

## POETRY.

### Selected.

From the *London Literary Gazette*, of April 19.

#### "THE VOICE OF THE WAVES."

(Written near the scene of a recent Shipwreck.)

"Answer, ye chiming waves,  
That now in sunshine sweep;  
Speak to me from thy hidden caves,  
Voice of the solemn deep!"

Hath man's lone spirit here  
With storms in battle striven?  
Where all is now so calmly clear,  
Hath anguish cried to Heaven?

Then the sea's voice arose,  
Like an earthquake's under tone—  
Mortal, the strife of human woes  
Where hath not nature known?

Here to the quivering mast  
Despair hath wildly clung;  
The shriek upon the wind hath past,  
The midnight sky hath rung.

And the youthful and the brave  
With their beauty and renown,  
To the hollow chambers of the wave  
In darkness have gone down.

They are vanished from their place,  
Let their homes and hearts be made mourn!  
But the rolling waters keep no trace  
Of pang or conflict gone.

Alas! thou haughty deep!  
The strong, the sounding far!  
My heart before thee dies,—I weep  
To think on what we are!

To think that so we pass,  
High hope, and thought, and mind,  
E'en as the breath stain from the glass,  
Leaving no sign behind!

Saw'st thou nought else, thou main,  
Thou and the midnight sky—  
Nought, save the struggle, brief and vain,  
The parting agony?

And the sea's voice replied—  
'Here nobler things have been!  
Power with the valiant when they died,  
To sanctify the scene.'

Courage, in fragile form,  
Faith, trusting to the last,  
Prayer, breathing heavenwards thro' the storm—  
But all alike have passed.'

Sound on thou haughty sea!  
These have not passed in vain;  
My soul awakes, my hope springs free  
On victor wings again.

Thou from thine empire driven,  
May'st vanish with thy powers:  
But, by the hearts that here have striven,  
A loftier doom is ours!

## CHOLERA.

The following Extracts are from a PRACTICAL TREATISE on the EPIDEMIC CHOLERA as it prevailed in the City of New York in the Summer of 1832.

### OF THE TREATMENT OF CHOLERA.

Having now described the disease in its various forms, and having treated of its remote and exciting causes, the reader is prepared to understand the remedies which are to be recommended for its removal, as well as the principles on which these remedies are employed.

When Cholera appears in any place, and begins to spread, it is utterly vain to remove with the hope of fleeing from the disease. The remote causes which we have placed in the air have already excited the predisposition in all who have inhaled it; and however rapidly they may leave the city, or however distant they may flee, they carry with them the epidemic constitution, or the predisposition. The effect is already produced by the morbid cause upon the brain and nervous system; and all are predisposed to the epidemic who live within the atmosphere of its influence. This fact should be well understood, as it would show the importance of prudence and discretion in avoiding the exciting causes, as well as the consummate folly of removing our families, especially when we are liable to suffer an attack after we have gained a location free from the epidemic influence, and at the same time beyond the most judicious means of relief. Very many have fallen victims to the disease by removal, who, had they remained at home, might probably have altogether escaped an attack. Persons who remove without remembering that already they have become predisposed by exposure to the cause, throw off all restraint, and live as though they were safe from the disease. They therefore suffer an attack which might have been prevented by judicious precaution; and being frequently distant from medical aid, are beyond hope before physicians can be procured. Such instances were by no means rare the last summer, and ought to serve as a salutary lesson on the recurrence of the epidemic.

This epidemic constitution or predisposition, however, may present no sen-

sible signs, although its existence is certain in all the inhabitants of a neighbourhood or city where the Cholera, or any similar epidemic, begins to prevail. In some cases, however, it may be recognized by a sensation of debility and indisposition to motion, of which many were conscious in New York, not only before any premonitory symptoms had appeared, but before there were any apprehensions of Cholera either felt or expressed in the city, and certainly before its existence here was certain. It may have existed for weeks prior to the irruption of the epidemic, and may account for many modifications of other diseases, which were deemed by physicians as unusual and inexplicable. Indeed, the intestinal irritation and morbid excretions, so familiar in the prevalence of the Cholera, had attracted the attention and elicited the remark of many discriminating physicians for six weeks before the Cholera was reported as here, and these symptoms were often troublesome and sometimes fatal in May and June, in other and distinct diseases. And although we could not then predict the spread of the epidemic, yet, on any future season, these signs would be regarded as premonitory of a visitation.

But it may be remarked that, however manifest the predisposition, even by sensible signs, such as those we have named, the disease may be altogether avoided by carefully abstaining from the exciting causes. And should this epidemic constitution be still more clearly manifest by the appearance of premonitory symptoms, yet still it is by no means certain that an attack will supervene, if prudent measures be adopted and pursued.

To the predisposed, including all the inhabitants of the region where the epidemic has commenced its ravages, I would recommend the following rules:

1st. Let care be taken to avoid all unnecessary exposure, especially to the night air; let the feet be kept dry and warm, and the skin protected by flannel, changed twice at least in the week.

2d. Let an entire change be adopted in the quantity of food taken into the stomach, as well as its quality. The articles eaten should be such as are easy of digestion, and all of these very moderately. A full meal will often bring on an attack, whatever be the kind of food taken.

3d. Avoid all undue excitement, whether physical or mental; any exertion long continued, and especially to fatigue, will frequently prove an exciting cause. Hard labour, close study, or an indulgence of the exciting passions of the mind, must be carefully abstained from.

4th. Above all things, take no medicines as preventives, by whomsoever recommended; and especially no vinous, spirituous, or malt liquors. Any stimulant, of whatever kind, habitually used, even in moderation, is found to give a predisposition to all epidemic diseases, and especially to Cholera, frequently becoming the exciting cause of the most desperate and unmanageable attacks.

5th. Preserve a calm composure of mind, as far as possible, and indulge a confident security of immunity from an attack while you thus avoid the exciting causes. The depressing passion of fear, when cultivated, often excites the disease.

But to those who are attacked with what are called "premonitory symptoms," which most frequently arise after some imprudence, I would recommend that they view the diarrhoea, not in the light of an attack of Cholera, but as an admonition that they have erred in subjecting themselves to some exciting cause, and that they are now liable to an attack. And as nature has aroused for its own protection, let them on no account interrupt or suppress this salutary process by astringents, tonics, or stimulants, of any kind; and, above all, avoid opium, brandy, or wine, as you would shun the face of a serpent.

If there be any considerable nausea or vomiting present at the commencement of the diarrhoea, or if these precede it, drink half a pint of salt and water, go to bed, apply a bottle of hot water to your feet, and promote a gentle perspiration. The effect of the salt and water will be, that you will vomit the contents of your stomach, and a slight purgation will follow. If you are not then entirely relieved, you may find it necessary to take 15 grains of calomel, and perhaps follow it in four hours with an ounce of castor oil. If, in the mean time, you eat nothing, and drink cold water only your premonitory symptoms will be over, and all hazard of an attack is removed.

But if you have been living abstemiously, you will have little nausea at first, and you may take therefore 15 or 20 grains of calomel at once, and alone. This done, will in ninety-nine cases in a hundred, fully answer the purpose, if aided by the recumbent posture, and

the other means mentioned in the last paragraph, and the appearance of bile in the discharges will give evidence that the danger is over. It is sometimes necessary, however, to repeat the dose of calomel, and even follow it with oil, if the diarrhoea have existed for any length of time, and been neglected.

If it have been neglected too long, and with the diarrhoea there be a tightness in the chest felt on breathing, or any increase of the spasmodic twitching of the muscles has supervened; and especially if the calomel does not have its desired effect, and the characteristic discharges continue notwithstanding; then the patient should be bled. Indeed so important is this course, that, as an auxiliary to the calomel, it should be pursued in all violent cases. Professor Sewell of Washington, D. C., directed all the cases of "premonitory symptoms," among the labourers on the canal, to be bled, with the other appropriate treatment we have named, and although a signal fatality had previously occurred, not a single death took place from the day on which the bleeding practice was commenced. My own experience has fully tested the propriety of this course, nor do I recollect a single case treated by me in the premonitory symptoms by bleeding and calomel, which was my usual practice, which afterwards suffered an attack of the disease, although many of them had been neglected and were violent when I saw them. A few hours after the bleeding, the bilious discharges from the bowels following a single dose of calomel, gave evidence of the entire removal of the morbid action; and all the symptoms immediately subsided.

Nearly all the cases of mortality in New York, occurred among those who had neglected the premonitory symptoms, or what is worse, had treated them by opium and brandy. We except, of course, the few instances which came on suddenly, without any premonition. These, therefore, were generally in the stage of collapse or asphyxia, as it is called, sometimes the blue stage, and which has been minutely described in a previous chapter. This was the condition of most of those who were carried to our hospitals, and whatever may be thought of the treatment generally pursued in those of this city, and whatever has been said of the fatality occurring in them, it is but common justice that it should be known, that a large majority of the patients sent to the hospitals had been for hours in this blue stage or collapse, before their admission. And when the additional fact is remembered, that most of these were dissolute, filthy, and drunken subjects, the mortality will cease to be wonderful, and it will rather be matter of astonishment that any such were cured by any treatment. Though unconnected with either of the public establishments, and although I strongly reprobate the plan of treatment pursued in some of them, yet it is due to truth, that these important facts should be known and appreciated; and the gentlemen concerned are entitled to this exhibition of facts, in any strictures which are made upon them or their hospital practices.

The symptoms characteristic of this stage, are those of Cholera, and any previous or subsequent symptoms, possess no diagnostic character by which they can be certainly distinguished from analogous symptoms, occurring in other diseases. When these are present, therefore, or a majority of them, I regard the case as well marked, and the condition of the patient presents to my mind, a state of congestion, which, unless removed, must infallibly be fatal in a few hours. Upon this view of the subject, my treatment of Cholera has been founded, and I should therefore have pursued it, if it had never been proposed or tried before me; and I would have carried depletion to the same extent to which I have ever used it, if no medical authority upon earth had existed to sustain me. Indeed, the admission that it is a disease of congestion, would lead any mind to the same conclusions and practice. Accordingly some of the best authorities on this subject are directly in point, and amply sustain the bold and energetic treatment for which I contend, and the triumphant results of which I had the happiness of witnessing in my own practice, and also in the hands of others equally successful.

In these symptoms, therefore, my chief reliance is on the lancet, and I prefer this to leeching or cupping, although both have found advocates, and both may be useful, but only as auxiliaries, if the congestion be as great as that we witnessed in the cases here. The treatment of this condition of the system ought to begin by a full bleeding, to be repeated as often as the circumstances demand, and this will often be three or four times in the course of twelve hours. My next remedy, in point of order and importance, is Calomel, in doses of twenty

or thirty grains, to be repeated every two, three, or four hours, according to the urgency of the symptoms. And this agent I employed alone, uncombined with opium or any other auxiliary.

On opening the vein in these cases, the blood will be found nearly of the colour and consistency of tar, and will flow only by drops, and often requires to be forced by mechanical means. In such cases, if external heat and frictions to the surface of the body did not succeed, I adopted the expedient often used in other congestive diseases, of exhibiting ice internally, small pieces being rapidly swallowed. This plan never once failed me, and by it I could obtain the quantity of blood which the emergency called for, thus unlocking the oppressed circulation. Very soon I found the ice indispensable to control the vomiting, and have often succeeded thereby in allaying the thirst without drinks, and controlling a stomach so incorrigible that it resisted all the other remedies usually employed.

The importance of this quick and plentiful abstraction of blood arises from its accumulation in the internal and larger vessels, which constitutes, as we have said, the very essence of the disease. This accumulation, together with the profuse discharges of the watery part of the blood, prepares the congested mass for coagulation, to which the state of rest, in which asphyxia results, disposes it. The effect of this congestion upon the circulating mass, first affects the liver by reason of its peculiar organization, and the absence of bile in the passages, is to be attributed to a spasm in the ducts leading from the liver and gall-bladder into the intestinal canal, an opinion which dissection abundantly confirms. By large and repeated bleeding, a change is not only effected upon the circulation, and the blood thereby prevented from rest, which favours its coagulation; but a relaxation of the extreme vessels, as well as of the ducts and ureters affected with spasms, often resulted in the worst cases, where sufficient blood could be drawn, in an immediate secretion of bile and urine, as well as the restoration of warmth to the surface, which before had been colder than that of a corpse. Indeed, I have several times heard the patient say, "I am getting warmer while the blood flows," when the coldness had been sensible to himself, and inquire the cause of what seemed to him so singular a phenomena. Another important result of bleeding, as manifest in this as in other diseases, was, that it rendered the subsequent remedies efficient; for in many cases where bleeding was not premised, neither calomel nor any other medicine had made its appropriate effect, in however large doses they were given.

I know that many have objected to bleeding where the skin is cold and the pulse is extinct; because they have not the signs present in other diseases, and supposed to afford indications which infallibly dictate its propriety. And some physicians have brought this practice into disrepute, by bleeding timidly and with a sparing hand; and because no sensible effect is produced by four or five ounces being drawn, they hastily close the vein, and let the patient die a victim to their superstitious fears. They forget that the symptoms are those of indirect debility, and that so far from apprehending that they will weaken the patient, if the bleeding result in direct debility, their patient is safe.

The names of Johnson, Scott, and Ennely, are familiar to all who have studied the history of Cholera, and the comparative merits of the various plans of treatment pursued by Asiatic and Indian practitioners. These gentlemen had undoubtedly the best opportunities of judging on this subject, and they unite in their testimony to the importance and necessity of blood letting.

Dr. Ennely says, that "the blood on opening a vein is at first thick, black, and comes away in drops; at length it becomes thinner, and flows with more ease, till the colour changes to a bright red. This is a change which should be always looked for; and whether it takes place after the abstraction of one ounce or thirty, is of no consequence; that change must take place before the patient can be saved." He adds, "If blood letting has not uniformly been followed by favourable results, it will be found to have failed most frequently when practiced by timid hands; where small quantities have been taken; such, for instance, as might be yielded by remote branches of vessels; but if the evacuation be carried till its effects reach the internal vessels and the heart itself, then the circulating system will be freed from an oppression which impeded its functions, and it becomes equal to the task of propelling the mass of blood."

Dr. Scott, when speaking on this subject, remarks, "It requires no common effort of reasoning or reflection to arrive at the conclusion, that when the powers of life appear depressed to the lowest degree,—the pulsation of the heart all but extinct,—the natural heat of the body gone,—the functions of the system suspended, and incapable of being revived by the strongest stimulants,—the abstraction of blood should yet prove a remedy against a train of symptoms so desperate. Indeed, blood letting, in the more aggravated forms of the disease, is a remedy so little indicated by the usual symptoms, that its employment in the cure of this fatal disease must be regarded as affording a signal triumph to the medical art."

Dr. Johnson was probably the first who tested this practice, to which he was led by the obvious venous congestions which dissection presented, and by the uniform fatality of every modification of stimulation which has ever been employed. It was the result of reasoning and reflection originally, but his experience in India has confirmed its propriety, safety, and success.

Bleeding, therefore, ought to be taken in such cases with the full persuasion, that if we succeed in obtaining a sufficient quantity, the patient may be saved; and friction, bathing the arms in warm water, opening

veins or arteries, if necessary, and the internal exhibition of ice, as well as rubefacient applications, and heat to the external surface, should all be employed as auxiliaries if necessary. Dr. Scott directs, that "the physician must not desist by any intermediate accession of debility or collapse, nor tempted to rest satisfied with any temporary melioration of pulse; his object goes beyond the present moment, and he feels confident, that if he can fully unload the internal vessels, he will save his patient, and if he fails, he will most probably lose him."

These authorities are referred to with the design of showing that the extensive depletion which has been recommended, even in the cold, collapsed, or blue stage, is not novel and unheard of, even in this epidemic; and with the hope that the testimony of Broussais in Paris, and those who have proven its success here, may receive confirmation, and that none may be deterred from adopting it, even in the most desperate cases.

I have dwelt thus long upon blood-letting as a remedy in Cholera, because I believe it to be the sheet anchor on which our firmest reliance may be placed. And if there has been a single instance of recovery from well characterized Cholera without blood-letting, it there lies a single living man or woman who has been recovered from deep collapse without, I frankly affirm I have seen, or heard or known credible evidence, of such an instance, and yet hundreds now survive after the whole train of symptoms had subsisted for hours, who owe their preservation to large and repeated bleedings.

Immediately after full bleeding, with the auxiliaries which have been mentioned, I administer uniformly a full dose of calomel, as stated above, of twenty or thirty grains, and repeat this every few hours, as the emergency demands, following it by purgatives or enemata, when indicated, though this was but seldom. For the relief of violent and obstinate spasms, I have witnessed extensive trials of external friction by hot chalk, lumps of ice, flowers of sulphur, Cayenne pepper, cantharides, the moxa, and various other powerful agents; applied to the skin; but I could never attain any evidence of the specific virtues of either of these modes of practice; and yet I never failed in controlling and removing the spasms by copious blood letting, even when all these and large doses of opium had entirely failed. Of other remedies I have but little to say, as I conceive them all of minor importance. The mercurial ointment, with Cayenne and camphor, I have often used, where every effort to abstract blood has been abortive, from being undertaken too late; but though I have had such patients rubbed incessantly for six hours over the whole body, it has not succeeded in my hands, as it is said to have done under the management of Dr. Roe and others. The "camphor practice," as it is called, I have seen relied upon in a number of instances, until the patient was dead; but I never could hazard a dependence upon it myself, from any evidence of its usefulness which I have been able to obtain.

The brandy and opium plan of treatment, I fearlessly affirm, is not only irrational and absurd, but uniformly fatal. Without ensuring any body, I may here remark, that I never used a drop of ardent spirits, either externally or internally, in the treatment of Cholera, nor do I believe that it has been used with success by any one. That I have seen the worst results from the internal use of brandy and opium, administered by others, is one of the most painful reminiscences which the destroyer has left behind him, and one which will never be erased from my memory. It is true, that the patient under their use, or that of any other stimulus, will tell you that he is getting better all the while, but presently die of apoplexy of the lungs and brain. If I had a voice which could be heard throughout the land, I would lift it up, and warn my countrymen of the fearful consequences of using ardent spirits as a preventive or cure of Cholera.

Finally, with respect to the treatment of "consecutive fever," or the stage of reaction, I have but little to say, for the reason that the symptoms and treatment of this fever, is in no wise different from similar reaction in other congestive diseases, and has no one characteristic of Cholera. In the hundreds of my own patients, I never saw this consecutive fever either protracted or dangerous, if the necessary depletion had been premised; and, indeed, the reaction was for the most part readily controlled. The only exceptions to this statement were consequent upon imprudence, and mismanagement of convalescence.

I have thus briefly presented all that I consider important in the medical management of this formidable disease, and should it unhappily revisit us as an epidemic, I have full confidence that similar success, to that I have witnessed, will follow the same treatment in other hands. I claim no merit for novelty, nor pretend to any exclusive skill; but my opinions are the result of much reading and reflection—a close, patient, and arduous investigation of the epidemic, in its effect upon the living and the dead—and confirmed by an experience somewhat extensive, during the late visitation of this cruel scourge. And it is thus submitted to the public, with no other motive, than that my experience may benefit others in a like emergency.

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L. A. WILMOT, Agent.  
Frederickton, May 18th, 1833.