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# Hygiene

From the earliest records of Medicine to the present time, the most devoted attention has been paid to the pathology, therapeutics and treatment of diseases, by Medical Men of the highest intellect whose whole lives have been spent in the self sacrificing office of the healing art; need we wonder then at the rapid strides Medical Knowledge has taken in these different departments. In the dark & more remote ages, diseases were studied as a whole, and it becomes amusing to review the works of the older writers, as Aesculapius Galen Pithagoras and the Plinys, and observe the conglomerate blending of disease, which Modern Science has so elegantly reduced



to unite. The immortal Cullen in his  
immutable Nosology, stands at the head  
of those gifted intellects who first drew  
from this chaotic or confused mass  
and placed diseases in Scientific order;  
which has served as a guide ever since  
to the votaries of our humane profession.  
Much however as has been done much  
that is still doing in these departments  
great objects aimed at are often attained  
in a surprising manner, by which  
Medical literature has attained an envi-  
-able distinction, and Medical Philosophy  
now ranks in comparison with any  
Science, or the eruditions of any age.  
This however is a day of improvements  
both in the arts & sciences, and whilst  
Mechanical improvements seem to  
eclipse the world with her steam engines



Telegraphs Atlantic Cables & the  
paraphernalia, as shown at the institutions  
and fairs for the encouragement of  
such art, it will be seen that  
our divine art or science, has not  
been a laggard in the great-race.  
Not only are diseases treated more  
successfully & more elegantly, but their  
nature & courses better understood.

New and important agents and  
compounds added to the already  
heavy list. Poisonous drugs have been  
disarmed of their destructive qualities  
and results obtained from them harm-  
less in their nature, but noble in  
their results. The sick feel not half  
the pain they once endured, and the  
sick chamber no more regarded the  
prison house of the afflicted.



Something has been done for every  
malady, and every disease to which  
we are subject, and the condition of  
the afflicted, whether of body or of mind  
have been materially enhanced and I  
may say permanently benefitted. Men  
in the profession of medicine have made  
their names immortal, not among the  
least stands the noble & great Jenner  
the father of vaccination, I might  
add many others in similar cases, but  
one instance more I will mention because  
I feel that justice would not be  
awarded, did I not mention the gifted  
Simpson the discoverer of Chloroform,  
that agent by which pain is robbed of  
its sting, and the most dreaded and  
horrible operations are performed, when  
the patient is wrapped in pleasant



dreams. This agent does not affect  
the human system alone, but all animals  
are tamed that are subjected to its influ-  
ence. Refractory horses in the midst of  
the most powerful excitement from fright  
are instantly made docile, if I mistake  
not snakes have been under its influence  
& perhaps some or all of their teeth extracted,  
What can equal this medicinal agent.

This anesthetic agent is not only useful  
in painful operations, but of much benefit  
to the parturient female, by the administration  
of Chloroform, labor is thereby much facilitated  
& the sufferings suspended, without injury to  
the mother or child, but I believe our worthy  
and much esteemed Prof John M Watson,  
does not recommend its use with much  
force, and perhaps he is wright, but has  
undoubtedly been of advantage in some cases.



After all that has been done & said  
After all the rotaries of our profession have  
done, the field is still open, and others  
are invited to enter in, & pluck flowers &  
gems rich and rare. In this day of fast-  
improvements, new discoveries, & inventions,  
we are required to labor incessantly and  
advantageously, we must labor from deep  
thought & upon well digested subjects and  
upon a solid foundation, such a  
foundation as is being laid in the Med-  
ical Department of the University of  
Nashville at the present time. It makes  
me rejoice to know, that the majority of  
the Second Course Students are studious, high  
minded & sober gentlemen, such a class  
the College & State may boast, but to the  
subject, Ideas must flow as it were  
by magic & facts assume the tragical.



Cozy, heads must in some instances  
steep to boyish sports & amusements and  
from the unsightly rubbish gather up  
precious diamonds of the purest Water.  
Students of Medicine should put on the  
habiliments of Octogenarians and follow  
their pursuit in the same cautious and  
steady manner, and by pursuing this plan  
we may escape the horrible epithet of fools,  
though this unkind & harsh phrase may  
justly be applied in some cases in spite of  
admonition & experience. The field is ample  
enough for all to find work, and the  
more laborers there are, the better the work  
will flourish. Though much has been  
done, and much still doing, let none  
be discouraged, for there is enough to do  
for all to bear a conspicuous part, &  
the contributions of the whole becomes



Necessary, may essential to form a complete work or I may say a Compound.

Science is jealous and must be assiduously courted & Nature will not permit one of her laws to be violated. We assume to be the sworn enemies of disease, and will arm ourselves, with all the panoply necessary for the combat, our number is swelling to an overwhelming army, each strikes for himself, with his own peculiar weapon, & every one strike or should at the same point, we would fight as one man but Conquer as a whole. The enemy is still strong, though for a while we see him on the retreat, he suddenly comes to a rallying point, and soon with increased numbers and insolent bearing, rushing upon us with increased vigor & strength, and sometimes the slaughter is great when



we least expect it. This enemy of ours never sleeps or slumbers, but is constantly on the alert, he is one of the best porters at nature's gate, for no one can pass out of the limit, and violate a single law of hers, but what becomes a prey to this enemy. The great Army that has been arrayed against this enemy, for so many long years, and fought so many battles, have not yet been able to conquer, we often cripple but there is a reproductive principle inherent in its nature, that defies death, therefore dares to make his attacks, not only under the dark veil of night, but in the bright day of day, so you see he grows more bold. We have set out to conquer him, how shall we do this, and do it successfully, with so formidable being, if I may so speak, This enemy aims at the extermination of every one



that comes in the way, but death is not always the result, but in many cases worse than death, the subject is left to drag out his days as a curse to himself and almost to his progeny. Hygiene offers more to remove Disease and to disarm pestilence of its strength than all that has ever been done for the healing art, and strange to say until within a few years, this subject has been almost entirely neglected, fortunately, for sometimes, the tide has been flowing back, and this subject, begins to elicit that attention it so justly deserves. My feeble efforts for the first time are made to search out this matter, & should this meet the sanction & approbation of the Faculty, I shall esteem it ample compensation for



the time & money spent, Prevention of disease being my subject, I shall therefore premise the use of no medicine or the cure of any disease, but the most assiduous care of the body, the external and internal system must be attentively watched and provided for, We have all noticed the effects of seasons under certain circumstances, and we also find that each season has its own diseases, which are peculiarly marked, so the most obstinate observer can trace after some little experience, the disease to its lurking place, & often set it to flight, I shall try to explain my subject by the introduction of such means as I think best, I shall make no attempt to establish a distinct theory, but at the same time, advise such things or anything that can be reduced to facts,



In the first place, for the prevention of disease  
baths should be made and used at stated  
periods, letting them at the same time be  
regular both in time & temperature.

For Hygienical purposes the warm bath  
should according to some opinions be heated  
to ninety degrees as a maximum. Warmer  
than this too much stimulation is produced  
and the object is defeated, and debility  
often ensues. The absorbents & avenues of  
of the system are stimulated and thrown open,  
and a free circulation of eliminated fluid  
taking, rapidly and determinately upon  
the organs & tissues of the body, calculated to  
produce injury. No healthy individual  
should remain in the warm bath longer  
than ten or fifteen minutes unless habituated  
to from custom. Infants & young Children,  
should be kept in a much shorter period,



Baths are useful auxiliaries to health in various ways, in the first place, they cleanse the skin of its deposit of oleaginous particles, collected from exhaled perspirations; Secondly the mouths of the exhalent vessels are softened, and made to act their part, and the agglutination of these vessels are prevented, which would otherwise serve as an hindrance to free diaphoresis or insensible perspiration. I believe the general conclusion is, that the whole epidermoid covering is made up of furfuracious particles, which has not been conclusively proven as yet by microscopic investigation though strongly entertained. Measles, Small, pox, Scald, head & Scarlet fever indeed all inflammatory diseases of this texture, generally terminate in effoliation. Beneath the furfuracious particles, lie the absorbents, any disease



therefore attacking this texture, must of necessity affect the absorbents, and if separation in any given amount take place, it is taken into the system. As soon as the exhalents are diseased and become closed to the external surface, a reflex action takes place, and the whole system is contaminated, hence fevers congestions & nervous affections are induced, by this passing into the circulating fluid, Cold water is perhaps as essential to good health as warm, it therefore must not be neglected, but to give all the affects and benefits to be derived from it would require several pages,

Diet also has a prominent place in the promotion & preservation of health, as well as in the cure of disease, being aware of Prof Bowling's opinions



of long Thesis, prompts me to desist  
from writing more, notwithstanding I  
must add that regular hours should  
by all means be observed, by this we  
mean that we should have a set  
time for retiring, also for rising,  
eating, drinking, smoking, chewing,  
&c &c.