

[From the Phrenological Journal.]

APOPLEXY.

BY A WELL-KNOWN MEDICAL AUTHOR.

CONTENTS:—The Rationale—Exciting Causes—Predisposing Causes—Special Causes—Theory of Congestion—Mental Effect—Practical Considerations—Diet—Sleep—Treatment.

MENTAL EFFECT.

The majority of persons in civilized society suffer continually, more or less, of internal congestions; not amounting to recognizable diseases, but producing more or less debility, indisposition or whatever term may be applied to imperfect functional duty. Those persons whose constitutional stamina and habits are such as to maintain a constant balance of circulation, that of the surface never becoming (relatively) deficient, are said to have a fine "flow of animal spirits;" they have an exalted degree of sensibility; their whole organism seems elastic and buoyant; they enjoy almost everything, and life itself is perpetual pleasure. *To exist is to be happy.* But not so with persons whose blood recedes from the surface and clogs the internal organs. Every ounce, every drop of blood disproportionately accumulated in the internal organs is a drag upon the system. It becomes, so to speak, a dead weight instead of a life-force. If the liver is habitually overloaded with a pound of blood, or even half that quantity, the patient has a constant load to carry, which occasions more or less uneasiness, pain, or aching, in the side, shoulders and back; he is unable to sleep, or even sit, except in certain positions; his mind eventually partakes of the general depression, and he becomes dispirited, despondent, melancholy, morose, and perhaps misanthropic. If the lungs are habitually congested, the breathing is not deep and full as it should be, the blood is not properly aerated, and tuberculation is liable to occur. If the head is loaded with a pound, or even a few ounces, of blood beyond its normal supply, the patient is "top-heavy;" headache, dizziness, vertigo, etc., confuse the intellect and depress the feelings. If the kidneys become the seat of chronic congestion, Bright's disease, albuminaria, or fatty degeneration may result, etc., etc. The premonitory symptoms (constituting the "forming stage") of nearly all acute diseases are such as indicate congestion in the large internal viscera, more especially of the liver and brain, as languor, lassitude, headache, throbbing of the temporal arteries, shivering, nausea, retching, etc. In extreme cases, as already remarked, the local congestion is so great that "reaction" does not occur, and the patient dies before the febrile paroxysm is fully established, that is to say, he dies in the cold stage. This is why the term "congestion" has been applied to certain cases of intermittent, remittent, and continued fevers. From these data the reader will readily understand why we attach so much importance to the term congestion, as applicable to the general subject before us.

PRACTICAL CONSIDERATIONS.

It is not within the purpose of this article to discuss the numerous remedies and plans for treating apoplexy that are recommended by physicians and to be found in medical books. But there are some things that can always be done advantageously, and which, in view of the theory of the disease we have adopted, must commend themselves to common sense, while they are always available. Cold applications may be made to the head, and warm ones to the feet, both processes tending to divert the blood from the head towards the lower extremities; an abundance of fresh air should be supplied; in warm weather, fanning the patient is useful. The bowels should be freely moved by means of enemas of tepid water, and if the skin inclines to be hot or feverish, it should be sponged with tepid water, and afterwards rubbed gently with soft, dry cloths. If the surface inclines to coldness, hot fomentations should be applied to the abdomen; meanwhile, the head should be moderately raised on pillows (not feathers), and all clothing or neck-ties removed from the throat.

But it is preventive measures to which I wish especially to call attention. And here dietetic reform is the most important consideration. It is not necessarily gluttonous or gross feeders who become fat, plethoric, or apoplectic. It is enough that the food be constipating, or mingled with impurities that damage the blood. Salted pork, fresh fermented bread, old strong cheese, pickled

clams, fried eggs, hot buttered biscuits, and greasy pastry represent the grosser class of dietetic abominations; while a very free use of candies, confections, pound cakes, muffins, fresh rolls, butter and sugar will produce an equally foul and bilious condition of the blood. And on this point all writers, from the most conservative of the "old school" to the most radical of the "Health Reformers," seem to agree. It seems to be the common sense, common observation, and common experience of all persons alike, physicians and people, literate and illiterate. The only trouble is, the theory is repudiated in practice.

First of all, then, among the preventive measures is a plain unconstipating dietary. No matter what other qualities it does or does not possess; if it is intended not to predispose to apoplexy it must not be constipating. Business men, in this go-ahead age and country, have a habit of lunching hurriedly during business hours, and dining heartily at six p.m., or later. Two evils result from this habit. The food taken at lunch is either indigestible under the circumstances, or it is imperfectly masticated. It provokes thirst, demanding a large amount of iced-water or ice-cream, if not worse things; and it renders the sleep unsound and unrefreshing.

Nothing is more destructive to the brain-tissue, and nothing more conducive to apoplectic paroxysms, than deficient or imperfect sleep. Late meals, like indigestible and noxious viands, induce nightmare, horrid dreams, starting, snoring, etc., all of which are evidences of cerebral congestion and premonitory symptoms of apoplexy. Probably no one agency of the "*vis conservatrix nature*" is so undervalued by the American people as

"Calm Nature's sweet restorer, balmy sleep."

Physiologists know how rapidly the brain-structure disorganizes under protracted wakefulness. Very few persons can endure privations of sleep more than two or three days without becoming delirious. All persons who do not sleep enough have a constant condition of congestion of the brain. This is why so many inventors, schemers, politicians, editors, and literary men, who force their brains during the day with stimulants, and go to bed to plan and cogitate for the next day, instead of resting the mind-organs so that the vital machinery can repair the worn and torn organism, are so liable to fatal congestions of the brain and sudden deaths.

The brain-structure can only be nourished during sleep. Every thought, every feeling, every mental act or emotion is attended with a loss of brain material; and this can only be re-supplied and properly assimilated when the brain-organs are in a state of complete repose. If sleep is disturbed by the irritation of a loaded stomach, or an enlarged liver, or by a rush of blood to the head, consequent on a late supper and night-work, it must of necessity perish or wear out prematurely, if it does not end in apoplexy and sudden death. Longevity and sound sleep are, physiologically, synonymous terms. But one person whose stomach, blood, and excreting organs are in good working order may do all the sleeping he requires in six or eight hours, while another, whose vital machinery is so clogged that his rest is unquiet and broken, may not sleep sufficiently if he lies in bed ten or twelve hours.

Died:

At his residence at Willow Springs, near Malad city, Idaho Territory, Sept. 1st, 1869, after a severe illness of six days, John M. Morgan, aged 68 years.

Father Morgan embraced the Gospel in 1848 at Pontypridd, South Wales, and emigrated to these valleys in 1850. He was ordained a High Priest at Council Bluffs under the hands of Elder Orson Hyde, and lived and died a faithful member of the Church. He leaves a large circle of relatives and friends to mourn his departure. *Mill. Star* please copy.

At Plain City, Weber county, August 31st, of dyptheria, John M. Stewart, born in Pollock-shaws, Lanarkshire, Scotland, August 6, 1843. He was baptized when eight years of age, emigrated to this country in 1854; went back to the States and helped the emigrating companies for two years in succession; was ordained a Seventy in 1865; was chief teacher in Plain City Sunday School for two years preceding his death; was a good and faithful member of the Church and beloved by all who knew him. He leaves a wife and two children to mourn his loss.

In the 10th Ward of this city, of canker, Sept. 10th, Ellen Amanda, daughter of Luther P. and Lizzie H. Lyon, aged 1 year, 8 months and 10 days.

Auburn, N.Y., papers please copy.

In the 13th Ward of this city, Sunday afternoon, Sept. 12, of inflammation of the bowels, David, son of Thomas and Mary Showell; aged 11 months and 22 days.

At Kaysville, Sept. 10th, 1869, Frank, son of Christopher and Caroline Layton, aged 14 months and 25 days.

ZION'S**CO-OPERATIVE MERCANTILE INSTITUTION.**

THIS INSTITUTION, having for its objects the consolidation of the Mercantile Interests of this Territory, and the distribution of General Merchandise to the people

At a Small Margin of Profit,

Takes pleasure in announcing that its business is fully organized and

Wholesale Stores

ARE

NOW OPENED

In the splendid building formerly occupied by

Wm. JENNINGS & Co.,

KNOWN AS THE

EAGLE EMPORIUM,

AND IN THE

OLD CONSTITUTION BUILDING,

LATELY OCCUPIED BY

ELDREDGE & CLAWSON.

IN THE

EMPORIUM

Will be found a Complete Assortment of

DRY GOODS,**CLOTHING,****HATS and CAPS,****BOOTS AND SHOES,**

AND AT THE

OLD CONSTITUTION BUILDING

A FULL LINE OF

GROCERIES,**HARDWARE,****STOVES,****QUEENSWARE,**

AND

Agricultural Implements

The various Co-operative Firms, Jobbers throughout the Territory, and the Public generally, are cordially invited to call and examine this immense Stock of Goods, as the inducements offered are such as must insure their Liberal Patronage.

Parties at a distance, wishing to order Goods either by letter or telegraph, are assured that their Goods will be promptly and carefully packed, marked and forwarded, according to instructions, ON AS GOOD TERMS AS IF THEY THEMSELVES WERE PRESENT.

The services of Messrs. H. S. Beatie, John Clark, James Phillips, and other well-known Salesmen are secured, which is a guarantee of satisfaction to the Patrons of the Institution.

H. B. CLAWSON,

GENERAL SUPERINTENDENT.

Salt Lake City, March 10, 1869.

w6 tf

NOTICE.

I, JACOB G. BIGLER, Probate and County Judge, within and for the County of Juab, in the Territory of Utah, having, on the fifth day of June, A.D. 1869, entered at the United States Land Office at Salt Lake City, U. T., for the several use and benefit of the occupants of Nephi, the following described tract of land, to wit:

Section four, north-west quarter of section nine, east half of north-east quarter of section eight, east half of south-east quarter, south-east quarter of north-east quarter, and lot one of section five, township 13 south, range one east; and south half of south-west quarter of section No. 33, in township No. 12, south of range one east, containing 1,121 acres and 52.100; also

For the several use and benefit of the occupants of Mona, Juab County, in the Territory of Utah, the following described tract of land to wit:

The north-west quarter of south-west quarter and south-west quarter of north-west quarter of section 52; south-east quarter of north-east quarter, and north-east quarter of south-east quarter of section 31, in township eleven, south of range one east, containing one hundred and sixty acres, also,

For the several use and benefit of the occupants of Evan, Juab County, in the Territory of Utah, the following described tract of land, to wit:

The north-east quarter of section 31, and south half of south-east quarter of section 30, in township fourteen, south of range No. one east, containing 240 acres.

The said land is now subject to the filing of statements as prescribed in section three of an act of the Legislative Assembly of the Territory of Utah, approved February 17, 1869, entitled an act prescribing rules and regulations for the execution of the trust arising under an act of Congress, entitled "An Act for the relief of the inhabitants of cities and towns upon the Public Lands," approved March 2d, 1867.

JACOB G. BIGLER,

Probate and County Judge, Juab County.
w24 3m

NOTICE

I, HUGH S. GOWANS, Mayor of Tooele City, in the county of Tooele and Territory of Utah, having on the 29th day of May, A. D. 1869, entered at the United States Land Office, Salt Lake City, U. T., for the several use and benefit of the occupants of Tooele city, in said Tooele county, the following described tract of land, viz:

Section 23, south half of section 21 and the east half of section 20, Township 3 south, Range 4 west, containing 1,280 acres.

The said land is now subject to the filing of statements, as prescribed in section 3 of an Act of the Legislative Assembly of the Territory of Utah, approved February 17, A.D. 1869, entitled an Act prescribing Rules and Regulations for the Execution of the Trust arising under an Act of Congress, entitled "An Act for the relief of the Inhabitants of Cities and Towns upon the Public Lands," approved March 2, 1867.

HUGH S. GOWANS,

Mayor of Tooele City.

Tooele City, June 21, 1869.

w21-3m

NOTICE.

I, JOHN TAYLOR, Probate and County Judge, within and for the County of Utah and Territory of Utah, having on the 2nd day of June, A.D. 1869, entered at the United States Land Office, at Salt Lake City, U. T., for the several use and benefit of the occupants of Cedar Fort of said Utah County, the following described tract of Land, viz:

The South half of North East quarter; North half of South East quarter Section 6; South half of North West quarter; North half of South West quarter; South half of North East quarter Lots 1 and 2; North half of South East quarter; South West quarter of South East quarter of Section No. 5 in Township No. 6 South of Range No. 2 West, containing 599 acres and 40.100.

The said Land is now subject to the filing of statements as prescribed in Section 3 of an Act of the Legislative Assembly of the Territory of Utah, approved February 17th, A.D. 1869, entitled An Act prescribing Rules and Regulations for the execution of the Trust arising under an Act of Congress, entitled "An Act for the relief of the Inhabitants of Cities and Towns upon the Public Lands," approved March 2, 1867.

JOHN TAYLOR,

Probate and County Judge,

Provo City, June 11th, 1869.

w19-3m

NOTICE!

I, ABRAHAM O. SMOOT, Mayor of Provo City, in the County of Utah and Territory of Utah, having on the 21st day of May, A. D. 1869, entered at the United States Land Office, at Salt Lake City, U. T., in trust for the several use and benefit of the inhabitants thereof, the following described tract of land, viz:

The south half; the south half of north east quarter and south half of north west quarter and lots 1, 2, 3 and 4, Section 1, also Section 12 in township 7 south of range 2 east. South half of north east quarter; south east quarter of North west quarter; south east quarter; east half of south west quarter and lots 1, 2, 3, 4, 5, 6 and 7, Section 6; also north east quarter; east half of north west quarter; and lots 1 and 2 of Section 7 in township No. 7, south of range No. 3, east, containing 2,240 acres and 70.100.

The said land is now subject to the filing of statements as prescribed in Section 3 of an act of the Legislative Assembly of Utah Territory, approved February 17th, 1869, entitled an act prescribing rules and regulations for the execution of the trust arising under an Act of Congress, entitled "An Act for the relief of the inhabitants of cities and towns upon the public lands" approved March 2nd, 1867.

ABRAHAM O. SMOOT,

Mayor of Provo City.

Provo City, June 1869.

w19-3m