyan... I often use for occasional pains in the
thorax. The pains spreading up the cheek and extending to the
back between the Scapulae I often
found relieved by a draught similar
to that recommended by many;
this consists of Soda Bicarb. H.:
Acet... on: Urn: Sp. Chlorojixi... or
Supr. Calum... 4. Cassiree Vel Claratat
foil breathe. I found easily by... by washing with a little
Bicarbonate of Soda dissolved in
Cold water. Madam let me say.
Acute causes is in my experience
speedily removed by teaspoonful dose
of the Sulfate of Caffeine in water
every hour or two together with a
spoonful dose of Aromatic spirit of
anemia in a wire of branch of work.
to Sc. rally insufficient for immediate relief, but any convenient alkali may be tried. For the relief of the individual symptoms of Dyspepsia my experience can suggest nothing better than the well-known remedies mentioned in the text-books and other standard works.

The inflammatory forms of Gastro-intestinal diseases, I find in a large number of instances of the milder type successfully managed simply by first applying a mustard pastic to the epigastrium and then one or two strips of opium or morphia. In these cases the bland quality of the food given requires every attention.

In acute Gastrenteritis Opium or Morphia is indispensable and where irritant poisons have been the cause of the ulcer the antisecretory indicated in each
Case will be necessary but their
effect just be detailed here.
In Subacute Gastritis Bismuth and
Hydrocyanic Acid are of great value
combined with Bismuth adjuvants
as each particular case may de-
mand. In many cases of which
has been for the sake of convenience
because of irritability of the stomach.
I have found them drinking to
be the best case of the chief
and the abandonment of the habit-
constitute the chief point to be at-
tended to in treatment. Practically
I have found these cases most
manageable by cautioning the
patient against tastingspirits
liquors until the medicine ordered
has had time to take effect; in
this way the patient feels as
are spared, and ultimately he is
like to be for himself. The peculiar
of living were completely characterized by the limited area
of pain, the aggravation of the pain.
after the ingestion of food and
the vomiting of blood or other matter
requires very careful treatment
and I think the employment of
nutritious aliment would be more
frequently resorted to in this com-
plaint than it is. In one in-
stance I found the introduction
of aalen through the chyle of
the epigastrium alleviated the
symptoms considerably but the patient
a young woman shortly after heard
removed from the district and I
have not since heard a further of
her case. Medically I have found
Kastin combined with Morphine
of great value and pieces of ice
to rub to relieve the vomiting. Spee-
ny injection is valuable where the
membrane of the stomach is unable
to tolerate medication by the mouth.
In regard to Coque of the stomach
very little can be done further
than there is an obvious propriety
of the use of Anaesthetics to allay pain
The temperature felt on palpation of the liver
found mutual and the peculiar labor
appearance of the chest were
the special symptoms of this
which have not been alluded to in
the former part of this paper.

In the gastric disorder of Anemic
children I have repeatedly observed the
good effects of large doses of
Arabic Ferri Picl., in arresting gast-
tralgia and vomiting after food. In the
event of this failing Bisumma and
Hydrocyanic Acid are pretty likely to
succeed but the iron should have
a trial in the first instance in
view of its influence on the System
generally. Exercising food and drink
exercise and change of air indirectly
assist in removing the Dyspeptic
symptoms by improving the general
State of the Constitution.

The management of the Dyspeptic
disorders of children to a great
degree is the treatment of the Food
itself but for the severe gastric pain
Sometimes recurring in this disease I consider the hypodermic injection of Morphia advisable from the first rather than the administration of antisyphilitics internally.

In the vomiting of brain disease I have seen good results follow the frequent exhibition of small doses of grey powder and Bism. Th. In cases hydrocyanic acid with bicarbonate of soda and infusion of Calomel appeared to be more efficacious.

The dyspepsia of Pthisis proves often difficult to treat but notwithstanding what many aver as to the inpropriety of administering Mercury in Syphilitic Affections I am perfectly assured as to the benefit I have been derived in the dyspeptic symptoms of pulmonary Consumption by giving small doses of grey powder combined with bicarbonate of soda. It has appeared to me in many cases to have improved the appetite removed the
disrelish for fatty articles, and arrest
the vomiting when such has been present:
although speedy results as regards
the arrestment of the vomiting I have
been from substituting Bismuth for the
Soda and where this fails a mixture
of Hydrocyanic Acid Bismuth and
Diphensin of Columbium with some thing
a minute quantity of Opium generally succeeds.

For Bilious Dyspepsia at Remynie
and Friedia have been recommended
but these I have not as yet tried
having hitherto found insufficient
good results from the combination of
the Fry powders, Soda, Rhambus and
Spiciousman previously referred to
and this failing the old treatment
of giving a phosphatic pill at night
and the compound mixture of Lemon
in the morning has generally been
successful. For the relief of vomiting
a current hanging the descent of all
stones through the bile clubs I hope
in general employed Bismuth of Soda
with morphia, a diuretic for the epigastrium and immersion of the patient in a warm bath.

In gastric disorders from neural causes I have found the treatment to consist more in addressing our remedies to the particular form of neural disease present than directly to the channel itself.

uterine disorders and pregnancy are fertile sources of gastric disorders and the simplest symptoms that induced frequently prove very difficult to manage; in particular, the vomiting during the four months or so of pregnancy and very similarly and hydrocysmic acid I have tried frequently but cannot say that I have been impressed with the efficiency of any one of them. Sulfuric acid and hydrocysmic acid are the two remedies which have succeeded best in my hands. The latter I have
always given by itself but in one or two instances I have combined

the Inglutin. with Kinnairdi.

The symptoms of gastric distress arising sympathetically from the

lungs than the foregoing I treat with certain modifications by the

employment of tone or of the

remedies already mentioned

and I entirely think unnecessary and undesirable to enter into further
details in this paper.