Permit me to sum up the matter in a few words. It is a fair test of merit to the officer who returns, at the request of the local authorities, to the locality in which he practices and whose public service he has so faithfully discharged in a public office, to be looked for. Much the same service here and in the town or village in the county of a medical officer to cure and prevent it. It is done with a noble profession that we are always ready to advise and instruct communities as to the best means of prevention and to assist in the suppression of disease. In this country, therefore, and in many rural communities, it is imperative that medical officers of health and animal health should take up the position of public health and animal health, as far as possible, the prevalence of disease. Moreover, much is this country has very little confidence in a doctor's opinion or advice. This is the period when the doctor's influence on the public health and animal health is most needed.
Some points on Climate, Food, and mode of living in relation to disease

I have chosen this above subject for my thesis, because it concerns the first duty of a young doctor who has studied medicine in a foreign country and settled in his own to examine the various causes which are at work in producing it. In this country at the very commencement of his practice, whether in the town or village in which he settles, the duty of a medical man is not only to cure but also to prevent it. It is one of the characteristics of our medical profession that we are always ready to advise and instruct communities as to the best methods to be employed to prevent and diminish diseases. In this country there are no medical officers of health, and it is the practice and custom now in every town to have its own medical officer of health and animals as far as possible the prevalence of disease. Moreover, people in this country have very little confidence in a doctor young or old who has just arrived from a foreign country. Therefore, I think it proper to examine the present condition of the climate, diet, and the various aspects of life here.
to this country. Some foreigners who came here have been in the country for some time, but we still see good of it - however, for one will often hear a person say that this is what business is not yet appreciated with the Constitution of Cape people, as if the Constitution of people in this country is quite different from the Constitution of people in other countries. They seem to feel that the people of every race is quite different. What I am, and that it is in any European or other country.

Thus these stories can only be learned by each another after long and distant transcendence. From this account of it is supposed to be apparent to a certain extent on the Constitution in which it is used. Still it must be admitted that the peculiarities of climate, the found and mode of living of one community must be well understood before a medical man can really do good work. That doctor has not ruined his reputation if he had any idea for the former times practiced a few years to a Free State. Stressful, perhaps for some reason or other he prepared himself well and some two or three times past him the if it is the average demand by medical? On the other hand, if we are important, interpreting the question, is it to a medical man here to foresee that the Town will ever live so climatic that the climate changes in Scotland produce some effect or that the Town does take about the. It is of more importance to know many 70 to 10 per cent of matters.
women in this country suffer from some degree of chronic illness. In May, when families differ from Octopitific and many there are so many that of people. It is the Chirac of France. Bring the State Religious Function to the Lord's House and make of Bunny and Lord of Lords! This people that I am about to address I in this Decay.

Meteorology.

In describing the climate of France, I do not intend to give a full account of it; all I shall do is to note the most important facts which, according to my opinion, seem to have a bearing on the business which I shall address later on.

The country for many miles round Paris is perfectly flat, only one and there a few hills rise to the height of ten or twenty feet. It was once covered with enormous large forests, but these have all been destroyed by the local farmers. Grapes grow to the height of several feet and thousands upon thousands around. Flowers are few and the moisture all dried up in winter, but overplan and covers large tracts in Summer (Rainy Season) there are no marvels for the Sun is so hot and the atmosphere so dry making that every drop of water is burned kompressed, unless the rain falls at third in winter. However, the soil is of very black reason that it is improbable for water to collect any when and therefore there for any length of time. The depth of soil varies from
from an inch to a few feet, the windy subsoil below consisting of thin sheets of
clay. The rainfall varies very much and
so does the quantity received, what it is in a country like Portland. It hardly ever
rains for more than a few hours. The
common phenomenon is a single cloud brings
over the sky and raining out a shower
so short as to pass in often witnessed.
Such a shower has often passed over the
village leaving half of it perfectly dry and
flattening the other half. The rain is
then very in friendly accumulations by being
stored while in every severe, these to form
precipitates being brought down by lightning
during years in the neighborhood. The
clouds are of type easily determined at. The summer
is exceedingly hot—106° to 108°—being
a common temperature in the middle of the
day, while the nights is cool as in any
temperate climate at. A snow
storm is of common occurrence in winter
from within the twenty years known there.
To determine a fair variation in tem-
perature, the nights being Judging from
a very warm summer day, the prin-
cipal wind is the West Wind which gener-
ally brings rain, although this is always in
with a more or less a current in the
Western direction at a higher level
for the cloud to travel from to rise with
the West wind blows. The atmosphere
is so long that many cloud forms remain
some time before this wind and sometimes
warm storms get accustom to it.
The common vegetables of the house and
meat are somewhat very perishable, so that
Epistemic & common, the life clock,
and the tongue tastes to the public
just like turkey at night when freezing through
the months. The chief peculiarities of
Calcutta transport, are briefly:
1. Bigness of Climates
2. Sudden variation in temperature
3. Wide extremes of temperature
4. Localness of Climate
5. Absence of rain
6. Absence of mountains. The whole
country however is really a mountain
(Platana) and lies very high above
the level of the sea.

Foods
It is largely comprised both in summer and
winter by various articles of diet containing an
excessive amount of it. But it is in Smith's and
French (or Indian) that the vast majority of
people live all the year round. Vegetables are
served now entire, although grown mostly
extremely for the market alone. On account
of the climate, Tea and Coffee is Arnold from morning to night.
by every member of the family, twenty
cups forming an average for the adult
tea is not used or rather abused so
casually. Tobacco of all things is abused
most. Cigars commence to smoke when
they are wet and are young 8s. and
the canary or tobacco smoked in a
fagot they cut the enormous. When a
tobacco is asked here how often
and
shiny.

a day
a day, he will generally tell you once, i.e. from morning to night. And men eat
tobacco.

The chief points in connection with the
food of the people are therefore:
1. Abuse of fat, meat, tea, coffee
2. Small consumption of vegetables
3. Abuse of tobacco.

Mode of living and Social Habits

The mode of living and social habits must
also be taken into consideration in studying
businesses which are more prevalent in
one country than another. One of the most im-
portant factors in connection with this sub-
ject is want of cleanliness. A bath is an
article that is almost unknown in these
regions. Someone heard a doctor say that
he nearly ruined his practice by pre-
scribing a bath to a Deep farmer, for
which he received no. In every respect the
farming population are unhealthy and
dirty. Their children are bed of a light
without undressing and their faces are
only washed once a week — on Sunday
their bodies are never washed.

The majority of houses are very unfit
for habitation, at least for so large a
number as one usually finds occupying
a single house. Of the two of them, one
more than two small rooms — one the
dining-room, the other the bed-room in
which
Which the whole family sleeps, most of them on the floor. The heating in these houses is extremely defective, the windows being small and most of them having an abnormally thick glass. Although the heated air is intensely cold, there are no fireplaces, so that the only means people possess of keeping their houses warm consists in closing all the doors and windows and stuffing up every hole or crevice through which the cold might enter. It is particularly when a person lives in one of these houses that one sees the best effects of want of good ventilation. Every leak is thus carefully sealed up—some tiny holes and all windows are shut so as to leave the room as dark as possible.

Popular ideas and habits have also contributed to the introduction of disease. Long-entrenched practices, such as the “male apothecary” or family physician, are still prevalent, which contains some familiar or home remedies. When this mixture is manufactured, it is not been able to find a cure. It is sold in every Chemist shop. When a baby is ill, it is almost invariably supposed to have earache, and hence the faithful mother commences to pour into the ear of her infant some medicine after the other contained in the home apothecary until relief is obtained or the process a burning inflammation in the ear canal or his aching ear, and is forced to come to the nearest doctor. A bronchitis, or rather a Couph of any sort is generally treated
with Rock-dropper (Crust-Naps). A sort of
Prickly Scurf, I suppose, containing an excessive
amount of Opium, the result is easily under-
stood. It is quite common to be called to
an infant in the last stage of Imbecility
caught in its own exacerbation. This was
uncommon in the case of every family, for
people will persist at least part of the
Time to carry their Patients as fast as
their doctors, or even faster, with anything
Continued in it. A woman once gave
a pint of milk (her own husband) who
was suffering from acute cumulous with a
Slight Bronchitis, a dose of "Rock-dropper,"
with the result that Bronchia was produced.

Fortunately succeeded in about twenty-four
hours in removing the bronchitis, with the
aid of Silver, etc. and she was not
slow in explaining to her that she was
the cause of the bronchitis and that if
her husband had died, she would have
been brought up for murder. She was
warned from the commencement that I
was not in the habit of allowing people
to give any potions household remedies
of any sort, without my consent. Her
presence was that the cough was rather
tumefacient the night she first the medicine
and she forgot to tell me some-
thing for it. The Bronchitis was so
gentle that it required no treatment.
I have no respect for another doctoring
and looks into the most suprime
On his or her popular notion of any
sort. The first among whom is

Phys
Know it now and the majority of them are thankful for it. There are unfortunately many medical men who think that the greatest success in practice lies not in giving the proper remedy for any disease they are treating, but in pleasing the people, in other words, in tampering with popular beliefs and prejudices. My own opinion is that the public ought to be educated. The sort of education that the medical men can give them is of the greatest importance to them, and cannot be obtained any other way. The popular notions and superstitions of this part of the world are too ridiculous to mention in this essay. Another medicine chest, to be found in every household, contains a collection of homeopathic medicines. The "popular notion" with regard to these medicines is that if they do no good, they at least never do any harm, so that every man may at some time or other, in preference, rely on this chest of medicines contained in the chest, and if that proves useless another may be selected and so on until the right one is found. As a last resource all the medicines may be mixed together and administered to the patient. This is evidently a very convenient arrangement. I am sorry to have to state, however, that I have, in the last few years, seen so many people surfeited with medicines that I am now in the village.
village very nearly succeeded in poisoning one of his children with a preparation of belladonna. Patent medicines of all sorts are continued very largely. Most of these come from enterprising Yankee land, but many of them are sold under the name of "belladonnas" and evidently come from Holland or are manufactured all over the country by chemists. Perry carve's pain killer very nearly destroyed one of my patients a few months ago. At least we a whole right to put him right again. Our chronic from which our people obtain medicina. Surely forgot. Nearly every plant that grows in this country is used as a medicine, but so far as my knowledge of the subject goes, every plant seems to be considered as a sort of universal remedy for all the ills that human flesh is heir to. Our 10 people stop short at homeopathics, homopathic medicines, patent medicines, shell medicina and plants; in urine, fumes of all animal cars, particularly the wind, livers, stomachs and other organs of all sorts of animals, are all added to their already formidable list. Add to this the Chas' and Harvey arrows, with their witchcraft, the Calvaria Arrow, generally an old woman, with her white unicorn, the man who cures an ailing tooth byhecuring it, the enterprising German confectioner with his2 smattering of medical knowledge.
and one namely to the conclusion that there is no room for the Plains type.

(As I pointed out earlier, the Plainsmen, as some of our English friends put it, is a medicine-taking man, and his stomach is big enough to contain the medicines that we too find necessary to pour into it. The fact is that if it had not been for the introduction of medicines, our half the Plainsmen would have had to leave it. This medicine a live at the bottom of most of our complaining.

Enemics are very largely used among the Plainsmen and some of their most favorite medicines. Butter beans and the occasional potatoes are used more than any other, although aromatic oil is used and a portion of common salt in lemonolive

— the juice expressed from the ordinary lemon — an occasionally used. The latter forms a most licorish mixture, and is very bitter, in proportion. Moreover a man turns it into his bread to swallow as an enemetic for the purposes of clearing out his stomach, as he eats it and generally proceeds by drinking out his stomach, as he has a drop of castor oil. This treatment is looked upon as a sure way of preventing disease and poisoning bodies. It seems from here more a rule to "clear out" the alimentary Canal in this fashion periodically. In China it is thought if it does no harm it at least gives the Western medicine a

better
better chance, as that they will generally inform him as to what they had done. I
would not have mentioned the subject of
constraint if it had not been that I have
frequently seen people give an limited
of Corroborated Continuing to little children
and of force with advanced Capillary or
ordinary instruments, for the purpose of re-
straining the expectoration. This is most
pernicious treatment as it generally makes
the patient so much that life is endangered.
Several of those cases have given me much
trouble.

Most people are very fond of blood-letting,
although it is not very common these days.
A medical man is often called to
let blood, sometimes for a most ridiculous
purpose: one man wants to lose blood
because he thinks he has too much of it,
another man, perhaps only 30 years of age,
will tell you that he dreams of anaplasia be-
cause he feels dizzy when he stands
or because his grand father died from it.
Some think it will benefit Pythias
and so on. It is unnecessary to state
I never comply with such a request unless
I myself think it absolutely necessary.
Blood-letting is still practiced by many,
and they do any amount of harm with it.
Inanomalous was until a few years
ago very common, how fortunately now
are not allowed to many in the Free
State. In the Cape Colony, however, they
are still allowed, so that all a man has
got to do is to take his intended course
the
the border, yet married, and came back
man and wife. But there is another habit,
so far as marriage is concerned, that
rises to the same level, and that I refer
to, is early marriage. I delivered a
woman a short time back of her sixth
child, and I know for a fact that she
is only 26 years of age. Although I must
confess that in this case at all even to
early marriage has had no bad effects,
for one would hardly say that she is
a mother at all, and her children, four
of whom are boys, are all healthy and well
developed. Her own mother was married
when she was not yet nineteen. One of
her sisters, shortly to be delivered of a child,
was married at the age of 19, and was only
nineteen. Two of her brothers married
under twenty. I have selected the above
groups as an example of early marriage,
and so much as an example of the in-
genuous effects of early marriage. It is
chiefly among those who have been married
some time that we see the evils of early
marriage. Frequent child-bearing is also
very common, twelve to fifteen, being
the usual number for a single mother.
Social excess is extremely common.

Whether it is the warm climate, the
electric condition of the atmosphere,
bad morals, or anything else, I have not
been able to find out. One thing is quite
certain, it is the rule and not the ex-
ception, if there is any exception at all,
and one that the evils of it everywhere.
probably early marriage has something to do with it. This is probably one reason why uterine complaints are so very common.

Diseases

The diseases which I consider as influenced in some way or other by climate, food or mode of living, in the district and village of Morro Sô are the following: —

I. Those due to food and mode of living:
   a. Stomach
   b. Gall-stone
   c. Uterine Diseases
   d. Anemia
   e. "Anemia"
   f. "Anemia"

II. Those due to climate and peculiarities of country:
   a. Pyorrhea
   b. Endemic Fever
   c. Eye-disease
   d. Rheum
   e. Inflamed Testicle
   f. Rheumatism, FEVER, and CHRONIC RHEUMATISM.
## Table of Cases Collected for Their Condition

<table>
<thead>
<tr>
<th>NO.</th>
<th>NAME</th>
<th>AGE</th>
<th>SEX</th>
<th>CAUSE</th>
<th>REMARKS</th>
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<tbody>
<tr>
<td>1.</td>
<td>H.S.</td>
<td>24</td>
<td>Male</td>
<td>Coffee</td>
<td>Retrosternal Pain</td>
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<tr>
<td>2.</td>
<td>J. J.</td>
<td>34</td>
<td>Male</td>
<td>&quot;</td>
<td>Same family</td>
</tr>
<tr>
<td>3.</td>
<td>B. M.</td>
<td>81</td>
<td>Male</td>
<td>&quot;</td>
<td>Heart disease</td>
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<tr>
<td>4.</td>
<td>J. M.</td>
<td>77</td>
<td>Male</td>
<td>&quot;</td>
<td>&quot;</td>
</tr>
<tr>
<td>5.</td>
<td>S. J.</td>
<td>50</td>
<td>Male</td>
<td>&quot;</td>
<td>Cancer of bladder</td>
</tr>
<tr>
<td>6.</td>
<td>A. J.</td>
<td>24</td>
<td>Male</td>
<td>&quot;</td>
<td>&quot;</td>
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<tr>
<td>7.</td>
<td>D. L.</td>
<td>19</td>
<td>Male</td>
<td>&quot;</td>
<td>&quot;</td>
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<tr>
<td>8.</td>
<td>I. J.</td>
<td>14</td>
<td>Male</td>
<td>&quot;</td>
<td>&quot;</td>
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<tr>
<td>9.</td>
<td>H. H.</td>
<td>12</td>
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<td>&quot;</td>
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<td>&quot;</td>
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<td>&quot;</td>
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<td>&quot;</td>
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<td>&quot;</td>
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<td>&quot;</td>
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<tr>
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<td>Cause</td>
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<td>J.</td>
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<td>33-</td>
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<td>46</td>
<td>J.</td>
<td>13</td>
<td>Male</td>
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</tbody>
</table>

Analysis of Table:

- Sex: Males 16, Females 30, Total 46
- Cause:

1. Coffee alone: 25
2. Coffee + Tobacco: 9
3. Coffee, strong, with something else: 4
4. Anemia: 1
5. Remote Constitution: 2
6. Thyroid: 1
7. Spine: 1
8. Common cold, Rhinitis: 1
9. Gout: 3

Total: 46
I look upon Palpitation and other Cardiac disturbances as directly resulting from the mode of living of the people. I have only collected 260 cases for my Thesis, but I have heard nearly as many more of which I have kept no records. In both Digby Freeman (Princess of the Heart) and Guarni (Dictionary of Medicine) Palpitation is described as "common", but I cannot help thinking that it is more than common here; not even to mention Cardiac injury and irregularity of Cardiac action (lobules that)

In this place the human heart never came into a doctor's hands, only the more serious cases, and these are generally cases in which definite passions occur, entailing a great deal of suffering. Then there are many cases which have come under my observation in which the patient was fine enough in removing the cause in time so that either a partial or complete recovery resulted. It is not uncommon to be contracted by a person because he finds that he cannot take a cup of coffee or show a people as before. The sensations experienced by such people, although they never were any distinct attacks of Palpitation, so that the patient was aware of the fact he is suffering from a disease well known among the people, very very rarely. The common plaints of a frequent and indescribable feeling about the heart, another is a heavy feeling about the heart, and so on. Resembling anxiety, precordial pain, fluttering of the heart are all cardiac complaints of
Irregularity in cardiac action is very common among men, I have examined few adult men who have worked for any length of time, in whom I did not find some irregularity in the beat of the heart. The irregularity may either be in the rhythm of the heart-beat or in the force of cardiac con traction or both. In many of these cases the patient is not aware of the fact that his heart is suffering in any way from the abuse of tobacco, which I consider is the principal cause. In cases in which both coffee and tobacco or coffee alone is abused the palpitation assumes a more serious form.

Caus es. I have examined the forty-eighth case which I collected for my thesis and find that 65 are females and 16 males. This I think is in accordance with the fact that the nervous system of a woman is weaker and more readily upset by any abuse than that of a man. Another observation that bears out this point is the fact that nearly all my bad cases were women. Coffee is by far the most important factor in the production of palpitation in twenty-one cases abuse of coffee was the only cause found. In nine out, most of the cases were weakness, coffee and tobacco were the cause ofcurve cases. For these I attribute to the nervous system, the two cases the nervous constitution were well marked they were a mother and her daughter. The cases were opposite although coffee also had its share, one was due to some accident it
out to commence epilepsy. In a few of the cases where I subscribe to coffee alone there were also others in addition present which I think played some part in the production of palpitation, such as emotions of nervous liability from overwork and food, and ulcerous arrangements. These cases shaded off more or less having a cause which I have not been able to find out. One is a boy of 18 years (No. 21 in table) another an old woman of 65 years (No. 58) have not taken sufficient trouble in finding out the cause in those two cases; the other doubtful cases (No. 8) is one in which I am inclined to look upon as a case of hysteria. It is a boy of 19 years. He denies being greatly of heart-tremors. He was not allowed too much coffee and although he tried to abstain more or less he gave it up again as it made him too sick. There is no previous pain or anxiety or any of the other symptoms common only to be found in palpitation. The cardiac beat is regular and about 200 per minute. It is not very powerful. The forehead is not heated in any way and the eyes are perfectly normal except that they had a rather thin, staring, and mercuria.

The patient is not very marked for the Xtremef of extreme nervous and excitid. His "tremor" only came on when his heart commenced to trouble him. He has been in the hands of several medical men, some of whom said him any good. This presents an extremely curious and
and he has no relations who suffered from it. I treated this case as one of simple palpitation, but found that the common remedies were as from this hypothesis. At the last was somewhat at all. Patient has a great abstinence of and is not at present under treatment.

In the treatment of my cases of palpitation, I found that pneumonia alone of no case in those due to the patient. On the contrary, I found seldom, that they do harm and improve the condition. On all events, it has not been seen one case of pneumonia with palpitation in which it has not appeared to increase the frequency of the heart's action. This was particular interesting in a case that came under my care some years ago. The patient was a young girl of 14 (No. 9 in table) who had been in the hands of another medical cause for about two days, there was nothing but inacause to account for the tachycardia as far as I could make out, her doctor from her all the time pronounced of Aetocaine in St. Ambrose. So with the result that the Palpitation of course increased in blood of better and accordingly to the patient to account the heart beat more rapidly, which time she had taken the compound of his time was at the same time some precipitation pain which was attributed to having been inspired by the bromide of as her mother was rather anxious about her condition, they had no confidence in their physician and called me in.
in. Mr. Shaw committed a little blunder, or rather made my patient the subject of a little experiment which did not turn out a success. I determined to try hydrochloric acid in these cases, from the account given in Crohn's and Smith's "Practical Medicine," 2nd Ed. to 19. If this substance certainly, though it burned as some foods, it is described there as a Potent Expectorant and what could be better than a Potent Remedy in a case of over-excitability of Carotid nerves, due to diminished vitality. For this, I believe, is based upon the nerves of Perpetuation in the brain, in which the whole nervous system is excited and irritated. My patient got a few minutes containing four or a half ounces of the liquid, and had to take two spoonfuls about three times in twenty-four hours. The main effect was, the patient had a large amount of the acid, instead of taking less, more careful doses, however, she took the necessary doses, so that when I went round in the evening she had taken half of my mixture containing 2.3 ounces of the acid. The patient was not a bit improved, if anything the circumstances were a little better, but the expectoration was worse. The lung with the case went, but I was determined to adopt the treatment that I found beneficial in the other cases of the same nature. This treatment consisted of stimulants, particularly, brandy, calomel, arnica, in frequent doses, and
and a clear burning of Biphtals and several
the patient then rapidly improved. A
burning of Biphtals & Alemtu. I have
also found as the severest remedy in
cases due to coffee drinking and in
which the patient is otherwise healthy.
In such cases I have in almost all
found Bromide of any form as the best
in which the patient’s constitution is
well maintained. I have found it is best
given along with nervous tonics. It is more
useful than any other medicine if in
cases due to sexual excess or masturbation
known to clarify any cases of palpitation as
symptoms treatment in the following manner:
A. Cases due to Anemia

Treatment — Stimulants, e.g. B. Valerian,
also in cases where Biphtals
Caffeine, arsenic, and in bad cases to
include the Bromides also arsen.

B. Cases due to anemic Constitution, or all
cases in which the nervous system is
below par from any cause that
involves the general vitality and bad
food and want of sleep, teaming
up with tonics among the rest
in the brain cases due to the same a

Treatment — Bromides of tonics

C. Cases due to Coffee or Tobacco, or
Coffee and Tobacco

Treatment — Clear burning of Biphtals &
Alemtu. The form of these cases a brisk
may be credited with a bromide above
is not the best treatment.
5. Cases due to Biliary stones, Speckled stone, Cystolith, etc.

There are

In all cases it is, of course, essential that proper measures be taken to remove the cause. In all cases in which the fault lies with the patient, I generally make it a rule to refuse any further Medical assistance to the patient furthering progressing me that he or she will give up the habits that produced the condition.

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**Gall-stone**


<table>
<thead>
<tr>
<th>NO</th>
<th>Name/Patient</th>
<th>Age</th>
<th>Sex</th>
<th>Apparent Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mrs. H.</td>
<td>55</td>
<td>Female</td>
<td>Large meal and abuse of Coffee</td>
</tr>
<tr>
<td>2.</td>
<td>V.</td>
<td>29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>H.</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>B.</td>
<td>24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>H.</td>
<td>26</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>B.</td>
<td>29</td>
<td>Male</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>J.</td>
<td>55?</td>
<td>Female</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>K. D.</td>
<td>48?</td>
<td>Male</td>
<td>Hepatitis?</td>
</tr>
<tr>
<td>9.</td>
<td>B. G.</td>
<td>28?</td>
<td></td>
<td>Large meals and abuse of Coffee</td>
</tr>
<tr>
<td>10.</td>
<td>H.</td>
<td>38?</td>
<td>Female</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>H.</td>
<td>27</td>
<td>Male</td>
<td></td>
</tr>
</tbody>
</table>
I don't know whether there are any right to look upon Gallstone as a disease that is rather more common here than it should be, or that it is caused by the mode of living or food of the people. I am not able to make out whether the climate has anything to do with it. It certainly seems strange that as many as those have in which the diagnosis is absolutely certain should have come into my hands in a short time, I have had several cases which I thought were Gallstones, and treated them as such, but I don't want to speak with any degree of certainty about them, as I have not been able to watch them closely enough, and in none of them have they been as far as I could make out at any time, any distinct attacks of Biliary Calculus, with Jaundice, about the eleven cases which I have tabulated, there is not the slightest doubt, as they have all been sufferers for years, and presented some time or other all the characteristic symptoms at signs of Biliary Calculus or Calculi. The only point I doubt is as to the cause. It will be observed from the table that from some females, all of whom with the exception of 3197 and 1000 who were 51 years, were only men under 51 years. I am inclined to look upon food as the principal factor in the formation of Biliary Calculi. In all the cases that came under my observation the principal article of diet was meat, or rather fat meat. No doubt such a diet strongly excites an
amount of work on the liver, that the
composition of bile is altered and gall-
stones thereby formed. They are less
forms, a slight exception to the rule
I refer to No. 8 in the table. This feature
must cannot be said to have lived on
meat so exclusively as the fish, nor
in this habit of turning too much
fat. The describes his touch to a cold
he got some 15 years ago. His medical
man told him that he had an exudate
in the liver resulting from this cold.

It may be noted that arrangements
of the liver, due to an infected climate,
such as congestion, inflammation of
fever, and other phenomena in Biliary Calculi
have something to do with the production
of Calculi. Of this point I am not pre-
pared to give a decided opinion. It is
a fact that both Biliary and Chole-
uric cases, are in amniotic, that our climate is
exceedingly hot, and that there are often
hurricane and great variations in temperature.

The amniotic men are now, or least of a case
of vague liver disease in any form,
in this country at all events. In those of
my cases — No. 5, 9 and 10 — there was
of the continuous enlargement of the liver
with ten-year in amniotic; but I am not
inclined to attribute this enlargement to
obstruction of bile ducts by gallstones.
It may be that a further examination may
affirmation of bile ducts by gallstones.
It may be that a further examination may
affirmation of bile ducts by gallstones. I may add that
that I have never seen a case of habitual
Calculation here and I think it is therefore
entitled to say that it is not common in
this district. The Case of Hypothesis (no. 8)
which I described I do not look upon as
having a tropical origin at all.
When one looks at the truth of cases
of Hypothesis one cannot help coming to
the conclusion that Coffee also had some-
thing to do with the monument of Reli-
ance in this case. As has been seen by the
Cases of the same Coffee another 7 also suffered from
Reliance — see No. 13 to 17.
It is a remarkable fact that all these
cases of Reliance are also subjects of
Chronic Hypothesis. Some of them were
so all of them have come and had very little
effect on them. Often many of Dr. Chell's
cases have very little effect or only becomes the
bonds once. Still there is a condition that
is very common among all people living
on a large amount diet. This may be the
reason why they require a very strong diet for

Uterine Diseases

When Spirit Came toNKely I was
told by a resident that Ninety Per cent
of married women in the Village and
District had some Uterine Complaint
or other. Should not believe it. But after I
had been in practice a few years I
was
was convinced that most seemed to be subject to some urinary complaint. I saw most of my cases in the commencement of my practice and I did not keep any records of them. I cannot therefore give any information but will only state the principal facts. It will be the tendency to attach any

I am not prepared to say what proportion of married women are the subjects of urinary troubles, but I am convinced that this class of diseases is far more prevalent than is shown by any statistics traceable to certain faults in the mode of living and habits of the people. Many of all ages married women commonly start their career by aborting at the end of the second or third month of pregnancy. I cannot trace this abortion in all or nearly all cases to sexual excess. It is said man is hard ever called to be a case of abortion so it is looked upon as too trivial a matter. Hence known women yet after the second baby after an abortion, alleged cases of all the symptoms that follow later on, when we remember that childbirth (Puerperal) is comparatively common here and the people know it — one cannot understand how this could be. The housewife knows a farmer's wife generally precedes her pregnancy to bed for too long a time. Swarms are scarce and
and those that are obtained can neither
and are worse than useless. It is only
the very simplest kind that can
be submitted to a bluster, and they are
entirely incapable of being taught anything.
Since it is that women get up to some
after an abortion and even after the
birth of a child.
But it is laborious and the
duration of the confinement is
considerably more of
all. Of these
only about one
in two after
tough childbirth. It would
be much better if it were
least
unfavorable
like other women they also
have to bear children and
encountering
there to it is the fashion in other
places. A midwife is hardly ever
called in to attend a woman in labor.
It is only those who have had better
experience before, in the shape of a
Doctor in the
healing of a
Puerperal Blues or
Complicating Infections that avoid them from
the services of a Doctor. A midwife
(but diploma) is generally engaged or
the Grandmothers of the in this place.
She is as bad as the others, at least
they are somewhat more skilled. From the
very commencement of labor the laborer
is made to bear about as long as
she can, until she is bidden in her
own perspiration. All this time the
midwife or grand mother (I prefer the
latter, for her services are generally by
so powerful) remains the abdomen with
her fists. While this process lasts
Eleven times we kept up in the shop of old pots and coffee. At last the child was squeezed out and then comes the critical moment. The
woman is enervated and probably the midwife is the grand mother entering
is and the Placenta is still in uterus!! Probably a little hemorrhage
sets up from strings of uterine, with
million or rather imminent expuls
the Placenta is attached. This is the
second to one for another time it
touches takes it into it’s head
of flying up into the chest or throat
it to choke the patient, according to
others all the cases that may follow
that with an to be assisted in a
retained Placenta. If they can’t
on any secondary combination of injuries and
coming in two minutes it is just
known as a case of retained placenta,
and then the woman can expect their
personal Genes Cellulites the
My first Midwifery came through as
pressed one see the mode of delivery
that obtains in this place. After
such the post about whom between was
over, the lady collapsed on her back
with slight hemorrhage and a decided
hesitation to within few minutes in well
from the time. The child had a
epistaxis amount of almost three in those
in delivery. The Placenta was better
up into three pieces. The midwife
on this occasion was a very
powerful.
powerful woman who succeeded once in pulling out the uterine until it hung between the legs. Even now attending a case in which the midwife replaced the membranes, some 40 crowns about the size of half a crown, Countess was drawn from "my labour". It was only at the close of the hour that I was called in and that I saw the life of both mother and child by applying forcepts.

What woman can pass through such an ordeal without an attack of Colic, Abdominal Troubles, or some of the other troubles that follow childbirth? is it a wonder that there are so few known women with healthy Pelvis organs?

Great ignorance also prevails as to the proper women in health. The Pelvis is to be measured. Here again, though of Chambers have been in, as well as those among in their mode of living that I have visited before, after the birth of the child the mother must be removed to the birthplace, and the child kept up in a warm and dry chamber room. Drapes are almost unknown. It is a very common practice among women to put one end of the sheet in front of the orifice to catch up the child's head and then one point of the sheet is tied another point is used. The sheet is only changed every second or third day. The first care of Perineal Giver is the same called I had its origin in that7

7
The lower half of the skirt was belted in the same material. The room in which
the patient lay was closed up and
perfectly dark. All this in the home of
a rich farmer! Had the patient been
blessed at once and placed in a bath
of carbolic acid and had her uterus
removed to
have been
amputation
with

Scurvy

It is easy to understand that with the
fact shown already mentioned Scurvy should
be common. Scurvy never was a rare case.
But when known in common countries,
Scurvy and blessing in other are the signs of
Scurvy that were usually treated with
and one fear it just as often among the
I am not describing "false or Spurious Remorse" which I have not seen an example of yet. The cause of Remorse seems that there has been all traceable to a defect that will produce Remorse in any person.
rich as among the prodigals. In my chronic cases that reveal treatment failure, examining the gums and teeth is not always necessary. I treat the case according to belief that there is also a class of cases in which the patient is simply "Antiscabetic" but in which absolutely no symptoms or signs of remission are present. Such patients have much better progress when an antiscabetic treatment is also adopted along with the treatment of the case. It is important to understand that the death of a person may be such as to produce, especially after a long time, such an alteration in the system that the individual may be more easily influenced and still have no symptoms of fever. Such cases when their history is properly examined, we will commonly find a more at times time or other subject to febrile remittances. The cause may here have been false, or may have been removed from a certain extent of the patient may have altered paper treatment so that none of the characteristic symptoms of fever are may be found, but the initial changes in the chemistry of the body are present all the same. Medical people will frequently complain that when there is "infever" for the body affected, and the blood cannot be said to have a febrile condition. The processes of repair in the tissues are hampered.
Anaemia

Anaemia is rather more common here than one would suppose, arising in part from the abundance of the population and the excellent climate we have. Where it is to be found it is due to the bad food the people live on and bad ventilation. It is frequently in women that Anaemia is found, married and unmarried, and in the case it is to be ascribed to want of fresh air and light. It is also found among men and the principal cause here is the anaemic constitution. It is very amenable to treatment, perhaps more so than when it occurs among people who are otherwise sound, particularly when there is a florid skin and when interview and treatment is also adopted. There are no other points of special importance in connexion with this subject than the fact that many anaemics are becoming scrofulous and the anaemic is because the people are to blame for it.

Constipation

I have already stated in speaking about gall-stone that all my patients who suffered from this complaint were also subject to Chronic Constipation. This condition is so common that the "reasoning" of people here is only to turn to the医生 for it.
It is only when a medical man is called to some other complaint that he finds out that the complaint was suffering from constipation. Perhaps I have no right to speak of constipation, for by that term we mean, or at least we ought to mean, a disease with definite symptoms. No symptoms are produced so far as I have been able to make out by the "constipation" found in the case of a person living principally on meat. It is more a case of "in frequent discharges of feces" rather than constipation, that I am describing.

When a person's bowels move more than once every three or four days, and when it is perfectly free from any unpleasant matter, we have no right to call it constipation; but in the case of that one finds the passage of the bowels by the rectum, nearly the whole being accomplished by the rectum, and the fact that the large intestine is to some degree called upon to perform any function at all being the function of changing its contents—its actions being of almost the same order above.
II. Diseases due to Climate and peculiarities of Country

The first disease that occurred to me under this heading is

Dysentery.

Dysentery is the amoebe, and in this part particularly in and about Kimberley (about 360 miles from here) it is very common and some times of the gangrene fatal. My experience of Dysentery is not very large, and most of the cases I have had were extremely mild and quickly cured. I intend to consult the medical advice of Valu later about this subject. But I wish to state that in the previous and in the treatment of these diseases another use is here adopted, and certainly to the strict adhering these cases in the previous in the Kimberley point seems to be of very use whatever and that in the practice in making a treatment and in most of any cases here, but always along with imitation and to the practice of Pale, Senna, Picrol., (in all cases), found that very excellent, anything seems to relieve the strange discomfort or ease as much to treat this bowel.
Malarial Fever

I have not seen a single Case of malarial fever in and about Mushing with the exception of a few Cases that got sick in Kimberley. In that place both malarial fever and dysentery are very prevalent and fatal, from injurious among the boys. It is rather strange that Mushing should be so free from Boileral fever when thousands of Cases occur during June in Kimberley. There is no forest sheet of water, mountain, or any thing that could be supposed to keep away the mosquitos, how the first Cases of Kimberley are brought over to Mushing and they must a much better recovery.

Eye Diseases

Soreness, Catarrhal, and Simple Jaundice are common and surgical Treatment are very Common. At present there is an Epidemic of Catarrhal Conjunctivitis. From October, I think, an at work in Promoting Eye discharge, glowing red, sore, itchy, and bright. Probably any Cold winds have also their Share. Bright light is probably the most important faculty for expectancy has taught me that chronic Conjunctivitis is most common among those who live in places where there is much sunlight.
In ascending the trail located that at some places it was very narrow and in depth, however also have stated that in others it is wide, the rocky vegetation or lines from caving to the surface and forming large white rocks which reflect light very strongly. It is in such places that sunlight, particularly in the middle of the day, is to forget that one can barely keep his eyes open. It is almost like looking at a whitewashed wall against which the true thing... I am at present unable to tell you which can be traced to the caves.

Cancer

Cancer is located upon by most fertile soil in South Africa as well as frequent occurrence among the people (so called). I am unable to say whether it proceeded by stages of such or not. A few people had the cases which consisted of:

- Two Epitheliomas of Lip (one operated upon)
- One Epithelioma of Ear
- One Sarcoma of Leg
- One Sarcoma Breast (male)
- Two Carcinoma Oesophagi

These many, of course, as many more cases of which I don't know, show no means offailing and whether such a numbers among any 2000
people is to be regarded as large or not.

Malignant Pustule

Malignant Pustule is very common in all absent bodies. When a thing such as a
plant, as English broadsheet shows, to that extent is bent to expand like
any other vessel, it plays a large part in living for
the germs to eat. Hence it is extensive and prevalent among the sick. It is on
this account that it got the name of "Hellebore's Seed" (Helleborus Foetidus).

I am not acquainted with the different stages
of malignant Pustule, that they are all
to recognize it can only be a matter of
convenience of its development. Local
recovery is all that is achieved by them and sooner or later they
proceed in the way of cancer in abscessing it. I have seen at least
twenty cases in which the punctum incisum
was removed with the treatment employed
by the surgeons. The treatment in
one case I can remove the punctum
as soon as possible by means of
some powder, the plant of the face of
silver or gentian. Some wounds of
next most severity. A linear
wound is placed on the punctum and let one
fire on the same every time. The punctum is
so painful as to be adapted by
patient, comparatively painless.
Prostate, as the popular belief is that doctors know nothing about it. They are quite right. In this place I know of two cases that proved fatal in the hands of a medical man (a very able man and the D. of Chirurgical) he never had but two that recovered. In another place three fatal cases occurred (one an uncle of mine) in the last few years. In all these cases a cancerous ulceration was made into the prostate, and whether any党员 were applied I am not able to say. In my uncle case a cancerous ulceration was made and a poultice applied! Of course he died a few hours afterwards. This time it was a London M. D.

I have seen one case of malignant prostate cured in this case fortunately the patient recovered. As it is a case of some interest I shall briefly detail it:

T. B. aged 28, male, had a fibrous malignant prostate on his right cheek about one inch in front of the ear, and B.P. I saw him on the third day after the operation performed. The worst was performed on the right side near the temple up to the bone. As the operation extended, the bed was also swollen and was almost on a level with the chin. The swelling extended over the entire chest and abdomen. The face and chest felt very tense but the abdomen on the chest and
abdomen was soft and empty and painful on pressure. There was great oedema of the lungs so that patient could hardly breathe. Great collapse and anxiety. Radical pulse almost imperceptible.

Diagnosis: As from above that patient friend would need both with the patient give them some solution of mercuric chloride (3% to 5%) on being able to apply frequently. Other was infected subcutaneously at present temperature, a mixture of quinine, sulphate, and d. mercuri perchlor.

Was give four times a day and a mixture of four ammoniac spirit of ammonia and spirit of eucalyptus in glass two hours. The patient strongly rallied although very weak and thin, he never very much cheered. Four days afterwards patient got up, and I saw him again a fortnight later when his condition was as follows: — Oedema in abdomen disappeared, but still present on the part of sternum both right and left. All other oedema was hard and tense, and this not yet in pressure, no pain on pressure. The right abdominal fluid was present. Head and hands had no swelling but not painful on pressure. Note little stuff in that portion could not move it more than half an inch. Patient complained of pain in chest between the lungs and a little difficulty in breathing.
his family struck me in connection with the disease as quite peculiar, namely its strong brownness and its very slow disappearance. He was the second patient to disappear by this time, and the second no doubt for there was not a deeper black. I saw patient again a month afterwards when the redness and stiffness of skin had made very little improvement even under treatment.

Strepsils continued to be taken demonstrated in the urine got from one of the patients.

There is one point in connection with this case that I feel very glad about; at the same time states have some houses as to whether I think the right thing or not in leaving the prostate alone. There are several reasons why I felt the prostate alone and did not destroy it. 1. The prostate of the patient was such that seemed not destroy it as thoroughly as I should have desired. 2. The collapsed state of the patient entirely counteracted immediate influence. 3. I have destroyed the prostate in the patient and the patient's friends cannot certainly have blamed me. 4. He was nine miles from the village and I did not have all the comminons for destroying it.

The patient is now just well.
Rheumatism

Rheumatism is quite as common here as it is in many parts of England or Scotland. One would hardly suppose that this should be so, considering that our climate is so excessively dry. It is, I think, to the climate changes in the hurricane that one has to attribute this frequency with which Rheumatism is all its forms is met with here.

In my own opinion, however, about Rheumatism is that it is caused by Some Specific Feature. I look upon Rheumatism as a change in the temperature as very peculiar to Rheumatism by lowering the vitality of the body, in promoting a kind by lowering the temperature of the body. By lowering its vitality, I do not want to enlarge upon this subject however as I am afraid that my thesis is getting unmeasure coming long and I am unwilling you to form upon any subject about which there exists a great diversity of opinion, pertaining when I cannot claim that my opinion is based on either experience or experiment.

Chronic Rheumatism in all its forms is very common, occurring among men who are subject to alternations in temperature. I have often thought that there are few adults, whether men or women, who were free
free from Africans the pains of some fever.

I am not in a position to give anything like a distinct account of my 3 illnesses. As far as I can judge, there is nothing special about the epidemics of this country as compared with those of other countries.

Stephano, François, Wernicke

[Signature]

Kloof
Orange Free State
S. Africa
March 0, 1856

I hereby certify that above opinion entitled "Some Points on Climate, Food and Mode of Living in Relation to Disease" was composed by myself and that I did not receive any help from any one else.

Stephano, François, Wernicke

[Signature]