

Temperance

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SOME NEW STUDIES OF THE OPIUM DISEASE.*

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As a preface, I wish to express my emphatic dissent against the common use of the word *habit*, in describing the opium disease. The popular meaning conveyed by this term is some state or condition voluntarily acquired and retained, with the certainty of being thrown off at any time at the will of the patient. This view assumes a knowledge of the physiology and psychology of the brain and its functions that is not yet attained. Hence the use of the word is incorrect, wrong, and contradicted by the facts in the clinical history of each case. It also conveys a false impression of the nature and origin of such cases, and is a word to which different meanings will always be given. No other word is more misleading and confusing, when applied to opium, alcohol, and other border-land neuroses.

Beyond all question, the toxic use of opium and its alkaloids is rapidly increasing. Only about fifty per cent. of

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opium and morphine manufactured is required by the legitimate demands of medicine and pharmacy. The enormous balance is consumed in some unknown way. Comparative estimates make the number of opium cases in this country over a hundred thousand. Whether this is correct or not, it is evident that the number is very great and largely concealed, and many of them are very hopeless and difficult to treat. The natural history of such cases indicates a steady, progressive degeneration on to death. Recovery is rarely spontaneous, and without the aid of applied science. Up to the present time all clinical studies have been confined to the symptoms and treatment, starting from some indefinite point after the opium addiction begins. The old superstition of a moral origin, and of some willful, wicked impulse, is accepted as the first original cause. Writers and even specialists seldom go back into the early etiology, or inquire what conditions or forces led to the first use of opium. The object of this paper is to trace some recent facts which throw new light on this unknown stage of etiology.

From a careful clinical study and grouping of the history of a number of opium cases, it is evident that a large proportion have a distinct *neurotic diathesis*; or, more literally, have inherited from their parents some condition of brain and nerve defect which favors and predisposes to the development of neurotic diseases. A more careful study of these records shows that in some cases an *opium diathesis* is present, or a special inherited tendency to use opium. Here are two conditions which influence and favor this disease. It is a well-known fact that a large proportion of all nerve and brain diseases appears in children of neurotic and defective parents. Such children have received some special tendency and predisposition favoring the growth of nerve diseases, springing into activity from the slightest causes.

The latency or activity of this diathesis will depend on certain conditions of life and surroundings, which in many cases can be traced. In some instances the diseases of parents reappear in the children, in others in allied diseases,

and not infrequently these defects pass over and reappear in the third generation. Often such defects are dormant, and only break out from the application of some peculiar exciting cause. Thus, a hysteric mother and paranoiac father were followed by three children. One was an alcoholic, the second was a wild, impulsive, temperance reformer, the third was a sad, depressed, melancholic man. In the third generation opium and alcoholic inebriety, insanity, pauperism, also feebleness of mind and body appeared. These varied forms of nerve diseases all had a neurotic diathesis as a basis, and the different phases were the direct result of different exciting causes. These facts are numerous and well-attested, and so uniform in their operation that it is entirely within the realm of possibility to predict, from a knowledge of the diseases of the parent and the environment of the child, that certain forms of degeneration and disease will appear with almost astronomical precision. This term neurotic diathesis covers a vast, unknown field of causes, which extend back many generations. The evolution of brain and nerve defects can often be traced through the realms of environment, nutrition, growth, and development. Medical text-books and teachings which fail to recognize this give very narrow conceptions and strange exaggerations of the influence and force of many insignificant and secondary factors in the production of disease. The opium-taker has often this neurotic element in his history. It may be traced back to his ancestors, or it may be associated with brain or nerve injuries, cell-starvation, faulty nutrition, auto-intoxications, brain strains, or excessive drains of nerve force. A train of predisposing causes may have been gathering for an indefinite time back. Then comes the match which kindles or fires the train of *gathering forces*. This same train of exciting causes may not explode, because the germ soil is absent. Opium in all forms is given daily, and yet only a comparatively small number of cases become addicted to its use. Why should an increasing number of persons take opium continuously for the transient relief it gives? Why should the

effects of this drug become so pleasing as to demand its increased use, irrespective of all consequences? The only explanation is the presence of a neurotic diathesis, either inherited or acquired. The existence of a special opium diathesis has been doubted with supercilious contempt by many writers. Any clinical study will show the error of such doubt. The notes of a few cases which have recently come under observation are illustrations by no means uncommon, and indicate the concealed factors of disease in many instances.

In case 1 the mother was a secret morphine-taker, the father was a hypochondriac and melancholy clergyman. Two children followed, who were highly educated and healthy. One, a boy, became a physician, and at thirty suddenly began to use morphine, and soon became a chronic case. The other, a girl, was well up to her marriage, at twenty-four, when she began to use opium, for no apparent reason.

Case 2, reported by the late Dr. Parrish. Both parents used opium for sleep and neuralgia, and died, leaving three children under five years of age. They were brought up in temperate families, and had no knowledge of the opium addiction of their parents. One, at twenty, continued the use of morphine after it had been given for some intestinal trouble. The second child suffered from dysmenorrhœa and began to take morphine for this trouble, and became a morphine maniac. The third child was a druggist, who at thirty was a confirmed opium-taker.

Case 3. Both parents were neurotic, and probably opium-takers. Both died, leaving an infant child, which was excessively irritable and peevish. By accident, morphine was used as a remedy, and from thenceforth the child would become delirious unless morphine was given daily. All efforts to break up its use failed, and for five years increasing doses were used constantly until the child's death.

In case 4, five children of unknown parentage were all opium-takers; all lived in different conditions and had dif-

ferent occupations. Two began the use of opium from some bowel trouble. Two have been under treatment, and relapsed (?).

The relief which this drug brings on all occasions, and its impulsive use, are unmistakable indications of a distinct opium diathesis. I believe a careful clinical study will reveal many such instances.

There is a large class of opium cases in which a complex diathesis exists — particularly following inebriety and various forms of brain exhaustion. Often alcoholics will use opium irregularly and transmit to their descendants a diathesis which very commonly favors the use of this drug. Thus the alcohol diathesis frequently becomes the opium craze, with but slight exposure. Both of these disorders are rapidly interchangeable. The children of opium-takers may turn to alcohol for relief, and *vice versa*. It is clear that the moderate use of alcohol produces a degree of degeneration that frequently appears in the next generation as predisposing causes to the opium or allied diseases. Clinical study of cases brings ample confirmation of this. The children of both alcohol and opium inebriates display many forms of brain degeneration. The paranoiacs, criminals, prostitutes, paupers, and the army of defects, all build up a diathesis and favoring soil for the opium craze. Descendants from such parents will always be markedly defective. They are noted by brain and nerve instability, hyperæsthesia, and tendency to exhaustion; also extreme pain from every degree of functional disturbance, with low powers of restoration, inability to bear pain, and suffering from mental changeability, impulsiveness, and drug credulity, etc.

These characteristics are prominent, and mark a neurosis that quickly merges into the opium disease. Yet a minority of these cases show a sensitiveness in the effects of opium that prevents them from using it. I have seen a neurotic patient become dangerously narcotized by the use of half a grain of solid opium. Some of the alcoholics and other narcomaniacs have exhibited an incompatibility to opium that

is often startling. The emesis and prostration, and the brain-stimulation which approaches and becomes hyperæmia from one or more doses, are familiar to all. This intolerance precludes the use of the drug, and is recognized with alarm by the patient. On the other hand, when the effects are rapid and marked, relieving pain or restoring the disturbance of the functions with no other than a pleasing sense of rest and cure, a dangerous diathesis should be suspected. While the physician recognizes the constitutional incompatibility in one case, he ought not to overlook the abnormal attractiveness of the drug in the other. The dose of morphine which gives the first complete rest, or calms the delirious excitement, or relieves the neuralgic pain or the digestive disturbance, soon calls for its repetition, and many physicians will unconsciously sanction and advise its use. Thus, far more fatal conditions are cultivated and roused into activity. In all neurotic cases, the use of opium in any form when given should be concealed and watched with care. If a special predilection for this drug appears, equal care and skill should be exercised to divert and change it. Opium should only be used from a knowledge of the nature and character of the case. I have seen the most disastrous results from the reckless use of morphine with the needle. Recently a man to whom morphine was intolerant was cut and stunned by a falling plank in the street. The surgeon gave him a hypodermic of morphine and ordered him to the hospital. He died in a short time from opium neurosis. Police surgeons often make this mistake, giving morphine that from some unknown reason becomes fatal.

There is another class of opium-takers in which abnormal nutrition seems to be the most active factor in the causation. The neurotic or opium diathesis is not apparently present, and opium-taking dates from some nutrient disturbance. Such cases are very commonly sufferers from dyspepsia, derangement of the liver and bowels. They have a deranged appetite, headaches, cramps, thirst, and fever at times, with nausea. They are anæmic and hyperæsthetic, and complain

of varied pains and neuralgias. These cases are evidently ill-nourished, and, in all probability, suffer from imperfect digestion, assimilation, and elimination of food products and waste material. Poisonous compounds and auto-intoxications form sources of serious trouble. The brain suffers from fatigue and pain, the cells are imperfectly nourished, and congestions, complex neuralgias, nerve irritation and instability follow. For this condition opium is almost a specific paralyzant. These cases are found among the over-fed, and those who neglect common hygienic rules of living. Cases of over-fed are usually epicures, gormands, and persons living sedentary lives, and eating at all times and places. Dyspepsia and derangement of the bowels and kidneys make them drug-takers; then follows opium in some form. Defective elimination and auto-intoxications are always present. The under-fed are usually misers or persons very poor and very neglectful of themselves, or paranoiacs who have some food delusion. They are practically suffering from cell and tissue starvation and nutrient debility. The same dyspepsia and bowel derangements follow. Then follows drug-taking or special foods, and soon opium is discovered and adopted as a remedy. The same poisonous waste products appear from deranged assimilation; also, elimination and the nerve centers are deranged by these new and dangerous chemical compounds. The class of persons who, from simple neglect, become diseased, are often the very poor and ignorant, or some division of the great army of border-liners, who live both mentally and physically on the very frontiers of sanity and insanity. Such persons clearly suffer from many and various forms of auto-intoxications, and this is proven inductively by the result of eliminative treatment. In all of these cases of nutrient neglect, many favoring conditions encourage the use of opium. These cases are numerous and comprise a large part of the invalids, hypochondriacs, and chronic drug-takers who are seen in our offices and at the dispensaries. They are all practically suffering from faulty assimilations, and faulty eliminations and the irritation of re-

tained poisonous compounds. Opium is a remedy of positive force in covering up the protests of the defective cells and irritable nerves. Often these cases are concealed and are partly the result of previous disorder, and partially acquired from the effects of opium.

Next to this class of nutrient sufferers who become opium-takers are those who have some entailment of disease or injury. In their history it will appear that some stage of invalidism was present, dating from brain, nerve, or bodily injury. Fevers, heat, or sunstrokes, brain shocks from any source which are followed by unconsciousness, or marked mental perturbations, with exhaustion, and also a profound lowering of all the vital forces. These and other events have left damaged functional and organic activities, manifest in various neuralgias and physical disturbances.

The use of opium conceals and covers up this trouble. Many veterans of the late war have become opium maniacs for the relief of their pains and sufferings, and this is often concealed where it might possibly peril the procuring of a pension. The pension bureau should recognize the use of opium as a natural sequence and entailment following the disease and injury in the service. In Prussia both alcohol and opium inebriety are treated as diseases when occurring in the army or civil service. The suffering and hardships growing out of the war has been the exciting cause of a great many opium cases. Many persons who have no special nerve diathesis in their history, after some severe illness, injury, or mental strain exhibit a degree of nerve instability and feebleness that is significant of serious organic change. Such persons manifest perversions of taste, with delusions of foods and medicines, and are on the border-lines of narcomania, ready to use any food or drugs which will bring even transient relief. The use of opium is always perilous. Why all these and similar cases do not become opium-takers is owing to the absence of some diathesis inherited or acquired.

We can see some of the many complex causes favoring brain and nerve strain, with rapid exhaustion and degener-

ation, and the interchangeability of nerve diseases, in which the use of opium is only another form of the same disease. But we cannot yet trace the early causes and cell-conditions which develop the opium craze. This morbid impulse, like the delirious thirst for water on a desert-plain, completely dominates all reason and so-called will-power, and every consideration of life and surroundings. It is more than an accident, more than a failure to reason and act wisely; it is a disease, an organized march of dissolution. The demand for opium is only a symptom; the removal of opium is not the cure. Some central brain degeneration has begun and is going on. Narcomania, a morbid thirst for any solids or fluids that will produce neuroses, is the general name, and opium mania is only one member of this family.

In this study the fact is emphasized that the opium disease appears most frequently in persons who have a neurotic and opium diathesis, also in persons who are suffering from nutrient disturbances, and those who are invalids or have the entailment of previous disease and injury; also that certain diseases and symptoms seem to furnish favoring soils for its growth and development. While these are but faint outlines of many unknown facts, they are urged as starting points from which to base other and more accurate studies. The medical treatment from this point of view is very suggestive. Obviously the removal of the opium is not the cure. The various methods of removal detailed with great exactness, as if they would apply to each case, are unfortunate reflections of the failure of the writers, and are based on the assumption that all cases are the same, and the removal of opium is the great essential in the treatment. Basing the treatment on the clinical study of the case, it will be evident that where an opium diathesis exists, the withdrawal of opium should be very gradual. The treatment and surroundings should be arranged with great care and exactness. Such persons should live in an institution for years or be under constant medical care. The danger of relapse and the future of such cases will depend entirely on the conditions of

life and surroundings. Rapid reduction and heroic treatment is seldom permanent, even with the consent of the patient. Specifics, faith cures, or any measures that promise speedy cure, are failures from the beginning. The road back to approximate health is straight, and narrow, and only along lines of applied science. Where the history of a *neurotic diathesis* is present, the withdrawal of the opium should be equally slow.

More attention must be paid to the brain and nerve nutrition. The removal of opium may be followed by the appearance of very serious disorders, such as epilepsy, hysteria, complex neuralgias and paranoiac states, alcoholism, and various other neuroses. The slow withdrawal of opium enables one to discover and anticipate these neurotic troubles which have been masked before. In one case, suicidal melancholy; in another, in hyperæmia of the brain, with delusions; in the third, irritation and delirium; in the fourth, hysterical spasms appeared when the opium was removed. I have seen two cases of general paralysis suddenly spring into great activity, after the opium was taken away. This condition was not suspected before. Alcoholism is a very common sequel after the removal of the opium. *Cocaine*, *chloral*, and almost every drug that has narcotic properties are also very common entailments. While these are extreme cases, they are likely to appear at any time. Great care should be exercised in using other narcotics to lessen the irritation from the withdrawal of this drug. These cases require the same general treatment as neurasthenia and other states of brain exhaustion. They are drug-takers and will resort to anything for relief. They are secretive, and require more care and more mental remedies, with long, exact hygienic surroundings.

Where the opium addiction has apparently come from bad nutrition and faulty elimination, with auto-intoxications, the treatment is very hopeful. A long preliminary course of baths, mineral waters, and tonics should precede the removal of opium. Then the drug may be removed at once, without

the knowledge of the patient. In proper surroundings with frequent baths, little danger of relapse or suffering will follow. Careful study and treatment of nutrition and digestion will restore the case, and relapse seldom occurs except from failure or neglect of the surroundings.

In the last class, where opium is taken and apparently follows from the entailment of some injury or disease, or the exhaustion of old age, a preliminary treatment seems to be required. Often the opium can be abandoned at once for some milder narcotic, and from this, by gradations, discontinued entirely. Full knowledge of the diseased states present will always suggest the lines of treatment. In some cases the opium should not be removed at once; its diminution and concealment is required. In others its rapid removal is essential. Many varied and difficult questions will appear in these cases. The more accurately the diseased states, predisposing and exciting causes, the diathesis, and varied influences which have caused opium to be used, are studied, the more accurate the treatment. As in many other diseases, the causes may be anticipated, also neutralized and prevented.

Routine treatment, either by slow or rapid reduction of the opium, is not always wise. In a certain number of cases the withdrawal of opium only unmasks more serious diseases. A case of general paresis is now under treatment for the opium addiction. Before this opium addiction began the patient caused great distress by his delusions and extravagantly strange conduct. This treatment is wrong. A rheumatic woman of seventy is going through the same course to be free from opium, which has made life tolerable for ten years past. The treatment of opium mania is something more than the application of means and remedies for withdrawal of the drug with the least suffering. The symptomatology and organic lesions often date back to other causes more complex than opium. The treatment must begin by their removal. The general or special diathesis must be treated; the nutritive disorders, intoxications, and starvations must be recognized and removed. The influence of patho-

logical states from previous disease and injury must be ascertained and treated. The power of environment, climate, occupation, and idiosyncrasies are also powerful factors to be considered.

These are the essential facts and conditions which must enter into the practical treatment. Among the many important problems, that of prevention promises the greatest possibilities. A recognition of the neurotic diathesis and other predisposing causes would enable the physician to successfully guard its approach.

The successful *stamping* out of both this and the alcoholic disease will be a reality in the future.

It is evident that the opium disease is still an undiscovered country, and the few student experts have not yet passed beyond its frontiers. This disease is all about us and may invade our homes and firesides any time, and *hence* demands recognition and most careful study; above all, ethical and moral levels. Its laws of growth, development, treatment, and curability all follow the great highway of evolution and dissolution.