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Self-control, a therapeutic.

or

The influence of the mental condition of a patient to promote or to retard his recovery.

Rational therapeutics implies that in every instance the healing power is in Nature and that in all our appliances we must endeavor to give Nature fair play to do her own work. The policy of Nature is thorough Conservatism. She never resorts to disintegration except Conservatism be hopeless, and this conservative policy Nature applies and carries out with all the energy at her command. In case of a breach of continuity of any of the tissues Nature at once sets herself to repair the damage. In case of a simple cut lymph is exuded to cement the divided edges and to form a crust so as to protect the part from the action of the atmosphere till the healing process be complete. When the crust separates, being no longer needed. If there be a broken bone, Nature as once begins to throw out lymph from both ends, and in this way cements and forms 'callus'.
around the fracture to keep the parts in apposition; and
the pain occasioned by the slightest movement command
absolute rest. In case of a clean cut, the mere apposition
of the parts is usually followed by "union by the first
intention"; and where this is not effected, a process of
inflammation followed by granulation proceeds under
the "second intention." In the latter case a simple
wet dressing is generally all that is required, through
the use of an antiseptic dressing protecting, as it does,
from the malefic influence of germs that float in the at-
mosphere, generally accelerate the healing process.
In case of a cold, a slight constitutional disturbance
does in, accompanied by a rise of temperature, perspira-
tion, followed by a cough, and expectoration to clear the
air passages; and the patient regains his previous condi-
tion of health. In such a case the use of a dephlegm-
at or early stage might cause the trouble to abort,
and, if not, a suitable cough mixture to liquefy
the expectoration would greatly facilitate the process
of expectoration. All this presupposes that the es-
ternal processes of nutrition and tissue change
are regularly going on. This is indispensable. The more
the more healthy the organism of the body
as a whole, the more rapidly will any tempo-
any injury be repaired.

In every instance Nature attends first to what is most essential to her main end. Thus if a hen gets one of her legs broken during the season of depositing eggs, such eggs will have no shell till the fracture be firmly united; and if a pregnant woman gets a fractured bone, union is scarcely ever effected till after her confinement.

In case of Necrosis, Nature does herself the favor of a wound which cannot be healed. In such a case suppuration commences at the damaged part and cannot be stopped till the necrosed tissue be separated and removed from the living. But even then the conservator of Nature is to be seen, the periosteum forming new bone while the necrose is being removed. Both processes are going on at the same time. It is only when the vitality is low, as in the case of old age, that Nature submits to any encroachment on her territory. In Senile gangrene, despairing of main- laning the whole organism, Nature abandons that she cannot conserve, and in the event of damage or serious derangement of any of the organs essential to life Nature resorts to an adjustment if any such adjustment be possible. This is illustrated by the
elimination of bile from the blood by means of the kidney, when the liver is diseased, or the bile ducts occluded. Still more beautiful illustration we have in the case of heart disease, where by an enlargement of the organ, a strengthening of its muscles or a change in its movements, a compensation is effected.

But however conservative nature is in her policy and prompt in the application of her Remedies, illness is sometimes not only tardy but even frustrated by some latent element or circumstance not recognizable by the Medical Man. For bodily disease may be originated and frustrated by the mental condition of the patient, so that the highest skill on the part of the physician, aided by every known appliance, may be baffled by circumstances over which he has no control. The diagnosis may be correct, the prescription judicious, and the treatment faithfully carried out, yet failure may be the result owing to some antagonistic element in the patient, mental irritation either temporary or permanent. For the patient may have a wayward temper or he may, for the time being, be the victim of disappointment, anxiety, worry, or grief which preys on his mind and by reflex action mars his health as well as his comfort. Such complications often...
occurring much anxiety to the medical man and very
much prejudice the recovery of the patient.
"Mend found in corpore sanó," as it might be otherwise
expressed, Corpus Sanum Cum Meate Sana designates a man in good health of body and of mind.
But this does not suggest how much the two allies,
body and mind, are reciprocal in their influence,
so that the condition of one tells on that of the other.
For example when the stomach is disordered, clear thinking
is at all times difficult and often impossible. and a
fright is well known to produce on the body a result
similar to that of a blow on the head, including
relaxation of the sphincters. "Laughter and 
Growl" is an old proverb and its meaning is recognized
as far as that a happy condition of mind conduces
materially to the well-being of the body, and the reverse
is equally well known. Ample abundance of bodily
comfort, grief, anxiety, or worry soon tells on the ap-
ppearance of its subject. Lady Franklin while in
the possession of plenty was reduced to a living
skeleton, while presenting her inquiries for her lost
husband, who perished in the Arctic regions.
Physiology aids us in explaining such phenomena.
The glandular system is all regulated by nerves
influence, and consequently is subject to the mental condition of the patient, and hence nutrition may be powerfully affected by this circumstance.

In order to realize this, it is of importance briefly to notice the physiology of alimentation. For the digestion of the different kinds of food is mainly dependent on the different glandular secretions; for instance, the digestion of carbovascular food is dependent on the saliva; of nitrogenous, on the gastric juice; of fats, on the juices secreted by the liver and pancreas combined. Hence if any of these juices be inadequate, the kind of food appropriate to its chemical action is not in the least adopted; must pass through the digestive tract unaltered, and in the juices may be detected by suitable reagents. But supposing the digestive system in good working order, nutrition might fail owing to some defect in the action of the absorbents or in the process of assimilation. For this mysterious department of the economy is most likely as much dependent on the nervous system as in the process of digestion. With such complicated machinery, it is easy to understand how much the welfare of the body depends on the condition of its allies, the mind.
These introductory remarks I purpose illustrating by two cases which came under my own observation—
the one medical, and the other surgical. Case I was one of Catarhual Jaundice. The illness of Mr. M. commenced in Sept. 1882, and continued with some remissions till the following February—a period of about 4 months. It was ushered in with severe vomiting, flatulence, and constipation. Soon after the usual symptoms of Jaundice made their appearance—yellowness of the skin, particularly of the epigastric region, conjunctiva, and mucous membrane; by and by the whole body became discoloured. The stools were clay-coloured, fetid, and the urine was dark. Also there was great pain experienced in the epigastric region, accompanied with considerable depreciation of spirits and a slowing of the pulse. The treatment bore reference to the condition of the digestive functions and consisted of lime water and milk with bismuth occasionally, which arrested the vomiting. Rhubarb was administered, but failed to affect the morbid state of the liver. Calomel was next resorted to, and in a remarkable way soon told on all the symptoms parti-
When the dark urine, the patient was put on milk diet from the commencement of her illness.

The chief peculiarity of the case, as it appeared to me, consisted in the number of relapses. From three of them might be attributed to some trifling error in diet. But a much greater number of them could not be ascribed to any such cause. This circumstance led to the suspicion that gall stones might have been the cause of the disease. But this view was negatived by the absence of the normal symptoms attendant upon the passage of biliary calculi. Thus was this case obviously perplexing as to its cause. As Calomel could not be continued without in inspiring for any length of time, Karp's "Ausser Apermentum" was tried. How much good it effected, I could not say. Possibly the relapses were less frequent under its use, but they did show themselves and then Calomel had to be resorted to. It was extraordinary to observe how rapidly under the administration of Calomel the symptoms improved. How the urine cleared up, the colour at smell of the stools became more natural, the pulse
approximated to its normal rate, and the patient became more cheerful. In several instances his gradually improving condition continued for a time, and seemed to promise permanence. But all on a sudden through some mysterious cause, all became reversed and left us in the same anxious condition in which we found ourselves placed at the commencement of the malady.

The sudden and unexpected return of the disease, led me to think that there must have been some latent cause which we had not suspected up to that time, and of a deeper origin than any more cataleptic. Accordingly I set myself to ascertain the previous history of the patient, and note any circumstance in it that might bear on the patient's malady. I learned that she had always a somewhat delicate stomach, and that in her case that organ had been rendered still more delicate through long watching over, and anxiety on account of one of her children, till then a most promising boy, who by detraction was brought to the verge of the grave, and that though the child survived that illness, the mother never fully recovered from the effects of that severe trial.
that she never recovered her previous strength and
that her temper became somewhat irritable. Moreover at the time of her illness and previous to
she had some severe worry in connexion with do-
nomestic Servants. Reflecting on such circumstances
I arrived at the conclusion that the malady which
had so long baffled skill and taxed patience
was mainly owing to the patient's mental condition,
and that most of the relapses if not all were due
to one and the same cause. In this opinion was
confirmed by observing that a change of servants
was followed by an improvement in the symptoms.
The relapses were less frequent and might more
likely be due to anxiety about household affairs
and the health of the children. Towards the end
of the period mentioned the jaundice slowly
disappeared leaving M. M. Convalescent and with no threatening of a return up to this date.
Repeatedly told M. M. Towards the end of her illness
there were no signs of much on that condition of mind, and I do
not think it too bold to hazard the opinion that
greater self control would entirely prevented
the illness.
At the risk of being considered discursive, I venture to add some remarks on the pathology of this case.

1. Ordinary Catarhal Jaundice is caused by cold, alcohol, or some such irritant, exciting congestion in the stomach accompanied by a catarhal. The ir order affects the neighbouring parts, spreading from the stomach into the duodenum, thence into the duodenal commissure and duodenum Choledochus, so that the passage for the escape of bile becomes partially or wholly obstructed. Then the symptoms of jaundice appear. But in the case we are dissecting the congestion was excited by reflex action, producing, through indirectly, the same result, the mental condition derogating the stomach and occaordinary the congestion.

2. A relapse deserves a more careful notice, for here a new element comes into play. Namely, the weakened condition of the parts affected by the previous congestion it resembles a fire smouldering or even extinct. The embers are more easily restirnied than is new fuel placed on a new hearth. This is a general law, applicable alike to body and body to mind. For instance if a patient has once had pleurisy, or pneumonia, or bronchitis, or peritonitis, he requires for a long time to come to exercise greater
Caution against the return of the same trouble, also he would do well to seek a change of air and make use of suitable tonics. But with such rise measures a great deal can be affected. A striking analogy to the effects of congestion is the found in the case of varicose veins. For once varicose, a part becomes deadly varicose again. At all events rest tonics and sound hygiene are required to enable the vessels to regain their previous elasticity. But this succeeds in the case of pregnant women, whose constitution, otherwise sound, the varicosity occasioned by the mere temporary condition of the uterus soon disappears after confinement. Rest and good nursing being all that is required to secure this desired improvement. The analogy is the found like wise in the case of men, but less frequently, who being partially varicoseal remove to a braving climate. The writer knows an instance of a teacher, who in this country was obliged to wear an elastic stocking because of varicose veins brought on by long standing in an ill ventilated schoolroom. The same teacher removed to the braving climate of the high plateaus of South Africa and after some Sojourn was able to dispense with the Elastic stocking the vessels having to a considerable degree regained
3. The symptoms of jaundice merit at least a passing notice, for they are significant. The vomiting points to the congestion of the stomach, and the pain in my opinion points to the over-distended gall bladder as its cause. But how comes then that fat is so obnoxious to the jaundiced? So it is not that nature in this instance seeks to prevent the injection into the stomach of what in its present condition could not be utilised. A more careful notice falls to the share of the clay-coloured stools, the inability to pass stools, and the flatulence so common to patients suffering from jaundice. By all this is indicated that the bowel is the natural channel for conveying bile out of the system, but that while bile itself is an excrement, it acts at the same time as an antiseptic in preventing fermentation and putrefaction in the intestines. Lastly, the depressed condition and the colour of the skin in jaundice must not be passed over in silence. The former indicates that bile contains a toxic element, and consequently is unfit for general circulation through the body. A portion of it, it is true, is taken up by the absorbents, and conveyed along with the chyle to the liver.
But it must be allowed to travel further. For it is secreted by that organ and returned to the gall-bladder, to serve as before in the coagulation of fats and acids, as an antiseptic in the intestines. But when the passage from evacuation is obstructed, or when the liver is too sluggish in its action, in order to compensate for the derangement, nature hastens to eliminate the bile and of the system by all the other available means at her command, such as the kidneys, the skin, and the mucous membrane, hence the dark colored urine, and the deep yellow ethereal bile, the bile absorbing every thing with which it comes in contact. It is in consequence of this circumstance that even in common biliousness a bitter taste is experienced especially in the morning.

I shall now proceed to illustrate my thesis by a Surgical Case. But in this instance being more brief than in my discussion of the Cataractal Jaundice, because as yet the cure is far from being completed, and that expectations may possibly arise in the future history of the case as have been experienced in the past. Though at the present time the symptoms are so much improved that hopes may with much confidence be entertained of ultimate
Observation of the progress of the Case up to this date affords sufficient data to draw inferences in favour of my theory. But some remarks on the previous history of the patient will serve to render the subject more intelligible. — Mrs. K., aged 61, had last summer a serious illness of an obscure character, which manifested itself by vomiting, flatulence, and abdominal pain; the abdomen, and teething with occasional severe paroxysms seeming to indicate that there might be an hysterical element in her trouble. In the month of August she had so far recovered as to be able to accompany her husband, who was also in delicate health, to the Coast. A sojourn of two months there did far restore her, that on returning home at the beginning of October she felt herself in a condition to resume household duties. Among other things she applied herself to one of the "Singer Sewing Machines" driven by a pedal. Three days after she felt some general malaise and in particular a severe pain and inflammation in the third part of the left leg above the inner malleolus. The patient suffered much an sleep was scarcely possible. Of course the patient had to
and confine herself to it as much as possible. Several poultices were prescribed and continued for a few days for the purpose of allaying the inflammation. But this had no other effect than to bring out a number of small pimples, which coalesced here and there and formed sores. Two or more sores coalescing formed large ulcers, giving out a watery serum by discharge. The poultices were stopped and the usual Carabolic lotion of one to forty substituted. The lotion gave some relief and for a time the sores ceased to spread. Cautery medicines were administered with a view to prevent extension. But this never appeared. In the mean time the husband who had caught Cold on the journey home and had become very unwell. An old Chronic Bronchitis was in his case rekindled accompanied with symptoms of Bronchonuria. In these circumstances, Mr. X. refused to rest and getting up strove to be in attendance on her suffering husband. Not being able to bear a bandage except a very loose one, mainly through anxiety for her husband, her own case became worse. The symptoms of her husband's trouble in proving somewhat, she was again prevailed on to take more rest. From water droplets one substituted for the Carabolic lotion and with this the earlier ulcers,
became excoriated. Meanwhile new sores appeared on the flexor aspect of the leg about the same level as the original ones and pursuing a similar course developed into one large ulcer 4 inches by 3, with two smaller ones on the outside. These were treated in some way as those on the tibial aspect but proved intractable, travesty were administered and the diet carefully regulated, but apparently to no purpose, at least for a time. About the beginning of January the husband died intestate, and leaving no issue by W. R. The death of course afforded full opportunity to the patient of taking revenge, but, alas! it consumed fresh anxiety; for a proving heir, an only son by a former marriage, seemed not disposed to deal generously by the widow. In these circumstances and opportunity was afforded of witnessing how little could be accomplished in the case of the patient by mere revenge and selfish ful treatment when counterebalanced by grief and anxiety. The case of the widow has since been put into the hands of a competent man of business and an improving on the symptoms had begun to show itself. For one of the smaller ulcers is already cicatized and the other is almost closed. Mean while the large ulcer remains, but somewhat improved in appearance.
For the discharge is greatly lessened, and the surrounding inflammation almost gone.

I ought to have mentioned that the edge was raised and ragged, but the discharge was never fetid, also that various means were employed to bear on the dry yellow ground of the large ulcer, such as clumping with Calomel, and with Iodoform, as also the application of dressings. Such means were employed some time after the death of the function, with what result has been already stated.

Reflections.

Reflecting on the different stages of the history of this surgical case as far as it has already progressed, and from clearly, I fail to arrive at such conclusions as the following:

1. The summer illness points to congestion of the uterus as in all probability one of its chief causes,

2. The shortness of the interval between that illness and the commencement of the ulcer on the vulva points to a relapse in the Morbid Condition of the uterus, occasioned by the violent increase independent from the employment of a steaming machine driven by a pedal,

3. The severity of the summer illness and the death
ones with which a Relapse supervened. When Dr. K. applied herself to exercises with which she had been more familiar and which as far as known to me occurred led her any inconvenience previous to that illness - these circumstances imply a state of health below the normal standard.

4. The different exacerbations of the ulcers correspond to different exacerbations in the mental disease of the patient.

Passing by the fact of these conclusions as being much a predisposing cause of the ulcers we have three factors remaining which in my opinion merit special notice: viz a Relapse, a state of health below the normal standard, and a more the distorted mental condition of the patient, and hence the Composite Character of the ulcers. We must take the third factor, namely the mental disease of the patient that these ulcers proceed to grapple. The other two are immediately within the province of the Medical Man, but this factor is situated on the boundary between Philosophy and Medicine.

Now what can be done to avert the prejudicial effects of his mental condition on the recovery of a patient? Three courses suggest themselves.
of mitigation of the patient's mental distress in
currence of his moral power. A combination of
e of the three courses is sufficiently rational; but
the third is the most practicable.

Much may be accomplished by adjusting the
surroundings of the patient. Our Medical
Authorities have wisely adopted the principle of
Separating the Convalescent from the Sick, and
sending the former to a time to a Convalescent
Home. Such an arrangement is economical as
regards accommodation for the Sick, and it is
as the same time beneficial as regard the Convae-
lescent, clearing and does for the Convalescent
more cheerful association and better hygiene.

Much too may be accomplished by exercising
discipline in selecting such as are intended to
work in the sick. Many wise and and Salutary
Hints may be given one quietly by the benevolent
Moral to cheer up the drooping spirits of an in-
valid, or to reconcile him to his lot. When nothing
better is to be expected. But the Most Soothing
Consolation, and the Most Consolingly Holy are to
be derived from our Holy Religion. But here may
possibly be charged with travelling beyond the Weis

Of the Medical Profession. Pour to such a change I would reply, "Homo sum, nihil humanum a me alienum." In early times, the care of bodies was confounded with the care of souls, the minister of religion being at the same time the physician of the sick. And whatever disadvantages such an arrangement may have as regards division of labour, it has also its advantages in keeping a subordinate hearing to the word of the highest wisdom, truths of paramount importance bearing on the present and the future interests of man.

They have endeavoured to support my views and at the same time indicate how the impenetrable influence of the patient's mental condition is to be obliterated. I put to give advice in far earlier than to carry it into execution. As said by Dr. A. D. Waker: "He that ruleth his spirit than he that taketh a cud."