

HEALTH ALMANAC
FOR
1853,
AND GUIDE TO INVALIDS;

OR,
DIRECTIONS FOR THE TREATMENT OF
CONSUMPTION,
ASTHMA, HEART DISEASES,
BRONCHITIS, DYSPEPSIA, COSTIVENESS,
DIARRHŒA, DYSENTERY, FALLING OF THE
BOWELS, PILES, SALT RHEUM, AND SCROFULA,
FEMALE DISEASES, &c. &c.

BY SAMUEL SHELDON FITCH, A. M., M. D.
707 Broadway, New-York.

NEW-YORK:
S. S. FITCH & CO., No. 707 BROADWAY.



VIEW OF DR. FITCH'S NEW OFFICE,
Number 714 Broadway, New-York, (nearly opposite his old residence.)

 In order to obtain more extensive accommodations, Dr. FITCH, on or about the first of November, will remove to his new Office, No. 714 BROADWAY, a view of which is given above. The house can be readily distinguished by its marble pillars and front. Remember, No. 714 BROADWAY, four doors above his present residence.

TO THOSE INTERESTED.—As I have heard of several instances of persons travelling through the country representing themselves to have been either partners or pupils of mine, I would say that I have never had any partner in the practice of medicine, or any students, except my nephew, CALVIN M. FITCH, A. M., M. D., who has been with me for several years, and is now my assistant and associate.

S. S. FITCH.

DR. S. S. FITCH'S HEALTH ALMANAC FOR 1853.

SIX LECTURES

ON THE

Prevention and Cure of Consumption, Asthma, Dis-
eases of the Heart, Female Diseases, &c. &c.

BY

SAMUEL SHELDON FITCH, A. M., M. D.,
707 Broadway, New-York.

About EIGHTY THOUSAND COPIES of this book have been sold within four years. It is the result of more than *twenty years'* study and observation of Diseases of the Lungs and Chest. Within the four years previous to their publication, Dr. Fitch had prescribed for about 5,000 cases of Consumption; and since their publication, he has been consulted by more than 20,000 different persons. The records of these cases, their treatment, and the results, are carefully preserved, and fill over 90 large volumes, forming, in the words of an eminent physician, "the largest record of medical experience ever preserved by any private practitioner."

This book affords the Consumptive a reasonable hope. It shows him the *causes* of his disease, and points out a remedy. It has received a favorable notice from almost every respectable paper in the United States; and the unprecedented and still increasing demand for it, shows in what estimation it is held by the public.

A new edition of this work has been prepared, and is now ready for distribution. The author has gone carefully through the work, re-written a considerable portion of it, and also added some fifty pages of new matter. We are sanguine enough to hope that these improvements will procure for the new edition a reception even more favorable than was given to the book on its first appearance.

The price of this book in Muslin, gilt, is 75 cents, and in Paper covers 50 cents; and it can be sent by mail to any part of the United States.

Orders addressed to "S. S. FITCH & Co., 707 BROADWAY, NEW-YORK," will meet with prompt attention.

Business letters should be addressed to *S. S. Fitch & Co.* Letters for medical advice, &c., should be addressed (post-paid) to *Dr. S. S. Fitch, 707 Broadway, New-York.* Patients in correspondence with Dr. Fitch, who wish their letters pre-paid, can have it done by enclosing him a stamp.—S. S. Fitch & Co. will hereafter prepay all of their own letters, and would respectfully request such of their correspondents as have not yet adopted that plan to do the same.

ECLIPSES IN THE YEAR 1853.

During the present year there will be two Eclipses of the Sun, and one of the Moon.
 I. There will be an Eclipse of the Sun on Monday, June 6th, at the time of New Moon in the afternoon; invisible in all the northern portion of the United States. It will be visible on the Sun's southern limb at the following cities:

S. WESTERN CITIES.	Beginning.		Greatest Eclipse.		End.		Duration.	Magnitude.	S. WESTERN CITIES.	Beginning.		Greatest Eclipse.		End.		Duration.	Magnitude.
	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.				H. M.	H. M.	H. M.	H. M.	H. M.	H. M.		
Little Rock . . .	2 45	3 9	3 32	0 47	0 36				Mobile	2 49	3 33	4 14	1 25	1 38			
Tuscaloosa . . .	3 8	3 34	4 0	0 52	0 50				Tallahassee . . .	3 12	3 52	4 29	1 17	1 17			
Milledgeville . .	3 43	3 57	4 11	0 28	0 15				New-Orleans . . .	2 33	3 23	4 10	1 37	1 82			
Vicksburgh . . .	2 40	3 17	3 53	1 13	0 97				St. Augustine . .	3 29	4 7	4 43	1 14	1 20			
Jackson	2 45	3 21	3 56	1 11	0 93				Havana	3 3	4 6	5 4	2 1	3 34			
Natchez	2 32	3 16	3 57	1 25	1 26				Mexico	1 1	2 38	4 2	3 1	5 96			

The northern limit of visibility in this Eclipse, is a line leaving the Pacific coast about 150 miles south-east from San Francisco, and passing near Santa Fe, and thence east, bending south to the Atlantic Ocean; leaving Little Rock and Milledgeville on the right hand in the region of visibility, and Huntsville, Augusta, and Charleston on the left, where the Eclipse will not be seen. The Eclipse will be central and annular on the meridian in longitude 119° 54' west from Greenwich, and latitude 0° 38' north.

II. There will be an Eclipse on the Moon's northern limb on the 20th and 21st June; visible. Duration, 1 h. 36 m. Magnitude, 2.45 digits.

CITIES.	Beginning.			Middle.			End.			CITIES.	Beginning.			Middle.			End.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.		D.	H.	M.	D.	H.	M.	D.	H.	M.
Boston	21	0	29 m.	21	1	17 m.	21	2	5	Cincinnati . . .	20	11	35 e.	21	0	23 m.	21	1	11
Concord	21	0	27 m.	21	1	15 m.	21	2	3	Indianapolis . .	20	11	29 e.	21	0	17 m.	21	1	5
New-Haven	21	0	21 m.	21	1	9 m.	21	1	57	Nashville	20	11	26 e.	21	0	14 m.	21	1	2
New-York	21	0	17 m.	21	1	5 m.	21	1	53	Chicago	20	11	22 e.	21	0	10 m.	21	0	58
Philadelphia . . .	21	0	12 m.	21	1	0 m.	21	1	48	St. Louis	20	11	15 e.	21	0	3 m.	21	0	51
Baltimore	21	0	6 m.	21	0	54 m.	21	1	42	N. Orleans	20	11	13 e.	21	0	1 m.	21	0	49
Washington	21	0	5 m.	21	0	53 m.	21	1	41	Galena	20	11	12 e.	20	12	0 e.	21	0	48
Richmond	21	0	3 m.	21	0	51 m.	21	1	39	Natchez	20	11	7 e.	20	11	55 e.	21	0	43
Rochester	21	0	2 m.	21	0	50 m.	21	1	38	Little Rock . . .	20	11	4 e.	20	11	52 e.	21	0	40
Charleston	20	11	53 e.	21	0	41 m.	21	1	29	Mexico	20	10	37 e.	20	11	25 e.	21	0	13
Augusta	20	11	45 e.	21	0	33 m.	21	1	21	S. Francisco . . .	20	9	5 e.	20	9	53 e.	20	10	41
Detroit	20	11	41 e.	21	0	29 m.	21	1	17	Astoria	20	8	59 e.	20	9	47 e.	20	10	35

III. There will be an Eclipse of the Sun on the 30th November, at the time of New Moon; invisible in North America, excepting that a small Eclipse may be seen on the Sun's southern limb, along the Peninsula and Gulf of California and the Isthmus of Darien. It will be more or less visible in all parts of South America as far as about 46° of south latitude. It will be central and total on the meridian in longitude 110° 18' west from Greenwich, and latitude 11° 20' south.

EQUINOXES AND SOLSTICES FOR 1853.

EQUINOXES & SOLSTICES.	London.		Boston.		Washington.		Cincinnati.		S. Francisco	
	D.	H. M.	D.	H. M.	D.	H. M.	D.	H. M.	D.	H. M.
Vernal Equinox	March	20 4 25 e.	20 11 41 m.	20 11 17 m.	20 10 47 m.	20 8 17 m.				
Summer Solstice	June . . .	21 1 23 e.	21 8 39 m.	21 8 15 m.	21 7 45 m.	21 5 15 m.				
Autumnal Equinox	Sept . . .	23 3 36 m.	22 10 52 e.	22 10 28 e.	22 9 58 e.	22 7 28 e.				
Winter Solstice	Dec	21 9 12 e.	21 4 28 e.	21 4 4 e.	21 3 34 e.	21 1 4 e.				

When it is noon at London, it is 6 h. 52 m. in the morning at Washington; and when it is noon at Washington, it is 5 h. 8 m. in the evening at London.

APOGEE AND PERIGEE OF THE SUN.

The Sun is in Perigee Dec. 30, 1852	} distant from the Earth	{	93,573,000	} English miles.
“ “ Apogee July 3, 1853			96,773,000	
“ “ Perigee Jan. 1, 1854			93,577,000	

Venus (♀) will be morning star until May 13, then evening star until Feb. 28, 1854.

MOON'S PHASES.				CALENDAR				CALENDAR			
Third Quarter.....	2	4	58 H.	<i>For New-York, and serving for the Eastern, Northern, and North Western States.</i>				<i>For Charleston, S. C. and serving for the Southern and S. Western States.</i>			
New Moon.....	9	10	57 M.								
First Quarter.....	17	0	33 M.								
Full Moon.....	25	0	47 M.								
D.	D.	MISCELLANY.		☉'s	Sun	Sun	Moon	High	Sun	Sun	Moon
M.	W.			dec. S.	rises.	sets.	rises.	water.	rises.	sets.	rises.
				° ' "	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Sa	Norfolk burnt, 1776.		22 59	7 27	4 41	11 18	ev. 18	7 5	5 3	11 22
2	B	<i>2d Sund. aft. Christmas</i>		22 53	7 27	4 42	morn	1 6	7 5	5 4	morn
3	M	Battle Princeton, 1777		22 47	7 27	4 43	0 28	2 0	7 5	5 5	0 27
4	Tu	Trea. with Engl. 1784		22 41	7 27	4 44	1 39	3 2	7 5	5 6	1 33
5	W	S. Huntington d. 1796		22 34	7 27	4 45	2 52	4 13	7 5	5 6	2 40
6	Th	Labot died, 1738.		22 27	7 27	4 46	4 7	5 25	7 6	5 7	3 50
7	Fr	Liberia colonized, 1822		22 19	7 27	4 47	5 21	6 31	7 6	5 8	5 0
8	Sa	Bat. New Orleans, 1815		22 11	7 27	4 48	6 31	7 28	7 6	5 9	6 7
9	B	<i>Sunday aft. Epiphany.</i>		22 3	7 26	4 49	sets.	8 24	7 6	5 10	sets.
10	M	Stamp Act passed, 1765		21 54	7 26	4 50	5 59	9 12	7 6	5 11	6 22
11	Tu	Linnæus died, 1778.		21 45	7 26	4 51	7 8	9 58	7 5	5 12	7 27
12	W	Maximilian died, 1519		21 35	7 26	4 52	8 15	10 40	7 5	5 12	8 29
13	Th	George Fox died, 1691		21 25	7 25	4 53	9 19	11 22	7 5	5 13	9 29
14	Fr	Congr. rat. Treaty, 1784		21 14	7 25	4 54	10 21	morn	7 5	5 14	10 26
15	Sa	President capt'd. 1815		21 3	7 25	4 55	11 21	0 2	7 5	5 15	11 21
16	B	<i>2d Sund. aft. Epiphany</i>		20 51	7 24	4 57	morn	0 42	7 5	5 16	morn
17	M	Franklin born, 1706.		20 40	7 24	4 58	0 20	1 24	7 4	5 17	0 15
18	Tu	Bat. Kingsbridge, 1777		20 27	7 23	4 59	1 19	2 7	7 4	5 18	1 10
19	W	Copernicus born, 1472		20 15	7 23	5 0	2 18	3 3	7 4	5 19	2 4
20	Th	Howard died, 1790.		20 2	7 22	5 1	3 17	4 9	7 3	5 20	3 0
21	Fr	Louis XVI. beh. 1793.		19 48	7 21	5 3	4 17	5 18	7 3	5 21	3 57
22	Sa	Batt. Frenchtown, 1813		19 35	7 21	5 4	5 16	6 25	7 3	5 22	4 53
23	B	<i>Septuagesima Sunday.</i>		19 20	7 20	5 5	6 11	7 18	7 2	5 23	5 48
24	M	Fredk. the Gt. born, 1706		19 6	7 19	5 6	rises.	8 4	7 2	5 24	rises.
25	Tu	Robt. Burns born, 1759		18 51	7 19	5 7	5 42	8 45	7 1	5 25	6 2
26	W	Jenner died, 1823.		18 56	7 18	5 9	6 50	9 24	7 1	5 26	7 6
27	Th	Batt. C'p Defiance, 1814		18 21	7 17	5 10	8 0	10 2	7 0	5 27	8 11
28	Fr	Henry VIII. died, 1547		18 5	7 16	5 11	9 10	10 41	7 0	5 28	9 16
29	Sa	George III. died, 1820.		17 49	7 15	5 12	10 20	11 21	6 59	5 28	10 20
30	B	<i>Sexagesima Sunday.</i>		17 32	7 14	5 14	11 31	ev. 1	6 58	5 29	11 26
31	M	Osceola died, 1833.		17 15	7 13	5 15	morn	0 44	6 58	5 30	morn

Cato said, he had rather people would wonder why he had no statue erected to his memory, than that they should inquire why he had.

WHOOPIING COUGH.—During the past year Whooping Cough has prevailed very extensively in many parts of the country, and an opportunity has been again afforded to test the value of the Pulmonary Expectorant, in this disease, on a very large scale. It has no equal. It is almost a specific for the disease, making it very much lighter, and shortening the period of its continuance nearly one-half.

POPULAR CRUELTY.—To send children, five or six years old, to sit for a whole day on a hard bench at school, to get them out of the way.

No child should be sent to school until seven or eight years old, but be instructed at home, and allowed to play as much as he pleases in the dirt and open air, like other young animals.

Shakspeare says—

“This above all: to thine own self be true,
And it must follow, as the day to night,
Thou canst not then be false to any man.”

A Texan jury are said to have returned the following verdict: “We find the prisoner not guilty if he will leave town.”

2D MONTH.

FEBRUARY, 1853.

23 DAYS.

MOON'S PHASES.			CALENDAR				CALENDAR			
Third Quarter.....	d. h. m.		For New-York, and serving for the Eastern, Northern, and North Western States.				For Charleston, S. C. and serving for the Southern and S. Western States.			
New Moon.....	1 1 5 M.		Sun rises.	Sun sets.	Moon sets.	High water.	Sun rises.	Sun sets.	Moon sets.	
First Quarter.....	8 0 33 M.		H.M.	H.M.	H.M.	H.M.	H.M.	H.M.		
Full Moon.....	15 10 16 E.									
	23 2 23 E.									
D. M.	D. W.	MISCELLANY.	Q's dec. S	Sun rises.	Sun sets.	Moon sets.	High water.	Sun rises.	Sun sets.	Moon sets.
			o							
1	Tu	Fred. Augustus d.1733	16 58	7 12	5 16	0 42	-1 33	6 57	5 31	0 32
2	W	Lorenzo Dow died 1834	16 41	7 11	5 17	1 55	2 26	6 56	5 32	1 39
3	Th	Span. Inquis. abol. 1813	16 23	7 10	5 19	3 7	3 37	6 56	5 33	2 47
4	Fr	Jno. Rogers burnt, 1555	16 5	7 9	5 20	4 17	4 57	6 55	5 34	3 53
5	Sa	Golvani died, 1799.	15 47	7 8	5 21	5 20	6 20	6 54	5 35	4 56
6	B	Quinquagesima Sund.	15 29	7 7	5 22	6 16	7 25	6 53	5 36	5 52
7	M	Earthq. in Philad. 1812	15 10	7 6	5 24	sets.	8 19	6 52	5 37	sets.
8	Tu	Battle of Eylau, 1807	14 51	7 5	5 25	5 56	9 7	6 52	5 38	6 12
9	W	Ash-Wednesday.	14 32	7 4	5 26	7 2	9 47	6 51	5 39	7 13
10	Th	Cortez sd. for Mex. 1519	14 12	7 2	5 27	8 6	10 24	6 50	5 40	8 12
11	Fr	Ft. Boyers surrend. 1815	13 52	7 1	5 28	9 7	11 0	6 49	5 41	9 9
12	Sa	Savannah settled, 1733	13 32	7 0	5 30	10 7	11 33	6 48	5 42	10 5
13	B	1st Sunday in Lent.	13 12	6 59	5 31	11 6	morn	6 47	5 42	10 59
14	M	Blackstone died, 1780	12 52	6 57	5 32	morn	0 6	6 46	5 43	11 54
15	Tu	Gallileo born, 1564.	12 31	6 56	5 33	0 6	0 41	6 45	5 44	morn
16	W	Melancthon born, 1497	12 10	6 55	5 35	1 5	1 16	6 44	5 45	0 49
17	Th	Cornplanter died, 1836	11 49	6 53	5 36	2 4	1 59	6 43	5 46	1 45
18	Fr	Verm't ad. to U.S. 1791	11 28	6 52	5 37	3 3	2 57	6 42	5 47	2 41
19	Sa	Florida ced. to US. 1821	11 7	6 51	5 38	4 0	4 16	6 41	5 48	3 36
20	B	2d. Sunday in Lent.	10 45	6 49	5 39	4 52	5 36	6 40	5 49	4 29
21	M	Medfield burnt, 1676.	10 24	6 48	5 41	5 40	6 51	6 39	5 49	5 18
22	Tu	Washington born 1732	10 2	6 46	5 42	6 21	7 43	6 38	5 50	6 3
23	W	Batt. Buena Vista, 1847	9 40	6 45	5 43	rises.	8 26	6 37	5 51	rises.
24	Th	St. Matthias.	9 18	6 44	5 44	6 55	9 6	6 35	5 52	7 2
25	Fr	Batt. of Warsaw, 1831	8 55	6 42	5 45	8 7	9 45	6 34	5 53	8 9
26	Sa	Bonaparte lft. Elba, '15	8 33	6 41	5 46	9 20	10 22	6 33	5 54	9 16
27	B	3d. Sunday in Lent.	8 10	6 39	5 48	10 33	11 1	6 32	5 54	10 24
28	M	Batt. Sacramento, 1847	7 48	6 38	5 49	11 46	11 40	6 31	5 55	11 32

A good name, a good education, and a sound constitution, are by far the most desirable fortune that parents can leave their children, and yet they are an inheritance to which every child is justly entitled.—(Dr. Fitch's Lectures, new edition.)

If one-tenth of the time that is now wasted at our schools on almost useless studies were devoted to the study of the laws of health, it would do more for the permanent prosperity of the country in five years than Congress has done for the last twenty.

The celebrated Abernethy used to tell his pupils that all human maladies proceeded from two causes, stuffing and fretting.

Nearly one hundred thousand copies of Dr. Fitch's Lectures have already been sold, and the demand for them seems constantly increasing. A more perfect guide to health has never been published. Here is what two of our best papers say of the book:—

AN INVALUABLE FAMILY COMPANION!—Fathers, Mothers, read this Book. Give it to your Sons and Daughters; let them read it, a pure, true, safe, and perfect guide to Health, Usefulness, and Long Life.—*Bulletin.*

☞ 1847 ☞ will hereafter be noted as the year when Dr. Fitch's LECTURES ON CONSUMPTION first appeared, and taught Mankind how to roll back this destroyer, and cure it at their own firesides.—*Mirror.*

MOON'S PHASES.			CALENDAR				CALENDAR		
	d.	h. m.	For New-York, and serving for the Eastern, Northern, and North Western States.				For Charleston, S. C. and serving for the Southern and S. Western States.		
D.	D.		Sun rises.	Sun sets.	Moon rises.	High water.	Sun rises.	Sun sets.	Moon rises.
M.	W.	MISCELLANY.	dec.	S.					
		[Md. 1781.	0						
1	Tu	Art. of Confed'n rat. by	7	25	H. M.	H. M.	H. M.	H. M.	H. M.
2	W	Wesley died, 1791.	7	3	6 36	5 50	morn	ev. 22	6 30 5 56
3	Th	Maryland settled, 1634	6	39	6 33	5 52	2 10	1 59	6 27 5 58
4	Fr	1st U. S. Congress, 1789	6	16	6 31	5 53	3 14	3 11	6 26 5 58
5	Sa	Jas. Madison born, 1750	5	53	6 30	5 54	4 11	4 43	6 25 5 59
6	B	4th Sunday in Lent.	5	30	6 28	5 55	4 59	6 13	6 24 6 0
7	M	Ad. Colingwood d. 1810	5	6	6 27	5 57	5 39	7 21	6 22 6 1
8	Tu	Brit. enter Bord'x, 1814	4	43	6 25	5 58	6 13	8 11	6 21 6 1
9	W	Battle of Laon, 1814.	4	19	6 23	5 59	sets.	8 52	6 20 6 2
10	Th	Com. Tucker d. 1833.	3	56	6 22	6 0	6 54	9 30	6 18 6 3
11	Fr	Eruption Mt Etna, 1669	3	32	6 20	6 1	7 55	10 1	6 17 6 4
12	Sa	1st Ass. of Penn. 1683.	3	9	6 18	6 2	8 55	10 32	6 16 6 4
13	B	5th Sunday in Lent.	2	45	6 17	6 3	9 54	11 3	6 15 6 5
14	M	Cherokee Treaty, 1835	2	22	6 15	6 4	10 54	11 31	6 13 6 6
15	Tu	Bat. of Guilford, 1781.	1	58	6 14	6 5	11 54	morn	6 12 6 7
16	W	Bowditch died, 1838.	1	34	6 12	6 6	morn	0 3	6 11 6 7
17	Th	Boston ev. by Brit. 1776	1	10	6 10	6 7	0 52	0 36	6 9 6 8
18	Fr	Stamp Act repeal. 1776	0	47	6 9	6 8	1 49	1 15	6 8 6 9
19	Sa	Cornwallis retire. 1781	S	23	6 7	6 10	2 42	2 6	6 7 6 10
20	B	Sunday before Easter.	N	1	6 5	6 11	3 31	3 23	6 5 6 10
21	M	Battle of Aboukir.	0	24	6 4	6 12	4 15	4 54	6 4 6 11
22	Tu	Stamp Act passed, 1765	0	48	6 2	6 13	4 53	6 17	6 3 6 12
23	W	Br. brig Penguin c. 1815	1	12	6 0	6 14	5 27	7 17	6 2 6 12
24	Th	Q. Elizabeth died, 1603	1	35	5 59	6 15	rises.	7 59	6 0 6 13
25	Fr	Good Friday.	1	59	5 57	6 16	6 59	8 42	5 59 6 14
26	Sa	Battle of Verona, 1799	2	22	5 55	6 17	8 14	9 18	5 58 6 14
27	B	Easter Sunday.	2	46	5 54	6 18	9 31	9 56	5 56 6 15
28	M	Abercrombie died, 1801	3	9	5 52	6 19	10 47	10 36	5 55 6 16
29	Tu	Vera Cruz surr. 1847.	3	33	5 50	6 20	morn	11 18	5 54 6 17
30	W	2d batt. of Verona, 1799	3	56	5 49	6 21	0 1	12 0	5 52 6 17
31	Th	Bat. San Antonio, 1813	4	19	5 47	6 22	1 9	ev. 48	5 51 6 18

ANTIDOTES TO SOME OF THE PRINCIPAL POISONS.—*Corrosive Sublimate.*—

In cases of poisoning by this substance, give immediately the white of eggs, or if this is not to be had, copious draughts of milk, or of wheat flour mixed with water. After this it would be well to drink pretty freely of infusion of nut-galls. But little danger is to be apprehended if these remedies are used in time.

Arsenic.—An active speedy emetic should be immediately taken, as Sulphate of Zinc or of Copper (White or Blue Vitriol), assisted by copious draughts of warm water. Vomiting may sometimes be instantaneously induced by tickling the fauces (throat) with the finger or a quill. In addition to this, if it can be obtained, the patient should take very freely the Hydrated Sesquioxide of Iron.

Opium and its Preparations.—A speedy emetic—the stomach pump, if at hand—copious draughts of strong coffee. The patient should be made to walk about, and the head be showered with cold water, &c., to overcome as far as possible the wish to sleep.

Oxalic and Prussic Acids.—Chalk or Magnesia should be freely taken; if these are not at hand, soap, or large quantities of water. It is well, especially in the case of Prussic Acid, to shower the head freely. The same course may be pursued for poisoning by Nitric and Sulphuric Acids.

MOON'S PHASES.			CALENDAR				CALENDAR				
	<i>d.</i>	<i>h.</i>	<i>m.</i>	<i>For New-York, and serving for the Eastern, Northern, and North Western States.</i>				<i>For Charleston, S. C. and serving for the Southern and S. Western States.</i>			
New Moon	8	7	1	Sun	Sun	Moon	High	Sun	Sun	Moon	
First Quarter	16	11	49	rises.	sets.	sets.	water.	rises.	sets.	sets.	
Full Moon	23	10	16								
Third Quarter	30	1	55	☉'s	dec. S.						
D.	D.	MISCELLANY.									
M.	W.										
1	Fr	All Fools' Day.	4	43	5 45	6 23	2 9	1 43	5 50	6 19	1 44
2	Sa	Jefferson born, 1743.	5	5	5 44	6 24	2 59	2 59	5 48	6 19	2 37
3	B	1st Sunday after Easter	5	28	5 42	6 25	3 41	4 35	5 47	6 20	3 22
4	M	Massena died, 1817.	5	52	5 40	6 26	4 16	6 3	5 46	6 21	4 1
5	Tu	Robt Raikes died, 1804	6	13	5 39	6 27	4 46	7 5	5 44	6 21	4 35
6	W	Badajoz taken, 1812.	6	37	5 37	6 28	5 12	7 50	5 43	6 22	5 6
7	Th	Ohio settled, 1798.	7	0	5 36	6 29	5 36	8 28	5 42	6 23	5 34
8	Fr	Rosetta surrend. 1801.	7	21	5 34	6 30	sets.	9 0	5 41	6 24	sets.
9	Sa	John Opie died, 1807.	7	45	5 32	6 31	7 45	9 33	5 39	6 24	7 37
10	B	2d Sunday after Easter	8	5	5 31	6 32	8 45	10 2	5 38	6 25	8 32
11	M	Row'd Hill died, 1833.	8	28	5 29	6 33	9 45	10 32	5 37	6 26	9 28
12	Tu	Young died, 1765.	8	50	5 28	6 34	10 44	11 29	5 36	6 26	10 23
13	W	Batt. Boundbrook, 1777	9	11	5 26	6 36	11 41	11 1	5 34	6 27	11 18
14	Th	Embargo repeald, 1814	9	34	5 25	6 37	morn	morn	5 33	6 28	morn
15	Fr	Ld Baltimore died, 1632	9	55	5 23	6 38	0 36	0 4	5 32	6 28	0 12
16	Sa	Battle Culloden, 1746.	10	16	5 22	6 39	1 25	0 44	5 31	6 29	1 2
17	B	3d Sunday after Easter	10	38	5 20	6 40	2 10	1 35	5 30	6 30	1 48
18	M	J. Abernethy died, 1831	10	59	5 19	6 41	2 49	2 47	5 28	6 31	2 31
19	Tu	Battle Lexington, 1775	11	18	5 17	6 42	3 24	4 17	5 27	6 31	3 10
20	W	Sam'l Slater died, 1835	11	40	5 16	6 43	3 55	5 38	5 26	6 32	3 46
21	Th	Batt. San Jacinto, 1836	12	0	5 14	6 44	4 24	6 41	5 25	6 33	4 21
22	Fr	Missolonghi tak. 1826	12	19	5 13	6 45	4 53	7 26	5 24	6 33	4 56
23	Sa	Shakspeare died, 1616	12	40	5 11	6 46	rises.	8 9	5 23	6 34	rises.
24	B	4th Sunday after Easter	13	0	5 10	6 47	8 23	8 47	5 22	6 35	8 8
25	M	Battle of Camden, 1781	13	19	5 8	6 48	9 42	9 30	5 21	6 36	9 21
26	Tu	Danbury burnt, 1777.	13	39	5 7	6 49	10 56	10 13	5 20	6 36	10 32
27	W	Gr. fire Charleston, 1838	13	58	5 6	6 50	morn	10 57	5 18	6 37	11 37
28	Th	Bat. Ft Du Quesne, 1754	14	17	5 4	6 51	0 2	11 45	5 17	6 38	morn
29	Fr	Rufus King died, 1827	14	36	5 3	6 52	0 57	cv. 35	5 16	6 38	0 34
30	Sa	Washington inau. 1789	14	54	5 2	6 53	1 43	1 34	5 15	6 39	1 22

The man who is too busy to take care of his health, is like a mechanic who is too busy to take care of his tools.

How many thousand unfortunate invalids can tell such a story as this. Almost all of those poor unfortunate consumptives who have delayed until there is no human help for them, and visit Dr. Fitch only as a last resort, when they have already one foot in the grave, tell the same story. They have been flattered and dissuaded from coming by some physician who is unscrupulous enough to be willing to sacrifice them lives sooner than injure his own practice, by admitting that any one, under any circumstances, can know more than himself.

BROOKLYN CENTRE, Cuyahoga Co., Ohio, April 1st, 1851.

DR. S. S. FITCH: Dear Sir,—I am sorely affected with bronchitis, and have been for the last five years. I ought to have visited you long ago, and should have done so had I not listened to the doctors in this country. I have cut loose from them all, after having my fine constitution ruined by taking their remedies. In God my last and only hope is that I may receive help from your administration. I dare not take so long a journey until about the 1st of May next. Shall you probably be at your place in New-York about that time? Be so kind as to inform me soon.

Truly yours,

NATHANIEL CHENEY.

5TH MONTH.

MAY, 1853.

31 DAYS.

MOON'S PHASES.				CALENDAR				CALENDAR				
	<i>d.</i>	<i>h.</i>	<i>m.</i>									
New Moon	7	11	10 E.	<i>For New-York, and serving for the Eastern, Northern, and North Western States.</i>				<i>For Charleston, S. C. and serving for the Southern and S. Western States.</i>				
First Quarter	16	1	1 M.	Sun	Sun	Moon	High	Sun	Sun	Moon		
Full Moon	22	5	56 E.	rises.	sets.	rises.	water.	rises.	sets.	rises.		
Third Quarter	29	0	43 E.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.		
				⊙'s								
D.	D.	MISCELLANY.		decl. N								
M.	W.											
1	B	5th Sunday after Easter		15 12	5	0	6 54	2 20	2 48	5 14	6 40	2 3
2	M	Battle of Lutzen, 1813		15 30	4	59	6 55	2 51	4 18	5 13	6 41	2 38
3	Tu	Thos. Coke died, 1814		15 47	4	58	6 56	3 17	5 34	5 12	6 41	3 10
4	W	Louis XIII. died, 1643		16 5	4	57	6 57	3 42	6 35	5 12	6 42	3 39
5	Th	Ascension-Day.		16 22	4	56	6 58	4 5	7 19	5 11	6 43	4 6
6	Fr	Battle of Oswego, 1814		16 39	4	54	6 59	4 28	7 58	5 10	6 44	4 34
7	Sa	Am. Tract Soc. Anniv.		16 55	4	53	7 0	sets.	8 29	5 9	6 44	sets.
8	B	Sunday after Ascension.		17 12	4	52	7 1	7 37	9 2	5 8	6 45	7 21
9	M	Schiller died, 1805.		17 28	4	51	7 2	8 37	9 33	5 7	6 46	8 17
10	Tu	Ticonderoga tak. 1775		17 44	4	50	7 3	9 35	10 4	5 6	6 46	9 13
11	W	America discov'd. 1492		17 59	4	49	7 4	10 31	10 34	5 6	6 47	10 7
12	Th	Pres. Stiles died, 1795		18 14	4	48	7 5	11 22	11 8	5 5	6 48	10 58
13	Fr	Jamestown settl'd. 1607		18 29	4	47	7 6	morn	11 44	5 4	6 48	11 45
14	Sa	Vaccination used, 1796		18 44	4	46	7 7	0 8	morn	5 3	6 49	morn
15	B	Whit Sunday.		18 58	4	45	7 8	0 48	0 27	5 3	6 50	0 28
16	M	Mrs Hemans died, 1835		19 12	4	44	7 9	1 23	1 17	5 2	6 51	1 7
17	Tu	John Jay died, 1829.		19 25	4	43	7 10	1 54	2 22	5 1	6 51	1 43
18	W	Matamoros tak'n, 1846		19 38	4	42	7 11	2 23	3 41	5 1	6 52	2 17
19	Th	Cuba discovered, 1494		19 51	4	41	7 12	2 51	4 54	5 0	6 53	3 21
20	Fr	Columbus died, 1506		20 4	4	40	7 13	3 20	5 57	4 59	6 53	3 25
21	Sa	Ft. Dreadnoughts. 1781		20 16	4	39	7 13	3 50	6 48	4 59	6 54	4 1
22	B	Trinity Sunday.		20 28	4	38	7 14	rises.	7 34	4 58	6 55	rises.
23	M	Duroc killed, 1813.		20 40	4	37	7 15	8 31	8 22	4 58	6 55	8 9
24	Tu	John Randolph d. 1833		20 51	4	37	7 16	9 44	9 9	4 57	6 56	9 19
25	W	Wm. Paley died, 1805		21 1	4	36	7 17	10 47	9 57	4 57	6 57	10 22
26	Th	Haydn died, 1809.		21 12	4	36	7 18	11 38	10 43	4 56	6 57	11 16
27	Fr	John Calvin died, 1564		21 22	4	35	7 19	morn	11 34	4 56	6 58	morn
28	Sa	Wm. Pitt born, 1795.		21 32	4	35	7 19	0 26	ev. 27	4 56	6 59	0 1
29	B	Sunday after Trinity.		21 41	4	34	7 20	0 54	1 23	4 55	6 59	0 40
30	M	Hatfield burnt, 1676.		21 50	4	34	7 21	1 22	2 27	4 55	7 0	1 13
31	Tu	Stony Point evac. 1779		21 59	4	33	7 22	1 47	3 42	4 55	7 0	1 43

Is your chest contracted or stooping? Use the Shoulder Braces. Are you troubled with shortness of breath, or predisposed to consumption? Use the Inhaling Tube, and read Dr. Fitch's Lectures, and follow the directions he gives you for the preservation of your health.

For weakness in the small of the back, sinking feeling at pit of the stomach, falling of the bowels or womb, nothing has ever equalled Dr. Fitch's patent silver plated Abdominal Supporter. We could give volumes of letters in favor of this instrument.

The great objection to people who mean well is that they rarely get time to carry out their intentions.

If we were more willing to sacrifice our own interests to the good of others, we might, with better grace, blame those physicians who are opposed to the spread of popular knowledge on the subject of health because it injures their practice.

Kossuth says:—On England and on the United States, Liberty rests her last hopes, and they must soon fight side by side her sacred battles, or the torch of Freedom will be forever extinguished.

Affectation is a greater enemy to the face than small pox.—(St. Vermont.)

MOON'S PHASES.				CALENDAR				CALENDAR		
	d.	h.	m.	For New-York, and serving for the Eastern, Northern, and North Western States.				For Charleston, S. C. and serving for the Southern and S. Western States.		
New Moon	6	3	7 E.	Sun rises.	Sun sets.	Moon rises.	High water.	Sun rises.	Sun sets.	Moon rises.
First Quarter	14	10	31 M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
Full Moon	21	1	15 M.							
Third Quarter	23	1	40 M.							
D. M.	D. W.	MISCELLANY.	☉'s dec. N.	Sun rises.	Sun sets.	Moon rises.	High water.	Sun rises.	Sun sets.	Moon rises.
1	W	Boston Port Bill, 1774	22 7	4 33	7 22	2 10	4 45	4 54	7 1	2 10
2	Th	Am. Army disb'd, 1783	22 15	4 32	7 23	2 33	5 45	4 54	7 1	2 28
3	Fr	Transit of Venus, 1769	22 22	4 32	7 24	2 56	6 38	4 54	7 2	3 6
4	Sa	Geo. III. born, 1738.	22 29	4 32	7 24	3 22	7 20	4 54	7 3	3 35
5	B	2d Sunday aft. Trinity	22 36	4 31	7 25	3 50	8 0	4 53	7 3	4 7
6	M	Pat'k Henry died, 1795	22 42	4 31	7 26	sets.	8 35	4 53	7 4	sets.
7	Tu	Mahomet died, 632.	22 48	4 31	7 26	8 26	9 11	4 53	7 4	8 2
8	W	Jackson died, 1845.	22 54	4 31	7 27	9 19	9 44	4 53	7 5	8 55
9	Th	Battle of Arklow, 1798	22 59	4 30	7 28	10 7	10 18	4 53	7 5	9 44
10	Fr	Plague at Smyrna 1837	23 3	4 30	7 28	10 48	10 53	4 53	7 6	10 28
11	Sa	Copernicus died, 1543	23 8	4 30	7 29	11 25	11 31	4 53	7 6	11 8
12	B	3d Sunday aft. Trinity	23 11	4 30	7 29	11 57	morn	4 53	7 6	11 44
13	M	Battle of Ghent, 1794.	23 15	4 30	7 30	morn	0 13	4 53	7 7	morn
14	Tu	Am. Flag estab'd, 1777	23 18	4 30	7 30	0 25	1 1	4 53	7 7	0 18
15	W	Jas. K. Polk died, 1849	23 20	4 30	7 30	0 53	1 57	4 53	7 7	0 50
16	Th	Battle of Ligny, 1815	23 23	4 30	7 31	1 19	3 3	4 53	7 8	1 22
17	Fr	Batt. Bunker Hill, 1775	23 24	4 30	7 31	1 48	4 11	4 53	7 8	1 56
18	Sa	War decl. w. Engl. 1812	23 26	4 30	7 31	2 19	5 13	4 53	7 8	2 33
19	B	4th Sunday aft. Trinity	23 27	4 30	7 32	2 56	6 12	4 53	7 9	3 15
20	M	William IV. died, 1837	23 27	4 30	7 32	3 41	7 9	4 54	7 9	4 4
21	Tu	John Smith died, 1631	23 27	4 31	7 32	rises.	8 2	4 54	7 9	rises.
22	W	Richard H. Lee d. 1797	23 27	4 31	7 32	9 26	8 54	4 54	7 9	9 2
23	Th	Batt. Springfield, 1780	23 27	4 31	7 32	10 14	9 45	4 54	7 9	9 53
24	Fr	Rittenhouse died, 1796	23 25	4 31	7 33	10 52	10 35	4 54	7 9	10 36
25	Sa	Batt. Banockburn, 1314	23 24	4 32	7 33	11 23	11 23	4 55	7 10	11 12
26	B	5th Sunday aft. Trinity	23 22	4 32	7 33	11 50	ev. 12	4 55	7 10	11 44
27	M	Cholera N. Y. city, 1832	23 20	4 32	7 33	morn	1 1	4 55	7 10	morn
28	Tu	Batt. Monmouth, 1778	23 17	4 33	7 33	0 14	1 53	4 56	7 10	0 13
29	W	St. Peter.	23 14	4 33	7 33	0 38	2 48	4 56	7 10	0 41
30	Th	Montezuma died, 1520	23 10	4 34	7 33	1 1	3 53	4 56	7 10	1 8

Are you costive or bilious, use Dr. Fitch's Cathartic Vegetable Pills.

Are you nervous, use the Nervine.

Have you a recent cough or cold, use the Expectant.

Have you a cough of three or four weeks or longer, use the Pulmonary Balsam.

Have you palpitation of the heart, fluttering or stoppage of the heart at times, use the Heart Corrector.

Are you subject to vomiting, use the Drops for Vomiting. Is your blood impure, use the Depurative Syrup. Sour stomach, &c., use the Anti-Dyspeptic Mixture. Debility and weakness, use the Universal Tonic. Catarrh, use the Catarrh Snuff. Have you Leucorrhœa, use the Tonic Wash for Whites. For scalding or burning in the water, stoppage of it, and for all mucous discharges, use the Anti-Mucus Mixture. For Pin Worms, use the Vermifuge. Diarrhœa, use the Diarrhœa Pills. Female irregularity, use the Female Specific. For Falling of the Hair and Baldness, use the Hair Tonic. For Piles, use the Pile Ointment. For Sore Throat, the Tonic Wash for Sore Throat.

If you have several of these difficulties, use the different remedies for all the troubles you have. You need not fear to use them. They all agree with each other. If you only begin with one, take the one most needed. If you find help, use all you need. And if you wish, correspond with Dr. Fitch.

MOON'S PHASES.				CALENDAR				CALENDAR				
New Moon	d.	h.	m.	For New-York, and serving for the Eastern, Northern, and North Western States.				For Charleston, S. C. and serving for the Southern and S. Western States.				
First Quarter	6	5	58 M.	Sun	Sun	Moon	High	Sun	Sun	Moon		
Full Moon	13	5	19 E.	rises.	sets.	rises.	water.	rises.	sets.	rises		
Third Quarter	20	8	55 M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.		
	27	5	4 E.	o	dec.N.							
1	Er	Massa. Wyoming	1778	23	6	4 34	7 33	1 25	4 49	4 57	7 10	1 37
2	Sa	Madeira discov'd	1491	23	2	4 35	7 32	1 52	5 50	4 57	7 10	2 8
3	Er	6th Sund. after Trinity		22	57	4 35	7 32	2 23	6 44	4 58	7 10	2 43
4	M	INDEPENDENCE, 1776.		22	52	4 36	7 32	2 59	7 30	4 58	7 10	3 22
5	Tu	Battle Chippewa, 1814		22	46	4 36	7 32	3 42	8 13	4 59	7 10	4 7
6	W	Monterey taken, 1847.		22	41	4 37	7 32	sets.	8 50	4 59	7 9	sets.
7	Th	John Huss burn'd, 1415		22	34	4 38	7 31	8 48	9 23	5 0	7 9	8 27
8	Fr	Battle of Fort Ann, 1777		22	27	4 38	7 31	9 26	10 5	5 0	7 9	9 8
9	Sa	Braddock's defeat, 1755		22	20	4 39	7 31	10 0	10 39	5 1	7 9	9 46
10	Er	7th Sund. after Trinity		22	13	4 39	7 30	10 29	11 19	5 1	7 9	10 20
11	M	Hamilton shot, 1804.		22	5	4 40	7 30	10 56	11 59	5 2	7 8	10 52
12	Tu	Hull inv. Canada, 1812		21	57	4 41	7 29	11 23	morn	5 2	7 8	11 23
13	W	Pequots exter'm'd, 1637		21	48	4 42	7 29	11 49	0 43	5 3	7 8	11 56
14	Th	Bastille destroyed, 1789		21	39	4 42	7 28	morn	1 22	5 3	7 7	morn
15	Fr	Bonaparte surren. 1815		21	29	4 43	7 28	0 18	2 29	5 4	7 7	0 30
16	Sa	Stony Point storm, 1779		21	20	4 44	7 27	0 51	3 33	5 5	7 6	1 8
17	Er	8th Sund. after Trinity		21	10	4 45	7 26	1 31	4 37	5 5	7 6	1 53
18	M	Adam Smith died, 1790		20	59	4 45	7 26	2 19	5 48	5 6	7 6	2 45
19	Tu	Bat. Paulus Hook, 1779		20	48	4 46	7 25	3 17	6 55	5 6	7 5	3 44
20	W	Massac. Vatelina, 1620		20	37	4 47	7 24	rises.	7 54	5 7	7 5	rises.
21	Th	Robt. Burns died, 1796		20	26	4 48	7 24	8 46	8 47	5 8	7 4	8 27
22	Fr	Battle Salamanca, 1812		20	14	4 49	7 23	9 21	9 38	5 6	7 4	9 7
23	Sa	Trea. Nuremberg, 1531		20	1	4 50	7 22	9 50	10 24	5 9	7 3	9 41
24	Er	9th Sund. after Trinity		19	49	4 51	7 21	10 16	11 6	5 10	7 2	10 12
25	M	Bat. Lundy's Lane, 1814		19	36	4 51	7 20	10 40	11 47	5 10	7 2	10 41
26	Tu	Coleridge died, 1834.		19	23	4 52	7 19	11 3	ev. 29	5 11	7 1	11 9
27	W	French Revolut'n, 1830		19	9	4 53	7 19	11 27	1 11	5 12	7 0	11 39
28	Th	Wilberforce died, 1833		18	55	4 54	7 18	11 53	1 53	5 12	7 0	morn
29	Fr	Poland dissolved, 1794		18	41	4 55	7 17	morn	2 45	5 13	6 59	0 8
30	Sa	Wm. Penn died, 1718.		18	27	4 56	7 16	0 23	3 49	5 14	6 58	0 42
31	Er	10th Sund. after Trinity		18	12	4 57	7 15	0 57	4 55	5 14	6 57	1 19

WHAT TO DO IN CASES OF DROWNING.—Every one should be prepared for an emergency of this kind, as a physician is seldom at hand, and the delay necessary to send for one will generally prove fatal to the patient. As soon as the body is taken out of the water it should be immediately stripped and placed in a warm bed, and smartly rubbed with warm cloths, and every means taken to restore the bodily heat. Artificial respiration should be immediately commenced. The froth should be cleaned from the mouth, and if a pair of bellows can be had, the nozzle should be inserted into one of the nostrils while the other is closed with the finger and the lungs gently inflated, the air may then be gently forced out again by pressure upon the chest. If a pair of bellows cannot immediately be had, introduce a quill or any other tube into the nostril, closing the other, and blow through it, inflating the patient's lungs from your own, and proceeding as directed with the bellows. The warm frictions should be continued the whole time. Persons can generally be restored who have not been under water more than five minutes, and instances are on record of recovery after the patient has been under water three quarters of an hour. The artificial respiration and frictions should be continued for hours, at least four or even six hours, unless the patient is sooner recovered.

MOON'S PHASES.				CALENDAR				CALENDAR		
New Moon	4	7	10 E.	<i>For New-York, and serving for the Eastern, Northern, and North Western States.</i>				<i>For Charleston, S. C. and serving for the Southern and S. Western States.</i>		
First Quarter	11	10	43 E.							
Full Moon	13	5	59 E.							
Third Quarter	26	10	42 M.							

D. M.	D. W.	MISCELLANY.	☉'s dec.N.	Sun rises.	Sun sets.	Moon rises.	High water.	Sun rises.	Sun sets.	Moon rises.
1	M	Battle of the Nile, 1798	17 57	4 58	7 13	1 37	6 4	5 15	6 57	2 2
2	Tu	Brookfield destr'd, 1675	17 42	4 59	7 12	2 24	7 3	5 16	6 56	2 50
3	W	Burr's trial began, 1807	17 26	5 0	7 11	3 18	7 50	5 16	6 55	3 43
4	Th	Battle Mackinaw, 1814	17 10	5 1	7 10	sets.	8 33	5 17	6 54	sets.
5	Fr	Adm'l Howe died, 1799	16 53	5 2	7 9	8 1	9 11	5 18	6 53	7 46
6	Sa	Ben Johnson died, 1637	16 37	5 3	7 8	8 32	9 47	5 18	6 52	8 21
7	B	11th Sund. after Trinity	16 21	5 4	7 7	9 0	10 23	5 19	6 52	8 54
8	M	Canning died, 1827.	16 3	5 5	7 5	9 26	11 0	5 20	6 51	9 25
9	Tu	Stonington bomb, 1814	15 46	5 6	7 4	9 53	11 38	5 20	6 50	9 58
10	W	Dewit murdered, 1762	15 29	5 7	7 3	10 21	morn	5 21	6 49	10 31
11	Th	Brit. ev. Savannah 1782	15 11	5 7	7 2	10 52	0 18	5 22	6 48	11 7
12	Fr	King Philip kill'd, 1676	14 43	5 8	7 0	11 28	1 1	5 22	6 47	11 48
13	Sa	Battle Belgrade, 1794	14 35	5 9	6 59	morn	1 53	5 23	6 46	morn
14	B	12th Sund. after Trinity	14 16	5 10	6 58	0 11	2 56	5 24	6 45	0 37
15	M	Napoleon born, 1769.	13 58	5 11	6 56	1 4	4 15	5 24	6 43	1 31
16	Tu	Batt. Bennington, 1777	13 39	5 12	6 55	2 6	5 38	5 25	6 42	2 33
17	W	Batt. Smolianovo, 1812	13 19	5 13	6 54	3 15	6 52	5 26	6 41	3 39
18	Th	Santa Fé occup'd, 1846	13 0	5 14	6 52	rises.	7 52	5 26	6 40	rises.
19	Fr	Guerriere cap'd, 1812	12 42	5 15	6 51	7 48	8 42	5 27	6 39	7 38
20	Sa	Batt. Churubusco, 1847	12 21	5 16	6 49	8 15	9 26	5 28	6 38	8 10
21	B	13th Sund. after Trinity	12 1	5 17	6 48	8 40	10 7	5 28	6 37	8 40
22	M	W. Hastings died, 1818	11 42	5 18	6 47	9 4	10 39	5 29	6 35	9 8
23	Tu	Com. Perry died, 1820.	11 20	5 19	6 45	9 28	11 18	5 30	6 34	9 37
24	W	Massacre St. Bart. 1572	10 59	5 20	6 43	9 54	11 52	5 30	6 33	10 7
25	Th	Herschel died, 1822.	10 39	5 21	6 42	10 22	ev. 26	5 31	6 32	10 39
26	Fr	Gen. Stark died, 1838.	10 18	5 22	6 40	10 54	1 3	5 32	6 31	11 15
27	Sa	Batt. Long Island, 1776	9 57	5 23	6 38	11 31	1 45	5 32	6 30	11 55
28	B	14th Sund. after Trinity	9 36	5 24	6 37	morn	2 50	5 33	6 28	morn
29	M	Retr. fr. Long Isl'd. 1776	9 15	5 25	6 35	0 15	4 5	5 34	6 27	0 41
30	Tu	Bat. at Moorsfields, 1814	8 53	5 26	6 33	1 6	5 25	5 34	6 25	1 33
31	W	Batt. St. Sebastian, 1813	8 32	5 27	6 32	2 4	6 37	5 35	6 25	2 29

LEVI BLANCHARD, of Albion, Mich., in letter of Jan. 31st, 1851, speaking of the Heart Corrector, says: "Your Heart Corrector is one of the greatest medicines that ever was brought into this place, and many value it as they do their lives."

H. B. STARR, Esq., of Guilford, Connecticut, in letter of Feb. 5th, 1852, says: "Your Pulmonary Liniment has been in good demand here, where we have had a great deal of croup, and has done its work like a charm."

DR. FITCH'S CATHARTIC PILLS.—For regulating the bowels and removing habitual costiveness, these pills have never been equalled. The following letter will show in what estimation they are held by all who use them.

"NEWARK, OHIO, Feb. 14th, 1852.
 "DR. S. S. FITCH: Dear Sir,—Inclosed you will please find three dollars, which you will be so kind as to send me the worth of in your Cathartic Vegetable Pills. You can put them up in a small-box and send by express, as before, if you think it will be best for me to continue to use them. They have regulated my bowels better than any medicine I have ever taken. My health is much better than it was when I wrote you last.

Yours very respectfully,

E. S. WOODS."

MOON'S PHASES.			<i>v. h. m.</i>	CALENDAR				CALENDAR			
New Moon	3	6	46 M.	<i>For New-York, and str-</i>				<i>For Charleston, S.</i>			
First Quarter	10	4	2 M.	<i>ing for the Eastern, Nor-</i>				<i>C. and writing for</i>			
Full Moon	17	5	16 M.	<i>thern, and North Western</i>				<i>the Southern and</i>			
Third Quarter	25	5	37 M.	<i>States.</i>				<i>S. Western States.</i>			
D.	B.	MISCELLANY.		☉'s	Sun	Sun	Moon	High	Sun	Sun	Moon
M.	W.			dec.N.	rises.	sets.	rises.	water.	rises.	sets.	rises.
				☉	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Th	Dundee taken, 1651.		8 10	5 28	6 31	3 8	7 28	5 36	6 23	3 29
2	Fr	Gt. Fire, London, 1666		7 48	5 29	6 29	4 14	8 12	5 36	6 22	4 31
3	Sa	Cromwell died, 1658.		7 26	5 30	6 28	sets.	8 50	5 37	6 21	sets.
4	B	15th Sund. aft. Trinity.		7 4	5 31	6 26	7 29	9 25	5 38	6 20	7 27
5	M	First Congress, 1774.		6 41	5 32	6 24	7 56	10 1	5 38	6 18	7 59
6	Tu	Fort Griswold tak. 1781		6 19	5 33	6 23	8 23	10 36	5 39	6 17	8 32
7	W	Battle Borodino, 1812.		5 56	5 34	6 21	8 54	11 14	5 40	6 16	9 8
8	Th	Bat. Molino d. Rey 1847.		5 34	5 35	6 19	9 28	11 53	5 40	6 14	9 47
9	Fr	U.S. first so called, 1776		5 11	5 36	6 18	10 9	morn	5 41	6 13	10 32
10	Sa	Battle Lake Erie, 1813		4 48	5 37	6 16	10 58	0 35	5 41	6 12	11 24
11	B	16th Sund. aft. Trinity.		4 26	5 38	6 14	11 56	1 28	5 42	6 10	morn
12	M	Batt. Ft. M'Henry, 1814		4 3	5 39	6 13	morn	2 35	5 43	6 9	0 23
13	Tu	Battle Quebec, 1759.		3 40	5 40	6 11	1 1	4 4	5 43	6 8	1 27
14	W	City Mexico sur. 1847		3 17	5 41	6 9	2 11	5 38	5 44	6 6	2 33
15	Th	British took N.Y. 1776		2 54	5 42	6 8	3 22	6 52	5 45	6 5	3 39
16	Fr	Battle at Harlem, 1776		2 30	5 43	6 6	4 31	7 45	5 46	6 4	4 43
17	Sa	U.S. Const. adopt. 1787		2 7	5 44	6 4	rises.	8 29	5 46	6 2	rises.
18	B	17th Sund. aft. Trinity.		1 44	5 45	6 3	7 5	9 7	5 47	6 1	7 8
19	M	Batt. of Poitiers, 1356		1 21	5 46	6 1	7 29	9 40	5 47	6 0	7 36
20	Tu	Bhp. Hobart died, 1831		0 57	5 47	5 59	7 54	10 13	5 48	5 58	8 6
21	W	Battle Monterey, 1846		0 34	5 48	5 58	8 21	10 45	5 49	5 57	8 37
22	Th	Battle Smolensko, 1708		N. 11	5 49	5 56	8 51	11 15	5 49	5 55	9 11
23	Fr	Andre captured, 1780		S. 13	5 50	5 54	9 26	11 46	5 50	5 54	9 50
24	Sa	Sam'l Butler died, 1680		0 36	5 51	5 53	10 7	ev. 21	5 51	5 53	10 33
25	B	18th Sund. aft. Trinity.		1 0	5 52	5 51	10 55	1 1	5 51	5 51	11 21
26	M	Zurich tak. by Fr. 1799		1 23	5 53	5 49	11 50	1 55	5 52	5 50	morn
27	Tu	Duguay Trouin d. 1736		1 47	5 54	5 47	morn	3 17	5 53	5 49	0 15
28	W	Massillon died, 1742.		2 10	5 55	5 46	0 50	4 47	5 53	5 47	1 13
29	Th	Fall of Tournay, 1513		2 33	5 56	5 44	1 55	6 7	5 54	5 46	2 14
30	Fr	Yorktown invest. 1781		2 57	5 57	5 42	3 3	7 1	5 55	5 45	3 17

Why are many physicians so bitterly opposed to Dr. Fitch's practice? Simply because they dare not contrast the success of their plan of treatment with his, and know that to allow him to get *one* patient in their circuit would most likely have the effect to deprive them of the whole of that class of patients on whom they most depend for support. There are small towns within a hundred miles of New-York where Dr. Fitch has had from twelve to twenty patients at one time, in consequence of success in treating some one or two who may have applied to him from there, and where the resident physician has lost almost his entire practice in chronic diseases. They, of course, and all who know them, and who are afraid to compare their success with Dr. Fitch, oppose him as they would any other "brother" physician who should propose to settle in their town and take a part of the practice they had before had to themselves. If a physician knew that his practice was more successful than Dr. Fitch's, he would be glad of an opportunity to compare them. He would not object to a patient visiting or writing Dr. Fitch. These facts explain the reason why, as a general rule, the poorer the physician the more violently he opposes Dr. Fitch's practice, while the more successful he is, the more ready he is to allow his patients to consult Dr. Fitch. Our best *best* physicians are now writing him, and using his mechanical remedies, at least in their own practice.

Deference is the most delicate, and the most difficult, of all compliments.

MOON'S PHASES.

New Moon	d. h. m.	
First Quarter	9 10 30	R.
Full Moon	16 7 35	R.
Third Quarter	25 0 24	M.

CALENDAR

For New-York, and serving for the Eastern, Northern, and North Western States.

CALENDAR

For Charleston, S. C. and serving for the Southern and S. Western States.

D.	D.	M.	W.	MISCELLANY.	decl. S.	Sun				Moon			High		
						rises.	sets.	H. M.	H. M.	rises.	sets.	rises.	sets.	H. M.	H. M.
1	Sa			1st steamboat run, 1807	3 20	5 58	5 41	4 12	7 42	5 55	5 43	4 22			
2	B			19th Sund. aft. Trinity.	3 43	5 50	5 39	sets.	8 21	5 56	5 42	sets.			
3	M			Black Hawk died, 1838	4 7	6 0	5 37	6 24	8 57	5 57	5 41	6 30			
4	Tu			Bat. Germantown 1777	4 30	6 1	5 36	6 53	9 32	5 57	5 39	7 5			
5	W			Batt. St. Francis, 1750	4 53	6 2	5 34	7 27	10 10	5 58	5 38	7 44			
6	Th			Judge Buel died, 1839	5 16	6 3	5 33	8 6	10 49	5 59	5 37	8 29			
7	Fr			Battle Stillwater, 1777.	5 39	6 4	5 31	8 53	11 32	6 0	5 36	9 19			
8	Sa			J. Hancock died, 1793	6 2	6 5	5 29	9 49	morn	6 0	5 34	10 17			
9	B			20th Sund aft. Trinity.	6 25	6 6	5 28	10 53	0 17	6 1	5 33	11 19			
10	M			Infern'l Machine, 1800	6 48	6 7	5 26	morn	1 13	6 2	5 33	morn			
11	Tu			Bahamas discov. 1492	7 10	6 8	5 25	0 1	2 27	6 2	5 31	0 25			
12	W			Columbus land'd, 1492	7 33	6 9	5 23	1 11	4 3	6 3	5 29	1 30			
13	Th			Bat. Queenstown, 1812	7 55	6 10	5 21	2 19	5 36	6 4	5 27	3 35			
14	Fr			Wm. Penn born, 1644	8 18	6 12	5 20	3 26	6 40	6 5	5 27	4 35			
15	Sa			"L. E. L." died, 1838.	8 40	6 13	5 18	4 31	7 25	6 5	5 26	4 35			
16	B			21st Sund. after Trinity.	9 2	6 14	5 17	rises.	8 5	6 6	5 25	rises.			
17	M			Burgoyne surren. 1777	9 24	6 15	5 15	5 56	8 33	6 7	5 23	6 6			
18	Tu			Ac. Wasp & Frolic 1812	9 46	6 16	5 14	6 22	9 12	6 8	5 22	6 36			
19	W			Cornwallis surr. 1781.	10 8	6 17	5 12	6 50	9 45	6 9	5 21	7 9			
20	Th			Guayamas bomb. 1847	10 29	6 18	5 11	7 23	10 14	6 9	5 20	7 46			
21	Fr			Battle Trafalgar, 1805	10 51	6 19	5 9	8 2	10 44	6 10	5 19	8 27			
22	Sa			Battle Red Bank, 1777.	11 12	6 20	5 8	8 46	11 14	6 11	5 18	9 13			
23	B			22d Sund. aft. Trinity.	11 33	6 22	5 7	9 38	11 48	6 12	5 17	10 4			
24	M			Gassendi died, 1655.	11 54	6 23	5 5	10 35	ev. 30	6 13	5 16	11 0			
25	Tu			Chaucer died, 1400.	12 15	6 24	5 4	11 37	1 19	6 13	5 15	11 59			
26	W			Ty. Fontainebleau, 1807	12 35	6 25	5 2	morn	2 34	6 14	5 14	morn			
27	Th			2d Bat. Newberry, 1644	12 56	6 26	5 0	4 42	4 3	6 15	5 13	0 59			
28	Fr			Alfred the Great d. 900	13 16	6 27	5 0	1 50	5 23	6 16	5 12	2 2			
29	Sa			Bat. White Plains 1776	13 36	6 29	4 59	2 59	6 23	6 17	5 11	3 6			
30	B			23d Sund. aft. Trinity.	13 56	6 30	4 57	4 10	7 8	6 18	5 10	4 11			
31	M			Battle of Strelitz, 1806	14 15	6 31	4 56	5 24	7 48	6 18	5 9	5 19			

Churchill says—

Most of the evils we poor mortals know,
From doctors and imagination flow.

POLITENESS.—Somebody says politeness is like an air cushion, there may be nothing in it but it eases our jolts wonderfully. This can scarcely be repeated too often.

As ignorance of a civil law is never received as an excuse for its violation, so ignorance of the laws of health can never shield us from the consequences of their infringement.

Beware of the first approach of disease, for it is with disease as with a fire, which at its commencement might be easily extinguished, but which soon bids defiance to every endeavor to check its progress, and is only arrested when the ruined edifice can no longer supply fuel.—(Dr. Fitch's Lectures.)

Men, not stations, ornament society.

By far the best sauce for dinner is a healthy stomach and good appetite.

The first physicians by debauch were made,
Excess began and sloth sustains the trade.

MOON'S PHASES.			CALENDAR				CALENDAR		
New Moon	d. h. m.	1 3 43 M.	For New York, and serving for the Eastern, Northern, and North Western States.				For Charleston, S. C. and serving for the Southern and S. Western States.		
First Quarter	7 7 16 R.								
Full Moon	15 1 4 R.								
Third Quarter	23 5 39 E.								
New Moon	30 2 17 E.								

D. M.	D. W.	MISCELLANY.	☉'s dec. S.	Sun rises.	Sun sets.	Moon sets.	High water.	Sun rises.	Sun sets.	Moon sets.
			O.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Tu	Motherwell died, 1835	14 34	6 32	4 55	sets.	8 26	6 19	5 8	sets.
2	W	Bat. French Creek 1813	14 53	6 33	4 54	5 59	9 4	6 20	5 7	6 20
3	Th	St. J. d'Acre bomb. 1840	15 12	6 35	4 52	6 45	9 47	6 21	5 6	7 10
4	Fr	GuadaLoupe-disc. 1493	15 31	6 36	4 51	7 39	10 30	6 22	5 5	8 7
5	Sa	Gunpowder plot, 1607	15 49	6 37	4 50	8 42	11 16	6 23	5 4	9 10
6	B	24th Sund. aft. Trinity	16 7	6 38	4 49	9 51	morn	6 24	5 3	10 16
7	M	Bat. Tippecanoe, 1811	16 25	6 39	4 48	11 2	0 8	6 25	5 3	11 23
8	Tu	Milton died, 1674.	16 42	6 41	4 47	morn	1 5	6 26	5 2	morn
9	W	Arnold at Quebec 1775	17 0	6 42	4 46	0 11	2 17	6 27	5 1	0 27
10	Th	Jacobins banish'd 1794	17 17	6 43	4 45	1 18	3 47	6 27	5 0	1 29
11	Fr	Bat. Williams'g, 1813	17 33	6 44	4 44	2 23	5 9	6 28	5 0	2 28
12	Sa	Montreal taken, 1775.	17 49	6 45	4 43	3 25	6 12	6 29	4 59	3 26
13	B	25th Sund. aft. Trinity	18 5	6 47	4 42	4 27	6 57	6 30	4 59	4 22
14	M	Chas. Carroll died, 1832	18 21	6 48	4 41	5 28	7 36	6 31	4 58	5 19
15	Tu	Fort Mifflin evac. 1777	18 36	6 49	4 40	rises.	8 13	6 32	4 57	rises.
16	W	Boston tea party, 1773	18 52	6 50	4 39	5 23	8 45	6 33	4 57	5 44
17	Th	Queen Mary died, 1558	19 6	6 51	4 39	5 59	9 18	6 34	4 56	6 24
18	Fr	Gen. Schuyler d. 1804.	19 21	6 52	4 38	6 42	9 48	6 35	4 56	7 8
19	Sa	Jay's treaty sign'd, 1794	19 35	6 54	4 37	7 30	10 20	6 36	4 55	7 57
20	B	26th Sund. aft. Trinity	19 48	6 55	4 37	8 25	10 54	6 37	4 55	8 51
21	M	Berlin decree, 1806.	20 1	6 56	4 26	9 25	11 30	6 38	4 54	9 48
22	Tu	Battle of Loano, 1795.	20 14	6 57	4 35	10 23	ev. 9	6 38	4 54	10 47
23	W	B. Castella Nueva 1796	20 27	6 58	4 35	11 32	0 56	6 39	4 54	11 47
24	Th	Treaty of Ghent, 1814.	20 39	6 59	4 34	morn	1 58	6 40	4 53	morn
25	Fr	Dr. Watts died, 1748.	20 51	7 1	4 34	0 39	3 14	6 41	4 53	0 48
26	Sa	Ol. Elsworth died, 1807	21 2	7 2	4 33	1 46	4 30	6 42	4 53	1 50
27	B	1st Sunday in Advent.	21 13	7 3	4 33	2 57	5 34	6 43	4 53	2 55
28	M	Baron Steuben d. 1794.	21 24	7 4	4 32	4 10	6 27	6 44	4 52	4 12
29	Tu	Revol. Warsaw, 1830.	21 34	7 5	4 32	5 28	7 12	6 45	4 52	5 14
30	W	Harriet Newell d. 1812	21 44	7 6	4 32	sets.	7 58	6 46	4 52	sets.

A FORCIBLE REMONSTRANCE.—A worthy old English farmer, who most thoroughly detested taxes and tax-gatherers, was once called on by a collector a second time for taxes he had once paid, but for which he had mislaid the receipt; and as he told the story to his friend, "Would you believe it, sir, the fellow began to abuse me." "Well," said his friend, "and what did you do?" "Do! why, I remonstrated with him." "And to what effect?" "Well, I don't know to what effect, but the *poker was bent*."

Extremes of fortune are true wisdom's test,
And he is of men most wise who bears them best.

One of the most amiable sights in the world is a cheerful old gentleman.
The only people who have a moment to spare are those who are never idle.
We can only expect permanent rest at the end of our journey.

During the past ten years Dr. Fitch has been consulted by not less than *thirty thousand persons*, and the records of these cases, their treatment and the results, fill over one hundred volumes, and record an amount of success, in the treatment of the most fatal chronic diseases, which no previous physician has ever been able to boast.

Strong passions work wonders, when stronger reason guides them.

MOON'S PHASES.				CALENDAR				CALENDAR			
First Quarter.....	d.	h.	m.	For New-York, and serving for the Eastern, Northern, and North Western States.				For Charleston, S. C. and serving for the Southern and S. Western States.			
Full Moon.....	7	7	14 M.	Sun	Sun	Moon	High	Sun	Sun	Moon	
Third Quarter.....	8	38	M.	rises.	sets.	sets.	water.	rises.	sets.	sets.	
New Moon.....	8	27	M.								
	10	10	M.								
D.	D.	MISCELLANY.		☉'s	Sun	Sun	Moon	High	Sun	Sun	Moon
M.	W.			dec. S.	rises.	sets.	sets.	water.	rises.	sets.	sets.
				°	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Th	Gov. Wolcott d., 1792	21	53	7 7	4 31	5 22	8 43	6 47	4 52	5 49
2	Fr	Cortez died, 1554.	22	2	7 8	4 31	6 23	9 31	6 47	4 52	6 51
3	Sa	Bat. Hohenlinden, 1800	22	11	7 9	4 31	7 33	10 19	6 48	4 52	8 0
4	B	2d Sunday in Advent	22	19	7 10	4 31	8 46	11 9	6 49	4 52	9 9
5	M	Hayti discovered, 1492	22	27	7 11	4 31	9 59	morn	6 50	4 52	10 17
6	Tu	Jenkins d. age 169, 1670	22	34	7 12	4 31	11 9	0 3	6 51	4 52	11 1
7	W	Marsh'l Ney shot, 1815	22	41	7 13	4 30	morn	0 57	6 51	4 52	morn
8	Th	Rich. Baxter died, 1691	22	47	7 14	4 30	0 15	1 56	6 52	4 52	0 22
9	Fr	Bat. of Ayacucho, 1824	22	53	7 15	4 30	1 19	3 7	6 53	4 52	1 21
10	Sa	Peace of Ryswick, 1697	22	58	7 16	4 31	2 20	4 18	6 54	4 52	2 17
11	B	3d Sunday in Advent.	23	3	7 17	4 31	3 21	5 22	6 54	4 53	3 13
12	M	Extra'y Comet, 1680	23	8	7 17	4 31	4 22	6 21	6 55	4 53	4 9
13	Tu	Council of Trent, 1545	23	12	7 18	4 31	5 23	7 7	6 56	4 53	5 6
14	W	Washington died, 1799	23	15	7 19	4 31	6 23	7 45	6 57	4 53	6 2
15	Th	Patent Office b't, 1836	23	19	7 20	4 31	rises.	8 24	6 57	4 54	rises.
16	Fr	Great fire in N.Y. 1835	23	21	7 20	4 32	5 26	8 57	6 58	4 54	5 53
17	Sa	Bolivar died, 1830.	23	23	7 21	4 32	6 19	9 33	6 59	4 54	6 46
18	B	4th Sunday in Advent.	23	25	7 22	4 32	7 18	10 6	6 59	4 55	7 42
19	M	Rome burnt, 69.	23	26	7 22	4 33	8 19	10 42	7 0	4 55	8 39
20	Tu	Ignatius martyred, 107	23	27	7 23	4 33	9 22	11 16	7 0	4 56	9 38
21	W	John Sinclair d. 1835.	23	28	7 23	4 34	10 26	11 55	7 1	4 56	10 38
22	Th	Land'g at Plym'th, 1620	23	27	7 24	4 34	11 32	ev. 38	7 1	4 57	11 38
23	Fr	Battle of Biezun, 1804	23	27	7 24	4 35	morn	1 27	7 2	4 57	morn
24	Sa	2d newspaper Phil. 1728	23	26	7 25	4 35	0 38	2 25	7 2	4 58	0 39
25	B	CHRISTMAS-DAY.	23	24	7 25	4 36	1 47	3 32	7 3	4 58	1 42
26	M	Batt. of Trenton, 1776	23	22	7 25	4 37	3 0	4 38	7 3	4 59	2 49
27	Tu	John Keats died, 1820	23	20	7 26	4 37	4 16	5 43	7 3	5 0	4 0
28	W	Journefort died, 1708.	23	17	7 26	4 38	5 35	6 41	7 4	5 0	5 13
29	Th	Savannah taken, 1778	23	13	7 26	4 39	6 52	7 36	7 4	5 1	6 27
30	Fr	Jesuits founded, 1535.	23	9	7 26	4 40	sets.	8 30	7 4	5 2	sets.
31	Sa	Battle of Quebec, 1775	23	5	7 27	4 40	6 21	9 23	7 5	5 2	6 45

Mrs. S. A. WOODHOOR, of Poland, Ohio, Jan. 7th, 1852, says:—"Your Supporter is more to me than any one can describe. I feel like a new creature since I have been wearing it."

Mrs. LUCY A. BARTON, of Warren, Maine, says, in a letter of May 29th, 1852:—"I like your Supporter very much. I did more work the third day I wore it than I had done for a fortnight, and with less fatigue than usual. I would not be without it on any account. It has done me more good than all the medicine I have ever taken. I am better of costiveness, and have not had one turn of diarrhoea since I put it on. I feel as if I could not say enough to urge those who are afflicted as I have been, to get one."

Mrs. MARY WHITESIDES, of Philadelphia, says:—"I cannot say too much for your Shoulder Braces and Supporter. For a long time I have stooped terribly, indeed, it was impossible for me to sit straight in consequence of weakness. I find they afford me a delightful support without causing any uneasiness."

MR. ELAM FROST, of Quincy, Adams County, Illinois, says:—"Your Shoulder Braces, Supporter, and Inhaling Tube have been of great service to me; I would not part with them for any sum."

We could add hundreds of such certificates, but have not room.

INTRODUCTION

TO DR. FITCH'S REMARKS AND DIRECTIONS

FOR THE USE OF THE

VARIOUS REMEDIES USED BY HIM

IN THE TREATMENT OF

COLDS, COUGH, CROUP, CONSUMPTION, ASTHMA, DISEASES OF THE
HEART, DYSPESIA, COSTIVENESS, CHRONIC DIARRHŒA,
PILES, FEMALE DISEASES, GRAVEL, AND ALL THE
URINARY DISEASES, RHEUMATISM, SCRO-
FULA, SALT RHEUM, AND ALL SKIN
DISEASES, RUSH OF BLOOD TO
THE HEAD, ETC., ETC.

DR. FITCH'S MECHANICAL REMEDIES,

VIZ., HIS ABDOMINAL SUPPORTER, SHOULDER BRACES,
AND INHALING TUBE.

We shall make no apology for Dr. Fitch having placed these instruments before the public, as that would at any time have been unnecessary; and now, that they are so well known, and their importance in the treatment of the different diseases for which they are recommended so almost universally admitted, even by those who have been Dr. Fitch's worst enemies, an apology would, to say the least, be quite superfluous. In many sections of the country the best physicians are directing the use of Dr. Fitch's mechanical remedies; even although they may oppose his medicines, and still continue to visit the patient and furnish their own prescriptions. We shall then say no more at present with regard to the mechanical remedies, but we think that a statement of facts, and an explanation of the reasons, which have induced Dr. Fitch to

MEDICINES

place his before the public, is due, not only to Dr. Fitch himself, but to that portion of our community who are opposed, with so much reason, to the sale or use of those thousand-and-one nostrums now so extensively advertised, each one purporting to be a sovereign remedy for almost every disease under the sun, no matter how dissimilar in their character, or how different the treatment which common sense and common experience would dictate for each.

Those preparations of Dr. Fitch's which we have placed with our agents, are some twenty-five in number, and are the prescriptions which Dr. Fitch has used in his private practice for many years with the most unexampled success in the treatment of those chronic diseases to which he has most particularly devoted his attention, viz., CONSUMPTION, ASTHMA, DYSPESIA, DISEASES OF THE HEART, FEMALE DISEASES, and the different complaints connected with, or leading to, these various diseases. They are all prepared with the greatest care, under his immediate supervision. We are confident that no physician in the United States has ever enjoyed equal advantages for observing and testing the value of remedies; and in consequence believe that Dr. Fitch is justified in speaking with a confidence that could hardly be allowed to a

man of less experience. At no period within the last four years has he had less than 800 patients under his care, and generally the number is very much greater.

The unexampled success attending his treatment has extended his reputation from one extreme of our country to the other. There is not a state in the Union, and in some states not a county and scarcely a town, where Dr. Fitch has not one or more patients. Aware that his success depended in no small degree upon the quality of the drugs, and care and accuracy with which his prescriptions were prepared, Dr. Fitch has never been in the habit of sending prescriptions to be put up by some apothecary in the vicinity of his patient, with whom he was unacquainted, and who, perhaps, knew but little of the quality of the drugs he was handling; or, if he knew, would be willing to save himself trouble by using whatever he had on hand, but has invariably had his medicines prepared under his own direction, and has supplied them to his patients himself. The difficulty, expense, and necessary delay, sometimes followed by the most serious consequences, which frequently attend sending medicines to a distance, first induced him to establish agencies in different sections of the country, to enable his patients to procure more readily such remedies as he had prescribed for them. The advantage of this was soon apparent. His success became more marked, and many, too, commenced the use of the medicines under the direction of some friend who had been under his treatment, and in general with the most gratifying success. Dr. Fitch then prepared his little pamphlet, "GUIDE TO INVALIDS," (now bound up with an almanac for each year,) containing directions for the use of the different medicines, and which enables persons who did not wish to write to the doctor, to use his remedies without consulting him; and we are daily receiving the most gratifying letters from persons of whom he had never before heard, who have been entirely relieved of the most distressing chronic affections by the use of his remedies.

Still, when it is possible, Dr. Fitch always prefers to prescribe himself for those who wish to use his remedies, which may be done by sending him a statement of the case by letter, or it is still more desirable, especially in consumption, that he should be able to see the patient, and make a personal examination of his case. His constant practice in auscultation enables him to decide upon the precise condition of the lungs with an accuracy which enables him to prescribe with greater confidence; and he not unfrequently finds it necessary to make use of medicines which he cannot venture to place with his agents. In many cases, too, he finds that the patient has become greatly alarmed and discouraged about himself, when there is really but little occasion for fear; and the reasonable encouragement in these instances which he is able to give, often does much toward his relief. Again, the patient often flatters himself, or has been flattered by those around him, into the belief that there is nothing the matter with him, or, at worst, but a slight bronchitis, when he may really be in a most critical situation, and need immediate and most careful attention. It is always right, and generally desirable, that the patient should know the truth in regard to himself; and Dr. Fitch has long made it a rule, when requested so to do, to express his real opinion without reserve. If, however, it is very difficult for the patient to visit Dr. Fitch, it will be sufficient for him to send him a written statement of his case, answering carefully the "Questions to Invalids," either in the Lectures or on the cover of this Almanac, and he will receive a prompt answer, stating Dr. Fitch's opinion of the case, the expense of treatment, etc., etc.; or when desired, if in the vicinity of an agent, a prescription of the medicines, etc., necessary in his case, which can be procured of the agent. For office consultation, and examination of the chest, or for advice by letter, Dr. Fitch makes no charge, and is always happy to have it in his power to alleviate the sufferings of the sick.

As directed on the first page of this Almanac, all letters for advice should be addressed to Dr. S. S. Fitch, 707 Broadway, New-York, while business letters should be addressed to

S. S. FITCH & CO.

GUIDE TO INVALIDS ;

A MANUAL FOR PERSONS USING THE REMEDIES OF

DR. S. S. FITCH,

OFFICE, No. 707 BROADWAY, NEW-YORK.

The greatest possible gift of God to man, after reason, is health, and with it long life. To have health, it is necessary to attend to all the circumstances and symptoms that may impair it. Recollect that an ounce of prevention is better than a pound of cure.

To those who sufficiently appreciate the importance of health, and make it a matter of study, I would recommend the attention and careful perusal of my "Six Lectures," of which the reader will find a short notice on the first page of this Almanac. This book is a safe and perfect guide to health and long life, and no one, sick or well, can but be well paid for the time spent in examining them. No similar work ever published in the United States has met with so extensive and rapid a sale; and from the numerous letters which he has received from every part of the country, the author feels himself warranted in asserting that a careful attention to the teachings of this book has cured thousands of persons of incipient and seated consumption.

The book can be sent by mail to any part of the United States. Postage on the muslin bound, 11 cents, on paper covers 9 cents, for any distance under 500 miles; over that and under 1500 miles, twice that amount.

For the benefit of those who wish to use my remedies, but are unable to consult me, and for such of my patients as desire more explicit directions than they have received, I will make a few remarks upon the remedies I use,

INHALING TUBE.

The use of this remedy is invaluable in the following state of the chest and lungs:

1st. For all contractions of the chest—flat chest, stooping chest, pains in the chest; cough; expectoration; after pleurisy or inflammation of the lungs; in asthma, in loss of voice, weak voice, hoarseness and weak throat; in all cases where the breast-bone or ribs contract or fall down upon the heart and prevent its free action; in shortness of breath, and when the chest does not expand well, and when a person is conscious of a weak, delicate, or contracted chest; in all persons who are in any way predisposed to diseased lungs by family taint, or long sickness, or confinement in bed. In many cases of dyspepsia, the use of the tube is most valuable. It should be used in all cases of bronchitis, of long or short standing.

A good time to use the Tube is on first awaking in the morning, and lying flat in bed. The time of day is not very important. Use it most when you can use it best, or with least fatigue. If its use fatigues and distresses you very much, suspend its use in a degree, until you can use it without such fatigue, distress, or inconvenience.

The Inhaling Tube should not be used:

1st. When there are any spasms in the chest, or much disposition to spasms until this is relieved.

2d. Where there is very much palpitation of the heart, or any actual disease of the heart, until this is relieved.

3d. During bleeding at the lungs; but in five days after bleeding ceases, the Tube may be used, but very gently at first.

4th. If much soreness is produced, the use of the Tube should be moderate at first, and as soon as the lungs are freely opened, then use it with all the strength. It may be used for years, if the chest or voice is weak. Follow carefully the printed directions. If there is a strong disposition to apoplexy or rush of blood to the head, the Tube should be used with great caution, or not at all.

5th. If the lungs are bleeding, or very liable to bleed, this disposition and condition of the lungs must first be corrected by supporters and braces, cold wet cloths to the chest, cold bathing, long breaths, and partial expansion of the chest, and the use of suitable medicines. When all this is done, you may then very carefully use the Tube, at the same time using all the remedies to prevent bleeding, &c.

6th. In fits of asthma, the Tube cannot be used; but as soon as the fits are over it may be used.

These Tubes are made of pure silver, can be readily taken apart and cleansed, which should be done frequently; and each one is accompanied by particular directions, with Dr. Fitch's signature. Without the signature they are not genuine, and cannot be depended on. Beware of getting a bad Inhaling Tube, as the consequences may be of a most serious character.

The following letter from the Rev. J. M. Pease shows the effect of the Inhaling Tube in enlarging the chest, and strengthening and increasing the capacity of the lungs. Instances of such benefit are of daily occurrence, and nothing is more common with me than to find the chest enlarged three or four inches in the course of two or three months. See my "Six Lectures" for further remarks on the Inhaling Tube.

"NEW-YORK, Dec. 7, 1849.

"DR. FITCH: Dear Sir,—You will please send me five Inhaling Tubes. I would not go so far, and be so long away, without providing for accident, and to supply the suffering. On no account would I be without your Inhaling Tube. It has been everything to me; I use it daily; it is the best medicine I ever used. Indeed, I could not live without it. It saved me, by the blessing of God, from the jaws of death, and now preserves me in comfortable health. In two years, by its use, my chest, then measuring 32 inches, now measures 39, and my breathing, health and strength, have improved in proportion. I am, dear sir, yours, respectfully,

JOHN MORRIS PEASE,

Seaman's Chaplain, Rio de Janeiro, S. A."

SHOULDER BRACES.

These instruments, when of proper construction, are invaluable for all delicate persons, and for those who are in any way predisposed to consumption, either by family taint, by sickness, or by occupation. All delicate persons, at school, or at trades, or at any sedentary occupation, should always wear shoulder braces. Delicate persons, in all farming or out-door business, should wear them.

I have known the base of the chest expanded five inches in circumference in six months, by using shoulder braces, and by full, deep breathing.

The Shoulder Braces I use can be sent by mail to any part of the United States or Canada. They weigh but about four ounces—for a child, two and a half ounces—contain no India rubber, and will last for a long time.

My Braces are patented, and have my name stamped on them.

ABDOMINAL SUPPORTERS.

These instruments, as I now make them, are the most perfect ever invented or now known. They are light, elastic, fit like a glove, rise entirely above the hips, and do not in the least impede walking. A lady can ride, walk, or dance in them without experiencing any sensation but that of perfect support, and the most delightful feeling of comfort. They are not to be worn in bed, except in cases hereafter mentioned. They should be worn by all consumptives of every description, in all cases of weak back, palpitation or disease of the heart, weak voice, loss of voice, weak chest, pain at pit of stomach, in the stomach, bowels, side, or back, or of weak stomach, all gone at pit of stomach, sinking feeling, exhausted easily, &c.; in all cases of falling of the bowels or womb, fluor albus, leucorrhœa; and in all cases after confinement on rising from bed, after all miscarriages, and by every lady who is liable to a miscarriage. She cannot have a miscarriage if she will wear one of these abdominal supporters all the time. See my Lectures to Ladies on this subject.

Any person who cannot apply in person, by sending height from head to foot, and their size around the waist, two inches above the hips, over the linen only, can be perfectly fitted with a Supporter and Shoulder Braces. In cases of extreme bearing down, or a feeling of exhaustion in bed, the Supporter may be worn in bed. I have known it to be of great service.

As many worse than useless articles have been hawked through the country and sold as *my* Supporters, it is necessary that the invalid should be on his guard. My Supporters are very highly finished, the springs silver plated, and no pains spared to make the workmanship equal to the plan. They are PATENTED, and my name is stamped both on the front pad and on the springs.

GENERAL REMARKS AND DIRECTIONS FOR PERSONS USING DR. FITCH'S MEDICINES.

I trust that my patients, or any others who propose to use my medicines, will read my remarks carefully before they begin. The different medicines which I use in the treatment of consumption, colds, coughs, croup, catarrh, disease of the heart, asthma, dyspepsia, costiveness, chronic diarrhoea, piles, falling of the womb, leucorrhœa, gravel, and urinary diseases, rheumatism, scrofula, salt rheum, skin diseases, liver complaint, headache, rush of blood to the head, sick headache, monthly irregularity, &c. &c., such as I have long used successfully, are now placed with agents in different parts of the country.

DIRECTIONS:

Begin with one-quarter of the smallest dose printed on each box or bottle.

If using two or more medicines, mix the doses together, if to be taken at or near the same time of day.

Increase one or two drops of each daily, until you arrive at the full doses, if no inconvenience is previously felt.

Shake each bottle before using.

For each distinct disease you have, use the medicine directed for it. The medicines do not injure each other, and used as directed will not injure any one. For their effects see the letters in this Guide. Consult me as soon as possible, either by letter or personally, and I will give you all needful advice.

CATHARTIC PILLS.

These Pills are very mild, and have no harsh or drastic effect, they usually

cure costiveness in a short time, and must be used in all cases where there is no chronic diarrhoea present, or dysentery.

Unless the patients are very weak, or have habitual diarrhoea, these pills should be taken every night at bed-time. They may be used for years without weakening the bowels or the general system; they cannot do harm. In many cases of chronic diarrhoea, they may be used if you find the disease is not increased by them. As a general rule, unless the patient is very much debilitated, or in the last stages of consumption, they should be used. If using other medicines, it is indispensable to use these pills, even if the bowels are regular or even loose, if not in actual diarrhoea, unless their use is found to prostrate much.

NERVINE.

In almost every case of chronic disease the nerves become weak, and something is required to sooth and strengthen them, and to prevent sinking and debility, and wasting of the nervous system. In all of these cases the Nervine is an invaluable medicine, and should be faithfully used. Begin with three drops, and increase one drop a day until you get up to fifteen drops, which is as much as is generally useful. You may then suspend its use for four days, that it may not lose its effect. It is highly useful, and assists the effects of other medicines. I feel as if I could not cure consumption without it. It is most useful in consumption, heart disease, liver complaint, dyspepsia, costiveness, diarrhoea, bronchitis, neuralgia, rush of blood to the head, confusion in the head, restlessness, rheumatism, and all humors, kidney disease, female complaints, piles, scrofula, skin disease, all varieties of head-ache, catarrh, white swellings, tic doloreux, etc.; in all affections of the throat, loss of voice, etc. Tooth-ache it promptly cures. Put a little in the tooth, on cotton, and rub a little over the affected tooth, on the cheek, and on the gum, etc. It is valuable in all spinal diseases, disposition to apoplexy, and nervousness. In neuralgia, rub it freely on the part, etc. It acts on all these by its control over the nervous system.

PULMONARY LINIMENT.

This is a most perfect preparation, in nearly all cases of pain or soreness of the chest, throat, side, bowels, back, spine, limbs, joints, etc. In cases of cough, a plaster put upon the chest at bed-time for a few nights will be found of great service even if there is no pain. In diseases of the throat, and hoarseness, it is most valuable, and may be rubbed on the throat every night, so as to produce a little soreness. It should be used freely in bronchitis, croup, asthma, recent colds, and especially in a dry cough or much expectoration, if not a seated consumption. In fully ulcerated lungs, with much debility, it is only used to remove or alleviate pain, and is rubbed on where there is pain. In all cases of sprains and bruises it is most unfailing in its relief, and in swollen joints, pleurisy, inflammation of the lungs, bowels, stomach, womb, etc.; in fact, wherever there is pain. In croup, rubbed early and for hours on the throat and chest, it is usually a prompt and perfect cure. It cannot do hurt, and may be used with the youngest children.

RHEUMATIC LINIMENT.

This Liniment is eminently useful in all cases of neuralgia, rheumatism, pains in the spine and back. In these cases I prefer it to the Pulmonary Liniment. In pains in large joints it is very useful, and usually permanently relieves the patient. It can be tried if the Pulmonary Liniment fails.

DROPS FOR DYSPETIC VOMITING,

Attended or not with Cough; and for sickness at Stomach before or after meals.
 Many persons in consumption suffer dreadfully from coughing and vomiting up their food, or from sickness at the stomach during meals and before and after meals, etc., and often vomit without any sickness, merely by coughing. These Drops give a perfect cure for all this in nearly every case, whether there is cough or not. It is a most valuable medicine, and disagrees with none of the others. It is useful in all forms of dyspepsia, and cures often when all else fail.

TONIC WASH FOR LEUCORRŒA,

Swelling of the Womb, Falling of the Womb, and Barrenness produced by these Complaints.

This medicine is highly valuable, and is wholly indispensable in the cure of these complaints. It is safe and wonderfully efficacious. It gives great tone in seminal weakness, etc., produced by sickness, irregularity, or falling of the womb, etc. I never hope for a cure of these complaints without its use.

PULMONARY EXPECTORANT.

For all cases of cough, the Expectorant is a most valuable remedy. In recent colds, croup, bronchitis, asthma, and consumption, it acts most admirably. For recent colds, it is the most valuable preparation with which I am acquainted. In such cases I prefer it to the Balsam. In coughs of long standing, I often give it in connection with the Balsam. In croup the Expectorant may be freely given until the patient vomits; it will soon afford relief. For whooping-cough this medicine is unequalled. It greatly shortens the duration of the disease, and usually entirely prevents any evil consequences. It may be used with the most perfect confidence.

PULMONARY BALSAM.

The Pulmonary Balsam may be used in all cases of cough of long or short duration—in all affections of the throat, air passage, or lungs, colds, bronchitis, asthma, and consumption. For ulcerated lungs it has no equal.

For bleeding lungs it is invaluable, and may be freely used. It is useful in the teething-cough of children, and in the coughs of old people. It may be used for any length of time. It is a constant friend to the consumptive, and never does hurt. It supports the strength, alleviates cough, and tickling in the throat and disposition to cough, and acts vigorously to cure consumption. It should be used constantly by the consumptive, and its use continued for some time after the health seems restored. It is by far the most valuable remedy I have ever known for Consumption.

PULMONARY SUCCEDANEUM.

This is a preparation of Cod Liver Oil and two or three other valuable cough remedies, and is an excellent medicine. I have used it in my practice for many years. It is peculiarly useful in bleeding lungs, in which cases I generally prescribe it in connection with the other medicines, if the patient is not dyspeptic, but if dyspeptic, it often does more harm than good.

Cod Liver Oil, although a valuable medicine, will rarely, if ever, alone cure consumption, while in many cases, particularly if the stomach be weak or the liver deranged, it is decidedly injurious. I have during the past year known many who have amused themselves by its use until they were past cure, who might have been relieved had they been properly treated when they first commenced its use; still, in many cases this is an excellent medicine.

COUGH PILLS.

These Pills may be freely used in all cases of cough, common colds, bronchitis, asthma, and consumption; they agree with all other medicines, and never hurt the sick. I never had any Cough Pills that could compare with these in excellent effects; they may be used any length of time, by persons of any age, or in any stage of disease.

CATARRH SNUFF.

This is a useful remedy for catarrh in the head, nostrils, etc.; and may be used at all times with confidence. It usually cures. It is different from any I have ever known. It promptly relieves the offensive smell often observed in much catarrh in the nose and head.

GRAVEL MEDICINES.

These medicines, either separately or together, are most valuable for all cases of gravel, high-colored urine, too much water, stoppage of water, too little water, difficulty of passing water, and in dropsical cases, where the kidneys do not act well. They may be used with any of the other medicines; and are truly valuable for any or all of these complaints, in persons of any age. The Anti-Mucus Mixture is most used in cases of heat, scalding of water, frequent desire to urinate, inability to hold water, disposition to make too much or too little urine, and in mucous discharges from the bladder, urethra, womb, or front passage in females, etc. The Gravel Specific is useful where there is brickdust in the bladder, and red and white sediment in the water.

PILE OINTMENT.

It has been my lot to treat thousands of cases of piles, and I have scarcely witnessed a failure of five cases during my whole practice. You may almost invariably depend on a perfect and permanent cure. See remarks on Piles in my Lectures.

ANTI-MUCUS MIXTURE.

This is a most valuable remedy for all cases of too much mucus secreted in the head, throat, windpipe, air-passages, and air cells of the lungs and stomach, bowels, front passage, bladder, etc. It is valuable in catarrh in the head, throat, or lungs; in bronchitis, all cases of much hemming, hawking, or spitting, etc.; in consumption or asthma, with much expectoration. In all cases of leucorrhœa, mucus discharges from the bladder, urethra, etc., it is a most safe, efficient, and valuable remedy. In a great many cases of piles, most dreadful pains will occur after stools. This remedy will certainly cure it. It promptly relieves heat and scalding of water, and frequent desire to pass it, etc. It does not fail to cure. It is useful in all cases of piles. It is very useful for night-sweats, and all irritation of the throat.

UNIVERSAL TONIC.

This is a most perfect tonic in all cases of debility, from whatever cause produced. In all cases of ague and fever, and debility of that kind, this medicine is beneficial. It may be given in nearly all stages of consumption, bronchitis, and all debility. In scrofula it is indispensable; also in all cases of debility and running sores or fistula, etc., from any cause.

TONIC WASH FOR SORE THROAT.

This remedy, faithfully employed, is safe, and usually effectual in curing sore throat, removing hoarseness, etc. It is very useful and indispensable in the cure of internal sore throat.

HEART CORRECTOR.

Persons subject to palpitation, spasms about the chest and left side, stoppage of the action of the heart, beating of the heart, trembling all over and about the heart, water about the heart, and all ossifications of the heart, rheumatism about the heart, and in angina pectoris, and debility of the heart, will find this a most valuable remedy; it is above all price, and will perfectly cure a great many cases of heart trouble; it will never injure but always do good, and has been used many years by a great many persons, with lasting benefit. For sleepless, restless patients, this is valuable; and where the person experiences great sinking and debility, it helps greatly, and takes away the all-gone feeling of many persons. No person having any trouble of the heart should be without this medicine. Keep it in your bed-room, take it with you on journeys, and everywhere, especially if liable to sudden attacks. It is a noble and useful remedy. See remarks on Heart Diseases, in my Lectures.

VERMIFUGE.

This is an unfailing remedy in all cases of pin-worms. It does not disappoint or fail. It may be given to all ages, sexes, or conditions of health.

HUMOR CORRECTOR.

This remedy is for hoarseness, loss of voice, sore throat; also for salt rheum, erysipelas, and all humors of the blood, all skin diseases, scrofula, throat diseases, whooping-cough, asthma, and all diseases that are caused by a humor. It is perfectly safe, and agrees with all other medicines; used in diluted baths, it soon cures salt rheum on the hands. It is useful in consumption, heart diseases, dyspepsia, piles, gravel, neuralgia, and rheumatism, all tumors, even to cancer, all cases of impure blood, in scrofula in all its forms; in fact, in all diseases except chronic diarrhœa, in which it is not used. It is a most valuable medicine. Its use can do no harm—always good.

DEPURATIVE SYRUP.

This syrup has no superior in all cases of impure blood. I use it in all diseases. I give it in all skin diseases, diseases of the eyes and eyelids, white swellings, scrofula, consumption, asthma, bronchitis, heart disease, dyspepsia, liver complaint; all female diseases, piles, salt rheum, erysipelas, etc.; all debility produced by humor settled on any part or in the blood. In sore throat, hoarseness, loss of voice, kidney complaints, etc., it is most useful, and its use should never be omitted in these diseases. In cases of gravel, or debility alone, it is very valuable.

ANTI-DYSPEPTIC MIXTURE.

For all cases of sour stomach and indigestion from acidity, I have never met the equal of this medicine. It rarely fails of curing these complaints. It can never do harm, but will give perfect relief. I use it in all cases of sour stomach. It perfectly harmonizes with all other medicines.

DIARRHŒA SPECIFIC.

This is a most excellent medicine for diarrhœa, dysentery, summer complaint of children, and all cases of old chronic diarrhœa. It will often cure old diarrhœas when all else has failed. It is perfectly safe, can do no harm, and almost certainly effects a cure—a life-preserver to young children, and in all cases of dysentery. It may be taken in wine or milk, or mixed with any food.

DIARRHŒA PILLS.

These Pills are generally valued for bleeding lungs and excessive discharges from the lungs. For diarrhœa, they should be used moderately at first, so as not to produce sickness, and then use very freely. Gradually increase as the stomach will bear. They are very valuable in diarrhœa of long standing, and bleeding lungs, or any disposition to raise blood.

HAIR TONIC.

During the course of my practice I have been frequently called on for something to prevent falling of the hair, and to relieve baldness. As I believe that this usually results from a skin disease, I have treated it accordingly, and almost always with entire success. It is usually curable in all persons under fifty-five or sixty years of age, and frequently in older persons.

For fifteen years I have successfully treated this disease, and know it to be perfectly curable. I have seen the smoothest, shining, bald head covered with a fine growth of hair in four or five months. The Hair Tonic will usually cure *falling off* of the hair in from two to ten days, perfectly preserving its beauty and color; half a dozen bottles, will cure almost any case of baldness.

FEMALE REMEDIES.

To restore obstructed or suppressed menstruation, is one of the greatest efforts of the physician, and one of the greatest triumphs of the medical art. The Female Specific will almost always cure any cases of irregularity. See remarks on these diseases in my Lectures.

TETTER OINTMENT,

For all cases of Salt Rheum, Erysipelas, and Skin Diseases.

After internal remedies are faithfully used, then this ointment may be used with the greatest certainty of success.

ANTALGIC COMPOUND, PAIN KILLER, OR
HUMOR CORRECTOR.

This is a most valuable remedy for pain, whether superficial or deep seated, in any part of the body or extremities, head, neck, joints, or for all itching or humor anywhere, internal or external, headache, neuralgia, rheumatism, acute or chronic, and, in connection with the other medicines, of the greatest service in pleurisy, consumption, asthma, bleeding lungs, erysipelas, salt rheum, &c.

CONCLUSION.

These medicines are such as I place with my agents; they are perfect, as far as they go, and will do precisely what they promise. They result from a vast and successful experience—an experience equalled by few living men. I have now on my books more than 25,000 recorded cases, with all their experience. Very few men have ever prescribed for 25,000 different persons. The experience has been a successful one. By far the greater majority recover who apply before the constitution is utterly destroyed. Thousands have recovered and continue well who had true-seated tubercular consumption. See the letters printed in this pamphlet. I have letters like these enough to fill volumes. Of course, the medicines require to be faithfully, judiciously, and perseveringly used, without which no one can expect a cure. Do not be in such haste for a cure as to overstep the directions as regards doses, quantities, &c. Learn to be your own doctor; get well, and follow the directions for keeping so. The object of my placing these medicines in the hands of agents is to enable the sick to obtain their remedies without delay.

Any invalid may, if convenient, write me a careful statement of his disease or diseases. Please look at the directions in my book of Lectures, or on the cover of this pamphlet. Answer carefully all such questions as relate to you, and mention any thing of interest to you not embraced by the questions. Always give your height from the top of your head to the bottom of the feet, and size around you two inches above the hips, over the linen only.

I will give careful attention to your letter, and write you immediately, inclosing a prescription of what you will need to procure of my agent; or I will inform you of the expense of procuring the remedies from me direct, and on receipt of the money will forward every thing which I think your case requires.

In treating consumption, or other chronic diseases, medicines are occasionally required different from those placed with my agents; these I will send you with all necessary advice; and whether you procure the medicines of me direct, or from my agents, write as often as you please, and I will answer without charge, giving you all requisite advice, and will send, if necessary, any medicine that my agent may not have.

I always prefer, if possible, to have a visit from the patient, to enable me to make a personal examination. When treating consumption or other diseases myself, I prefer charging them a small sum for treating them a specified time, and then myself furnishing all they require.

I find that in this way patients generally do better, as they usually make a freer use of the medicines.

For treating a patient two months, and furnishing all they require, both instruments and medicines, in most ordinary cases of consumption, asthma, female diseases, dyspepsia, heart diseases, &c., my charges usually range from twenty to thirty-five dollars, according to number and expense of the remedies which I may judge necessary.

In reply to a letter for advice, I would of course state the expense, &c., or if the patient is able to visit me, I would make a careful examination of his case, and tell him candidly his condition, without expense to him, and he can then place himself under my care or not, as he may judge best.

Beware of the danger of DELAY. I am daily, almost hourly, visited by or called to see patients who are past all human help, who are standing with one foot already in the grave, but who might have been saved without difficulty had they applied a few months, or even a few weeks earlier. They have been led into this unhappy and fatal delay either by the deceptive character of the disease,—for the patient is invariably better some days than others, and then fancies himself getting well,—or perhaps by his physician, who, either because his limited practice does not afford him that constant experience in auscultation (examination of the chest by the ear or stethoscope) which is absolutely necessary, to enable the best physician to decide accurately on the condition of the lungs, or, what is worse, because he may not wish to lose a patient by his consulting any other physician, and is willing to trifle with a fellow-being's life; or, lastly, as I have several times during the past month seen, because the patient had heard or seen so much of Dr. Fitch's success, he seems to have supposed him able to cure a man, no matter how sick he might be, and he has therefore continued either to do nothing, or under the care of some ordinary physician, who considers consumption universally incurable, thinking he would give him a "fair trial," and if he did not help him he would then apply to Dr. Fitch. But I can not perform miracles, and there must be some vitality left or I can do nothing more than any one else.

I have sometimes felt as if I had occasion to regret, rather than otherwise, the universal truly astonishing cures which, by God's blessing, I have been able to effect in persons so far advanced in consumption that I had no hope for them, and gave them but little or encouragement, as these cases seem to encourage and countenance others in delaying equally long. But I beg, most sincerely, of all who intend to consult me, to do it immediately—to do it without a week's delay. I never like to treat any person whom I do not think I can assist, and it is far from agreeable to me to tell a sick man there is no hope for him, and if asked for the truth, I always give it to the best of my judgment. Again I say, DO NOT DELAY. If you apply in time you have everything to hope; if you do not, you have everything to fear. I of course wish my patients to continue to correspond with me when they cannot call upon me frequently, and I will give them such advice from time to time, as they may seem to require.

CURE AND MANAGEMENT OF DISEASES.

CONSUMPTION.

Let the invalid remember that consumption results from several diseases. What is called pulmonary or true consumption is always two diseases, and often more; hence it is that no one medicine probably ever cured pulmonary consumption. Ignorance of this great truth is one of the reasons why physicians almost universally fail in curing pulmonary consumption. It is often the case that a medicine is found that will help one part of the disease and not the other, and so help, but never cure the patient. This is the reason why medicines have a fashion both with physicians and others; are noticed for a while, and then pass out of notice or confidence, because they do not cure. For this reason I use medicines for each disease, and overlook not the least, and give, of course, many medicines, but nothing to break you down, or take away your strength, or appetite, or pleasures, or occupation, but all to cure and build up the health and strength.

Remember that this is an entirely curable disease, if treated right, and before the lungs are so much ulcerated that the whole constitution is destroyed. Persons often recover who are very low and have been long sick. First of all, read my "Six Lectures on Consumption, Asthma, &c.," read them carefully and understandingly. The Lectures are written in the plainest English. Read them before you consult me, or use remedies, if you can get them. After reading them, hasten at once to your remedies. Do not continue using other treatment unless you positively know that what you are using has been successful in cases like your own. A delay, even of a few days, may greatly alter the character of your disease, and make your recovery much more doubtful.

SIGNS OF CONSUMPTION

Are—cough, pain in one or both sides, in the chest, between and about the shoulders and collar-bones, under the shoulder-blades, expectoration by coughing, short breathing, bleeding from the lungs more or less, hoarseness, daily fever, weak voice, easily fatigued, night-sweats, loss of flesh, &c. These symptoms are most particularly significant, if they occur in persons who are of consumptive families. All these symptoms are rarely found at first in one person. The great sign is a cough. Bleeding from the lungs, even when not followed at once by a cough, is, in a vast many cases, a certain sign of consumption. If, with any of these symptoms, the person knows that his family are liable to consumption, or have had it, then he or she should use the remedies I have pointed out without delay, and with the fullest assurance of success.

WHAT IS TO BE DONE IN CASES OF CONSUMPTION?

I treat as follows:

1st. I give the Inhaling Tube, Shoulder Braces, and Abdominal Supporter, used and worn as before described. I also give Nervine, Liniment, Pulmonary Expecto- rant, Pulmonary Balsam, Cough Pills, and any other medicines the case requires. See remarks on the different medicines, and use such others as you see you need. Get my advice personally or by letter, at once. If there is pain in or about the chest, side, back, &c., rub the liniment well on the affected part, at bed-time; repeat this until relieved. In the commencement of the disease, put your feet in very hot water at bed-time. In this you may put wood-ashes, soda, salt, &c. If the strength is greatly reduced, you may not use the foot-baths, unless in the beginning of the dis- ease. A mustard poultice applied to the painful part, and kept on long enough to heat up the part well, but not to blister, is often most useful. I rarely ever advise anything to raise a blister, as this often does hurt, and not very often any good. In the beginning of pain or cough, one blister may do good.

BATHING.

Bathe freely every day in cold, strong salt and water, and once in each week bathe in cold water, with soda, or potash, or soap, in lieu of salt. These baths are indispen- sible, and contribute vastly to keep up the strength, throw off fever, give activity to the skin, and strengthen the whole nervous system. I can hardly believe it possible to cure consumption without free bathing. If the patient is not accustomed to bath- ing, he may begin with being rubbed over, under his clothing or bed clothing, with a damp, salt towel, and then gradually, from day to day, rubbed over freely with a wet salt towel. (See my Lectures.) It should be done in all seasons and in all weathers. If delicate, the water should be placed in a warm room and remain all night, until it becomes the temperature of the room, and then freely used. The in- valid should not be greatly chilled. Bathing may be done at any time of day or evening most agreeable; morning is usually the best time. I think this the best of all baths. Be most thoroughly rubbed with a dry towel after using the wet towel, and, if delicate, be well rubbed before using the wet towel, and after it also.

There are persons who cannot bathe without injury; but perseverance will usually overcome all objections. Cathartic Pills should be used every night, unless they produce a diarrhœa. This course should be pursued for weeks and months until well. The medicines may now be left off. After leaving off the medicines for a short time, you will know, by your feelings, whether you need to continue all, or a part only; take as experience shall guide you. Braces, Supporter, Inhaling Tube, should be used long after you are well.

NIGHT-SWEATS AND CHILLS.

The use of the remedies already mentioned will usually stop chills and night- sweats; but if not soon well, you may take, at bed-time, a coffee cup full of cold strong sage tea, or a cup full of very strong white daisy tea, or a strong tea of the bark of the Balm of Gilead tree, &c., either alone or all mixed, and these, with the other medicines, usually stop night-sweats. Too much clothing should not be on you in bed, if liable to sweat.

Another embarrassment and injury to which the patient is often liable, is

BLEEDING FROM THE LUNGS.

When this comes on before a cough has commenced, or at the beginning of the disease, the patient may be moderately bled from the arm, and two or three leeches put on the tops of the lungs, &c. In some cases, and especially of profuse bleeding, the sick need not be bled at all. In all such cases use all the remedies already men- tioned for consumption, and, besides, rub the liniment freely over the chest, and wear a wet cloth on the chest all the time; take the diarrhœa pills freely; leave off the

use of the Inhaling Tube for a short time, but use all the other medicines. Use also the Pulmonary Succedaneum, which is a most valuable remedy to heal bleeding lungs; it may be used for months. Bleeding from diseased lungs is not always an injury; I have often seen it do vast good. I find in most cases where there is moderate, and, in some rare cases, even profuse bleeding, that the patients do much better than in cases of no bleeding. I have had patients bleed twenty days in succession, and get entirely well. There is such a thing as bleeding to death from the lungs, but it is rare. Slight bleeding from the lungs may always be considered salutary under that condition of the lungs which permits it, but it is most desirable not to have the lungs in a situation to bleed. (See remarks in my Lectures on the mode of always having healthy lungs, which will prevent their ever bleeding.) To stop bleeding at once, one of the best remedies is to take freely of salt and water. Have a little fine salt about you, and take a little every half hour for some days. Do not take severe exercise, but moderate; avoid loud talking or singing, and, unless very low, do not go to bed frightened to death. Bleeding is an unpleasant symptom, but, unless inclined to bleed profusely, it is usually decided beneficial to consumption.

SOUR STOMACH.

For sour stomach, sick stomach, and vomiting, colic, piles, diarrhoea, sore throat, pin worms, gravel, kidney, and urinary troubles, use confidently the medicines advised for these several complaints; also the mechanical remedies. See my "Six Lectures," &c.

SINKING TURNS AND DEBILITY.

One of the best things for these turns is a full dose of the Heart Corrector. Besides this, use the Tonic freely.

SWOLLEN FEET.

Swelling or bloating of the feet is a frequent suffering with consumptives, and often excites great alarm. I do not consider it alone so very alarming; keeping the feet a little raised, and putting them in hot salt and ashes baths, will usually cure it soon, and with the return of general health the swellings will subside.

DIET

For *Consumptives, Asthmatics, Throat Diseases, Dyspeptics, Heart Affections, Liver Complaints, Costiveness, Diarrhoea, Gravel, Debility, &c., &c.*

In the first stages of consumption, when the lungs are engorged with blood, and the patient very feverish or very stupid, indicating great plethora, the diet should for a short time be very light, consisting of rice and bread-puddings, (no meat,) sago gruel, tapioca and arrow-root puddings, &c. As soon as the fever and congestion is better and reduced, he should take a better diet as he can bear it, and should drink constantly and freely, slippery elm or flaxseed tea, mucilage of gum arabic, Iceland or Irish moss tea; any of these he may drink from one to three quarts daily, or as much as he can bear; they will materially help the other medicines. If, however, at first the patient is weak or long debilitated, or the lungs ulcerated more or less, then he may eat as much as he can bear without much fever, or great shortness of breathing, or feeling of a load in the stomach, or an oppressive, stupid system; he may live generously on perfect food, well cooked and always light; meats cooked with all their juices, so as to be perfectly tender and easily picked to pieces with the fingers. Avoid all old, tough, hard, or half-cooked meat, that lies heavily or long on the stomach; all windy and half-cooked vegetables; all sour fruits, and, as a general principle, all fruits that are windy. Avoid all hard-boiled eggs, and food prepared with much eggs. Fruits had better be cooked; avoid all nuts, walnuts, peanuts, &c.; all pickles, preserves, fresh bread, &c.; all acids, vinegar, &c. Baked pastry is usually bad if you eat much. In general, never load the stomach; do not allow yourself to get very hungry or exhausted for want of food; eat a little something, if hungry.

Avoid pork and salted provisions, unless eaten very temperately. I very often witness cases where persons with delicate lungs, nearly or quite consumptive, will eat too much, and suddenly are attacked with pains in the bowels, back, stomach, side, or lungs, &c.; and by imprudence in eating, bleeding at the lungs is often brought on by those liable to it.

You may eat as much salt as you please with your food, stale bread, toast, boiled plain pastry, light griddle-cakes, well-cooked potatoes, well-cooked tender chicken, turkey, beef, mutton, veal, fresh fish, oysters, soft part of clams and their liquor, game, &c.: grits of wheat, rice, hominy, &c., &c., may be eaten in moderation. (See remarks on Diet in my Lectures.) Eat as much as you require, but do not over-eat; do not overload the stomach, and especially with untried or indigestible food, but eat enough so as to keep up the strength. Milk and buttermilk may be often allowed, especially to those accustomed to milk, and to them it is often excellent; Indian or rye mush, or hasty pudding and molasses, are often good; so is rice and molasses, and plain rice puddings; coarse wheat flour puddings, if you have no diarrhœa or tendency to it. In case you know what does agree with you, use it; do not lose your own experience; take any thing that agrees with you; always go to the table with the family, if possible, and agreeable. Any food that you know disagrees, avoid, and carefully observe the effects of food.

DRINK FOR THE CONSUMPTIVE.

The consumptive may drink what he knows agrees with him; pure water, black tea, a little good French brandy and water, port wine, and London porter, if no great fever is produced, are often excellent; old West India rum is often useful, but care must be taken to drink only what you can well bear. Iceland or Irish moss, put in a dish and covered with cold water, after two or three hours makes a good drink, if thirsty. Acid drinks and bad liquors, as a general thing, disagree, and should not be used; avoid coffee especially. After ulceration of the lungs is fully established, the patient should eat and drink as much as he can bear. Exercise your best judgment, take sufficient time to form a correct judgment, and then pursue what best agrees. Porter, ale, beer, brandy, and water, West India rum, and Holland gin, are all articles used at times with advantage. It is better to live too high than too low. See remarks in my Lectures on Diet.

EXERCISE FOR CONSUMPTION.

For this, see my remarks in Lectures on Consumption. Horseback exercise, carriage-riding, jumping the rope, dancing, moderate walking, are all excellent. Go out daily, if possible, and, above all, make your exercise regular. Do any light work; exercise for an object is worth more than without an object; to ride five miles on business is better than to ride ten miles for health merely; peddling, shopping, &c., are all excellent. Let all your habits be the habits of prudent, healthy persons, as far as possible.

SLEEP.

The consumptive should recollect that whatever breaks him down in any way will predispose to consumption, and much retard or prevent its cure. Nothing is better for him than refreshing sleep; on this account I never prescribe medicines to be taken during the night, but would most strenuously advise going to bed and rising at regular hours. Do not lie long in bed after awaking. "Early to bed and early to rise," is as true in health as in wealth. Above all, avoid watching with the sick, or sitting up to study, &c., or any night meetings. Sleep most when you sleep the best.

CROWDED ROOMS AND ASSEMBLIES.

The consumptive—the invalid of every description—should always avoid theatres, lecture-rooms, churches, and every gathering of people whatever. Nearly all invalids who go to church are worse on Monday. Now, consumptive, let me say to you, once

for all, let every habit, as far as possible, be the habit of health. Observe most carefully what agrees with you, and follow this most strenuously. Be equally careful to notice what injures you, and always avoid it. Do not, by imprudence, indolence, or negligence, lose what you gain.

ASTHMA—ITS CURE.

See remarks on the nature of Asthma, in my Lectures. The patient requires the Inhaling Tube, Supporter, Shoulder Braces, and Medicines. The medicines I give are Cathartic Pills, Nervine, Liniment, Expectorant, Pulmonary Balsam, Cough Pills, Humor Corrector, Depurative Syrup, and, if very weak, I give the Tonic—one, or all, as they agree and help the patient. Burning saltpetre paper in the patient's room, or inhaling ether during the fits, or smoking stramonium leaves, will usually soon relieve or prevent the fits. During the fits, the patient cannot use the Tube, or rarely can he wear the Supporter or Braces; all must be loose about him. When the fits are off, use the Tube and medicines faithfully, and use all the other medicines as directed. If sour stomach, and much wind on the stomach, take the Anti-Dyspeptic Mixture; avoid all hearty suppers, and any thing you know disagrees; bathe, go out in the open air as much as possible, observe the rules of diet prescribed for consumptives, and the same rules for drink.

I have had at least 1500 cases of asthma in the last four years, and nearly all have been relieved; I scarcely recollect more than a dozen cases which have not recovered. Asthma is a most curable disease in all persons under fifty, no matter of how long standing; after fifty, it is less curable, but yet I have seen it perfectly cured at sixty and upward.

THROAT AFFECTIONS.

Loss of Voice and Hoarseness, with slight or occasional Cough, and great weakness of voice and fatigue when talking.

This terrible disease occurs often in costive, sedentary, and dyspeptic people, and those who with these habits also use the voice very much, as clergymen, lawyers, teachers, lecturers, &c.; those who talk a great deal, particularly those who sing considerably and exert the voice greatly, especially before large assemblies, and in heated rooms. In most cases we notice swelled tonsils and much enlarged palate; and in a very large majority of these throat diseases, I find, if they are of long standing, that the lungs are also affected, and always so, if the patient is highly predisposed to consumption by family taint, &c. In some cases, we find chronic catarrh, in aggravated forms, accompany these diseases.

CURE OF THROAT DISEASES, ETC.

[See remarks in my Lectures.]

If the tonsils are enormously enlarged, a portion of each may be cut away, and the same with the palate; but if not considerably enlarged, the tonsils or palate do not require to be cut off. The patient should wear Supporter and Braces; if a cough, use the Inhaling Tube; keep the stomach in perfect order—neither eat nor drink anything that disagrees. This disease is often produced, and always aggravated, by any form of dyspepsia. Its permanent cure is impossible, unless the dyspepsia is cured or greatly alleviated. It is, in a vast many cases, and nearly all, produced by skin diseases, which settle on the throat and windpipe. Often this humor follows down the gullet to the stomach, and seems to cover portions of the stomach, and very often extends down the windpipe into the lungs. The medicines I give are Cathartic Pills, Nervine, Liniment, Humor Corrector, Depurative Syrup, and Tonic; and if a cough, I use the Expectorant, Balsam, Cough Pills, &c., as in consumption. Observe the rules of diet prescribed for consumptives. Rub the Liniment very freely about the throat, and at times Croton Oil may be used. Wear a wet cloth around the throat and top of the chest every night, wrapping a towel over it to keep the neck warm

during sleep. Bathe freely all over as directed in consumption, and especially bathe the back of the neck and throat freely in very cold water every morning; besides, wash the inside of the throat, palate, &c.; with the Tonic Wash, as directed. Chew often a little nutgall, and swallow its juice. Put very little dress about the throat, and do not cover the mouth when you go out, but take the free, fresh air daily on and in the throat, no matter how cold, after you are accustomed to it, but be careful at first not to do so if it injures you. Avoid all crowded assemblages of all sorts. Even going to church, if much heated, is very bad for you, especially if heated or crowded. Never go there at night.

Observe all the rules of diet prescribed for the dyspeptic and consumptive. Avoid great excitement of all kinds, mental or physical, or long-continued study, take regular sleep, avoid sitting up at night or watching with the sick. Use the voice as little as possible, and constantly take long full breaths, so as to keep the chest perfectly expanded, and thus prevent diseased lungs. Avoid damp, cold night air.

GOITRE SWELLED NECK.

This unpleasant and sometimes dangerous affection is, in nearly all cases, perfectly curable. It requires from three months to two years to cure it. The medicine is a powder, used three or four times a day; and produces not the least unpleasant or sensible effect on the system whatever. Its only effect is on the goitre.

HEART DISEASES.

Consumption itself hardly excites more terror than heart diseases, as they are rarely cured or helped, or even an attempt made to do it, by physicians. The patient is most usually left to his fate, overwhelmed with the most terrible forebodings. In his own and in the fear of his friends, he dies daily. These diseases are exceedingly manageable, and curable in nearly all cases. I have treated at least 2000 cases of heart trouble, and never lost but three cases of that disease in my life, as I now recollect. Even ossification of the heart, in its commencement, may be stopped, and the heart made well. Trouble about the heart is known by the patient experiencing too much or too hard beating; palpitation, or irregular beating; stoppage of the heart at times; at others it is instantly excited by fear, anxiety, sudden news, good or bad; alarms of all kinds, short breathing, palpitation, on unusual exercise, going up-hill, up-stairs, &c., not able sometimes to lie down, disturbed sleep, starting in sleep, awaking in a fright, confusion on awaking, and trembling all over on awaking, strange feelings in different parts, an irrepressible feeling of alarm and foreboding, etc., when first awakened from sleep, and it may be some moments before the heart and circulation becomes free. At times the heart begins to flutter, and seems almost to turn itself over. At other times most severe pain is felt in or about the heart.

CAUSES OF HEART DISEASES.

[See remarks on Heart Diseases in my Lectures.]

One great cause of heart disease is a strong predisposition to consumption, and the heart takes the disease. Another cause is dyspepsia, and the falling of the bowels, liver complaint, and enlargement of the under portion of the liver. Falling of the womb in ladies, and all trouble of sexual organs; all excesses or irregularities of every kind; kidney complaints; being very bilious, and indigestion; excessive study; grief, anxiety, night-watching, etc.; costiveness; contraction of the chest, and depression of the breast or back-bone; and, with these, frequent attacks of rheumatism, that settles on the heart. Debility of the valves of the heart is a most common cause. Excessive nervousness; enlargement of all the heart, or of one side; dropsy of the heart; excessive use of tobacco, in smoking, chewing, etc.; gluttony, too much fat about the heart, etc.

CURE OF HEART DISEASES.

It is a singular fact, but true as far as I know, that I am the first physician, and

the only physician, who has ever treated or now treats heart diseases, with a view to their cure. My success has been of the most gratifying character. In more than 2000 cases of heart trouble, I have no knowledge of ever losing five cases.

In treating heart diseases, I advise the use of an Abdominal Supporter (unless the person is very short and fleshy); Shoulder Braces are indispensable. Do all to enlarge the chest, as directed in my Lectures. Sit, write, or read only at high desks, so as not to stoop at all. Expand the chest by long, full breaths constantly, but begin carefully. I give Cathartic Pills, and advise the use of them every night regularly. Even when used for years, they will not injure, but constantly protect the heart. For a time I give Humor Corrector, Depurative Syrup, and if there is pain, use the Liniment, etc. Above all, use the Heart Corrector—it usually gives instant relief in sudden attacks, and may be used whenever the heart is excited. Taken regularly at bed-time it carries the patient safely through the night. In old people, it is a true life-preserver. If there is dyspepsia and sour stomach, use the Anti-Dyspeptic Mixture until free of dyspeptic symptoms. I am positive that three-fourths of the deaths from heart diseases are immediately caused by wind in the stomach, or a loaded stomach. It is impossible to say too much on the subject of diet. What I have said on diet to consumptives, applies tenfold to patients who have disease of the heart. Avoid all suppers or late meals. You should not eat any thing after dinner, or only a slight piece of bread with a little butter. Never eat a hearty meal, on any pretext whatever. Eat very little meat, and that well cooked, very tender, and eaten deliberately. Avoid all feats of strength, or great exertion of any kind—any great, unusual or sudden effort, either mental or physical. How many men have fallen dead in Congress! Avoid all great assemblages—churches, theatres, concerts, crowds. Moderate, regular exercise, or labor to which you are accustomed, may be pursued. Avoid going up-stairs as much as possible, or walking up hills; be regular in hours of sleep, eating, labor, exercise, etc. Use the Pills so as to have a gentle evacuation daily. Avoid much fruit, and windy fruits of all sorts. Free sponge-bathing, frictions, and salt water bathing, should be used daily, but avoid getting under water, or in the water. Sea-bathing, if you go into deep water and a heavy surf, is dangerous, and should be avoided.

Dyspepsia, catarrh, and kidney diseases should all be corrected. The kidneys not neting well, immediately disturb the heart. It should at once be corrected. All womb diseases should be cured. (See remarks on this in another place.) A very small blister constantly worn on the seat of pain is most excellent. A seton may be also worn. In all cases of pain the Pulmonary and Rheumatic Liniments are most valuable, rubbed on or spread on a plaster and put or worn upon the heart. Occasional bleeding, if very full of blood, may be resorted to. Often the patient faints, and is supposed to be dead—do not give him up, especially if a young person. Pry open his mouth, and give a dessert-spoonful of the Heart Corrector or some active stimulant—the Heart Corrector is the best of any thing I know.

By this course I have seen a vast number of heart diseases cured in persons of all ages and sexes. I have seen old men with heart diseases of eight or ten years' standing get entirely well, and die of other diseases. I scarcely know of any disease more manageable than a vast proportion of heart diseases. Their treatment, however, requires unceasing caution and good judgment on the part of the patient. See my Lectures.

DYSPEPSIA.

[See remarks on this disease in my Lectures.]

It often leads to consumption, and often brings on asthma, heart diseases, sick headache, chronic diarrhoea, &c. It is often produced by costiveness, and womb and kidney complaints. It often produces chronic diarrhoea, &c., and always aggravates it—often causes, and always aggravates piles. Among diseases this is certainly one of the most curable. Use the Anti-Dyspeptic Mixture—observe the rules for diet be-

fore mentioned, also bathing, air, and exercise, and consult me at once personally or by letter. You may rely on a cure, though of years' standing. In six thousand cases I have treated, I have never known a failure of cure when the patient makes a faithful and continued use of remedies.

LIVER COMPLAINTS.

If the stories of patients and physicians were true, we should think liver complaints extremely common; indeed, we should suppose that nearly every sick person has liver complaint, while, in fact, liver disease is a rare disease, and when it does occur, is very curable, indeed; it is known by swelling and pain in the right side, short breath, husky cough, dyspepsia, very costive or diarrhoea, depraved appetite, clay-colored stools, and bad state of the head, periodical sick headaches, &c., &c. The patient should wear Shoulder Braces and Supporter, take Cathartic Pills, Nervine, Humor Corrector, Depurative Syrup, and Universal Tonic. Use Liniment in case of pain, and wear a wet cloth over the right side. If dyspepsia, diarrhoea, &c., use the medicines mentioned for these complaints in this Guide. Observe the rules of diet mentioned for consumptives and dyspeptics. Bathe freely and take plenty of fresh air and exercise, and you will soon have a good liver.

COSTIVENESS.

Many persons suffer from constipation; often going for days without a passage.— (See remarks on this in my Lectures to Ladies and Gentlemen.) I hardly know any disease more perfectly curable. I do not recollect to have ever seen under my direction, a failure of cure, if the patients do their duty to themselves and remedies. (For bad effects of costiveness or slow bowels, see remarks in my Lectures.) The following are always aggravated, and often produced by costiveness: head-ache, sick head-ache, confusion in the head, palsy, apoplexy, throat diseases, consumption; bleeding lungs, heart diseases, dyspepsia, liver complaints, piles, skin diseases, nervousness, womb diseases, kidney complaints, and, in fact, nearly every disease to which flesh is heir, is aggravated by costiveness. In the last stages of consumption, it is a good sign to see the bowels slow, as the patient is apt to have a diarrhoea; and great caution must be taken not to produce it by Cathartic Pills, fruit, or any opening medicines, or anything likely to move the bowels much.

CURE OF COSTIVENESS.

To cure costiveness, wear a Supporter; and if stooping or weak chest, wear Shoulder Braces, take Cathartic Pills, Nervine, Depurative Syrup, and the Universal Tonic; and if any other diseases are present, use medicines mentioned for them. Observe the rules of diet directed for consumptives and dyspeptics. Eat bran bread and wheaten grits, and any food you know keeps the bowels free; but the Supporter and Cathartic Pills will soon put all right. These remedies have permanently and perfectly cured constipation of years' standing, in one week, in persons of all professions, sexes, ages, &c. It is most curable. Without free bowels, no person can have good health. (See my Lectures for remarks on Costiveness.) Persevere in using remedies until well.

HEADACHE, RUSH OF BLOOD TO THE HEAD, SICK HEADACHE, PERIODICAL SICK HEADACHE, &c.

Headache and rush of blood to the head are often caused by using the eyes too much, and great mental efforts when weak. In females all diseases of the womb will often induce a rush of blood to the head. The stoppage of the monthly sickness at the turn of life, and at any period of life, often produces a rush of blood to the head. Periodical sick headaches often arise from obstructions of the gall-bladder by gall-stones in it. Within a short time past, I had the pleasure of seeing a lady cured of periodical sick headaches, of twenty years' standing. Half a pint of gall-stones were brought away in a few days. (See remarks in my Lectures, &c.) Any heart ob-

struction is apt to induce apoplectic rush of blood to the head, &c. The majority of apoplexies and palsies are induced by obstruction about the heart, especially when they occur suddenly.

WOMB COMPLAINTS, MISCARRIAGES, BARRENNESS.

These complaints are perfectly and promptly curable. I have had six thousand cases in four years. Read my two "Lectures to Ladies" in the "Six Lectures"; there you will have a full description of these diseases. For the cure, see remarks on Abdominal Supporters and the medicines for your different troubles in this "Guide to Invalids," and write to me at once for advice and direction, carefully stating your case, and answering the questions on the second page of the cover of this pamphlet or in the "Six Lectures."

It is often and usually attended with a weak back, dead, heavy pain in the hips, loins, sides of the bowels, &c., and lower end of the back-bone; also, bearing down, and leucorrhœa, rush of blood to the head, sick headache, spots on the face, palpitation, dyspepsia, nervousness, low spirits, inability to walk well, pain across the lower bowels, distressing, sinking feeling at the pit of the stomach, exhausted, all gone, easily fatigued, &c. You may depend on a prompt cure.

RHEUMATISM.

[For the causes and effects of Rheumatism, see my Lectures.]

This is a most curable disease, whether acute or chronic—recent, or of long standing. I have no recollection of a single case where I failed of a cure. Consult me by letter or personally. You may depend on a certain and speedy cure.

SKIN DISEASES, CANKER, &c.

These diseases of all kinds are, in ninety-nine cases out of a hundred, curable by pursuing, for a longer or shorter time, the use of the remedies. (See remarks on these in my Lectures.) In thousands of cases they cause consumption, dyspepsia, asthma, throat diseases, piles, womb diseases; kidney and bladder diseases are produced by skin diseases, or by the same poison. Salt rheum, scald-head, tetter, hives, pimples on the face, and a great many other varieties (there are often two or three kinds on one person), are most generally curable. The medicines are, Cathartic Pills, constantly used till well; also take Nerve, Humor Corrector, Depurative Syrup: use for months till well.

Observe the rules of diet directed for consumptives; use free bathing and fresh air. If other diseases are present, use what medicines are directed for them. The Tetter Ointment will be found most valuable in all cases of itching, and will soon cure it.

SCROFULA, OR KING'S EVIL.

This truly unpleasant and, in many cases, apparently incurable disease, may be usually greatly relieved, and in many cases entirely cured, in from one month to a year, even when in its worst forms. See my Lectures.

The remedies are, bathing freely, if possible, in cold salt water; wear Supporter and Shoulder Braces, if over 15 years old, and take Cathartic Pills. Depurative Syrup, Humor Corrector, and Universal Tonic. The Anti-Scrofulous Plaster may also be used, if bunches or other sores are present. Dyspepsia, or any disease present, must be cured as before directed. Also take free, fresh country air, and often sea air, if the lungs are not affected—full, free breathing in cold air. Observe the rules of diet directed for dyspeptics. I scarcely recollect a single failure when the patient used all the remedies faithfully for a sufficient length of time.

CATARRH.

This is often a most obstinate and disagreeable, and often dangerous disease—often leads to loss of smell, impairs the hearing, weakens the voice, and causes great dis-

charges from the head and nose, often extremely offensive when not suspected to be so by the patient. (See my remarks on this subject in my Lectures.)

Catarrh often reduces the patient very much, and, in a vast many cases, spreads over the lungs, producing consumption. It is always on the lungs in consumption, more or less. It often affects the eyes and head, and is a skin disease, produced by a humor.

To cure catarrh, I give Anti-Mucus Mixture, and Catarrh Snuff—free bathing of the head, face, neck, and throat with cold water, and daily drawing cold water up the nose. If any other troubles present, I recommend the medicines mentioned for such affections. If thin, delicate, or weakly persons, I advise Supporter and Shoulder Braces, fresh air, and full, long breaths of cold air. If inclined to cough, I give Inhaling Tube. By these, catarrh is very curable, and permanently so. Fresh air, full long breaths, bathing the head, neck, and face in cold water, and drawing cold water up the nostrils are the best prescriptions, and are usually perfectly successful in preventing this disease.

CROUP.

This disease is perfectly and promptly curable. Put the child's feet in warm water; or if very bad, wrap the child up in a cloth wet in warm water, and keep it as warm as can be borne; give it the Expectorant to vomit it, and rub the Pulmonary Liniment freely on the throat, front of the chest and spine, between the shoulders. This will soon cure it, even when all hope is gone. Rub the Liniment on freely for hours, or until relief is had. If costive, give half doses of castor oil, &c. Never despair in these cases.

BROWN SPOTS ON THE FACE, BLOTCHES, PIMPLES, &c.

These cases are very frequent—brown spots externally on the faces of ladies. For several years I made all possible research to find a cure for these destroyers of beauty, before I found a perfect remedy. I am now most happy to say that I cure them in all cases perfectly and permanently. It is truly a pleasing task, and always safe and certain. Ladies may depend on a perfect cure, and soon.

DANGERS TO THE CONSUMPTIVE.

The unfortunate consumptive, in nearly all cases, seems forced to die, by circumstances that appear planned expressly for his destruction. Attacked with shortness of breathing, he calls on his physician, and is informed it is nothing but *debility*, and all he gets is, in most cases, remedies that increase the debility until all ends in rapid consumption. If he takes a cough he is told it is nothing but a cold; this will run on weeks or months, defying all remedies. He now most anxiously asks his physician if it is not consumption—says some of his kindred have died of consumption. "No," says the physician, "it is only bronchitis, a little trouble in the throat, which will soon be well." Perhaps he has his palate cut off and his tonsils cut out, and his throat burned with caustic, and more medicine given. Fully is he encouraged to believe it is not consumption. After some time, still growing weaker with fever or night-sweats, chills, bad cough, raising much matter, mucus, froth, &c., and often more or less blood, his flesh wasting away, &c. &c.; told all this while it is not consumption. In great despair another physician is called to consult with his family physician, and examine the chest; and now, when the patient has not a month to live, he or his friends are told there is a little tubercle, only a little, on his lungs, and he is advised to take Cod Liver Oil, or some other fashionable medicine, and go to the country, or to the South, or sea voyage, from which, if he ever returns, it is only to die soon. Thousands and thousands the last year have been carried to their graves by Cod Liver Oil, under the fullest promise of a cure. In this way the precious months, when a cure is possible, are wasted, and the disease but too often allowed to run on until no human means can avail. It is rare for me to see a patient until he has had a cough from one to two years, or even three years. If I am consulted during the first month, in nearly every case I succeed in relieving the cough in four or five weeks, and generally in a much shorter time. Each month of delay adds to the time required for cure, if cure be effected at all, and greatly increases the danger of the disease. No cough should be allowed to go more than one week before full measures should be taken for its cure.

Do not be led off by such fatal delusions as I have mentioned; read this Guide Book, and strictly and instantly follow its teachings, and most particularly if any of your own blood relations have died of Consumption.

LETTERS.

Letter from Rev. R. Whitwell, Episcopal Clergyman of St. Armand, C. E., who has had a good opportunity to judge of my Remedies.

NEW HAVEN, Ct., Aug. 28, 1848.

MY DEAR SIR,—I have but a moment to say that I am now free from cough and expectoration, and for a week back have been slowly recovering my appetite and strength. Week before last I bathed in the sea at Morris' Cove four mornings out of the five. Your medicines are truly what they profess to be—"no mistake." Shall pursue the course as you directed, and hope still to benefit by your judicious treatment. With thanks for all your kindness, and the good service from your excellent practice, I remain, &c., yours, faithfully.

R. WHITWELL.

October, 1851—is well.

CASE OF MOSES ELY.

When I first saw Mr. Ely, his right lung was most extensively ulcerated, and neither myself nor any one supposed that he could possibly recover. He is now (Oct. 1851,) I believe, studying law at Newburgh, N. Y., and in good health. This letter speaks for itself.

NEW-YORK, N. E. cor. Gold and Fulton sts., Aug. 20, 1848.

DR. S. S. FITCH: Dear Sir,—In accordance with your desire, I will now attempt to give you an account of the very critical situation in which you found me when you visited me on the 5th of May, 1847, together with the causes which led to it, and my present state of health, compared with that of the above time. Careless exposure during the winter previous had caused me to take cold upon cold, which being neglected, paved the way for inflammation of the lungs, with which I was attacked on the 20th of February with such severity, that on account of the very sharp pain it occasioned in my right side, I was unable to take even the slightest breath without the greatest difficulty. Leeches and other applications were made, with but temporary effect, and the disease gradually progressed, notwithstanding the efforts of the best medical advisers to check it. Soon the greater part of my right lung seemed entirely to cease acting; and when I inhaled the air, only the front upper part of my right breast moved. My cough abated none, and the character of the expectoration became worse and worse. The disease so far baffled the skill of my physicians, that they soon began to abandon all hope of my recovery, and on or about the 1st of May they gave me up, and resigned me to the kind offices of "time and nature." Previous to this, I had accidentally overheard one of them tell some of my relatives, in an adjoining room, "It is impossible for him to live," and on the same day that they gave me up, he met my uncle in the street, and told him that I might possibly live till August, but not longer; and it was then, when deliberating what course next to pursue, that I heard of your manner of treating diseased lungs, and determined, if possible, to have the benefit of it. Accordingly, you called to see me on the 5th of May, when the symptoms which the disease had assumed were as follows: I had constant sharp pains in my right side, midway between the hip and the shoulder, running from the front through to the back part of the breast; in my right shoulder, and running down my arm to my elbow, (which last prevented my raising my hand to my head,) and an almost incessant cough, with a copious expectoration of thick, yellow, offensive matter, which sank in water. I was confined to my bed most of the time, and unable to lie on my right side. My right lung was still inactive—my appetite, which before had been miserable, was now almost insatiable, and my bowels had been, since I was first attacked, very inactive. My right side had sunken in very much, and my shoulder be-

ing deprived of its proper support, sunk so far as to be much below a level with the other one. On the same day that I placed myself under your care, I went to New-York, and soon began to discover a very favorable change in my feelings. The use of the Braces and Tube enlarged my breast very much, and caused the cavity to fill up. My appetite became reduced to its natural standard, the pains gradually subsided, and my bowels became regular. On the 4th of July I was so far recovered as to be able to be from home all the morning; and on the 1st of October following, returned to New-York, and have ever since attended to my business, with scarce any interruption in consequence of sickness.

I now feel quite well, but still have a slight cough, from which I hope soon to recover. Other than this, nothing remains of that dangerous illness, from which, through your timely aid, I was relieved. I have recommended your treatment to others, and watched its effect upon them, and have become acquainted with a great many who had been previously benefitted by it; and the result is, that I can recommend your practice with the greatest confidence to all who are afflicted with diseased lungs, feeling assured that in doing so I can do them no injustice.

Hoping that many years of continued usefulness may be in store for you, I am, with great respect, yours, &c.,

MOSES ELY.

On the 18th day of December, 1849, I was called to see Mr. C. D. Petrie. He was very low, only able to go from his bed to his chair. Both back lobes of his lungs were badly ulcerated, the left lung extensively; his general health greatly prostrated, &c. He is a very intelligent, well-educated gentleman, and enjoys a very respectable social position. At this time (April, 1851,) he is in good health.

NEW-YORK, 630 Greenwich street, April 1850.

Dr. S. S. Fitch: Dear Sir,—In December, 1848, I was taken with a cough, expectoration, and pain in my chest, which soon increased vastly. In May, 1849, I began to raise bloody matter, and great increase of expectoration and cough; matter would sink in water like shot; night-sweats, most profuse chills and fever, which prostrated me. My father, who is a physician of Naples, Illinois, did all that he could for me. In June, 1849, he took me to St. Louis, Mo., where I consulted Drs. Professors Pope and Linton, both of the St. Louis Medical College. They both pronounced me in confirmed consumption, and that I could not live but a short time, say until the next September. On the 18th of December, 1849, I consulted Dr. S. S. Fitch, of 707 Broadway, New York. He gave me but little encouragement, as I was so very low, and no mitigation of my disease. My father had urged me to see you, with very little hope. Your remedies have acted on me in the most happy manner. I am now in excellent health; I have not coughed once in six weeks, no pain or any trouble whatever, and no expectoration. I am satisfied that consumption is a curable disease; so is my father. I would advise all consumptives to try Dr. Fitch's remedies.

C. D. PETRIE.

NEW-YORK, September, 23, 1850.

Dr. S. S. Fitch—Respected Sir: For two years have I used your Brace, Supporter, and Inhaling Tube, and have derived great benefit from the same. I am naturally of slender make, predisposed to Consumption. Before I used any of your remedies, physical prostration was the almost certain result of the Sabbath day's labor; but now I find preaching to be a delightful recreation. I might say *much*, and still not be saying *too much*, in recommendation of your system. I advise all my Ministerial brethren, at least to purchase your "Six Lectures," Brace, Supporter, and Tube, feeling perfectly satisfied that my advice will not be found by them to be wrong.

I remain, very respectfully and truly, your friend,

W. H. TEEFANY, Preacher in the Methodist E. Church.

My Post-Office address is "Minaville, Montgomery Co., New-York."

NEWARK, N. J., October 9, 1848.

DR. S. S. FITCH: Dear Sir,—I am forced by feelings of gratitude to inform you of the effects of your medicines on me. My two sisters and a half-sister died of consumption. The last week in March, 1848, I was taken with cough and expectoration, which continued five months, with many other bad symptoms, all warning me to expect the fate of my departed sisters. In August last I got your medicines and all your remedies. I used all faithfully, and now (Oct. 9th, 1848,) I am well of all cough. The salt rheum I have had is nearly entirely well; and I feel, by the mercy of a kind Providence, that with care and your remedies and advice, I may long walk the lovely path of health. With many thanks, I remain yours,

MARY ANN BROOKS.

SAYBROOK, CT., May 29, 1850.

DR. S. S. FITCH: Dear Sir,—I write to give an account of the wonderful effects of your Abdominal Supporter on Mrs. Lay. She could walk very little, indeed, and felt as if her bowels and back fell apart; very costive. At once the Supporter helped her so as to walk all about, even half a mile at a time, and to church, &c. She is most delighted, and is near 80 years old. She has almost renewed her age, and it does her good every day.

HELEN M. LAY.

[Hundreds can say as much, and more than this, for the magical effects of the Abdominal Supporter.]

ALBION, Calhoun Co., Michigan, Sept. 29, 1849.

DR. S. S. FITCH: Esteemed Friend,—I have long been in delicate health. My father, mother, and six brothers and sisters died of consumption. I have suffered by miscarriages, and was so reduced by dreadful female diseases, and, at the same time, bad cough, bleeding at the lungs, soreness of the stomach, sour stomach, dyspepsia, and burning at the stomach, palpitation of the heart, kidneys badly affected, falling of the womb, and female weakness—my right arm was always cold, and had to be swathed in cotton—for *eight months I did not leave my bed*. My physicians and my friends gave me up; my grave-clothes were made, so certain did the approach of death seem. When all hope had ceased, your medicines and remedies were obtained, and by God's good blessing and their use, I am now in good health, or nearly so. I can walk and ride well—no cough, very little palpitation, stomach in good order, and bowels. I have found all your remedies and directions most salutary and useful. I have followed your directions carefully. After thanking a good God, I most gratefully thank you for all you have done for me.

Thy friend,

ANN D. BIRDSALL.

October, 1851, Mrs. Birdsall is very well. She is a much esteemed member of the Society of Friends; is well known in this region, and was from Utica, N. Y.

PEEKSKILL, N. Y., May 9, 1850.

DEAR SIR,—It is with feelings of gratitude, I assure you, that I withdraw a moment from my business to communicate the astonishing effect your medicines had on me. Two years ago the 28th day of March, I was attacked with a severe turn of bleeding from the lungs, which continued for a day or two. For two or three months previous to this, I had a very distressing cough, insomuch that I could not rest day or night. I tried every thing I could think of, but nothing seemed to do me good. After bleeding from the lungs I was very much reduced, and so weak that I could not be raised in bed without fainting. However, after a short time, I gained a little strength, so that I could walk about a little; but this strength did not last long. I took a short walk one damp day, and took a very heavy cold; my body was a wreck of pain. I was attended by two skilful physicians, who did all in their power to relieve me, but the relief their medicine afforded was only momentary; my left hand and foot became

powerless almost. I was so sore across my chest and stomach I could scarcely breathe. Whenever I coughed, my lungs became so irritated they bled. I was in as shocking a condition as any one could be and live. No one thought I could survive but a short time. For three months I was in this condition, when a kind neighbor felt interested enough to send me one of your books called "Dr. Fitch's Six Lectures on the Prevention and Cure of Consumption." I read the book, and felt assured you could do something for me, and that to remain in the condition I was then in I must die. I stated my case to you, by letter, as near as I could, and you prescribed for me. I commenced with the remedies as directed, and in less than three weeks was enabled to get out of doors again, to the astonishment of my physicians, friends, and neighbors. It seems as if your medicine braced me right up. My recovery was very rapid. I felt I gained strength every day. I am now in a comfortable state of health. I can go out in all weathers, and not take cold. I can truly say that I have not had a bad cold or cough since I commenced using your remedies. I continue bathing daily with cold water. The Shoulder Brace and Supporter I would not dispense with for any consideration. When I feel the least indisposition I apply to your remedies, which always give immediate relief. I have now no pain or soreness whatever; can lay down and sleep soundly. If I can always enjoy as good health as I now do, I shall be contented and happy; and I write this to certify that my friends and myself have the utmost confidence in your superior skill and knowledge of my case.

Yours, with respect,

GROVNER NOYES.

[May, 1852.—I had the pleasure of seeing Mr. N. a few days since in excellent health, and able to attend constantly to his business. Such a case needs no comment.]

CONSUMPTION PRODUCED BY A HUMOR.

WATERBURY, Ct., August 28th, 1850.

Dr. S. S. FITCH: Dear Sir,—You wished me to write a statement of my case. My exact case was written to you the fore part of February, 1850. I will put them down as near as I can remember. When I wrote you, I had been confined to my bed three months. Since my confinement my symptoms were daily hectic fever, constant cough, raised thick yellow matter, sometimes frothy, a heat, dryness and constant tickling in my throat, pain through my chest and shoulders, great pain in my back, constant diarrhoea, could not eat any thing but soda crackers, great coldness in my lower limbs. Physicians, friends, and myself thought Consumption would soon lay me in the tomb. Friends, who came to see me from a distance, thought I could not live more than two weeks. I alone had faith that you might help me. I wrote you. Your candid answer was that, under all the circumstances, the probability was medicine would not avail, but if I wished, you would send me some, which you did. I took them faithfully two months, when I found myself so much better I thought I might leave them off. As soon as I commenced taking the medicines, my appetite came, and I could eat any thing. I continued to improve, and in July my general health was better than it had been for some years. I have had boils, or an eruption of some kind on my face, most of the time. At present my health is good; and what has passed off in biles, seems to have gone into my hands and ear, they are all running sores. My hands are bound up, so please excuse the soiled paper and poor writing. I will now close, hoping soon to cancel my pecuniary obligations; but the debt of gratitude I owe you for my restoration to health, and my little ones, will be lasting as life; and I trust and pray, dear sir, that your valuable life will long be spared as a blessing to afflicted humanity. You can make any use of my case that you wish.

Very respectfully yours,

SARAH LOUISA BURRETT.

FARMINGTON, Maine, Oct. 16th, 1848.

Dr. FITCH: Dear Sir,—I fear that you have thought that I have forgotten you, my dear benefactor; but I have not, nor ever shall, while memory lasts. Your medi-

cines and machinery have met my most sanguine expectations. My health is better than it has ever been since my remembrance; and your Tube, Braces, and Supporter have done all for me that you recommended them to do. Please to accept my most sincere thanks and well wishes. Yours, in haste,

DORCAS T. MOORE.

NEW YORK, 90 Third Avenue, July 11th, 1851.

DR. S. S. FITCH: Dear Sir,—I have been out of health four years. Miscarriage commenced my troubles. I lingered in ill health until Dec., 1850, with severe palpitation of the heart (pronounced an incurable disease), inflammation of the lungs, great prostration, dreadful falling of the womb, monthly periods most painful, often flooding, leucorrhœa (whites), much humor, rheumatism in back; lost all appetite; stomach refused digestion; sinking turns, as if dying; often given up; not able to be set up in bed without fainting; much headache, and wholly unable to walk. All my friends considered my death certain. For four months I was in this state. In February, 1851, I first received a visit from you, and you gave me advice and remedies, both medical and mechanical; the effect has been all I could hope or desire. I am in most respects perfectly well; female troubles perfectly well and heart well. I walk pleasantly. Scarcely a vestige remains of my terrible sickness and long, lingering ill health. My deepest gratitude and everlasting thanks to you.

MARY C. SHAW.

The young lady who gave me the following letter, when she first called on me, presented about as perfect a specimen of a human wreck as one is ever allowed to see. Lungs, heart, kidneys, &c., all much affected; blood thoroughly poisoned; a humor raging throughout her system; utter prostration of physical energies; face nearly as blue as a corpse; despaired of by all her friends. Never acquainted with such a thing as good health; life itself daily threatened. She is well educated, accomplished, and pious. It gives me great pleasure to subjoin the following letter from her. She is nineteen years of age.

SYCAMORE, ILL., March 17th, 1851.

DR. FITCH: Dear Sir,—I feel that I owe you a great many apologies for having procrastinated so long in writing, but I have thought of you daily, with the deepest gratitude, and with a sense of obligation that can never be discharged. Would that I could induce every victim of the destroying angel of our country, consumption, to partake of your remedies—"to drink and be healed;" and for the benefit of any whose end is perhaps being hastened by impolitic advice and improper remedies, I will give a short sketch of my own experience.

Consumption is hereditary on my father's side; he died of consumption; many of his relatives have died since my recollection, and *all* with that insatiate disease. Constitutionally delicate, I have often heard my mother remark, that she never dreamed of my life being protracted beyond the period of childhood.

When a child of three and four years, I was so debilitated that, for a long time, I could not stand upon my feet on waking in the morning. I was, about this time, attacked with chronic sore eyes, which remained sore and weak for years; was all my life subject to violent palpitation of the heart, at times could scarcely bear the slightest exertion or the least fatigue, and suffering frequently from pain in the chest and shoulders, and continually from urinary difficulties, and inward fever.

In the summer of 1846, we removed from New Jersey to our present residence, De Kalb County, Illinois, and for a short time the climate seemed to prove beneficial; but in the autumn of 1847, I contracted a heavy cold, and was first attacked with violent palpitation of the heart, and so severely and singularly was I operated upon, that my physician afterward said that he thought at the time I must be dying. My breathing was convulsive—my countenance at one moment dyed to a deep purple, the next, the blood leaving it as white as death. I was troubled during the winter with a

dry, hacking cough, night-sweats, pain in the side, chest, and beneath the shoulder-blades, my breathing continued painfully short, constantly attended with urinary difficulties, and a fever that threatened at times almost to consume me.

In the May following, my mother determined to return to New Jersey with me, in hope that travel and change of climate would prove beneficial to me; and most of my acquaintances prophesied that I would not live to return in the ensuing autumn. Soon after our arrival in New Jersey, I was induced by the representations of a gentleman of my acquaintance (who had been much benefitted by your advice and medicines,) to consult you. I did so, and was provided with Shoulder-Braces, Supporter, Inhaling Tube, and medicine, and their concerted action operated like a charm. I soon began to breathe a different atmosphere; and a vigorous life, to which I had before been a stranger, pulsated through my system. The old painful, debilitated, and precarious existence I had so long sustained, lost its identity in a new and delightful sense of being; and I sincerely believe, that had it not been for your kindly advice and remedies, I should long ago have passed that "bourne from which no traveller returns."

In closing, permit me to say, that my gratitude is inexpressible; that it is incorporated with my life, and will end only "when the golden bowl is broken, and the pitcher at the fountain," when "the dust shall return unto dust, as it was, and the spirit shall return unto God who gave it."

May you long be spared to retain the elevated position you have taken in that great circle where intellect and humanity go hand in hand.

Yours, most gratefully,

ELIZABETH B. LUM.

P. S.—A lady residing about six miles from this place, has been suffering through the winter with all the dreaded symptoms of consumption. Some time since I sent her a bottle of Pulmonary Balsam, one of Liniment, with directions to bathe, &c. She soon found relief, and is about to send to you for a package of medicine, in the confident hope of a certain recovery. E. B. L.

CASE OF ASTHMA.

Hudson, N. Y., June 3d, 1850.

Dr. S. S. Fitch: Dear Sir,—In compliance with your request I take this earliest opportunity to address you a few lines, expressive of the satisfaction I experience in regard to your treatment of my case. As you may remember, I first applied to you by letter, I think about the 7th of December, 1848. I had been previously afflicted with asthma from infancy; the fits occurring at intervals of from three or four, till at that time often less than one a week. I had previously done but little for them, except using for a short time some medicines prescribed by Dr. —, of Philadelphia, together with his Inhaling Tube, from which latter I thought I received some, though but partial benefit. On the whole, the attacks were more frequent, and only prevented by the smoking of saltpetre paper inhaled on going to bed. I commenced using your remedies on the 23d of December, 1848, and continued them pretty constantly till about June following. The winter of 1848 was a very unfavorable one, and I did not experience any change for the better till about the beginning of March; it was, however, from that time, very rapid, and by the middle of April I felt perfectly well. I used the Tube till July, when I was obliged to dispense with it for want of time. Through the latter part of August I again felt the symptoms of asthma, which resulted in a return of its attacks about the 15th September. These continued through the last part of the fall, though by no means as severe as before. I again applied to you, December 27, 1849; commenced a course anew, and felt my health improved within a fortnight. I have had no asthma for two or three months, and feel satisfied that your treatment is the proper one, the more so as I judge by the result of two trials; which would seem to preclude the possibility of the effects by any other causes. I have done nothing to prevent the fits but use your medicine, and have not used the saltpetre paper more than two or three times in as many

months, and then probably unnecessarily. Wishing to add my mite to the mass of testimony you already possess in favor of your treatment of lung diseases, both from gratification to myself, and a desire in some degree to alleviate the suffering of my fellow-creatures, by pointing them to means of relief to be confidently expected, I have penned this in much haste. Should I continue as well as I hope, I shall write again in the Fall. In the meantime, I am, with sincere gratitude and esteem, your obliged friend,

JOHN H. McGIFFIN.

NARRATIVE OF THE REV. RODOLPHUS BARD.

DR. S. S. FITCH: Dear Sir,—In looking over the history of the last two years of my life, I am filled with gratitude to God for his great goodness in so far restoring my health and giving me back to my family, after all hope had fled, and they could only look on me as already entering the grave. It has ever been to me a self-evident truth that the all-wise Creator always works by means, and it gives me great pleasure, my dear sir, to say that your remedies for the cure of consumption were the means, "the only means" of my recovery, as will more fully appear by the following statement of my case.

First, my family nearly all consumptive—my mother, brother, and also a large number of other relatives, died of consumption. From my childhood my constitution was slender, and for the last twenty-five years, regarded by all my friends as inclining to consumption. At the age of twenty-five years I commenced preaching the Gospel, with but little prospect of living to the age of thirty. Lungs weak, a constant hoarseness and hacking cough, some expectoration, often night-sweats, and habitual costiveness, attended with frequent, distressing, nervous headaches. A change of climate from New-York to Ohio operated favorably, and for twelve years I was able to act as pastor of the Baptist Church in Brimfield. In the winter of 1844 I had a severe attack of erysipelas fever, which very much injured my constitution, and left me in a decline. In the winter of 1846 I took the charge of a protracted meeting in Mantua, laboring night and day for four weeks, at the close of which I found my whole system entirely prostrated—my lungs so weak it was with difficulty I could speak so as to be heard. My friends and ministering brethren became alarmed, and earnestly advised me to stop preaching. But I did not realize my danger, and continued to preach two or three times each Sabbath during the summer. In September I took a violent cold, and at once found myself on a sick bed, with a hard cough, large expectoration of light, frothy matter, daily chills, fever, night-sweats, loss of appetite, pain in the chest, shoulders, and limbs, palpitation of the heart, nervousness, etc. I tried the usual remedies, such as blistering, etc. to no benefit. I went down rapidly, with increasing alarming symptoms, until the middle of November. All hope was gone, and the community considered me past recovery.

A copy of your Lectures fell into my hands, the reading of which rekindled a spark of hope. I lost no time in applying to you, and on the first day of December, "of happy memory," received a full supply of your remedies. I followed your directions to the letter, and to the astonishment and joy of all my friends, my recovery was as rapid as had been my decline, so that on New Year's day I was able to visit my friends. I soon felt myself compelled to labor for the support of my family. During the summer I performed my usual amount of labor.

In October, 1846, I again found myself failing. I called on Dr. A. Jackson Squire. He decided I had a chill fever—gave me medicine, which soon relieved. However, I imprudently went out too soon, which brought on a relapse. The disease concentrated its whole force on my lungs; my right lung till then was sound, but now both lungs were highly congested. Cough returned with great violence: lungs soon became loaded with thick, heavy matter, without the power to throw it off. I was out of your medicines, but, fortunately, I was able to borrow from one of your patients one bottle

of Expectorant, one do. of Pulmonary Balsam, and a bottle of Anti-Mucus Mixture. After taking the Expectorant a few days, I raised large quantities of matter that would sink in water almost as soon as lead. That bottle of Expectorant saved my life. I immediately applied to you again; there was necessarily considerable delay in getting the medicines. My friends and physician said there was no hope in my case, and I too felt that my time to die had come—made arrangements to leave my family; and how could I think otherwise? I had a hard cough, raised large quantities of solid matter, distressing pains through my entire lungs, shoulders, bowels, and limbs, daily chills and fever, night-sweats, loss of appetite, flesh rapidly wasting away; and to crown the whole, swelled limbs and diarrhoea.

Your letters, dear sir, to me were full of kindness and encouragement. You said you fully believed I would yet recover. You did not misjudge. My recovery was slow "but certain."

In May last I felt anxious to see you. My health still very poor, many of my friends thought me presumptuous in undertaking such a journey alone. On your examination of my lungs you pronounced the entire front of my left lung and the top of the right ulcerated. This was no news to me; I had made the statement often to my friends, which I found to agree with your decision. You also said my lungs were in a healing state. I now acknowledge my doubts at that time, but have since found you correct.

In October last I was elected to the office of Recorder of Portage County. My political opponents said that writing would kill me, and some of my friends even feared it might prove true. I have now been in the office, writing from four to eight deeds per day, for four months, my health improving all the while. The secret of all this is, you, sir, have learned me how to take care of my health. I am often asked, "Do you expect to be restored to perfect health?" I answer all such, "I never enjoyed perfect health; I have now almost gone through the winter without any serious attack of the lungs, and by care I hope yet to live to the common age of man." Dr. Earl, of Franklin, not long since, said to me, "Sir, you are almost a miracle in the history of disease." Others have expressed themselves in the same manner. In conclusion, I will say, no man feels a deeper interest in consumptives than myself. To all such I honestly and conscientiously would say, "Try Dr. Fitch's remedies—try them faithfully; do not say you cannot follow his directions, but follow them perseveringly, and through the blessing of God you may yet live who would otherwise sink into an early grave."

In publishing the above statement I believe I am doing my duty to an afflicted public, and to you, kind sir, as a benefactor; and it shall ever be my prayer that peace, prosperity, and long life may be yours. With sincere regard, I remain yours truly,

RODOLPHUS BARD.

I had never seen nor heard of the young lady whose case is given below, until I received this gratifying letter. I am almost daily receiving letters giving similar cases, or accidentally learning them from my patients who visit me.

CONEWANGO, CATTARAUGUS Co., N. Y., Sept. 16th, 1851.

DR. S. S. FITCH: Dear Sir,—You will probably recollect me as having applied to you by letter in August, 1848, and having obtained from you your usual remedies in cases of diseased lungs. As you are aware, the medicines have been of great benefit to me. I do not think that I would have been alive now had it not been for them. I have recommended your system to all of my friends who were troubled with consumption or any other of those chronic affections to which you have given your attention, and almost invariably have I had the pleasure of seeing them benefitted. I will mention one case in particular of a Miss Olmstead, whose father is an old friend of mine, who was so very low that her physician said that he thought she could not recover, and had ceased to visit her. Her physician was considered the best in

dry, hacking cough, night-sweats, pain in the side, chest, and beneath the shoulder-blades, my breathing continued painfully short, constantly attended with urinary difficulties, and a fever that threatened at times almost to consume me.

In the May following, my mother determined to return to New Jersey with me, in hope that travel and change of climate would prove beneficial to me; and most of my acquaintances prophesied that I would not live to return in the ensuing autumn. Soon after our arrival in New Jersey, I was induced by the representations of a gentleman of my acquaintance (who had been much benefitted by your advice and medicines,) to consult you. I did so, and was provided with Shoulder-Braces, Supporter, Inhaling Tube, and medicine, and their concerted action operated like a charm. I soon began to breathe a different atmosphere; and a vigorous life, to which I had before been a stranger, pulsated through my system. The old painful, debilitated, and precarious existence I had so long sustained, lost its identity in a new and delightful sense of being; and I sincerely believe, that had it not been for your kindly advice and remedy, I should long ago have passed that "bourne from which no traveller returns."

In closing, permit me to say, that my gratitude is inexpressible; and that it is incorporated with my life, and will end only "when the golden bowl is broken, and the pitcher at the fountain," when "the dust shall return unto dust, as it was, and the spirit shall return unto God who gave it."

May you long be spared to retain the elevated position you have taken in that great circle where intellect and humanity go hand in hand.

Yours, most gratefully,

ELIZABETH B. LUM.

P. S.—A lady residing about six miles from this place, has been suffering through the winter with all the dreaded symptoms of consumption. Some time since I sent her a bottle of Pulmonary Balsam, one of Liniment, with directions to bathe, &c. She soon found relief, and is about to send to you for a package of medicine, in the confident hope of a certain recovery.

E. B. L.

CASE OF ASTHMA.

Hudson, N. Y., June 3d, 1850.

Dr. S. S. FITCH: Dear Sir,—In compliance with your request I take this earliest opportunity to address you a few lines, expressive of the satisfaction I experience in regard to your treatment of my case. As you may remember, I first applied to you by letter, I think about the 7th of December, 1848. I had been previously afflicted with asthma from infancy; the fits occurring at intervals of from three or four, till at that time often less than one a week. I had previously done but little for them, except using for a short time some medicines prescribed by Dr. —, of Philadelphia, together with his Inhaling Tube, from which latter I thought I received some, though but partial benefit. On the whole, the attacks were more frequent, and only prevented by the smoking of saltpetre paper inhaled on going to bed. I commenced using your remedies on the 23d of December, 1848, and continued them pretty constantly till about June following. The winter of 1848 was a very unfavorable one, and I did not experience any change for the better till about the beginning of March; it was, however, from that time, very rapid, and by the middle of April I felt perfectly well. I used the Tube till July, when I was obliged to dispense with it for want of time. Through the latter part of August I again felt the symptoms of asthma, which resulted in a return of its attacks about the 15th September. These continued through the last part of the fall, though by no means as severe as before. I again applied to you, December 27, 1849; commenced a course anew, and felt my health improved within a fortnight. I have had no asthma for two or three months, and feel satisfied that your treatment is the proper one, the more so as I judge by the result of two trials; which would seem to preclude the possibility of the effects by any other causes. I have done nothing to prevent the fits but use your medicine, and have not used the saltpetre paper more than two or three times in as many

keep along a week or two, but was liable to die any minute; advised me to take simple remedies that would alleviate my pains, which was all I could expect to be done for me. An eminent physician in New-York next gave his opinion that the *bottom* of *both* my lungs was destroyed and gone, lungs full of ulceration, my heart much diseased, and so much inflammation in my chest, that my case was utterly hopeless—my speedy dissolution certain; said remedies for fever and ague would be as good as any thing for me, and recommended arsenic! About two weeks after this last opinion I saw you, and on examination you told me the centre of my right lung was badly diseased; and never shall I forget my feelings when you said you thought I might be restored. I had considered my doom certain. When I commenced taking your remedies, and saw their number, my heart sank within me. I doubted the propriety of taking so much medicine. I longed to see some one who had been *restored by them*—to behold with my own eyes the countenance where blushing health had gained the ascendancy over pale consumption. As if to add to the horrors which surrounded me, one advised one thing, another recommended something else—some said your remedies would certainly kill me—others, that I had better let all medicines alone, that I should suffer less—physicians all agreeing that consumption was incurable. I persevered with your remedies according to directions, and found relief. The morning cold bath, with the cloth wet with cold salt water, laid upon my breast during the night, allayed the inflammation. The Cathartic and Cough Pills relieved me at once; the Heart Corrector and Pulmonary Balsam I found priceless remedies for diseases of the heart and lungs. My health has greatly improved. The night-sweats, pains in my chest, cough, and hemorrhage, have all disappeared. I have gained nearly my original weight; can run up-stairs or walk up-hill without fatigue, and frequently walk many miles in a day. I am strongly impressed that walking out and exposure to the open air has had much, very much, to do with my present improved health, and expanding the chest by inhaling all the air possible is also of immense benefit, especially where there is pain in the chest; and keeping the chest erect and thrown forward. Your Tube I could never use, but have expanded my chest by inhaling long breaths, very considerably. I feel as though a new life has commenced with me, and I may yet see the opening buds and sunny skies of many springs. My acquaintances view me with amazement; they supposed I should, long ere this, have been in my last repose. And here allow me to express my gratitude to you for your faithfulness and kindness to me, and moreover, to the great Physician who blessed the means for my recovery; and also my entire confidence in the efficacy of your remedies for the cure of Pulmonary diseases. If this hasty epistle should afford aid or comfort to the suffering, my object in writing will have been attained.

Very respectfully, your obedient servant,

O. THAYER.

DAYTON, OHIO, Feb. 8th, 1851.

Mr. O. THAYER,—The occasion for this communication will, I trust, be a sufficient apology for addressing a stranger in this way.

Dr. S. S. Fitch of New-York, in a pamphlet which he has published, gives a letter over your name, of date August 14th, 1850, stating that by the use of his remedies you were, at the date of the letter, nearly cured of the consumption. Having a case of lung disease in my family, I have concluded to try Dr. Fitch's remedies, if I can first be assured by those said to be benefitted by them that as much was accomplished in this case as it claimed.

You will do me and many others great kindness, by informing me whether the said letter, as published, gives a correct statement of your case, and also whether you continue to improve, or have attained to perfect health.

By answering this immediately, you will very much oblige a stranger. Yours, respectfully,

(Signed,)

CHARLES H. CRAWFORD.

NEWARK, N. J., Feb. 15, 1851.

CHARLES H. CRAWFORD, Esq., Dayton, Ohio: Dear Sir,—Your letter of 8th instant is received, and in reply, I am happy to inform you that the letter, as published in Dr. S. S. Fitch's pamphlet, over my signature, is correct; and I am better than I have been for many years. I have received priceless benefit by the use of his remedies, and cheerfully recommend them to all suffering with pulmonary affections. I believe his remedies would alleviate all cases of consumption, and cure such as are not *too far advanced*. I have been brought low, and my case was apparently hopeless. It *must be remembered* that his remedies do not consist in *medicine* only; *exercise*, the outer air, bathing in cold (salt) water—(I will add, rubbing with the bare hand after bathing)—are indispensable; diet must be carefully attended to. The patient must judge for himself what best can be eaten, &c., &c. The cold wet cloth is of great importance, laid upon the chest in front, and kept on during the night; commence bathing with tepid water in a *warm* room; let the bath be taken upon rising in the morning, (and not at night,) keeping the chest erect with the shoulders thrown back, and expanding the chest with a tube, or by inhaling long breaths. During the last year I have been engaged in active out-door business, part of the time travelling. I think great care should be taken to keep the feet not only dry, but warm; *never* retire with *cold* feet. After putting the cold wet cloth on the chest at night, I invariably wrapped my cloak around me, and sat with my feet to the fire until I was warm, before retiring for the night. From great prostration I am restored to comfortable health, and find my strength and flesh increasing. I can now appreciate the blessing of good health, as I never did before, and if I can render any assistance or advice to the suffering, it will afford me pleasure.

Respectfully yours,

O. THAYER.

BROCKPORT, N. Y., August 21, 1848.

DR. FITCH: Dear Sir,—It is but right that I should acknowledge the benefit derived from your treatment. When I first saw you, in February, 1847, I was thought by my friends and several eminent physicians to be past cure, unless your remedies could help me. I had a very bad cough, and every morning raised a quantity of blood—also a very bad pain in my left side and chest—almost lost my voice at times—great weakness in the small of my back, palpitation of heart, and bloated very much in my bowels. I purchased one of your books, and in a week from that time was on my way to see you. My husband and friends did not expect to see me return alive, but in four weeks from that time I returned to my family very much improved in health to the astonishment of all; and in three months from the time that I commenced using your remedies, I was entirely cured.

Respectfully yours,

MRS. CHAS. M. BROCKWAY.

[October 1851—Mrs. Brockway enjoys excellent health.]

I have before spoken of the excellent and almost miraculous effects of these remedies in cases of children. Often have I seen their complete restoration, when it was thought by physicians, parents, mothers, and friends, that they could not live five hours. This applies to whooping-cough, lung fever, asthma, long-continued colds, and consumption. All thought that the subject of the following case could not live but a short time. I would say to parents, never despair if you can get my remedies. I say to physicians, if your remedies are so well adapted and perfectly compounded as to help and agree well with children, any body may safely use them and with benefit.

ELIZABETHTOWN, N. J., April 8th, 1851.

DR. S. S. FITCH: Dear Sir,—You have requested me to write you the results of your treatment of my little daughter, Catharine Ann Smith. She is now eight years and a half old, always a most delicate child, much subject to croup, and frequent pe-

riods of dangerous illness. In September, 1847, she was attacked with symptoms of croup, a sore throat, and cough. Of this she improved a little, but the cough never left her; always pressed for breath, and very feeble, gradually failing, until in November, 1850, she began to raise blood, and continued raising it for three weeks. We consulted several physicians of respectability, but all with little or no benefit, and continually grew worse, with no prospect of cure. December 2d, 1850, I consulted you with no hope of cure. Doctors said she was too far gone—past cure. You did not give me great encouragement, still you gave me Inhaling Tube, Medicines, and Shoulder Braces. The medicine and bathing, and wet cloth to her chest, all have worked well, apparently a perfect cure; she has not coughed at all in nine weeks past, and her breathing is perfect; flesh, strength, and all returned; she looked better in a few weeks than she ever did; exposure even to wind, or wet, or cold, does not give her any cold. If she takes cold she does not cough. Of course we cannot be too grateful, with many thanks for such rosy cheeks now. She could not have lived till this time if not helped. No one expected her to live for the last two springs.

Very respectfully yours,

ELIZA SMITH.

TOPSAIL SOUND, near WILMINGTON, N. C., Aug. 23, 1851.

Dr. FITCH: Dear Sir,—I have this day received a letter from Mr. Nehemiah Taylor, giving a statement of his case, which I will enclose you.

In my own case I enjoy better health than I ever expected, although my health is not perfect yet. When I consulted you in the Fall of 1843, no one acquainted with me (physicians not excepted) thought I could possibly live twelve months. After using all the remedies, external and internal, which you prescribed in my case, for two months, I weighed seven pounds more than before. I had had a cough and expectoration all my life. I am a heavier and heartier man now probably than I ever was. Your remedies speak for themselves where they are used according to prescription, and consequently I need say no more than that I believe the health which I at present enjoy is the gift of God through you as an instrument.

Yours truly,

CHARLES H. ALEXANDER.

I usually cure throat diseases in from two to eight weeks, with rare exceptions.

NEW-YORK, Dec. 6th, 1850.

Dr. S. S. FITCH: Dear Sir,—The very great benefit I have derived from your remedies, together with the sincere gratitude I owe you, induces me to lay my case before you, as in your practice I have no doubt you have similar cases, to whom it might be a satisfaction to hear of the wonderful efficacy of your remedies in throat diseases.

From a child I was afflicted with scrofulous sore throat, which was hereditary, as my sister was similarly afflicted. I was under the care of some of the best physicians in Dublin and London, till I was fifteen, without any permanent benefit. Small lumps would form in my throat, break and scatter, together with great soreness on the inside, and attacks of inflammation. Six years ago I arrived in Boston, Mass., and consulted two eminent physicians there, who informed me I would be obliged to resort to the use of caustic, cutting my palate, etc., etc. These operations I shrunk from with horror, as my throat and voice I was wholly dependent on for a livelihood, singing being my study and profession. In the beginning of February, 1850, I visited New-York, for the purpose of placing myself under the instruction of some eminent musical professor. I was in New-York but a few weeks when I was taken with a violent attack of sore throat, so that I was confined entirely to the house, unable to sing or use my voice. I became disheartened, when a friend of mine knowing you, wished me to call on you and consult with you. I did so; you encouraged me. I followed your directions faithfully—used your invaluable Liniment and wet cloths on my throat at night. Your Tonic Wash for sore throat I found very beneficial, as also your remedies. Your Abdominal Supporter I could not wear for any length of time at first, but

soon became accustomed to it. I now wear it constantly. In my joy for the recovery of my throat, I had almost forgotten to say I had always suffered the most excruciating pain, monthly, which debilitated me much; this, I am happy to say, is entirely removed, from the use of your Supporter, etc., etc. I now may say, thank God, through you I am a healthy woman. I now use my voice constantly—singing four and five hours a day without inconvenience, and consider that organ more pure, clear, and perfect than ever. You are at liberty to dispose of this letter as you please. I can be communicated with, or seen, by making inquiry at 639 Hudson street, New-York, of Mrs. Sophia Levey.

Dear sir, very gratefully yours, C. M. MURRAY,

CASE OF HEART DISEASE.

This person did not expect to live three months. She is a most accomplished and elegant lady.

SOUTH BROOKLYN, July 16th, 1850.

DEAR DR. FITCH,—You to whom I owe so much of my health and happiness, words can but feebly express my feelings, yet I cannot refrain from addressing you, to assure you what my gratitude must be in future.

About six months previous to the period at which I commence this letter, I was severely afflicted with what I supposed to be disease of the heart. I had tried every thing I could hear of, together with the advice of one of the best physicians in the city, until I was satisfied I had done much to my injury to obtain a temporary relief. In this state of suffering I came to you for advice, which you gave me with such calm confidence, it encouraged me, and sustained me, or rather, seemed to quiet me, for in my weak and highly excitable state, the barest possibility of relief acted as a stimulant, and seemed to arouse every nerve within me. I willingly submitted myself to your treatment, and soon experienced its magic effects. I can truly say I have not enjoyed such uninterrupted health for many years. In skill and science, I am sure you have no equal. I have read your book of Lectures with peculiar pleasure, which I recommend most cordially, and particularly admire the liberal and generous tone, so free from any thing like professional exclusiveness. I have endeavored to be as brief as possible. Permit me, therefore, to hope you will have health and happiness, beyond the reach of want, for the rest of your life, to compensate you for your benevolence and energy so freely spent in the public service.

MRS. M. H. VALENTINE.

Yours, truly and sincerely,

ERIE, PENNSYLVANIA, May 1, 1850.

Dr. S. S. FITCH: Dear Sir,—I take my pen to give you a statement of my case, and the extraordinary effects of your remedies. My sister and mother died of Consumption. In September, 1848, I was taken with a bad cough, hoarseness, and almost total loss of voice. I had the advice of two respectable physicians, but no good resulted from their medical treatment of me. For six months, more or less, I was under their treatment, and all that time was rapidly declining, with a bad cough, three periods of bleeding from my lungs, profuse night sweats whilst using medicine, daily fever, pain in my chest, sore throat, much heavy expectoration, loss of appetite, loss of flesh, sinking, exhausted sensation at my stomach and bottom of my chest, sour stomach, obstinate costiveness, with great debility. A council of three physicians, on December 12, 1848, told me they could not give me any hope of recovery. Not one who saw me supposed I could live. My situation was deplorable. I was advised to apply to you. In March, 1849, I obtained all your remedies, Inhaling Tube, Supporter, Shoulder Braces, &c., with your medicines and directions. The result has been most satisfactory. My voice is fully restored; my dyspepsia is cured; no costiveness; I have recovered my flesh, my strength, my usefulness. I have no cough at all, unless a bad cold. Indeed, I am very well. I still wear the Shoulder Braces and Supporter. My experience is most assuredly a strong testimony of the curability of lung and throat diseases, and of the high, indeed almost unappreciable value of your remedies and whole plan of treatment. My occupation was and is that of a regular druggist. I have witnessed the success of your remedies in numerous cases. With my lasting best wishes, I remain yours,
J. H. BURTON.

[October, 1851, Mr. B. is well.]

 DR. FITCH may be consulted, free of expense, by letter post-paid, addressed to 707 BROADWAY, NEW-YORK.

Answer the following

QUESTIONS,

so far as they may concern you, and add any further particulars not embraced by them, which may be necessary to a full description of your case :

Give name, age, residence, occupation ; family consumptive, or what complaints subject to ; where born and brought up ; married or single ; strong or delicate ; lean or fleshy ; tall or short ; straight or stooping, or deformed ; height, and size around the waist two inches above the hips ; color of hair ; complexion ; have you any humor, scrofula, cancer, skin disease, head-ache, cough, asthma, rheumatism, or pain anywhere, loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night sweats, chills, confined to bed or house, palpitation, nervous, fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costive, diarrhoea, appetite good or bad, piles, fistula, gravel, heat of urine or scanty or sediment ? If a Lady—married ? had any children ? any female complaints ? irregularity ? weak back ? pain anywhere ? any bloating ? dropsy ? bilious ? worms ? indigent or easy circumstances ? any bad fits of sickness ? taken much medicine ?

A prompt answer will be returned by mail.

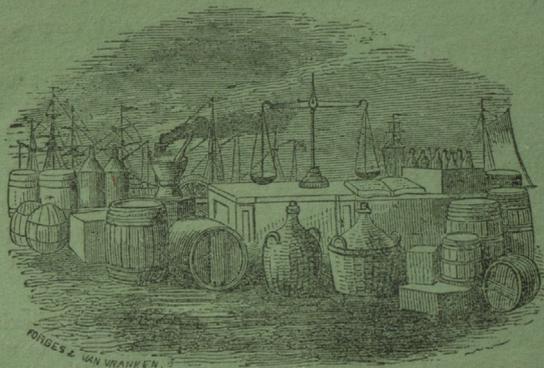
 As it is a source of pleasure to Dr. FITCH to alleviate the sufferings of the Invalid, he has concluded in future to make no charge for OFFICE Consultation and Examination of the Chest.

 DR. FITCH'S *Abdominal Supporters, Shoulder Braces, Inhaling Tubes, Medicines and Lectures*, for sale by S. S. FITCH & CO., 707 Broadway, New-York, to whom all orders should be addressed.

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A complete assortment of Dr. FITCH'S
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As within enumerated, kept constantly on hand and
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It is the interest of the public, in purchasing goods of any kind, to get in the first place *genuine* articles, and in the second an *equivalent* for the amount of money expended; but particularly desirable, nay, important is it to get

PURE AND UNADULTERATED DRUGS AND MEDICINES,

And to have them put up according to Prescription, in due proportion and with proper care. These desirable ends the public are assured may be attained at the MEDICAL HALL.

Dr. Fitch's Health Almanac and Guide to Invalids, Gratis.