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INAUGURAL DISSERTATION

ON

Influence of the Mind upon the Body

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Influence of the Mind upon the Body.

In treating this subject in the brief manner in which the occasion requires, I shall not enter into a process of reasoning to prove that the mind in all its characteristic and distinguishing features is separate from the physical portion of man, and that although intimately blended with the perishable portion of the human fabric, yet has a distinct entity, nor will it be my endeavor to dogmatize upon a subject so dark and intangible as that involving a consideration between mind and matter, and bewilder myself with the consideration of Metaphysical theories. But I will endeavor to lay down the few tangible facts and observations which I in my short experience have been enabled to collect. That there is an intimate tie, and that they are closely and reciprocally blended. (As long as the body contin-

us to be actuated by that wonderful and mysterious principle vitality,) is a fact, which admits of no contradiction. That the body after having existed for the short space of a few revolving years, and having performed its part in the great drama of life and subserved the purpose for which it was created perishes, and by its decomposition gives back its constituent elements, to the great fund of nature from whence it received them, is a startling truth the memory of which casts the sable gloom of sad solemnity over the most light and jovial heart. And that the mind will exist far beyond the narrow limits of time when the physical portion shall have faded from human sight forever, and nature's debt shall have been canceled by the replacement in her great storehouse of all the constituents which she had loaned toward its construction to again be called into requisition

for the building up of other beings. Although
rationally to be inferred from all the harmonious
workings of surrounding nature, is clearly and
unequivocally announced to us by revelation.

But enough, we know that mind and matter
both exist united in harmonious unison in the
wonderful and complicated superstructure over
which the Physicians peculiar and responsible
station, calls him above all men to preside with
a guardian care. we also know from observa-
tion and experience that there is a great harmo-
ny and unison of action between them and
it will be my endeavor to present to view the
power and influence which the one ^{the other;} wields over
what agency it may exert in deranging the heal-
thy action of the system, in what way this may
be effected, also its power to produce and develop
diseases, together with the agency it may be made
to exert in palliating or curing, such as already exist.

that the mind should exercise a controlling influence over the system, is a most clear and rational conclusion; for the brain being the sole instrument of all mental actions, is also most intimately connected with every portion of the body, and enters (through the nervous system) to a great extent into the structure of nearly every organ that enters into its composition; and necessarily participates in the performance of all the functions of organized beings.

How rational then is the conclusion, that if the least violence is done to this organ or the least disturbance created in it either through mental or physical agency that all the surrounding organs being thus dependant must at least sympathize to a great extent, if their functions are not absolutely perverted or deranged. We see a mutual relation

and a mutual concordance, of action between some of the organs and certain mental emotions; Thus we see that great anxiety of mind not only deranges the digestive and nutritive functions, impairing the general vigor of the system but may also be the direct and exciting cause of jaundice, and other affections, consequent on derangement of the Liver.

On the other hand jaundice and like affections are always accompanied with a decided mental depression, proving beyond doubt that there exists a great symmetry of action, and an intimate and reciprocal harmony, between the mental and physical portions of the human system. This fact was long since observed by the old Physiologist and this it was that gave foundation to ^{the belief amongst} these writers on physiology, that the different organs such

as the Liver, Spleen, &c were the seat of certain temperaments. Dr Muller in his Physiology says. "The influence of the ideas upon the body give rise to a great variety of phenomena which border on the marvelous it may be stated as a general fact that any state of the body, which is conceived to be approaching, and which is expected with perfect confidence, and certainty of its occurrence, will be very prone to ensue as the mere result of that idea, if it is not beyond the bounds of possibility". and such is doubtless the case, I doubt not that diseases of various, and numerous varieties, are continually being caused, developed, and cured, alone through the medium, and agency, of the imagination. but I will postpone its consideration as a curative agent until I shall have taken up the first division of my subject, viz Its ability to

originate disease in a healthy system. We see a large majority of the organs of the body entirely subservient to the desire of the mind; thus we see that a large class of the muscles, are wholly under its influence and by it, we often see a tone, and power, imparted to them by which persons are enabled to perform feats of activity, and muscular strength, from the bare idea of which the individual would have recoiled under any circumstances except the powerful stimulant of this agent. The maniac surpasses the rational man in point of physical power, and muscular strength. The angry and enraged man has twice the physical ability of his calmer and more gentle moments. This influence of the imagination over the muscular system is sometimes well illustrated in the Typhoid fever of this country; Thus a patient laboring under debility from this disease, perfectly

prostrated, and unable to raise himself in bed, showing by unmistakable evidence that a great deficiency of strength actually exists. Is no sooner attacked by delirium, and visited by myriads of imaginary demons, and frightful objects, than by the powerfully concentrated action of the imagination, over the muscular system, he performs feats of strength, and muscular force, that he actually could not have done in his balmyest days of health. The secretory actions are also increased, and diminished, by certain conditions of the imagination; thus the salivary glands secrete an abundance of saliva, when we behold agreeable and palatable articles of food; The Lachrymal glands secrete an excessive amount of tears when the sable clouds of sorrow overshadow the imagination, or the piercing darts of misfortune are hurled athwart bright pleasures path; The kidney also secrete excessively, under

certain mental conditions; such as great and high wrought anxiety, unabating desire, or when on the verge of the performance of a dreadful and decisive duty we are peculiarly favored with this secretion; I remember reading the statement of a medical gentleman who was an officer during one of the naval engagements in the last war with Great Britain, he states that "From the time the hostile vessel was made out, until the commencement of the battle, he marked that both officers and men were running at every instant to the ships side to empty the bladder so intense was the anxiety and excitement amongst men who had never before met an enemy in fight"

"This fact is also often observed at places where sports of various kinds are carried on, such as are qualified to excite great anxiety and interest in the minds of those who participate in them; Those who have attended race courses

just before an exciting and important race, have observed that those who are most interested, and whose anxiety is most excited by pecuniary risks, are almost at every moment discharging the contents of the bladder.

Milk is secreted when the infant is about the mother, or when from other causes the thought of it occupies her mind.

The thought of voluptuous ideas is said to cause an unusual secretion of semen.

The secretions of the Liver are also evidently greatly modified by certain conditions of the imagination; Prof. Buchanan in a lecture in which these secretions were concerned remarked;

"The bile is multiplied and changed in its character by certain emotions of the mind"

The great local determination of blood to the various erectile organs is most usually effected through the agency of the mind.

The mental condition also controls, to a great extent the functions of nutrition, and growth, excessive mental action diminishes the nutritive process; this we continually see realized; Those persons whose minds are always actively engaged, and continually engrossed in deep and profound meditation; such as habitual Speakers, Writers, Statesmen, Divines, and in fine all whose avocations require an active and continuous employment of the mental faculties: are most generally of a lean, and lank appearance; This is often observed in students of various kinds; Those who are characterized by hard study, and intense application, are most generally known to have these same physical characteristics. These facts existing in nature were observed by the great poet Shakespeare, and to this arrest in the nutritive process in such mental conditions, he evidently had reference in the following lines from one of his tragedies:

" Let me have men about me that are fat

" Sleek headed men and such as sleep 8 nights

" Fond Cassius has a lean and hungry look

" He thinks too much such men are dangerous"

Peevish, petulant, and despondent, dispositions, also contribute to this same state of body.

But there is another class of individuals derived by the converse in mental, and Physical characteristics, I allude to that class of jovial good natured persons who banish cares from the mind, and never suffer any of those corroding passions, to prey upon the imagination who never suffer themselves to be actuated by any powerful mental agency, always looking on the bright side of the picture, and taking the little misfortunes and failures of life as unavoidable concomitants of our natures; in such individuals the nutritive function is most usually carried on to an excessive degree; causing a large devel-

opment of adipose tissue; persons with such mental characteristics, are most generally seen to be corpulent, florid, healthy, and possessing a countenance unfurrowed either by age, or by the cares of life.

The fact that this class of men often partook of the excessive development of certain tissues of the body, is also beautifully illustrated by Shakspeare's character "Fatstaff".

Strong mental emotions are also found to exercise a powerful influence over the digestive apparatus, many passions, and emotions of the mind, when indulged in to excess, arrest the digestion of food. Anger, Fear, Anxiety, Love, Deep and concentrated action of the imagination, upon any subject or in any manner, has this effect we have all experienced this to some extent, for there is no one who has a mind that

has never been overcast by some unpleasant state of the imagination, either real, or fanciful, and the experience of everyone will corroborate the statement that when such conditions are present digestion is not properly carried on; for we seldom experience the sense of hunger, which is a necessary consequence of complete digestion.

After eating a hearty meal digestion may be suddenly arrested by the hearing of sad and unpleasant tidings, and the food remain in the stomach for hours or even days without undergoing any change whatever.

When pleasantly engaged in a circle of friends conversing on agreeable, and entertaining topics, we find that more food may be taken into the stomach without inconvenience, than when the imagination is occupied in a less agreeable manner, illustrating the

proverb "Laugh and grow fat" May not
Dyspepsia or Indigestion be often caused by
peculiar conditions of the mind? I think
without doubt they may, and do contribute
largely towards its production: for this de-
rangment of the digestive functions is most
often seen to occur in persons of a morose,
and gloomy state of the mind. Whether in
every case the Indigestion is an effect of the
mental disorder, or the mental derangement,
a sequence of the deranged digestive functions,
either proves the intimate, and reciprocal,
connexion between the mind and these func-
tions. Sensibility may also be lessened or
intirely suspended by mental agency; for in-
stance a man in battle, when his mind is
wrought up to the highest pitch, by the com-
bined effects of the various causes present
on such occasions, may experience the severest

shock he may have a leg or an arm torn off: or be pierced through by a Spear, or Bayonet, without being in the least conscious of the fact, until the excitement has passed off, or the injury arrests his progress. Or again we may sit perfectly unconscious of the severest pain, from cold, or other causes, while listening to an eloquent, and exciting harangue from an orator and only realize the unpleasant physical condition, when he has concluded. In such cases the imagination is perfectly engrossed with the excitement of surrounding circumstances, and is entirely abstracted from the body, existing for the time perfectly distinct and having no reciprocal bearing on each other, and consequently it is not until the exciting cause is removed, that the mind again assumes its supremacy over the body, and it is conscious of the injuries received. Do not

certain Anaesthetic agents act in this same way in destroying sensibility: In the action of Chloroform may not the insensibility (when moderately administered) be owing to the agent diverting the mind to pleasurable, and engrossing themes, and while the imagination is wandering far off in bright and glowing scenes of imaginary pleasures, and basking in the sunlight of unreal happiness, may not the most desperate surgical operations be performed, without the subject being conscious of the severe pain attending them under other circumstances?

The sense of Taste, Hearing, Sight, &c are all variously effected by the imagination.

Where persons have used any article of diet as a vehicle in the administration of disagreeable medicines they are (from mental influence alone) enabled or rather compelled to taste the medicines in this article of food for a great

while after recovery; and are sometimes even prevented from ever again using it on this account. Hearing is also greatly modified by the imagination, and to this fact is evidently due ~~the~~ the whole mysterious science of "ventriloquism" besides many of the other mysteries which we meet in the science of acoustics.

Sight is also influenced to a great extent by the same agency, to this is attributable all the wonderful tales of Ghosts, Hobgoblins, and such things which are so often seen and of which we frequently hear so much. Fainting is often and most usually caused by an effect exerted over the nervous system in consequence of some peculiar mental condition; thus the sight of frightful objects, looking at bloody surgical operations, and various similar causes exert a depressing influence over the brain; the nervous stimuli is withheld from the heart, it

consequently ceases to contract, The Circulation necessarily stops, and Syncope follows, from a want of a due supply of blood to the brain.

Again we often see the imagination exert over the system an effect resembling that of the most active medicines: The sight, or even the bare idea, of unpleasant or disagreeable objects, often causes immediate, and copious vomiting.

Music, or the gentle rippling of water, exerts a soporific effect, over the body. The singing of a nurse causes the infant to sleep.

Excessive perplexity of mind, often causes as copious sweating as the most powerful Diaphoretic of the Materia Medica.

The worst case of retention of urine, may often be relieved by causing the patient to make an effort to urinate, and at the same time pouring a stream of water, so as to cheat him into the belief that it is his water esca-

ping; This belief will often have such effect on the cause of the retention that it will be overcome and copious Diuresis follow. Thus we have seen that the conditions of the mind exercise a governing power over the Muscular system, over the glandular system, increasing the secretions under some and diminishing under other conditions of the imagination, over the nutritive functions, causing men to grow fat, or lean, as the imagination was wafted on the golden wings of pleasure, or borne adown the dark, and turbulent, stream of sorrow. Over the Nervous system, Increasing, Diminishing, or Perverting, its sensibility according to the peculiar emotion that produced it. It also influences the Heart, and vascular system, increasing the circulation, and sending the blood speeding on its way with redoubled speed, or retarding it in its motion and sometimes entirely stopping its circulation.

as the emotion is exciting, or depressing in its nature. we have also seen that pleasurable emotions, and an agreeable state of the mind, allow the digestive organs to perform their functions with the most perfect ease; while on the other hand, if the imagination is goaded by the scorpion lash of sorrow, or misfortune, that this function is suspended in the most perfect health. In fine nearly every organ, and function, in the human system are directly influenced by this allpervading, and potent agent. Then how rational the conclusion, and how obvious the fact, when we see such influences as these exerted by any agent, that such agent, is a most powerful means of producing, and developing, nearly every class of diseases. I might relate many cases that have been recorded in confirmation of these facts if my space would permit. During the prevalence of Epidemics, such as cholera, Small-pox, and other contagious diseases, we often

see it strikingly realized; Such persons as have no dread, or abhorrence, of the disease and such as observe them with calmness, and meet them with no emotions of fear, we see in the generality of cases entirely exempted from their effects. While those who shudder at their approach, and strive to evade their presence, concentrating the whole energy of the mind on the organ subject to the disease, imagining every little derangement that may arise in the system, to be a sure precursor of the epidemic, are the first and most certain persons to fall victims to its ravages.

With these general remarks I will take up a few of the individual passions, most important in their effects, and see what peculiar power they exert, in producing disease and in what way this derangement is produced.

And first, I will take up the most desperate passion which ever disturbed the peace of mind.

The passion which besides its ravages on the peace of society, has more frequently than all others quenched the vital spark with impetuous violence. I allude to Anger. Horace has truly said.

"Ira furor brevis est
Animum regit, qui nisi paret imperat"

Anger is powerfully exciting in its nature; having a direct influence over the heart, and vascular system, it was said by Dr Harrison "Anger acts on the whole frame. The heart is roused into violent pulsation, the limbs are convulsively agitated, and augmented in vigour and the nervous system vibrates with electric fire." Its effects are familiar, and obvious to every one. all have seen persons under its influence, It imparts a new tone, and vigour to the circulatory apparatus, from the brain through the nervous system. The heart, and arteries, perform their functions with

unusual rapidity; the blood is sent with accelerated speed, and power, through the arteries its volume becomes so great, that the capillary system cannot allow it to pass sufficiently fast through it; and the consequence is an engorgement and congestion of this minute system of blood vessels. Hence the red and flushed appearance, the distorted features and all the characteristics of this passion. The nervous system also gives unmistakable signs of derangement, by its perverted action. Seeing that this passion exerts such a powerful agency over the circulatory apparatus, as well as the nervous system. It is most clear that it must be a most potent agent, in creating or hastening to a fatal termination, such diseases as may be influenced by either of these important systems. Suppose for instance, a man be predisposed to congestion of the brain, or Apoplexy,

with a relaxed, and debilitated, state of the Cerebral vessels: and by a sudden fit of anger, the blood be sent with accelerated speed through the large vessels, leading from the heart to the brain, and thrown with its unnatural momentum, into these weak and yielding vessels; is it not more than probable, that Apoplexy will precipitate the unhappy individual into immediate death; or fatal congestion, or some other allied disease, put an end to his existence. Or in case of an Aneurism, in a large artery in the arch of the Aorta, where the two internal coats the mucous, and fibrous, have given way and none left but the external, and that debilitated, and distended, by the disease the weakened portion being situated so as to receive directly, the whole force of the circulation: Here again in such a case as this a sudden impetus given to the circulation by this passion might be the

means of producing instantaneous death; on account of a rupture of the vessel. Or if there is a predisposition to Haemoptysis, or any other variety of haemorrhage, or portions of the Lungs being destroyed by Tubercle, and the large blood vessels of these organs being diseased, and partially destroyed, dangerous, and fatal, haemorrhages are liable to occur at anytime from a paroxysm of anger. Such severe paroxysms of anger are often followed by fevers, and other diseases, John Hunter the celebrated surgeon is said to have died while laboring under a fit of anger. The curative process of nature may also be arrested by these mental irritants, this is illustrated by a case related by Sir Astle Cooper. He was attending a man for an ulcer which for several times after being apparently nearly well, would suddenly change its healthy appearance and become worse, upon inquiring

he found that the patient being in the room with his family was frequently fretted. He had him removed to a distant apartment where he was free from the irritating source, and his ulcer soon healed under the same treatment that had before failed.

I might relate many, more of the blighting effects of this passion, which have been recorded by authors if it were necessary but I will leave this and take up another somewhat similar in its effects, though produced by entirely different causes. Joy This is an exciting agent increasing the circulation, causing the pulse to bound, and the Heart to leap, very much like the effects of anger. Joy sometimes exerts such a powerful effect over the system, as to extinguish life almost instantaneously. Pliny informs us that Chilo the Lacedaemonian, died suddenly upon hearing that his son had gained

a prize in the Olympic games. Sophocles the great tragic writer died in consequence of a decision made in his favor for the palm of superiority in his department of literary pursuit.

Leo the tenth died from a fever brought on from the joy which the capture of Milan produced. Hume says that many aged persons died suddenly in England on hearing of the restoration of Charles the second. The aged doorkeeper of congress fell down dead upon hearing of the capture of Cornwallis.

This agent when moderately exerted is also a powerful means of curing disease. To withhold the boon of joy from patients laboring under many classes of disease, is to withhold from them one of the most powerful means of relief.

The next and last passion of this character to which I will allude is Love. This is a passion that pervades the whole human

family, to a greater extent than all others;
It is observed with the first dawning of infantile existence, and ends only with life itself.
It is found in every land, and in every climate, in all nations, and in every condition of society. It is found in the wigwam of the savage, in the humble hut of the peasant, and in the royal palace, of the king; It binds the Laplander to the cold and ice-clad hills of his arctic clime, the Hotentot, and Arab, alike to the barren sands of their desert home. But I shall only allude to that love which exists between the sexes, This passion exerts a powerful controul over the mind, as well as the health of the system; and the due performance of its requisite functions. Shakespeares "Viola" is a good representation of the emotions which actuate a delicate and impressionable mind

under the pent up influence of this passion.

"She never told her love but let concealment
like a worm in the bud, feed on her damask
cheek she pined in thought".

The effects of this passion have been the theme
of poets, and novelists, of all ages. We contin-
ually hear, and read, of blighted health, pre-
mature decay, untimely death, of broken
hearts, and heart strings torn asunder, and
various similar effects attributed to its agency.
And I doubt not there are many such results
occurring in reality from its agency alone. I
think that in this, as well as the other two pas-
sions to which I have alluded, that the heart
by its forcible action, is often the seat of viri-
ous and fatal derangements. Its valves from
their delicate, and nicely adjusted ^{nature,} ~~structure~~
are liable to become disorganized, and
thickened in their structure, offering an

impediment to the free passage of the blood and causing Hypertrophy, and various other affections, of that organ. and from its forcible action the Chordae Tendinae might be ruptured causing in reality a "breaking of the heart strings." I might go on to relate various, and almost innumerable pathological conditions, of the heart and its appendages that might be brought on by this papion but I will leave this class of agents and take up some papions belonging to a class of quite a different nature; agents which instead of increasing the vascular action, and imparting new tone and vigour to the muscular system, act entirely in a different manner; depressing these functions, and often entirely depriving the sufferer of voluntary motion, and fixing him for the time as permanently as was the unfortunate "wife of Lot." And first of

this class I will take up the consideration of Fear, this passion effects directly the nervous system, through the brain depressing the nervous energy its stimuli is withheld, from the system hence every organ (for they are all dependant on this system) is checked in the performance of its respective duty. The heart ceases to contract from a want of the requisite nervous influence; the circulation as a consequence is stoped; the pulse ceases to beat, Respiration is for the time suspended, and in short the whole system is motionless and relaxed; The blood is not sent to the surface, but remains in the central organs, hence the pallid, and expanguious appearance of those laboring under this passion. It is evident that if this state of things was to remain for any considerable length of time that permanent death must be the inevitable consequence; But fortunately

the asperity of the emotion is but of momentary duration, and the system is very soon allowed to react, But it is evident (notwithstanding its usual short duration) that such sudden, and powerful pervertions, from the natural condition, must often be followed by the most unpleasant circumstances.. Excessive fright may cause a cessation of the circulation and death follow from Asphyxia on account of an insufficiency of oxygen in the blood; or portal congestion might be produced by it with a host of other derangements unnecessary to mention. The sphincter Muscles may become relaxed or temporarily paralyzed, by excessive fear, or fright, and involuntary discharge of urine & faeces, as frequently a result especially with the inferior animals. In the same way abortions are liable to be produced by this agent.

Sorrow is an other emotion somewhat depressing in its nature, resembling the one last considered. In severe cases of sorrow or grief, we see the nervous energy obtunded, the circulation tardy, the pulse feeble, and every vital action impeded in its requisite performance. Under the blighting influence of sorrow results, most unfavorable to the health of the system, and results of the most fatal character, frequently follow. I will not proceed any further with this division of the subject or consider the liabilities, of the many remaining mental agents to produce disease, and derangement, but will take up the last division which I made of it, that is the power which the mind may be made to exercise in the cure of disease. And first I will take a cursory view of the extent

to which the effects of Therapeutic agent, may be modified, or controlled by the condition of the mind when they are administered.

All physicians, as well as those unprofessional persons, whose province it has been, to watch to any extent the action of medicinal agents on the human system, have been impressed with the great influence exerted over their action by the condition of the individual mentally. So startling are these facts, and so irresistible the conclusion that it is a belief and a maxim, amongst people generally that even the presence of one physician, will do more towards the cure of disease than the medicines of another. It is this influence that accounts for the fact that agents which fail in the hands of one man, may be given in the same case by another, and prove entirely successful or that agents which are known

to the physician, to possess no medicinal qualities but to be entirely inert in their nature — are often given to a patient (who puts implicit confidence in his physician) with the most active, and beneficial, results. I will quote a case or two that have been recorded in confirmation of this fact Dr Pictet in order to test the power of the imagination, in his experiments with nitrous oxide, gave to a young lady Miss B — who wished to inspire this exhilarating gas, in its stead common atmospheric air, he says. "She had scarcely taken two or three inspirations of it when she fell into a state of syncope which she had never suffered previously she soon recovered." So we see that although she was simply inspiring common atmospheric ^{air}, yet she labored under the belief that it was a different agent, and this simple innocuous fluid in which

she had lived, and breathed, from earliest infancy had the effect of the most powerful exhilarating gas. Dr Gregory of Edinburgh has related a case illustrating this effect. A student who was laboring under fever, and who was under the care of the doctor, required the administration of an Anodyne and he was accordingly informed by the doctor that he would order one for him to be taken at bed time the patient however thought he said 'Cathartic' the next morning when the Doctor called he inquired what effect the anodyne had produce. "Anodyne" replied the young man "I understood it was a Cathartic and a very active one it has proved I have had four copious stools and feel much relieved"

All intelligent physicians, and surgeons (conscious of the power of the mental over the physical) when called to a case of disease make it their first effort to infuse into the

mind of the patient an entire confidence in their knowledge of the disease, and the power of their remedies to cure it; or the experienced surgeon before the performance of a severe operation, strives to create in the subjects mind a favorable opinion of his abilities and a belief that it will terminate favorably; and when this impression is established (all other things being favorable) in my opinion the larger half of the cure is accomplished. But on the contrary if a person who is laboring under disease or who is the subject of a severe operation, despairs of recovery himself, and allows his mind to tinge every surrounding object with the sable color of despair, and looks with an eye of suspicion and dread, on every remedy employed viewing his physician as a mere messenger of death; In such a conditioned mind, it is as difficult to control diseases or gain the beneficial effects of

medicines, as it is to force the light of gos-
pel truth, into the mind of a calous infi-
del ~~who~~ who has barred up every avenue of his
understanding to the convictions of truth, by
uncompromising hatred of the light of evidence.
You may gain some temporary relief under
such circumstances but even then; his mind
being filled with despair, those symptoms
~~symptoms~~ which the physician hails, as
the harbingers of health, and evidences of re-
treating disease, are by him wrongly constru-
ed. and he looks upon them as the inevitable por-
tend of the most fatal results. Dr Drumgison
in his Therapeutics says. "The effects of one
of the intellectual faculties when inordinate-
ly exerted on the bodily functions are signal;
and to this must be ascribed cures that are
said to have been effected by modes of man-
agement often of the most revolting character"

to this effect alone can be attributed the beneficial results produced by the many incantations, and magic remedies, with which in former ages *materia medica* abounded; and which are yet found to some extent in certain countries.

To such extent did this credulity, and superstition exist in the medical world, that Pliny affirmed that "Magic was wholly derived from medicine" These magic remedies are now nearly entirely abandoned, in the more enlightened countries; and I know of no relic of this superstition in the medical works of this country, except one solitary name applied to a class of remedies which allay pain 'Carminatives' from the fact that Carmina, or verses, and incantations, were once employed for the same purpose. And it would seem that Pliny was correct, in his assertion; when we come to examine some of the most important modes

which were once employed, in the treatment of disease, and such as received the approbation, and sanction, of the most learned men then living, and modes the beneficial, and curative effects of which, were attested by multitudes of startling cures, and the voices of legions were ready to declare them infallible; such modes as have long since exploded, and proved to be entirely worthless remedies, originated by ingenious minds, and based upon the credulity of the people; the sole virtues of which were dependent upon this mental influence to which I have alluded. Of this class of agents I will mention a few which have startled the world with their beneficial results. The word Ananazipta scrawled on parchment was said to cool fever. Abracadebra figured on an amulet and worn around the neck, or uttered in a certain way was supposed to have the

power of curing many diseases. A Hexameter
from the Iliad allayed the agony of gout.
And Rheumatism yielded readily to a verse of
the Lamentations. A century ago the scrofula
or Kings evil was readily cured by the Royal
touch. Bacon believed in the effects of charms,
and Incantations. Pliny recommends stones ta-
ken from the craws of young swallows in Epilep-
sy etc. And lastly we see existing, or originating
in our own country one of the greatest delusions
of this kind that perhaps ever existed, or ever
preyed upon the credulity of mankind. one
that was adopted in Europe, and for a while
withstood the investigation of scrutinizing
thousands: I allude to the curative power
which Mr Perkins professed to exert by his
metallic Extractors; known as Perkinsism, And
there is no doubt from well authenticated
facts, that the worst cases of Rheumatism,

Local pains, Paroxysms of Intermittents, and other such diseases, were actually cured through the agency of this then popular means, which afterwards proved to be perfectly futile and worthless; when its curative power also ceased Dr Haggarth to test the influence which the imagination exerted in these cures attributed to Perkins' instruments; shaped pieces of wood in the form of tractors and with much ceremony applied them, as though they were the real tractors by which he also effected some most wonderful cures, proving that the result of Perkinsism was not due to any good effect of his instruments; but alone to the confidence of those on whom he experimented

Mesmer seized on the same principle of human nature to put into effect his celebrated scheme which but a few years past was so much agitated. But at this enlightened period there is not.

that amount of superstition, and credulity, exist-
ing in the world to secure success to such bare-
faced humbugery and its too

"Has like the Borealis aëre"

"That flit ere you can point their place"

The same principle applies to the cures perform-
ed by what are called "faith Doctors". Quacks
and quack remedies flourish best in a soil of
credulity. From all this I infer that if a
person takes a remedy with implicit confidence
that it will have a certain effect, that it will
be greatly prone to have the effect just as an-
ticipated. I doubt not much of the benefit
which is usually thought to be gained over dis-
ease by traveling is often due to the beneficial
effects exerted over it by a condition of the imagi-
nation brought about by this means. It is often
the case when physicians have old long standing
cases of disease, such as chronic Rheumatism

Gout, Bronchitis, Scrofula, and various other such diseases, which they have found by long and unsuccessful treatment, that they cannot cure. and when they see that the disease progresses in spite of their remedies; Rather than prolong an unavailable treatment, and at last have the patient to die on their hands, it is customary under such circumstances to advise him to travel for his health, knowing that they will be free from the trouble, and responsibility, of the case. and thinking that perhaps it might be benefited in some way by this method. And strange to say, these old abandoned cases, after roving long through the sunny south (for they are generally directed towards this quarter.) often return entirely cured. I have no doubt this mild, and temperate climate, may often prove beneficial to some diseases But I think many of these cures are owing to quite a different agent; I imagine that the major part

of the cure is often produced through the medium
of the imagination; While traveling on our southern
rivers or in the regions of the West Indies, or Bahamas,
the rich, and varied scenery, which is ever before
the eyes and the circumstances, and reminiscences
there with connected, are themes upon which the
mind may dwell and never tire; he can here
view nature's fairest regions, or while traveling
through the rich, and fertile lands of the ever-
smiling south, he here beholds perpetual ver-
dure, unfading spring, fields ever waving with
their abundant harvest, here everything is buoy-
ant with vitality; all resembles young life
just budding into perfection; he behold
around him no death, no withering decay,
nothing calculated to call his mind back
from its pleasant wanderings, and again
concentrate it upon his own sad and aban-
doned condition. But his imagination is

occupied in one continuous chain of pleasant thoughts, and bright and happy reflections. Thus the unpleasant effects of a continuous stress of the imagination upon a diseased, and debilitated system, are removed. And from these and other causes (exerted through the medium of the mind) the effects of which we alone know diseases are often overcome, and health restored after all other remedies have failed.

A mild and placid condition of the mind, freed from all irritating, and exciting emotions is almost incompatible with disease, and where we see it exist it has a marked and decided effect in the cure of such disease.

The return of a near, and long absent friend or relative, may arouse the imagination, dispel the gloom, and restore the patient, who all the skill of the medical profession could not have moved by medicinal agents.

Dr Rush relates a case highly illustrative of this curative agency which may be accomplished through the imagination. says he "During the time I passed at a country school in Cecil County in Maryland I often went on a holiday with my schoolmates to see an eagles nest upon the summit of a dead tree in the neighborhood of the school during the incubation of that bird. The daughter of the farmer in whose field this tree stood and with whom I became acquainted married and settled in this city about forty years ago. In our occasional interviews we now and then spoke of the innocent haunts and rural pleasures of our youths and amongst other things of the eagles nest in her fathers field. A few years ago I was called to visit this woman in consultation with a young physician, in the lowest stage of

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Typhus fever. Upon entering her room I caught
her eye and with a cheerful tone of voice
said only the Eagles nest. She seized me by
the hand without being able to speak and
discovered strong emotions of pleasure in her
countenance, probably from a sudden ap-
preciation of all her early domestic connexions
and enjoyment with the words I had uttered
From that time she began to recover. She is
now living and seldom fails when we meet
to salute me with the echo "The eagles nest"

Joy and Hope are both means which may
be made to play a conspicuous part ^{the turn of} in almost
any disease which we are called to treat. Joy
must be administered to the mind of diseased,
and debilitated, persons with great care and
moderation, lest by the powerfully stimulating
capacity with which we have seen it is endowed
it produce the most unpleasant consequences.

But if well timed and infused gently, and
with care, into the mind it evidently is of vast
importance in the cure of many characters of
maladies. Hope may be poured with full tide into
the mind under all circumstances. It diffuses its
cordial influence through the bitterest draught
with which the cup of life is dashed. It sheds
its bright and cheering radiance over the curtain-
ed gloom of sickness. Its consolations and
assurances refresh and invigorate the weary
and languished spirits in the darkest moments
of human suffering. I will close by giving
sir A Croppers advice to his pupils. "It is your
duty to support Hope to preserve tranquil-
ity and to inspire cheerfulness even when
you are still doubting of the issue"

John... L. Pain