

TUMORS.

Most physicians, and I think many surgeons, would be surprised if they could witness the changes which go on in the human body in the reduction and disappearance of tumors under Psycho-hygienic treatment. I am quite disposed to think that, in many cases where surgery proper is considered as the only remedy for certain classes of tumorous growths, the Psycho-hygienic treatment, properly and sedulously applied, can render the knife or caustic quite unnecessary. I propose here to allude to some cases of treatment which have passed under my own management going to show the correctness of this view.

BRONCHOCELE.—This is a hard tumorous enlargement of the thyroid gland, a gland situated in the front part of the neck, just below the skin, which is called in common phrase "Adam's apple." The disease is known ordinarily by the name of "goitre." In the early stage of its appearance the tumor is elastic and quite soft, oftentimes growing to a large size, and becoming solid and compact in its formation as it advances.

The places where it is said to be more prevalent than in others are the valleys of Switzerland and the Tyrol, though in Derbyshire, England, it is very prevalent. In these districts of country writers affirm that more women have the disease than men. Few children, even in these districts, have it. It only appears in persons who have arrived at puberty. It is supposed to be more common with persons who live in malarious or marshy

places; but I do not believe that this would be the case if such persons were able in all respects, except in the direction of the atmosphere, to live as healthfully as persons do who live upon dry, high lands.

It is generally considered, when well developed, to be an incurable disease, surgery not being able to apply its remedial resources by cutting the tumor out, the place where it is located and the way of its growth both forbidding the expectation of successful excision.

To stimulate the absorbents, therefore, so **as to reduce it and carry it away is the method of practice**. The particular specific which physicians and surgeons used a few years ago, and upon which they relied more than any other, was iodine. It was given internally and applied as ointment externally, but failed to produce the effect desired, in many cases the constitution of the patient breaking down under the administration.

The way which I have followed in the **treatment of bronchocele**, and under which I have had, in several instances most marked success, has been the **paying of great attention to the conditions of living of the patient**, such, for instance, as **giving him grains**, simply prepared, with **sub-acid fruits for food** and **soft water as a drink**; keeping him upon this for months, and, in a few instances, for two or three years. I was led to adopt this **dietetic practice in view of the results** which were produced by a celebrated English physician, Dr. Lamb, **in the treatment of cancers**. His success suggested to me the idea of treating scrofulous accretions in this particular way. So, **keeping from the patient all kinds of greasy or complicated foods**, and causing him to **eat farinaceous and fruit foods**

exclusively, for such a length of time as to produce marked changes in the structure of his body at large, I have found, when this course was accompanied by proper hydropathic treatment, most excellent results to flow there from.

One case which will illustrate my idea, but which was no more successfully treated than a dozen other cases, though, perhaps, none of them were as bad as this, I placed under the following conditions : In the morning the patient was required to get up and walk half a mile; to eat his breakfast at eight o'clock—food consisting of unleavened bread, Graham pudding, some sub-acid fruit uncooked, and water; dinner at three o'clock, the same in kind as breakfast, though, perhaps, a little less in quantity; at eleven o'clock each day a bath, one day -a sitz-bath at a temperature of 85° for twenty minutes, 80° for ten minutes; the other day a wet-sheet pack with fomentations over the bowels and over the neck upon going in; duration of pack forty minutes; to come out and take a half-bath at a temperature of 85°, rubbed by two persons, to be followed by a spray at 72° of one minute, on the tumorous portion of the neck, the patient standing in a foot-bath at a temperature of 105°; after being wiped, to put on a wet compress on the goitre and wear it night and day, as also over the abdomen; bowels kept open when needful by tepid injections of soft water; life in the open air; dress warmly and loosely. In the course of eighteen months, the goitre which was as large apparently as a hen's egg, lying directly over the thyroid gland in part, and extending around to the right side of the neck, had entirely disappeared. There was, however, no greater change in the conditions of this

patient in respect to the disappearance of his tumor than there was in his general appearance. When he came under my treatment he was as feeble and inactive a person as could well be found of his age, complaining of want of power, of a sense of debility upon him all the time; his appetite would be one day voracious, the next day capricious, and the third day perhaps entirely gone. But after his bronchocele was cured, he became fleshy and fair-looking, quite sprightly in his appearance, and as active and companionable a person as one could well desire. I confess that I myself was astonished at the result; but I have ceased to be so since my discovery of the principle of reconstruction that exists in the human body under proper applications of its vital force. I am disposed, therefore, to think that where persons of a scrofulous or tumorous diathesis of body are afflicted with any such defective organization of blood, or of its circulation and its organization into tissues, as to lead to the formation of abnormal growths, or to any modification of structure aside from the right line of growth of it, proper external conditions of living, under a proper use of hygienic agents and influences, will produce results such as at first will astonish the most candid and reflective observer.