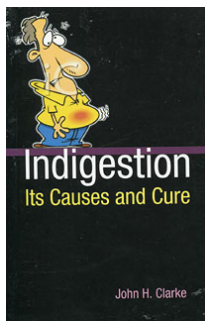


# John Henry Clarke Indigestion: Its Causes and Cure

Reading excerpt  
[Indigestion: Its Causes and Cure](#)  
of [John Henry Clarke](#)



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# Indigestion: Its Causes and Cure

## CHAPTER I

### DIGESTION

THE process of digestion commences immediately food is taken into the mouth. Before food can be converted into blood, it is necessary that it be reduced to a liquid or semi-liquid state. All solid foods, therefore, must be broken down in the first instance to fine particles, and for this purpose the teeth are provided. Solids may be

When thoroughly mixed with this, the whole being reduced to a grey, semi-fmid mass/ it is ready to be passed on into the bowels. There it meets with the bile, the pancreatic juice, and the secretions of the intestinal glands and mucous membrane; and as each different secretion acts on it, some portion of it is rendered ready to be taken up by the absorbent vessels called laeteals which abound in the intestines. In the laeteals it is a fmid and looks like milk. After passing through the abdominal glands, where it undergoes some further preparation, the fluid is at last collected from all the laeteals into one large duct (the *thoracic duct*) and poured into the current of the blood.

pepsia, chiefly weight at the stomach and pains through from the pit of the stomach to the back between the shoulders after everything she ate. She was pale and her lips were somewhat pallid. The tongue was red, with a white, silvery coating; the bowels were confined. She was temperate in all her habits.

I suspected *Arsenic* at once. She said that her husband suffered from similar symptoms, and I told her to bring me some of her wall-paper, giving her *Bryonia* to take until she came next. When she returned she reported very great improvement in the symptoms. This might have made me doubt my first diagnosis, did I not know that it is possible to cure an effect sometimes even whilst the cause remains. I examined the paper, and then found *Arsenic* in great quantity. When the paper was taken away, both she and her husband became perfectly well.

to the stomach alone or chiefly, as when that organ is primarily at fault.

The remedies most useful in dyspepsia of gout are, *Sulphur*, *Carbo vegetabilis*, and *Lycopodium*. Patients who have loss of appetite every spring and autumn, and find they cannot digest eggs as they can at other times, who suffer from drowsiness, heaviness on waking, unpleasant taste in the mouth, and possibly constipation, will be greatly benefited by a few doses of *Sulphur*. Others who have flatulence with pains in the chest, are chilly, and yet desire air; bowels open or loose, require *Carbo veg.* *Lycopodium* is suited for those who have flatulence in the bowels, with